



Norwegian Orienteering and Nordmarka skiorienteringsklubb invite to:

Instruction for Sjusjørennet 2015

Saturday 12 (WRE) and Sunday 13 (WRE) in December 2013

Races included in Sports 8 Cup (Race No. 1 and 2)

Tracks and classes:

Klasser	Courses Saturday	Courses Sunday
D 10-12, H 10-12	2.0 km	2.4 km
D 13-14, D 15-16, H 13-14	2.4 km	2.9 km
D 40, D 50, D 60, D 17AK	2.4 km	2.9 km
H 50, H 60, H 70	2.4 km	2.9 km
H 15-16, H 40, H 17AK	2.8 km	4.7 km
D 17	2.8 km	4.7 km
H 17	3.4 km	6.8 km

Terrain:

Most open mountain area with marshes and varying spruce and birch. Moderate hilly with some steeper sections. There may be some twigs, some minor stones and a few bare spots in scooter tracks. Do not use your best skies

Tracks

More or less only scooter tracks and one wide track going through the area with a lot of ice. The distribution is 5% wide tracks and 95% narrow tracks. Please be careful with other people skiing in the competition area. You will not pass or meet roads on the courses.

Start / finish:

The assembly place and goal are both days at the small wooden cabin at Sjømyra south east of the Sjusjøen Lake. Marked with bands from Rømåsen parking lot both (Pay road) days. First start: 13:30 pm for H / D17 and 14:00 for other classes on Saturday and 10:00 for all classes on Sunday. You need to use skies on your way to the assembly area.

To the starting point both days it will be about 2 minutes on skies in a marked track.

**Registration System:**

Emit touch free. Rented Emitag can be collected at the race office. Finish happens to by touching the box on the finishing line. Then then continue to the readout of the emiTag. For those who do not have their own EmiTag the rental price is NOK 50, - regardless of whether one goes one or two races. Any lost EmiTag is billed runner's club by NOK 600 -

Map Stand:

A limited number of map stand is available for hire NOK 50, - regardless of whether one goes one or two races.

Any lost map stand billed runner's club NOK 500, -

Race Director: Jon H. Ulvensøen tel: 91391974 e-mail: jon@ulvensoen.no

Course setter: Yngve Mobrårthen and Jon H.Ulvensøen

IOF TD: Lars Lystad