



Information Friday 26th June – Middle Distance

Programme

- 13:30 – 17:15: World Cup middle distance, women and men
17:00 – 10.00: N, C and Direct courses
17:00: Child minding and Little Troll string course open
17:30: Ceremonies, World Cup
17:30: First start all other classes including elite classes
20.30: Prize-giving, youngsters and elite classes

Start

Start 3: All N-classes (beginners), 500 m west, follow a big path, blue ribbons.
Loose control descriptions.

Start 1: All other classes, 1300 m west, follow a big path, yellow ribbons.
Toilets at the start (continue 200 m beyond the start).
Loose control descriptions.

Start bibs (Maxim-logo)

All competitors shall wear start bibs. The bibs are in the club bag.
Late entries must pick up the bibs at the Event Office.

Timing system:

Emit punch cards are used for time-keeping. Check your card number and compare it to the start list. Any changes can be made at the Event Office for a small fee.

Elite classes

All competitors in the Elite classes shall wear an **emiTag** during the race in addition to carrying their own Emit card. These will be handed out at the start and should be worn on the arm, secured with the Velcro strap. EmiTags should be handed in directly after the finish line. The emiTag is used for split times and to register that the runner has crossed the finish line, however, the official finish time will be taken by photo-cell at the finish line. After the finish, the Emit cards are checked as usual.

Backup cards

Yellow cards are to be fitted to the Emit card as a backup. Please write your name, class and Emit card number on the white side of the card.

Start procedure

A silent starting procedure will be used. Start time will be shown on a display.

3 minutes before start: Enter the first gate for control. **Elite classes get emiTag.**

2 minutes before: Take your control descriptions – check you take the right class!

1 minute before: Go to the box of maps for your class.

Zero the Emit card at the starting moment. The way to the start control is marked.

Maps for N-classes, M/W10 and M/W11-12 will be in the club bag.

Map and terrain

Open, mainly coniferous forest with good runability. Medium hilly. Most of the courses are on and around a big hill with many details and a dense network of smaller and bigger paths. Runners who are good on slopes and good at reading contours will have an advantage. Some tough ascents will provide physical challenges, but although the hills are tough, the terrain also offers parts that invite high speed.

There are very many paths and trails in the area. Not all of these are marked on the map and you may find that you don't always agree with the map-maker's interpretation of which are the most obvious paths. Use your compass and the contours to check that you are on the right path! Beginners' courses will mainly follow the bigger paths and skiing trails.

Map: 1:10 000/5m for all classes. Surveyed and digitalised by Kristen Treekrem.

Published by Fossum IF in 2009. Very high quality.

Out of bounds: Areas mapped with IOF symbols 528 "private" or 415 "cultivated land" may not be crossed by any runners. Natural route choices will not bring you close to these areas.

Shooting ranges: The longer courses will come in contact with shooting ranges. There will probably be shooting activity (skeet shooting) at one of these ranges. This area is marked on the map and bounded in the terrain with red/white tape. This tape must NOT BE CROSSED. Other shooting ranges will not be in use and can be safely crossed. Any warning signs here can be ignored and fences can safely be crossed.

Special map symbols: A black circle marks some man-made object: a tree-house, shelter, fireplace etc.

A big stream cuts through the terrain from north to south. It may look wide and deep, but is possible to cross most places (max depth 1 m).

A road: On Friday, the N-courses will cross a road on the way to the second control. There will be somebody on the road to slow down / stop traffic, but please be careful crossing the road!

Many controls: Close to the finish area and in some other areas there are very many controls. Please check your control codes so we avoid unnecessary disqualifications!

Marked area for the Childrens' Festival: On the way to the last control, you will pass close to the area used for the Childrens' Festival. This is bounded in the terrain with yellow/black tape and marked as 'out of bounds' on the map. N-open on Friday will be particularly affected by this.

Two last controls: There are two last controls, one for World Cup and Elite runners, and the other for all other classes. Check your code and make sure that you use the right one!

Finish area

Runners in ordinary classes should use the lane closest to the field. You finish your race by punching at the finish line.

Elite classes should use the lane closest to the spectators. The finish is registered by a photo-cell. Thereafter download the information from your Emit card as usual.

Friday's race provides the basis for the chasing start on Saturday. Runners who do not finish Friday's race or are more than 30 minutes behind the winner, will start at minute intervals starting 11.46 on Saturday. Check the start list.

Red zone

If your punching is not accepted, you will be shown to a 'red zone', where any misunderstandings can be sorted out. Reasons for rejection may include:

- Missing a control or controls punched in the wrong order.
- Incorrect punch card number – can be corrected for a small fee.
- Punch card may not have been correctly zeroed before the start.
- Punch card may not be working, in which case the backup card will be used. (Old, yellow Emit cards should no longer be used in competitions).

Maps at the arena

We will collect the maps from World Cup and Elite classes. All other competitors can keep their maps after the race. Please respect rules of fair play.

Clothes from start 1

Clothes from the start will be brought back to the arena and placed in a tent close to the Event Office.

Maximum time: The race will be officially closed 90 minutes after the last start. Thereafter the controls will be moved or removed!

Direct entries: Those who want to run a direct entry course, should contact the Event Office to register. You will be given a start bib (with Maxim logo), on which your class, name, club and Emit card number are written. This is the receipt that you need it at the start, where you will be allocated a start time. Direct N (beginners) will be given their maps at the Event Office and must take the map to the start. All other classes get a map at the start. Direct N start from Start 3, other classes from Start 1.

Emit card rental

It is possible to rent an Emit card. If you need the card both Friday and Saturday, you keep the card overnight. On Saturday, cards will be collected directly after the finish. If you only need the card on Friday, return it to the Event Office after your race. Emit cards that have been pre-booked will be in the team bags.

Results

Result lists will be published at the arena and on the Internet the same day.

Prize giving

Classes up to 12 years will be given their prizes directly after the race.

Prizes for youngsters – up to 16 – and elite classes will be awarded at approx 20.30.

Other runners may pick up their prizes (self service) – check the sign at the podium.