



Information Saturday 27th June – Long Distance

Programme

- 09.00: Event Office opens
10.00: Childrens' Festival, Little Trolls
10.00 – 13.00: N (beginners), C and Direct Entry classes
10.00: Elite classes, chasing start
11.00: Long distance all other classes
13.40 – 14.15: Ceremonies and prizes youth and E-classes
14.30: World Cup chasing start, women
14.50: World Cup chasing start, men
17.00: Ceremonies World Cup

Start

Start 3: N and C classes, Direct N and Direct C
500 m west on big path, blue ribbons.
Separate control descriptions.

Start 2: All other classes, 2100 m north from the arena, dirt road, yellow ribbons.
Toilets and water at the start.
Separate control descriptions.

Start bibs (Vital logo)

All competitors shall wear start bibs on the chest. 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 will be used for split times during the race 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 to be 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.

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.

Start procedure for Elite classes, chasing start

Start bibs for the chasing start are provided at the start (self service).

Ca. 3 minutes before the start: Enter the first gate for control. **emiTag is handed out.**

Ca. 2 minutes before the start: Take control descriptions, zero your Emit card.

The starting officials will see to it that you start at the correct second.

You pick up the map at the starting moment.

Runners who did not start or did not finish on Friday, or came more than 30 minutes behind the winner, will start at one minute intervals, from 11.46 on Saturday (check the start lists).

Terrain: The first part of the longer courses will be in hilly terrain with old coniferous forest and some old and recent forestry. Smooth contours and few details, some paths and forestry tracks. Runability relatively good, but in some places low vegetation (bilberry/heather) will make for heavier going. Some patches of denser forest. The longest courses offer some very fine terrain, but are also physically demanding, with steeper hills. The last parts of the courses are in the same area as Friday, with many details and a dense network of paths and trails. Not all of these paths 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.

Some forest rides, map symbol 509, may be difficult to spot/follow at running speed.

Maps: 1:15 000 / 5 m for the following classes: M21E, W21E, M1920E, W1920E, M1718E, W1718E, M21, M35, M40, W21

Elite classes changes to map scale 1:10 000 after map exchange at the arena, with 1.0-1.5 km of the course remaining. The first part of the course, before map exchange, is at 1:15 000. Control descriptions for the last loop is printed on the new map, and is included in the loose control description handed out at the start.

1:10 000 / 5 m for all other classes.

Surveyed and digitalised by Kristen Treekrem.

Published by Fossum IF in 2009. Very high quality.

Out of bounds: Areas marked with IOF signs 528 "private" or 415 "cultivated land" may not be crossed by any runners. These areas are **not** hatched on the map.

Shooting range: 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).

Passing the lake: Most courses will pass the end of a big lake. At this point there will be red/white ribbons to separate the runners from competitors on their way to the start. There will be a drinking station and some first aid equipment. All classes that pass the end of the lake have a control here. Don't forget to punch!

Drinking stations: There are no drinking stations for the courses from Start 3. All courses from Start 2 will pass at least one drinking station. Drinking stations are marked on the map. Elite classes will, in addition, be offered drinks at the map exchange at the arena.

Lot of 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 may 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.

Change of maps: All Elite classes will pass the arena and collect a new map for the last 1.5 km. Make sure you take the correct map!

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!

Final control: The approach to the final control is downhill. Be careful so nobody gets mown down! The approach to the final control for the Elite runners crosses the path of most other courses. We request that traffic from the right be given first right of way when possible. At the same time, we ask Elite runners please not to aim for groups of youngsters as you leap down the slope...

Finish procedure:

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 western lane (closest to the spectators). The finish is registered by a photo-cell.

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).

Photographs: Pictures will be taken of all participants at the last control. Afterwards you will be able to find your picture on the Internet by searching for your start number. Pictures can be ordered via the web-page.

Maps at the arena: We will collect the maps from Elite classes at the finish. All other competitors can keep their maps after the race. Please respect rules of fair play.

Clothes from Start 2: 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 2 ½ hrs 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 Vital logo), on which your class, name, club and Emit card number are to be 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 and Direct C start from Start 3, other Direct classes from Start 2.

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. Emit cards that have been pre-booked will be in the team bags. There will be a fee for lost Emit cards.

Results

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

Prize-giving

Classes up to 12 years get their prizes straight after the race.

Elite classes and youngsters up to 16 will have a prize ceremony approx 13.40 – 14.15.

Women 14: All competitors receive a voucher for the sports store.

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

Teams for the relay on Sunday

Team members and Emit card numbers shall preferably be submitted online before 20.00 (see "Registration" at the web page), or to the Event Office before 18.00!