



VÅRSTAFETTEN, VÅRSPRETTEEN and SOLrenningen 17th – 18th APRIL 2010 3 races in 2 days

Norwegian Championship in Night O - senior & junior - Friday 16th April

PROGRAM Saturday 17th April

11:00 Event office open
12:00 First start Relay: **Vårstafetten**
12:30 First start **Vårspretten** – middle distance race
ca 16:30 Prize giving ceremony

PROGRAM Sunday 18th April

8:30 Event office open
10:00 First start **SOLrenningen**
Craft Cup Long distance race senior and junior
ca 14:00 Prize giving ceremony

VENUE: Holt gård

Signposted from **Sannerød** at road 22 - 10 km south of Halden town centre, 1 km to parking.

MAP/TERRAIN: *Iddefjordfjella* first published 1991, Revised autumn 2009. Scale 1:15000 and 1:10000, 5 m.

Hilly terrain with a detailed contour, technically difficult. Many remains of granite quarrying, mixed forest with marshes and open areas of hard rock, variable runability and good options for route choices.

Parking: Close to arena

Punching system: EMIT. Foreign runners may rent E-card (kr20)

Start: Distance from arena to start is 300 m Saturday, up to 1500 m Sunday. All N- and C- classes have free start time Saturday from 12:30-14 and Sunday 10:30 – 12.

Competition clothing: Full coverage

Entry: Links to online entry (Palisoft) will be posted on event home page. Foreign clubs will need to create a new club name before entering their runners.

Deadline: Tuesday 6th April - 23.59

Late entries: until Monday 12th April via Internet system.

Direct Entry: Separate courses both days at arena. Free start time.

Changes: Change of E-card no, club or class will be charged with NOK 50. Request to: sekretariat@norwegianspring.no

Relay Team: Name of runners and start order to be submitted no later than Friday 16th April 20.00 via entry system.

Changes may be made at arena until 1 hour before the first start.

ENTRY FEE:

RELAY			INDIVIDUAL		
CLASS	Fee (until 06.04)	Late Entry (> 07.04)	Class	Fee (< 06.04)	Late entry (> 07.04)
H-Open	NOK 900	NOK 1350	D/H-16	NOK 90	NOK 135
D-Open	NOK 720	NOK 1080	D/H17	NOK 180	NOK 270
D/H13-16	NOK 270	NOK 405	Elite class	NOK 200	NOK 300
H130,H170	NOK 540	NOK 810	Direct entry		
D120			D/H-16		NOK 75
			D/H17-		NOK 125

Payment: Payable to Norwegian Spring: Account: Halden Sparebank IBAN: NO7610300964694 - BIC: SPTRNO22

Payment upon arrival may be accepted if permission is granted before entry deadline.

Enquiry: info@norwegianspring.no

Accommodation: See homepage or www.visithalden.com

Training opportunities: available in the weeks prior to the event.

Event director: Øvind Holt: + 4769182853 (h), +4790776833 (m)

Event Advisor: Bernt O Myrvold, SOL

Classes, Course length and Level

Vårstafetten – Relay Saturday

Class	Legs	Course length*	Level
H-Open	5	4,0 - 5,0 km	A
D-Open	4	3,5 - 4,0 km	A
H13-16	3	Ca 3,0 km (**)	B-C-B
D13-16	3	Ca 3,0 km (**)	B-C-B
D120	3	3,0 - 3,5 km	A
H130	3	3,0 - 3,5 km	A
H170	3	3,0 - 3,5 km	A

** : 1 and 3.leg forked, 2.leg straight

Vårspretten - Middle distance - Saturday

Class	Km*	Level	Class	Km*	Level	Class	Km*	Level
N-Open	2,0	N	D11-12	2,3	C	H11-12	2,3	C
D11-12N	2,2	N	D13-14	3,0	B	H13-14	3,0	B
H11-12N	2,2	N	D15-16	3,1	A	H15-16	4,0	A
D13-N	2,2	N	D17-	4,0	A	H17-	4,7	A
H13-N	2,2	N	D40-	3,5	A	H40-	3,7	A
D-10	2,3	C	D50-	2,5	A	H50-	3,5	A
H-10	2,3	C	D60-	2,5	A	H60-	3,1	A
D13-16C	2,4	C	D70-	2,5	A	H70/H80	2,5	A
H13-16C	2,4	C	Direct courses					
D17-C	2,4	C	Dir-A	3,7	A	Dir-C	2,4	C
H17-C	2,4	C						

SOLrenningen - Long distance - Sunday

Class	Km*	Level	Class	Km*	Level	Class	Km*	Level
N-Open	1,6	N	D11-12	2,0	C	H11-12	2,0	C
D11-12N	1,9	N	D13-14	3,2	B	H13-14	3,4	B
H11-12N	1,9	N	D15	3,8	A	H15	4,5	A
D13-16N	2,9	N	D16	3,8	A	H16	4,5	A
H13-16N	2,9	N	D21	5,5	A	H21	8,0	A
D17-N	2,9	N	D35	4,5	A	H35	7,0	A
H17-N	2,9	N	D40	4,0	A	H40	6,0	A
H/D-10	2,0	C	D45	3,8	A	H45	5,5	A
D13-16C	2,6	C	D50	3,5	A	H50	5,0	A
H13-16C	2,6	C	D55	3,1	A	H55	4,5	A
D17-C	3,1	C	D60	3,1	A	H60	4,0	A
H17-C	3,1	C	D65	2,6	A	H65	3,5	A
D17-18E	6	A	D70	2,6	A	H70	3,1	A
D19-20E	7,0	A	D75	2,6	A	H75	2,6	A
H17-18E	8,5	A	D80	2,6	A	H80	2,6	A
H19-20E	10,5	A	D17-AK	3,8	A	H17-AK	5,5	A
D21-E	8,5	A	D40-AK	3,1	A	H40-AK	4,0	A
H21-E	14	A	D50-AK	2,6	A	H50-AK	3,2	A
			D60-AK	2,6	A	H60-AK	3,2	A

Direct courses

Dir-1	2,9	N	Dir-3		A
Dir-2		C	Dir-4		A

* Aproximate course lengths. Classes may be merged or splitted depending on number of entries.

Halden SK og Sarpsborg OL

Website: www.norwegianspring.no