

Norwegian Spring

Trail Orienteering (PreO) 26th – 27th of APRIL 2014

PROGRAM SATURDAY APRIL 26th

10:00 first start main classes
14:00 first start youth competition

PROGRAM SUNDAY APRIL 27th

11:00 first start all classes

VENUE:

Signposted from the road junction RV118/FV925 Viksletta direction north towards «Nygårdsgata» FV925. If you arrive by E6 from the south use exit 2, from the north exit 3. It will not be allowed to arrive from the north from «Rokkeveien», road junction FV599/FV925. «Nygårdsgata» will be a one-way road.

Arena: Mo gård, Rokke in Halden.

PARKING:

At the arena in a field with sandy surface. Parking fee 30 NOK.

MAP/TERRAIN:

A completely new TrailO map drawn autumn 2013 by Morten Dalby, scale 1:5000, eq. 2.5m, ISOM. Predominantly spruce and pine forest with varying site quality and visibility (from open and very good to denser forest with limited view). The route consists of paved roads, forest roads and larger paths, and is mostly flat except for a few steeper sections.

COMPETITION AND CLASSES:

Main Classes:

Elite, A, B, A-16 (up to age 16, A level), B-16 (up to age 16, B level) and N-open. For the Elite and A classes the event is arranged as a two-day overall competition, with an option to compete only one day. The other classes are arranged as single competitions both days.

Free youth competition Saturday:

Two age classes: WM –12 (B/N level) and WM 13–16 (A level). In class WM –12 parents/adults are allowed to assist the competitors on the course.

Direct classes (on day entry):

Direct A and Direct B. The direct classes have no timed controls and free starting time.

COURSE LENGTHS

Approximately 1000m in all classes both days.

START:

Saturday: 600m to start all classes.

Sunday: 1100m to start all classes.

FINISH:

Saturday: 800m walk back to the arena after the finish, 1500m for wheelchair users.

Sunday: 1900 m to walk back to the arena after finish. There will be a possibility for transport by car.

TIMED CONTROLS:

In all classes except direct classes.

COMBINE VÅRSPRETTE/STAFETTEN AND TRAILO

On Saturday it is possible to both participate in the foot-o events and TrailO. Those running Vårspretten may compete in the TrailO main classes beforehand, while those running Vårstafetten may compete in the TrailO youth competition afterwards. See the separate invitation for the foot-o events on the web pages of the event.

YOUTH COMPETITION

Saturday a separate (free) TrailO competition for youths will be arranged. Instructors will be available. The ordinary entry deadline applies.

INTRODUCTION TO TRAILO

An introduction to TrailO will be published on the event's web pages in due time for the competition. It is recommended that those without previous experience with TrailO take a look at this document before the event.

PUNCHING SYSTEM:

Manual pin punch. The organizer got a few extra punches that may be borrowed by those without their own punch. Such request must be specified in the entry.

ASSISTANCE:

Any need for assistance during the course must be specified in the entry.

PRIZES:

Prizes will be given for the overall competition results in classes Elite and A according to the Norwegian Orienteering Federations rules. In addition there will be prizes for the winners each day. Prizes in the other classes will be awarded according to the rules of the Norwegian Orienteering Federations



CHILD CARE:

Free, open to all children older than 2 years.

SERVICES:

You will find both a large kiosk / coffee shop and a sports equipment shop in the arena.

HC-toilet available next to the arena.

KEY ORGANIZERS:

Event director (TrailO): Øivind Holt

Course setter (TrailO): Martin Jullum mob. +47 47633245

Controller/Event advisor (TrailO): Arne Vilberg, Lillomarka O-lag

INFORMATION AND PRESS CONTACT:

Starting lists, results and other information will be published on the Web site: www.norwegianspring.no and at Eventor when ready.

Enquiries E-mail to martin.jullum@gmail.com (TrailO).

ENTRY AND LATE ENTRY:

Entry via Internet (Eventor) before **Sunday 13th of April**. Follow hyperlinks from the event's [web pages](#) (the system may also be used by foreign clubs by first registering your club as a new user).

Late entry: At the latest **Monday 21th of April via Eventor**. After this date it is only possible by calling the event director for TrailO at mob: +47 907 76 833 provided there are extra maps available.

Direct entry (on day entry, without timed controls): At the arena both days, Direct A and Direct B. Free starting time.

ENTRY FEES:

Main classes per day			
Classes	Entry fee (until 13/04)	Late entry (from 14/04)	
Elite	180 NOK	+50 %	
A, B, N-open	110 NOK	+50 %	
A-16, B-16	55 NOK	+50 %*	
Direct classes 30 NOK			

* There is no additional late entry fee from those 12 years old and younger.

The youth competition Saturday is free of charge.

The entry fee may be paid in cash on arrival. Competitors for Swedish clubs may pay in advance to Halden SK using Swedish bankgirot: **5365 2681**. Other foreign clubs may pay by cash upon arrival or pay in advance to Halden SK (contact Magne Dæhli): SpareBank 1 Halden: 1030.07.20639, IBAN: NO60 1030 0720 639, BIC-address: RYGSNO22. Mark the deposit «TrailO».

MAP SAMPLE:



ACCOMMODATION:

There is a wide range of accommodation available in the region.

More detailed accommodation information will be published on the event's web pages.



Hotel Halden

Thon Hotel Halden

Tlf. +47 69 21 33 00 - Faks 69 21 33 01
halden.booking@thonhotels.no
www.thonhotels.no

A small number of HC-customized rooms.



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qr.sarpsborg@choice.no
www.choice.no



Sarpsborg Vandrerhjem

Sarpsborg Hostel Tuneheimen

Tlf.+47 69 14 50 01 - Faks 69 14 22 91
sarpsborg@hihostels.no
www.sarpsborgvandrerhjem.no



Kaserna, Fredriksten fortress

Tlf +47 928 64 797
post@kaserna.no
www.kaserna.no



Sport8 will sell sports equipment at the arena both days and has a wide range of this season's products.

