

Bulletin 4

Saturday 12th APRIL 2008

Relay - Vårstafetten

Map

The map Svalerød Vest is in scale 1:10 000, 5 m. The terrain is hilly with a detailed contour. Mostly easy running in open pine forest, but there are several patches of greener areas with reduced runnability.

OUT OF BOUNDS AREAS

All forbidden areas are marked as out of bounds (purple stripes) on the map. It is permitted to run on farmed land (symbol 415) if not marked. **Gardens (symbol 527) are always forbidden to cross.**

TEAM BAGS

The team bags will be delivered at the INFO desk close to the Finish. In the bag there are hired EMIT cards, backup labels. Bulletin 4, start list, maps for beginners. The running order of the teams must be delivered electronically latest at Friday 11th April 21:00.

More information at <http://norwegianspring.no/>.

On the white side of the backup label: write your E-card number, start number, and leg

TIME TABLE (Change Over and Finish times are approximately)

Class	Start	1.ch over	2.	3.	4.	Finish
D Open	12.40	13.15	13.50	14.30		15.15
D 13-16	11:10	11:35	12:00			12:25
H 13-16	11:00	11:25	11:45			12:10
D 120	11:20	12:00	12:40			13:15
H 130	11:20	11:55	12:30			13:05
H 170	11:20	11:55	12:30			13:20
H Open	12:30	13:05	13:45	14:25	15:10	15:55

START

Each class is called 5 minutes before the official start time. Remember to activate your E-card.

Masstart all classer at ca. 15.45 - Finish close approx 17.30.

COURSES:

Class	1. etappe	2. etappe	3. etappe	4. etappe	5. etappe
H-Open	5,5-5,6 km	5,5-5,6 km	5,5-5,6 km	5,5-5,6 km	7,0 km
D-Open	4,3 km	4,3 km	4,3 km	5,6 km	
H 13-16	3,0-3,1 km	2,7 km	3,0-3,1 km		
D 13-16	3,0-3,1 km	2,7 km	3,0-3,1 km		
D120	3,8-3,9 km	3,8-3,9 km	3,8-3,9 km		
H130	3,8-3,9 km	3,8-3,9 km	3,8-3,9 km		
H170	3,8-3,9 km	3,8-3,9 km	3,8-3,9 km		

CHANGE OVER

It is a separate taped lane for runners going to the change over on the left (east) side of the run-in. Incoming runner punches at the line, delivers his own map, takes the map of the next runner from the rack and gives it to the outgoing team member. The incoming runner continues up to the Finish for checking the E-card and receiving split times. Outgoing runner must follow taped route to the start point, 300m

FINISH

It is a separate taped lane for the last leg runners going to finish on the right side of the run in. The position of the team is determined when crossing the Finish line. The runner **must punch at the Finish control** a couple of meters behind the line. It is important that the runners punch in the same order as crossing the line.

STARTNUMBER

All runners must carry the start number clearly visible:

H Open	D Open	H13-16	D13-16	H130	D120	H170
101 –	201 –	301 –	401 –	501 –	551 –	535 –

The number of the leg is written behind the team number. The number bibs are in the team bag.

Middle distance - Vårsprett

ENTRY ON THE DAY COURSES

3 courses available, N level 1,5 , C-level 2,3 km, A-level 3,9 km . Entry at the INFO desk until 13:00. Start 11:30 – 13:30. Entry fee: under 16 years NOK 70, adults NOK125. Start at the ordinary Start point

START

First start from 11:30 It is only one start for all classes, distance 800 m. Follow orange tapes south along the road, turn right up the path at the first junction

CLASS – LEVEL - LENGTH

Class	Length	Class	Length
N-level		B-level	
N-Open	1,6	D13-14	3,4
D11-12N	1,6	H13-14	3,4
H11-12N	1,6	A-level	
D13- N	1,6	D 15-16	3,4
H13- N	1,6	D 17	4,0
D 10	1,6	D 40	3,6
H 10	1,6	D 50	3,4
C-level		D 60, 70, 80	2,3
D11-12	2,2	H 15-16	4,0
H11-12	2,2	H 17	4,7
D13-16C	2,3	H 40	3,9
H13-16C	2,3	H 50	3,6
D17C	2,3	H 60	3,4
H17C	2,3	H 70	2,3

WRE Solrenningen - Sunday 13. APRIL 2008

PARKING

Parking 800 – 1 000 m south of Assembly Area. See map of Assembly area for location of functions.

TEAM BAGS

The team bags will be delivered at the INFO desk close to the Finish. In the bag there are hired EMIT cards, back-up labels. Bulletin 4, start list, maps for beginners.

Startnumber

All runners in the Elite classes must carry the start number bibs clearly visible, self service at the start.

Hired E cards

Hired E-cards are in the team bags. The team leader is responsible for returning the hired E-cards. Full market price will be charged for missing cards.

MAP

The map Svalerød is revised and digitalized during winter 2008. Scale 1:15 000, 5m contour for all elite classes, M21 and M35. All other classes 1:10 000, 5m. For the Micr-O section 1:5 000, 2,5 m
The runners may keep the map after finish. The map is also for sale in the cafeteria

TERRAIN

The competition area is rather hilly with quite a detailed contour. Partly good runnability, several roads and paths. In other areas denser vegetation or logged areas with a lot of logs on the ground.

OUT OF BOUNDS AREAS

All forbidden areas area marked as out of bounds (purple stripes) on the map. It is permitted to run on farmed land (symbol 415) if not marked. **Gardens (symbol 527) are always forbidden to cross.**

From start 1 it is forbidden to run on the road towards control 1. Printed as red X on the map.

START

Start 2: 950m south east from Assembly Area. Here starts

H/D 19-20E, H/D 17-18E, H21, H35, D/H 17 C, D/H 17N, D/H 13-16N og Direkt 1

Start 1: 600m south east from Assembly Area. Here start all other classes.

Follow orange markers

ELITE CLASS: will find loose control descriptions at start

All runners in the elite classes shall carry a start number, self service at start 1.

H 21 E	D 21 E	D 17-18 E	D 19-20 E	H 17-18 E	H 19-20 E
1 – 53	101 - 130	501 - 535	301 – 325	401 - 450	201 – 225

PUNCHING SYSTEM – START PROCEDURE

- Emit system will be used. Backup label in the Team bag
- Control if the E-card is alive before leaving Assembly area.
- Write your E-card number, name and class on the white side of the label.
- Check the E-card number with the number on the start list.
- At start check that you have taken the right map, this is your responsibility.

CLASS – LEVEL - SCALE– COURSE LENGTH – START

Class	Scale	Length	Start	Class	Scale	Length	Start
N-level				A / B -level			
N-Åpen	1:10 000	1,5	1	D13-14 (B)	1:10 000	3,2	1
D/H11-12N	1:10 000	2,0	1	D15 16	1:10 000	4,0	1
D/H -10	1:10 000	2,0	1	D17B (B)	1:10 000	3,4	1
D13-16N	1:10 000	3,0	2	D17AK	1:10 000	4,1	1
H13-16N	1:10 000	3,0	2	D21	1:10 000	5,2	1
D17N	1:10 000	3,0	2	D35	1:10 000	4,6	1
H17N	1:10 000	3,0	2	D40	1:10 000	4,2	1
C-level				D45	1:10 000	4,0	1
D11-12	1:10 000	2,2	1	D50	1:10 000	3,5	1
H11-12	1:10 000	2,2	1	D55	1:10 000	3,1	1
D13-16C	1:10 000	2,6	1	D 60	1:10 000	3,1	1
H13-16C	1:10 000	2,6	1	D65, D70	1:10 000	2,7	1
				D45,50,55 AK	1:10 000	2,7	1
D17C	1:10 000	3,4	2	D75, D80	1:10 000	2,7	1
H17C	1:10 000	3,4	2	H13-14 (B)	1:10 000	3,3	1
E-level				H15-16	1:10 000	4,4	1
D17-18E	1:15 000 og 1:5000	5,5	2	H17B (B)	1:10 000	3,4	1
D19-20E	1:15 000 og 1:5000	6,4	2	H17 AK	1:10 000	5,0	1
D21E	1:15 000 og 1:5000	7,6	1	H21	1:15 000	8,1	2
H17-18E	1:15 000 og 1:5000	7,0	2	H35	1:15 000	7,2	2
H19–20E	1:15 000 og 1:5000	8,1	2	H40	1:10 000	6,1	1
H21E	1:15 000 og 1:5000	11,9	1	H40 AK	1:10 000	4,2	1
				H45 AK	1:10 000	3,5	1
Direkteløyper				H45	1:10 000	5,2	1
Dir 1 (N)	1:10000	3,0	2	H50	1:10 000	5,0	1
Dir 2 (C)	1:10000	2,6	1	H50, H55 AK	1:10 000	3,4	1
Dir 3 (A)	1:10000	3,1	1	H55	1:10 000	4,6	1
Dir 4 (A)	1:10000	6,1	1	H60	1:10 000	4,0	1
				H65	1:10 000	3,5	1
				H70	1:10 000	3,1	1
				H75, H80	1:10 000	2,7	1

DRINKING STATIONS.

All courses longer than 4,6 km have a drinking station with water. Elite classes have a minimum of two stations, one station located just after the Micro section of the course

FINISH

Elite classes have their own run in lane to the right side. After crossing the Finish line you may receive a print out of E-card giving total time and splits.

MICRO

All Elite classes have a section of MicroO

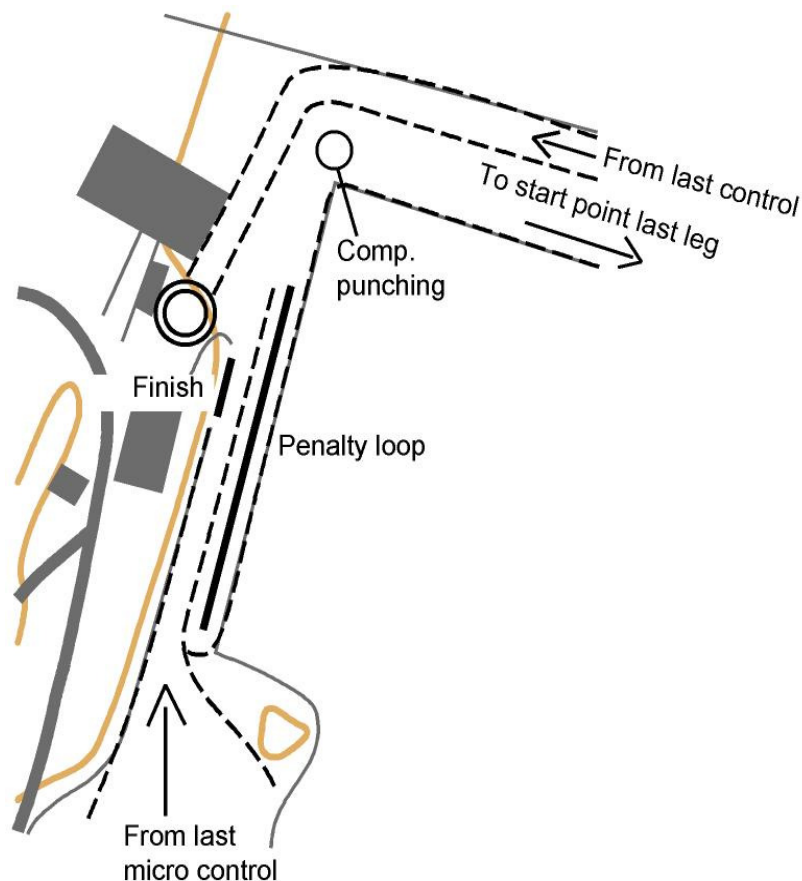
Micro-sections appears after:

- H21-E - 5,7 km
- D21-E - 1,8 km
- H19-20E - 5,3 km
- D19-20E - 3,8 km
- H17-18E - 4,3 km
- D17-18E - 2,8 km

- Map: The MicrO-map with control description is printed on the back page of the map.
Scale 1:5 000 2.5 m contour interval
- Course: 7 micrO-controls and 2 ordinary controls. Length is 1200-1300 m for all elite classes.
- Controls: All Micr-o-controls in the same control cluster are marked with the same LETTER code. You find this letter code in the control description. **You must punch at least at one control in each cluster to avoid disqualification.** For each wrong control punch you must run one penalty loop. Max number of penalty loops will be 7.

PROCEDURE at the end of the MicrO course:

- Reading E-card: The E-card must be placed on the reading unit in front of one of the computers. Keep the E-card on the reading unit until the number of penalty loops is shown on the screen.
- Penalty loop: You run the incurred number of penalty loops in the taped route to the right. The penalty loop is approx 50 sec. The runner is responsible for running the correct number of loops. If a runner runs too few loops, time will be added to the total running time (number of missing loops times estimated loop time)
- Compulsory Punching: After completing the penalty loops, **the runner must punch at the control at the start of the taped route** leading to the start point of the final leg. Distance to start point 225m across the field



Entry on the Day courses

5 courses available, N level 1,5 or 3 km, C-level 2,5 km, A-level 3,7 or 6 km . Entry at the INFO desk until 12:30. Start 10:00 - 13. Entry fee NOK 70 under 16 years, NOK 125 adults. Start at ordinary Start.

Trail O

Organised both days. We invited all other participants to try Trail O. Ask for info and the INFO desk

TOILETT og SHOWER

South east of Finsih. Se map of Assembly area

FIRST AID

Red Cross is stationed just after the Finish

PRIZE Giving

As soon as a class is ready. Announcement by the speaker

CATERING

There will be a cafeteria inside the barn. Warm and cold meals will be served.

JURY

SEA Unni Strand Karlsen is the chair of the jury. Members: Ivar Maalen and Onno Verberne appointed by NOF. Bent Galborgen appointed by ØOK

Event director

Øivind Holt, Halden SK