



VÅRSTAFETTEN, VÅRSPRETTEN og SOLRENNINGEN
25-26 April 2009, three competitions in two days

Program Saturday 25. April

10:00 event office opens
11:00 first start **Vårstafetten** - short distance relay
11:30 first start **Vårspretten** – middle distance
ca. 15:00 prize giving

Program Sunday 26. April

8:30 event office opens
10:00 first start **SOLrenningen** – long distance
ca 14:00 prize giving

MAP/TERRAIN

Map: Klavestadhaugen
New/corrected/ Winter 2008-2009.
Scale 1:10.000.
The terrain consist of several forests split by fields and roads. Little to medium hilly. In parts very detailed and technical terrain. In parts of the terrain there has been some forestry.

CLASSES AND COURSES

Vårstafetten – Saturday, short distance relay

Classes	Legs	Course lengths	Level [#]
H-open	5	4,5-5,0 km	A
D-open	4	3,5-4,5 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

In Norway A is most difficult followed by B, C and N (New comers)

Vårspretten – Saturday, middle distance

Class	Length	Level [#]	Class	Length	Level [#]
N-open	2,0	N			
D11-12N	2,2	N	H11-12	2,2	N
D13-N	2,2	N	H13-N	2,2	N
D-10	2,3	C	H-10	2,3	C
D13-16C	2,4	C	H13-16C	2,4	C
D17-C	2,4	C	H17-C	2,4	C
D11-12	2,3	C	H11-12	2,3	C
D13-14	3,0	B	H13-14	3,0	B
D15-16	3,1	A	H15-16	4,0	A
D17-	4,0	A	H17-	4,7	A
D40-	3,5	A	H40-	3,7	A
D50-	3,1	A	H50-	3,5	A
D60-	2,5	A	H60-	3,1	A
D70-	2,5	A	H70-	2,5	A

D80-	2,5	A		H80-	2,5	A
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SOLrenningen –Sunday – long distance

Class	Length	Level [#]		Class	Length	Level [#]
N-open	2,0	N				
D11-12N	2,2	N		H11-12	2,2	N
D13-16N	2,9	N		H13-16N	2,9	N
D17-N	2,9	N		H17-N	2,9	N
D-10	2,3	C		H-10	2,3	C
D13-16C	2,6	C		H13-16C	2,6	C
D17-C	2,6	C		H17-C	2,6	C
D11-12	2,3	C		H11-12	2,3	C
D17-B	3,5	B		H17-B	3,5	B
D13-14	3,2	B		H13-14	3,4	B
D15	3,8	A		H15	4,5	A
D16	3,8	A		H16	4,6	A
D17-18E	5,5	A		H17-18E	7,0	A
D19-20E	6,2	A		H19-20E	8,0	A
D21E	7,5	A		H21E	11,0	A
D21	5,5	A		H21	8,0	A
D35-	4,5	A		H35-	7,0	A
D40-	4,0	A		H40-	6,0	A
D45-	3,8	A		H45-	5,5	A
D50-	3,5	A		H50-	5,0	A
D55-	3,1	A		H55-	4,5	A
D60-	3,1	A		H60-	4,0	A
D65-	2,6	A		H65-	3,5	A
D70-	2,6	A		H70-	3,1	A
D75-	2,6	A		H75-	2,6	A
D80-	2,6	A		H80-	2,6	A
D85-	2,6	A		H85	2,6	A
D17-AK [□]	3,8	A		H17-AK	5,5	A
D40-AK	3,1	A		H40-AK	4,0	A
D50-AK	2,6	A		H50-AK	3,2	A
D60-AK	2,0	A		H60-AK	2,6	A

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□ K; Shorter (Norwegian "Kort") course with the same technical difficulty as the main classes.

Course lengths may be adjusted somewhat. The organizers retain the right to combine classes if there are too few entered. All N- and C- classes will have free start on Saturday and Sunday; e.g. no pre-assigned start times.

TRAIL-O

There will be trail-o both Saturday and Sunday. See separate invitation. Sunday there will be the same arena as SOLrenningen, and an opportunity to try trail-o after your own race.
Map 1:5000, New 2009.

connections from Rygge Airport /see www1.trafikanten.no for time tables.

PARKING

The parking is at firm surface close to the arena. It is easy access for child carriages and wheel chairs.

ARENA

The arena is at Kalabanen- horse racing rink.
Signposted from the junction RV-111/RV-118.
Buss207 between Sarpsborg railway station and Kalabanen. Good

ENTRY

Electronic via link at the home page.
Ordinary entry until April 15. Late entry until April 20. After that only entry on the day classes. The entry will open around March 1.

ENTRY FEE

Up to 16 year old NOK 90, 17 years and older NOK 180 (the entry fee includes parking). Norwegian clubs will be billed. Foreign clubs must pay in advance to Norwegian Spring v/ SveinRunar Melby, Syrinvn.10, 1711 Sarpsborg. Account no. Halden Sparebank: 1030.09.64694, IBAN: NO 7610300964694, BIC: SPTRNO22, Halden SK's Swedish account: Bankgirot 5365 2681 may also be used. Foreign clubs with five or fewer participants may also pay on the day.

Relay teams:

H-open: NOK 850
D-open: NOK 680
H13-16: NOK 240
D13-15: NOK 240
D120: NOK 510
H130: NOK 510
H170: NOK 510

LATE ENTRY

Untill April 20 with a 50 % extra entry fee.

CHANGES

of emit brick number, club or class against a fee of NOK 50. Telephone service between 18.00 and 21.00 (17.00 and 20.00 GMT) Wednesday and Thursday before the event. More information at the home-page later.

RUNNERS FOR THE RELAY

To be entered via the homepage.

PUNCHING SYSTEM

EMIT electronic control and timing will be used. Foreign runners that do not give an Emit brick number will be assigned a rental brick against a fee of 20 NOK/day.

PRICES

Will be according to the rules of the Norwegian Orienteering Federation. The prizes are sports goods supplied by Team Trade.

CHILD CARE

Free child care from 2 years and older. No care for younger children.

STRING COURSES

Close to the assembly area. NOK 25/ day

SHOWER

There will be showers close to the assembly area..

YOUTH TEAM COMPETITION

New exciting youth team competition. More information at the homepage.

SALES OF SPORTS GOODS

Team Trade will be present during the competition.

TRAINING

There will be possibilities for training in Halden and Sarpsborg. More information at the club's home pages:
<http://idrett.speaker.no/organisation.asp?OrgElementId=61881> og
<http://www.haldensk.no>

POSSIBLE CANCELLATION

This is an early spring event in Norway. The weather conditions might be too adverse for a fair (or even safe) competition. If the competition must be cancelled information will be given at the home page April 14.

PRESIDENT OF THE ORGANISING COMMITTEE

Bernt O. Myrvold

VICE-PRESIDENT OF THE ORGANISING COMMITTEE

Hanne L. Raadal

COURSE PLANNERS

Tormod Jensen, Svein Runar Melby, Stein Juliussen

EVENT ADVISOR

To be appointed by Østfold O-krets.

COURSE CONTROLLER

Kjetil Bjørlo