

# Norwegian Spring 2008

## World Ranking Event Sunday 13 April in Halden Longdistance Race with Micro Orienteering.

**This is the only chance to prepare for the WC cup race 4 in Oslo 20<sup>th</sup> June**

The WRE is included in the national race Solrenningen with a full range of classes. Even the junior Elite courses will include Micro. A description of **Micro Orienteering** is given at the IOF website

<http://www.orienteering.org/i3/index.php?iof2006>

On Saturday 12<sup>th</sup> April both a Relay and a Middle distance race will be organised. See details in the Norwegian Bulletin.

**Organiser:** Halden SK and Sarpsborg OL

**Venue:** Sponvika. Take Exit 1 at E6 just north of the Svinesund fjord / Swedish border

**Terrain:** Hilly coastal terrain with a very detailed contour, technically difficult. Several roads and paths, mixed forest, variable runability and good options for route choices.

Classes	Lenght	Winning time	Scale	Contour	Loops
H21 E	11,7 km	85 min	1:15 000	5 m	2
D21 E	7,5 km	68 min	1:15 000	5 m	2

**Entry:** Preferably online, links to online entry will be posted on event home page approximately 1<sup>th</sup> March. Eventually by post to Norwegian Spring, v/Frauke Gran Schmitt, Valhall 26, N-1782 Halden, Norway...

**Deadline:** Entry 30 March , Late entries until Monday 7<sup>th</sup> April

**Entry fee:** NOK 160, Late Entry NOK 240

**Payment:** To Norwegian Spring:

**Account:** Halden Sparebank IBAN NO7610300964694. BIC SPTRNO22

**Payment:** Upon arrival may be accepted if permission is granted before entry deadline.

**Punching system:** EMIT

**Start:** First start 10:00 a.m. Distance from arena to start is 600 m

**Parking:** 700- 900 m from finish arena

**Competition clothing:** Full coverage

**Homepage:** [www.norwegianspring.no](http://www.norwegianspring.no)

**Information:** [info@norwegianspring.no](mailto:info@norwegianspring.no)

**Accommodation:** See homepage or [www.visithalden.com](http://www.visithalden.com)

**Training opportunities:** Will be available in the weeks prior to the event.

**Event director:** Øivind Holt: contact + 4769182853 (h), +4790776833 (m)

**Event Advisor:** Unni Strand Karlsen, Fredrikstad SK