

# BULLETIN 3

December 2010

## CHAMPIONSHIP

EOC

JWOC

EYOC

WMOC

## SKIORIENTEERING

1-6 February

RINGSAKER - LILLEHAMMER

# NORWAY 2011

Norwegian  
Orienteering



# Winter wonderland in the Norwegian mountains



Lillehammer OK and Ringsaker OK in partnership with "Friends of Norwegian ski-orienteering" and the Norwegian Orienteering Federation invite you to European championship, Junior World championship, European youth championship, and World masters championship in ski orienteering.

## Organizers

Chairman of the organizing committee	Jens Harald Fosshheim
Event director	Lars Lystad
IOF event adviser	Juraj Nemec
National controller	Yngve Mobråten
Course setter	Vidar Benjaminsen
Event secretary	Jan Arild Johnsen

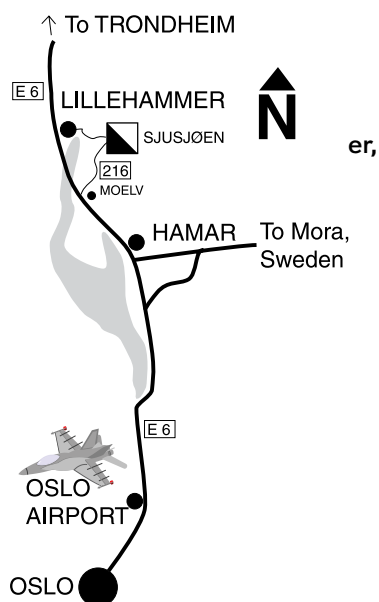
Address: Ski-o-2011,  
Norwegian Orienteering Federation  
0840 Oslo, Norway

E-mail [info@skio2011.com](mailto:info@skio2011.com)  
Homepage [www.skio2011.com](http://www.skio2011.com)

## Venue

The event centre and all competitions will be at the Sjusjøen Skisenter-Natrudstilen, in the Birkebeiner area, 20 km from Lillehammer, 140 km from Oslo airport Gardermoen. Road 216 from Lillehammer (from north) or road 216 from Moelv (from south).

See [www.sjusjoen.no](http://www.sjusjoen.no), click "kart" or "map"



## Embargoed area

The competition area, limited by the orienteering map "Natrudstilen", is embargoed until February 2011 for competitors and team leaders. The area is closed for all orienteering activity. Cross-country skiing and roller skiing in open tracks is allowed until January 1.2011.

## Program

### Monday January 31st

All day Arrival. Check-in at the Booking Office  
12.00 – 22.00 Competition office open

### Tuesday February 1st

9.00 – 21.00 Competition office open  
10.00 – 14.00 Model events EOC, JWOC, EYOC in competition centre  
15.00 Deadline EOC, JWOC and EYOC name entry and the allocation of start groups for long distance to the competition office  
17.00 Team leaders' meeting

### Wednesday February 2nd

8.00 – 21.00 Competition office open  
10.00 – 11.30 W17, EYOC long distance, interval start  
10.00 – 12.00 M17, EYOC, long distance, interval start  
10.00 – 12.30 W20, JWOC, long distance, interval start  
10.00 – 13.00 M20, JWOC, long distance, interval start  
10.45 – 13.30 W21, EOC, long distance, interval start  
10.00 – 14.00 M21, EOC, long distance, interval start  
14.30 Flower ceremony in competition centre  
17.30 Departure for the banquet  
18.00 Banquet at Berg gård, with dinner, opening ceremony and prize ceremony long distance.  
21.00 – 24.00 The Ski-o-pub in Ski Centre is open

### Thursday February 3rd

8.00 – 21.00 Competition office open  
10.00 – 14.00 Training events. Start at Competition centre.  
15.00 Deadline EOC, JWOC and EYOC name entry and the allocation of start groups for sprint distance to the competition office  
17.00 Team leaders' meeting

### Friday February 4th

8.00 – 21.00 Competition office open  
10.00-11.00 W20 JWOC, sprint distance, interval start  
10.00-11.30 M20, JWOC, sprint distance, interval start  
11.15-12.00 W17, EYOC, sprint distance, interval start  
11.15-12.30 M17, EYOC, sprint distance, interval start  
12.15-13.15 W21, EOC sprint distance, interval start  
12.15-13.45 M21, EOC, sprint distance, interval start  
14.15 – 16.00 Open sprint competition  
15.30 Prize giving ceremony EOC, JWOC, EYOC in competition centre.  
15.00 Deadline EOC, JWOC and EYOC name entry and the allocation of start groups for middle distance to the competition office  
17.00 Team leaders' meeting

### Saturday February 5th

8.00 – 21.00 Competition office open  
10.00-10.30 (w) W20, JWOC, middle distance, mass start  
10.20- 10.50 (w) M20, JWOC, middle distance, mass start  
10.40-11.05 (w) W17, EYOC, middle distance, mass start  
11.00-11.25 (w) M17, EYOC, middle distance, mass start  
11.20-12.00 (w) W21, EOC middle distance, mass start  
11.40- 12.20 (w) M21, EOC, middle distance, mass start  
13.00 – 16.00 WMOC, long distance day 1, interval start  
13.00 – 16.00 O-treff, long distance, interval start  
15.00 Deadline for EOC and JWOC name entry for relay event to the competition office  
16.00 Prize giving ceremony EOC, JWOC, EYOC in competition centre.  
16.30 Prize giving ceremony O-treff in competition centre.  
17.00 Team leaders meeting  
19.00 WMOC- Banquet in Birkebeineren Hotel & ap., Lillehammer

### Sun February 6th

8.00 – 18.00 Competition office open  
9.30-11.10 (w) M20, JWOC relay  
9.45-11.25 (w) W20, JWOC relay  
10.15-11.55 (w) M21, EOC relay  
10.30-12.10 (w) W21, EOC relay  
13.00 – 16.00 WMOC, long distance day 2, interval start  
13.00 – 16.00 O-treff, middle distance, interval start  
16.00 Prize giving ceremony EOC, JWOC, EYOC in competition centre.  
16.30 Prize giving ceremony WMOC and O-treff in competition centre.  
17.00 Closing ceremony  
Departure  
20.00 – The Ski-o-pub in Ski Centre is open  
21.00 – Youth disco in Ski Centre

### Monday February 7th

8.00 – 11.00 Competition office open  
Departure

(w)\* = expected winner into finish

## Classes and participation

EOC W21, M21. A federation may enter a maximum of 6 runners in each class in the individual events, and 2 teams in each class in the relay event, only the better team will count. The current European champion shall be given wild card to enter in addition to the ordinary entries from his federation: Sprint- Tatiana Vlasova RUS, Edvard Khrennikov RUS  
Long - Marte Reenaas NOR, Staffan Tunis FIN  
Middle- Tatiana Vlasova RUS, Peter Arneson SWE

JWOC W20, M20. A federation may enter a team of up to 14 competitors, up to 7 women and 7 men. In each individual competition, each federation may enter up to 6 men and 6 women. In the relay each federation may enter up to 2 women and 2 men teams. In both classes, a team score is calculated for each federation in a team competition.

EYOC W17, M17. Each federation may enter 4 runners in each class. All entered runners may run all individual distances. The EYOC-competitors may participate in the JWOC relay event.

WMOC W/M 35,40,45,50,55,60,65,70,75,80,85. Open for everybody. The start order for the first race will be drawn at random. The start order for the second race will be reverse or the start order in the first race. The combined time of the two races forms the final result.

## Visa

If you need a Visa to enter into Norway, you can read all about it here: <http://www.udi.no/Norwegian-Directorate-of-Immigration/Central-topics/Visa>

If you need an invitation send an e-mail to: [jan.arild.johnsen@orientering.no](mailto:jan.arild.johnsen@orientering.no)

A lot of people can get their visa online, read and get visa here: <https://selfservice.udi.no>

Who does not need a visa? (info Oct 2010, can be changed)  
Nationals of Schengen states can stay in Norway for up to 90 days without applying for a visa. This also applies to foreign nationals who have residence permits in one of the Schengen states.

Exemption to the visa requirement also applies to nationals of countries that have visa exemption agreements.. Nationals from countries with exemption agreements can stay in Norway for up to 90 days. Norway has visa exemption agreements with the following countries:

- A: Andorra, Argentina, Australia, Austria
- B: Belgium, Bermuda (BDTC passport), Brazil, Brunei, Bulgaria
- C: Canada, Chile, Costa Rica, Croatia, Cyprus, the Czech Republic
- D: Denmark
- E: El Salvador, Estonia
- F: Finland, France
- G: Germany, Greece, Guatemala
- H: Honduras, Hong Kong (SAR passports and BNO passports), Hungary
- I: Iceland, Ireland, Israel, Italy
- J: Japan

- K: Republic of Korea
- L: Latvia, Liechtenstein, Lithuania, Luxembourg
- M: Macau (SAR passport), Macedonia, Malaysia, Malta, Mexico, Monaco, Montenegro
- N: The Netherlands, New Zealand, Nicaragua
- P: Panama, Paraguay, Poland, Portugal
- R: Romania
- S: San Marino, Serbia, Singapore, Slovakia, Slovenia, Spain, Sweden, Switzerland
- U: The UK, Uruguay, the USA
- V: The Vatican City State, Venezuela

## Terrain, climate and daylight

The terrain consists of coniferous forest with open marshes, but also smaller parts of mountain terrain without vegetation. Altitude 750-1000 m.

The climate is normally wintry with weather ranging from sun to cloudy and snowfall. Average middle temperature for Sjusjøen in February is - 7°C. Average snowfall in the month of February is 48 cm.

Daylight at Sjusjøen Feb 1.2011:

Begin dawn	7.47
Sunrise	8.37
Sunset	16.21
End twilight	17.11

## Training possibilities

Venabu Open. A Pre-EOC/Pre-JWOC-event will be organized at Venabufjellet, Ringebu, 80 km north of Lillehammer. WRE-competitions Dec. 11 and 12. , and if stabile snow conditions ski-o-training Dec. 13. and 14.

Organizer: OL Tønsberg og omegn.

Contact person: Tore Watterdal, [wdal@online.no](mailto:wdal@online.no)

Web: [www.venabuopen.no](http://www.venabuopen.no)

## Registration and entry fee

### Preliminary entry for EOC, JWOC and EYOC

Latest date for preliminary number of competitors, team officials and accommodation is December 1. 2010 (use entry forms A, see web site)

### Final entry

Latest date for final entry with the confirmation of the number of competitors and team officials is January 1. 2011 (use final entry form B, see web site)

### Final name entry

Latest date for the final entry with names of the competitors and team officials is January 17. 2011 (use name entry form C, see web site)

### Entry fee

Entry fee for competitors	EOC 350 NOK/race
	JWOC 300 NOK/race
	EYOC 300 NOK/race
Fee for officials	400 NOK (all days)

## WMOC registration and entry fee

Entry for the two individual races, sprint Friday and training Thursday  
Latest day for entry with names of competitors is January 21. 2011 (use entry form B, see web site)  
Discount for early registration.

### Entry Fee

Entry fee WMOC, registration and payment by:

**November 21. 2010** 500 NOK

Entry fee WMOC, registration and payment by:

**December 21. 2010** 600 NOK

Entry fee WMOC, registration and payment by:

**January 21. 2011** 700 NOK

Training event February 3. 100 NOK

Sprint distance, February 4. 200 NOK

WMOC banquet, dinner at Birkebeineren hotel & app.

February 5. 295 NOK

## O-treff - open races

### Thursday February 3. - Training event, 5km and 7 km.

Direct registration in Competition Office, entry fee until D/H16 - 50 NOK, from D/H 17- 100 NOK

### Friday, February 4. - Sprint distance

Classes: W/M10-12, 13-14, 15-16, 17-20,21, 35, 45, 55, 65, 75

Entry fee: until D/H16 - 100 NOK, from D/H 17 - 200 NOK

Entry before January 21. 2011, online via [www.ski2011.com](http://www.ski2011.com)

### Saturday, February 5 - Long distance,

### Sunday, February 6. - Middle distance

Classes: W/M 10-12, 13-14, 15-16, 17-20, 21, 17AK.

Entry fee: until D/H16 - 100 NOK per day, from D/H 17 - 200 NOK per day

Entry before January 21. 2011, online via [www.ski2011.com](http://www.ski2011.com)

Separate registration for each day.

Late entry accepted until February 1. online via [www.ski2011.com](http://www.ski2011.com). Late entry fee 80 NOK per day.

## Accommodation

### For EOC, JWOC and EYOC:

High standard apartments and cottages, 4-12 beds, in Sjusjøen skisenter/Natrudstilen. Walking/skiing distance to the arena and competition office. All units have well equipped kitchen suitable for self-catering.

### Type A

Apartment or cottage, January 31. - February 7., with all meals. Breakfast February 1-7. Lunch February 1- 6. Dinner January 31.- Feb. 1, and Feb. 3-6. Banquet February 2.

Price: 3685 NOK per person

### Type B

Apartment or cottage, January 31. - February 7. Selected meals, see below. Banquet February 2. must be ordered separately.

### Prices:

Apartment/cottage,	1420 NOK per person in the entire period
Breakfast	75 NOK per person per day
Lunch	110 NOK per person per day
Dinner	130 NOK per person per day.
Banquet February 2.	300 NOK (incl. transport)

### Type C

Apartment or cottage, January 31. - February 7. No meals. Banquet February 2. must be ordered separately

Price:

Apartment/cottage,	1420 NOK per person in the entire period
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For Type A,B and C cleaning of apartment/cottage at departure is included. Bedding and towels, 110 NOK per person, must be ordered together with the accommodations.

See [www.sjusjoen.no](http://www.sjusjoen.no) for more info about Sjusjøen skisenter.

### For WMOC:

Birkebeineren hotel & apartments, [www.birkebeineren.no](http://www.birkebeineren.no)  
mail: [booking@birkebeineren.no](mailto:booking@birkebeineren.no)

Hotel rooms and apartments are pre-booked for WMOC participants until Dec. 15. 2010. Available capacity can not be guaranteed after Dec. 15.2010. Please book your accommodation directly to Birkebeineren hotel & apartment before this date. Use booking code #80469.

Prices hotel:	from 480 NOK pr pers. pr day, breakfast included.
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Prices apartment:	1140 NOK pr apartment pr day (2 persons in apartment)
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	1390 NOK pr apartment pr day (3-4 persons in apartment)
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	1640 NOK pr apartment pr day (5-6 persons in apartment)
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No meals included. Apartments are equipped for self-catering. Meals available in hotel restaurant.  
Indoor waxing facilities.

We can also recommend Lillehammer hostel, [www.stasjonen.no](http://www.stasjonen.no) or see [www.lillehammer.com](http://www.lillehammer.com) for more options.

Lillehammer is popular in winter season, so early booking is a necessity

### For O-TREFF, Open races:

All apartments and cabins in Sjusjøen skisenter, Natrudstilen are booked for EOC, JWOC and EYOC.

For participants in O-TREFF we recommend to book accommodation at Nordseter, 12 km from the Competition center or in the upper area of Sjusjøen, 6 km from the Competition center.

Nordseter Fjellstue og Hytter, [www.visitnordseter.com](http://www.visitnordseter.com)

Nordseter Hyttegrend, [www.nordseter.no](http://www.nordseter.no)

Sjusjøvangen, [www.sjusjovangen.no](http://www.sjusjovangen.no)

Sjusjøen Fjellheimen, [www.sjusjoen-fjellheimen.no](http://www.sjusjoen-fjellheimen.no)

Nordseter and Sjusjøen is popular in winter season, so early booking is a necessity.

## Waxing facilities:

### For EOC, JWOC and EYOC:

There are limited permanent installations for ski-waxing in the ski center and by the apartments.

We can provide mobile waxing cabins in the ski stadium.

We recommend all teams to use this opportunity. Waxing in apartments and cabins is not allowed.

Small waxing cabin, for 2-3 servicemen, 2000 NOK for one week

Big waxing cabin, for 4-5 servicemen, 4000 NOK for one week

Waxing cabins must be ordered together with the preliminary entry.

For small teams we can provide small waxing rooms or tents together with other teams.

## Payment

For EOC/JWOC / EYOC all costs has to be paid by January 1. 2011 at the latest

For WMOC and "O-treff" entry fee has to be paid by January 21. 2011 at the latest.

For runners from Norwegian clubs the entry fee will be billed to the clubs after the events.

Payment info:

IBAN: NO1418223790883

SWIFT: SHEDNO22

Account owner:

Ringsaker O-klubb

Nergårdsveien 3

2380 Brummundal

Norway

## Map scales

Long Distance 1:15000, 5 m

Middle Distance 1:10000, 5 m

Sprint 1:5000, 5 m

Relay 1:10000, 5 m

## Course lengths and winning times

EOC	Women	Men
Long Distance	15 km (75-90 min)	22 km (95-100 min)
Middle Distance	8 km (40-45 min)	11 km (40-45 min)
Sprint	3 km (10-15 min)	4 km (10-15 min)
Relay,	3x6 km (30-35 min)	3x8 km (30-35 min)

JWOC	Women	Men
Long Distance	9 km (60-65 min)	14 km (70-75 min)
Middle Distance	5 km (25-35 min)	7 km (25-35 min)
Sprint	2,5 km (10-15 min)	3,5 km (10-15 min)
Relay	3x4 km (30-35 min)	3x6 km (30-35 min)

EYOC	Women	Men
Long Distance	7 km (50-55 min)	11 km (60-65 min)
Middle Distance	4 km (20-30 min)	6 km (20-30 min)
Sprint	2 km (10-15 min)	3 km (10-15 min)

## WMOC Long distance

Women	Men
W35 – 10 km (55 min)	M35 – 14 km (70 min)
W40 – 9 km (50 min)	M40 – 12 km (65 min)
W45 – 8 km (45 min)	M45 – 11 km (60 min)
W50 – 7 km (45 min)	M50 – 10 km (55 min)
W55 – 6 km (45 min)	M55 – 9 km (50 min)
W60 – 5 km (45 min)	M60 – 8 km (50 min)
W65 – 5 km (45 min)	M65 – 7 km (50 min)
W70 – 4 km (45 min)	M70 – 6 km (50 min)
W75 – 3 km (45 min)	M75 – 5 km (50 min)
W80 – 3 km (45 min)	M80 – 4 km (50 min)
W85 – 3 km (45 min)	M85 – 4 km (50 min)

### O-treff - Saturday:

2,5 km	N-level	D10-12, H10-12
4 km	C-level	D13-14, H13-14
5 km	B-level	D15-15, D17AK
7 km	A-level	D17-20, H15-16, H17AK
9 km	A-level,	D21, H17-20
12 km	A-level	H21

### O-treff - Sunday:

2 km	N-level	D10-12, H10-12
3 km	C-level	D13-14, H13-14
4 km	B-level	D15-16, D17AK
5 km	A-level	D17-20, H15-16, H17AK
6 km	A-level	D21, H17-20
7 km	A-level	H21

## Punching system

EMIT –electronic punching system will be used.

Only E-cards provided by the organizer can be used.

Selected runners will be equipped with devices for GPS-tracking to be shown on arena-screen and online.

EMIT are developing a new TFP-system (touch-free punching). If approved by IOF, we will consider using this.

## Transport

On request, we can provide transport for teams from Oslo airport Gardermoen and from Lillehammer railway station. Price will depend on number of persons. We will try to offer as cheap a solution as possible.

On request we can also organize transport from accommodation in Lillehammer (WMOC) to Sjusjøen skisenter, or transportation to the grocery store for shopping to the self-catering. Please inform us about your need for transport in entry form A (EOC, JWOC, EYOC) or entry form B (WMOC).

## Media

Press centre will be at the Competition Center.

Contact person: Jon Vegard Lunde, [beskerud@online.no](mailto:beskerud@online.no)

No accreditation fee for media representatives.

Registration and booking of accommodation before Jan 1. 2011. You will find "entry form for media" in our web site.

## Competition office

The Competition office will be in the Competition Centre. See opening hours in the program.

Event secretary: Jan Arild Johnsen

E-mail [info@skio2011.com](mailto:info@skio2011.com) or [jan.arild.johnsen@orientering.no](mailto:jan.arild.johnsen@orientering.no)

Mobil: +4790165680