

BULLETIN 4

February 2011

CHAMPIONSHIP

EOC

JWOC

EYOC

WMOC

SKIORIENTEERING

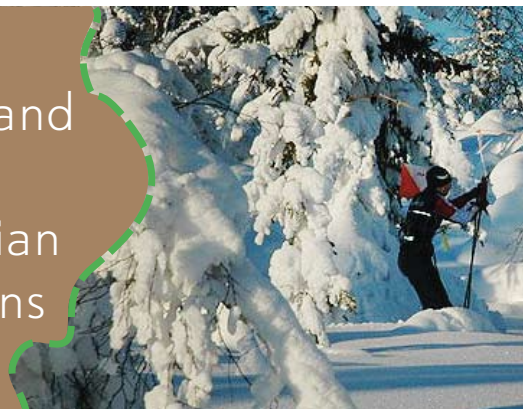
1-6 February
RINGSAKER - LILLEHAMMER
NORWAY 2011

Norwegian
Orienteering



Photo: Sindre Haverstad

Winter wonderland in the Norwegian mountains



Lillehammer OK and Ringsaker OK in partnership with "Friends of Norwegian ski-orientering" 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 Fossheim
Event director	Lars Lystad
IOF event adviser	Juraj Nemec
National controller	Yngve Mobråten
Course setting team :	Vidar Benjaminsen (leader/long), Jonas Juveli (long), Kjetil Ulven (sprint), Erlend Slokvik (middle), Bjørnar Tollefsen (relay)
Event secretary	Jan Arild Johnsen
Address:	Ski-o-2011, Norwegian Orienteering Federation 0840 Oslo, Norway
E-mail	info@skio2011.com
Homepage	www.skio2011.com

Jury

Alexandr Bliznevsky RUS
Wolfgang Pötsch AUT
Margaretha Pepa SWE

Competition center

The event centre and all competitions will be at the Sjusjøen Skisenter, Natrudstilen,

Competition office

The competition office is at the skistadium, Sjusjøen Skisenter, Natrudstilen.

Opening hours:	Monday	12-22
	Tuesday	9-15, 18-21
	Wednesday	8-16
	Thursday	8-15, 18-21
	Friday	8-16, 18-21
	Saturday	8-16, 18-21
	Sunday	8-18
	Monday	8-11

Event secretary: Jan Arild Johnsen, Mobil: +4790165680
E-mail info@skio2011.com
or jan.arild.johnsen@orientering.no

Program

Monday January 31st

All day Arrival. Check-in at the Booking Office

Tuesday February 1st

10.00 – 14.00 Model events EOC, JWOC, EYOC in competition centre
14.00 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 in the Ski Centre Pub, same building as the Cafe
20.00 Emitags and number bibs available in Competition office

Wednesday February 2nd

9.00 Equipment for the equipment control must be delivered outside the Competition office
10.00 – 11.45 W17, EYOC long distance, interval start
10.00 – 12.15 M17, EYOC, long distance, interval start
10.00 – 12.40 W20, JWOC, long distance, interval start
10.00 – 12.50 M20, JWOC, long distance, interval start
10.45 – 13.30 W21, EOC, long distance, interval start
10.00 – 13.45 M21, EOC, long distance, interval start
14.30 Flower ceremony in competition centre
17.30 Bus transport for all to the banquet. Bus departure outside the Ski Centre Cafe.
18.00 Banquet at Berg gård, with dinner and opening ceremony
20.00 Prize giving ceremony long distance at the Banquet.
21.00 Bus transport from Banquet back to the Ski Centre
21.00 – 24.00 The Ski Centre Pub is open

Thursday February 3rd

10.00 – 14.00 Training events. Start at Competition centre. Flexistart
14.00 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 in the Ski Centre Pub
20.00 Emitags and number bibs available in Competition office

Friday February 4th

10.00-11.05 W20 JWOC, sprint distance, interval start
10.00-11.05 M20, JWOC, sprint distance, interval start
11.15-12.00 W17, EYOC, sprint distance, interval start
11.15-12.10 M17, EYOC, sprint distance, interval start
12.15-13.15 W21, EOC sprint distance, interval start
12.15-13.40 M21, EOC, sprint distance, interval start
14.00 Deadline EOC, JWOC and EYOC name entry and the allocation of start groups for middle distance to the competition office
14.15 – 16.00 Open sprint competition
15.30 Price giving ceremony EOC, JWOC, EYOC in competition centre.
17.00 Team leaders' meeting in the Ski Centre Pub
20.00 Emitags and number bibs available in Competition office

Saturday February 5th

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 & O-treff long distance day 1, interval start
13.00 – 16.00 O-treff, long distance, interval start
14.00 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.
17.00 Team leaders meeting in the Ski Centre Cafe
20.00 Emitags and number bibs available in Competition office.

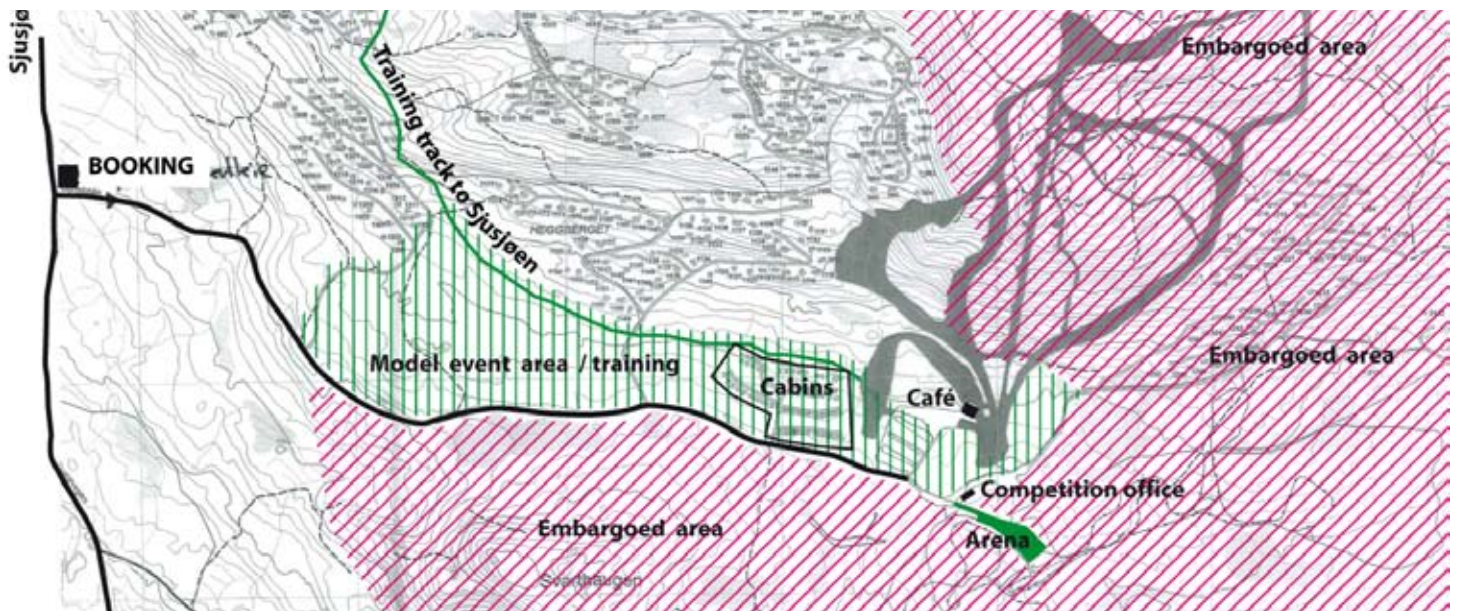
Sun February 6th

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 & O-treff middle distance, interval start
16.00 Prize giving ceremony EOC, JWOC, EYOC in competition centre.
17.00 Closing ceremony in the Competition Centre
17.00-24.00 The Ski Centre Pub is open
20.00-24.00 Youth disco in Ski Centre Cafe

Monday February 7th

Departure

(w)* = expected winner into finish

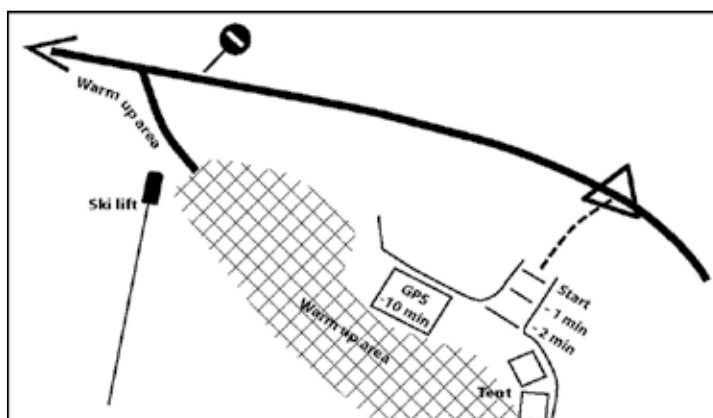


Race information

Long distance:

Map: 1:15000, 5 m countour interval. Colour printed. A4-size.

	Course length a.c.f.	Number of controls	Climb meters	Refreshment	Map change
M21	20,9	29	650	3-30/60/80%	2-33/80%
W21	14,7	21	570	3-30/60/80%	2-33/80%
M20	14,2	21	525	2-30/80%	2-27/80%
W20	10,3	17	275	2-30/80%	1-80%
M17	9,9	15	275	2-40/80%	1-80%
W17	7,8	15	220	2-30/85%	1-85%



Start:

At the long distance there will be ski lift transport to the start. The runners will be called to the lift in the prestart area 40 min before start. The lift takes 5 min to the top. Runners can go with the lift earlier than 40 min if they want to. Runners who go later than 40 min before start, do that on their own responsibility. Good possibilities for ski testing and warm up in the prestart area. Possibilities for warm up and tents for clothing in the start area at the top. Transport of equipment back to the finish area. At the start the runners will be called 2 min before start. They can take the map 1 min before start. The GPS units will be handed out 10 min before start.

Map change:

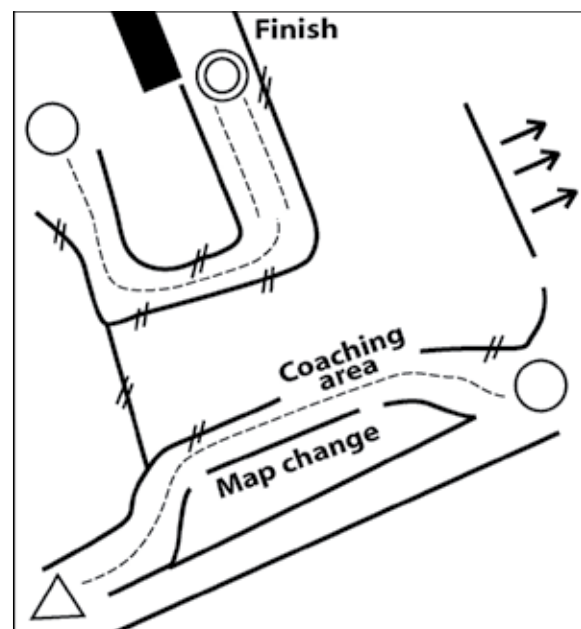
Map change for M21, W21 and M20 in the forest. Map change for all classes on the arena.

Coaching/equipment:

At the long distance there will be an equipment control centrally located in the terrain. The place is marked on the map, but it is not a control on the course. Equipment has to be delivered at the competition office before 9.00. Coaching will be possible in a reserved area close to the map change on the arena.

Refreshment control

At the long distance there will be refreshment controls in the forest. Warm sport drink will be served. Refreshment also on the map change on the arena.

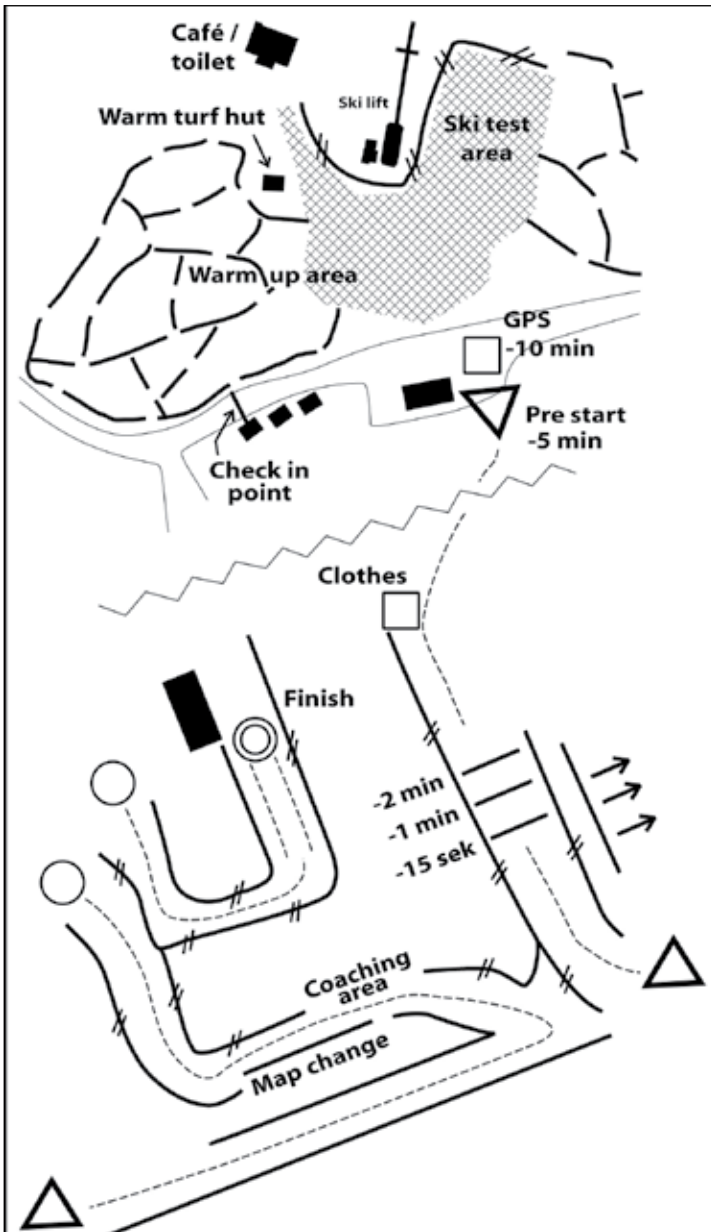


Sprint distance:

Map: 1:5000, 5 m countour interval. Colour printed. A4-size.

	Course length a.c.f.	Number of controls	Climb meters	Refreshment	Map change
M21	3,7	15	105		1-50%
W21	3,1	12	80		1-50%
M20	3,4	14	100		1-60%
W20	2,7	12	80		1-55%
M17	3,1	13	95		1-55%
W17	2,4	9	65		1-65%

Included 450 meters of marked tracks



Quarantine:

To avoid contact between runners starting late and runners finishing early, all runners has to check in at the prestart area before the first start in their class. They are not allowed to leave the prestart area in the quarantine period. There will be good possibilities for waxing, ski test and warm up in the prestart area. There will be toilettes and a heated cottage. The restrictions also apply to team leaders. Team leaders can go from prestart to the finish, but not opposite.

Prestart check in before:

W/M 20	10.00
W/M 17	11.15
W/M 21	12.15

After the finish, the runners cannot go back to the prestart before all the runners have started.

Start:

Prestart in the warm-up/waxing area. The runners will be called to the prestart 5 min before start. 300 m from prestart to start. The runners can take the map 15 sec. before the start. The GPS units will be handed out at the prestart 10 min before start

The runners can bring warm-up-clothes from prestart to the start at the arena. The clothes will then be available after finish.

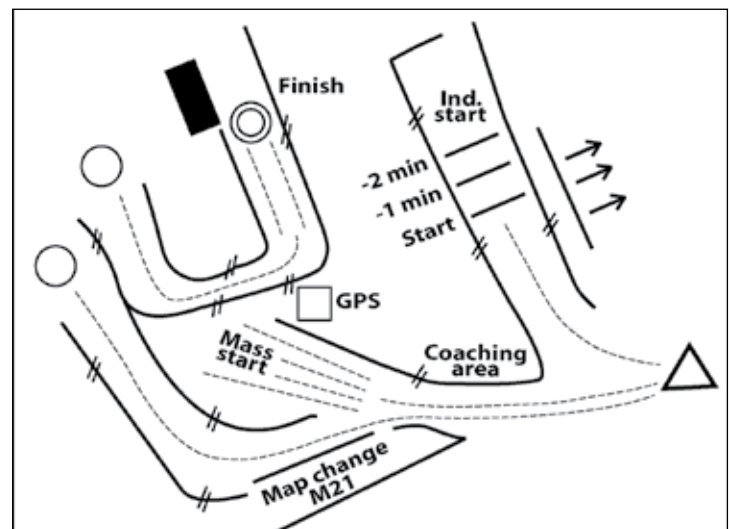
Map change:

Map change at the arena in all classes. Coaching area close to the map change.

Middle distance:

Map: 1:10000, 5 m countour interval. Colour printed. A4-size.

	Course length a.c.f.	Number of controls	Climb meters	Refreshment	Map change
M21	10,7	29	200		1-64%
W21	7,7	18	160		
M20	7,2	17	140		
W20	5,2	14	95		
M17	6,1	14	100		
W17	4,2	13	65		



Mass start:

The runners will be called to the prestart zone 10 min before start. 3 min before start the runners have to find their starting position. The map is placed on a stick, marked with numbers from 1-70. There will be 10 runners in each row. The runner with the lowest start number in start position 1. The Emitags will be cleared at the start line. The runners can take the map 15 sec. before the start, on the command from the start referee.

The GPS units will be available in the prestart zone 30 min before start in W/M21.

Forking:

The courses are forked with butterfly forking. Multiple route choices to the first central control. Because of the readability of the map the central controls will be marked with the control number only for the first passing.

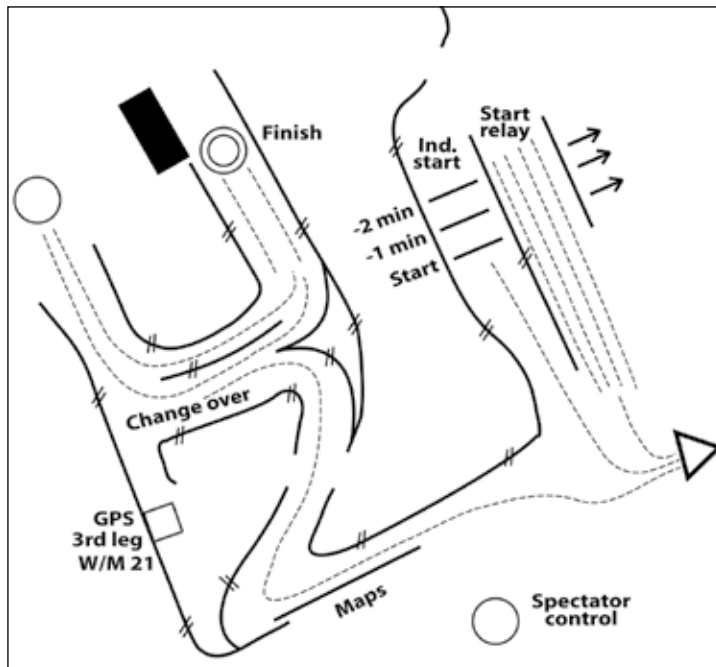
Map change

Map change at the arena in M21. There will be an area for coaching close to the map change.

Relay:

Map: 1:10000, 5 m contour interval. Colour printed. A4-size.

	Course length a.c.f.	Number of controls	Climb meters	Refreshment	Map change
M21	7,3-7,5	16	165		
W21	5,5-5,6	14	120		
M20	5,2-5,3	13	130		
W20	3,8-3,9	11	90		



Start:

The 1. leg runners will be called to the prestart zone 10 min before start. 3 min before start the runners have to be in their starting position. The map marked with start number is placed on a stick. The sticks are marked with numbers from 1 to 30. There will be 4 teams in each row. The team with the lowest start number in start position 1. The Emitags will be cleared at the start line. The runners can take the map 15 sec. before start, on command from the start referee

Changeover:

The outgoing team member has to clear the Emitags when entering the changeover zone.

The changeover takes place by touch. The incoming team member must immediately after changeover continue to registration at the finish line. Outgoing team member continues to pick up the map.

The last leg runners in W/M21 will carry GPS units. The GPS unit will be available in the changeover zone after the first changeover.(M21-10.50) (W21-11.05)

Spectators control

The runner will pass close to the arena at a visible control. Coaches and spectators cannot stay at the control.

Starting order and heat allocation

EOC:

Special rules are issued by IOF which will determine the start order and red group allocation.

For each competition, the 30 best from those entered based on the standing of the World Ranking List are allocated to the red group. Places 1-10 are drawn as the last starting group. Places 11-20 are drawn as the second last starting group. Places 21-30 are drawn as the third last group. The start times shall be drawn at random within each group. For the rest of the entered athletes the starting order shall be drawn at random within one starting group in W21 and two starting groups in M21.

The World Ranking list is updated after the long distance.

The red group allocation on the sprint and the middle distance will be based on the WRL standing after the long distance competition.

JWOC:

The start draw shall be made within 3 unrestricted starting groups, each group being drawn at random

EYOC:

The start draw shall be made within 4 starting groups, each group being drawn at random

Terrain, snow and daylight

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

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

EMIT touch free punching

The new Emit TFP (touch free punching) will be used. We strongly recommend to read the info from EMIT, and to become familiar with the new system at the model event. All controls will have two separate control flags, placed 2 meters from each other, with the EMIT TFP units inside the triangle. The control flags will be placed on both sides of the track in narrow track, and at the same side in wide tracks. All runners will carry double set of EMIT-tags.

The Emitags will be handed out together with the number bibs the evening before each competition. The number on the master-Emitag will correspond with the start number. The number on the back-up-Emitag will be 3000+ your start number. F.eks: runner with start number 21 will carry Emitag number 21 and 3021

The two Emitags shall be fastened with Velcro around the same wrist. To ensure the apprehension of the light signals from the Emitags, the Velcro should be secured with a safety pin

Equipment control

At the long distance there will be an equipment control centrally located in the terrain. The place is marked on the map, but it is not a control on the course. Equipment has to be delivered at the competition office before 9.00

At the arena, close to the map change, there will be a coaching area.

GPS tracking

Runners in the last and second last starting group in red group in W21, and the complete red group in M21 in the individual races, and on the last leg in the M/W21 relay, shall carry a GPS tracking unit. The GPS tracking unit will be handed out in the start/changeover area.

Complaints/protests

Complaints and protests shall be made according to the competition rules §27 and §28

A complaint must be made in writing to the competition office immediately.

A protest must be made in writing to a jury member as fast as possible and within an hour after the organizer has announced its decision

Training possibilities

On Thursday February 3. there will be a training event. A part of the competition terrain can then be used for training.

Information about cross country tracks open for training can be given at the Competition office.

The website www.skisporet.no can give information of all tracks in the area.

Select: [velg skisted-østlandet-hedmark-sjusjøen/sjusjøen-natrudstilen](http://velg-skisted-ostlandet-hedmark-sjusjoeen/sjusjoen-natrudstilen).

Waxing facilities:

Waxing cabins are placed on the parking area close to the arena.

Some teams will have access to small waxing rooms in connection with the apartments.

Keys to the waxing cabins can be picked up at the competition office.

Ski waxing within the apartments or the cottages are strictly prohibited. The teams will be financially responsible for damages or need for additional cleaning of the apartments.

Food services

For the teams who have ordered meals, dining will be in the Ski Centre Café. Meal tickets can be picked up at the Competition office. Extra meal tickets can be bought at the Competition office.

Breakfast: 7.00-10.00

Lunch: 12.30- 14.30

Dinner: 18-19.30

To avoid that everyone is coming to dinner at the same time, the organizers will set own dining times for some of the teams. Please obey these instructions, then the meals will be more pleasant for everyone.

Media

Press service at the Competition office

Contact person: Jon Vegard Lunde, beskerud@online.no



All photos: Sindre Haverstad

EUROPEAN and
JUNIOR WORLD
CHAMPIONSHIPS
+ WORLD MASTERS
SKI ORIENTEERING
2011

Ringsaker/Lillehammer
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