

Indre Østfold orienteringsklubb welcomes to

Smaalenenløpet

National cup for sr og jr, World Ranking Event for sr

Sunday 26 March 2015



- Location:** Kjølen Sportcenter. Road E18, at the border between Norway and Sweden.
Parkering: 100 – 1000 m to walk from parking to the Event Centre. Parking fee NOK 30.
Map/terrain: Map Kjølen. Revised 2015. Scale 1:15000 for elite classes and H21A. 1:10000 for others. Contour interval 5 m. Good quality. Medium hilly forest with varying runnability and visibility. The border between Norway and Sweden divides the terrain into two parts.
Start: First start at 11 AM, elite classes 10 AM. Distance to the start is 400 m. N-åpen can start between 10.30 AM and 1.00 PM.

CLASSES AND LENGTH OF COURSES

Ordinary classes	Level	Length	Elite classes	Level	Length
N-åpen	N	1,7 km	H21E	A	13,1 km
D11-12N, H11-12N,			D21E	A	8,6 km
D13-16N, H13-16N	N	2,5 km	H19-20E	A	9,9 km
D17N, H17N	N	3,0 km	D19-20E	A	7,4 km
D10, H10	N/C	2,4 km	H17-18E	A	8,5 km
D11-12, D13-16C, H11-12, H13-16C	C	2,4 km	D17-18E	A	6,6 km
D17C, H17C	C	3,4 km			
D13-14, H13-14	B	3,2 km			
D70, D75, D80, D85, H80, H85	A	3,2 km			
D65, H75, D40AK	A	3,7 km			
D60, H70	A	4,3 km			
D15-16, D17AK, H40AK	A	4,4 km			
H15-16, D50, D55, H65	A	4,5 km			
D40, D45, H60, H17AK	A	5,6 km	Open classes		
D21A, D35	A	6,4 km	Direkte C	C	2,4 km
H50, H55	A	6,5 km	Direkte AK	A	4,3 km
H45	A	7,2 km	Direkte AL	A	7,2 km
H35, H40	A	7,4 km			
H21A	A	8,7 km			

Minor changes in length of courses may happen.

- Punching:** Emit. A small number of ecards are available for rental for competitors in clubs outside Norway.
Entries: Entries in Eventor Norway: <http://eventor.orientering.no>. See also www.indre-ostfold.com. Entry **before 20 April at 11:59 PM**.
Late entries: By Eventor **before 23 April at 11:59 PM**. Entries in open classes and N-åpen can be made on the event day at the Event Centre until 11:00 AM
Entry fee: D/H10-16: NOK 90, D/H17-: NOK 180. Extra fee for late entries: D/H13-16: NOK 45, D/H17-: NOK 90. Card rental NOK 50. Competitors for clubs outside Norway pay by cash at the Event Centre.
Prizes: According to the rules of NOF.
Sale: Sport8 sells sport equipment at the Event Centre.
Shower: Indoor shower
Accommodation: See www.visitindre.no
Organsiation: Event director: Jørn Haugerud. Course planner: Thomas Bedin. Controller: Tormod Jensen.
Information and press contact: Smaalenenløpet at Internett: www.indre-ostfold.com. Information: pal.tveter@norgespost.no
Press contact Claes-Tommy Herland, Herland@skiforbundet.no, tel. 92827283
Childcare and Children's course: Free childcare for children more than 2 years old. Children's course fee NOK 20.

OK Moss welcomes to LØRDAGSKJAPPEN, Saturday 25 April

See <http://www.ok-moss.no>

