

**H**ADELAND



**O**RIENTERINGSLAG

## **Welcome to Lygna SkiO Weekend 20 – 21 January 2018**

Nordic Junior Meeting  
World Ranking Event (Sunday only)  
Sport8 Cup

*Updated 6 January*



# Hadeland O-lag

invites to Lygna SkiO Weekend with Nordic Junior Meeting and World Ranking Event at Lygna 20 - 21 January 2018.

## Arrangør:

Event Director: Hans Jørgen Kvåle

Course setters: Kim Andre Sveen, Asbjørn Kvåle, Emily Benham

Event office: Hanne Kvåle

Home page: <https://www.facebook.com/events/170698147009492/>

E-mail: [hjkvale@gmail.com](mailto:hjkvale@gmail.com)

Event Adviser: Lars Lystad (WRE Event Adviser)  
Jan Arild Johnsen (national controller)

Nordic Junior Meeting coordinator:

- Jon Herman Ulvensøen [jon@polight.no](mailto:jon@polight.no)

## Venue:

Lygna Skisenter: 60.461146, 10.635436

Road marking from Rv 4.

<https://goo.gl/maps/9WZD9sRiaNL2>

## Classes and course lengths:

Middle distance Saturday 20 January		Long distance Sunday 21 January	
H 21-	8 km	H 21- NM WRE	17 km
M 18 NJM, M 20 NJM, H 17-20	7 km	M 18 NJM, M 20 NJM, H 17-20 NM	14 km
D 21-, H 40-	6,5 km	D 21- NM WRE	11 km
W 18 NJM, W 20 NJM, D 17-20, D 40-, H 60-, H 17 K	6 km	W 18 NJM, W 20 NJM, D 17-20 NM, H 40-	10 km
D 60-, D 17 K	4 km	D 40-, H 60-, H 17 K	8 km
		D 60-, D 17 K	6 km
Long distance Saturday 20 January		Sprint Sunday 21 January	
H 16 HL	5,5 km	H 13-16	2,5 km
H 15 HL, D 16 HL	4,5 km	D 13-16	2 km
H 14 HL, D 15 HL	4 km	D -12, H -12, N-åpen	1,5 km
D 14 HL, H 13, D 13	3 km		
D -12, H -12, N-åpen	2,5 km		

Course lengths may be adjusted depending on snow conditions.

NJM – Nordic junior meeting

HL – Norwegian Youth Championships

## Start times:

Saturday kl 11:00, individual start

Sunday kl 10:00, individual start

**Map:**

Lygna Nord published by Hadeland O-lag 2009, revised 2017

Saturday: All classes                      Scale 1:10 000, 5m ekv.

Sunday: <16 år, sprint                      Scale 1:5 000, 5m ekv.  
>17 år, long dist.                      Scale 1:12 500, 5m ekv.

**Terrain:**

Saturday all classes:      Ski stadium area with half open marshland. Some steeper hills.  
50 % narrow tracks and 50 % wide tracks.

Sunday <16 år:              Ski stadium area with half open marshland. Some steeper hills.  
30 % narrow tracks and 70 % wide tracks.

Sunday >17 år:              Half open marshland with gentle climbs. Partly in the ski stadium area.  
60 % narrow tracks and 40 % wide tracks.

*The track distribution will be final when the tracks have been pisted for the first time.*

**Rules:**

Nordic Junior Meeting: The attached ruleset for the Nordic Junior Meeting

WRE: International Competition rules for Ski Orienteering Events by IOF

Other Classes: The Norwegian Rules for Ski Orienteering Competitions

**Entry:**

Entries will be done through Norwegian Eventor.

Saturday: <http://eventor.orientering.no/Events/Show/9147>

Sunday: <http://eventor.orientering.no/Events/Show/9148>

For the Nordic Junior Meeting entries should be done by the federation with the nation registered as the "club". For help please contact

[JanArild.Johnsen@orientering.no](mailto:JanArild.Johnsen@orientering.no)

**Deadline for entry: Tuesday 16 January 23:59.**

Late entries are accepted in Eventor until 18 January 16:00, or at the assembly arena until 1 hour before the start as long as there are spare maps.

No late entries are accepted for the Nordic Junior Meeting. Changes in the Nordic Junior Meeting teams can only be done because of sickness.

**Entry fee:**

D 21- NM WRE og H 21- NM WRE: 430 NOK

Nordic Junior Meeting, HL and Norwegian cup classes: 350 NOK

Other classes above 17 years: 230 NOK

Other classes under 16 years: 150 NOK

Late entry fee: +50%

Participants from foreign clubs shall pay in cash at the event office before picking up their number bib.

**Team leader meeting**

Team leader meeting for the Nordic Junior Meeting will be held in the cafeteria, Saturday 10:30 am.

**Waxing cabin**

Indoor place for ski waxing can only be ordered by the national teams for the Nordic Junior Meeting. Cost: 500 NOK per nation.

To order the waxing cabin send an email to [hjgvale@gmail.com](mailto:hjgvale@gmail.com) by 16 January

**Punching system:**

Emit Emitag. Rental Emitag: 50 NOK

**Map holder:**

Map holder can be bought at the arena or rented for 50 NOK

Map holder rental can be done together with the entry in Eventor

**Accommodation:**

Lyngsæter hotel: <http://lygna.no/Hotell/index.html>

Other accommodations in the area <http://www.visithadeland.no/>

Nordic Junior Meeting: Accommodation will be coordinated by Jon H Ulvensøen [jon@polight.no](mailto:jon@polight.no)

**In case of cancellation**

If it will not be possible to organise the event, the organisers have no reserve arena. In the case of cancellation the organisers keep the right to keep 50% of the entry fee. Information in case of cancellation will be posted in Eventor and the Facebook page for the event.

**Cafeteria:**

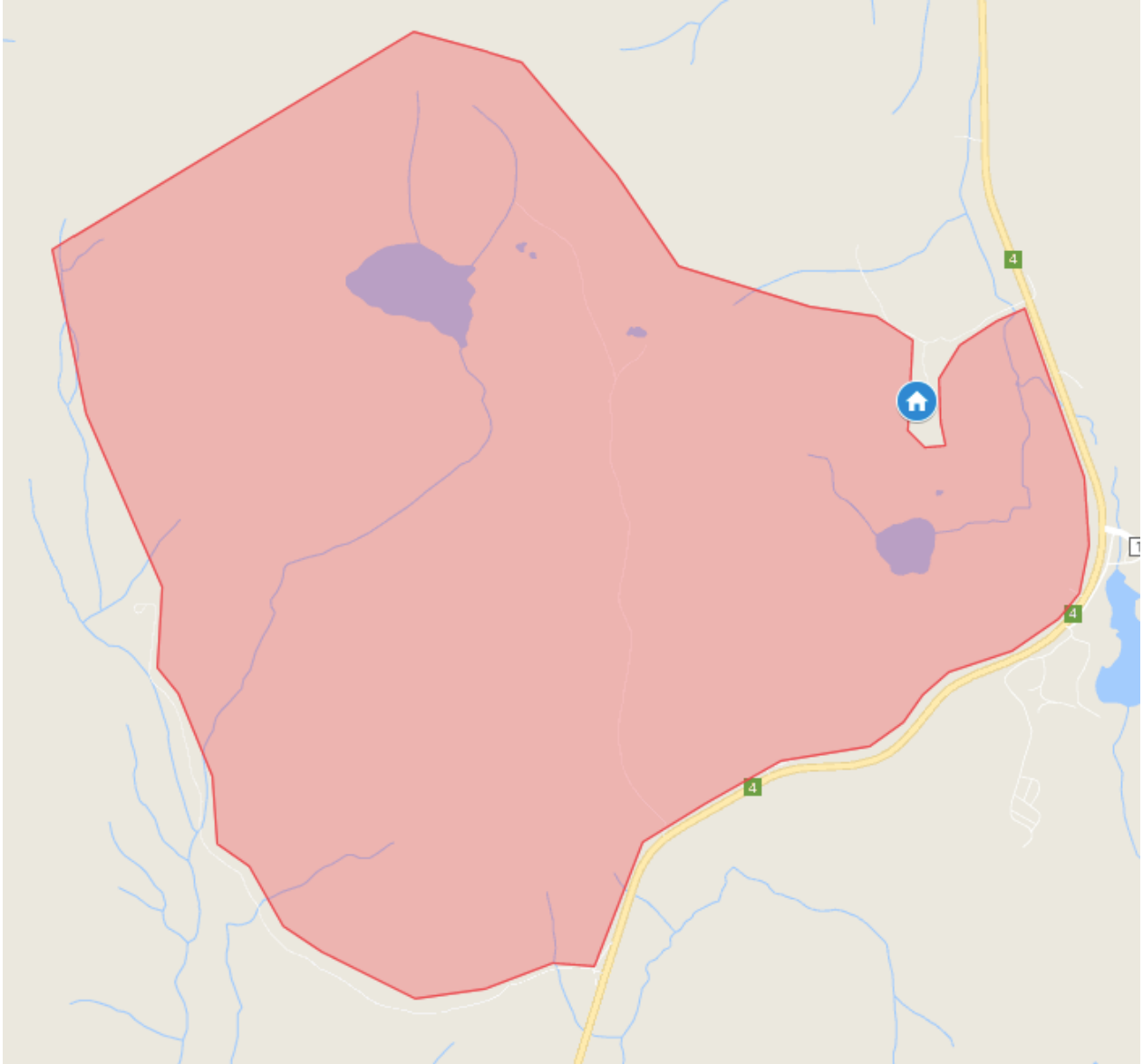
It will be a cafeteria in the arena. Cash or Vipps is accepted payment options

**Prize giving:**

In accordance with the Norwegian Orienteering Federation rule.  
For the Nordic Junior Meeting the attached rules will be followed.

**Embargoed area:**

The tracks around Lygna Skisenter will be embargoed for potential participants the last weeks before the event. From 30 December 2017. See detailed map in the link below the picture.



[https://drive.google.com/open?id=1LJ9YxSXbXhSp\\_m-FFhi4Nwb7-M5ozojw&usp=sharing](https://drive.google.com/open?id=1LJ9YxSXbXhSp_m-FFhi4Nwb7-M5ozojw&usp=sharing)

# Welcome!

# **ATTACHMENT**

## **- Rules for the Nordic Junior Meeting**

The Nordic Junior Meeting in Ski Orienteering (in short NJM) is an unofficial event between the National Orienteering Federations in the Nordic and Baltic countries and is also open to Federations from other countries.

The Nordic Junior Meeting shall follow the the latest Competition Rules for Ski Orienteering Events set by the International Orienteering Federation (IOF) unless otherwise stated in these rules:

### **Principles for Nordic Junior Meeting**

The event shall be organised in accordance with the following principles:

- The event is a competition between the different nations over two competitions
- The participants represent their nation and are collecting points for their nation
- The event shall have a social, rather than a competitive atmosphere letting young people exchange experience and find new friends.
- The costs of participation shall be kept low.

### **Event programme**

The event shall consist of two individual, single race competitions over two consecutive days and shall preferably take place earlier in the season than the Junior World Ski Orienteering Championships.

### **Participation and classes**

Each federation may enter a maximum of 3 competitors to represent in each of the four categories: M18, W18, M20 and W20. Thus, in total there can be 12 competitors representing the nation. The same competitors represent the nations in both competitions. The organiser sets the entry deadline for the nominated competitors before the start of the first competition.

Other competitors may enter to take part in the same races, but only the pre-nominated competitors will count in the point calculations for the Nordic Junior Meeting.

### **Starting order and winning times**

The starting order shall be drawn at random in both competitions. One of the competitions can be organised as a mass-start.

The winning times shall follow the rules for the M20 and W20 in IOF Junior World Ski Orienteering Championships.

### **Point calculations**

In the Nordic Junior Meeting the nations collect points from all four categories both days.

The results of the two best competitors in each category from each nation are counting.

1. The nation's score is the total score of how many points their competitors have collected over the two competition days.
2. Only the two best placed pre-nominated competitors from each nation shall be considered in the point calculation. (This means the nation's third ranked athlete in each category will not be counting this day. For example, if one nation takes all the top 3 places in one category, only the two best of them will get points and the next ranked competitor from another nation will take the points for third place.)  
The counting competitors from the nations can change for the two competitions
3. The best six best counting competitors in each category can obtain points for their nation as follows: 7,5,4,3,2,1
4. If two or more competitors share a place in a competition, they all receive the higher point score, i.e. if there are two competitors on place 3, they get 4 points each and the next on the result list will be on place 5 and will get 2 points.
5. The points are added up for all 4 categories both days, making it a maximum of 16 scores counting for each nation in the Nordic Junior Meeting results.
6. In case of equal total scores, the best single score decides, then the second best, then the third best etc.

### **Prizes**

A trophy will be awarded to the winning nation.