

# Smaalenenløpet

Sunday april 26 2015

## PM



*Indre Østfold OK welcomes all to Kjølen!*

**Competition centre and parking:** Kjølen Sportcenter. Road E18, at the border between Norway and Sweden. 100 – 1000 m to walk from parking. Fee NOK 30.

**Map/terrain:** Map Kjølen. Revised 2015. Scale 1:15000 for all 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 11.00 AM, elite classes from 10.00 AM. Distance to the start is 400 m. N-åpen can start between 10.30 AM and 1.00 PM. Follow black/yellow marks for elite classes and white/orange marks for other classes.

Separate control descriptions are available at the start.

All runners in elite classes shall wear start numbers. Available near the start.

Model Event available for runners in elite classes near the start.

**Punching:** Emit. Check that the ecard number is correct, contact competition office if wrong.

Elite classes use emitag for timekeeping.

Rental emit cards must be returned to the competition office.

**GPS and quarantine area** The 30 last starting runners in H21E and the 20 last starting runners in D21E shall use GPS. Available near the start. **Runners in all elite classes starting later than 12.40 must check in at the quarantine area** at the west side at the arena, follow signs.

**Direct courses/changes:** Entries in open classes and N-åpen can be made on the event day at the Event Centre until 11:00 AM. Changes of ecard numbers can also be reported here.

## Classes and length of courses:

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, D13-16N, H13-16N	N	2,5 km	D21E	A	8,6 km
D17N, H17N	N	3,0 km	H19-20E	A	9,9 km
D10, H10	N/C	2,4 km	D19-20E	A	7,4 km
D11-12, D13-16C, H11-12, H13-16C	C	2,4 km	H17-18E	A	8,5 km
D17C, H17C	C	3,4 km	D17-18E	A	6,6 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	<b>Open classes</b>		
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			

**Drinks:** In courses with length above 6,5 km. Drink controls elite:

	Water	Water/juice	Water/juice
D21E	3 km	6 km	-
H21E	3 km	7 km	10 km
D19-20E	-	5 km	
H19-20E	3 km	7,5 km	-
D17-18E	-	4 km	-
H17-18E	3 km	6 km	-

**Passing of arena:** All elite classes pass the arena 1,5 km before the finish. Follow marked route. No change of map.

**Prohibited areas:** Marked at the map. Road E18 is a prohibited area.

**Prizes:** According to the rules of NOF.

**Childcare and Children's course:** Free childcare for children more than 2 years old. Children's course fee NOK 20.

**Shower/toilets:** Toilets at the arena, not at the start. Indoor shower.

**Sales of sport equipment:** Sport8 sells sport equipment.



**Løpsledelse:** Event director: Jørn Haugerud  
Course planner: Thomas Bedin

**Course controller:** Tormod Jensen

**Jury:** Kjersti Hov, Fossum  
Kim Farnes Hansen, Lierbygda  
Geir Bråten, Vegårshei

*Indre Østfold OK wishes all runners good luck!*