

Ski-o-treff 2020



- Nordmarka Ski Orienteering Club invites you to a marvellous ski-o-weekend in the mountains at Sjusjøen/Natrudstilen.
- Three competitions in two days.
- Norwegian Cup and World Ranking Event.

Saturday 11. January

- ✓ **Middle distance.**
Norwegian Cup, WRE.
First start at 11am.
Free start for A, B and N open.
- ✓ **Night sprint.**
Norwegian Cup.
First start at 17.00.
Start lists for W/M 17-20 and W/M 21.
Free start 17.00-18.30 for other classes.

The night sprint is included in the entry fee for the middle distance, but you have to make two separate entries for the middle distance and the night sprint.

Sunday 12. January

- ✓ **Long distance.**
Norwegian Cup.
First start at 10am.
Free start for A, B and N open.

Arena

Sjusjøen ski center – Natrudstilen

Accommodation

We recommend Sjusjøen
Hytteutleie (Cabin rental).

Booking done prior to December
10th 2019 will get a ski-o discount.

Tel: +47 62 33 49 60

e-mail: info@sjusjoen.no

WEB: www.sjusjoen.no

Discount code «Ski-o-2020».

Entry

Entry through Norwegian Eventor:
<http://eventor.orientering.no>

There is a separate registration for
all three distances.

All athletes use EmitTag. Those
who do not enter with EmitTag
number in Eventor will be assigned
a rental EmitTag.

Entry before January 6th 2020.

Late entry until one hour before
start.

Entry fees

Prices in NOK.

W/M17-20, W/M21 Norwegian cup, WRE	350 per day
Others, from age 17	250 per day
Up to age 16	200 per day
N-open	100 per day
A-open, B-open	150 per day

Late entry fee: +50%.

Map and terrain

The orienteering map to be used
is "Natrudstilen", owned by
Ringsaker OK and Lillehammer OK.

Scale 1:10.000 for medium and
long distance. 1:5.000 for sprint
distance.

Counter interval 5 m.

The map is adapted to IOF ski-o-
norm. The terrain consist of
coniferous forest, with elements of
open fields and marshes. Moderate
elevation differences. There will be
a majority of narrow scooter
tracks, but also a dense network of
wide cross-country tracks.

Temperatures and cancellation

At temperatures below -15°C, the
organizer will consider whether it is
safe to carry out the event.

At temperatures below -20°C, the
start times may be postponed or
the competition may be cancelled.

In case of lack of snow in the area
one week prior to the race, the
entire event may be cancelled.

If cancelling the event due to
unforeseen weather conditions on
the day of the event, the organizer
is entitled to retain the entire entry
fee.

Organizers

Event Director:

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Course setters:

Thomas M. Edvardsen
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Mattis Myhre

Time keeping/entry:

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WRE Advisor: Mattis Myhre,
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National Controller:
Lars Lystad, larslyst@online.no

Classes and course lengths

	Middle distance	Sprint distance	Long distance
M11-12	2,5	2	3
W11-12	2,5	2	3
M13-13	3	2,5	3,5
W13-14	3	2,5	3,5
M15-16	5	3	8
W15-16	3,5	3	5
M17-20	8	3,5	10
W17-20	6	3,3	8
M21	8	3,5	12
W21	6	3,3	10
M17K	4	2,5	6
W17K	4	2,5	6
M40	6	3	10
W40	5	2,5	8
M50	5	3	8
W50	4	2,5	6
M60	4	2,5	6
W60	3,5	2,5	5
M70	3,5	2,5	5
W70	3,5	2,5	5
A-open	6	3	10
B-open	3,5	2,5	5
N-open	2,5	2	3