

Nordic Match and World Ranking Event Trail-o

17. - 19. September 2021

Løten o-lag and Ringsaker o-klubb invites to Nordic Match 2021. The competitions also have World Ranking Event status.

Competition and t	raining			
Program:	Friday 17.9. Saturday 18.9. Sunday 19.9. The Nordic Mate	competit	- 17.00 - 16.00 ts of two Pre ion, a Templ	Open training PreO, day 1 PreO, day 2 Prizegiving ceremony O-competitions. Originally there were D. Because of the Covid-situation and
Arena:	Friday: Saturday and Su	nday:	GPS <u>60.787</u> Løten shoo GPS <u>60.793</u>	ustrial Museum, Ådalsbruk. 163, 11.313490 ting range. 377, 11.391585 m FV1844, Rokosjøvegen.
Classes:	Nordic Match, Team competition: Nordic Match, individual: The athlete and team with highest competitions will win the Nordic Matteam competition. Every nation may have one or more to combined result after the two competition countries counts in the final team countries countries may also have teams Nordic Match teams competition.		th highest coes Nordic Matenate or more to two compernal team cores have teams	eams. The two teams with highest etitions from each of the Nordic mpetition.

Мар:	Sprint maps specially prepared for TrailO 2019/2020/2021, ISSprOM 2019. Scale: 1:4 000 Equidistance: 2,5 m
Terrain:	Mainly pine forest with good visibility. The routes are gravel roads or firm and broad paths. Mainly flat.
Old map:	Sjømarka, 1:10 000, 5 m equidistance, 2011
Time-keeping:	Time-keeping by EMIT system. There is Emit-units for rent if you do not have your own. Those who have their own EMIT unit registers with this in Eventor.
Punching:	Manual punching with their own punch. No punch for rent.
Personal helper:	Athletes who need help during the competitions have to bring their own helper.
Training:	Training elite PreO course available friday between 14:00 – 18:00. A footO training course will also be available through the whole weekend (friday – sunday). Registration for the trainings through Eventor.

Information		
Registration:	Entry deadline Monday, 6 September 23.59, through IOF Eventor. • PreO, Saturday • PreO, Sunday In addition to registering to the competitions every athlete must provide following information: • Who are you driving with to the competitions • Any special need for early/late start any of the days • PreO training friday • FootO training • EMIT rent The first two points must be registered by every athlete in this Google Form: Nordic Match TrailO 2021 - additional information Team registration by email to marius oie@hotmail.com Late entry is accepted until Wednesday, 15 September, but with 50% increase in entry fee.	
Entry fee:	PreO Saturday and Sunday: Norwegian kroner 250,- for each competition. Training: Norwegian kroner 50,- for each training EMIT rent: Norwegian kroner 15,- for each competition The total fee for international athletes should be paid before the competitions to: IBAN: NO4118132616120 BIC/SWIFT: SHEDNO22XXX	

	Ringsaker Orienteringsklubb		
	v/Knut Martinsen		
	Myrvn. 4		
	2320 Furnes		
	All additional costs from international payment must be covered by the		
	athlete.		
	Norwegian athletes should pay the total fee before the competitions to		
	account 1813.26.16120.		
Toilet:	There will be wheelchair accessible toilets.		
Tollet.	There will be wheelchall accessible tollets.		
Food:	Unfortunately, there will be no food or drinks for sale at the arena because		
	of Covid-19. Each athlete must bring their own food and drink.		
Social dinner:	Cancelled due to Covid-19.		
Accommodation:	Many possibilities in the region:		
	https://www.visit-hedmark.no/en/hamar-region/		
	https://www.visit-hedmark.no/en/elverum-region/		
	https://www.visit-neumark.no/en/enverum-region/		
-			
Transport:	Every athlete must to organize their own transportation to competitions and		
	trainings.		
Embargoed area:	Ingeberg Brenneriroa		
	25 Løten		
	E Coveri		
i e			
	Ridabu		
	Hamer		
	Hamar Hjellum Ådalsbruk		
	Hamar Hjellum Ådalsbruk 222 Es Ilseng Ottestad		
	Hamar Hjellum Ådalsbruk Cokosjøen Ottestad Romedal		
	Hamar Hjellum Ådalsbruk Cokosjoen Ottestad Romedal 222 241		
	Hamar Hjellum Ådalsbruk Cokosjoen Ottestad Romedal 2222 Stange Asvang.		
	Hamar Hjellum Ådalsbruk 2222 E5 Ilseng Ottestad E6 Romedal 2222		
	Hamar Hjellum Adalsbruk Rokosjoen Ottestad Romedal Asvang. Google maps - embargoed area.		
Covid-19	Hamar Hjellum Adalsbruk Rokosjoen Ottestad Romedal Romedal Asvang. Google maps - embargoed area. We comply to the Norwegian Directorate of Health's infection control rules		
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Covid-19 Entry to Norway	Google maps - embargoed area. We comply to the Norwegian Directorate of Health's infection control rules for sports. If the infection situation in Norway or in any athletes home country changes, the whole event may be cancelled or athletes from specific countries may be rejected from participation. If you are ill or have symptoms of a respiratory infection of any kind you are not allowed to participate. More detailed information on how the competitions are conducted with		
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Maps and Courses:	Geir Myhr Øien and Sigurd Dæhli.
Event Adviser:	National Adviser: Jon-Anders Bordal, Ringsaker OK IOF Adviser: Lennart Wahlgren, Rehns BK, Sverige.
Infection control:	Tove-Kristin Westli

Welcome to Nordic Match 2021!