



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 training													
Program:	<table border="0"> <tr> <td>Friday 17.9.</td> <td>14.00 – 18.00</td> <td>Open training</td> </tr> <tr> <td>Saturday 18.9.</td> <td>11.00 – 17.00</td> <td>PreO, day 1</td> </tr> <tr> <td>Sunday 19.9.</td> <td>10.00 – 16.00</td> <td>PreO, day 2</td> </tr> <tr> <td></td> <td>16.30</td> <td>Prizegiving ceremony</td> </tr> </table> <p>The Nordic Match consists of two PreO-competitions. Originally there were planned a third competition, a TempO. Because of the Covid-situation and infection control reasons it is decided to cancel this event.</p>	Friday 17.9.	14.00 – 18.00	Open training	Saturday 18.9.	11.00 – 17.00	PreO, day 1	Sunday 19.9.	10.00 – 16.00	PreO, day 2		16.30	Prizegiving ceremony
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Classes:	<table border="0"> <tr> <td>Nordic Match, Team competition:</td> <td>National teams with 5 athletes in each team</td> </tr> <tr> <td>Nordic Match, individual:</td> <td>Elite</td> </tr> </table> <p>The athlete and team with highest combined result from the two competitions will win the Nordic Match in respectively the individual and team competition.</p> <p>Every nation may have one or more teams. The two teams with highest combined result after the two competitions from each of the Nordic countries counts in the final team competition.</p> <p>Other countries may also have teams, but these will compete outside the Nordic Match teams competition.</p>	Nordic Match, Team competition:	National teams with 5 athletes in each team	Nordic Match, individual:	Elite								
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Map:	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:	<p>Entry deadline Monday, 6 September 23.59, through IOF Eventor.</p> <ul style="list-style-type: none"> • PreO, Saturday • PreO, Sunday <p>In addition to registering to the competitions every athlete must provide following information:</p> <ul style="list-style-type: none"> • 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 <p>The first two points must be registered by every athlete in this Google Form: Nordic Match TrailO 2021 - additional information</p> <p>Team registration by email to marius_oie@hotmail.com</p> <p>Late entry is accepted until Wednesday, 15 September, but with 50% increase in entry fee.</p>
Entry fee:	<p>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</p> <p>The total fee for international athletes should be paid before the competitions to: IBAN: NO4118132616120 BIC/SWIFT: SHEDNO22XXX</p>

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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!