




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.

Competitions and training																	
Program:	<table border="0"> <tr> <td>Friday</td> <td>17.9.</td> <td>14.00 – 18.00</td> <td>Open training</td> </tr> <tr> <td>Saturday</td> <td>18.9.</td> <td>11.00 – 17.00</td> <td>PreO, day 1</td> </tr> <tr> <td>Sunday</td> <td>19.9.</td> <td>10.00 – 16.00</td> <td>PreO, day 2</td> </tr> <tr> <td></td> <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. 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:	<p>Sprint maps specially prepared for TrailO 2019/2020/2021, ISSprOM 2019.</p> <p>Scale: 1:4 000</p> <p>Contour interval: 2,5 m</p> <p>Individual trees are not drawn on the map. Vegetation edges may be a little bit diffuse. Rocks lower than 0.8-0.9 meters are not mapped.</p> <p>Special detail:  Anthill</p>
Terrain:	<p>Mainly pine forest with good visibility.</p> <p>The routes are gravel roads or firm and broad paths. Mainly flat.</p>
Old map:	<p>Sjømarka, 1:10 000, 5 m contour interval. Published 2011</p>
Time-keeping:	<p>Time-keeping by EMIT system.</p> <p>Remember that it must be punched with the Emit card on start part 1, finish part 1, start part 2 and finish part 2. The Emit card is read out at finish part 2. Remember to hand in the rental card after day 2.</p> <p>Those who rent an Emit card use the same card both days, and the card is kept from Saturday to Sunday. Remember to hand in the rental card at the finish line on Sunday. In the event of non-submission of a rental card, there will be invoiced NOK 650, - for lost card.</p>
Control card punching:	<p>Manual pin punching on control card with your own punch. No punch for rent.</p>
Results	<p>Results will be published at preoresultat.se</p>
Personal helper:	<p>Athletes who need help during the competitions have to bring their own helper.</p>
Training:	<p>Training elite PreO course available Friday between 14:00 – 18:00. There will also be possible to do the course Saturday morning. Those who wish to do this have to notify the organiser by mail to arrange map-delivering: daehll@online.no</p> <p>A footO training course will also be available through the whole weekend (friday – sunday). Maps are available in connection with the PreO training on Friday or in the secretariat on Saturday and Sunday.</p>

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

	<ul style="list-style-type: none"> • 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.</p> <p>Training: Norwegian kroner 50,- for each training</p> <p>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> <p>Ringsaker Orienteringsklubb v/Knut Martinsen Myrvn. 4 2320 Furnes</p> <p>All additional costs from international payment must be covered by the athlete.</p> <p>Norwegian athletes should pay the total fee before the competitions to account 1813.26.16120.</p>
Toilet:	<p>There will be wheelchair accessible toilets. Antibacterial gel must be used before and after.</p> <p>Water and soap will be available.</p>
Food:	<p>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.</p>
Social dinner:	<p>Cancelled due to Covid-19.</p>
Accommodation::	<p>Many possibilities in the region: https://www.visit-hedmark.no/en/hamar-region/ https://www.visit-hedmark.no/en/elverum-region/</p>
Transport:	<p>Every athlete must organize their own transportation to competitions and trainings.</p>

<p>Embargoed area:</p>	 <p>Google maps: Map illustrating the embargoed area.</p>
<p>Covid-19</p>	<p>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.</p> <p>There will be access to antibac at the toilets, before and after timed control as well as at start and finish. We encourage everyone to show consideration and keep their distance from each other and avoid crowding around the viewing point of each control. We strongly encourage everyone to keep their distance before, during and after the competitions. This means, for example, that you do not stand close together and discuss maps. Indoors, everyone must keep a distance of 2 meters and antibac must be used at the entrance. If it’s not possible to keep a sufficient distance, face masks should be used.</p> <p>Maps and complete control cards are delivered at finish 2. Athletes can retrieve new maps, solution maps and part 2 of the control card after the athlete's result has been published.</p>
<p>Prize giving</p>	<p>Medals and prizes for the three best Nordic 5-man teams</p> <p>Medals for the three best athletes combined. Prizes for the 6 best athletes combined.</p> <p>Prize for the winner of day 1 and the winner of day 2.</p>
<p>Fair play</p>	<p>We have chosen not to have a quarantine solution. It is forbidden to talk to athletes who has not yet started after finishing the course.</p>
<p>Entry to Norway</p>	<p>We refer to the Government sites for updated information: Q and A about entry to Norway - Norwegian Government</p>
<p>Event directors:</p>	<p>Lis Dæhli, daehll@online.no, phone.: +47 907 83 557 Wenche Bjørnstad, wen-bjo@online.no, phone.: +47 482 72 911</p>

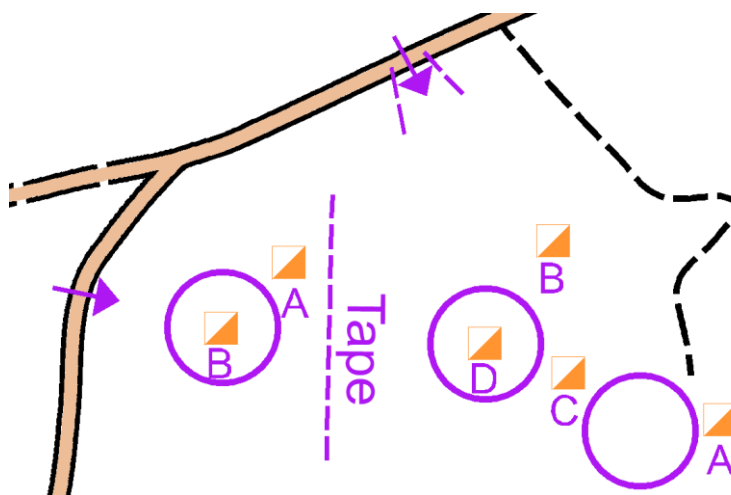
Maps and Courses:	Geir Myhr Øien and Sigurd Dæhli.
Event Adviser:	National Adviser: Jon-Anders Bordal, Ringsaker OK IOF Adviser: Lennart Wahlgren, Rehns BK, Sverige.
Infection control:	Tove-Kristin Westli
Jury	Owe Fredholm, Sweden – Vibeke Vogelius, Denmark – Juha Villikka, Finland

Specific information for each day	
Friday:	<p>PreO training</p> <p>Training elite PreO course from Klevfos Industry Museum. GPS 60.787163, 11.313490</p> <p>Start by the parking lot between 14:00 and 18:00. Remember that the sunset is 19:30.</p> <p>Map: 1:4000, 2 m contour interval. ISSOM 2007 Course: Length 900m, 20 A-Z controls. No timed control.</p> <p>This is a simple training, and not a Model Event for the Nordic Match competitions.</p>
Saturday:	<p>Nordic match, day 1</p> <p>Arrival at Løten Shooting Range. GPS 60.793377, 11.391585.</p> <p>All participants must pick up a participant bag containing start number, rental EMIT card (for those who have not entered with their own card) and driving description to the start. The participant bag is picked up at the competition office on the ground floor of the shooting range clubhouse.</p> <p>There are living rooms on the upper floor of the house, entrance around the house to the right and rear. Disinfection at entrance and exit. Remember to keep a good distance!</p> <p>Start is approx. 5-10 min drive from the shooting range. The participants drive there with their own car. Driving directions can be found in the participant bag. After the finish, the participants drive back to the shooting range.</p> <p>Saturday's course is divided into two parts with a timed control between the two parts.</p> <p>Parking to start 1: 250 meters Finish part 1 to timed control: 70 meters Timed control to start 2: 550 meters Finish 2 to parking: 750 meters</p>

The course has a total length of 900 meters - 29 controls - maximum time 114 minutes. There is only a total maximum time for the entire course (part 1 + part 2) and no maximum time per part.

Timed control: A timed control with 6 control markers and 4 tasks. Maximum time 120 seconds.

For some controls you may see control markers which do not belong to the specific control. To mark which control markers who belong to these controls, it is marked with a V from the Viewing point or by use of marking tape in the terrain. See example below:



Sunday:

Arrival at Løten Shooting Range. GPS [60.793377, 11.391585](https://www.google.com/maps/place/60.793377,11.391585).

Arena to timed control:	120 meter
Timed control to start 1:	130 meter
Finish part 1 to start 2:	440 meter
Finish 2 to arena:	840 meter

The course has a total length of 800 meters - 34 controls - maximum time 126 minutes. Persons with a para-certificate have an extra maximum length of 10 minutes, which makes the maximum time 136 minutes. There is only a total maximum time for the entire course (part 1 + part 2) and no maximum time per part.

Timed control: A timed control with 6 control markers and 4 tasks. Maximum time 120 seconds.

Large parts of the course follow a public gravel road with some scattered traffic. Pay attention to the traffic and keep to the side of the road.

Dual control markers, two in height, occur on long-distance controls.

To increase readability, a separate map section has been made at a scale of 1: 2000 for controls 27 - 31.