



Welcome to

World Masters

Ski Orienteering
9.-12. februar 2023

Bulletin 4



ŠKODA



Øystre Slidre kommune
- rein naturglede!



Innlandet
fylkeskommune



VALDRES
skjerper sansane

Please join our Facebook group [World Cup & World Masters Ski Orienteering 2023](#)

Information

World Masters Ski Orienteering

Championships

Lillomarka OL and Nordmarka Ski Orienteering Club in partnership with the Norwegian Orienteering Federation invite you to the World Masters Ski Orienteering Championship 2023

Organizers:

Event Director: Lars Lystad
Course setter: Vidar Benjaminsen
Event secretary: Jan Arild Johnsen

Federation, 0840 Oslo, Norway
E-mail: jan.arild.johnsen@orienteering.no

Controllers:

IOF Senior Event Adviser: Anni Toiviainen, Finland.
National Controller: Sindre S. Haverstad

Jury:

Bernd Kohlschmidt, Germany
Zoltan Szep, Romania.
Hansruedi Häni, Switzerland.

Ban of fluorinated products for ski-waxing

Rule 21.8 in the Competition Rules for IOF Ski Orienteering events declares that **the use of all fluorinated waxing products** is forbidden at IOF events, including World Ranking Events. This also applies for participant in WMSOC and Ski-o-treff.

Competition Centre

Arena for all competitions and model event will be at Beitostølen Cross country stadium (Stadionvegen 2, Beitostølen). The arena is in walking/skiing distance from the centre of the mountain village. There will be a café at the arena, toilets, no shower. Free parking at the arena.

Program

Wednesday 08.02.2023	Activity	Location
19.00-22.00	Arrival service. Info about accommodation. Distribution of information and materials to the teams	Radisson Blu Mountain Resort Beitostølen
All day	Possibilities for ski training and ski testing	Check out "Skisporet.no" for status of tracks

Thursday 09.02.2023		
09.30-15.00	Competition office open	Beitostølen XC ski arena
10.00-14.00	Model event	Beitostølen XC ski arena

Friday 10.02.2023		
08.30-16.00	Competition Office open	Beitostølen XC ski arena
10.00	World Cup/U-23 World Championship Middel distance.	Beitostølen XC ski arena
12.30	Norwegian Cup. D/H 17-20	Beitostølen XC ski arena
13.00	WMSOC. Long Distance.	Beitostølen XC ski arena
20.00	After-Ski-O and Price Giving Ceremony WMSOC	Restaurant "Lodge 900"

Saturday 11.02.2023		
08.30-16.00	Competition Office open	Beitostølen XC ski arena
10.00	World Cup/U-23 World Championship Sprint	Beitostølen XC ski arena
12.30	WMSOC. Sprint Distansce.	Beitostølen XC ski arena
13.30	Ski-O-treff <ul style="list-style-type: none"> • D/H 11-12 • D/H 13-14 • D/H 15-16 • A, B, C, N-open Norwegian Cup D/H 17-20	Beitostølen XC ski arena
20.00	After-Ski-o and Price Giving Ceremony WMSOC	Restaurant "Lodge 900"

Sunday 12.02.2023		
08.30-16.00	Competition Office open	Beitostølen XC ski arena
10.00	World Cup Pursuit.	Beitostølen XC ski arena

11.30	Norwegian Cup. D/H 17-20 Pursuit	Beitostølen XC ski arena
12.15	WMSOC. Middle Distance.	Beitostølen XC ski arena
13.30	Ski-O-treff First Start <ul style="list-style-type: none"> • D/H 11-12 • D/H 13-14 • D/H 15-16 • A, B, C, N-open 	Beitostølen XC ski arena
14.30	Price Giving Ceremony WMSOC	Beitostølen XC ski arena

Accommodation

Beitostølen Resort <https://www.beitostolen.com>

Ragnhild Bakken, booking manager

E-mail: ragnhild@beitostolen.com

Check in for all categories are at Radisson Blue Mountain Resort

Transport

NOR-WAY Buss Express, www.nor-way.no has a regular route, from Oslo Airport Gardermoen to Beitostølen on fridays and sundays in the winter period.

They are offering an extra departure from the airport on Wednesday February 8th at 17.05, arriving Beitostølen at 20.45. On February 12th a bus will go from Beitostølen at 16.00, arriving the airport at 19.40. Booking should be done in advance. Book bus ticket at www.nor-way.no Price 670 NOK (one way).

At Beitostølen: There are walking/skiing distance between accommodation, competition center, training tracks, restaurants, and shops. 1,5 km om foot/ski from Radisson Blu Mountain Resort to the Cross Country Arena

Weather

See Yr.no for weather forecast.

<https://www.yr.no/nb/v%C3%A6rvarsel/daglig-tabell/1-140669/Norge/Innlandet/%C3%98ystre%20Slidre/Beitost%C3%B8len>

Sunrise 08.22, Daylight 08.27-16.50. Sunset 16.55

Map

The map is based on the orienteering map "Beitostølen", by Øystre Slidre IL, issued 2018.

Contour intervals 5m. All maps will be in size A4

Copies of old maps will be available at IOF-Eventor

Friday	Saturday	Sunday
1:10000	1:5000	1:10000
1:7500 (50+)		1.7500 (50+)

Courses

Expected winning time	Long distance	Sprint	Middle Distance
W/M 35,40,45,50,55,60	60 min	20 min	30-40 min
W/M 65	50 min	20 min	30-40 min
W/M 70, 75, 80, 85	45 min	20 min	30-40 min

Course length	Long Distance	Sprint	Middle Distance
W 35	8,5 *	3,0 *	5,3
W40	8,5 *	3,0 *	5,3
W45	8,5 *	3,0 *	4,7
W50	7,4 *	2,8 *	4,7
W55	7,4 *	2,8 *	4,6
W60	6,9*	2,6 *	4,2
W65	5,0	2,6 *	4,2
W70	4,0	2,0	3,4
W75	4,0	2,0	2,8
W80	3,5	1,5	2,1
M35	11,0 *	3,4 *	7,2
M40	11,0 *	3,4 *	7,2
M45	10,0 *	3,1 *	6,6
M50	9,2 *	3,1 *	5,8
M55	9,0 *	3,0 *	5,7
M60	8,5 *	3,0 *	5,3
M65	6,9*	2,8 *	4,7
M70	5,8*	2,6 *	4,2
M75	5,0	2,0	3,4
M80	3,5	1,5	2,1
M85	3,5	1,5	2,1

Map change * :

There is map change in some classes. When there is map change, the map is printed on both sides. You change map by turning your map at the map change control. Above you can see the courses with map change, marked with *

Start

Friday	1700m from arena, in the southeast direction, partly skiable, marked route must be followed
Saturday	At the arena
Sunday	200 m from arena, across the parking area

Start procedure:

-3 minutes: Name call and Emitag check

-2 minutes: Line up in the correct position your class, prepare to take your map

-1 minutes: Take your map, go to the start line.

0: Go. Have fun!

Punching system

Emit touch free punching system will be used.

In **WMSOC** private Emitags can be used. When registering in Eventor you can fill in the number of your personal Emitag. If you leave this open, you will be assigned a rental Emitag by the organizer. The fee for renting Emitag is 50 NOK pr day. The payment of Emitags must be done to the Event Office before the first start.

Model event:

The map for the model event can be found in Eventor. You will also get model event maps in the Event Office at the arena. The model event map shows the way from the village to the arena. It also shows the embargoed areas. The map of the Model Event is not updated and there are some new buildings and changes in infrastructure. Some manmade tracks are not on the map.

Training possibilities

Beitostølen has more than 300 kilometres of prepared cross-country tracks, all reachable from your hotel or cottage. The tracks are in forest and open mountain areas.

At **skisporet.no** https://skisporet.no/setView/61.1432353/11.7114258/6/norges_grunnkart you can see the status of all tracks

Waxing facilities

At the competition center at **Beitostølen Ski Arena** has free-to-use waxing cabins available. Limited capacity

Indoor waxing in apartments and cottages is not allowed

Information

<https://eventor.orienteering.org/Events>

www.skio2023.no

Follow us on Facebook: "World Cup & World Masters Ski Orienteering 2023"

Arena map

