



Wing OK

Trondheim Open

May 31st – June 2nd, 2024

Bulletin 1

Revision 4, May 22nd

Sp.kl. Wing is celebrating 100 years anniversary in 2024. Hence, we are delighted to invite you to a weekend of great Orienteering in Trondheim and Malvik. We start the weekend on Friday afternoon with an anniversary sprint (non-WRE) from the centre square in Trondheim, followed by two forest races on Saturday and Sunday, which both have WRE-status for the seniors and are JWOC selection races for the Norwegian juniors. For these events we will offer one of the finest terrains in the Trondheim area.



Organizers

Event Director: Lars Skrøvseth (sprint) and Jostein Alvestad (middle and long)

Controller: Jan Arild Johnsen

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Event program

Date	Event	First start
Friday, May 31 st	Anniversary sprint (not WRE)	18:00
Saturday, June 1 st	Middle distance	13:00
Sunday, June 2 nd	Long distance	11:00

Classes and Participation Restrictions

Age classes:

Classes	Preliminary Course Lengths			Classes	Preliminary Course Lengths		
	Women	Sprint	Middle		Long	Men	Sprint
D9-10	1.5 km	1.5 km	2.0 km	H9-10	1.5 km	1.5 km	2.0 km
D11-12	1.5 km	2.0 km	2.5 km	H11-12	1.5 km	2.0 km	2.5 km
D13-14	2.0 km	2.5 km	4.0 km	H13-14	2.0 km	2.5 km	4.0 km
D15-16	2.3 km	2.5 km	5.0 km	H15-16	2.5 km	2.7 km	5.0 km
D17-20E		3.5 km	8.0 km	H17-20E		4.5 km	10.0 km
D17-18	3.0 km			H17-18	3.2 km		
D19-20	3.0 km			H19-20	3.2 km		
D21-E (WRE)	3.2 km	5.0 km	11.0 km	H21-E (WRE)	3.7 km	6.0 km	13.0 km
D17-K (short)		3.5 km	6.0 km	H17-K (short)		3.5 km	7.5 km
D35-	2.0 km	3.5 km	6.0 km	H35-	2.5 km	3.5 km	7.5 km
45-	1.8 km	3.0 km	5.5 km	H45-	2.2 km	3.3 km	6.0 km
D50-	1.8 km	3.0 km	5.5 km	H50-	2.2 km	3.3 km	6.0 km
D55-	1.6 km	2.7 km	5.0 km	H55-	2.0 km	3.0 km	5.5 km
D60-	1.6 km	2.7 km	5.0 km	H60-	2.0 km	3.0 km	5.5 km
D65-	1.6 km	2.5 km	4.0 km	H65-	2.0 km	2.7 km	5.0 km
D70-	1.4 km	2.0 km	3.0 km	H70-	1.8 km	2.5 km	4.0 km
D75-	1.4 km	1.5 km	2.0 km	H75-	1.8 km	2.0 km	2.5 km
D80-	1.4 km	1.5 km	2.0 km	H80-	1.8 km	1.5 km	2.0 km

Open classes

Classes			Preliminary Course Lengths		
Age 16 and younger	Age 17 and older	Difficulty	Sprint	Middle	Long
N1-åpen		Very easy (N)	1.5 km	1.5 km	1.5 km
N2-åpen 11-16	N2-åpen 17-	Easy (N)	1.5 km	1.5 km	2.0 km
C-åpen 13-16	C-åpen 17-	Novice (C)	1.8 km	2.0 km	2.5 km
B-åpen 15-16	B-åpen 17-	Medium (B)	1.8 km	2.5 km	4.0 km
	AK-åpen (short)	Difficult (A)	2.5 km	2.0 km	3.0 km
	AM-åpen (middle)	Difficult (A)			5.5 km
	AL-åpen (long)	Difficult (A)		3.5 km	7.5 km

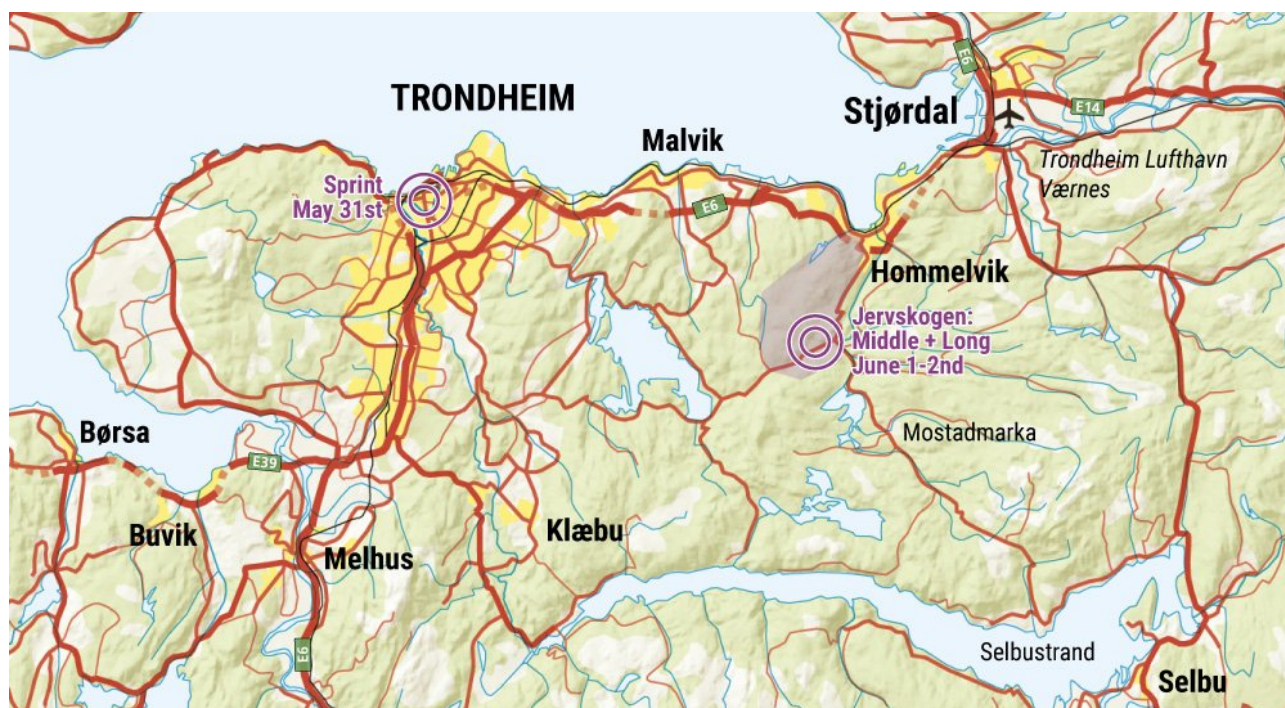
Winning times for elite classes are the same for men and women:

Class	Sprint	Middle	long
D17-20E, H17-20E	12-15 min	25 min	70 min
D21E, H21E	12-15 min	35 min	85-90 min

Restrictions

According to IOF suspension of Russian and Belarusian federations, athletes representing these countries (i.e. clubs from these countries) will not be admitted to participate in the WRE-races. However, if they are representing a non-Russian or non-Belarusian club, they are welcome to run in all classes except D21E and H21E.

Map of Region with Embargoed Area



Link to detailed map with embargoed area:

<https://www.google.com/maps/d/viewer?mid=1Ty0mN9pGReL7mAXSvXWoEdVl-fc&ll=63.38549256209917%2C10.772955210837972&z=12>

Entry

Entries through Norwegian Eventor only:

- **Sprint:** <https://eventor.orientering.no/Events/Show/19023>
- **Middle distance:** <https://eventor.orientering.no/Events/Show/18474>
- **Long distance:** <https://eventor.orientering.no/Events/Show/18475>

Entry deadline is May 26th at 24:00 in all three events. Late entries in non-open classes are accepted against an extra 50% entry fee until May 29th at 24:00. Entries in open classes can be made at the arena without any extra fee.

Entry Fee

- NOK 250,- per event for participant in classes H21E / D21E on Saturday and Sunday.
- NOK 230,-, per event for other participants aged 17 years and older, and H21E / D21E on Friday.
- NOK 140,- per event for participants aged 16 years and younger

Norwegian clubs will be invoiced for their runners after the event.

Runners from non-Norwegian clubs shall pay through Eventor when entering.

Accommodation

There are plenty of hotels and other accommodation in a wide price range in Trondheim and the vicinity.

Transport

Trondheim airport, Værnes has connections to all major Norwegian cities, as well as some international routes. Trondheim is also accessible by train.

Unfortunately, there are no public transport in the weekends near the arena, but there are several rental car companies present at the airport, as well as in Trondheim.

Visa

For participants outside the EU/EEC, a Visa might be required to get an entry into Norway.

To check if you need a visa, go to the following Web page, where you also can apply:

<https://www.udi.no/en/want-to-apply/visit-and-holiday/>

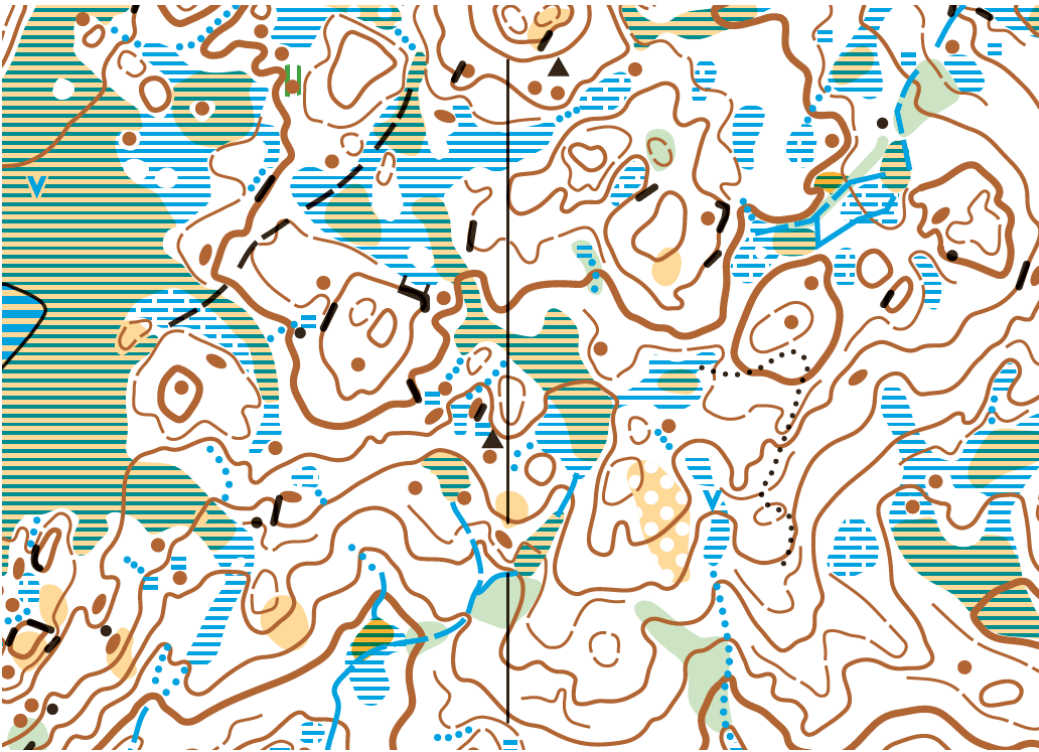
Map and Terrain

Sprint event: Sprint map produced for the 2023 Norwegian Youth championships.

Forest events: New map, *Stavsjøfjellet-Skarpåsen*. Surveyed 2023.

Map scale according to the following table:

Classes	Sprint	Middle	Long
Elite classes	1:4000	1:10 000	1:15 000
D/H9-10 – D/H13-14, NX-åpen, C-åpen	1:3000	1:7500	1:10 000
D/H15-16 – D/H50, AX-åpen	1:4000	1:10 000	1:10 000
D/H55 – D/H65- B-åpen	1:3000	1:7500	1:10 000
D/H70 –	1:3000	1:5000	1:7500



The South-Western half of the map was used for the WOC 2010 long distance qualification and spectator races. The North-Eastern part was used for the Nordic Championship in 1999.

Old maps are provided on the event homepage.

The terrain is fairly hilly with mostly open (white) forest; pine and spruce. Heather. Larger marshes with mostly good runnability. Not many paths.

The 2020 Norwegian Long Distance Championships in nearby terrain was won by Audun Heimdal at 6:30 min/km and Andrine Benjaminsen at 7:40 min/km.

Punching system

In the sprint event, punching and timing will be done using EmiTag.

For middle and long distance, Emit cards will be used for punching. In addition EmiTag will be used for timing in the elite classes.

Runners who don't have either of these devices, will be provided one for an extra fee of NOK 30,- per event.

Clothing

Clothing according to Norwegian competition rules, which means legs and torso (including shoulders) fully covered.

Training

There will be no Model Event.

Training events organized by local clubs the week of the event will be published on the event home page.

Most terrain in the Trondheim-area is relevant.

