



## INVITATION

# NightHawk World Ranking Event WRE Sunday 14 August – Middle distance

BULLETIN 1



INTERNATIONAL VERSION



**NORSK  
ORIENTERING**

SPORT & .NO



Lillomarka OL and IL Tyrving warmly welcome you to NightHawk  
12–14 August – a weekend out of the ordinary!!



## Venue

- Linderudkollen Ski Arena, 10 km from Oslo city center
- Tent camp at arena, Free of charge
- Campervans app. 1.000 meters from arena

## Traffic and parking

Signposted from Storokrysset on Ring 3. Parking to arena 100 – 1000 m, kr. 20 per day. Limited capacity, share transport! Buss 56 from Nydalen – Storo – Solemskogen every 30 min. until kl 0.14.  
Shuttlebuss from Thon Hotel Linne. Fare NOK 40 one way.

## Week-end program

### Friday 12 August

21.45 Night Hawk Relay first start

### Saturday 13 August

10.30 First chasing-start Night Hawk Relay

### Sunday 14 August

#### 11.00: NightHawk WRE middle distance

12.00 Start for the Public Score-o event "Gromløpet"

## Classes and Participation

W21E and M21E as World Ranking Event  
W/M 17-18 and W/M 19-20 will have same courses as the WRE-classes, they will start afterwards and will intentionally not be regarded as WRE.

## Courses

Middle distance, expected winning times 30-35 minutes

## Map

Linderudkollen, 1:10.000, contour intervals 5 meters, published 2016. Field survey and Photogrammetry by Helge Gisholt 2015/2016 based upon lidar contours from Oslo city council. Earlier published map available at Eventor

## Climate

The Normal temperature is 10-25 degrees C with variable summer weather in August.

## Terrain

Moderately undulating forest terrain. Numerous paths and roads in the competition terrain. Varying runnability and visibility, from very nice spruce and pine forest areas

to more overgrown areas after forestry work. Detail richness varies, generally few marshes in the terrain. Varying underfoot conditions with both moss and heather.  
Estimated minutes per kilometre (men 6.30, women 7.30).

## Embargoed area

Normal rules for terrain embargoes applies. This means one is allowed on roads all year round without maps during the embargo period. Read more about terrain embargoes on NOF's website: [www.orientering.no/arrangement/nof-aktivitet/terrengsperringer/](http://www.orientering.no/arrangement/nof-aktivitet/terrengsperringer/)

## Training

No particular Model event is planned. However, two different packs of training is available at [www.nighthawk.no](http://www.nighthawk.no). A training event will be organised near the competition terrain on Wednesday 10th August.

## Punching system

EMIT touch-free for all classes. Competitors use own equipment, unless so the organizers will provide rental without additional fee.

## Prizes

The 6 best in the WRE-classes  
In the junior classes, according to rules laid down by the Norwegian Orienteering Association

## Creche

At arena Sunday during the Gromløpet public race only.

## Accommodation

Special agreement with Thon Hotel Linne. Please see last page for more information.

## Food

Associated cafeteria at arena. Hot food offered Friday night and Saturday during The NightHawk Relay.  
Banquet dinner for competitors at Thon Hotel Linne Saturday at 19-21. Price NOK 249.

## Entry

All entries through Eventor.  
Deadlines for entry is Monday 8 August at 23.59 normal fee. Late entry with additional fee within Wednesday 10 August at 23.59.

# Sunday 14th August Gromløpet with NEW CONCEPT in Norway

Lillomarka O-lags traditional Gromløp is organised the day after NightHawk from the same arena at Linderudkollen.

For all other classes there is an individual event with Norwegian debut at **Score-O – a new and exciting orienteering concept**. The goal is to find as many controls / points as possible within 30 minutes. Normal class categories. All runners with the same map and controls. The map is handed out at the arena one hour before the start opens – you can plan your route and tactics according to 30 minutes of running. Going over the time limits results in penalty points. Start when you want, but runners are started by start officials with start intervals. Information: See Eventor for the further details that will follow shortly.

## Start fees

	Normal	Late entry
M/W21E	NOK 240,-	NOK 360,-
Junior elite classes	NOK 140,-	NOK 210,-

Competitors from clubs belonging to nations outside Europe pays half fee.

Norwegian clubs will be invoiced. Payments from foreign clubs must be transferred together with entries to Lillomarka OL.

BIC: DNBANOKKXXX

IBAN: 3816075570930

## Visa info to Norway

In case an invitation is necessary, the Event Director will be at help.

Online self-service visa information at: [www.udi.no/Norwegian-Directorate-of-Immigration/Central-topics/Visa/Who-needs-a-visa/](http://www.udi.no/Norwegian-Directorate-of-Immigration/Central-topics/Visa/Who-needs-a-visa/).

## Organizers

Lillomarka Orienteringslag

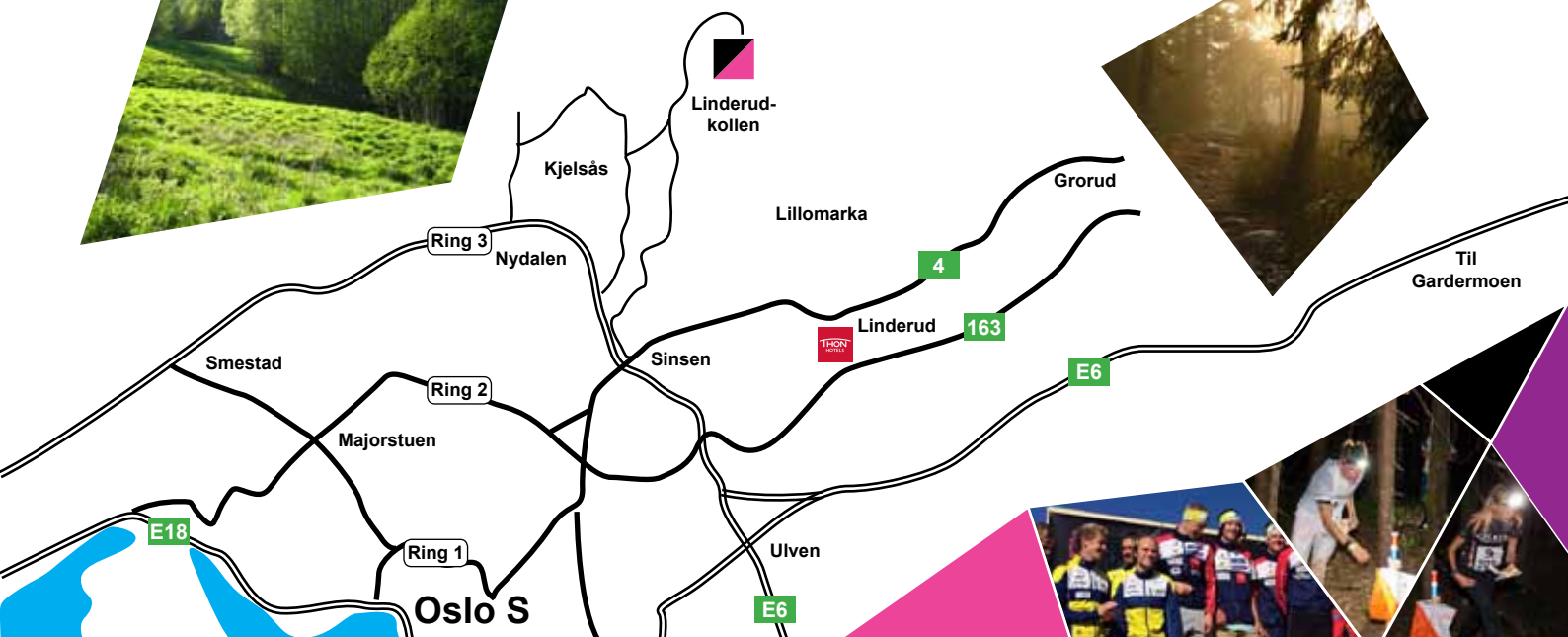
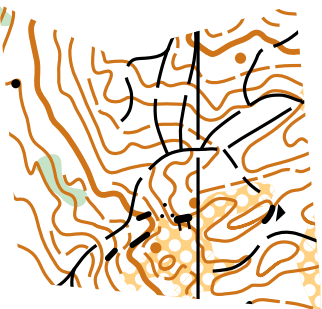
Event Director: Arne Dybdahl  
E-mail: [arne@dybdahl.info](mailto:arne@dybdahl.info)  
Mobile: +47 916 55 009

Course planner: Gaute Hallan Steiwer

IOF Event Adviser: Petter Fure

## Home page for the event

[www.lillomarka.no](http://www.lillomarka.no)





12 – 13 August  
Linderudkollen ski center, Oslo

Night<sup>©</sup>  
hawk

# NightHawk 2016

- Naturally in good Nighthawk spirit!
- Men, women, youths and veterans
  - Night mass start for all classes
- Hill climber leg for women and men
  - Everyone can do NightHawk
- Experience the magic atmosphere

[www.nighthawk.no](http://www.nighthawk.no)

[www.facebook.com/TheNightHawkRelay](https://www.facebook.com/TheNightHawkRelay)

Instagram/Twitter: @nighthawkrelay / #nighthawkrelay

## Special offer on accommodation for the whole Nighthawk weekend

**Special offer at Thon Hotel Linne** kr 348,- in double room, kr 299,- in triple room per person per night, including breakfast.

**Club dinner Saturday** where there is a buffet served from kl 19 –21. Adult kr.249,- /Child kr.100,-.

Booking: [linne@thonhotels.no](mailto:linne@thonhotels.no) – use the booking code “NightHawk”.

**Direct shuttle bus** from Thon Hotel Linne on Friday evening, Saturday and Sunday to the arena.

Book early -this is a great offer. Information: [www.nighthawk.no/accommodation](http://www.nighthawk.no/accommodation)

- Camping at the arena (free)
- Campervans 1000 m from the arena (caravans are directed to Ekeberg og Bogstad camping)
- School or other hardfloor accommodation may be possible



SPORT  
[WWW.SPORT8.NO](http://WWW.SPORT8.NO)

EQTIMING

Welcome to a fantastic weekend in Lillomarka!