



Bulletin 3





Foto: Terje W. Pettersen

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Ski Orienteering World Cup

World U23 Ski Orienteering Championships 2025

Nydalens Skiklub, OL Toten-Troll and Konnerud IL, in partnership with the Norwegian Orienteering Federation invite you to the Ski Orienteering World Cup and World U23 Ski Orienteering Championship.

Organizers

Event director: Marta Ulvensøen

Course setter: Vidar Benjaminsen and Erlend Slokvik

Event secretary: Jan Arild Johnsen, e-mail: jan.arild.johnsen@orienteering.no

Controllers:

IOF Senior Event Adviser: Lacho Iliev

National Controller: Sindre Selseng Haverstad

Venue

The Event Center and all competitions will be located at the Sjusjøen Langrennsarena, 146 km from Oslo Airport Gardermoen.

Classes and participation.

World Cup

There is one class for Women and one for Men. There are no age restrictions. The classes are called Women and Men.

U-23 World cup and World Championship

There are Women U23 and Men U23 classes in the individual World Cup. Women and Men belong to the Women U23 and Men U23 classes respectively up to the end of the calendar year in which they have their 23rd birthday. They compete simultaneously in the Women's and Men's classes and are treated in all respects as competitors in those classes except that their results and scores are also listed separately in Women U23 and Men U23 lists. The Middle Distance and the Sprint are selected as World Championships for Women U23 and Men U23 Competitors. The titles of Women U23 World Champion and Men U23 World Champion are awarded in those two competitions.

Each Federation may enter up to 6 men and 6 women in each competition in World Cup. In addition, each Federation may enter up to 2 women and 2 men, who qualify for the Women U23 and Men U23 classes.

Competition Office

Event secretary: Jan Arild Johnsen, mob: +47 9016568, e-mail: jan.arild.johnsen@orientering.no

Date	Location	Opening hours
Thursday January 9 th	Arena	08.30-14.00, + 17.45-18.00 for W.cup
Friday January 10 th	Arena	08.30-16.00, +17.45-18.00 for W.cup
Saturday January 11 th	Arena	08.30-16.00, +17.45-18.00 for W.cup
Sunday January 12 th	Arena	08.30-16.00

Program World Cup, included U-23 WSOC

	Event	1 st Start	Quarantine starts	Prize giving at arena
Wednesday January 8 th	Arrival			
Thursday January 9 th	Model Event	10.00-14.00		
Friday January 10 th	Middle Distance (individual start)	10.00	10.00	12.30
Saturday January 11 th	Sprint distance (individual start)	10.00	10.00	12.00
Sunday January 12 th	Pursuit	10.00	10.00	12.00

Team Officials Meeting

Team Officials Meeting for World Cup will be at the arena at 18.00, on Thursday 9th, Friday 10th and Saturday 11th of January

Entry and Entry fee

Preliminary entry

Team size deadline. Entries giving the number of competitors of each gender, the number of team officials and the team managers name, address, e-mail address shall be given in **IOF Eventor**: www.eventor.orientering.org by the Team size deadline, which is **November 10th 2024**.

Entry fee

Accreditation fee Competitors and team officials: 600 NOK

Entry fee Competitors individual races: 600 NOK/race

Entries are not valid until a full payment is received

Final name entry

Team names deadline. Each competitor's name and gender and the names of the team officials must be given in **IOF Eventor** by the Team names deadline, which is **December 31st 2024**. Changes may be made to the team until 12.00 on the day before the first race of the event. After that time, no further changes to the team are allowed under any circumstances (Rule 9.7)

Competition entry deadline. Names of the competitors that will take part in the next competition, must reach the organizer by the competition entry deadline which is 15.00 on the day before each competition (Rule 9.8).

Entry Open Competitions

Entries for the open competition shall be given in Norwegian Eventor: www.eventor.orientering.no

Saturday sprint and Sunday middle distance

Payment

All entry fees must be paid to our bank account when you register your final name entry in IOF Eventor. Entries are not valid until a full payment is received.

Account number 2050 31 07512

DNBANOKKXXX

IBAN: NO54 2050 3107 512

BIC/SWIFT TOTENO21XXX

Account owner: OL Toten-Troll, Kronborgsæterlinna 63, 2848 Skreia, Norway

For the Open Competitions entry fee shall be paid when register in www.eventor.orientering.no , if you represent a club outside Norway. For Norwegian Clubs the fee will be billed after the competitions.

Accommodation

In the Sjusjøen area here are two different ski arenas. Sjusjøen Langrennsarena (Crosscountry arena), and Sjusjøen Skisenter (Alpine and Biathlon). Our competitions will be at **Sjusjøen Langrennsarena**. Most of the accommodation facilities are close to Sjusjøen Skisenter. It is about 7 km between the ski arenas, and you can go there by car or on skis. Take care so that you do not enter the embargoed area. At Sjusjøen Skisenter the teams can also rent waxing cabins.

Apartments and cottages in different standards and sizes, with facilities for self-catering can be booked at www.sjusjoen.no, use the booking code SKIO-2025. Early booking is recommended.

This link will lead you directly to your booking site: <https://booking.sjusjoen.no/campaign/campaign-details?channelId=754c6fe8-b524-42d0-975a-cd044701c0d2&campaignId=1642ab38-a56a-462c-9ee7-326e5fd07b8e>

If you have questions about accommodation at Sjusjøen contact Sjusjøen Hytteutleie (Cabin Rental), manager Ane Karlsen, ane@sjusjoen.no.

Lillehammer, 20km from the Event Center at Sjusjøen, has a varied range of hotels. See lillehammer.com for information. We can recommend Birkebeineren Hotel and Apartments, www.birkebeineren.no, where they also have indoor waxing facilities for their guests.

Close to Sjusjøen Langrennsarena you will find "Sjusjøtunet cabin and caravan centre", with small cabins. Equipped with a simple kitchen, WC and sink. Showers and sauna in separate service buildings. Each cabin is suitable for three to four athletes. www.sjusjotunet.no

Transport

The distance to Sjusjøen from Oslo Airport Gardermoen is 150km. You can reach Sjusjøen by car, or by train to Lillehammer, and then public bus from Lillehammer to Sjusjøen. The organizer has not planned for common transport between your accommodation and the arena. Own car or rented car is recommended.

Terrain, Climate, Daylight

Varied deciduous and coniferous forest with open marches. Altitude 800-900 m

The climate is normally wintry with weather ranging from sunny to cloudy and snowfall. Average temperature for Sjusjøen in January is -5--20°C. Average snow depth is 50-100 cm.
Sunrise January 10th, 09.22, Sunset January 10th, 15.29

Map

The map is owned by Ringsaker OL. Published 2025

Map scale: Friday 1:10000 Saturday 1:5000 Sunday 1:10000

Contour intervalls 5m

Links to old maps available in Livelox, and also available in IOF Eventor.

2022: <https://www.livelox.com/Events/Show/88315/Sjusj-rennet-2022-mellom>

2023: <https://www.livelox.com/Events/Show/118644/Sjusj-rennet-2023-mellom>

Classes, Winning time

	Middle distance	Sprint	Pursuit
World cup Women	40-45 min	12-15 min	50-60 min
World cup Men	40-45 min	12-15 min	50-60 min

Map size is A4.

Punching system

Emit touch free punching system will be used. All competitors in **World cup** will be equipped with EmiTags from the organizer. Private EmiTags will not be allowed in World cup.

Training possibilities

Sjusjøen has more than 350 kilometres of prepared cross-country tracks. The tracks are in forest and semi open mountain areas. At www.skisporet.no or in the app "Skisporet" you can see the status of all tracks

You will find Information about other Ski orienteering events in Norway in www.eventor.orienteering.no.

Nydalens Skiklub will organize ski orienteering events on the same arena, but different competition area December 14th and 15th 2024. Nordmarka Skiorienteringsklubb will also organize on the same arena and same competition area January 18th and 19th 2025.

Waxing facilities

At the competition center at Sjusjøen Langrennsarena there will be limited waxing facilities. We will put up a tent for waxing, and provide electricity.

The teams can rent Waxing Cabins in Sjusjøen Skisenter, 7km from the competition center. Contact Sjusjøen Hytteutleie (Cabin Rental), manager Ane Karlsen, ane@sjusjoen.no for booking a waxing cabin
Waxing Cabin 13 m2 cost 800 NOK pr day

Visa

If you need a Visa to enter Norway, you can read all about it here:

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

If you need an invitation, please contact the event secretary: jan.arild.johnsen@orientering.no

A lot of nationalities can get their visa online: <https://www.udi.no/en/>

Anti-Doping

Doping is strictly forbidden. Doping tests are always carried out in accordance with the procedures described in the WADA International Standard for Testing. The IOF Anti-Doping Code and rules and the World Anti-Doping Code 2015 apply as of 1st January 2015. Athletes who are selected for the doping tests must bring an official identification (with photo) to the doping test area. The athlete should also bring along their therapeutic use exemption (TUE) if applicable.

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 the open competitions.

At an IOF Ski Orienteering event, each athlete, team official and supplier of ski waxing services must sign and submit the IOF Declaration of Conformity (Appendix 12) before the competition starts

Information

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

Representatives for media and additional representatives from the federations may contact Jan Arild Johnsen for further information jan.arild.johnsen@orientering.no

Embargoed area



