

# BULLETIN 2

October 2010

## CHAMPIONSHIP

EOC

JWOC

EYOC

WMOC

## SKIORIENTEERING

1-6 February

RINGSAKER - LILLEHAMMER

# NORWAY 2011

Norwegian  
Orienteering



# Winter wonderland in the Norwegian mountains



Lillehammer OK and Ringsaker OK in partnership with "Friends of Norwegian ski-orienteering" and the Norwegian Orienteering Federation invite you to European championship, Junior World championship, European youth championship, and World masters championship in ski orienteering.

## Organizers

Chairman of the organizing committee Jens Harald Fossheim  
Event director Lars Lystad  
IOF event adviser Juraj Nemec  
National controller Yngve Mobråten  
Course setter Vidar Benjaminsen  
Event secretary Jan Arild Johnsen

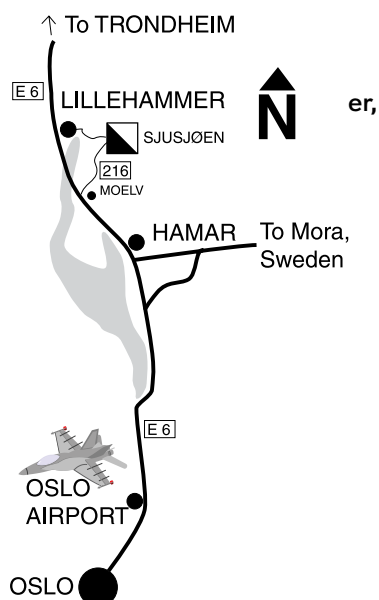
Address: Ski-o-2011,  
Norwegian Orienteering Federation  
0840 Oslo, Norway

E-mail [info@skio2011.no](mailto:info@skio2011.no)  
Homepage [www.skio2011.com](http://www.skio2011.com)

## Venue

The event centre and all competitions will be at the Sjusjøen Skisent-Natrudstilen, in the Birkebeiner area, 20 km from Lillehammer, 140 km from Oslo airport Gardermoen. Road 216 from Lillehammer (from north) or road 216 from Moelv (from south).

See [www.sjusjoen.no](http://www.sjusjoen.no), click "kart" or "map"



## Embargoed area

The competition area, limited by the orienteering map "Natrudstilen", is embargoed until February 2011 for competitors and team leaders. The area is closed for all orienteering activity. Cross-country skiing and roller skiing in open tracks is allowed until January 1, 2011.

## Program

Mon January 31.	Arrival
Tue February 1.	Model event
Wed February 2.	Long distance, EOC, JWOC, EYOC Banquet
Thu February 3.	Rest. Training event
Fri February 4.	Sprint distance, EOC, JWOC, EYOC O-treff Open competition
Sat February 5.	Middle distance, EOC, JWOC, EYOC Long distance, WMOC, O-treff Open competition
Sun February 6.	Relay, EOC, JWOC Long distance, WMOC O-treff open competition Departure
Mon February 7.	Departure

## Classes and participation

EOC W21, M21. A federation may enter a maximum of 6 runners in each class in the individual events, and 2 teams in each class in the relay event, only the better team will count. The current European champion shall be given wild card to enter in addition to the ordinary entries from his federation: Sprint- Tatiana Vlasova RUS, Edvard KHrennikov RUS  
Long - Marte Reenaas NOR, Staffan Tunis FIN  
Middle- Tatiana Vlasova RUS, Peter Arneson SWE

JWOC W20, M20. A federation may enter a team of up to 14 competitors, up to 7 women and 7 men. In each individual competition, each federation may enter up to 6 men and 6 women. In the relay each federation may enter up to 2 women and 2 men teams. In both classes, a team score is calculated for each federation in a team competition.

EYOC W17, M17. Each federation may enter 4 runners in each class. All entered runners may run all individual distances. The EYOC-competitors may participate in the JWOC relay event.

WMOC W/M 35,40,45,50,55,60,65,70,75,80,85. Open for everybody. The start order for the first race will be drawn at random. The start order for the second race will be reverse or the start order in the first race. The combined time of the two races forms the final result.

## O-treff - open races

Friday, February 4.: Sprint distance  
Classes W/M10-12, 13-14, 15-16, 17-20,21, 35, 45, 55, 65, 75  
Entry before January 21. 2011, online via [www.ski2011.com](http://www.ski2011.com) or in WMOC entry form B

Saturday, February 5., long distance,  
Sunday, February 6., middle distance  
Classes W/M 10-12, 13-14, 15-16, 17-20, 21, 17AK.  
Entry before January 21. online via [www.ski2011.com](http://www.ski2011.com)  
Separate registration for each day.  
More info in Bulletin 3

## Visa

If you need a Visa to enter into Norway, you can read all about it here: <http://www.udi.no/Norwegian-Directorate-of-Immigration/Central-topics/Visa>

If you need an invitation send an e-mail to: [jan.arild.johnsen@orientering.no](mailto:jan.arild.johnsen@orientering.no)

A lot of people can get their visa online, read and get visa here: <https://selfservice.udi.no>

Who does not need a visa? (info Oct 2010, can be changed)  
Nationals of Schengen states can stay in Norway for up to 90 days without applying for a visa. This also applies to foreign nationals who have residence permits in one of the Schengen states.

Exemption to the visa requirement also applies to nationals of countries that have visa exemption agreements.. Nationals from countries with exemption agreements can stay in Norway for up to 90 days. Norway has visa exemption agreements with the following countries:

- A: Andorra, Argentina, Australia, Austria
- B: Belgium, Bermuda (BDTC passport), Brazil, Brunei, Bulgaria
- C: Canada, Chile, Costa Rica, Croatia, Cyprus, the Czech Republic
- D: Denmark
- E: El Salvador, Estonia
- F: Finland, France
- G: Germany, Greece, Guatemala
- H: Honduras, Hong Kong (SAR passports and BNO passports), Hungary
- I: Iceland, Ireland, Israel, Italy
- J: Japan
- K: Republic of Korea
- L: Latvia, Liechtenstein, Lithuania, Luxembourg
- M: Macau (SAR passport), Macedonia, Malaysia, Malta, Mexico, Monaco, Montenegro
- N: The Netherlands, New Zealand, Nicaragua
- P: Panama, Paraguay, Poland, Portugal
- R: Romania
- S: San Marino, Serbia, Singapore, Slovakia, Slovenia, Spain, Sweden, Switzerland
- U: The UK, Uruguay, the USA
- V: The Vatican City State, Venezuela

## Terrain and climate

The terrain consists of coniferous forest with open marshes, but also smaller parts of mountain terrain without vegetation. Altitude 750-1000 m.

The climate is normally wintry with weather ranging from sun to cloudy and snowfall. Average middle temperature for Sjusjøen in February is - 7°C. Average snowfall in the month of February is 48 cm.

## Training possibilities

A Pre-EOC/Pre-JWOC-event will be organized at Venabufjellet, Ringebu, 80 km north of Lillehammer. WRE-competitions Dec.11 and 12., and if stabile snow conditions ski-o-training Dec. 13. and 14. Organizer: OL Tønsberg og omegn.

Contact person : Tore Watterdal, [wadal@online.no](mailto:wadal@online.no)

Web: [www.oto.110mb.com](http://www.oto.110mb.com)

Invitation will be available in October.

It is also possible to join the Norwegian ski-o-team in their training camp at Skeikampen November 25.-30. 2010.

Contact: [jan.arild.johnsen@orientering.no](mailto:jan.arild.johnsen@orientering.no)

## Registration and entry fee

### Preliminary entry for EOC, JWOC and EYOC

Latest date for preliminary number of competitors, team officials and accommodation is December 1. 2010 (use entry forms A, see web site)

### Final entry

Latest date for final entry with the confirmation of the number of competitors and team officials is January 1. 2011 (use final entry form B, see web site)

### Final name entry

Latest date for the final entry with names of the competitors and team officials is January 17. 2011 (use name entry form C, see web site)

### Entry fee

Entry fee for competitors	EOC 350 NOK/race
	JWOC 300 NOK/race
	EYOC 300 NOK/race
Fee for officials	400 NOK (all days)

## WMOC registration and entry fee

Entry for the two individual races, sprint Friday and training Thursday

Latest day for entry with names of competitors is January 21. 2011 (use entry form B, se web site)

Discount for early registration.

### Entry Fee

Entry fee WMOC, registration and payment by:

**November 21. 2010** 500 NOK

Entry fee WMOC, registration and payment by:

**December 21. 2010** 600 NOK

Entry fee WMOC, registration and payment by:

**January 21. 2011** 700 NOK

Training event February 3. 100 NOK

Sprint distance, February 4. 200 NOK

WMOC banquet, dinner at Birkebeieren hotel &app.

February 5. 295 NOK

## Accommodation

### For EOC, JWOC and EYOC:

High standard apartments and cottages, 4-12 beds, in Sjusjøen skisenter/Natrudstilen. Walking/skiing distance to the arena and competition office. All units have well equipped kitchen suitable for self-catering.

#### Type A

Apartment or cottage, January 31.- February 7., with all meals. Breakfast February 1-7. Lunch February 1-6. Dinner January 31.- Feb. 1, and Feb. 3-6. Banquet February 2.  
Price: 3685 NOK per person

#### Type B

Apartment or cottage, 31.jan-7.feb, Selected meals, see below. Banquet February 2. must be ordered separately.  
Prices:

Apartment/cottage,	1420 NOK per person in the entire period
Breakfast	75 NOK per person per day
Lunch	110 NOK per person per day
Dinner	130 NOK per person per day.
Banquet February 2.	300 NOK (incl. transport)

#### Type C

Apartment or cottage, January 31.- February 7. No meals. Banquet February 2. must be ordered separately  
Price:  
Apartment/cottage, 1420 NOK per person in the entire period

For Type A,B and C cleaning of apartment/cottage at departure is included. Bedding and towels, 110 NOK per person, must be ordered together with the accommodations.  
See [www.sjusjoen.no](http://www.sjusjoen.no) for more info about Sjusjøen skisenter.

#### Type D

Simpler standard with mattress on floor will be available on request. We must have these requests before December 1. 2010

### For WMOC:

Birkebeineren hotel & apartments, [www.birkebeineren.no](http://www.birkebeineren.no)  
mail: [booking@birkebeineren.no](mailto:booking@birkebeineren.no)

Hotel rooms and apartments are pre-booked for WMOC participants until Dec. 15. 2010. Available capacity can not be guaranteed after Dec. 15.2010. Please book your accommodation directly to Birkebeineren hotel &apartment before this date. Use booking code #80469.

Prices hotel: from 480 NOK pr pers. pr day, breakfast included.

Prices apartment: 1140 NOK pr apartment pr day (2 persons in apartment)

1390 NOK pr apartment pr day (3-4 persons in apartment)

1640 NOK pr apartment pr day (5-6 persons in apartment)

No meals included. Apartments are equipped for self-catering. Meals available in hotel restaurant.  
Indoor waxing facilities.

We can also recommend Lillehammer hostel, [www.stasjonen.no](http://www.stasjonen.no) or see [www.lillehammer.com](http://www.lillehammer.com) for more options.

Lillehammer is popular in winter season, so early booking is a necessity

### For O-TREFF, Open races:

All apartments and cabins in Sjusjøen skisenter, Natrudstilen are booked for EOC, JWOC and EYOC.

For participants in O-TREFF we recommend to book accommodation at Nordseter, 12 km from the Competition center or in the upper area of Sjusjøen, 6 km from the Competition center.

Nordseter Fjellstue og Hytter, [www.visitnordseter.com](http://www.visitnordseter.com)

Nordseter Hyttegrend, [www.nordseter.no](http://www.nordseter.no)

Sjusjøvången, [www.sjusjovangen.no](http://www.sjusjovangen.no)

Sjusjøen Fjellheimen, [www.sjusjoen-fjellheimen.no](http://www.sjusjoen-fjellheimen.no)

Nordseter and Sjusjøen is popular in winter season, so early booking is a necessity.

## Waxing facilities:

### For EOC,JWOC and EYOC:

There are limited permanent installations for ski-waxing in the ski center and by the apartments.

We can provide mobile waxing cabins in the ski stadium.

We recommend all teams to use this opportunity. Waxing in apartments and cabins is not allowed.

Small waxing cabin, for 2-3 servicemen, 2000 NOK for one week

Big waxing cabin, for 4-5 servicemen, 4000 NOK for one week

Waxing cabins must be ordered together with the preliminary entry.

For small teams we can provide small waxing rooms or tents together with other teams.

## Payment

For EOC/JWOC / EYOC all costs has to be paid by January 1. 2011 at the latest

For WMOC entry fee has to be paid by January 21. 2011 at the latest

Payment info:

IBAN: NO1418223790883

SWIFT: SHEDNO22

Account owner:

Ringsaker O-klubb

Nergårdsveien 3

2380 Brummundal

Norway

## Map scales

Long Distance	1:15000, 5 m
Middle Distance	1:10000, 5 m
Sprint	1:5000, 5 m
Relay	1:10000, 5 m

## Course lengths and winning times

EOC	Women	Men
Long Distance	17 km (75-90 min)	25 km (95-100 min)
Middle Distance	8 km (40-45 min)	11 km (40-45 min)
Sprint	3 km (10-15 min)	4 km (10-15 min)
Relay,	3x6 km (30-35 min)	3x8 km (30-35 min)

JWOC	Women	Men
Long Distance	10 km (60-65 min)	16 km (70-75 min)
Middle Distance	5 km (25-35 min)	7 km (25-35 min)
Sprint	2,5 km (10-15 min)	3,5 km (10-15 min)
Relay	3x4 km (30-35 min)	3x6 km (30-35 min)

EYOC	Women	Men
Long Distance	8 km (50-55 min)	12 km (60-65 min)
Middle Distance	4 km (20-30 min)	6 km (20-30 min)
Sprint	2 km (10-15 min)	3 km (10-15 min)

### WMOC Long distance

Women	Men
W35 – 10 km (55 min)	M35 – 16 km (70 min)
W40 – 9 km (50 min)	M40 – 14 km (65 min)
W45 – 8 km (45 min)	M45 – 12 km (60 min)
W50 – 8 km (45 min)	M50 – 11 km (55 min)
W55 – 6 km (45 min)	M55 – 9 km (50 min)
W60 – 6 km (45 min)	M60 – 9 km (50 min)
W65 – 5 km (45 min)	M65 – 7 km (50 min)
W70 – 4 km (45 min)	M70 – 6 km (50 min)
W75 – 3 km (45 min)	M75 – 5 km (50 min)
W80 – 3 km (45 min)	M80 – 4 km (50 min)
W85 – 3 km (45 min)	M85 – 4 km (50 min)

## Punching system

EMIT –electronic punching system will be used. Only E-cards provided by the organizer can be used. Selected runners will be equipped with devices for GPS-tracking to be shown on arena-screen and online. EMIT are developing a new TFP-system (touch-free punching). If approved by IOF, we will consider using this.

## Transport

On request, we can provide transport for teams from Oslo airport Gardermoen and from Lillehammer railway station. Price will depend on number of persons. We will try to offer as cheap a solution as possible.

On request we can also organize transport from accommodation in Lillehammer (WMOC) to Sjusjøen skisenter, or transportation to the grocery store for shopping to the self-catering. Please inform us about your need for transport in entry form A (EOC, JWOC, EYOC) or entry form B (WMOC).

## Media

Press centre will be at the competition center.

Contact person : Jon Vegard Lunde, [beskerud@online.no](mailto:beskerud@online.no)

## Bulletin 3

Bulletin 3 is planned to be published December 1. 2010



All photos: Sindre Haverstad

EUROPEAN and  
JUNIOR WORLD  
CHAMPIONSHIPS  
+ WORLD MASTERS  
SKI ORIENTEERING  
2011

Ringsaker/Lillehammer  
Norway, 1 – 6 February