



Program Long distance orienteering

Saturday 3 September 2022.

Program:

10:45 Event office and café open, Charlottenlund

12:00 First start courses

Arena: Charlottenlund activity and outdoor park.

Map: "Nord-Tromsøya" and "Midt-Tromsøya", scale 1:10000, contour interval 5 m, revised 2019. The race includes a change of map, the map is changed by turning the map-sheet upside down at the last control of part 1.

Terrain: Varied forest terrain with many paths.

Arenamap:



Start: Marked route from Charlottenlund, 3 km.

Announcement is given 3 min before start.

- 3 min before start: Check of EKT device number.
- 2 min before start: distribution of separate control description.
- At start moment: Distribution of map. Clear EKT device.

Traffic: The participants are responsible for own safety in the traffic, and must pay attention to other runners, pedestrians, cyclists and other vehicles.

Courses:

Class	Distance
W15-16	5,0 km
M15-16	5,9 km
W17-18, W19–20	7,3 km
W21, M17-18, M19–20	8,5 km
M21	9,8 km

Timing: Electronic timing system with EKT device. The device is initialised at the start moment. A fail to initialise implies disqualification.

Time of start and results: Posted at arena.

WC: WCs are found at Charlottenlund (arena).

Café: A small outdoor café will offer cake, coffee, and soda. Cash is accepted as well as Norwegian Vipps

Wardrobe: There is no possibility for shower at Charlottenlund (arena).

Drinking at finish: Lemonade will be served at finish.

Lunch: After the race, lunch will be served for Barentsgames participants at Charlottenlund (arena).

Medal Ceremony: 15:00 at Charlottenlund.

Course Setter: Geir Moholdt

Race Organiser: Anna Karlqvist, email: annakarlvist@yahoo.se, phone: 90471297.