

Bulletin 2

Welcome to Sarpsborg and Solrenningen 2023



Sarpsborgolag.no

SOLRENNINGEN

14-16 april 2023 WRE/NC

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PROGRAM



SOLRENNINGEN

14-16 april 2023 WRE/NC

SOLRENNINGEN 2023

The event runs over 3 days and consists of a sprint race with an included County Championship sprint near the city center on Friday 14 April and middle and long distance at Rudskogen 15 April and 16 April. All races are individual with their own prizes. There is the NorwayCup for senior elite classes and WorldCup (WRE) qualification on Saturday and Sunday. These have their own registration.

OVERVIEW

Friday 14. april	16.00	Race office opens	Sprint race Sarpsborg
	18.00	First start	
	19.00	Reg. open classes closes	
	20.00	prize handling starts	
	20.30	Finnish closes	
Saturday 15. april	09.00	Race office opens	Mediumdistance Rudskogen
	10.00	First start N1-åpen	
	11.00	First start other classes	
	12.00	Reg. open classes closes	
	16.00	prize handling starts	
	16.30	Finnish closes	
Sunday 16. april	08.00	Race office opens	Longdistance Rudskogen
	09.00	First start N1-åpen	
	10.00	First start other classes	
	11.00	Reg. Open classes closes	
	15.00	prize handling starts	
	16.00	Finnish closes	

LOCATIONS/ TRANSPORT

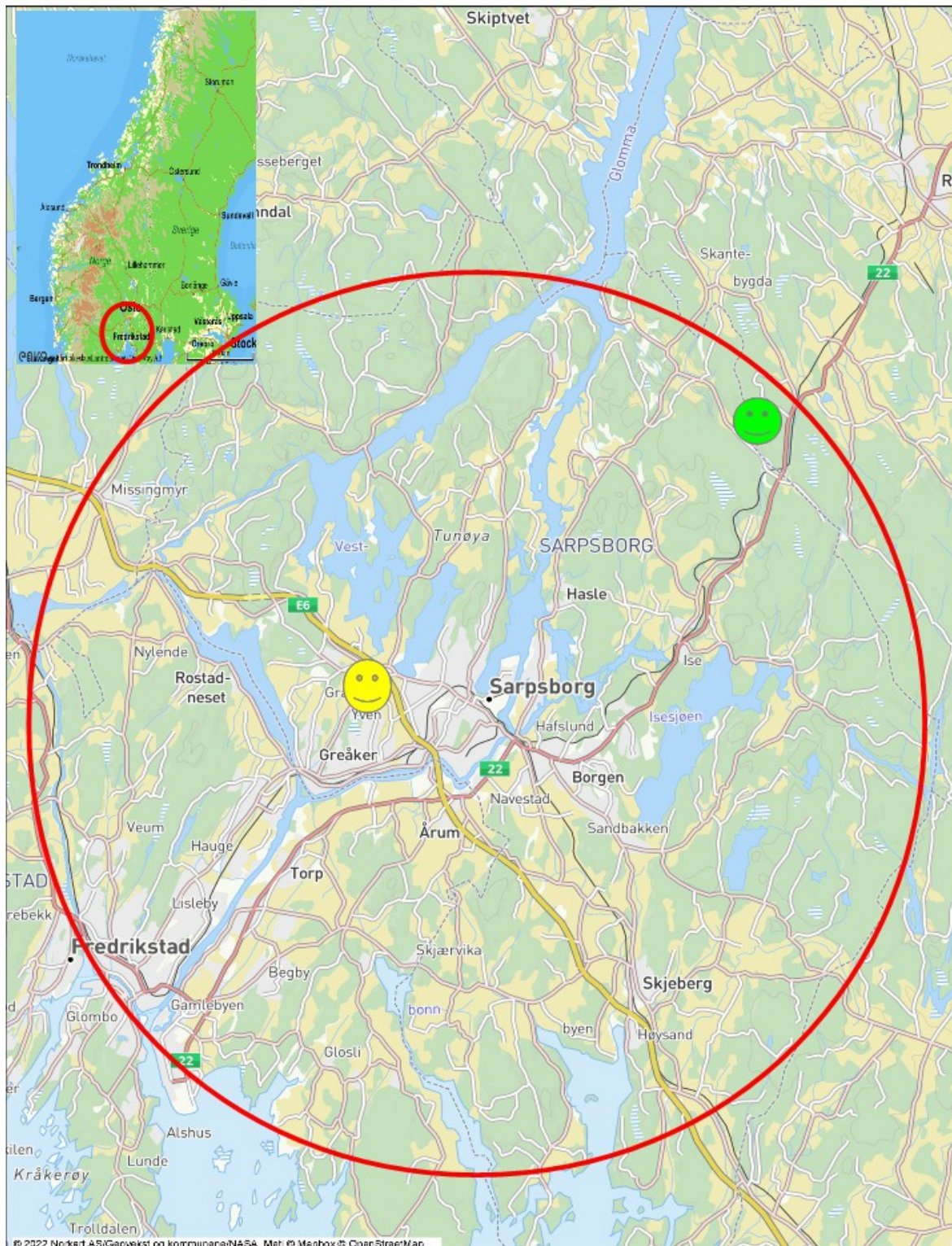


SOLRENNINGEN
14-16 april 2023 WRE/NC

Sprintrace



Forest races

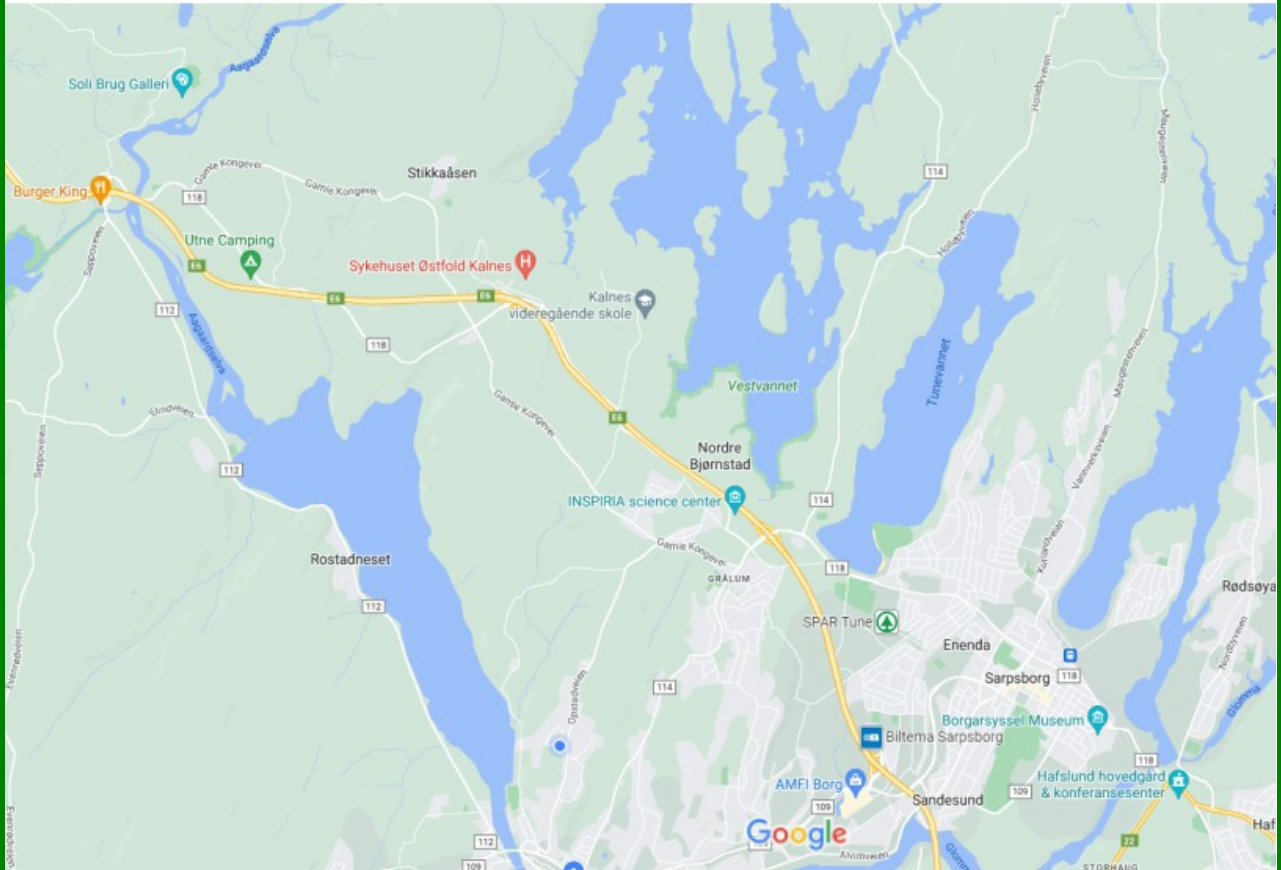


LOCATIONS/ TRANSPORT



SOLRENNINGEN
14-16 april 2023 WRE/NC

PART OF CENTRAL AREA OF SARPSBORG



GETTING THERE

Flying to Oslo or Sandefjord Airport Torp

Train from Oslo city / airport Gardermoen.

Trains from Gothenburg, Stockholm, Copenhagen

Bus from Gothenburg, Stockholm, Copenhagen

TRANSPORT TO THE RACES

Contakt: info@solrenningen.no

COMMON INFORMATION ALL RACES



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SECRETARIAT / INFO

Secretariat / Info is the race office for Solrenningen 2023. Here you get these services:

- Distribution of team bags with start bibs, team overview list, rented cards, map for runners up to 12 years of age, N and C runners and copy of PM (last minute changes).
- * Additional companion map
- Changing card number/renting a new card.
- Payment for registrations (applies to foreign clubs).
- Purchase of a parking ticket
- Extra copies of Bulletin 2
- Registration in open classes

REGISTRATIONS

Registration via Eventor (<http://eventor.orientering.no>)

The system can also be used by foreign clubs by first creating the club as a new user.

Post-registration: Until 11.4 at 23.59 via Eventor.

NOTE! Late applicants must expect to start before the regular start time.

Direct registration in open classes at the arena every day. Free start.

Changes to chip number, club or class are invoiced corresponding to post-registration after the post-registration deadline has expired. Sent: raceoffice@solrenningen.no

REGISTRATION DEADLINES

Ordinary registration deadline 3 April 2023. Post-registration deadline 11.4.2023 at 23.59.

Open classes until 1 hour after the first start on race day.

PAYMENT

All Norwegian clubs are invoiced afterwards.

Foreign clubs pay in advance before the start. Payment can be made via bank or by bank card in the info kiosk. When paying by bank, bring a receipt from the transaction! Payment is in Norwegian kroner (NOK). Important note: The payer must cover all bank charges.

Payee: Sarpsborg orientation team, PO Box 126, 1701 Sarpsborg, Account number 1090.08.00202 BIC: DNBANOKKXXX IBAN: NO9110900800202. Bank: DNB Torggata 6, 1707 SARPSBORG. Enter club name when paying.

PRIZES

According to NOF regulations

COMMON INFORMATION ALL RACES



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TRAINING

It will be possible to buy maps for your own training programs.

See <https://www.solrenningen.no/trening/> for overview and prizes. Maps with training trails for individual use have also been posted on the event's website. These are free to use.

ACCOMMODATION

Sarpsborg orienteering team has a collaboration with Quality Hotel, Sarpsborg (same as the WC-2019 centre) for accommodation in connection with the sprint on Friday 14 April. The hotel can offer accommodation in single, double or family rooms at reduced prizes. The prize also includes breakfast and free access to the water park. The reduced prize is valid for 1 or 2 days. Booking is made directly to the hotel by entering code: 19659 and Sarpsborg O-lag. Be early! The offer is limited. Alternative accommodation see:

<https://www.solrenningen.no/overnatting/>

OPEN CLASSES

Following applies to open classes:

- All open classes offer direct registration at the arena.
- Free start from the first regular start. N-open can start 1 hour before the regular start.
- Classes are not divided by gender. Allowed with concurrent and shadow / companion.
- Maps for N-open, N2-open 10-16, N2-open 17- and C-open 10-16 are distributed at the arena.
- Other open classes get maps at the start. (by the way, age groups up to and including 12 years get a map at the arena).
- No awards in open classes

REFRESHMENTS

There is juice and water in the arena for runners. Courses with a stipulated winning time of over 1 hour have liquid stations in the terrain. See marking on race map.

RESULTS AND PRIZES

Speaker service at the arena on Saturday and Sunday. Live results on the internet. Official results at Eventor after the race. Prizes in accordance with NOF's provisions.

COMPLAINTS

A complaint form is available at the race office at the arena. All complaints must be submitted in writing to the race office at the arena within 15 minutes after the results list has been published and announced by the speaker at the arena. Complaints submitted after this deadline will be rejected.

GENERAL COMPETITION INFORMATION"



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FIRST AID

First aid is available at the arena. If you need help before the start, contact an official in the secretariat or at the start area. There are no support personnel in the race area.

HOSPITAL

The central county hospital is located approx. 3 km. north of the center of Sarpsborg.

IMPORTANT TELEPHONE NUMBERS

Police, Emergency telephone number: 112

Ambulance / Ambulance: 113

Fire: 110

GENERAL COMPETITION INFORMATION



SOLRENNINGEN
14-16 april 2023 WRE/NC

COMPETITION RULES AND REGULATIONS

The event is organized in accordance with the latest competition rules for IOF Foot Orienteering events dated 19. January 2022 and NOF competition regulations and guidelines.

The IOF Council decision taken on 4. March 2022 for suspended IOF member federations has also been implemented.

PROHIBITED AREAS

Prohibited areas are shown at: <https://www.solrenningen.no/sperret-omrade-blocked-area/>. Staying in prohibited areas with an orientation map or testing road choices will lead to disqualification in all cases. The Sprint terrain is under "open embargo", which means that participants are not permitted to be in the area from 16:00 on competition day and until the last start has completed.

All forest terrain is under "strict embargo". The participants are not allowed to be on the terrain until the long distance is finished.

PREVIOUS MAP OF COMPETITION AREA

Old competition maps are available at: <https://www.solrenningen.no/gamle-kart/>

But note that IOF rule 14.6 states "On the day of the competition, the use of any map of the competition area by competitors or team managers is prohibited until permitted by the organizer".

This includes copies of old maps – leave them behind!

TIMEKEEPING

Sprint Friday	Normal EMIT cards are used for timekeeping and post control. Registration without your own tags automatically triggers a rental tag.
Forest run Saturday and Sunday	Ordinary classes as well as elite classes that are not Norgescup/WRE use normal EMIT cards for timing and post control. The elite classes for Norgescup/WRE use emiTag for timing and normal Emit cards for mail control. Emit cards and emiTags can be rented from the organizer for NOK. 50 per item. Registration without your own tags automatically triggers a rental tag.

SPRINTRACE 14. APRIL



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APPEARANCE

Participants in the sprint meet at the arena, marked from the parking lot to the arena.

ACCESS AND PARKING

The sign from E6/114 Lekevoll, Exit no. 7

There is separate parking for participants in the sprint.

About. 5 min. to go to the arena.

It is forbidden to deviate from the marked route from the car park to the arena!

PROHIBITED AREAS

Areas indicated with vertical stripes in purple on the competition map as well as all buildings and cultivated land (black dots on yellow) are prohibited areas. Crossing such areas leads to disqualification. A participant only has access to the competition area during his own race.

CLASSES AND COURSE LENGTHS SPRINT

The trail lengths are measured according to the shortest route. The lengths are provisional and may be adjusted. Classes with blue text are County Championship classes.

Class	Level	Course length	Scale	Class	Level	Course length	Scale	Class	Level	Course length	Scale
H21-	A	3,0	1:4 000	D60-	A	2,2	1:4 000	D9-12	C	2,2	1:4 000
D21-	A	2,8	1:4 000	D70-	A	2,2	1:4 000	AL-åpen	A	3,4	1:4 000
H17-20	A	3,2	1:4 000	D80-	A	2,2	1:4 000	AK-åpen	A	2,6	1:4 000
D17-20	A	2,7	1:4 000	H13-16	B	2,4	1:4 000	B-åpen 10-16	B	2,4	1:4 000
H40-	A	2,6	1:4 000	D13-16	B	2,4	1:4 000	B-åpen 17-	B	2,4	1:4 000
H50-	A	2,6	1:4 000	H15-16	A	2,6	1:4 000	C-åpen 10-16	C	2,2	1:4 000
H60-	A	2,6	1:4 000	D15-16	A	2,2	1:4 000	C-åpen 17-	C	2,2	1:4 000
H70-	A	2,2	1:4 000	H13-14	B	2,4	1:4 000	N2-åpen 9-16	N2	2,0	1:4 000
H80-	A	2,2	1:4 000	D13-14	B	2,4	1:4 000	N2-åpen 17-	N2	2,0	1:4 000
D40-	A	2,2	1:4 000	H9-12	C	2,2	1:4 000	N1-åpen	N1	1,8	1:4 000
D50-	A	2,2	1:4 000								

DESCRIPTION OF THE RACE AREA

The terrain used is gentle or moderately sloping from south to north and east.

The area has varied buildings in the form of residential buildings and commercial buildings, schools and office buildings that have been established in the last 15 years.

There is also a dense network of motorways, walkways, stairs and underpasses, as well as open park areas and small areas of forest. Moderate hilliness.

CONSIDERATION FOR THE PUBLIC AND RESIDENTS

The runners must expect that there are many pedestrians and residents in the race area during the event. There are several passages/crossings of minor roads where participants must take into account others who are in the area.

SPRINTRACE 14. APRIL



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TRAFFIC SAFETY

There is rush hour traffic in the streets before and partly during the event.

The runners are responsible for their own safety and must take into account all types of vehicles during the race.

The routes will cross roads with medium traffic (40 and 50 zones) at defined crossing points.

The crossing points are marked in several places with bows and marking tapes to help the runners cross at the right place. The runners must pass between the bows on both sides of the road.

Violation of these rules results in disqualification!

The organizer has guards to reduce the risk of unwanted incidents. On the heating map there is an example of a crossing point.



MAP

Newly drawn map 2022/2023.

Scale 1:4,000, contour 2 metres.

The map was drawn by Kristen Treekrem.



Map example

ENTRY FEES SPRINT

Ordinary classes: D/H-16 NOK 150, D/H17- NOK 300. 50% supplement for late registration

Open classes D/H-16 NOK 150, D/H17- NOK 300. No supplement for late registration.

SPRINTRACE 14. APRIL



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FAIR PLAY

Det er ikke tillatt for løpere som har avsluttet sitt løp, ledere eller publikum å kommunisere med løpere som ikke har startet eller er underveis i løpet.

Det er forbudt å krysse detaljer som på kartet er framstilt som ikke passerbare, uavhengig av den reelle passerbarheten.

I noen tilfeller er slike detaljer, eller grensen mellom passerbar og ikke passerbar detalj markert med sperrebånd i terrenget. Brudd på disse reglene medfører diskvalifikasjon!

TOILETS

There are toilets adjacent to the arena.

TO START

About 1000 m to walk. All participants must use a warm-up map showing the corridor in the race area to be followed on the way to the start. Warm-up maps are available at the arena.

See sketch.

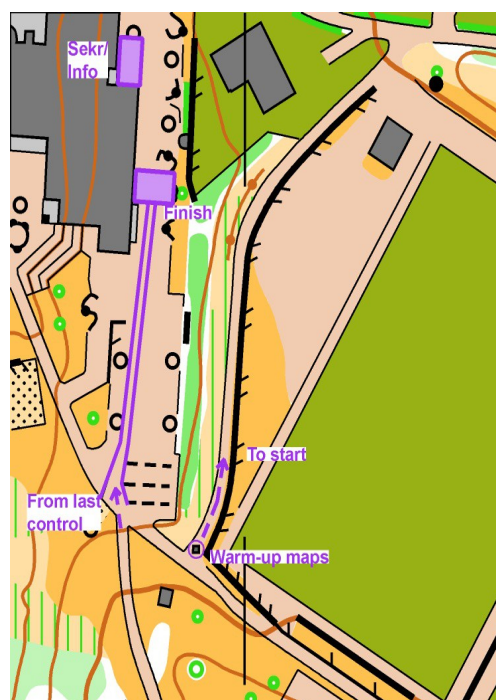
Violation of these rules results in disqualification!

TIMING SYSTEM

Normal EMIT cards are used for timekeeping and post control.

START-UP PROCEDURE

Call -4 min. Free start approx. 30 sec. Interval.



MEDIUM DISTANCE 15.APRIL
LONG DISTANCE 16.APRIL



SOLRENNINGEN
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WORLDCUP-QUALIFICATION(WRE) / NORWAYCUP

APPEARANCE

All participants must meet at the arena. From the arena, all participants must go through a portal for start check and card check on the way to the start. Participants who don't have passed the start check are registered as "not started".

ACCESS AND PARKING

The sign from RV 22 at the exit to Rudskogen motorsenter.

Parking at the arena on firm ground. Parking fee NOK 50 per day for passenger cars. NOK 250 per day for buses. Parking tickets can be bought in the information tent at the arena on Friday, Saturday or Sunday. The certificate is placed in the car window before driving off. Payment by VIPPS or bank card.

TIMING SYSTEM

Ordinary classes as well as elite classes that are not Norgescup/WRE use normal EMIT cards for timing and control.

The elite classes for Norgescup/WRE use emiTag for timing and Emit card for controls. Emit cards and emiTags can be rented from the organizer for NOK. 50 per item. Registration without your own tags automatically triggers a rental tag.

MAP/TRACK PRINT

Newly drawn map 2022/2023. Scale 1:10,000 and 1:7500, equidistant 5 metres.

Tracks are printed on waterproof paper. Plastic bags are available at the start for those who want this.

All the elite runs are printed on offset, while the remaining runs are digitally printed.

The map was drawn by Kristen Treekrem.

Control descriptions are printed on the map. Loose descriptions available at the start.

REGISTRATION NORWAYCUP/WRE

Runners who are registered in Norgescup/WRE classes are seeded according to WRE seeding rules. *Nations that want their runners in the same class must run in elite classes without WRE seeding.*

START NUMBER

Runners in all classes must wear start numbers. Runners without a starting number will be denied a start.

MEDIUM DISTANCE 15.APRIL LONG DISTANCE 16.APRIL



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START-UP PROCEDURE INDIVIDUAL

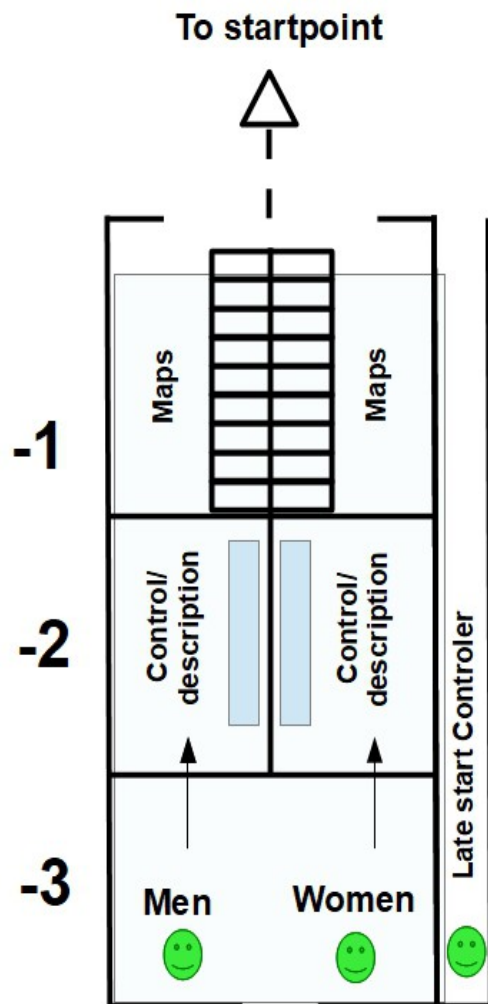
Call -3 min. All elite classes have 3 min. start interval. Ordinary classes have 1 min. start interval. Open classes have Free start. You can start by punching a start unit and follow the marked route to the starting point

STARTER BOXES

It's a silent start, no shouts. The participants will pass three consecutive starting boxes in the Start system, and spend one minute in each.

- **3 box**
You enter when the clock in front of the first start box (-3) shows your start time. This will be 3 minutes before you start. At this time your bib number and start time will be checked.
- **- 2 boxes**
You can take a loose control description for your class in the second box. You must bring your own holder to the control description. It is your responsibility to take the right one!
- **- 1 box**
In this last box, go to the map box with your map. 5 seconds before the start a clock will sound start beeping. The last beep is the start beep and is longer than the others. You can take the map at the first beep.
Your race starts at the start whistle. It is your responsibility to take the correct map, please take only one.

From the start box there is a marked route to the starting point. The starting point is marked with control flags in the terrain and start triangle on the map. The marked route from this box to the starting point must be followed.



MEDIUM DISTANCE 15.APRIL LONG DISTANCE 16.APRIL



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LATE START

If you get to the start after your proper start time you must report to the late start lane where an official will accompany you. It is still your responsibility to clear your card. Control descriptions and the competition map will be handed to you by an official. You will be told when to start. Your start time will be recorded by punching a start unit.

According to IOF Rule 22.9

- In an interval start, if the competitor is at the start line less than half the start interval after their start time, they must start immediately.
- In an interval start, if the competitor is at the start line more than half the start interval after their start time, they must start at the next available half start interval.

The results of competitors who start late will be based on their original start time with no time compensation. Only if their lateness is due to the fault of the organiser will your actual start time be used (IOF Foot O Rule 22.10).

If you are late, whether it is your fault or the organiser's, do not discuss this with the start officials. Instead, if you think the organiser is responsible, make a complaint after finishing the race at the Problem Desk (Red Exit) before leaving the finish area.

OVERVIEW MEDIUM DISTANCE CLASSES

Class	Level	Course-length	Scale	Class	Level	Course-length	Scale	Class	Level	Course-length	Scale
H21-WRE	A	6000	1:10 000	H60-	A	2700	1:7 500	H15-16	A	3500	1:10 000
D21- WRE	A	4800	1:10 000	H65-	A	2400	1:7 500	D15-16	A	3100	1:10 000
H21- E	A	5800	1:10 000	H70-	A	2400	1:7 500	H13-14	B	2700	1:10 000
D21- E	A	4500	1:10 000	H75-	A	2400	1:7 500	D13-14	B	2700	1:10 000
H19-20 E	A	4400	1:10 000	H80-	A	2400	1:7 500	H11-12	C	2500	1:10 000
D19-20 E	A	3700	1:10 000	H85-	A	2400	1:7 500	D11-12	C	2500	1:10 000
H17-18 E	A	4200	1:10 000	D35-	A	3600	1:10 000	H9-10	N2	2200	1:10 000
D17-18 E	A	3500	1:10 000	D40-	A	3200	1:10 000	D9-10	N2	2200	1:10 000
H17-20	A	3600	1:10 000	D45-	A	3200	1:10 000	AL-åpen	A	3300	1:10000
D17-20	A	3200	1:10 000	D50-	A	2700	1:7 500	AK-Åpen	A	2500	1:10000
H21-	A	4200	1:10 000	D55-	A	2700	1:7 500	B-åpen 10-16	B	2700	1:10 000
D21-	A	3600	1:10 000	D60-	A	2400	1:7 500	B-åpen 17-	B	2700	1:10 000
H35-	A	4100	1:10 000	D65-	A	2400	1:7 500	C-åpen 10-16	C	2500	1:10 000
H40-	A	3700	1:10 000	D70-	A	2400	1:7 500	C-åpen 17-	C	2500	1:10 000
H45-	A	3700	1:10 000	D75-	A	2200	1:7 500	N2-åpen 9-16	N2	2500	1:10 000
H50-	A	3300	1:7 500	D80-	A	2200	1:7 500	N2-åpen 17-	N2	2500	1:10 000
H55-	A	3300	1:7 500	D85-	A	2200	1:7 500	N1-åpen	N1	2200	1:7 500

MEDIUM DISTANCE 15.APRIL LONG DISTANCE 16.APRIL



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OVERVIEW LONG DISTANCE CLASSES

Class	Level	Course-length	Scale	Class	Level	Course-length	Scale	Class	Level	Course-length	Scale
H21-WRE	A	14100	1:15 000	H60-	A	4600	1:10 000	H15-16	A	5800	1:10 000
D21-WRE	A	9100	1:15 000	H65-	A	4600	1:7 500	D15-16	A	5100	1:10 000
H21-E	A	14000	1:15 000	H70-	A	4600	1:7 500	H13-14	B	3400	1:10 000
D21-E	A	9000	1:15 000	H75-	A	4600	1:10 000	D13-14	B	3400	1:10 000
H19-20E	A	10200	1:15 000	H80-	A	3200	1:10 000	H11-12	C	3200	1:10 000
D19-20E	A	6800	1:15 000	H85-	A	3200	1:10 000	D11-12	C	3200	1:10 000
H17-18E	A	8600	1:15 000	D35-	A	5700	1:10 000	H9-10	N2	2100	1:10 000
D17-18E	A	5700	1:15 000	D40-	A	5100	1:7 500	D9-10	N2	2100	1:10 000
H17-20	A	7000	1:10 000	D45-	A	4300	1:7 500	AL-åpen	A	7100	1:10 000
D17-20	A	5100	1:10 000	D50-	A	4600	1:7 500	AK-Åpen	A	4900	1:10 000
H21-	A	9300	1:10 000	D55-	A	4400	1:7 500	B-åpen 10-16	B	2700	1:10 000
D21-	A	7000	1:10 000	D60-	A	4000	1:7 500	B-åpen 17-	B	2700	1:10 000
H35-	A	8200	1:10 000	D65-	A	3600	1:7 500	C-åpen 10-16	C	2700	1:10 000
H40-	A	7700	1:7 500	D70-	A	3600	1:7 500	C-åpen 17-	C	2700	1:10 000
H45-	A	6400	1:7 500	D75-	A	3200	1:7 500	N2-åpen 9-16	N2	2500	1:10 000
H50-	A	5800	1:10 000	D80-	A	3200	1:7 500	N2-åpen 17-	N2	2500	1:10 000
H55-	A	5600	1:10 000	D85-	A	3200	1:7 500	N1-åpen	N1	2200	1:7 500

H/D21- WRE are elite classes for WorldCup qualifying
(The lengths are provisional and may be adjusted.)

TERRAIN

Medium distance

The terrain is open and easy to run with little heather and undergrowth. Parts of the terrain are highly detailed and place great demands on accurate orientation. The last part of all trails will pass through a hilly area with some slopes and partly dense vegetation.

Long distance

The terrain is mostly easy running with little heather and undergrowth. The terrain is slightly hilly with elements of hilly areas. There is little logging in the area and what is green on the map is mostly low pine forest.

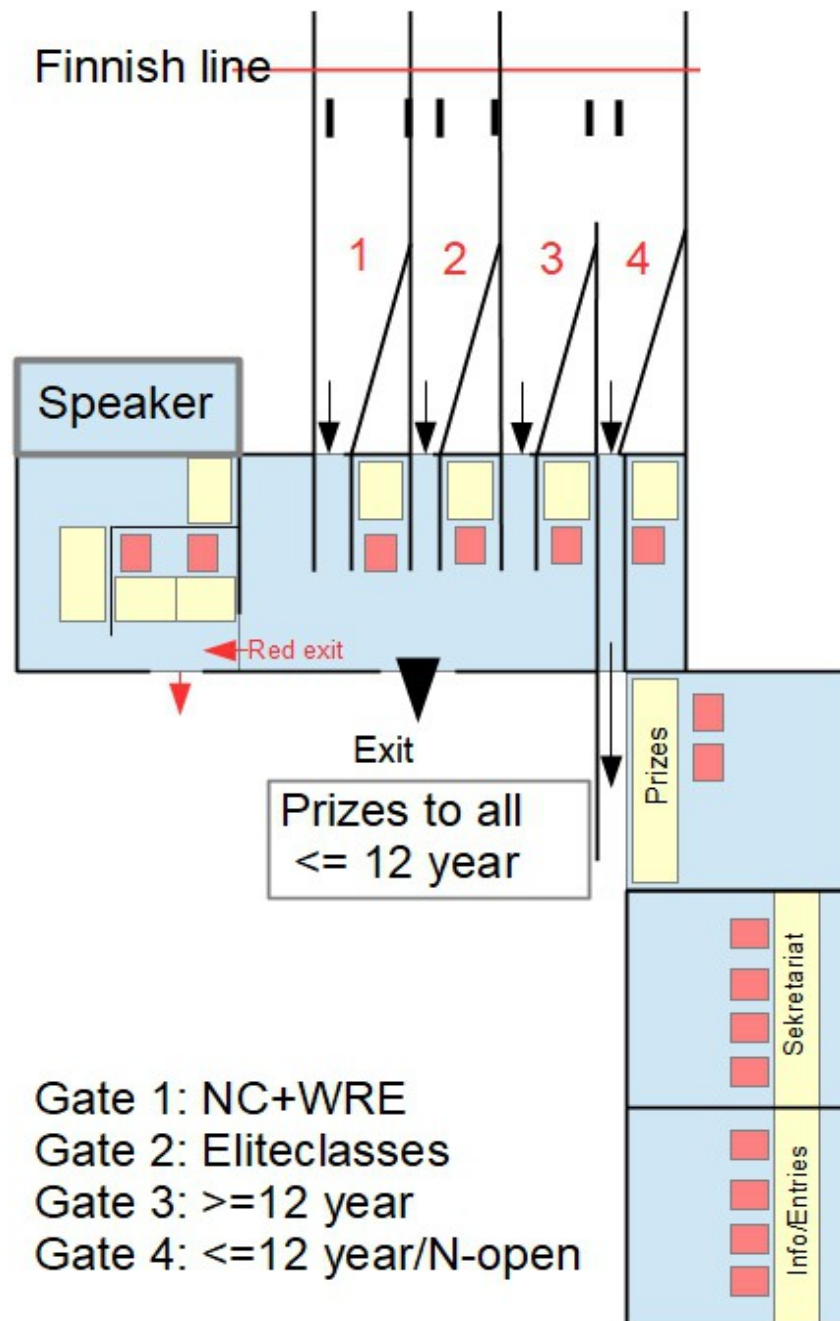


MEDIUM DISTANCE 15.APRIL
LONG DISTANCE 16.APRIL



SOLRENNINGEN
14-16 april 2023 WRE/NC

Finnish gates from last control



MEDIUM DISTANCE 15.APRIL
LONG DISTANCE 16.APRIL



SOLRENNINGEN
14-16 april 2023 WRE/NC

AT THE FINISH

Emit cards

You must punch one of the units on the Finish line, your time only stops when you punch one of these units.

EmiTags

For runners in WRE classes the time stops when passing the finish line. These must also read the Emit card before leaving the finish.

AFTER THE FINISH LINE

The schematic diagram above shows how the Finish system works. After the finish line, you will be directed to a readout station to read out your card. The system will verify if you have visited all controls on your course in the correct order. Individual split times will be given to each competitor after read out.

You must read out your card, even if you have not completed your course. If you do not read out, you will be considered "missing in the forest" which may cause a search in the forest for you. If you are using a rented card, you must return your card to the staff.

If the readout displays an unexpected problem with your punches, don't discuss this with the readout official but proceed to the Problems desk (Red Exit) instead.

You should also contact the Problems desk if you started late and believe that it is the organiser's fault.

STARTING FEES MIDDLE DISTANCE AND LONG DISTANCE

WRE/NorgesCup: D/H21- WRE NOK. 500. 50% additional for subsequent registration.

Word. Classes: D/H- NOK 16. 200, D/H17- NOK. 400. 50% supplement for subsequent registration

Open classes: D/H- NOK 16. 200, D/H17- NOK. 400. No supplement for late registration.

TOILETS, SHOWER

There are toilets and showers adjacent to the arena.

CHILDREN'S PARK/SMÅTROLL

Children's park (older than 2 years) and Småtroll in the arena on Saturday and Sunday.
prize NOK 50

SALE AT THE ARENA

The organizer has kiosk sales with varied offers in the arena. Both cold food and hot food. 4All Sports sells sports equipment.

AWARD OF PRIZES

Prize distribution in relevant classes starts immediately after the last runner has finished. Prizes for everyone in the N1 open. Awards in other classes according to NOF's rule

MORE INFORMATION

www.solrenningen.no

RACE MANAGEMENT, DELEGATES, CONTROLLERS



SOLRENNINGEN
14-16 april 2023 WRE/NC

RACE MANAGEMENT / COURSE SETTERS / DELEGATES

Event Director: Anders Lunde

Event Internal Controller: Tom Wahlgren

Course setter sprint: Stian Jensen

Course setter mediumdistance: Tormod Jensen

Course setter longdistance: Stein Juliussen

Event delegate: NorwayCup/WRE: Jan Arild Johnsen, NOF.

Course delegate: NorwayCup/WRE: Anders Nordberg, NOF

Course delegate ordinary classes: Sprint distance friday: Henrik Ottesen, FSK

Course delegate ordinary classes: Medium distance saturday: Pål Angvoll, FSK

TCourse delegate ordinary classes: Long distance sunday: Bent Galborgen, IØOK

Partners:



Quality Hotel™
Sarpsborg
Sarpsborg , Norge

SKODA

noname
welcome