Program Sprint orienteering

Sunday 4 September 2022.

Program:
09:00 Event office and café open, Charlottenlund
10:00 First start courses

Arena: Charlottenlund activity and outdoor park.

Map: "Charlottenlund", scale 1:4000, contour interval 2 m, published 2022.

Terrain: Mostly residential areas, but also elements of parks and forest depending on chosen route. There are elements of open areas and forest areas with high ground vegetation, this is shown by thin, green lines (see map inset) indicating reduced runnability. The map includes a small tunnel indicated following the ISSOM 2007 norm (see map inset). Passable walls are indicated in grey following the same norm.



Prohibited areas: It is mandatory to respect prohibited areas and obstacles which are indicated as unpassable in the map (see below), this due to fair play, to respect people and residents in the area, and due to own safety. Event guards are present in the course area.

*Before the race***:** The course area is in the vicinity of the arena. The participants are therefore not allowed to go outside the arena area. The same goes for the start, it is not allowed to leave the marked route to start and the warm-up area at start. Everyone should have left the arena for the start no later than 10:10 Sunday. The warm-up area is in the light-trail between Charlottenlund (arena) and start.

During the race: Sprint has own rules for forbidden passages. It is not allowed to pass:

- fences indicated with a thick line,
- walls and slopes indicated with a thick, black line,
- hedges indicated in dark green,
- private areas indicated in olive green,

- areas indicated with purple shading.

Arena map:



Start: Marked route from Charlottenlund, 800 m.
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.

The route from start to the start control is 100 m and marked.

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

Courses:

Classes	Distance, shortest route choice
W15-16	2,9 km
M15-16	3,0 km
W17-18, W19–20	3,4 km
W21, M17-18, M19–20, M21	3,6 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: 11:30 at Charlottenlund.

Course Setter: Arntraut Götsch.

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