

Information middle distance Saturday 3rd July

Meeting place: Hellbakkan, marked from road rv757 at Vuku.

Arena: Hellbakkan. Approx 300m to walk from parking to arena.

Event office at the arena. Rented Emit cards will be distributed from the event office. **NB! Runners who has not prepaid their rented Emit cards must pay the rental fee at the event office.** Rental fee for Emit card is kr 25/day. Loss of Emit card will incur a charge of kr 500.

Start: First start is at 13.00. Approx. 600m to walk along roads to the start from the arena.

Start procedure: Self service of start bibs on the way to the start. Pre start 5min before the start. Back-up cards and EmiTags are distributed after the pre-start. Emit cards will be reset at the pre-start.

Participants will have access to the start area 2 minutes before their start time. Seperate control descriptions is distributed at the start.

Timing and punching control:

Timing with EmiTag, punching control with Emit cards.

Map: Hellmarka 1:10000 contour interval 5m.

Terrain: Hilly terrain, with varying runability. Typical terrain for this part of Norway with marshes and mixed vegetation.

Classes and courses:

Men Norway	Men Sweden	Men Denmark	Men Ireland	Men Germany
5770m	5550m	5770m	5550m	5550m
Woman Norway	Woman Sweden	Woman Denmark	Woman Ireland	Woman Germany
4600m	4570m	4600m	4570m	4570m

Further details on terrain and courses will be posted on an information board at the arena.

Clothes can be left at the start. Clothes will be transported to the arena.

Finish: Maps will be collected at the finish area and redistributed after the last start.

Results: Results will be published at the arena. Live result service by Liveresultater.no.

Showers: None available at this venue.

Food: Barbeque food on sale at the arena.