

Information sprint Friday 2nd July

Meeting place: Verdal videregående skole, marked from E6 at Verdal.

Arena: Verdal town center. **The town center is prohibited area for participants between 15.00-17.00.** Signposted to the arena for leaders and public. Participants are not allowed in the finish arena before the start of the event.

Event office at Verdal videregående school: Approx 300m to walk to the event office from carpark. Participants must be present and registered before 17.00. Participants register and receive information, start bibs and warm up map. NB! Participants shall have two start bibs (front and back). Rented Emit cards will be distributed on registration. **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 17.00. The start is close to the event office.

Start procedure: 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: Verdalsøra 1:4000 Sprintnorm, contour interval 2.5m.

Terrain: Mostly gravel and asphalt and some park areas.

Classes and courses.

Men Norway	Men Sweden	H21 Denmark	H21 Ireland	H21 Germany
3790m	3790m	3790m	3790m	3790m
Women Norway	Women Sweden	Women Denmark	Women Ireland	Women Germany
3150m	3150m	3150m	3150m	3150m

Further details on terrain and courses will be distributed at the registration.

Clothes can be left at the event office/start area. Clothes will be transported to the finishing arena.

Finish: **NB! Participant are not allowed to leave the finish arena before the last participant has started.** Maps will be collected in at the finish area and redistributed after the last participant has started.

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

Showers: None available at this venue due to refurbishment work being carried out at the school.

Refreshments: Cakes and coffee at the arena. For dinner, we recommend the pizza restaurant Siciliana beside the arena.