



## Nordic ARDF Championship 2011

## Nordisk Mesterskap i Radioorientering 2011

### Welcome

We wish you all welcome to the Nordic ARDF Championship 2011 in Oslo for a challenging competition weekend and a social gathering for people interested in radio orienteering.

The terrible happening in Oslo with the attack of our government quarter and at the shooting

on the island where many young people were killed has shocked us all. The competition will be held as planned, but we will encourage and assist all who would like to go downtown to see the memory and ceremonial place close to the government quarter outside the Oslo Cathedral.

### Nordic ARDF Championship

The competition is organized by the local amateur radio club LA4O together with LA-ARDF, the Norwegian radio orienteering

organisation. We cooperate with the local orienteering clubs that helps us with equipment and maps.

### Schedule from Friday 5<sup>th</sup> to Sunday 7<sup>th</sup> of August.

Friday	16:00-19:00-	Registration at event centre. Manager and team leader meeting
Saturday	13:00-14:00	Model training close to event centre
	14:00-19:00	Departure 2m Nordic Championship and 80m youngsters
	19:00	First start 2m Nordic Championship
Sunday	08:30-10:00	Evening party, awarding ceremony
	10:00-13:00	Departure 80m Nordic Championship
		First start 80m Nordic Championship
		Awarding ceremony at finish

Note that there might be minor changes to the schedule. Training: see website for information.

### Event centre

Event centre will be at the Haraldsheim Youth Hostel. This will be the location where most of the competitors will stay together with some of the organizers. The meals and the model training will be held at the hostel.

There is a bus connection from Gardermoen Airport to Sinsenkrysset, just 400m walk to the hostel. Ask at the airport for the bus stop.

The transportation to and from the competitions will be by private cars, and it will

take between 20 and 40 minutes to drive from the event centre to start.

The hostel is located just 300m from the tram #17, or you can take tram #11, 12 or 13 with a short walk. It's also possible to take the metro, line 5

Travel information:

<http://www.trafikanten.no>

### Food and services

There are several shops and super markets close to the event centre, and shown on the map in this document.



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### Technical information

80m	TX 1-5, 3.576MHz	2W, 8m vertical coil loaded antenna three ground wires.
	Youth TX 1-3, 3.560MHz	2W, 8m vertical coil loaded antenna three ground wires.
2m	TX 1-5, 144.5625MHz	0.5W, halo antenna. About 1.5m above ground
Timing	EMIT	Badge is provided by the organizers. Note that missing badge will cost NOK400,-
Flag	15x15cm O-flag	The punching unit is marked with a flag and #1-5.
		Youth competition uses a 30x30cm flag and #Y1-Y3
Map	A4 running area. 1:10 000 IOF standard maps	Both laser printed and offset printed maps will be used.

### Competitions

There are new rules for this event that has some impact on the competition classes. The team leaders and managers will be informed by the organizers how this has been dealt with. The start list will be presented on Friday 5<sup>th</sup> for both competitions. The maps for all events will be given to the competitors on the same day (during the model event). Competitors who are not attending the model event will be given the map before the competition.

Competitors are not allowed to go to the competition area until the organizers gives permission.

Note that there is no toilet at the start or finish. Drinking water will be provided by the organizers at the finish. There will be tents or cover provided for cloths and equipment in case of rain both at start and finish.

Further information will be given to the competitors on Friday.

### Starting list

The starting list will be published on Friday. Each society shall provide information of

seeded runners to the organizing comity prior to the drawing of the start list.

### Clothing and dangerous animals

All competitors shall have full body clothing according to the NOF rules, short sleeves are allowed.

There are elks and roe deer in the area, and the runners might run into an adder snake (huggorm ). There are not known to be ticks in the competition areas.



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### Payment

Payment upon arrival for accommodation and competition. Late registration fee is +100NOK pr competition: August 1<sup>st</sup> 2011. Note that

credit card can't be used for payment for the competition.

### Youth participants

We have decided to let the youngsters take part in the event as this is very important for recruitment to the sport. The courses will be adapted for the youngsters, and they are allowed to be followed if required. Three transmitters will be used and mainly located within visual distance from tracks.

Youth classes are divided into two: Beginners with permission to receive assistance before and during the course and intermediate class without assistance. Course length will be 1 to 1,5km.

### Questions

Please don't hesitate to contact the organizing comity if you have any questions.

### Contact

Contact: Event email: [nordic@ardf.no](mailto:nordic@ardf.no)

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Accommodation [knut-ein@online.no](mailto:knut-ein@online.no)

WEB: <http://www.ardf.no/> -> Nordic Championship

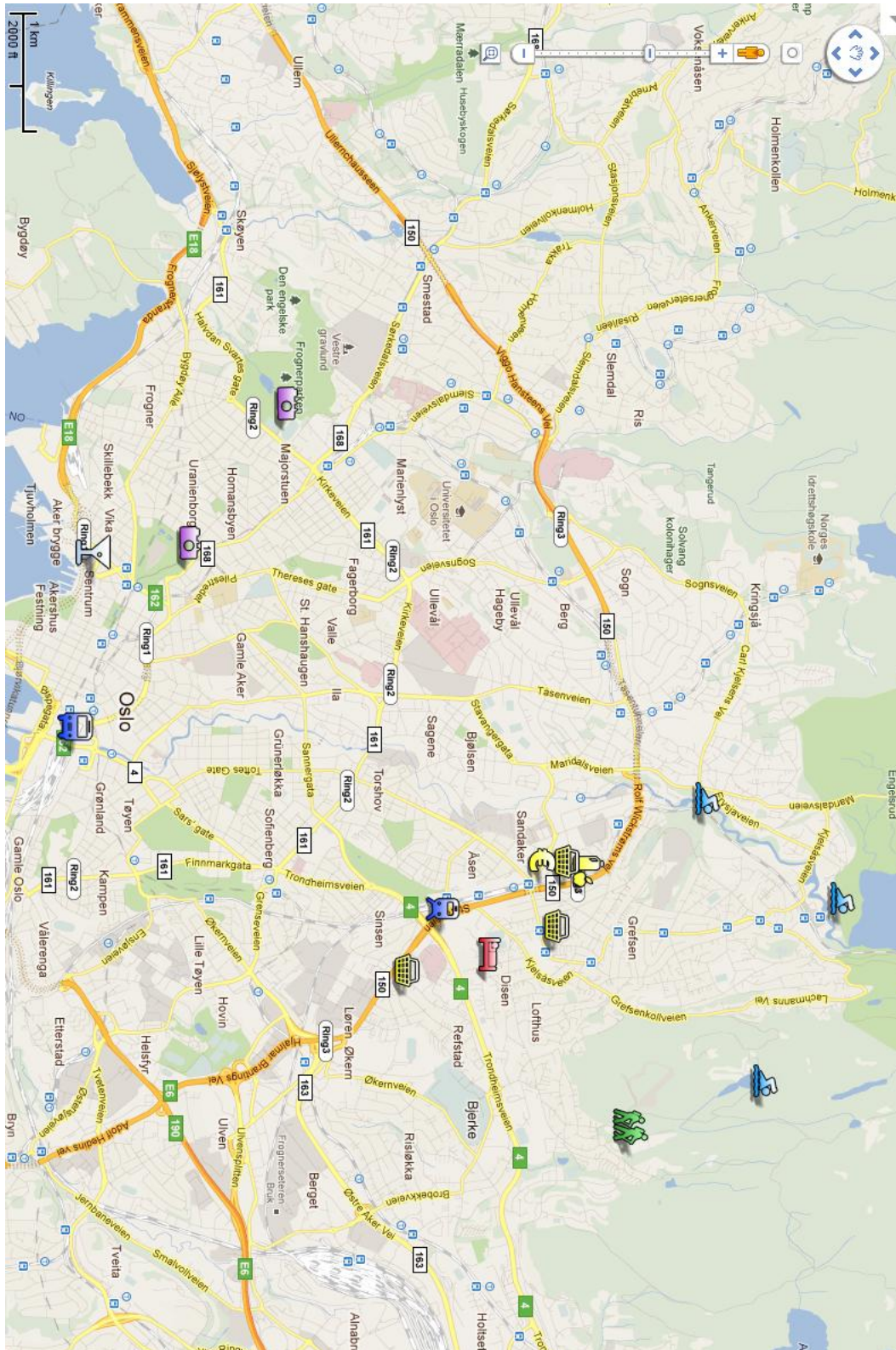




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### Map



<http://maps.google.no/maps/ms?msid=217839188308318371991.0004a8d847c258bc68637&msa=0&ll=-59.939794,10.809689&spn=0.068789,0.32959>