



# Competition instructions, NSM 2014

NTNUI Orienteering invites you to NSM, unofficial Nordic Student Orienteering Championships, October 31<sup>st</sup> – November 2<sup>nd</sup>.

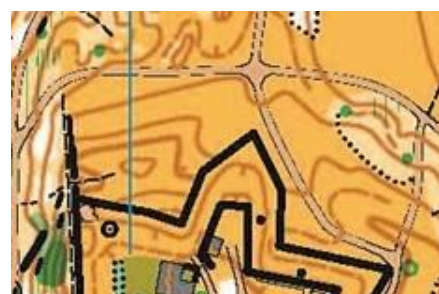
## Competition program:

### Friday October 31<sup>st</sup>:

#### **Night sprint. First start at 6.00 pm.**

- Start time: First start at 6.00 pm.
- Arena: Berg school; same place as accommodation
- Map: Kristiansten Festning, published by Wing OK in connection with NM sprint 2014.  
Scale 1:4000, contour interval 2,5 meter
- Terrain: Urban sprint terrain with elements of park areas, forest and the fortress area.
- Start: Follow marked route 1 km from the arena to start. From start, follow marked route (40 m) to the starting control.
- Finish: The route from last control to finish is not marked. Finish is not the same place as the arena. From finish, follow marked route 600 m to the arena, and remember to read you emit card when you arrive at the arena.
- Control descriptions: Available at start.
- Crossing of roads: Two roads are marked as forbidden. You are not allowed to cross these roads, except at underpasses and pedestrian crossing which are marked on the map. There will be guards in the terrain to make sure that the crossing is done in a responsible manner. Note that you are allowed to run along the pavement at these roads.
- Light conditions: There are street lights in most of the terrain, but also areas without lightening. Headlight is required.
- Courses:

Class	Length
Dudes (M21E)	2,7 km
Babes (W21E)	2,2 km



## Saturday November 1<sup>st</sup>:

### **Long distance. First start at 10.00 am.**

Map: Tullan Syd, published for WOC 2010, revised 2014.

Scale: 1:10 000

Contour interval: 5m

### **Terrain**

The terrain consists of forest with moderate hills. The area is dominated by pine forest and open marshes with good runnability.

### **Felling**

There is some new felling in the terrain, but these areas will not affect the routes. You might get in contact with the areas for some route choices, especially in women's class.

### **Arena**

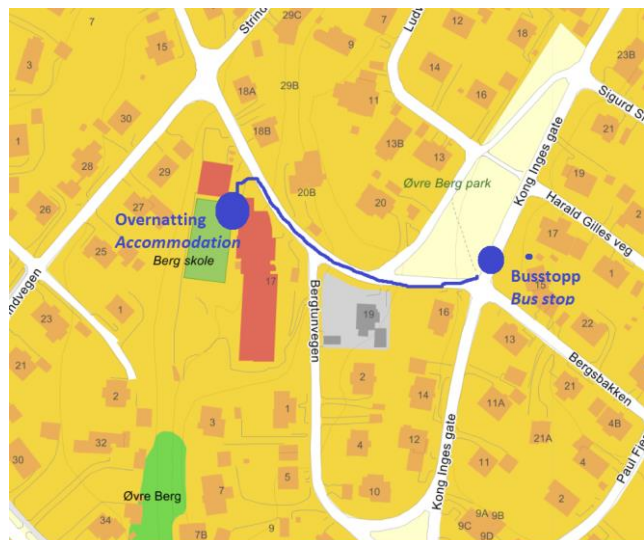
Nearby Vulusjøen, 30 minutes by bus from Trondheim. All participants will be transported by bus both ways. See "Transport to the long distance" below.

Courses:

Class	Length	Controls
Dudes (M21E)	11,6 km	16
Babes (W21E)	8,2 km	14
Party animal	5,1 (2,5) km	17

### **Transport to/from the long distance**

There will be buses from the accommodation to the long distance. The bus stops at the pre-start, and luggage are transported directly to the arena. The map to the right shows where the buses departure. For the ride to the arena, every participant has been placed on one particular bus. These bus lists are found at the end of this document and at the accommodation, and everyone will be registered when entering the bus to make sure you get with the right one. For the transportation back to the accommodation, the choice of bus is yours. The bus ride takes approximately 30 minutes.



### **Time table for bus transport**

#### From accommodation

Bus 1: 08.40 am

Bus 2 and 3: 09.40 am

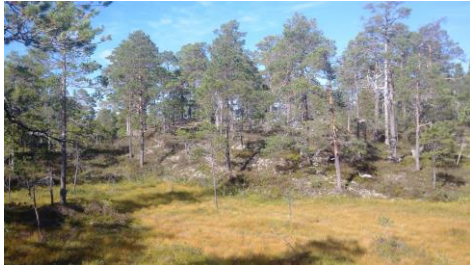
#### Back to accommodation

2.30 pm: One bus

4.00 pm: Three buses

## Drinking control

There will be a drinking control for all three courses, and we serve water, squash and funny-squash. Party animal will have several drinking controls. This control will be a combined drinking control and spectator control. In other words; the drinking control will be in immediate vicinity of the finish. There will be barbeque, sauna tent and a campfire, and you can cheer on the runners in the inlet. We believe this will make it easier to combine running and participation at the drinking control, and hope to see many elite runners at the drinking control after their run.



## Sunday November 2<sup>nd</sup>:

**Start:** 11.00 am for babes, 11.10 am for dudes

**Start control:** 50m

**Map:** Kristiansten Festning. Scale 1:4000, contour interval 2,5m

**Terrain:** Urban sprint terrain with elements of park areas, forest and the fortress area.

**Arena:** Duedalen. Follow marked route 700 m from accommodation.

**Exchange:** Incoming runner punches the finish control, hands in his/her map, picks up the new map with correct number and hand this over to the next runner.

**Control descriptions:** Descriptions are printed on the map. No extra control descriptions.

Class	Lengths
Dudes	2,8 km – 2,8 km – 2,8 km (3 legs)
Babes	2,4 km – 2,4 km – 2,4 km (3 legs)

## Common info

### **Punching system**

The EMIT system will be used.

### **Prizes**

Prize giving ceremony for sprint and long distance will be in connection with the banquet. Medal ceremony for relay will be immediately after finish. The 3 best runners in the elite classes at the sprint and long distance, and the 3 best teams in the relay, will receive medals. In addition, there will be prize money to the best runners in the elite classes at the long distance:

Winner:	3 000 NOK
Second:	2 000 NOK
Third:	1 000 NOK

## Catering

On the arena Saturday there will be a grill where you can buy hot dogs and other stuff. Remember to bring Norwegian cash! We recommend withdrawing cash at the airport or the train station. There will also be a kiosk at the accommodation, where you can buy pizza after the OL-pub and banquet, in addition to other snacks.

## Social happenings

**OL-pub** Friday night we invite all participants to “Studentersamfundet”, the student meeting point in Trondheim. The theme is Halloween, and we recommend to bring a costume. The venue opens at 7 pm, and we will have our own spot until 10 pm. After this, the venue is open for all other students in Trondheim, and will be open until 2 am.

**Banquet** Saturday evening we offer a banquet with dinner in Trondheim Spektrum. Use entrance 4 on the back side of the building. The prize giving ceremony will be held here. The venue is open until 2.30 am.

Dress code: Suit, dress or the prettiest you find in your closet.

Menu:

Skewers of pork BBQ

Served with ratatouille, baked potatoes, Greek salad, tzatziki and focaccia

One glass of beer, wine or mineral water

Mango mousse with brownies and wild berry compote

We need to know the names of each participant. If you have arranged purchase/sale of tickets private, please send an email to [silje.maurset@gmail.com](mailto:silje.maurset@gmail.com).

## Accommodation

We offer accommodation at Berg School, nearby the OL-pub, banquet and relay, and the sprint arena will be at the school. The address is Bergsbakken 17. Saturday and Sunday we serve breakfast from 7.30 to 9.30. The accommodation opens Friday at 5 pm.

From the airport, take the airport express bus (<http://vaernesekspresen.no/> or <http://www.flybussen.no/trondheim/>) to “Prinsen Kinosenter”, and the bus 60 to “Harald Gilles veg”. Alternatively, you can take bus 5 or 22 to “Gløshaugen Syd”. Use the travel planner at [https://www.atb.no/?lang=en\\_GB](https://www.atb.no/?lang=en_GB). From the train station, take bus 60 from «Trondheim Sentralstasjon» to «Harald Gilles veg».

Map from bus stop to accommodation: <http://kart.gulesider.no/m/z8IZG>

## Overview map



- 1 Accommodation
- 2 Relay
- 3 OL-pub
- 4 Banquet

## Rules for participants

All participants must follow the rules, which are found at the homepage.

## Contact

Director	Silje Uhlen Maurset	silje.maurset@gmail.com	+47 482 22 522
Competition manager	Sondre Sande Gullord	ssgullord@gmail.com	+47 957 93 324
Accommodation	Marie Styrvoid	marie.styrvoid@gmail.com	+47 481 26 153
OL-pub and banquet	Rannveig Jørgensen	rannveigjoergensen@hotmail.com	+47 994 00 165
Entry and payment	Linn Hokholt	hokholt.linn@gmail.com	+47 926 32 057

You can find more information at our homepage <http://org.ntnu.no/ogruppa/nsm> and at the Facebook-event [NSM 2014](#).



# Bussliste NSM Langdistanse

**Buss 1 Elite, kl 08:40**

**Starttime: 10:00-11:10**

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Gina Mølnvik	Freidig
Jan Fredrik Helgaker	Fossum IF
Katariina Kannus	KeparDI
Juho Westerlund	KeparDI
Ina Westerlund	Teekkarisuunnistajat
Eveliina Hirvonen	OL-Universities of Turku
Jesse Laukkarinen	OL-Universities of Turku
Mikko Huhtinen	OL-Universities of Turku
Malena A. Birkeland	Halden SK
Andreas Nilsson	Chalmers OL
Samantha Ahlgren	OK Roslagen
Johan Runesson	Chalmers OL
Ville Kokkila	Teekkarisuunnistajat
Nicolas Simonin	IFK Lidingö SOK
Tytti Kirvesmies	Tampereen Pyrintö
Fredrik Mattsson	Chalmers OL
Gunvor Hov Høydal	Fossum IF
Simon Smedberg	Chalmers OL
Milla Mattila	Teekkarisuunnistajat
Anton Sjökvist	Linköpings Universitet
Jonatan Andersson	Chalmers OL
Stine Bagger Hagner	OK Pan Århus
Karl Walheim	Ärla IF
Robbie Anderson	Chalmers OL
Milla Saarimäki	OL-Universities of Turku
Anders Carlsson	IFK Lidingö SOK
Lovisa Persson	Chalmers OL
Olle Boström	Järla Orientering
Henna-Riikka Haikonen	Anttolan Urheilijat
Mats Nordbrøden	Järla Orientering
Ellinor Tjernlund	Chalmers OL
Jonas Madslie Bakken	Nydalens SK
Karen Oline Kolstad	Freidig
Johan Högstrand	Chalmers OL
Elina Grahn	Teekkarisuunnistajat
Ingrid Gulbrandsen	Asker Skiklubb
Joakim Eliasson	Chalmers OL
Maria Brodin	Fossum IF
Ville Keskiääri	Teekkarisuunnistajat
Ingjerd Myhre	Järla Orientering
Magnus Mellbye Larsen	Asker Skiklubb
Jenny Bengtsson	Långhundra IF
Josefin Tjernlund	Chalmers OL
Sonja Liukkonen	Hiidenkiertäjät
Viktor Stensson	Chalmers OL
Otso Seppälä	Teekkarisuunnistajat
Niklas Gustafsson	Chalmers OL

**Buss 2 Elite, kl 09:40****Starttime: 11:12-**

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Andreas Hall	Teekkarisuunnistajat
Signe Klinting	OK Pan Århus
Ivar Lundanes	Blekinge Tek. Högskola
Sigrid Grepstad	Freidig
Ove Baardsgaard	OL Trollelg
Lilian Forsgren	Chalmers OL
Gaute Hallan Steiwer	Lillomarka OL
Håkon J. Westergård	Järla Orientering
Anders Hedberg	Chalmers OL
Tuomo Istolahti	KeparDI
Olli-Pekka Koistinen	Teekkarisuunnistajat
Rainer Kujala	Teekkarisuunnistajat
Halvor Lund	Freidig
Johan Antonsson	Chalmers OL
Joel Sågfors	Teekkarisuunnistajat
Bjørn Ekeberg	IL Tyrving
Torgeir Nørbech	IL Tyrving
Benjamin Selling	Härnösands OK
Anssi Vesanto	Tahkon Talli
Gustav Hindér	OK Tisaren
Albin Pettersson	Chalmers OL
Sebastian Agerhäll	Chalmers OL
Eero Korpi	Teekkarisuunnistajat
Daniel Martinsson	Chalmers OL
Håvard Myhre	Kongsberg OL
Johannes Narum	Hamar OK
Seppo Järvinen	Teekkarisuunnistajat

**+ 20 seter til NTNUIere**



### **Buss 3 Partyanimals og tilskuere, kl 09:40**

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Adam Gottfridsson	Lillomarka OL
Alexandra Sundgren	Vallentuna-Össeby
Anton Tynong	Klubbløs
Camilla L. Bevensee	OK Pan Århus
Celine Grønvold	Klubbløs
Christine J. Helgerud	Klubbløs
Eline Drage	Klubbløs
Emil Jönsson	Klubbløs
Eric Börjeskog	Klubbløs
Eric Hansson	Klubbløs
Erik Sagvolden	Klubbløs
Espen Jakobsen	Klubbløs
Fredrik Edén	Klubbløs
Guro Elisabeth Kolstad	Konnerud IL
Guro Vassend	Fossum IF
Helene Lund-Johansen	Klubbløs
Ida Arnesen Tiltnes	Klubbløs
Ida Mari Borge Hovi	Konnerud IL
Jenni Simola	Klubbløs
Jonatan Aronsson	Klubbløs
Jonathan Andersson	Hagaby Golf
Joonas Pääkkönen	Teekkarisuunnistajat
Kristin Høgetveit	Klubbløs
Kristine Berglia	Klubbløs
Lars Drageryd	Klubbløs
Laura Karhola	KeparDI
Leo Laakkonen	KeparDI
Mari Jellum Helgerud	Klubbløs
Marie Nordbye Nybø	Konnerud IL
Morten Urdal Bakke	Klubbløs
Ola Brønnheden	Klubbløs
Oscar Andersson	Stora Tuna OK
Oscar Vångell	Klubbløs
Oskar Svensson	Finspångs SOK
Oskari Pesola	Klubbløs
Runa Fremstad	Klubbløs
Simen Eid Nielsen	Nydalens SK
Solveig Blandkjenn	Klubbløs
Sondre Ruud Bråten	Raumar Orientering
Åsta Wibe	Frol IL