

Welcome to Trondheim Open 2011

Sprint

Friday 3th of June at 18:30

Arena

Lade sporting area,
Haakon VII's gt.
Parking at the arena.

Map

1:4000, 2,5 m,
new in 2011

Terreng

Partly runnable forest with
with lot of paths and open
areas with both grass and
asphalt.

Middle distance

Saturday, 4th of June at 14:00

Arena

Jervskogen ski centre, Malvik
Parking at the arena.

Map

Skarpåsen
1:10 000, 5m, WOC2010-map

Terreng

Runnable terrain with mareses,
detailed.

Chasing start

Sunday 5th of June at 11:00

Arena

Jervskogen ski centre, Malvik
Parking at the arena.

Map

Skarpåsen
1:10 000, 5m, WOC2010-map

Terreng

Runnable terrain with mareses,
detailed.

Classes and courses

D-6N, H-6N, Small trolls
D7-8N, H7-8N
D9-10N, H9-10N
D11-12N, D13-16N, H11-12N,
H13-16N, H-10, D-10, N-åpen
D11-12, H11-12
D13-16C, H13-16C
D13-14, H13-14
D17K/ Company, H17K/ Company
D15-16, D60, D70
D17-18, D40, D50, H15-16, H60, H70
D19-20, H17-18, H40, H50, D21
H19-20, H21
Courses same day at the area

Friday

500 m (M)
500 m (M)
750 m (M)

1,0 km (N)
1,3 km (C)
1,5 km (B)
1,5 km (B)
2,5 km (A)
2,5 km (A)
2,5 km (A)
2,5 km (A)
2,5 km (A)
A2,5 B1,5

Saturday

500 m (M)
500 m (M)
1,0 km (M)

1,5 km (N)
2,0 km (C)
2,0 km (C)
2,5 km (B)
3,0 km (A)
3,0 km (A)
3,0 km (A)
4,0 km (A)
5,0 km (A)
A3,0 B2,5 C2,0

Sunday

500 m (M)
500 m (M)
1,0 km (M)

1,5 km (N)
2,0 km (C)
2,0 km (C)
3,0 km (B)
4,5 km (A)
3,5 km (A)
4,5 km (A)
6,0 km (A)
9,0 km (A)
A4,5 B3,0 C2,0

Information for all days

Entries

Entry deadline is Monday 30th of May 18:00: www.eventor.orientering.no
Late entries possible until Tuesday, 31th of May

Entry fee

All days:

-16 year: 200 NOK
17- year: 470 NOK

Per race:

-16 year: 80 NOK
17- year: 170 NOK

We kindly ask runners from abroad to pay at the arena.

Parking

At the arena.

Prices

According to the rules of Norsk Orientering.

Punching system

Please bring your own Emit chip.

Food

Different food and beverages would be offered at the arena every day.

Results

www.trondheimopen.no after the competitions

Facilities

No shower-opportunities at the arena.

Accommodation

Camping or hotels in Trondheim

More information

www.trondheimopen.no

www.eventor.orientering.no

Tor Gjermstad, event director, e-mail: tor.gjermstad@hemit.no

Lars Skrøvseth, courseplanner, e-post: lars.skrøvseth@visiontech.no