



Nordic ARDF Championship 2015
Nordisk Mesterskap i Radioorientering 2015



Bulletin 1

Nordic ARDF Championship 2015

The NRRL has the pleasure to invite fellow radio orienteering runners to the Nordic ARDF Championship in Lillehammer Norway 2015. We would like to send a special invitation to youngsters and beginners with dedicated short tracks and open entries.

The event is organized by the Norwegian ARDF association RON (LA-ARDF) and Lillehammer amateur radio club. The event centre will be in Lillehammer with short distances to local sightseeing's as the Olympic Park, Maihaugen Folk Museum or Skibladner, the world oldest paddle steamer in regular operation. There are a lot of other activities as well for both children and adults, and the most important is radio orienteering!



Norwegian Troll Park
www.hunderfossen.no

Rafting in Sjøa
www.gorafting.no

Lillehammer Olympic Bob and
Luge Track
www.olympiaparken.no

Se more at:
<http://www.lillehammer.com/>

Date: August 7-9, 2015

Schedule:

Friday	Arrival Sprint 80m, youngster – beginner 2m Start: 16:00
Saturday	2m classic, youngster – beginner 80m Start: 14:00 HAM dinner in the evening
Sunday	80m classic Start: 9:00 Price ceremony 13:00

Location: Lillehammer, about 2 hours drive north of Oslo





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Transport: International flights to Oslo, Gardermoen (OSL). Ferry from Denmark and Germany. Regular train service every hour from Oslo and Gardermoen to Lillehammer (1 hours 45min).

Local transport from the train station to the accommodation in Lillehammer can be arranged by the organizer.

Competition rules: Nordic ARDF rules based on Reg-1 ARDF competition rules. Rules are available from our web page: www.ardf.no

Registration: Accommodation **must be booked** before June 30th in order to guarantee rooms at the event centre. Other accommodations in Lillehammer are available. See webpage <http://www.lillehammer.com/> for other accommodation options.

Competition fee senior (H21/W21 and above)

Sprint, 80m and 2m: 450NOK (650NOK late registration)

Single competitions: 200NOK/competition (300NOK/competition late registration)

EMIT hire: 50 NOK (whole event)

Youth below 21years and beginners:

100NOK/competition (150NOK/competition late registration)

Registration Nordic ARDF championship: July 1st 2015. Late registration fee until August 1st 2015, later if available maps only.

HAM dinner Saturday evening: Bryggeriet Bar og Biffhus, steakhouse.

Dinner cost 320NOK / pr person, childrens meny to the age of 12 costs 100NOK.

Accommodation: Birkebeiner Hotel & Apartments: Flats with 3 bedrooms 5-6 persons.

Completely equipped kitchen, TV, bedding, towels, etc. <http://tinyurl.com/c6xhj8z> for 360 panorama.

2100NOK/day 5-6 persons pr flat including breakfast

1720NOK/day 3-4 persons pr flat including breakfast

Hotel rooms at Birkebeiner Hotel / Apartments

1640NOK/day 2 adults and 1-2 children in family room including breakfast

550NOK/day per persons in double room including breakfast

750NOK/day one person in double room including breakfast



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Note! Booking of accommodation is done direct to the hotel.

BIRKEBEINEREN HOTEL & APARTMENTS

Birkebeinerveien 24

2618 Lillehammer

Tlf: +47 61 05 00 80

E-post: booking@birkebeineren.no

Internett: www.birkebeineren.no

Weather: From 13C to 25C, usually dry and very good running temperature!

Contact: Event email: nordic@ardf.no

Jon Sletvold LA9NGA NRRL ARDF Manager jon.sletvold@vikenfiber.no

WEB: <http://www.radioorientering.no/nordic-ardf-championship/>

About the competition

Maps and embargoed areas

NOF approved maps Scale: 1:10 000 Area: A4 (2.1 x 2.9km)

Restricted access for competitors to be understood that there are not allowed any orienteering or radio orienteering activity, training or competition in the area around Lillehammer and Sjusjøen.

Orienteering maps in the area are available using web search.

Timing

EMIT EKT, electronic punching is provided by the organiser for rent 50 NOK. Include personal EMIT tag number in the registration if you have one.

Classes

Beginners and youth in separate classes, IARU rules define classes for the Nordic Championship. Classes can be merged if few competitors attend. Separate class for competitors in the open class outside Nordic countries.

Youth participants

We encourage beginners and youngsters to take part in the event to learn and experience the joy of the sport. We will make dedicated courses (level C) adapted for the youngsters and beginners, and they are allowed to be followed (shadowed) by an experienced runner. Three transmitters will be used and mainly located within visual distance from tracks or other clearly visible guiding lines in the forest. Free/flexible starting time in the beginner class in order for the adults to both participate in the main competition and to follow own children afterwards.



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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.

Hotels and camping

There are several options for accommodation at Lillehammer. The organizing comity will be helpful to direct all accommodation requests. The web page <http://www.lillehammer.com/> has information regarding alternative accommodation.

Next bulletin

Bulletin 2 will be released before May 1st 2015

Registration for accommodation – before June 30th

Note! Booking of accommodation is done direct to the hotel.

Registration competition – before July 15th

Registration shall be sent by email to: nordic@ardf.no with the following information:

I/we intend to participate in the Nordic Championship 2015.

Nation/IARU union: _____ / _____
Date of arrival: dd/mm 2015
Has own car or transport: Y/N
Contact email: _____
Mobile telephone: _____

For every competitor:

Surname: _____
First Name: _____
Callsign: _____
Year of birth: _____
EMIT tag (number or rent): _____
Ham dinner (Yes/No): _____
Competitions: _____
(Competitions: sprint, 2m, 80m. For beginners and youth: youth 2m, youth 80m.
Others: visitor)