Bulletin 2 May 2015

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 Sjoa
www.gorafting.no

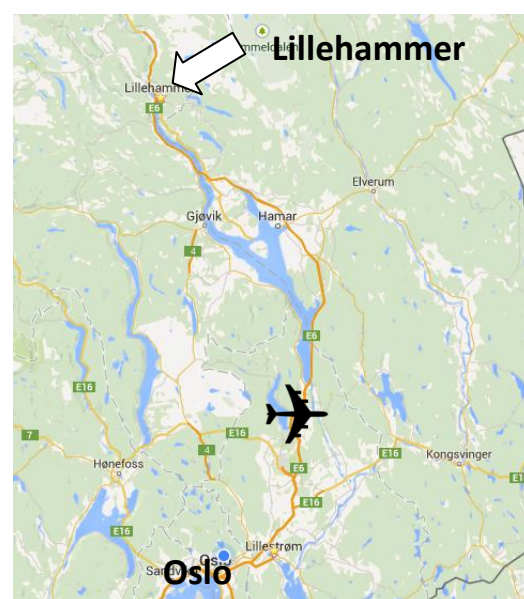Lillehammer Olympic Bob and Luge Track
www.olympiaparken.no

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

Date: August 7-9, 2015
Schedule:

Friday	Arrival and registration
	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 (approx.)

*flexible starting within two hours after first regular start for youngsters and beginners.

Location: Lillehammer, about 2 hours drive north of Oslo

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

Nordic ARDF rules (Part A), **Nordic ARDF competition rules** **(Part B)**

Registration: Accommodation **must be booked** by each team direct to **Birkebeiner Hotel & Apartments** before June 30th in order to guarantee rooms at the event centre. Other accommodations in Lillehammer are available, see webpage http://www.lillehammer.com/

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 15th. Late registration fee until August 1st, 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

Flats at Birkebeiner Hotel & Apartments

Flats with 3 bedrooms 5-6 persons. Completely equipped kitchen, TV, bedding, towels, etc.
See 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

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). Sprint map 1:5000.
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 are 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 (orienteering beginner level) adapted

for the youngsters and beginners, and they are allowed to be followed (shadowed) by an experienced runner. Three transmitters will be used and located within visual distance from tracks or other guidelines. Free/flexible starting time in the beginner class in order for the adults to both participate in the main competition and to help own children afterwards.

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. All youths will get a price award.

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.

Registration for accommodation – before June 30th
Note! Booking of accommodation is done direct to the hotel.

Nordic ARDF Championship 2015
Nordisk Mesterskap i Radioorientering 2015

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: sprint, 2m, 80m			
Beginners - youth: youth 2m, youth 80m			
Others: Visitor			