



## Welcome to the Nordic ARDF Championship 2019 in Kongsberg, Norway

### Program

#### Friday 16<sup>th</sup>

12:00 – 16:00	Registration at the event centre
14:00 – 15:00	Receiver check, small model track at event centre. Sprint first then classic.
16:30	Departure sprint
18:00	Start sprint

#### Saturday 17<sup>th</sup>

07:00	Breakfast
08:00	Departure first classic
09:00	Start classic 2m and 80m beginner
14:00	Free time for excursion time (on your own)
19:30	Prize ceremony at the event centre, sprint and classic 2m
20:00	Ham dinner at the event centre

#### Sunday 18<sup>th</sup>

07:00	Breakfast and check-out
08:00	Departure second classic
09:00	Start classic 80m
13:30	Prize ceremony at the finish (as soon as possible after last runner has finished)

### Timing registration

EMIT badge with paper punch backup. Please ensure that you get three paper cards. The timing registration will be demonstrated at the small model event.

### Ham dinner

Meat casserole will be served with vegetables and bread, with a dessert is served afterwards. Please let us know if you would like a vegetarian alternative.

### Saturday sightseeing

We plan to start as early as possible on Saturday so you can take a tour in Kongsberg in the afternoon or visit the silver mines.

### Embargoed areas

It's forbidden to visit the competition areas from Thursday 15<sup>th</sup> of August. The areas are Kongsgårdsmoen, Heistadmoen and Kongsberg skisenter. Start position is shown in this bulletin.



### Technical info sprint

Slow Tx	1-5	3510 kHz, marked 1-5
Spectator	S	3540 kHz, marked 6
Fast Tx	1F-5F	3570 kHz, marked 41-45
Finish beacon	MO	3600 kHz, marked 60
Output power	1W	
Antenna vertical 8m + 3 x 8m radial counterpoise		

### Technical info 80m classic

Tx	1-5	3580 kHz, marked 1-5
Finish beacon	MO	3540 kHz, marked 6
Output power	3W	
Antenna vertical 8m + 3 x 8m radial counterpoise		

### Technical info 2m classic

Tx	1-5	144.50 MHz, marked 41-45
Finish beacon	MO	144.85 MHz, marked 6
Output power	3W	PEP
Antenna, crossed dipole 2m above ground		

### 80m youth/beginner (same time as 2m classic)

Frequency controls	1-3	3579 kHz, marked 51-53
Finish beacon	MO	3540 kHz, marked 6 (same as 2m beacon)

Output power 3W  
Antenna vertical 8m + 3 x 8m radial counterpoise

### Control marking

Orienteering triangle 15cm x 15cm, hanging on the timing punch device some 20 to 40 cm above the ground.

### Start corridor

There will be one corridor only. Length will be given at start and marked at the map at start.

### Transport

Please let us know if you need transport, both to the start and on departure on Sunday.

### Dangerous animals

There are elks and other wild animals in the forest. Please do not approach any wild animal but walk away. The only poisonous snake is the viper, but it's very rare to be bitten when you are running in the forest. If so happens then you should stop running and walk to finish. Ticks are seldom found in this area.



Timing registration marked 44  
(control sprint 4F, 2m classic 4)

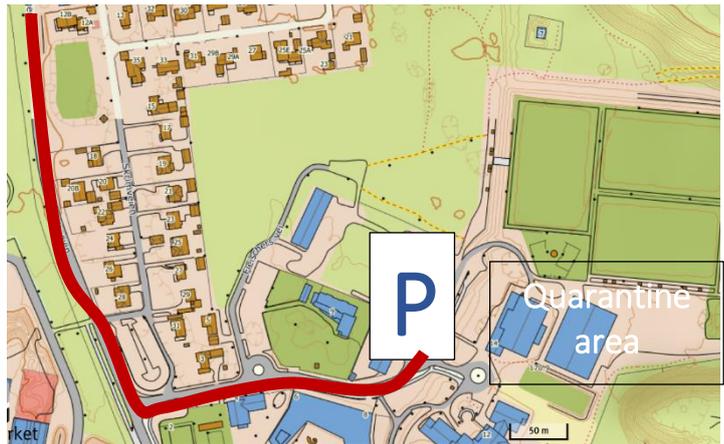


### Sprint competition, Friday 15th

Start: [Fleischers vei 10, 3615 Kongsberg](#)

59.6277053N, 9.6478373E. Road to the parking area will be marked. We will drive to the start from the event centre. Participants without transport must meet at the event centre in due time. Finish and start will be in walking distance from each other.

Note where the parking, quarantine and finish area is located when you arrive. There shall be no unauthorized movement between start and finish (and vice versa) until all runners have started.



### Classic 2m and beginner 80m on Saturday

Start: [Heistadmoen skistadion](#) 59.596421N,

9.655486E. Parking close to the stadium. We will drive to the start from the event centre. Participants without transport must meet at the event centre in due time. Finish and start will be in walking distance from each other.

Note the where the parking, quarantine and finish area is located when you arrive.





## Classic 80m, Sunday

Start: [Kongsberg skisenter](#), 59.6628787N, 9.6222501E. Note that we need to check out from the accommodation before we drive to start.

Parking at the stadium. We will drive to the finish area from the event centre. Participants without transport must meet at the event centre in due time. Finish and start will be in walking distance from each other.

There is an open cafe at finish. Price ceremony will be located inside in case of rain.

There are unfortunately no shower possibilities after the race. There are toilets at the cafe, and we will provide water for washing. One option is to take a bath in one of the small lakes.

The area we are running in is famous for silver mining with many traces of the activity. Old mine shafts are protected with fences as well as being marked on the maps. These fences shall not be crossed and there are no transmitters located close to dangerous areas.

This is a national heritage area. Therefore, competitors must be careful when running in this area to avoid damage to the old mining installations. Have a look at the view and traces of old mining activity when you are out chasing for the transmitters.



### Contact information

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