

Norwegian TrailO Festival 2025

Nordic Match & WRE & ECTO

Bulletin 2

Saturday 4th October: TempO & PreO in Vikersund (Modum) **Sunday 5th October:** PreO in Ås

All three competitions will be World Ranking Events and included in the Nordic Match.
The two competitions on Saturday will also serve as Norwegian Championships.
TempO Saturday and PreO Sunday are ECTO.



Event office:

The event office for day 1 is at Tyrifjord Hotel in Vikersund. The event office will be open Friday 16:00-21:00 and Saturday from 08:00. Bibs and ToePunch tags for Saturday can only be collected at the event office at Tyrifjord hotel. Please bring your own safety pins. You will use the same bibs and ToePunch tags for the competition at Ås on Sunday. Since the day 1 event centre is in a hotel, please remember not to consume your own food and drink on the premises.

The event office on Sunday is at the Ås arena. Bibs and ToePunch tags can of course be collected at the Ås arena for those who only participate on Sunday.

Travel distances

Approximately 90 km and 1.5 hour by car from Oslo Airport to Vikersund and 80 km and 1.5 hour by car from Vikersund to Ås. From Ås to the airport is 75 km and 1 hour by car.

From a second airport in the region, Torp Sandefjord airport, south-west of Oslo, the distance by car is approximately 120 km/1.5-2 hrs to both Vikersund and Ås.

Accommodation

There is ample accommodation in the Oslo and Drammen area.

We suggest booking accommodation at www.tyrifjord.no.

The booking code "PreO 2025" will give you a 10 % discount on the normal price.

Accommodation can also be booked with the same booking code by e-mailing hotell@tyrifjord.no or calling +47 32 77 84 00.

Social dinner

On Saturday 4th, at 17:00, a joint dinner will be served in connection with the award ceremony at Tyrifjord Hotel. The dinner consists of a buffet with meat, fish and vegetarian dishes. The dinner must be ordered in advance by e-mail to hotell@tyrifjord.no or phone +47 32 77 84 00. The dinner costs 435 NOK.

Entries

Entry deadline: 28th September

Day 1 TempO: <https://eventor.orienteering.org/Events/Show/8398>

Day 1 PreO: <https://eventor.orienteering.org/Events/Show/8397>

Day 2 PreO: <https://eventor.orienteering.org/Events/Show/8399>

Team compositions to be sent to Per Stålnacke by email per.stalnacke@nibio.no

Entry fees

Elite class: 25 EUR per competition.

A class: 15 EUR per competition

For non-Norwegian participants, entry fees must be paid in advance, common for both events:

NAME: Norwegian TrailO Festival

ADDRESS: Ljungbyveien 12, 1435 Aas, Norway

IBAN: NO6611350540182

BIC/SWIFT: ASKSNO21XXX

It is also possible to pay in cash (NOK or EUR) at the registration desk at Ås on Sunday: NOK 275/165. Norwegian participants will be invoiced to the club after the event.

Competition rules

The competitions will follow the rules for IOF Trail Orienteering WRE Events. The latest version of the rules is available for download on the IOF website: <https://orienteering.sport/>

Punching system PreO:

ToePunch tags provided by the organizer. Timed controls: ANT

If ToePunch is not working, use a safety pin from the number bib and make a hole in the control description in the column corresponding to your answer.



ToePunch unit placement

Punching units both days will be near the decision points, generally on the opposite side of the track. NB! Please pay attention to punch correct units – units are clearly marked with class and task number. Free order punching will be used. Participants not familiar with the ToePunch system are encouraged to read the separate document provided on the Eventor event page.

Timed Controls

No pointing boards or bound cards will be used. Only loose cards. The cards will however contain the possibility for pointing decisions (NB! Give notice to marshal upon entering the chair if you want to point to answers). Maximum time is 30 s/task in the E-class, and 60 s/task in the A-class. For each wrong answer 60 s is added to the time on PreO and 30 s on TempO. The map scale is the same for the timed control as for the PreO course.

Assistance

Pushers and punching assistance must be arranged by the participants.

Results

Digital results only, at <https://preoresultat.se> and on display at the arena day 2, no display day 1. Only the start list will be published online until the last competitor has started; thereafter the results with points and seconds will be published. Detailed results will only be published when the results are official. Official results will also be published on Eventor after the event. Solution maps will be available as soon as the last competitor finishes the race.

Complaints and protests

To be submitted in writing. Forms will be handed out at the event offices on demand.

Details of the individual competitions

1. Modum TempO, Saturday 4th October

Arena: Gravermoen, Vikersund. Outdoor. (60.057650, 9.966588).

The arena is the same for both TempO and PreO, it has a HC toilet but nothing else.

About 18 minutes' drive from the Event Centre (Tyrifjord Hotel) to arena Gravermoen, [Google maps](#).

Parking: Along the road up to the arena, organizers will guide you at the parking.

Please fill cars as much as possible.

Map: New map from 2025, TrailO revised by Leif Eriksson, Marita Lilja Grønhovd and Per-Erik Björklund according to ISSprOM 2019-2 (1:3000; 2.0 m).

Terrain: Coniferous forest with moderate to good visibility.

Surface: Mostly wide gravel trail-road (5-6 meters wide) in flat terrain with a total ascent of 10 metres.

Course: About 500 m. Elite has 6 stations with 5 tasks at each station. A-class has 6 stations with 4 tasks at each station. Zero tasks may appear in both classes. Gravel road. Loose cards only. From arena/parking to start TempO 400 m. From finish TempO back to arena 900 m. Station marshals will write the athletes answers on a card (card provided at the start).

Zero tolerance: >4 m, no exceptions.

First start:

09.30 A class

09.50 NM, Norwegian championship

10.15 Nordic Match

2. Modum PreO, Saturday 4th October

Map: New map from 2025, TrailO revised by Leif Eriksson, Arno Lilja Grønhovd and Per-Erik Björklund, ISSprOM 2019-2 (1:3000; 2.0 m).

Terrain: Coniferous forest with moderate to good visibility.

Courses: 600 m, 28 controls in Elite and 15 in A-class.

Surface: Mostly wide gravel trail-road (5-6 meters wide) in flat terrain with a total ascent of 10 metres.

Timed control: Turn back at the PreO finish and follow the road/course back around 100 m. 3 tasks in both classes, loose cards only.

Distances: Arena - PreO start 50 m. PreO finish - timed control 100 m. Timed control - arena, 500 m.

ToePunch read out: at the Event Centre.

Zero tolerance: >4 m, no exceptions.

Start times: No set start list, please continue to the PreO start as soon as practically possible after you finish the TempO course.

Course time: Elite: Max time is 102 minutes (plus 8 minutes for registered P-participants; i.e., 110 minutes). A-class: Max time is 78 minutes (plus 7 minutes for registered P-participants; i.e., 85 minutes). Organisers will download the P-certificates from IOF on 28th September. No exceptions allowed.

3. Ås PreO, 5th October

Arena and Parking: At 'Bjørnebekk allaktivitetshus' (59.6573997, 10.8290385, [Google Maps Link](#)). The last 2 km driving from the Sentralholtet roundabout (59.666540, 10.805616) east of Ås will be marked with control flags and black on yellow arrow signs. Outdoor Arena with possibility to go inside in case of rain.

Map: New map 2025 made for TrailO by Kristen Treekrem, ISSprOM 2019-2 (1:4000; 2.5 m). The map is based on an earlier ISOM map, see previous map at Eventor.

Terrain: Mostly new clear-cut areas combined with coniferous forest with moderate to good visibility.

Courses: 30 controls in Elite and 18 in the A class, with one timed control before the PreO course.
4 tasks in Elite, 2 tasks in A class,

Markings along the course: Where flags that belong to other controls/tasks can be seen from a task decision point, tapes are used to mark which flags apply to the task (sector delineation or tape showing the direction to the A-flag). In one area along the course there is an A-cluster, meaning you have multiple A/Z-tasks in the same area, and you can see many flags. Double flags (two flags on top of each other) occur on long range tasks.

Surface: Mostly wide gravel trail-road (3-4 meters wide) in flat terrain with a total ascent of 10 metres.

WC: Only at arena, also for HC. No WC along the course.

Kiosk: Simple: e.g. coffee, cake, hot-dogs and waffles.

Distances: Arena to start: Competitors will be transported by minibus (5-minute drive) to and from the start area in groups of 6-7 participants (departure time shown in the start-list). Wheelchair users can park their own car at the start (map to start-area will be provided at the event office). Wheelchair users, please e-mail per.stalnacke@nibio.no.

Start-area - TC: 50 m

TC to Start PreO: 500 m

Start PreO - Finish PreO: 500 m (readout of ToePunch tags and delivery of map)

Finish PreO - start area: 1000 m

Start area to Arena: Bus transport (departure every 13-15 minutes)

First start:

First start at 09:45, 2 min start interval.

Course time: Elite: Max time is 105 minutes (plus 8 minutes for registered P-participants; i.e., 113 minutes). A-class: Max time is 87 minutes (plus 8 minutes for registered P-participants; i.e., 95 minutes). Organisers will download the P-certificates from IOF on 28th September. No exceptions allowed.

Zero tolerance: > 4 metres. At flag distances >100 m: >8 m zero tolerance. At those tasks double flags will be used.

Nordic Match classes and competition rules

Nordic Match, team competition:

National teams consisting of 5 athletes. Every nation may have a maximum of two teams.

For those who cannot form a whole national team for the events on 4th and 5th October in Norway, we will put together mixed nations teams upon request. So in case you don't have a team, please send an interest request to Per Stålnacke at per.stalnacke@nibio.no before Sunday 28th September, and we will try to set up an unofficial team for you.

Nordic Match, individual: Elite

(Other classes, not included in Nordic Match/WRE: Open A)

The Nordic athlete and team with the best combined result from the three competitions will win the Nordic Match in the individual and team competition respectively.

Other countries (or any group of athletes) may also have teams. These teams can win the team competition, but they cannot win the Nordic Match Trophy. Please submit your interest to participate in a mixed team by email to Per Stålnacke (per.stalnacke@nibio.no) by Sunday 28th at the very latest.

Results calculations:

The total results will be calculated by adding the results from the Tempo and the two PreO competitions, and for the team competition, adding the total times for all team members.

For the Tempo competition the result will simply be the competitors final result in seconds.

For the two PreO competitions the results will be converted to seconds:

Seconds = (Number of mistakes on courses + Result TC/Worst possible result TC) x 80.

In other words, you get 80 seconds penalty for each mistake on the PreO course. The TC will only serve as a tie-breaker, and you will worst case approach 80 seconds penalty for the TC (all mistakes, maximum time spent), and best case approach zero seconds penalty (no mistakes, close to zero time spent).

Examples (using the Sunday PreO event that has 4 tasks on TC):

Competitor X has 1 mistake on the PreO course, and spent 50 seconds making 2 mistakes out of 4 tasks on the TC, giving a total of $(1 + 170/360) * 80 \text{ seconds} = 80 + 37.7 \text{ seconds} = 117.7 \text{ seconds}$

Competitor Y has 2 mistakes on the PreO course, and spent 20 seconds making 0 mistakes out of 4 tasks on the TC, giving a total of $(2 + 20/360) * 80 \text{ seconds} = 160 + 4.4 \text{ seconds} = 164.4 \text{ seconds}$

WRE classes and competition rules

Only one class, Elite. The A-class available is not part of WRE.

The competitions will follow the rules for IOF Trail Orienteering Events. The latest version of the rules is available for download from the [IOF website](#).

ECTO

TempO 4th October and PreO 5th October.

Awards ceremony

The awards ceremony for WRE TempO + WRE PreO day 1 will take place at Tyrifjord Hotel in conjunction with a joint dinner at 17:00. The awards ceremony for the Norwegian Championships TempO and PreO will also take place at Tyrifjord Hotel at the dinner.

The WRE PreO day 2 ceremony on Sunday plus the overall Nordic Trophy ceremony will be held at the end of the event at Ås on Sunday.

Prizes

In Nordic Match: Medals for the best 3 teams and individuals.

In Norwegian Championships: Medals for the best 3. Prizes and diplomas to the best third.

WRE competitions: Gifts for the best three at each of the 3 WRE competitions. 1 prize in the A-class.

Officials

Saturday 4th October

Event director: Leif Eriksson

Course setter TempO: Marita Lilja Grønhovd

Course setter PreO: Arno Lilja Grønhovd

National controller TempO: Arno Lilja Grønhovd

National controller PreO: Marita Lilja Grønhovd

Event adviser: Per Stålnacke

Sunday 5th October

Event director: Per Stålnacke

Course setter: Per Stålnacke

National controller: Jo Inge Fjellstad

Event adviser: Leif Eriksson

Jury

Sigurd Dæhli (NOR)

Owe Andersson (SWE)

Ari Tertsunen (FIN)

More information

If you have questions, contact one of the Event directors:

Modum: Leif Eriksson, leif.gustav.eriksson@gmail.com

Ås: Per Stålnacke, per.stalnacke@nibio.no

WELCOME TO
MODUM OL & ÅS IL

