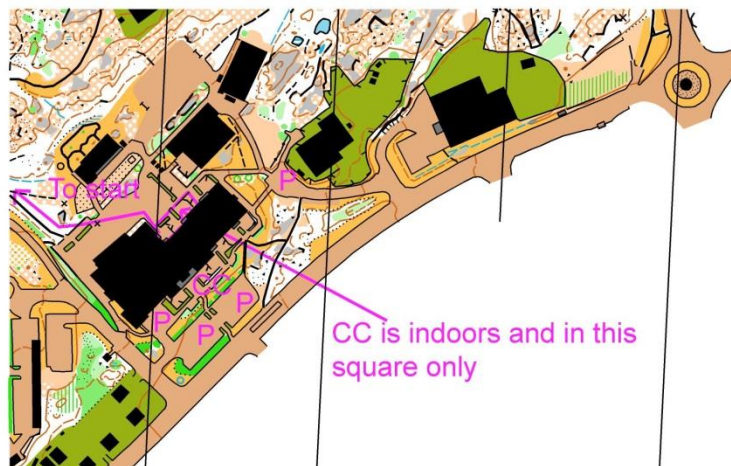


Memo Nordic national 16th May 2015. Long distance.

Site: Mariedal School, Lysekil. Road signs from road 162 at the entrance in Lysekil. Parking maximum 200 meters from the competition centre.



Service: Food serving at the competition centre. Restrooms are at the competition centre as well as at the lunch spot.

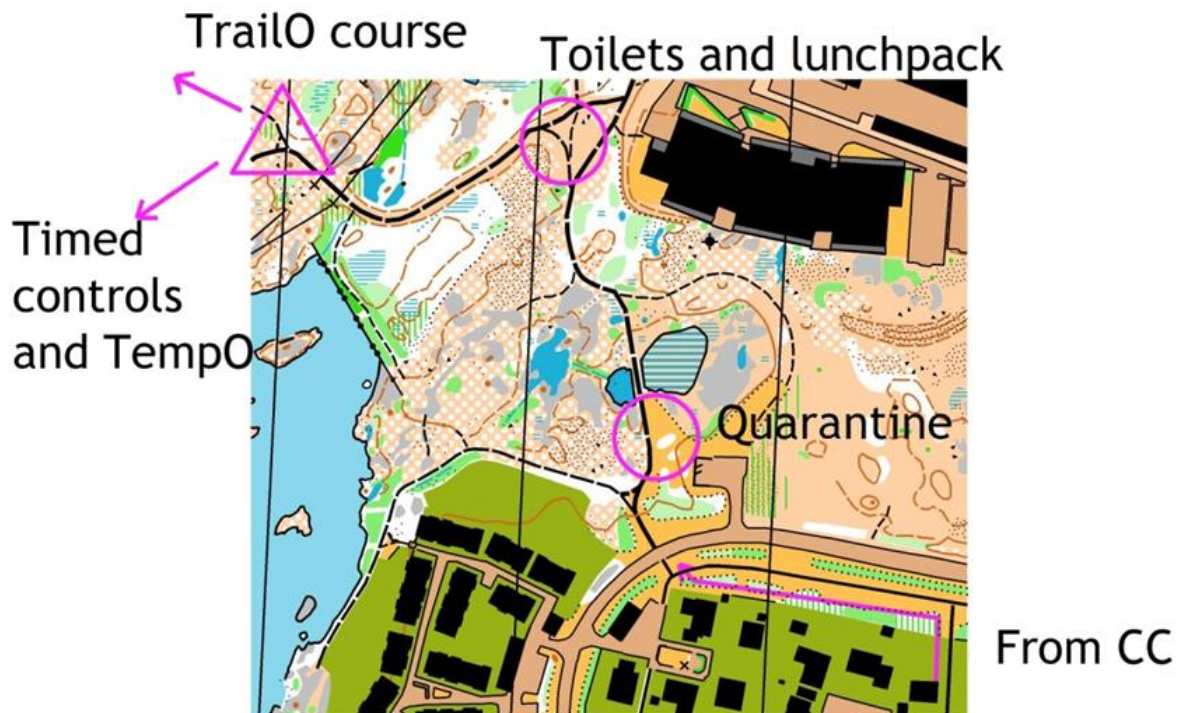
Walkway to start: Approximately 1,100 m, orange / white stripes.

Starting: Wave start, with groups applied as a start method, see the starting list. Controls may be taken in any order.

Quarantine: Approximately 300 m before starting a quarantine where all contestants must be at least 15 minutes before the scheduled start time, **but no later than 11.00**. Motor transport to the quarantine can be arranged from the competition center. No toilets in the quarantine.

Memo Nordic national 16th May 2015. Long distance.

Sportident: Timing is done with Sportident . Emptying and checking at the quarantine.



Open courses : Classes ÖA , OB and OC . Registration at the competition center 9:30 to 10:00 . Starting from 10.00 to 10.30 through quarantine , see above *Quarantine*.

Course lengths and maximum times: Elite 1400m 122min , A 1400m 123min , B 1170m 92min, C 880m 72min . The maximum time has been increased by five minutes for the E and A classes due to climb from the turning point and back towards goal. Extra time is included in the time that remains on the definition.

At the finish: Finish stamping of time and return of the starting cards.

After the finish: At designated place is the toilets and the possibility to buy lunch packets mm.

Timed controls: The time control is made after a possible break. The timed control card is obtained at the collection point. Timed control card kept by the staff after the time control. B and C classes has one control, maximum time of 60 sec. A-class has two controls, maximum time 90 sec . Elite class has two controls, maximum time of 60 sec.

TempO-competition: The competitors continues to the start of the TempO-competition after the timed control of the long distance course.

Map: Scale 1:4000, contour interval 5 m , designed on the basis of laser scanned material 2012 by Maths Karlsson. Laser Print .



Memo Nordic national 16th May 2015. Long distance.

Flags: At some control signs one can also see flags from afar. At these places, only the flags that are closest counts. Eg one sees five flags and three are close, it will say A-C on the control definition. At very long distances to the flags, an extra flag is used above the other flag or a larger flag is used.

Compass Problem: There is a wind turbine on the competition area and in the vicinity of this, magnetic anomalies occur.

Protest time : Until 15 minutes after the final result is finalized and the last competitor arrived at competition centre.

Award ceremony: As soon as possible after the protest deadline.

Main officials: Event Director: Tomas Karlsson phone 0524-214 30 or 073 3373341.

Assisting Event Director Valter Gebl phone 070 1801340.

Course planer: Bosse Sandström, phone 070 5223182.

Course- and competition controller: Michael Johansson, Vänersborgs OK.

Jury: Arne Ask Norway, Vibeke Vogelius Denmark, Jari Turto Finland.

Miscellaneous: There are buffing to buy with World Cup 2016 design, price 100 SEK



Good Luck!