



Nordic ARDF Championship 2019 Kongsberg Norway Bulletin 2 (2. rev)



Welcome to all ARDF runners who would like to participate in the Nordic ARDF Championship in Norway 2019. The event is located in Kongsberg in the southern part of Norway and we can promise you a challenging terrain and good maps.

The Nordic ARDF Championship is an annual event hosted by the Nordic Radio Amateur Union (NRAU) members in turn (SSA, EDR, SRAL, NRRL).

Norwegian Amateur Radio Relay League -NRRL is the host of the championship this year.

When

Friday 16th to Sunday 18th of August 2019

Where

Kongsberg, 60km from Oslo, in southern part of Norway.

Kongsberg is a small town with about 27 000 inhabitants. It is most known for the silver mines, which now is a museum and open for visitors. The event centre is located within walking distance from the town centre with shops and restaurants. Kongsberg has good public transport from Gardermoen (OSL) and Torp (TRF) airports.





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Competitions

The Nordic ARDF Championship starts with sprint competition on Friday and Classic 2m and 80m competition on Saturday and Sunday. All runners shall take all transmitters regardless of category. The exception is the beginner category on 80m which shall find three transmitters only.

Classes as in the IARU ARDF Reg-1 championship. Classes will be merged in case of few competitors. Prizes for each class according to the Nordic ARDF Championship rules. Overall prize for best Nordic ARDF competitor for members of the Nordic ARDF Societies. Rules can be downloaded from: <http://www.radioorientering.no/hjem/arrangere-lop/regler-rpo-arrangementer/>

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 can be followed (shadowed) by an experienced runner. Three transmitters will be used and located within visual distance from tracks or other guidelines. Free or flexible starting time in the beginner class. This to enable adults to both participate in the main competition and to help own children or other beginners afterwards.

Youth classes are divided into two: Beginners with permission to receive assistance before and during the course and an intermediate class without assistance. Course length will be 1 to 1,5km. All youths will get a prize award.

Program

Friday 16th

12:00	Arrival and registration
14:00 – 15:30	Receiver check, frequencies and transmitter strength at event centre
16:30	Departure sprint
18:00	Start sprint
19:30	Estimated last return to event centre

Saturday 17th

07:00	Breakfast
08:00	Departure first classic
09:30	Start classic 2m and 80m beginner
13:30	Estimated last return to the event centre
14:00	Optional excursion time
19:30	Prize ceremony
20:00	Ham dinner at the event centre

Sunday 18th

07:00	Breakfast
08:00	Departure second classic
09:00	Start classic 80m
13:30	Estimated last return to the event centre
14:00	Prize ceremony
14:30	Departure



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Maps online

Maps of the area is available online, choose Kongsberg O-lag:
<http://www.comparetracks.com/okartkiosken/>

Map scale 1:10 000, A4 waterproof paper (plastic)
Sprint 1:5000, A4 upscaled from 1:10 000

Timing registration

EMIT badge will be used. Organizers provides badge for hire, 50 NOK for all competitions. Lost badge cost 500 NOK.



Technical info Sprint

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

Technical info 80m classic

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

Technical info 2m classic

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

80m youth/beginner

Frequency controls	1-3	3579 kHz
Output power	3W	
Antenna vertical 8m + 3 x 8m radial counterpoise		

Control marking

Orienteering triangle 15cm x 15 cm



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Restricted areas

Information of the area to be used will be presented on our web page when finally decided upon. Current areas out of bound for training is Funkelia, Heistadmoen and Gamlegrendåsen.

Starting fee and cost

Starting fee and Ham dinner shall be payed to the organizer at arrival.

Payment shall be in NOK, unless other agreement has been made. Cash or money transfer to our bank account.

Note: Booking and payment of the accommodation shall be done direct to Kongsberg Vandrerhjem in advance.

Registration online from our [webpage](#), opens May 1st, 2019.

Registration before July 15th (normal starting fees)
Booking of hotel before June 1st.

Competition fee H21/W21 and above

Competition	Registration before 15 th of July	After 15 th of July
Sprint, 80m and 2m	450 NOK	650 NOK
Single competitions	200 NOK each competition	300 NOK each competition

Youth below 21 years and beginners

Competition	Registration before 15 th of July	After 15 th of July
Sprint, 80m and 2m	100 NOK each competition	150 NOK each competition

For all without EMIT badge.

EMIT hire	50 NOK
Lost EMIT coverage	500 NOK

Ham party Saturday

Buffet dinner	300 NOK
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Accommodation

Accommodation and venue centre is located at Kongsberg Vandrerhjem
<https://www.kongsberg-vandrerhjem.no/>



The event centre has reserved rooms until 1st of June. After this time there might be a risk that the rooms are occupied.

Booking direct to Kongsberg Vandrerhjem.

Please inform during the booking that you will participate in the championship.

Prices for one person pr. day, including breakfast, bed linen and towels:

3 – 4 bed rooms	NOK 365,- pr. pers. (aprx. 36€)
2 - bed rooms	NOK 450,- pr. pers. (aprx. 45€)
Single room	NOK 720,- pr. pers. (aprx. 72€)

Other accommodations in Kongsberg

There are other options in Kongsberg available, you must make your own booking.

[Quality Hotel Grand, Kongsberg \(walking distance to the event centre\)](#)

[Best Western Plus Gyldenløve Hotel \(walking distance from the event centre\)](#)

[Max Camping Jondalen Buskerud \(15km from the event centre\)](#)

Weather

Anything between 10C to 25C, usually dry and very good running temperature!



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Contact information

Web page.

<http://www.radioorientering.no/arrangement/nordic-championship-2019/>

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