



Competition instructions for Night Hawk 2015

IL Tyrving, Asker skiklubb and Natthauken IL welcome you to the 2nd edition of Night Hawk, and to a social and prestigious event in one of the best orienteering areas in the region.

Organization:

Host clubs: IL Tyrving, Asker skiklubb and Natthauken IL

Competition manager: Jørgen Holmboe (jorgen.holmboe@online.no +47 976 81 974)

Press and media: Morten Nilstad Pettersen (presse@nighthawk.no, +47 977 31 780)

Maps and courses: Geir Hoff (hoff.geir@gmail.com, +47 913 16 313)

Course planner: Rolf Mauritz Pedersen

Arena: Magne Aas (magne.aas@netcom-gsm.no, +47 932 92 333)

Sponsor and partners: Anders Tiltnes (info@nighthawk.no, +47 480 78 230)

Financial officer: Siri Holmboe (siri.holmboe@gmail.com +47 481 10 128)

Senior adviser: Kjell Blomseth

Jury: Reidunn Hallan (Lillomarka OL), Ivar Maalen (Ås-NMBU), Petter Fure (Oppsal IF)

Arena and access:

Arena: Dikemark hospital, 5 km S/W from Asker center

By car: Signposted from E 18 at Asker south and from Lierskogen. Parking 100 – 1000 m from arena. VIP / Press parking at the arena.

Public transport: Train to Asker st. Buss 701 to Dikemark, departure, 19:27, 19:57, 20:27, 21:27.

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Program:

Wednesday 12.08

18:00 Official training from Arena Dikemark. Mass start at 18:30. Individual start from 18:00-18:30.

Friday 08.08

20:00 Arena opens

20:30 – 21:45 Check-in to start (at arena). Handing out of emiTag – free of charge from the organizer. Bring your number bib. GPS for selected teams are handed out.

21:45 Mass departure / jog to start Women (2000 m gravel road)

22:00 Start Boys and Night Hawk Girls from the Arena Dikemark

22:00 Mass departure / jog to start Men (2000 m gravel road)

22:15 Mass start Women, leg 1-3

22:15 Mass start Patrol Race (class for companies and the military)

22:22 First Night Hawk Girls and Night Hawk Boys to the finish

22:30 Mass start Men, leg 1 – 4

22:59 The first female runner in the finish

23:16 First Night Hawk Women (3. leg) in the finish

23:23 First male runner in the finish

23:46 First Night Hawk Men (4. leg) in the finish

Ca. 24:00 Prize giving for the night legs (leg winners + leading teams)

02:00 Last finishing team (The finish closes)

Saturday 15.08

05:32 Sunrise

09:00 Breakfast for sale at the arena – order on Friday before 12:00 to misachse@hotmail.com, or on the arena

10:30 Chase start Girls and Boys

10:52 First changeover Girls and Boys

11:14 Winner Girls and Boys in the finish

11:40 Mass start Girls and Boys 4. leg not yet started

12:00 Chase start 4. leg Women and 5. leg Men

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12:30 Prize giving ceremony Night Hawk Girls and Night hawk Boys, with icecream for all Night Hawk Girls and Night Hawk Boys runners.

13:00 Mass start for all teams (4. leg Women/5. leg Men) more than one hour behind the leader

13:45 Winning team Night Hawk Women in the finish

14:30 Mass start Night Hawk Women for teams not yet started

14:40 Winning team Night Hawk Men in the finish

15:30 Mass start Night Hawk Men for teams not yet started

15:40 Serving of strawberries/Mozell for all participants!

15:40 Prize giving ceremony Night Hawk Women and Night Hawk Men

18:00 The finish closes

From 19:00 Banquet at Thon Hotel Oslofjord (Visit the Facebook-event: Night Flash)

Accommodation

Free camping on marked areas of the arena. Accommodation at the arena is at your own initiative.

Breakfast may be purchased in the kiosk on Saturday from 09:00 (preorder to misachse@hotmail.com or Friday evening in the kiosk).

See also www.nighthawk.no/accommodation.

Terrain and map:

Terrain

Varied vegetation, mainly spruce forest with fair visibility. Some open pine forest. Part with mixed vegetation. Quite hilly terrain. Some big and many small paths. Run ability mainly fair.

Map, control descriptions

Dikemark/Blåfjell (2015), 1:10 000, 5 m contour interval. Control descriptions are printed on the map. Control numbers and codes are printed by the control circles on the map.

Competitors can keep the maps after night legs. Maps are collected in the finish area for the chase start.

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Running order, payment, number bibs, timing:

Running order

The running order of all teams is to be entered on Eventor no later than Thursday 12th August at 18:00.

If there are problems with access to Eventor, you may send the information to entry@nighthawk.no

Changes to the running order after this deadline will be charged NOK 100,-.

Payment

Norwegian clubs will be charged after the event.

Foreign clubs or company teams who have not yet paid the entry fee must pay the entry fee at arrival on the arena!

No pay - no start!

Payment to be made by credit card or in cash with NOK, SEK or Euro.

Team-specific material

Each team must collect their Team-specific material for Night Hawk Men and Women from the «INFO»-kiosk at the entrance to the arena on Friday 14.08 during 20:00-21:30.

The Team-specific material contains all number bibs for both night and day legs, start lists and a copy of the competition instructions.

Safety pins can be collected at the INFO-desk.

Number bibs

All runners must wear their number bibs.

It is important that the barcode on the number bib is not damaged at check-in to the start / change over area.

Punching system

The competition will use emiTag and Emit touchfree punching.

Runners may use their personal emiTag. Runners without personal emiTag will be given their emiTag at check-in to the start / exchange area. Allow plenty of time!



Punching procedures with emiTag and touch-free controls are explained on the last page of the competition instructions.

emiTag is collected at the finish for the night legs. emiTag ifor the chase start are handed out

GPS Tracking

A list of selected teams/runners are published on www.nighthawk.no at Thursday 13th August 21:00.

Buy tracking for your team:

It is possible to buy tracking for your team. Find link on www.nighthawk.no.

Elite teams will wear mandatory tracking.

Friday: Equipment for GPS tracking is to be collected at the check-in to start / change-over area. The GPS unit is connected to the team number (bring your number bib!)

Saturday: GPS equipment is to be collected at the check-in

Fair Play:

- GPS-tracking will be shown live on the internet during the whole competition www.nighthawk.no/live. During the chase start Saturday it is not allowed for competitors to follow the internet production before their own start!

Start/Finish/Exchange

Friday night

Attention! Check-in to the start is at the arena and must occur before 21:45! (supply / control / match of emiTag to team number, and pick-up of GPS-tracking equipment)

Night Hawk Girls and Night Hawk Boys start at the arena 22:00

Night Hawk Women start at 22:15.

Night Hawk Men start at 22:30.

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Saturday

Chase start Night Hawk Girls and Night Hawk Boys at the arena 10:30

Chase start Women and Men at the arena 12:00

Chase start patrol 12:20

Refreshment points

There is one refreshment point for Women 3. Leg, and for Men 1-3. 4. and 5. leg.

Finish / Exchange

It marked to the finish from the last control. All legs run into the same finish route

Runners retain their maps after the night legs on Friday evening. Maps will be collected after exchange/finish on Saturday 15.08. The maps will be released after the mass start on Saturday afternoon.

Results, prizes, restaurant

Results

Starting lists, results, GPS-tracking, pictures and speaker sound will be continuously published on www.nighthawk.no. Results will also be posted at the arena.

Prize giving ceremony

Winners of each night leg will receive a prize donated by Petzl.

The prize will be awarded directly after the finish for Boys and Girls.

For Women and Men there is a prize giving ceremony at 24:==

Saturday:

Prize giving for Boys and Girls at 12:30. Icecream for all young competitors.

Prize giving ceremony Women and Men at 16:00. Strawberries will be served in connection with the prize giving ceremony.



Restaurant and kiosk

On Friday night, we will keep you warm with the Nighthawk soup, served with rice.

Or hot dogs with bread

On Saturday morning you can buy a simple breakfast at the arena between 09 and 10.

On Saturday there will be a barbecue at the restaurant.

The kiosk will also provide cake, coffee, fruit, mineral water.

Tour orienteering

We will host a basic tour orienteering course at the arena on Saturday 15.08 from 10am to 3pm. Maps with all controls marked will be sold for NOK 50,-. There will be no timing.

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Special instructions for each class:

Night Hawk Women

Mass start 1. – 3. leg, 2000 meters from the arena (marked), at 22:15. Allow plenty of time! Joint departure / jog from the arena to the start area at 21:50.

Attention! Check-in to start is at the arena and must occur before 21:45! (supply / control / match of emiTag to team number, and pick-up of GPS-tracking equipment).

Leg	Length	Controls	Forking	Winning time
1-2	5,4 km	8	Forked	44 min
3	7,5 km	12	Forked	61 min

1000 m marked trail to the start control, 100 m marked trail to the finish

One radio control for all legs

One refreshment control for 3. leg

Leg	Length	Controls	Forking	Winning time
4	5,0 km	15	Forked	36 min
5	5,0 km	15	Forked	36 min
6	5,0 km	14	Forked	36 min

400 m marked trail to start control, 100 m marked trail to finish

One radio control for all legs

No refreshment controls

Night Hawk Men

Mass start for 1.- 4. leg, 2000 meter from the arena (marked), at 22:30. Allow plenty of time! Joint departure / jog from the arena to the start area at 22:00

Attention! Check-in to start is at the arena and must occur before 21:45! (supply / control / match of emiTag to team number, and pick-up of GPS-tracking equipment).



Leg	Length	Controls	Forking	Winning time
1-3	7,8 km	13	Forked	53 min
4	11,3 km	17	Forked	76 min

1000 m marked trail to the start control, 100 m marked trail to the finish

One radio control 1. – 3. Leg. Two radio controls 4. Leg

One refreshment control all legs

Leg	Length	Controls	Forking	Winning time
5	9,4 km	16	Un-forked	58 min
6	5,5 km	16-17	Forked	34 min
7	5,5 km	16-17	Forked	34 min
8	5,5 km	16-17	Forked	34 min

400 m marked trail to start control, 100 m marked trail to finish

One radio control for all legs

One refreshment control at 5. Leg

Night Hawk Girls

Leg	Length	Controls		Winning time
1 – 2 night	3,6 km	9	Un-forked, C-level	24 min
3 day	3,5 min	9	Forked, C-level	25 min
4 day	3,3 km	9	Forked, C-level	24 min

Night legs has 900 m marked trail to the start control, 400m marked route to last control + 100 m marked trail to the finish

Leg 1 and 2 has mass start from the arena Friday at 22:00. The night legs may be run in pairs – with one emiTag. Team leaders are allowed in the forest.

Legs 3 and 4 are run individual with a chase start

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Night Hawk Boys

leg	Length	Controls	Forking	Winning time
1 – 2 night	3,6 km	9	Un-forked, C-level	22 min
3 day	3,5 km	10	Forked, C-level	22 min
4 day	3,3 km	9	Forked, C-level	22 min

Night legs has 900 m marked trail to the start control, 400m marked route to last control + 100 m marked trail to the finish

Leg 1 and 2 has mass start from the arena Friday at 22:00. The night legs may be run in pairs – with one emiTag. Team leaders are allowed in the forest.

Legs 3 and 4 are run individual with a chase start



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Information about Touch-Free

emiTag

The emiTag should be strapped around the wrist as shown in the picture. High speed punching is performed by holding the emiTag 20-50 cm from the control for a short moment. The LED light in the emiTag will start flashing, and keeps flashing for 10 seconds after punching.

NOTE! It is important to see this flashing, since this is the only feedback telling you that the punch is performed correctly!



TOUCH-FREE PRO

The controls are of the type Touch-Free PRO.

Punching range is 75cm.

The range is reduced by punching at high speed.

Touch-Free PRO unit is placed inside the o-flag.

Code number is placed on top.

It is not necessary to touch the control unit. Touch Free means Touch Free!



START

- Touch-Free Start PRO.

- Starting unit to "zero" the emiTags at the start. This is also a check that the emiTag is working.

FINISH

- At the finish there are loops on the ground so you can pass the finish line at full speed. The readout is after the finish line.

Example of punching and check of correct punch at high speed



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