Welcome to Oslo and EYAC 2016

We are looking forward to meet all of you ARDF youth enthusiasts at the 17th EYAC championship.

The event is organized by NRRL and RON - the Norwegian ARDF club, with support from the local amateur radio clubs and orienteering clubs in Oslo.
Organizers, contact information

Any questions, please don’t hesitate to contact us.

Radioorientering Norge
Børønningen 27
N-3472 Bødal en

post@eyac2016.org

EYAC 2016 event management

Organizing committee manager

Øivind Sollie, LA1KP  mob.+47 906 043 39  email: la1kp@online.no

Accommodation

Knut Heimdal, LA6XI  mob.+47 452 491 07  email: knut-ein@online.no

NRRL ARDF manager

Jon Sletvold, LA9NGA  mob. +49 911 795 62  email: jon.sletvold@vikenfiber.no

Event center Oslo Youth Hostel Haraldsheim

Address

HARALDSHEIMVEIEN 4, 0587 OSLO
Phone: +47 22 22 29 65
Fax: +47 22 22 10 25
E-mail: oslo.haraldsheim@hihostels.no

Postal Address

Oslo Vændrehyjem Haraldsheim
Postboks 41 Grefsen
0409 Oslo
Norway

Web

http://haraldsheim.no/
## Detailed Program of the Event

<table>
<thead>
<tr>
<th>Day</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Saturday July 2nd</strong></td>
<td><strong>Arrival and registration</strong></td>
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<tr>
<td></td>
<td>Registration opens.</td>
<td>13:00</td>
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<tr>
<td></td>
<td>Last registration for competition at 17:00</td>
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<tr>
<td></td>
<td>Dinner</td>
<td>18:00</td>
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<tr>
<td></td>
<td>Team leaders meeting, event center</td>
<td>19:00</td>
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<tr>
<td><strong>Sunday July 3rd</strong></td>
<td><strong>Training, sprint and opening ceremony</strong></td>
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<tr>
<td></td>
<td>Breakfast</td>
<td>07:30</td>
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<tr>
<td></td>
<td>Model event, classic 2m and 80m with 2 TX on each band</td>
<td>08:30 - 9:30</td>
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<tr>
<td></td>
<td>Training sprint with 6 TX</td>
<td>09:30 - 10:00</td>
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<tr>
<td></td>
<td>Lunch</td>
<td>10:30</td>
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<tr>
<td></td>
<td>Departure to sprint, bus from Haraldsheim (30 min)</td>
<td>11:30</td>
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<tr>
<td></td>
<td>Start sprint at Fornebu</td>
<td>13:00</td>
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<tr>
<td></td>
<td>Jury meeting, last bus to the event center after jury meeting</td>
<td>15:30</td>
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<tr>
<td></td>
<td>Dinner</td>
<td>17:00</td>
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<tr>
<td></td>
<td>Departure to the opening ceremony</td>
<td>18:00</td>
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<tr>
<td></td>
<td>Opening ceremony and sprint awarding ceremony</td>
<td>18:30</td>
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<tr>
<td></td>
<td>Team leaders meeting</td>
<td>21:00</td>
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<tr>
<td><strong>Monday 4th</strong></td>
<td><strong>Competition day 2m</strong></td>
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<tr>
<td></td>
<td>Breakfast</td>
<td>07:30</td>
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<tr>
<td></td>
<td>Bus departure to Sognsvann (20 min)</td>
<td>08:30</td>
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<tr>
<td></td>
<td>Start 2m competition</td>
<td>10:30</td>
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<tr>
<td></td>
<td>Bus to the event center from Låkeberget</td>
<td>14:30</td>
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<tr>
<td></td>
<td>Jury meeting, last bus to event center after jury meeting</td>
<td>15:00</td>
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<tr>
<td></td>
<td>Dinner</td>
<td>18:00</td>
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<tr>
<td></td>
<td>Awarding ceremony</td>
<td>19:00</td>
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<tr>
<td></td>
<td>Team leaders meeting</td>
<td>21:00</td>
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<tr>
<td><strong>Tuesday 5th</strong></td>
<td><strong>Competition day 80m</strong></td>
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<tr>
<td></td>
<td>Breakfast</td>
<td>07:30</td>
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<tr>
<td></td>
<td>Bus departure to Linderudkollen (20min)</td>
<td>08:30</td>
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<tr>
<td></td>
<td>Start 80m competition</td>
<td>10:30</td>
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<tr>
<td></td>
<td>Bus to the event center from Trollvann</td>
<td>14:30</td>
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<tr>
<td></td>
<td>Jury meeting, last bus to the event center after jury meeting</td>
<td>15:00</td>
</tr>
<tr>
<td></td>
<td>Dinner</td>
<td>18:00</td>
</tr>
<tr>
<td></td>
<td>Awarding ceremony</td>
<td>19:00</td>
</tr>
<tr>
<td></td>
<td>Closing ceremony and party</td>
<td>20:00</td>
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</table>
Registration

A registration form is available from our web page. Please use this form to registrate your participation.

Registration shall be sent to the following email: post@eyac2016.org

IARU-reg 1 Child protection policy

In making application to participate in EYAC 2016, I confirm that I understand that my participation is conditional on my complying with the Region 1 Child Protection Policy, a copy of which I have read.

All adults who are team leaders, event organisers or organizing volunteers and competition officials (Jury members) will be required to sign the relevant declaration included in the Region 1 Child Protection Policy (Appendices 1 and 2) which can be downloaded from:


According to the regulations, people not signing to this declaration will not be permitted to take part in the event. Each team leader is responsible to get a signature from all adult team members. The declaration will be collected during registration.

Latest date for payment

Latest date for acceptance of entries: May 12th 2016

Entry fee for competitors and team officials

**Competition fee**

- 100 € Sprint, 80m and 2m
- 35 € for a single competition

**Team officials**

- 20 € (entering competition area)

Discount

A 10% discount of the competition fee if payment is received by the organizers before May 15th 2016.
Accommodation at the event center

The information is included in the registration form.

<table>
<thead>
<tr>
<th>Accommodation</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>250 €</td>
<td>4 nights full pension</td>
</tr>
<tr>
<td></td>
<td>190 €</td>
<td>3 nights full pension</td>
</tr>
<tr>
<td></td>
<td>30€</td>
<td>Additional nights with breakfast only</td>
</tr>
</tbody>
</table>

Packet accommodation and competition fee  350 €

Payment before May 12th

Packet accommodation and competition fee  340€

Bank payment information

Radioorientering Norge
Børønningen 27
N-3472 Bødalen
Norway
IBAN: NO32 0530 2971 422
BIC: DNBANOKKXXX

Transport

Public transportation options are good. Oslo Gardermoen international airport has daily flights to many European cities. There are daily ferry boat connection to Denmark and Germany and easy access by train and car through Sweden. The youth hostel has in a short distance both tram service downtown every 15 minutes, a local train station and a shuttle bus to the airport

Local transport form harbor and train station in Oslo upon request.
Transport from Gardemoen to the event center

NSB local train from the airport to event center: 9€ adult (16 years and above), 5€ children 4-15 years. (Be aware that this is not the airport train but the national rail service NSB, which is the most economic transport to the event center.

Note! On Saturday and Sunday there is a special fare for children, one adult can be accompanied by four children for free on the local train.

Book you transport ticket at https://www.nsb.no/en/frontpage

From: Oslo Lufthavn to Grefsen

![Travel ticket interface]

Visa

If a visa to EU/EEA is required, information can be found at:

We are able to provide invitations to the EYAC event upon request.
Terrain and climate

Mean temperature in Oslo is 15°C at this time of year. Weather is usually calm and not much rain. There are no particular hazards as ticks or wild animals.

The terrain for the classic 2m and 80m is hilly with marshes and cliffs. The controls will not be located at dangerous locations and the maps are used by orienteering events with children at all ages, but it’s presumed that all participants are familiar with map symbols of non-passable areas and are used to run in forest.

Opportunities for training

There will not be a training event before the competition, but regular orienteering and ARDF events can be attended. Organizers can provide information of these events.

Out-of-bounds area

The following areas are out of bound for ARDF and orienteering training (link to google map)

- Sognsvann øst, 2m
- Linderudkollen, 80m
- Forenbu, sprint
Description of the marking devices

EMIT controls and badge are used as electronic timing device. Competitors will get the opportunity to test this system at the model event.

Sprint controls are marked with red and white colours.
Transmitter are identified by letters or number.

Classic controls are marked with 30cm o-flag.
Flags will be marked with letters “RPO” to avoid a mix-up of other orienteering controls.

EMIT registration badge is used.
IOF approved system.

Backup with punch paper.
Fast registration when punched, no waiting for signal.
Can be held inside the hand when running.

Finish area

Transport to the finish area will be provided by car from start area.

Sprint finish: Lomviveien Fornebu 59.89369, 10.60664 (N,E)
2m competition: Låkeberget Maridalen, 59.97996, 10.75725 (N,E)
80m competition: Trollvann 59.96167, 10.80600 (N,E)
Transmitters

The frequencies and output RF power of transmitters

144 MHz transmitters:

- RF power 1 W ERP
- Frequency: Tx 1–5: MOE-MO5 144.50 MHz
  finish beacon: MO 144.90 MHz
- Antenna: crossed dipoles 2.5 m above the ground level

3.5 MHz transmitters:

- RF power 3 W
- Frequency: Tx 1–5: MOE-MO5 3.55 MHz
  finish beacon: MO 3.60 MHz
- Antenna: 8 m vertical + 8 m three radial counterpoise

3.5 MHz transmitters for sprint (1 minute cycle – 12 sec: 48 sec)

- RF power: 1 W
- Antenna: 8m vertical + 8 m three radial counterpoise
- Frequency: Tx 1–5: MOE-MO5 (keying speed 50 PARIS) 3.520 MHz
  spectators control: S (keying speed 50 PARIS) 3.550 MHz
  Tx 1F–5F: MOE–MO5 (keying speed 70 PARIS) 3.570 MHz
  finish beacon: MO (keying speed 50 PARIS) 3.600 MHz

Clothing

For the classic 2m and 80m competition in the forest, the clothing shall cover legs completely.

Short sleeve shirt for upper body as minimum.

Sprint competition will be located in a park and light clothing can be used (without gaiters or spike shoes).
Map

Maps are according to IOF standard.

Scale: 1:10 000 and 1:5000 (sprint)

Equidistance: 5m

Size: A4

Map example

Online maps are available. Links will be presented on our web-page in order for all participants to get access the same information.

International Jury

Chairman of the Jury: Jiri Marecek OK2BWN
Chairman substitute: PA Nordwaeger SM0BGU
Secretary of the Jury: Øivind Solli LA1KP
Siting referee: Ole Garpestad LA2RR
Technical Director: Steinar Moen LA5OM
Summary of entries received

<table>
<thead>
<tr>
<th>Country - Society</th>
<th>W14</th>
<th>W16</th>
<th>M14</th>
<th>M16</th>
<th>Visitors/Official</th>
</tr>
</thead>
<tbody>
<tr>
<td>Czech Republic - CRC</td>
<td>2-4</td>
<td>3</td>
<td>3-5</td>
<td>5</td>
<td>2-3</td>
</tr>
<tr>
<td>Croatia - HRS</td>
<td></td>
<td>1</td>
<td>2</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Lithuania - LRMD</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Norway - NRRL</td>
<td></td>
<td>2</td>
<td>2</td>
<td>1-2</td>
<td></td>
</tr>
<tr>
<td>Poland - PZK</td>
<td>1</td>
<td>2</td>
<td>2</td>
<td>1</td>
<td>1</td>
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<tr>
<td>Slovakia - SARA</td>
<td>3</td>
<td>1</td>
<td>3</td>
<td></td>
<td>3</td>
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<tr>
<td>Slovenia - ZRS</td>
<td></td>
<td>2</td>
<td>2</td>
<td>1</td>
<td></td>
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<tr>
<td>Ukraine - UARL</td>
<td>5</td>
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<td>5</td>
<td>5</td>
<td>6</td>
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<tr>
<td>Russia - SRR</td>
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<td>5</td>
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<td>5</td>
<td>6</td>
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<td></td>
<td>16</td>
<td>14</td>
<td>21</td>
<td>16</td>
<td>20</td>
</tr>
</tbody>
</table>

Total number of participants and visitors: 87
Information of the accommodation

Haraldsheim Youth Hostel is situated in the Oslo. The location is an ideal starting point for treks or bicycle rides in the woods as well as in town. Within the local area you will find museums such as the Norwegian Technical Museum at Kjelsås and the Soccer Museum at Ullevål. On a hot summer day you might want to go for a refreshing dip in the Stilla by Frysja or perhaps in Trollvann (Troll Lake).

Exterior

Rooms

Images from Hostel home page: [http://www.haraldsheim.no/](http://www.haraldsheim.no/)

Food

Three meals per person are included in the price offer. Breakfast buffet, lunch, dinner plate with two dishes.

Local shops

There are several shops, groceries and restaurants within 1km from the event centre. A self-service kitchen is available for guests at the hostel if you would like to prepare other meals.
Local map

The railway station is within a short distance from the event centre.

The local grocery is open to 23.00 in the evening, 21 on Saturday and closed Sunday.
Pictures from the areas

Trollvann, finish area 80m

Sprint area, previous airfield now a park

See more pictures from the link to Google map.