

Program



NorgesCup 4 Terreng Rundbane SVELVIK 19. JUNI 2011

Mer info på www.sykling.no

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Våre støttespillere



Organization / kontaktpersoner:

Org. director / Rittleder	Sindre Rønning	404 29 554
Ass. Org. Dir. / Ass. Rittleder	Runar Berg	952 30 187
Course manager / løypesjef	Espen Johansen	950 41363
Site manager / vaktmester	Sondre Vedal	986 44 633
Speaker	Svein Grepperud	
Timing	Jon Sørli / Magne Bække	
President of the commissaires / Sjefskommissær	Rune Antonsen	
Assisting Pres. Commisaires / Assisterende SK	Bjørn Holmvik	
Jury member/ Jurymedlem	Heidi Stenbock-Haakenstad	
Jury member/ Jurymedlem	Anders Stenbock-Haakenstad	
Jury member/ Jurymedlem	Ellen Skjold Kvåle	

Svelvik Sykleklubb
PB 219
3060 Svelvik

<http://svelvik-sk.no>

Start times

Class	START TIME	Course	Laps	Estim. Winner time
M10	10:00	Short	2	00:12
K10	10:00	Short	2	00:12
M11-12	10:20	Short	4	00:20
W13-14	10:21	Short	4	00:22
W11-12	10:21	Short	3	00:16
M13-14	10:55	Medium	4	00:30
W15-16	10:55	Medium	4	00:30

Course examination from 11:30

Kids under 7	12:00	Arena lap	2	00:06
Kids 8-9	12:10	Mini-lap	2	00:06
M Senior (elite)	12:30	Long	6	01:24
M Junior	12:30	Long	5	01:12

Tire-change -finals Prize ceremonies

W Senior (elite)	14:15	Long	5	01:20
W Junior	14:15	Long	4	01:06
M15-16	14:18	Long	3	00:46
M Vet30-39	14:20	Long	4	01:00
M Vet40-49	14:20	Long	4	01:00
M Vet50+	14:20	Long	4	01:00
M Sport 17+	14:20	Long	3	00:45
W Vet30+	14:20	Long	3	00:51
W Vet40+	14:20	Long	3	00:51
W Sport 17+	14:20	Long	3	00:51

Prize ceremonies

Other scheduled events:

		
09:30	Opening	Åpning
10:00	Kids races starts	Aldersbestemte klasser sykler
10:00-	Tire change competition	Kvalifisering til
11:30	Qualifying rounds.	dekkskiftekonkurranser
		Premier loddes ut blant deltakerne.
		Konkurransen er for følgende
		klasser:
		M & K 10
		M & K 11-12
		M & K 13-14
		M & K 15-16
11:00	Short information gathering for Elite and Junior in front of stage	Lagledermøte Senior/ Junior
		Foran scenen
11:30	Tire change duell between legendary Rune Høydahl and Norway's cup-leader Ole Christian Fagerli	Dekkskifteduell!
		Rune Høydahl og Ole Christian Fagerli avgjør duellen!
12:00	Mini-kids and recruits races	Minirekrutt og rekrutt sykler
12:30	Elite and junior races	Senior og junior sykler
12:30	Tire change finals	Dekkskiftekonkurranser finaler
13:00	Prize ceremonies young classes	Premiesermoni aldersbestemte klasser
14:15	Women elite, junior, all veterans and Men 15-16 races	Kvinner elite, junior og samtlige veteranklasser og Menn 15-16 sykler
14:30	Prize ceremonies Men elite/junior	Premiesermoni senior/ junior
15:30	Prize ceremonies rest Note: Elite and junior will have podium ceremonies immediately after finish!	Premiesermoni øvrige Merk: Vi vil ha podiumsermoni rett etter målgang for senior og junior. (nr 1, 2 og 3.)



Teknisk info

- Langesone : Se neste side.
- Garderober er inne i Ebbestadhallen. Det er ikke lov å ta med sykler inn! Er de veldig møkkete bør du skylle av så mye som mulig før du går inn.
- Sekretariat er inne på Ebbestadhallen
- Røde Kors er tilgjengelig oppe på arena og vil også patruljere nede ved Juvesletta.
- Runar Berg (95 23 01 87) er sikkerhetsansvarlig. Skader og annet avvik rapporteres til ham.
- Løpere blir ropt opp til start. Foreldre og/eller andre uvedkommende har ikke adgang til startområdet !!
- Startområdet skal kun entres av de som blir ropt opp.
- Brikkesjekk anbefales!!! Dette gjør du på sekretariatet.
- Det er ikke lov å oppholde i løypa seg med eller uten sykkel når andre konkurrerer. Overtredelse medfører diskvalifikasjon fra arrangementet!
- Deltakere i Menn og Kvinner Senior skal ha ryggnummer

Technical info

- Tech zone: See next page.
- Showers are available in the sports hall
- Race office is in the sports hall
- Medical assistance is provided by Red Cross personell located at the arena and/or the tech zone
- Runar Berg is responsible for security (+47 95 23 01 87)
- The riders will be called up for start approx. 15-20 mins before start.
- The start area may only be accessed by riders that are called up.
- You may check your time chip in the race office.
- The course may not be entered other than in the time frame for examination and in the actual race.
- Riders in Men and Women Elite (Senior) shall wear a number on the back side of the jersey

Tech zone

Only permitted for team personell with team uniforms!

Riders may only receive food, drink or technical assistance in the tech zone.

There will be a 3-sided tech zone in the center of the course. It will be accessible from 3 sides at a location of the course where the riders pass when riding different parts of the course.

The rider must follow the direction of the course to reach the tech zone.

Langesone

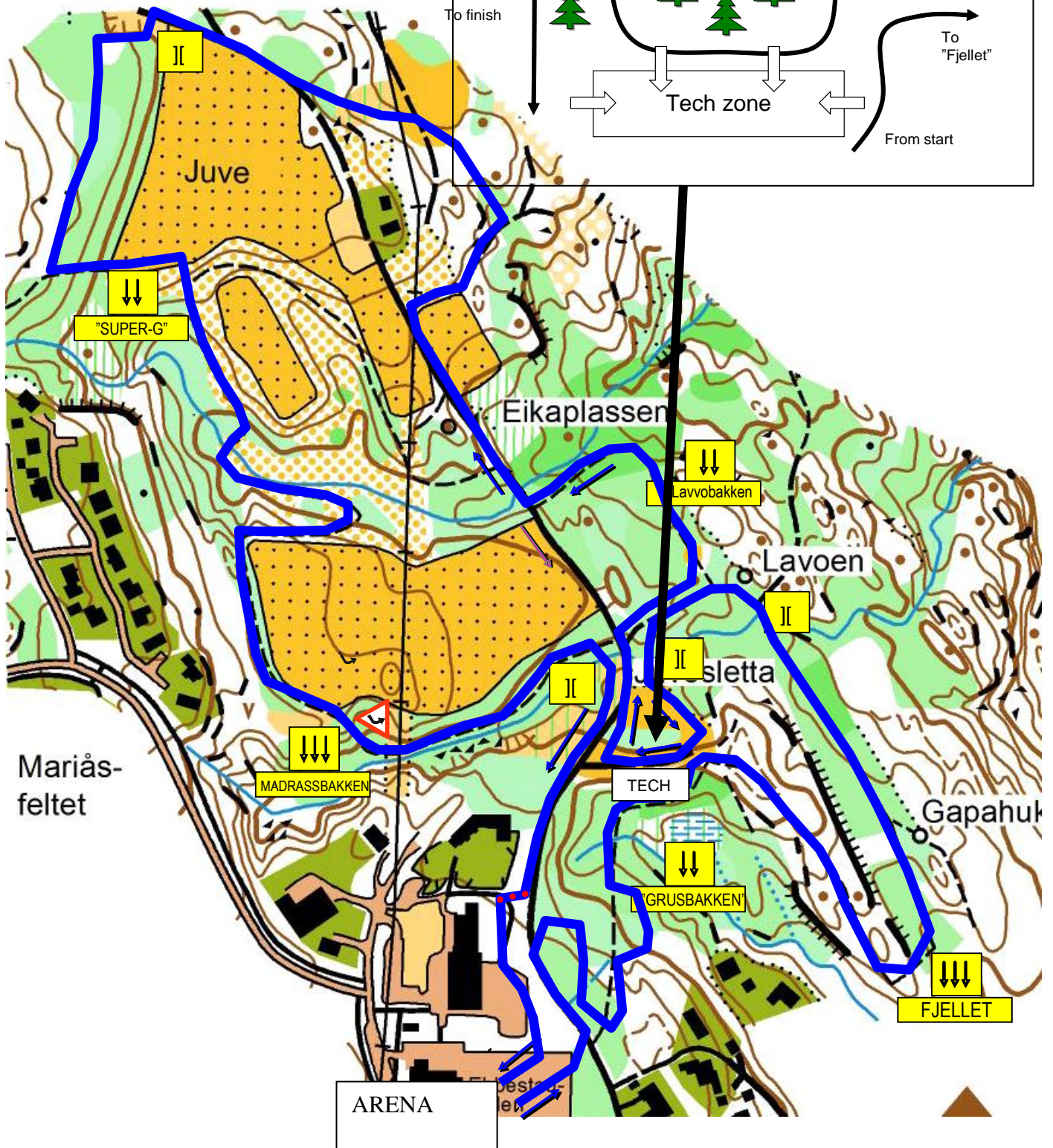
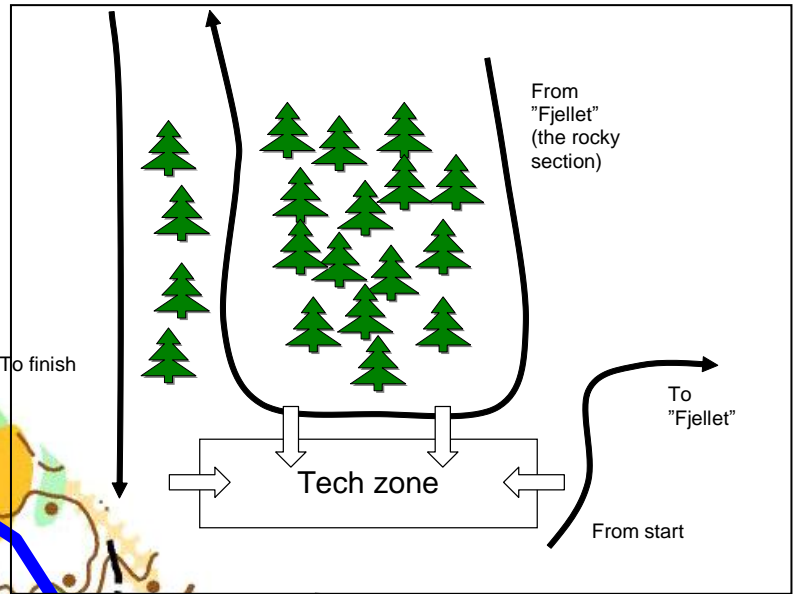
Kun for klubb/lag personell med lagdrakter.

Ryttere kan kun motta drikke, mat og teknisk assistanse i langesonen av eget personell.

Det vil være en 3-sidig langesone som rytterne passerer på 3 kanter når de kommer til/fra ulike deler av løypa.

Rytteren må følge retningen til løypa for å nå langesonen.

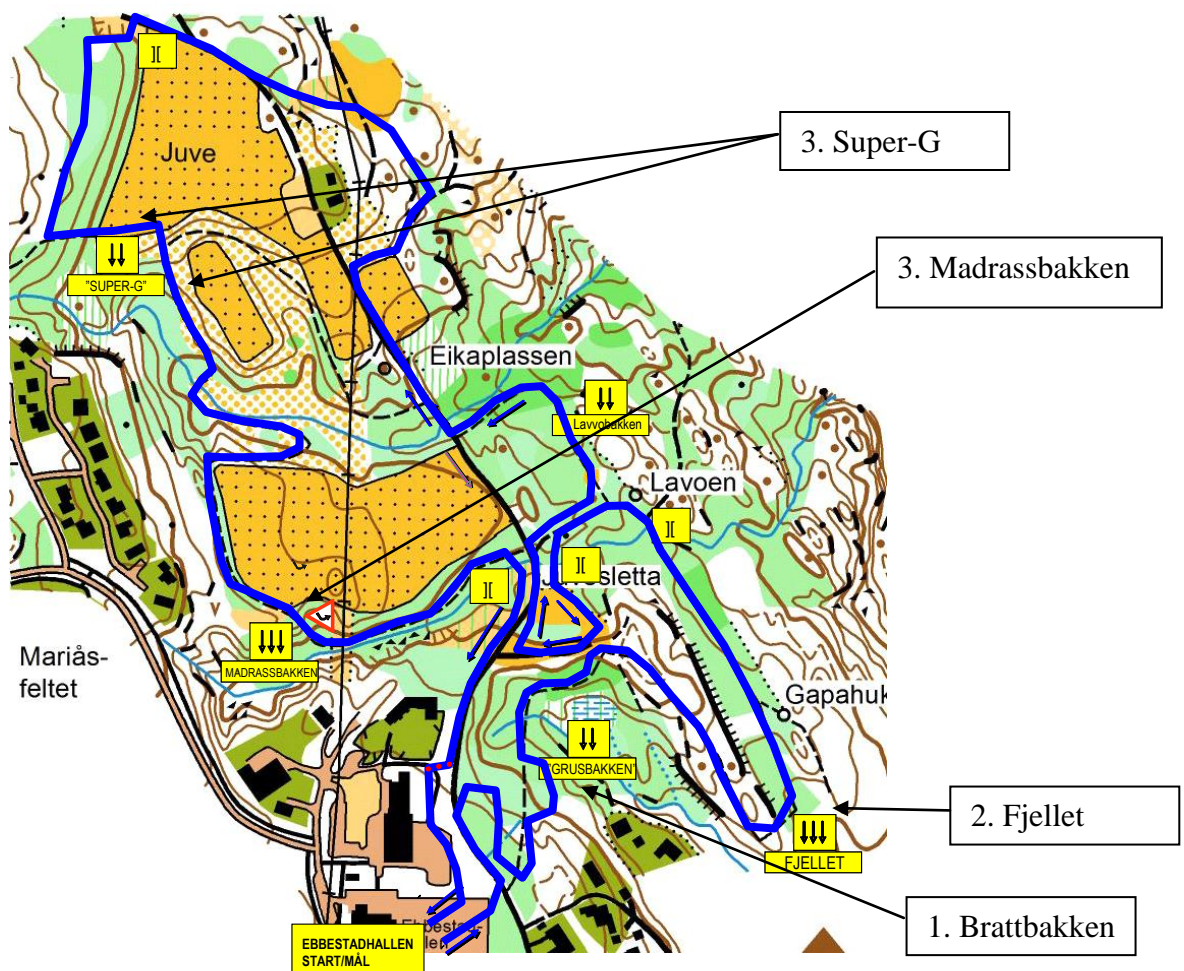




Attention areas

1. “Brattbakken” early in the lap is an easy gravel surfaced drop. Be aware that the right-turn in the bottom can be slippery in wet weather.
2. “Fjellet” consist of solid rock sections that might be slippery in wet conditions. The section finishes with a sharp drop with an alternative “chicken run”. The “Lion run” may be hazarious in wet conditions.
3. The “Super G” consists of two intersected downhill. The first is an easy downhill down to an acre. The second follows quickly and is a rollercoaster-like undulated ride. Two warnings: 1: There are ditches on both sides of the path on this downhill. Be especially aware on the left hand side ditch (as the right side is quite obvious) 2: The second part of Super-G might make you airborne unless you control your speed over the bumps. Be also aware of possibly slippery left-right turn at the bottom.
4. “Madrassbakken” is a short downhill between pine trees. They are wrapped in mattresses in case you lose control and hit a tre (thus the name)

The drops are marked with three vertical arrows.



Starting area

Starting area will be a separate branch to the course, located at the arena. This will be closed for access, and riders will be called up to start.

Finish area is located in the actual course, at the arena and is the same place for new lap as well as finish. After finishing, the rider will proceed to a finish gate to exit the course.

Conduct in the race

In most cases, multiple classes will line up and race at the same time. We urge all riders to show best of class sportsmanship and let approaching riders pass without any undue delay.

Parents of young riders are encouraged to emphasize courtesy and warn against foul language or unsportsmanly conduct.

Warming up is recommended in the hill above the race area – not in the course!

Upon publication of results, riders are given 20 minutes for protests. After this the organizer reserve the right to publish them as final.

A bell will signal last lap to the extent possible. In cases of multiple classes riding at the same time, potential for misunderstanding must be considered. In the end the rider bares sole responsibility to keep track of number of laps.



Ranking Norwegian Cup

Sammenlagtstilling Norges Cup

Menn Senior

Pl	Fornavn	Etternavn	Klubb	Sammenlagt
1	Ole-Christian	Fagerli	RaumerRytter SK	1200
2	Ola	Kjøren	Trondhjems VK/Team Fokus-Danica	960
3	Ole	Hem	Romeriksåsen SK/Team United Bakeries	750
4	Tobias	Sæther	Team United Bakeries	690
5	Sondre Sundstøl	Norland	Team NorBicycles	630
6	Henrik Hollingsæter	Kippemes	Team Fokus Danica	600
7	Håkon	Austad	Team United Bakeries	420
	Kristoffer Sommer	Wormsen	Team United Bakeries	420
9	Sturla	Aune	Team Fokus Danica	390
10	Rune Christopher	Høydahl	Team United Bakeries	384

Kvinner Senior

Pl	Fornavn	Etternavn	Klubb	Sammenlagt
1	Lene	Byberg	Bryne CK/	1200
2	Heidi Rosaasen	Sandstø	Follo SK	960
3	Ingrid Sofie Bøe	Jacobsen	Halden CK	840
4	Veronica	Jacobsen	Sandnes SK	360

Menn Junior

Pl	Fornavn	Etternavn	Klubb	Sammenlagt
1	Sondre	Kristiansen	Raumer Rytter CK	1200
2	Truls Engen	Korsæth	Lillehammer CK	840
	Fredrik Fang	Liland	Romeriksåsen SK	840
4	Karl Henrik	Nordbakken	Raumer Rytter SK	750
5	Edvard Vea	Iversen	Lillehammer CK	720
6	Even	Rege	Team NorBicycles	570
7	Henrik	Fiskadal	Kristiansand CK	480
8	Brede	Edwardsen	Halden CK	432
9	Anders	Dalgaard	Romeriksåsen SK	390
10	Sivert	Fandrem	Lillehammer CK	354

Kvinner Junior

Pl	Fornavn	Etternavn	Klubb	Sammenlagt
1	Eline	Brustad	Asker CK	1200
2	Johanne	Brustad	Asker CK	960
3	Tiril Hole	Mohr	Hafersfjord SK	780
4	Frida	Bustad	Sportsklubben Rye	420
5	Vilde	Beili	Ringerike SK	360

Premier

Rekrutter

Deltagerpremie til alle

M/K 10 + M/K 11-12

Deltagerpremie til alle

M/K 13-14

1/3 premiering

M/K 15-16

1/3 premiering

M/K Junior

1/3 premiering

Pengepremier iht UCI (Se tabell)

K Senior

1/3 premiering

Pengepremier iht UCI (Se tabell)

M Senior

1/3 premiering

Pengepremier iht UCI (Se tabell)

M/K Veteran

1/3 premiering

UCI Pengepremietabell

	Menn Senior	Kvinner Senior	Menn junior	Kvinner Junior
1.	2 400	2 100	650	650
2.	1 800	1 600	500	500
3.	1 300	1 000	400	400
4.	1 000	800	250	250
5.	800	500	250	250
6.	700	400		
7.	600	250		
8.	500	250		
9.	400	250		
10.	350	250		
11.	250			
12.	250			
13.	250			
14.	250			
15.	250			

Premier er donert av



RIMI Skjønneheim

REMA 1000

REMA 1000 i Svelvik



KIWI Bjørnstad i Svelvik



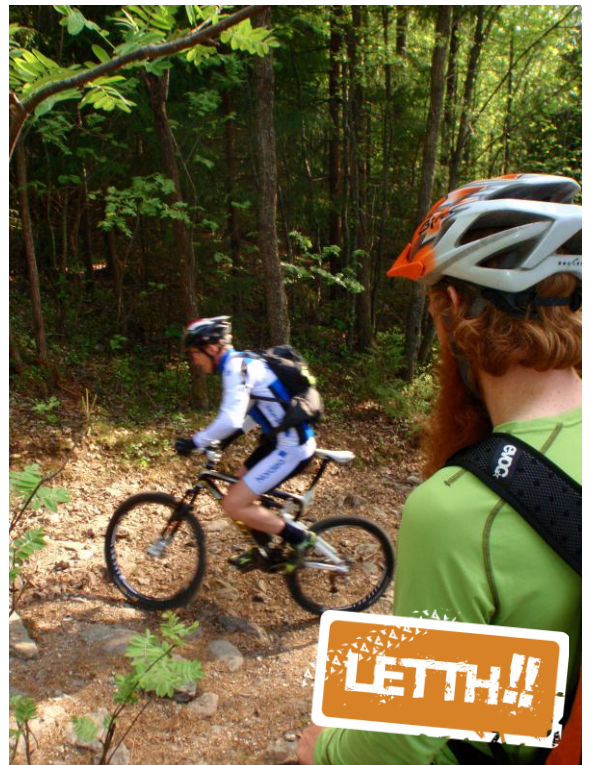
Instruksjon i terrengsykling.



TERRENGSYKKEL
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– alle kan!
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Bowling1 Drammen





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