



Information - Lysebotn Opp 2019

We welcome you to Lysebotn Opp August 1st.

Here is some useful info that everyone must read before they go in. The finish line for the longest run will be 7.5 km up from the actual Lysebotn at Øygardstøl (Restaurant). The short trails start further up the road and have 1km or 2km to the finish line.

Program

1 km girls and boys 10 years and younger

2 km girls 11 years, 12 years, 13 years, 14 years, 15 years, 16 years, 17 years, 18 years.

2 km boys 11 years, 12 years, 13 years, 14 years, 15 years, 16 years

7.5 km M / W junior 17-20

7.5 km M / W senior

7.5 km Men senior Elite – Double poling.

7.5 km M / W senior exercise classes / recreational skiers – classic technique.

NB! Please note that women 17 and 18 can choose to compete 2 km or 7.5 km.

1 km starts at a small meeting place (4 turns down from the finish) and has a finish at Øygardsstøl

2 km starts at picnic area (8 turns down from the finish) and has a finish is at Øygardsstøl.

7.5 km starts at the port in Lysebotn and the finish is at Øygardsstøl. See map.

Registration:

Opens the 7th of May at. 10.00 hrs in Sportsadmin (Norwegian entry system).

Foreign athletes can do the entry by sending an e-mail to Chief of Sport, Blink Skifestival, Arne Idland. E-mail: arne.idland@axelar.no

There will be participant restrictions in the different classes. For this reason, we have divided the registration into 5 different events:

Lysebotn Opp 1 and 2 km

Lysebotn Up 7.5 km junior women

Lysebotn Up 7.5 km junior men

Lysebotn Up 7.5 km elite senior women and men

Lysebotn Up 7.5 km Double poling - elite senior men – NEW COMPETITION!

Lysebotn Up 7.5 km recreational class – classic technique.

We recommend to be early with registration to secure space.

Start times:

1 km: 10:35

2 km: 10:35

7.5 km men junior and exerciseist: 11:50

7.5 km women senior, junior and exerciseist: 13.50

7.5 km men senior: 15.30

7.5 km men senior Double poling: 15.30 – NEW COMPETITION!

Shuttle Bus

Everyone coming from Sirdal must take the shuttle bus from the parking places in the valley above Øygardstøl. Follow directions from parking guards and police. The buses start going at. 08.00

Transportation to Lysebotn:

The easiest and best transport option for many will be to take a ferry from Lauvik. Here is an opportunity to experience the wonderful trip into the Lysefjord. NB! there will be fewer available places this year (190) so book well in advance (see separate case).

By car to Lysebotn.

There is limited parking facilities at the destination so that one has to park a bit before arriving at Øygardstøl where the finish line of the race is. We encourage people to drive together. The road will be closed for ordinary traffic from parking and down to Lysebotn. A bus is set up from the finish area (Øygardstøl) down to the start to transport runners in a long run. There is no need for private transport.

Bus times:

From Lyseboten	From Øygardstøl
<ul style="list-style-type: none">• 08.30• 09.30• 11.40• 13.40• 15.20• 16.00	<ul style="list-style-type: none">• 08.00• 09.00• 10.15• 11.15 (NB! This bus will go from start 2km and down to Lysebot)• 12.45• 13.00• 14.55

These will go exactly so be out in good time.

How to get to the starting area?

1 and 2 km must go down to the start, or take the bus up from Lysebotn. It will not be possible to drive the athletes either from Lysebotn or from the Sirdals side.

Long trail

There will be shuttle buses both down to start from Øygardstøl and down to ferries after the race.

Distribution of number

All athletes receive the number and the timer chip at the individual start.

Timing - checkers:

All athletes receive a loan tag together with the starting number. Remember to hand in a piece after the finish Not delivered piece must be replaced by NOK 600.

Roller skis:

1 km and 2 km on your own skis. In the age classes 12 years and younger there is free choice of wheels. Athletes 13-16 years (and women 17-18 years short races) should use

black rubber wheels (IDT 1's training wheels or equivalent). There will be control of skis at start.

Lysebotn Opp Double poling. The athletes use IDT classic rollerskis with only front wheels – wheels with number 1 resistance.

Anyone who goes a long trail receives a loan pair of rollerski from IDT.

Transport of clothes long trail

There will be transport of clothes from the starting area to Øygardsstøl for athletes going the 7.5km.

Results

Results are hung on the info board at the finish.

Prizegiving

13.00 All classes 1 and 2 km, men junior

14.45 Women junior, senior and recreational classes

16.20 Men senior

seeding

Athletes in the joint start will be seeded. Your bib number will indicate the starting position. Seeding is based on last year's result in Lysebotn Opp, FIS points and discretion based on other races. Exercise class for men starting with men junior, being set up after the last junior, fitness class for women starting with woman senior / junior being set up after last junior athlete. There is plenty of room to pass runners along the way so seeding will not have any great impact on the result. Respect this and set up at the designated starting point.

NEW COMPETITION 2019 – Double poling Lysebotn Opp:

The Double poling competition is a test project for 2019. This first year we will only have one class. Women who want to participate have to start in the mens class this year.

The Double poling competition is a competition for Long distance specialists (athletes from Visma Ski Classics Pro Team) and elite cross country skiers. This competition will also be broadcasted on NRK TV as a part of the Lysebotn Opp programme.

Detailed rules will be announced at a later stage.