



NORDIC MARATHON CHAMPIONSHIP 2012

Open Nordic Canoeing Marathon Championship

at Fornebu, Bærum



26-27 May, 2012

for U16, U18, Seniors and Masters

The Norwegian Canoe Association and Strand Kajakk-Klubb has the pleasure of inviting you to the Open Nordic Marathon Championship for Juniors, Seniors, and Masters to be held Saturday 26th and Sunday 27th of May 2012 at Fornebu in Bærum. The championship is also open for participants outside the Nordics.

This year the Norwegian national championship in kayak marathon will be included as part of the Nordic championship races.

The venue is just outside the harbor area where Strand Kajakk-Klubb is located, only 10km from the center of Oslo.

Welcome to 2 days of exiting marathon competitions!

Strand Kajakk-Klubb
Technical Organizer



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RACE COURSE

The Race course is located in the Oslo fjord at Fornebu - a few 100 meters from where Strand Kajakk-Klubb is located, and only 10km from the center of Oslo.

The start is on the north side of the tongue of land named Storøya and the course direction counter clockwise. South-west on the first leg crossing the finish line; then south-east 600m before turning into Koksa bay and a 1000m straight stretch. Then out of Koksa and to the portage area. The disembarking will be on a floating stage; then 50-60m portage before embarking from the beach. Each lap is approx. 4.3km. From the last portage to the finish line it is approx. 800m. The course is well protected against other boat traffic and under most weather conditions also well protected from wind and waves.



- The portage is 50-60m long and 10-15m wide.
- It is centrally located on the tongue of Storøya in the vicinity of the race secretariat and with good access for team leaders and visibility for spectators.
- In the immediate vicinity of the portage area there will be a staging area for team tents etc.
- Transport to Storøya is by car to the nearest P-lot or separate transport by boat from Strand Kajakk-Klubb can be arranged.



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RACE PROGRAM

Saturday May 26th:

Championship classes:

K1 seniors	Women / Men	25.4 km	6 laps, 6 portages
K1 U18	Women / Men	21.2 km	5 laps, 5 portages
K1 U16	Women / Men	17.0 km	4 laps, 4 portages
C1 seniors	Men	25.4 km	6 laps, 6 portages
C1 U18	Men	21.2 km	5 laps, 5 portages
C1 U16	Men	17.0 km	4 laps, 4 portages

Note! Age is determined by your age 31.12.2012

Note! A minimum of 4 competitors from 2 nations are required for each class in order to approve the championship.

Other classes:

K1 Masters	Women / Men	21.2 km	5 laps, 5 portages*
K1 U14	Girls / Boys	12.8 km	3 laps, 3 portages
K1 U12	Girls / Boys	8.6 km	2 laps, 2 portages
Fitness	Women / Men	8.6 km	2 laps, <i>no portages</i>
C1 U18	Men	21.2 km	5 laps, 5 portages
C1 U16	Men	17.0 km	4 laps, 4 portages

Masters: 27-34 years, 35-39, 40-44, 45-49, 50-54 etc. If there are less than 4 competitors (or boats) in one class then it will be joined with the next younger class. **Portages are optional for classes 50-54 and older.*

Sunday May 27th:

Championship classes:

K2 seniors	Women / Men	25.4 km	6 laps, 6 portages
K2 U18	Women / Men	21.2 km	5 laps, 5 portages
K2 U16	Women / Men	17.0 km	4 laps, 4 portages
C2 seniors	Men	25.4 km	6 laps, 6 portages
C2 U18	Men	21.2 km	5 laps, 5 portages
C2 U16	Men	17.0 km	4 laps, 4 portages

Other classes:

K2 Masters	Women / Men	21.2 km	5 laps, 5 portages*
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Masters K2: The average age determines your class of entry.

The International Canoe Federation's Race Rules and Regulations (Statutes) are valid for all championship classes and Masters 27-34 years. All participation is at the participants own risk. In Norway it is mandatory to use a life vest up to and including U16. Self-inflatable type is not allowed. Otherwise the organizing committee may require also other classes to use life vests if deemed required due weather or other conditions.

The first start on each day is at 10.00am local time. The final race program for each day will be announced after registration closes.



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TEAM LEADERS MEETING

The team leader meeting will be held at Strand Kajakk-Klubb on Friday May 25th at 19:00. Address: Sarbuvollveien 25, Høvik.

REGISTRATION and PAYMENTS

Your registration shall be sent by email to Nordic.kayakmarathon2012@gmail.com by Friday May 11th 2012.

Your registration shall include the name and email address of your team leader and the following information for each participant:

Name	Sex	Date of Birth	Club	Nation	Class of Entry
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The registration fee for the championship classes is NOK 250,- for each boat. For other classes the fee is NOK 100,- for each boat. After Friday May 18th up to Friday May 25th entries are accepted for other classes with a fee of NOK 200,- for each boat.

Payment shall be made to Strand Kajakkklubb, DNB account 5132.05.20146.

International payments shall be processed to SWIFT: DNBANOKK / IBAN: NO6051320520146

INFORMATION

Information related to the Nordic and Norwegian Kayak / Canoe Marathon Championship will be presented on Strand Kajakk-Klubb's website www.skk.no.

For any questions or updates please send an email to Nordic.kayakmarathon2012@gmail.com.

ACCOMMODATIONS

Strand KK will together with neighboring sports clubs be able to organize simple accommodation at nearby club houses where participants will need to bring their own mattresses and sleeping bags. If this is of interest please let us know.



- From Oslo on highway E18; take exit 14 to Høvik.
- 3rd exit in the next roundabout onto the bridge crossing E18 and following the turn.
- Take a left down Sarbuvollveien and stay on this road 350m till you reach Strand Kajakk-Klubb.