

## EASTER CORONA CUP

27<sup>th</sup> March - 11<sup>th</sup> April 2021  
Halden, Norway



**HSK EASTER  
CORONA  
CUP 2021**

## BACKGROUND

The well-known global situation regarding to **COVID-19** and the last restrictions announced till April 11<sup>th</sup> are definitely limiting again our options for training and preparing the season properly. Furthermore, the uncertainty about the competitions in short and medium term forces us to find some alternatives where we can provide our runners some options to get the competition feeling.

We need to keep the training and the motivation up, so that when everything ends (because it is going to end) we will be ready for a short, very intense and exciting season. For that reason, we decided to come back to the concept **Easter Corona Cup** which was successfully implemented last year in similar conditions. 3 stages competition with virtual results during the Easter period.

## EASTER CORONA CUP

The Easter Corona Cup is a **3 stages competition** which will be organized in the maps:

- ☑ Stage 1: *Akselås*.
- ☑ Stage 2: *Syverstadsvannet*.
- ☑ Stage 3: *Røsnesåsen*.

The overall results will be calculated by adding the times obtained in the 3 stages.

## CLASSES

Class	Length-S1	Length-S2	Length-S3
Men Elite	11.5k (A)	4.2k (A)	5.3k (A)
Women Elite	8.5k (B)	4.2k (A)	5.3k (A)
Men Junior/OldBoys	8.5k (B)	4.2k (A)	5.3k (A)
Women Junior/OldLadies	5.4k (C)	2.9k (B)	4.0k (B)
Men Veterans	5.4k (C)	2.9k (B)	4.0k (B)
Youth	5.4k (C)	2.9k (B)	4.0k (B)

*\*The letters A-B-C corresponds to the course code, not the level. All levels are the highest.*

## DATES

You can run the 3 stages whenever you want between the period **March 27th to April 11th**, and in the order you prefer.

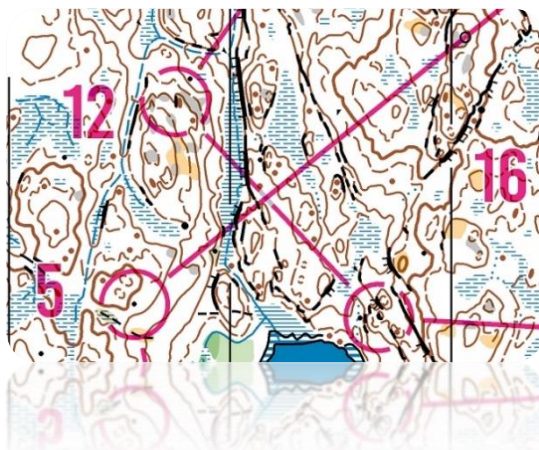
## RESULTS

To make the **result list** of every stage, you only need to record your race in your GPS watch and upload it to the Livelox event. (before April 11th!).

You can borrow Loggator gps-unit to run with if you need.

### STAGE - 1

<b>Map</b>	<i>Akselås</i>
<b>Scale</b>	1/15.000 or 1/10.000
<b>Length</b>	<b>A:</b> 11500 m <b>B:</b> 8500 m <b>C:</b> 5400 m
<b>Parking</b>	59.204782, 11.316311
<b>Available</b>	From 27.03.2021
<b>Files</b>	<a href="#">Link</a>
<b>Livelox</b>	



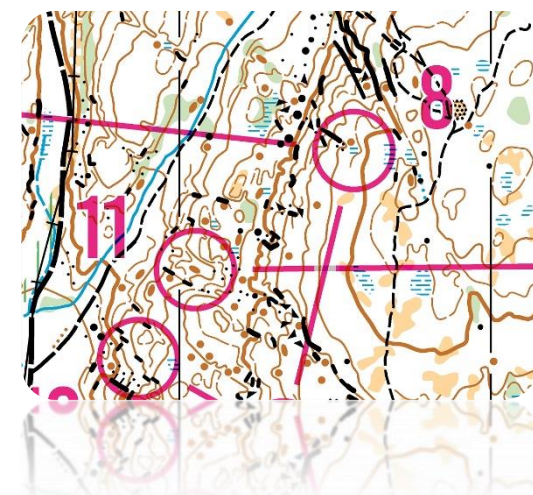
### STAGE - 2

<b>Map</b>	<i>Syverstadsvannet</i>
<b>Scale</b>	1/10.000
<b>Length</b>	<b>A:</b> 4200 m <b>B:</b> 2900 m
<b>Parking</b>	59.164307, 11.261669
<b>Available</b>	From 27.03.2021
<b>Files</b>	<a href="#">Link</a>
<b>Livelox</b>	



### STAGE - 3

<b>Map</b>	<i>Røsnesåsen</i>
<b>Scale</b>	1/10.000
<b>Length</b>	<b>A:</b> 5300 m <b>B:</b> 4000 m
<b>Parking</b>	59.127517, 11.226277
<b>Available</b>	From 27.03.2021
<b>Files</b>	<a href="#">Link</a>
<b>Livelox</b>	





## GENERAL GUIDELINES

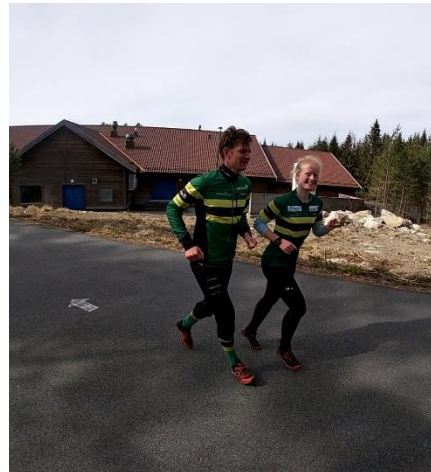
- ☑ Don't touch the controls and don't run together.
- ☑ Start running from the pick-up-maps point.
- ☑ Compete fair; don't study the map and route choice before running.

You can download and print your map from the link of every stage. Some printed maps will be also available at *HSK house (Alfheimveien 30)*.

## FINAL COLLAGE

Send also by email a picture of you in one of the stages. We'll make a final collage with pictures of all the participants. Just for fun!

Here the last year ones...



## NON HALDEN SK PARTICIPANTS

Runners from other clubs can voluntarily pay 60 kr on Vipps #99224 - HSK salg treningskart.



## PRIZES

Some prizes will be handed to the winners of the classes: Men Elite, Women Elite, Men Junior and Women Junior.

*Raúl Ferra*  
*Head-Coach HaldenSK*