**COURSE MEASUREMENT REPORT**

**- REPORT FOR NATIONAL CERTIFIED COURSE –**

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| **INFORMATION ABOUT EVENT AND COURSE** |
|  **Event:**  |
|  **Technical Organiser:**  |
|  **City/Place:**  |
|  **Date of Arrangement:**  |
|  **Date and time for measurement:**  |
|  **Measured distance(s):**  |
|  **Length of calibration course:**  |
|  **Terrain**: Flat [ ]  Slightly hilly [ ]  Hilly [ ]  Terrain [ ]  **Type of course route**: Closed loop [ ]  Back and forth [ ]  A to B [ ]  Other [ ]  **Race surface**:  **Elevation Start - Finish:**  **Description of start:**  **Description of finish:**  **Distance, in a straight line, between start & finish:**  **Start and Finish marked:** Yes [ ]  No [ ]  **Km-markings:** Yes [ ]  No [ ]   **Measurement direction:** Running direction [ ]  Opposite running direction [ ]  **National record can be approved:** Yes [ ]  No [ ]  |

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| **CONTACT INFORMATION** |
|  | **Measured by:** | **Organizer:** |
| **Contact person:** |  |  |
| **Phone:** |  |  |
| **Email:** |  |  |

It is hereby confirmed that the course has been measured by a national certified course

measurer from Norwegian Athletics. The course is measured in accordance with Norwegian

athletics regulations, and the distance(s) has the minimum reported length(s). The survey is valid for 5 years, except if the route is changed.

Date Signature by Course measurer Date Signature by NFIF

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| **CALIBRATION COURSE AND PROCEDURE** |
| **Length of measuring tape** (steel measuring tape only) |   |
| **Length of calibration course 1st measurement**  |  |
| **Length of calibration course 2nd measurement**  |  |
| **Possible 3rd measure** (max. 1 cm diff per 100m 1st and 2nd) |  |
| **Average of measurements before adjustments** |  |
| **Temperature (road or measuring tape)** |  |
| **Adjustment cf.** D-(D\*(1+(temp-20)\*0,0000115) |  |
| **Measured calibration distance after adjustment** |  |
| **Distance from start/finish to calibration distance** |  |

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| **CALIBRATION INFORMATION** - (max 8 counts difference of 1000 m between 4 measurements, ie2 counts of 300m and 3 count of 400m) |
|  | **Pre-measurement:**  | **Post measurement:** |
|  | **Date and Time:**  | **Date and Time:**  |
|  | **Start** | **End** | **Diff.** | **Start** | **End** | **Diff.** |
| **1st measure** |  |  |  |  |  |  |
| **2nd measure** |  |  |  |  |  |  |
| **3rd measure** |  |  |  |  |  |  |
| **4th measure** |  |  |  |  |  |  |

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|  | **Pre measurement** | **Post measurement** |  |
| **Average** **(1+2+3+4) / 4** |  |  | Today's constant. Either highest or average of before and after measurement |
| **Constant 1 km** |  |  |  |
| **Addn. +1‰** |  |  |  |
| **Measurement constant** (rounded) |  |  |  |

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| **MEASUREMENT PROCEDURE** |
| **Measurement constant** |  |
| **Measured Distance** | **Counter** | **Description of place** |
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|  |  | **Total measured without adjustments** |
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|  |  | **Total measured adjustments** |
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|  |  | **Total measured course** |

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| **CONCLUSION OF MEASUREMENT** |
| 1. **Measurement method**
2. **Measurement procedure**
3. **Course adjustment**
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| **CALIBRATION COURSE MAP** |

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| **COURSE MAP & DESCRIPTION** |