Norwegian Athletic Federation

Ullevaal stadion
Sognsveien 75 J
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NORWAY
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COURSE MEASUREMENT REPORT
- REPORT FOR NATIONAL CERTIFIED COURSE –

INFORMATION ABOUT EVENT AND COURSE
Event: Strandamilå
Technical Organiser: Midtbygdens Idrettslag
City/Place: Tau, Rogaland, Norway
Date of Arrangement: 1.May 2022
Date and time for measurement: 9.March 2022 – (adjustments 15.March)
Measured distance(s): : 5 km, 10 km, 21 km – **This report is for 21 km**
Length of calibration course: 300 m
Terrain: Flat ☐ Slightly hilly ☐ Hilly ☒ Terrain ☐   **Type of course route**: Closed loop ☒ Back and forth ☐ A to B ☐ Other ☐   **Race surface**: Asphalt and gravel   **Elevation Start - Finish:** 0 m   **Description of start:** Tau stadium   **Description of finish:** Tau stadium   **Distance, in a straight line, between start & finish:** 140 m (lane 1)   **Start and Finish marked:** Yes ☐ No ☒ (as per attached map)   **Km-markings:** Yes ☐ No ☒   **Measurement direction:** Running direction ☒ Opposite running direction ☐   **National record can be approved:** Yes ☐ No ☒

CONTACT INFORMATION		
	Measured by:	**Organizer:**
Contact person:	Erling Hiorth	Beate Jåsund
Phone:	+47 91337338	+47 98690973
Email:	Erling.hiorth@lyse.net	frujaasund@gmail.com

It is hereby confirmed that the course has been measured by a nationally certified course measurer from Norwegian Athletics. The course is measured in accordance with Norwegian athletics regulations, and the distance(s) has the correct length(s). The survey is valid for 5 years, except if the route is changed.

17.March 2022   *Erling Hiorth*   4.7.2022   *Peer Jensen*

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Date	Signature by Course measurer	Date	Signature by NFIF

CALIBRATION COURSE AND PROCEDURE	
Length of measuring tape (steel measuring tape only)	50 m
Length of calibration course 1st measurement	300 m
Length of calibration course 2nd measurement	300 m
Possible 3rd measure (max. 1 cm diff per 100m 1st and 2nd)	No
Average of measurements before adjustments	300 m
Temperature (road or measuring tape)	6 C
Adjustment cf. D-(D*(1+(temp-20)*0,0000115)	0,048 m
Measured calibration distance after adjustment	300 m (added +4,8 cm)
Distance from start/finish to calibration distance	330 m

CALIBRATION INFORMATION - (max 8 counts difference of 1000 m between 4 measurements, ie 2 counts of 300m and 3 count of 400m)						
	Pre-measurement:			**Post measurement:**		
	Date and Time: 9.March 15:30			**Date and Time:** 9.March 17:30		
	Start	**End**	**Diff.**	**Start**	**End**	**Diff.**
1st measure	690100	693379	3279	956805	960087	3282
2nd measure	693379	696657	3278	960087	963367	3280
3rd measure	696657	699936	3279	963367	966649	3282
4th measure	699936	703214	3278	966649	969929	3280

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	Pre measurement	Post measurement	
Average (1+2+3+4) / 4	3278,5	3281	Today's constant. Either highest or average of before and after measurement
Constant 1 km	10928,344	10936,678	
Addn. +1‰	10,928	10,937	
Measurement constant (rounded)	10939	10948	10944

MEASUREMENT PROCEDURE		
Measurement constant	10944	
Measured Distance	**Counter**	**Description of place**
	719500	Start stadium, at 140 m mark
441,2 m	724328	Gate 1, clockwise from start +1 round
10.709,1 m	841528	Gate 1 - 1st round Bedehusvegen, Solbakk, Tau
402,2 m	845930	Gate 1 - 1 round at stadium, clockwise
9287,4 m	947571	Gate 1 - 2nd round to Solbakk, Tau
279,9 m	950634	Finish line, at 60 m mark, clockwise
21.119,8 m		**Total measured without adjustments**
Measurement constant	**10935**	**Measurement 15.March 2022**
	119981	Original measure - start point mark 1 Tau kai
- 310,2 m	123373	Original measure - finish point mark 2 Tau kai
	111190	Adjusted course – start point mark 1
+ 301,7 m	114489	Adjusted course – finish point mark 2
- 8,5 m per round x2		**Total measured adjustments**
21.102,8 m		**Total measured course**

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CONCLUSION OF MEASUREMENT

1. General information about race course and start/finish
   - Technical organiser want both start and finish at stadium
   - Finish line set at 60 m mark, start line to be adjusted
2. Measurement of calibration course
   - Ryfylkeveien nr. 1972 til 1986, cycle path
   - Measured in accordance with procedure, 2 persons, both ways independant
   - Adjusted for temperature on ground, added 4,8 cm on first measure
   - Both ends marked with spray on ground
3. Calibration of bicycle
   - Calibration in accordance with procedure, 4 measures, variance max 2
   - Pre- and post-measurement calibration performed
4. Measurement of the course
   - Pre-measurement of the race course (1 round) were done 1 week earlier and estimated start line were calculated
   - Start stadium at 140 m mark, measured continously from start to finish
   - Shortest possible route
5. Course adjustments
   - Course adjusted Tau kai (harbour) by following lane 1 instead of outside bus shed
   - Course direction at stadium and at Tau harbour attached
6. Overall length of the course
   - The race is not shorter than half marathon
7. Additional info
   - Technical organiser will set km marks 1-21
   - Attached course map were generated during measurement

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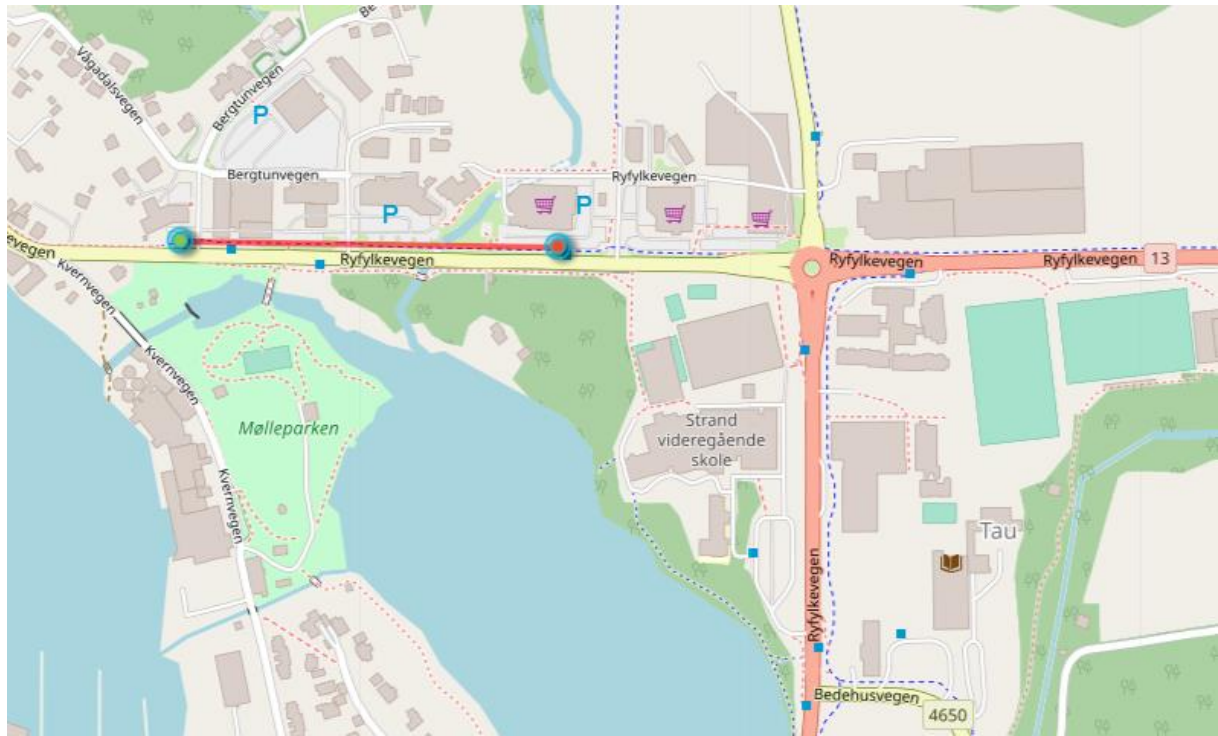# Norwegian Athletic Federation

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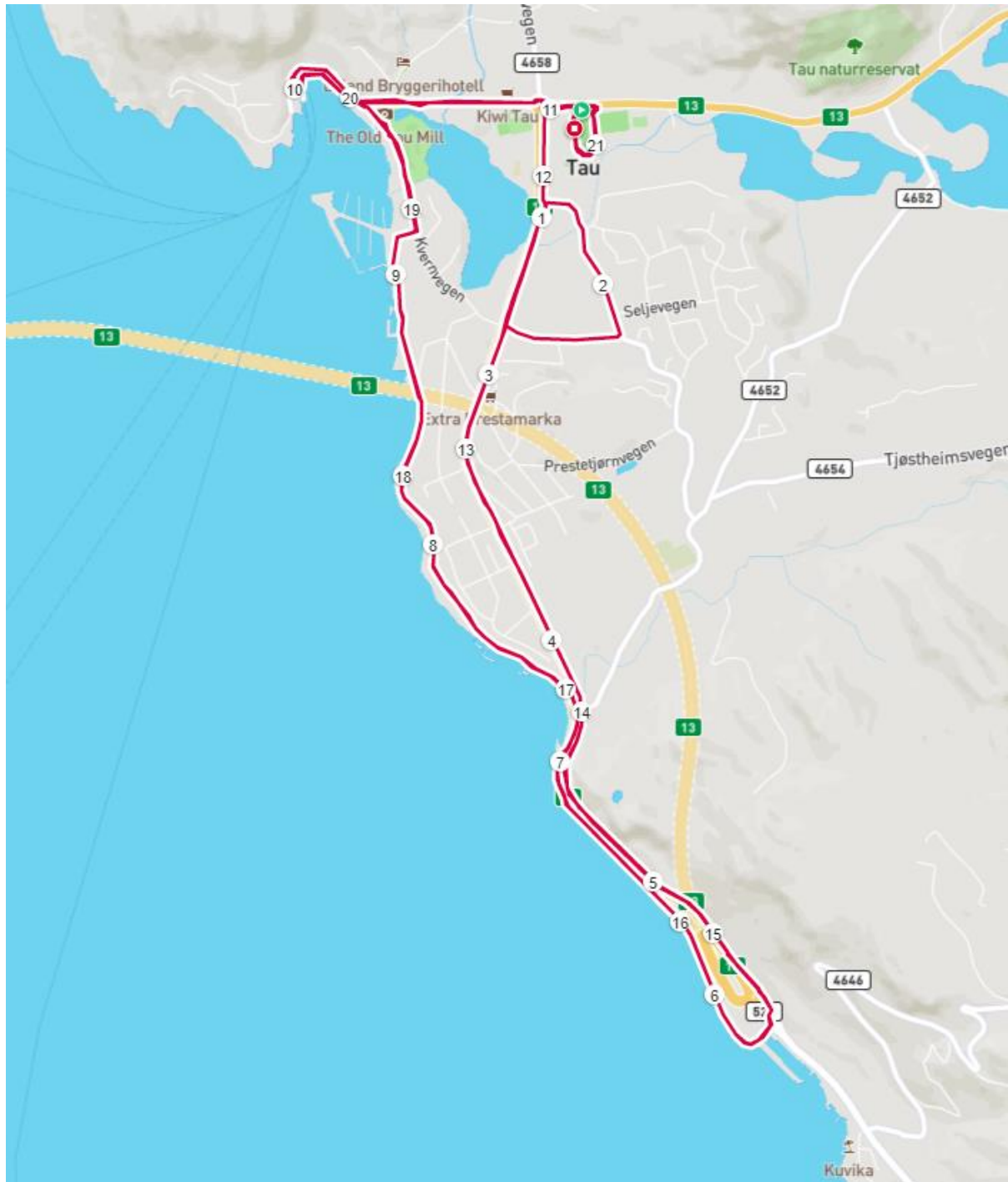E-mail: friidrett@friidrett.no
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CALIBRATION COURSE MAP

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NATIONAL CERTIFIED COURSE

norwegian
athletics

In cooperation with AIMS & WA

COURSE MAP & DESCRIPTION

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COURSE MAP – Tau stadium
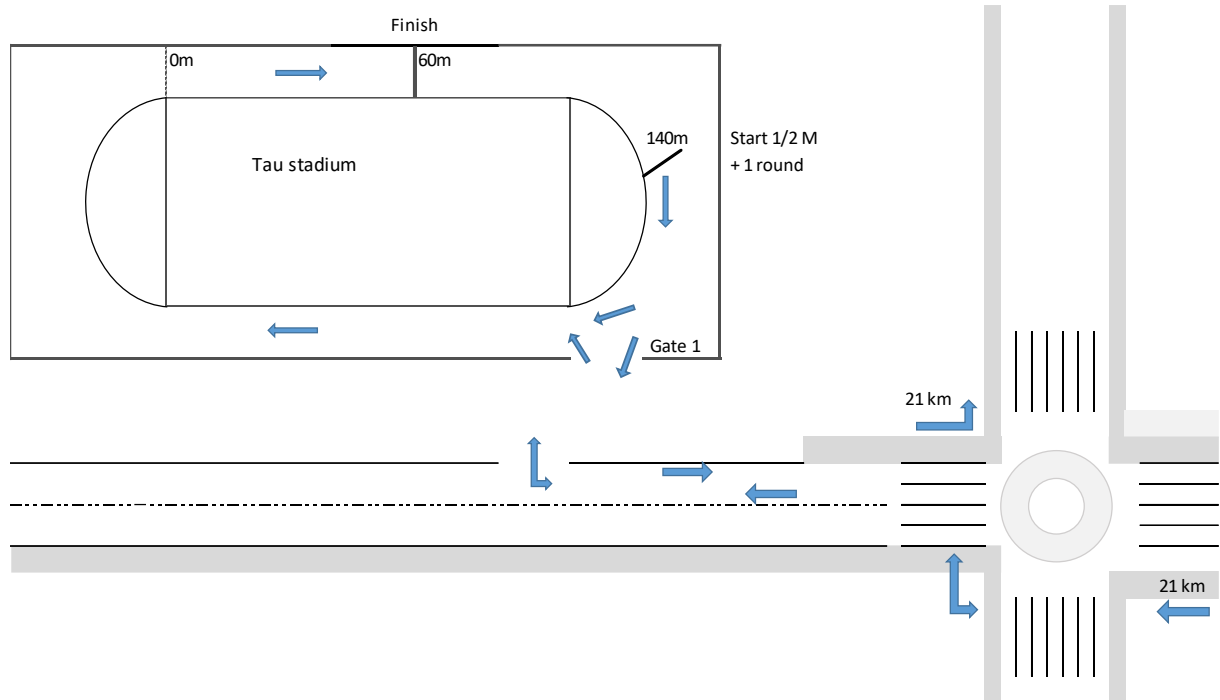
Course direction:

1	Start – Gate 1	441,2
2	Round 1 - Bedehusvegen / Solbakk / Tau	10.700,6
3	1 round stadium	402,2
4	Round 2 - Solbakk / Tau	9.278,9
5	Gate 1 – finish line	279,9
Total		**21.102,8 m**

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COURSE MAP – Tau kai (harbour)

Course to follow walking path, not road, on both sides

Course to follow outside barrier line, lane 1 and outside traffic sign – ref pictures below.
Spray on ground with course directions performed.

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