

Norsk friidrett

Ullevaal stadion

Sognsveien 75 J

0840 Oslo

E-mail: friidrett@friidrett.no

Tlf.: +47 94 83 33 26



COURSE MEASUREMENT REPORT

- REPORT FOR NATIONAL CERTIFIED COURSE -

INFORMATION ABOUT EVENT AND COURSE
Flyplassmila
Technical Organiser: Stord IL
City/Place : Stord Airport , Norway
Date of event : 22.09.2024
Date and time for measurement : 10.09.2024, starting at 10.20 AM
Measured distance : 5K (10K using the same 2.5K loop)
Length of calibration course : 350 m
Terrain: Flat ☒ Slightly hilly ☐ Hilly ☐ Terrain ☐ Type of course route: Closed loop ☐ Back and forth ☐ A to B ☒ Other ☐ Race surface: Asphalt Elevation Start - Finish: 0m Description of start: : On the aircraft runway (Figure 3 and 4) Description of finish: In front of airport building (Figure 3 and 4) Distance, in a straight line, between start & finish: 70m Start and Finish marked: Yes ☒ No ☐ Km-markings: Yes ☐ No ☒ Measurement direction: Running direction ☒ Opposite running direction ☐ National record can be approved: Yes ☒ No ☐

CONTACT INFORMATION		
	Measurer	Technical Organiser : STORD IL
Kontaktperson:	Ivar Andreas Sandø	Nils Hetleflåt
Telefon:	91648793	91385442
Epost:	Ivarsando53@gmail.com	Nils.hetleflat@sklbb.no

Det bekreftes herved, at løypa er oppmålt av en nasjonal sertifisert løypemåler fra Norsk friidrett. Løypa er oppmålt i henhold til Norsk friidretts bestemmelser, og distansen(e) har de(n) korrekte lengde(r). Oppmålingen gjelder i 5 år med unntak hvis traseen endres.

12.09.2024 Ivar A. Sandø

Dato

Løypemålers underskrift

Dato

NFIFs godkjenning

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CALIBRATION COURSE	
Length of measuring tape (steel measuring tape only)	50m
Length of calibration course 1st measurement	350,00 m
Difference between 1 st and 2 nd measurement	2,5cm
Possible 3rd measure (max. 1 cm diff per 100m 1 st and 2 nd)	
Average of measurements before adjustments	350,00m
Temperature (road or measuring tape)	+10 C
Adjustment cf. $D_{corr} = D * (1 + 0,0000115 * (temp - 20))$	4 cm
Calibration distance – temp. correction applied	350,00m
Distance from start/finish to calibration distance	50m from start line, calibration course is part of the loop

CALIBRATION INFORMATION - (max 8 counts difference of 1000 m between 4 measurements, ie 2 counts of 300m and 3 count of 400m)						
	Pre measurement calibration			Post measurement calibration		
	Date and time : 10/9 10.30 AM			Date and time : 10/9 11.30 AM		
	Start	Stop	Difference	Start	Stop	Difference
1.Measurem.	16436	20359	3923	62168	66090	3922
2.Measurem.	20359	24280	3921	66090	70011	3921
3. Measurem.	24280	28203	3923	70011	73933	3922
4. Measurem.	28203	32124	3921	73933	77855	3922

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	Pre measurement	Post measurement	
Average (1+2+3+4) / 4	3922,00	3921,75	Today's constant. Either highest or average of before and after measurement
Constant 1 km	11205,71	11205,,00	
Addn. +1‰	11,21	11,21	
Measurement constant (rounded)	11217	11216	11217

Today's constant 11217		
Measured distance (m)	Counter	Description of position
0	33215	Start line (Figure 3)
2501,38	61273	Start line (1 lap in the 2.5k loop)
0	79253	Signal light (Figure 3)
53	79848	Finish line (Figure 3)
0	80478	Signal light (Figure 3)
53	81073	Start line (Figure 3)

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MEASUREMENT DESCRIPTION

- **Measurement method**

Measured with bicycle using a Cook-Jones counter mounted on front wheel

The course has been certified by NFIF some years ago. This measurement is a repeat of the earlier measurement to extend the certification period and obtain international certification of the course.

We measured the 2.5k loop in the running direction, starting and ending at the start line as used in the previous versions of the event (Figure 3 and 4). The length was found to be 2501m.

The 5K course consists of 1 complete lap in the 2.5K loop, when the runners have almost finished the 2. loop, they deviate from the loop and run to the finish line in front of the airport buildings (Figure 3 and 4). The distance from the signal light to the start and finish lines is 53m. (Figure 3).

The 10K course is identical with the 5K, but includes 2 more laps in the 2.5k loop.

Deviations from shortest path :

None.

Final adjustment of the course

No additional adjustments necessary

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Figure 1 : CALIBRATION COURSE MAP

350m calibration course on the airport runway



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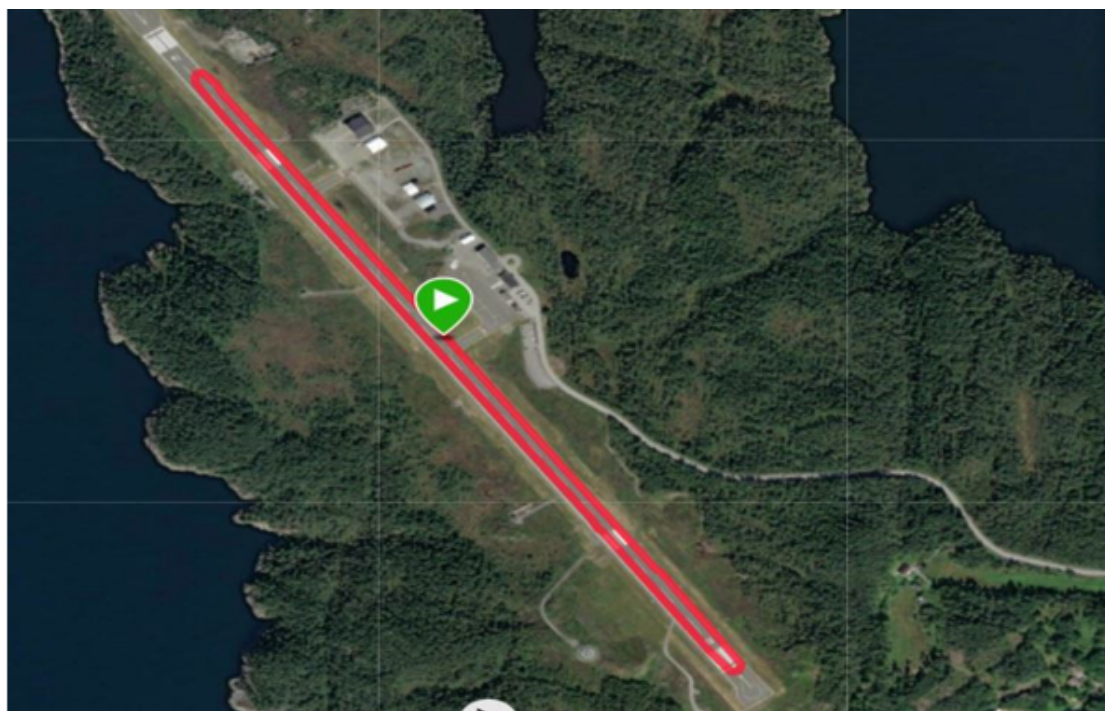
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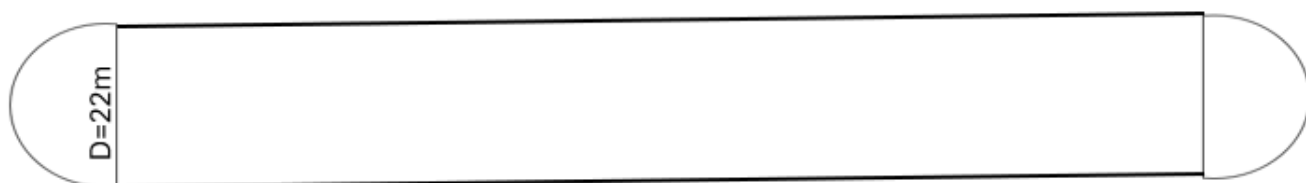
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Figure 2 :COURSE MAP AND DESCRIPTION



Length = 1216m



A 2.5k lap is designed on the runway by measuring straight lines of 1216m length. The distance between the lines is 22m. The turns are designed as half circles in each end of the straight lines. This gives a total lap length of 2501m. The position of the half circles is shown on Figures 5 and 6.

The 5K runners run 1 complete lap, but on the 2. lap, when the runners reach the signal light (Figure 3), they deviate from the lap and run 53 m to the finish line shown in Figure 3.

The 10K consists of 3 complete laps and identical route as 5K in the final lap.

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Figure 3 : Start and finish lines



The start line is located 53m from the signal light as indicated in the figure. This distance is also used to determine the finish line in front of the airport buildings.

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Figure 4 : Details of start and finish lines



Start line marked with spray and nail on the asphalt.

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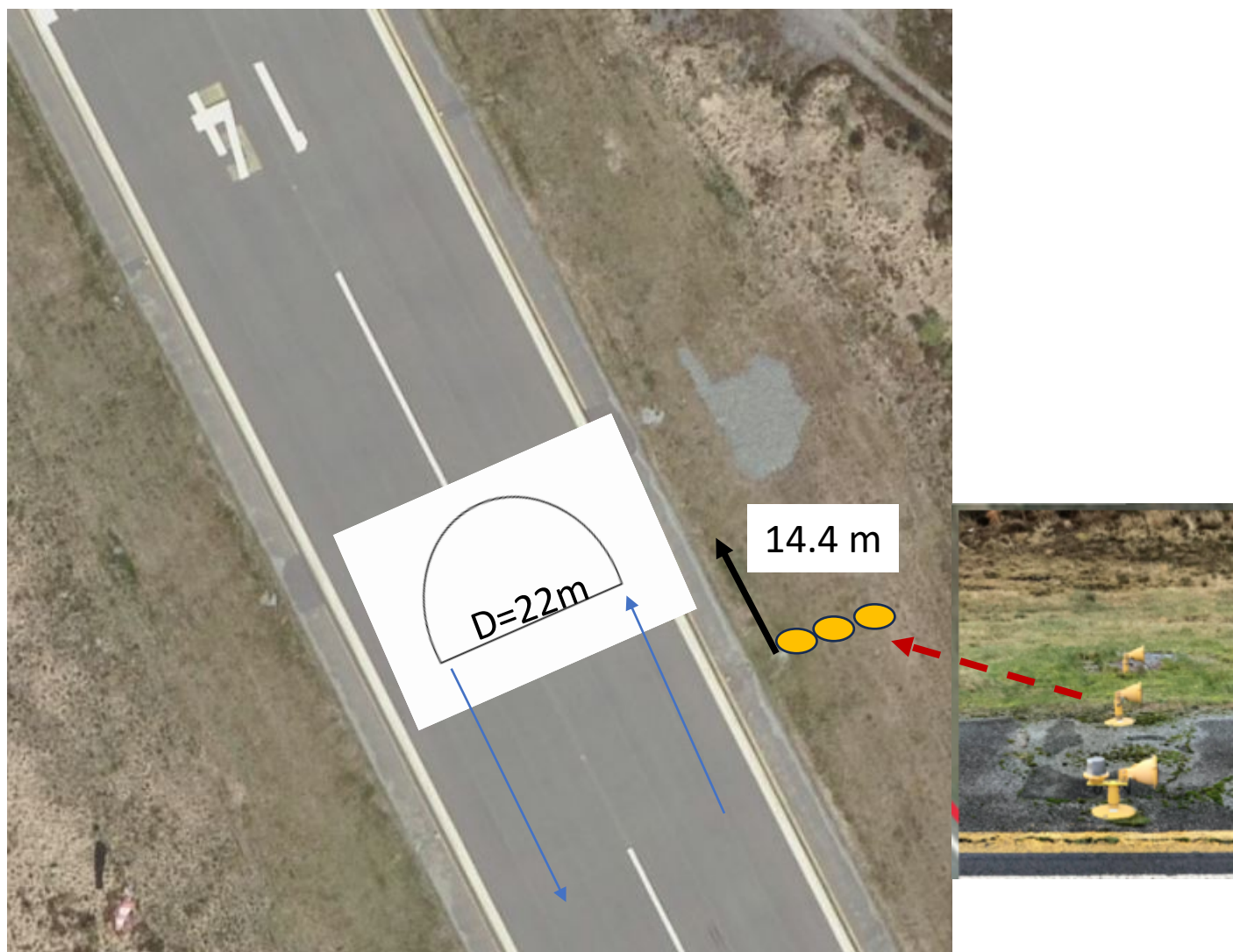
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Figure 5 : Location of the half circle in the northern end of the loop



The start point of the half circle is located 14.4m after the 3 small signal lights as shown in the figure. Cones are used to define the half circle on race day.

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Figure 6 : **Location of the half circle in the southern end of the loop**

The center of the half circle is in the middle of the broad white line close to the runway crossing lines as shown in the figure.

