Ladies Tour of Norway

15—16 August 2015

UCI cat 2.2

Foto: EventFotografene

Technical guide

LADIES TOUR
OF NORWAY

www.lton.no

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Organization

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Technical Director	Heidi Stenbock-Haakestad	+47 928 04 303
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Course manager	Cato Edvardsen	+47 970 95 095
Arena Coordinator	Renate Dahle	+47 977 15 185
Security Manager	Jon Olav Ødegaard	+47 991 23 401
Marshall Manager	Tore Listou	+47 922 46 082
Race Headquarters	Bjørg Hvideberg	+47 906 25 727
Accommodation	Astrid Brøchner	+47 414 35 393
Accommodation	Gry Moberg	+47 402 88 626
Race doctor	Nadin Bjørhei	+47 988 54 144
Radio Tour	Henning Knudsen	+45 25 31 71 90
Results	VotreCourse.com	

Panel of Commissaires

President	Alexander Ilin, Russia
Members of the jury	Amund Klem Rønning, Tor Arne Oltedal, Norway
Moto commissaires	Jakob Knudsen, Søren Knudsen, Denmark
Finish judge	Kenneth Simonsson, Sweden
Time keeper	Asgeir Mamen, Norway
Ass commissaires	Ivar Grape Arnesen, Morgan Grindalen, Espen Gustavsen, NOR

Hotels

Thon Hotel
Langbrygga 1, 1767 Halden
+47 69 21 33 00
halden@thonhotels.no
GPS: 59.119059''N 11.386458''E

Park Hotel
Marcus Thranes gate 30, 1776 Halden
+47 69 21 15 00
info@park-hotel.no

Hitec Products
Rabo Liv Women Cycling Team
Bigla Pro Cycling Team
Orica – AIS
Pearl Izumi
Boels Dolmans Cycling Team
Alé Cipollini
Racing Chance Foundation
Commissaires

Swabo Ladies
CK Victoria
Maxx Solar
Team BMS BIRN
Team Crescent D.A.R.E
Grimstad SK
Swedish National Team

BEST WESTERN PLUS Grand Hotel
Jernbanetorget 1, 1767 Halden
+47 69 18 72 00
grand@bestwestern.no

IK Hero
CK Bergen

Hospital

Sykehuset Østfold, Fredrikstad, Cicignongata 19, 1606 Fredrikstad, Telephone: 08600,
Emergency number: 113
GPS: 59.285821 N 11.109527 E

Specific Regulations

Article 1. Organization

The 2nd edition of Ladies Tour of Norway is organized by Ladies Tour of Norway AS, Pb 87, 1751 Halden, +47 906 49 339, under the regulations of the International Cycling Union. It is to be held from 15th to 16th of August 2015.

Article 2. Type of Event

The event is classified as an UCI cat 2.2 event, and is open to athletes of the Women Elite category. In conformity with the UCI rules, points are awarded as follows for the UCI ranking for Women Elite:

Position	Final classification	Stage
1	40	8
2	30	5
3	16	3
4	12	1
5	10	
6	8	
7	6	
8	3	
9	2	
10	1	

Wearing the leader's jersey awards 2 points per stage.

Article 3. Participation

As per article 2.1.005 of the UCI regulations, the event is open to the following teams: UCI Women's teams, national teams, regional and club teams and mixed teams.

As per article 2.2.003 of the UCI regulations, teams must be formed of minimum 4 and maximum 6 riders.

Article 4. Race Headquarters

The race headquarters is located at Thon Hotel, Langbrygga 1, Halden and the opening hours are: Friday 14th of August;14.00 - 17:30 and 20:00 - 21.30, Saturday 15th of August; 08:00 – 10:30, 16:30 – 20:00 and Sunday 16th of August; 08:30 until the end of the event.

The race headquarters will be open at the start area of stage one between 12:30 and 14:00.

Team representatives are requested to confirm their starters and collect their race numbers at the race headquarters from 08:30 to 09:30 the 15th of August.

The team managers' meeting is scheduled for 10:00, the 15th of August, at Thon Hotel, Langbrygga 1, Halden.

Article 5. Radio-Tour

Race information will be broadcast in English on Radio-Tour, frequency 154,9250 MHz.

Article 6. Neutral Technical Support

The neutral support is taken care of by three cars.

Article 7. Finishing time limits

Taking into account the characteristics of each stage, the finishing time limits have been set as follows: 10 % on both stages.

The time limit may, in exceptional circumstances, be increased by the Commissaires' Panel in agreement with the organizer according to the article 2.6.032.

Article 8. Classifications – Time bonuses

The following classifications will be issued:

a) Individual classification – purple jersey – sponsored by Uno-X
b) Individual points classification – green jersey – sponsored by Teknotherm
c) Climber's Classification – polka dot jersey – sponsored by Hitec Products
d) Best young rider – white jersey – sponsored by Berg Sparebank
e) Best norwegian rider – flag jersey – sponsored by Sto-Nor
f) Team classification

This order (a-e) is also the priority order of the jerseys.

Riders must wear their official jersey. After the 1st stage, the riders shall wear the leaders jerseys as mentioned in these regulations. If the same rider holds more than one jersey, she shall wear the most significant and the next rider in the competition shall wear its respective leaders jersey etc.

Individual classification

Individual classification on time is determined after each stage by calculating the time in whole seconds (including penalty seconds and bonuses). If two or more riders are equal their positions are decided by adding up their placings in each stage, and as a last resort, the place obtained in the last stage shall be taken into consideration. The rider leading this classification shall wear the Uno-X purple jersey.

Points classification

Individual points classification is drawn up after each stage by calculating the points won. On each stage the first six riders will be awarded points according to the following scale:

1: 7 p 2: 5 p 3: 4 p 4: 3 p 5: 2 p 6: 1 p

Furthermore there will be points awarded for the points classification in the intermediate sprints. There will be 2 sprints on each stage. In each sprint 5, 3 and 1 points will be awarded to the three first placed in these sprints. In the sprints, time bonuses of 3, 2 and 1 seconds will also be awarded to the first three riders to cross the line. The time bonus will count in the overall classification but not in the stage result. If riders finish on equal points, the UCI regulation 2.6.017 shall apply by using the following criteria:

1) Number of stage wins
2) Number of wins in the intermediate sprints
3) General individual classification by time

The leader of this classification shall wear the Teknotherm green jersey.

Climber's Classification

The Climber's classification will be rewarded for designated climb sprints during the race. In each sprint the first four riders will be given points: 4-3-2-1 point. The overall winner will be the rider who scores most points. Should riders finish equal on points the UCI regulation 2.6.017 shall be applied by the following criteria:

1) Number of climb sprints won
2) General individual classification by time

The leading rider in this classification shall wear the Hitec Products polka dot jersey.

Best young rider classification

Young rider classification is open for riders born in 1993 or later. The regulations follow the individual classification.

The leading rider in the best young rider classification shall wear the Berg Sparebank white jersey.

Best Norwegian rider classification

Best norwegian rider classification is open for riders with norwegian nationality. The regulations follow the individual classification.

The leading rider in the best Norwegian classification rider shall wear the Sto-Nor flag jersey.

Team Classification

In accordance with article 2.6.016 of the UCI regulations, the team classification for the day shall be calculated on the basis of the sum of the three best individual times from each team. In the event of a tie, the following criteria shall be applied:

1) The sum of the places acquired by their three best times on the stage
2) The placing of their best rider on the stage classification

The winner of the overall team classification will be determined by adding the team result of every stage. In the event of a tie, the following criteria shall be applied:

1) Number of first places in the daily team classifications
2) Number of second places in the daily team classifications, etc

Time bonuses

Stage finish: 10-6-4 seconds to the first three riders.

Intermediate sprints counting in the points classification: 3-2-1 seconds to the first three riders.

Stages finishing on a circuit

Both stages finish on a circuit and riders or groups of riders who are lapped must not join overtaking groups. Dropped riders must obey the instructions of the commissaires at the circuit entrance and may have to wait prior to entering the circuit.

Article 9. Prizes

The following prizes are awarded

Individual general classification:

Plac.	Stage 1	Stage 2	General classification
1	€200	€200	€300
2	€115	€115	€175
3	€90	€90	€135
4	€75	€75	€115
5	€60	€60	€90
6	€60	€60	€90
7	€60	€60	€90
8	€60	€60	€90
9	€60	€60	€90
10	€60	€60	€90
11	€30	€30	€45
12	€30	€30	€45
13	€30	€30	€45
14	€30	€30	€45
15	€30	€30	€45
Total	**€990**	**€990**	**€1490**

The winner of each jersey is awarded an exclusive KostaBoda platter in the respective colour of the jersey.

Winner of each stage will, in addition to the prize money, be awarded a inscrepted cobblestone.

The winning team of the final Team classification are awarded €200.

The winners of the border sprints are awarded €100 each.

Article 10. Anti-Doping

The UCI anti-doping regulations are entirely applicable to the event. Moreover, and in conformity with the law of Norway, the Norwegian anti-doping legislation is applicable in addition to the UCI anti-doping regulations.

The anti-doping tests will take place in the race headquarters at Thon Hotel, Langbrygga 1, Halden.

Article 11. Awards ceremony

Ceremony will be held immideatly after the results are approwen.

The following riders must attend the official awards ceremony:

The winner of the stage, the winner of the border sprint and the leaders of the following secondary classifications:

a) Individual general classification – UnoX purple jersey
b) Individual points classification – Teknotherm green jersey
c) Climber's Classification – Hitec Products polka dot jersey
d) Best young rider classification – Berg Sparebank white jersey
e) Best Norwegian rider classification – Sto-Nor flag jersey

Moreover, at the general finish of the event, the following riders must also present themselves at the final awards ceremony:

- The first three in the individual general classification,
- The winner of the points classification
- The winner of the Climber's classification
- The winner of the Best young riders classification
- The winner of the Best Norwegian riders classification
- The winner of the Team classification

Article 12. Penalties

The UCI scale of penalties is the only one applicable

Article 13. Special instructions

Responsible driving:

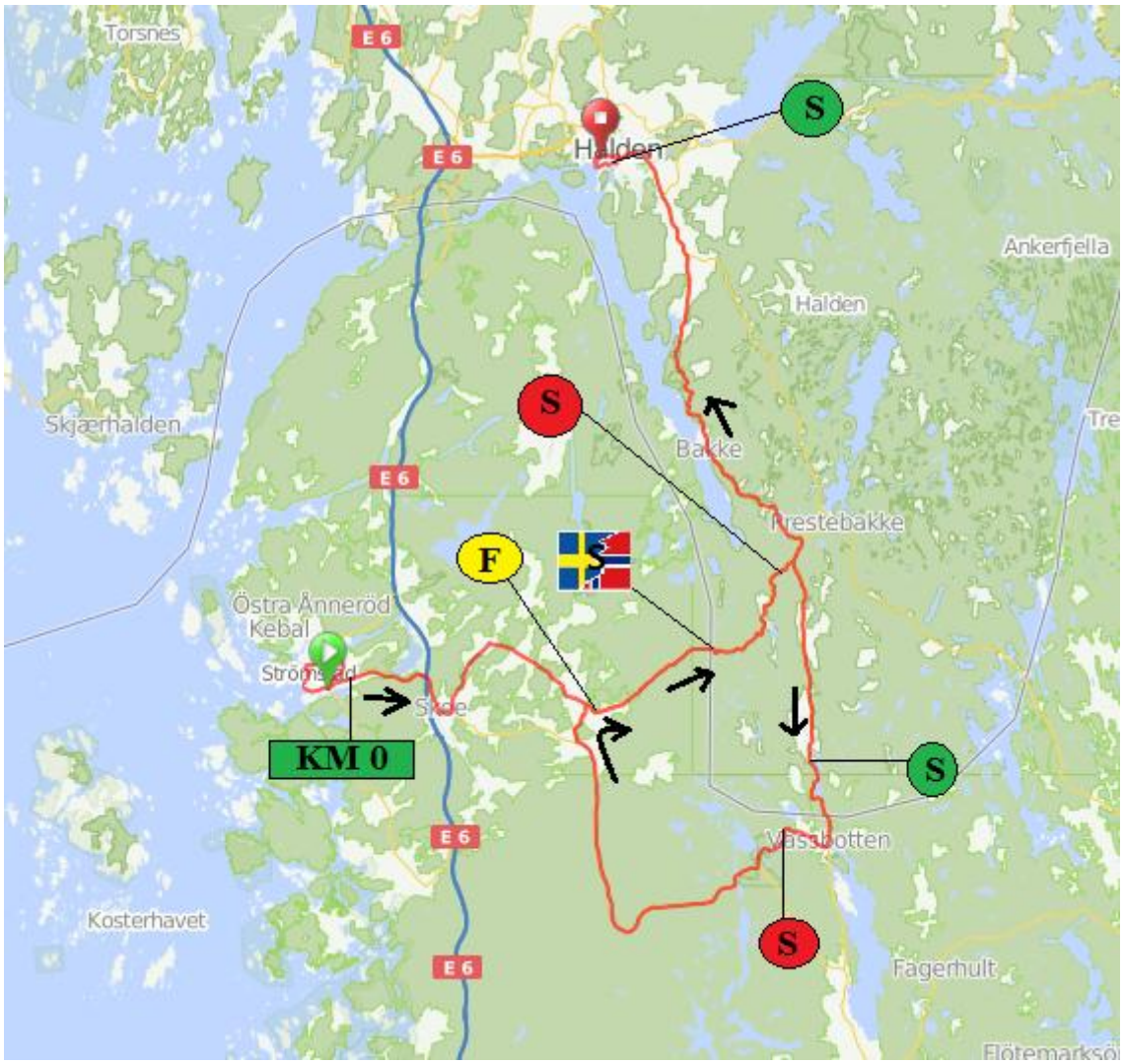
- Switch on the lights. Low-beam headlights are required at all times (even if your vehicle is equipped with daytime running lights)
- Always wear a seatbelt. Seatbelts are mandatory for occupants both in front an back seats of the vehicle.
- Check your speed: 30/50 kph max in built-up areas, depending on signs, 50 kph max on stretches of road where there are large numbers of spectators. 80 kph max outside built-up areas, even if there are few spectators.
- Use of mobile phones is forbidden while driving, hands-free shall be used.
- Zero alcohol limit: 0,0g/litre of blood. Alcohol and drugtests may be carried out during the event.

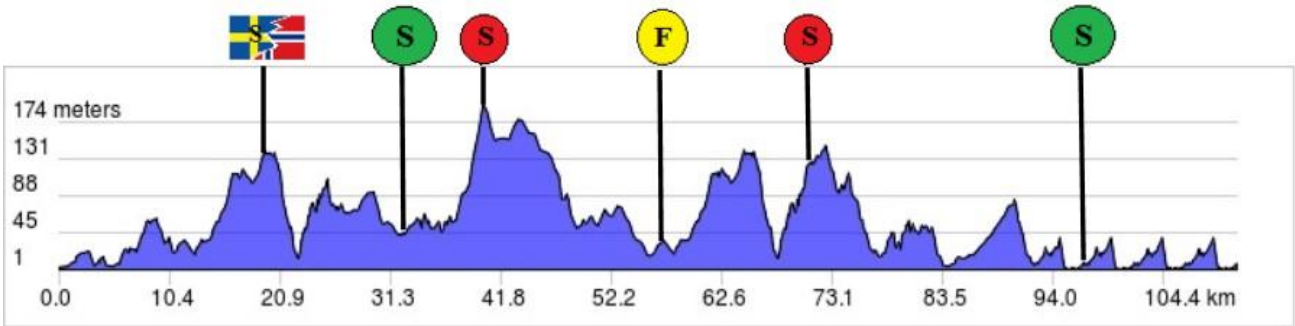
Sign-in

Each rider shall sign-in in person before each stage. We ask the teams to come all riders together. The time for sign-in starts 50 min before start and finish 10 min before start.

Stage 1, 15th of August 2015

Strömstad – Halden, 112,0 km





Stage 1, 15th of August 2015

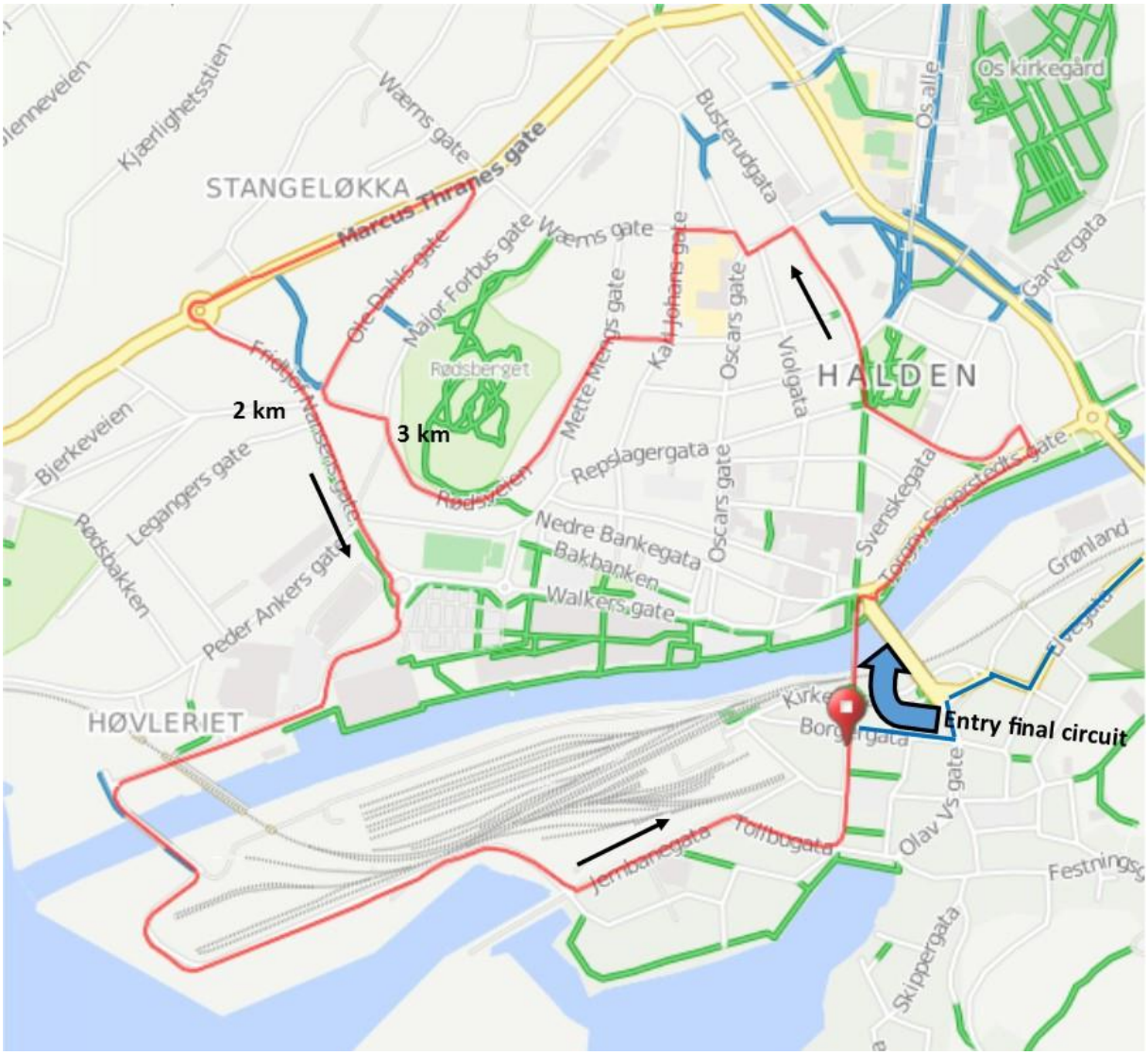
Basic info

Sign-in:	13:10 – 13:50
Start:	14:00
Total distance:	115,2 km
Neutral zone:	3,2 km
Race distance:	112,0 km
Start:	Västra Hamngatan, Strömstad
Finish:	Storgata, Halden
Final laps:	3 final laps after the first passage of the finish line. This means almost four complete laps since the entry of the local circuit is just 50 meters after the finish line.
Feeding zone:	59-61 kms
Intermediate sprints:	32,7 km and 97,6 km (first passage of the finish line)
Climb sprints:	40,7 and 71,1 km
Border sprint:	20,2 km

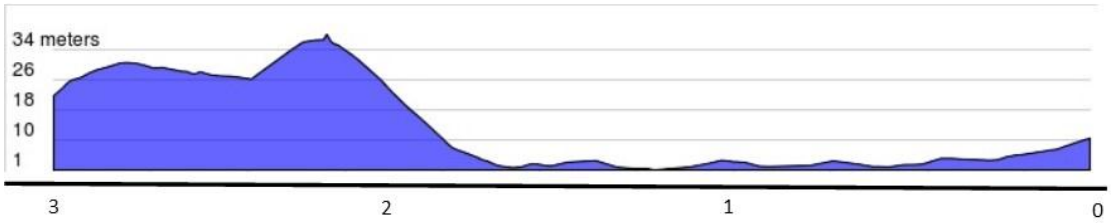
Start area

Stage 1, 15th of August 2015

Final circuit

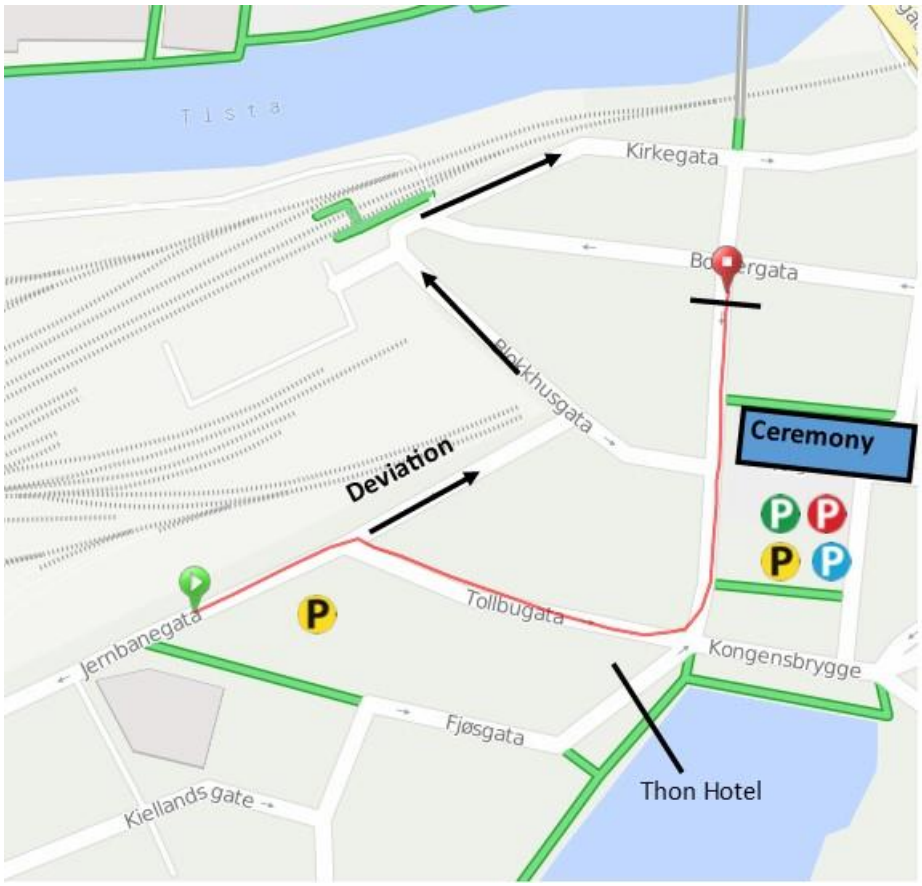


Profile final 3 kms



Stage 1, 15th of August 2015

Finish area

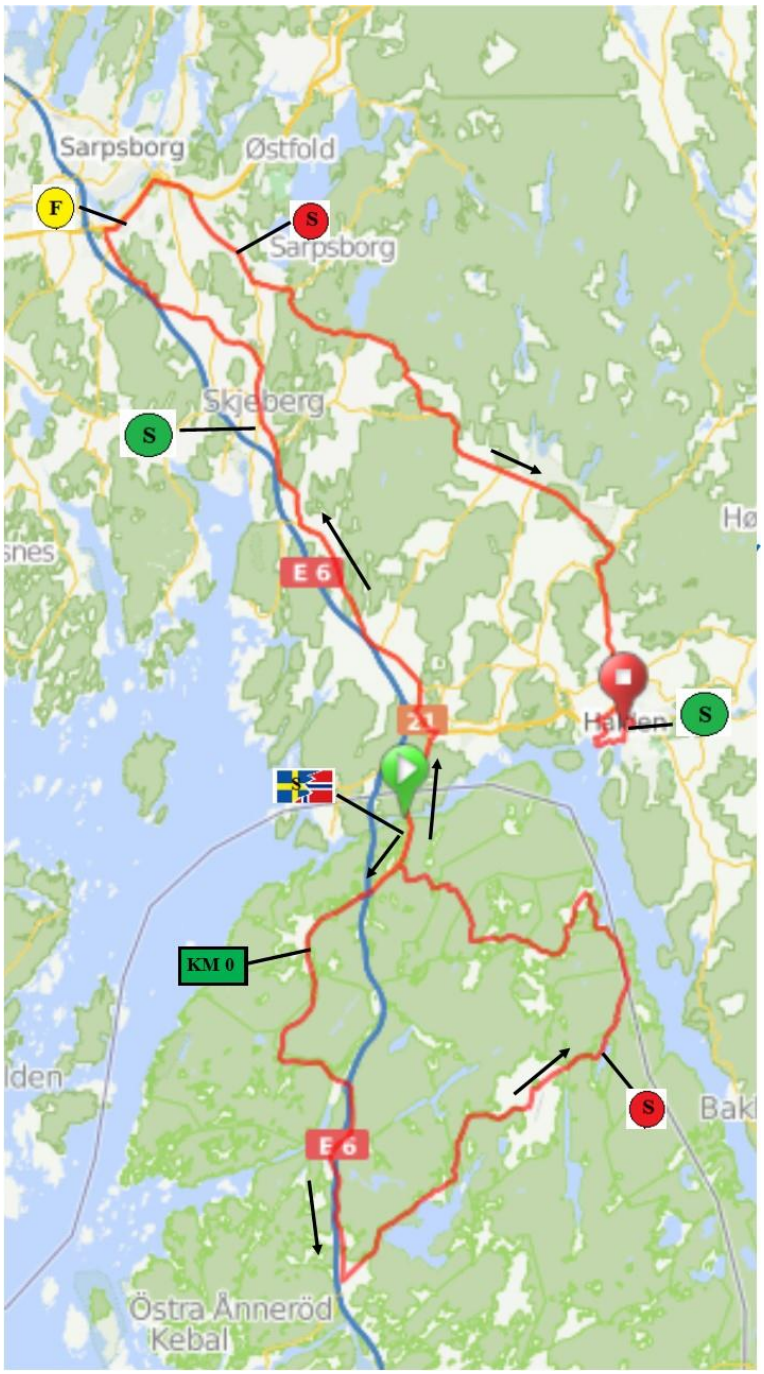


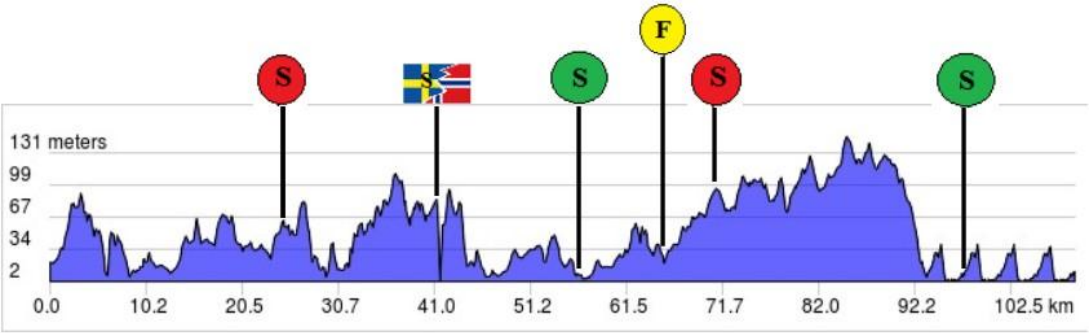
	Point	from ZERO	to END	36 km/h	38 km/h	40 km/h
	Neutralized start	-3,2	115,2	14:00	14:00	14:00
	Surbrunnsgatan, bridge	-2,9	115,0			
	Södra Hamngatan	-2,9	115,0			
	Uddevallavägen	-2,5	114,6			
	Roundabout	-0,8	112,9			
	Start	0	112,0	14:07	14:07	14:07
	Roundabout Stationsvägen	3,6	108,4	14:13	14:12	14:12
	Roundabout road 164	5,0	107,0	14:15	14:14	14:14
	Grålösvägen	5,4	106,6	14:16	14:15	14:15
	Högstad	8,7	103,3	14:21	14:20	14:20
		13,5	98,5	14:29	14:28	14:27
	Bordersprint	20,1	91,9	14:40	14:39	14:37
	Descent !	21,8	90,2	14:43	14:41	14:39

Road 22	25,8	86,2	14:50	14:47	14:45
Teknotherm pointsprint	32,7	79,3	15:01	14:58	14:56
Vassbotten	38,1	73,9	15:10	15:07	15:04
Hitec Products Climb Sprint	40,8	71,2	15:14	15:11	15:08
	57,1	54,9	15:42	15:37	15:32
	58,8	53,2	15:45	15:39	15:35
Start feeding zone	59,0	53,0	15:45	15:39	15:35
End feedning zone	61,0	51,0	15:48	15:43	15:38
Descent !	66,9	45,1	15:58	15:52	15:47
Hitec Products Climb Sprint	71,1	40,9	16:05	15:59	15:53
Road 22	71,3	40,7	16:05	15:59	15:53
Descent ! High Speed	91,0	21,0	16:37	16:30	16:23
Speedbumps	92,5	19,5	16:41	16:33	16:25
Olav Vs gate	92,6	19,4	16:41	16:33	16:25
Borgergata	92,7	19,3	16:41	16:33	16:25
Entering final circuit, Storgata	92,8	19,2	16:41	16:33	16:26
Sharp right turn after bridge	93,0	19,0	16:42	16:34	16:26
Osbekkgata	93,2	18,8	16:42	16:34	16:26
Jacob Blochs gate	93,2	18,8	16:42	16:34	16:26
Storgata	93,5	18,5	16:43	16:35	16:27
Vognmakergata	93,8	18,2	16:43	16:35	16:27
Arbeidergata	93,9	18,1	16:43	16:35	16:27
Waerns gate	93,9	18,1	16:43	16:35	16:27
Karl Johans gate	94,0	18,0	16:44	16:36	16:28
Kristian Augusts gate	94,1	17,9	16:44	16:36	16:28
Rødsveien	94,2	17,8	16:44	16:36	16:28
Ole Dahls gate	94,6	17,4	16:45	16:36	16:29
Marcus Thranes gate	94,9	17,1	16:45	16:36	16:29
Roundabout Fridtjof Nansens gate	95,4	16,6	16:46	16:37	16:30
Mathias Bjørns gate	95,9	16,1	16:46	16:38	16:30
Tomtegata	96,6	15,4	16:47	16:39	16:31
Jernbanegata	97,2	14,8	16:49	16:40	16:32
Tollbugata	97,3	14,7	16:49	16:40	16:32
Storgata	97,5	14,5	16:49	16:40	16:33
First passage of finish line Teknotherm pointsprint	97,6	14,4	16:49	16:41	16:33
Second passage of finish line	102,4	9,6	16:58	16:48	16:40
Third passage of finish line	107,2	4,8	17:07	16:56	16:48
Finish	112,0	0,0	17:15	17:03	16:55

Stage 2, 16th of August 2015

Halden – Halden, 109,2 km





Stage 2, 16th of August 2015

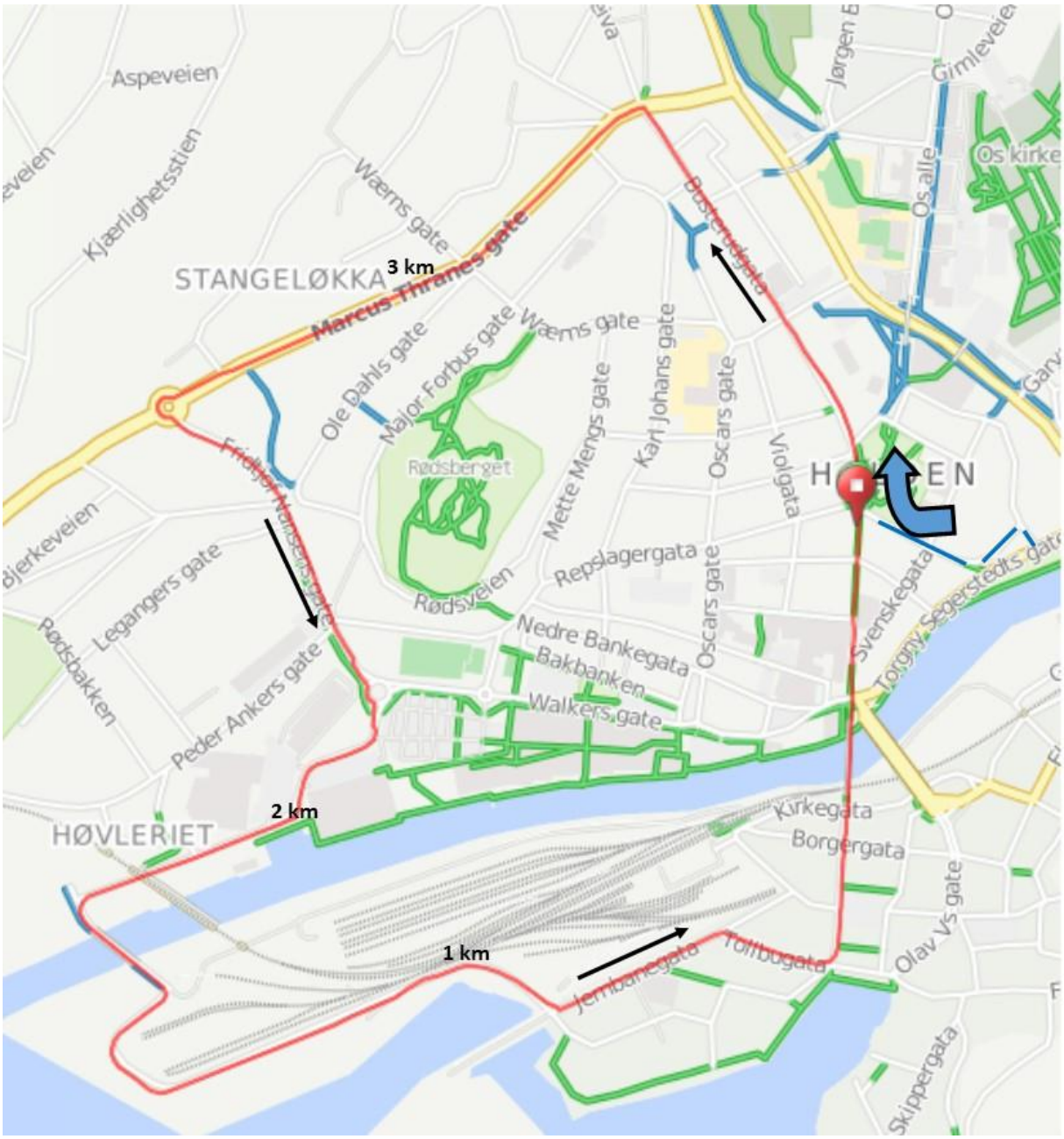
Basic info

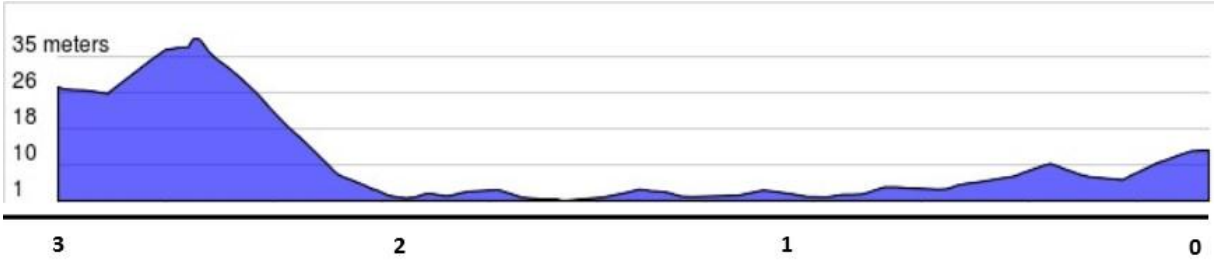
Sign-in:	09:10 – 09:50
Start:	10:00
Total distance:	115,4 km
Neutral zone:	6,2 km
Race distance:	109,2 km
Start:	Old Svinesund bridge, norwegian side of the border
Finish:	Storgata, Halden
Final laps:	4 final laps after the first passage of the finish line.
Feeding zone:	65,4-67 kms
Intermediate sprints:	56,6 km and 97,7 km (second passage of the finish line)
Climb sprints:	24,9 km and 70,8 km
Border sprint:	41,4 km

Start area

Stage 2, 16th of August 2015

Final circuit





Stage 2, 16th of August 2015

Finish area

Point	from ZERO	to END	36 km/h	38 m/h	40 km/h
Neutralized start	-6,2	115,6	10:00	10:00	10:00
Roundabout	-4,7	113,9			
Roundabout	-3,4	112,6			
Roundabout	-3,2	112,4			
Roundabout	-0,6	109,8			
	0,0	109,2	10:12	10:12	10:12
Hogdalsmotet	6,6	102,6	10:23	10:22	10:21
Bojenbro södra	12,8	96,4	10:32	10:31	10:30
Näsinge	21,8	87,4	10:47	10:45	10:44
Näsinge	22,4	86,8	10:48	10:46	10:45
Hitec Products Climb Sprint	24,9	84,3	10:53	10:51	10:49
Boråsgårdens vägskäl	26,2	83,0	10:56	10:53	10:51
Hälle skola	30,7	78,5	11:02	10:59	10:57
Barkhyttan	32,7	76,5	11:05	11:03	11:00
(Lommeland k:a)	34,8	74,4	11:09	11:06	11:03
Svinesund 6	35,8	73,4	11:12	11:08	11:05
Svinesund	40,0	69,2	11:18	11:15	11:12
Bordersprint	40,4	68,8	11:19	11:15	11:12
After Svinesundsbron (right side)	41,7	67,5	11:21	11:17	11:14
Road 21	44,7	64,5	11:26	11:22	11:19
Road 118	45,3	63,9	11:27	11:23	11:19
Roundabout	46,0	63,2	11:28	11:24	11:21
Ingedal kirke	52,3	56,9	11:39	11:34	11:30
Ingedal kirke	52,3	56,9	11:39	11:34	11:30
Teknotherm pointsprint	56,6	52,6	11:46	11:41	11:37
Hauge 3	58,0	51,2	11:48	11:43	11:39
Level crossing	59,0	50,2	11:50	11:45	11:40
Road 111	65,1	44,1	12:00	11:54	11:49
Start Feeding zone	65,4	43,8	12:01	11:55	11:50
End Feeding zone	67,0	42,2	12:03	11:57	11:52
Hafslund Hovedgård, narrow gate	67,2	42,0	12:04	11:58	11:52
Gravel road, 200 m	67,4	41,9	12:04	11:58	11:53
Cobble stone, 100 m	67,6	41,7	12:04	11:58	11:53
	67,7	41,5	12:04	11:58	11:53
Road 111	67,7	41,5	12:04	11:58	11:53
Roundabout	67,9	41,3	12:05	11:59	11:53
Speedbumps, 2 km	68,0	41,2	12:05	11:59	11:54

Roundabout	68,6	40,6	12:06	12:00	11:54
Hitec Products Climb Sprint	70,8	38,4	12:10	12:03	11:58
Rokke 12	72,0	37,2	12:12	12:05	12:00
Road 22	87,4	21,8	12:37	12:30	12:23
Roundabout	91,4	17,8	12:44	12:36	12:29
Descend!	91,5	17,7	12:44	12:36	12:29
Speedbumps	93,2	16,0	12:47	12:39	12:31
Roundabout	93,5	15,7	12:47	12:39	12:32
Osbekkgata	93,6	15,6	12:48	12:39	12:32
Jacob Blochs gate	93,6	15,6	12:48	12:39	12:32
Svenskegata	93,8	15,4	12:48	12:39	12:32
Storgata *Sharp turn right*	94,0				
Passing finish line first time	94,2	15,0	12:48	12:40	12:32
Marcus Thranes gate	94,5	14,7	12:49	12:40	12:33
Fridtjof Nansens gate	95,2	14,0	12:50	12:42	12:34
Mathias Bjørns gate	95,7	13,5	12:51	12:42	12:35
Tomtegata	96,5	12,7	12:52	12:44	12:36
Jernbanegata	96,9	12,3	12:53	12:44	12:36
Tollbugata	97,2	12,0	12:53	12:45	12:37
Storgata	97,4	11,8	12:53	12:45	12:37
Narrow bridge	97,5	11,7	12:54	12:45	12:37
Narrow passage into pedestrian	97,5	11,6	12:54	12:45	12:38
Second passage of finish line Teknotherm pointsprint	97,7	11,5	12:54	12:45	12:38
Third passage of finish line	101,4	7,8	13:01	12:52	12:44
Fourth passage of finish line	105,3	3,9	13:07	12:58	12:49
Finish	109,2	0,0	13:14	13:04	12:55