

Sørlandsgaloppen 2016 – Day 1

Thursday 7. July 2016

Bulletin

Birkenes IL, IL Høvdingen, Kristiansand Orienteering Club, SSK Oddersjaa, OK Sør, Søgne- og Songdalen Orienteering Club and Vindbjart IL welcome you to Sørlandsgaloppen 2016!

Arena: The arena is S.N. Hansen's park in the center of Lillesand. The park is right on the sea with a beach for swimming, 150 meters southwest of Lillesand church.

Parking: Take exit 85 from E18 (Storemyrkrysset) towards Møglestu. The route is marked on road 402 from both directions. The arena is approximately 1600 meters from the parking area; the way from parking to the arena is marked with yellow tape. Public parking is scarce in Lillesand so please use the parking area.

Map: Lillesand Sentrum, 1:4000, 2 m contour intervals. Revised 2016.

Terrain: Town and park with some rock features in the longer courses. More than 95% street/path/grass in all courses. Light running shoes are recommended instead of studded shoes.

Telecommunication equipment near the start of the courses is indicated on the map and is marked with the symbol 714: temporary construction.

Spectator controls: all courses except course 14 (D65, D70, D75, D80, H75, H80) will pass through the arena. Follow the marking to the new start!

Start: All classes have the same start. Follow the yellow/black tape to the west 750 m along the road. Call-up is 3 minutes before the start time noted in the start list. The start point is 90 m from start (no punching). The first regular start is 18.00. N-open can start at 17.00. Other classes with open start times can start at 17.30. The last start is 20.00.

All runners must wear bibs with their start numbers which will be distributed in the club packets. The same start number will be worn each day of Sørlandsgaloppen 2016. Start bibs must not be washed in washing machines.

Control description sheets are available at the start for all classes **except** for courses 17, 18 and 19.

Timing / punching: Emit cards (not emiTags) will be used by all runners. Please check the start list to make sure your Emit card number is correct. This is the responsibility of each runner. **Please contact the event office if your Emit card number is different than the number on the start list.** Backup-patches are optional and are available at start. Runners must punch the last control at the goal line.

Maximum times are in accordance with NOF competition rules and are 50 minutes for sprint.

Rented Emit cards must be returned to the event office after the last race. A fine of 600 NOK will be charged for missing/unreturned Emit cards.

GPS tracking: Runners in D/W13-14 and H/M13-14 can run with GPS units during the sprint race in Lillesand if they choose. This is voluntary. Routes will be published on https://loggator.com/recent_events after the race. There are 60 GPS units available and these will be distributed with 30 units to each class. If it is more than 30 runners in a class, the units will be distributed to the 30 runners which starts last. If it is less than 30 runners in a class, more GPS units will be available for the other class.

Chasing start Sunday 10. July: The start order and start time on Sunday will be determined by the combined times from the first three races. The runner with the shortest combined time will start first. The next runners start after the leader based on their combined time from the first three races. Runners with combined times of more than 20 minutes longer than the leader will start in a mass start 25 minutes after the leader starts. All A classes have chasing start (except AK classes). No chasing start in N, B, C or AK classes including classes with open start and direct entry classes.

Point legs: The leg with the arena passage is noted as an uphill leg for classes H/D 13-20, and the leg from the second last control to the finish is the final sprint.

Classes, course difficulty and course length:

Class (H=M, D=W)	Course	Level	Sprint 7.7	Middle 8.7	Long 9.7	Middle 10.7
H21	1	A	2,7km	4,6 km	6,9 km	4,1 km
H17-20, H35	2	A	2,3 km	3,8 km	5,6 km	3,8 km
H40, D21	3	A	2,3 km	3,7 km	5,4 km	3,3 km
H45 D35, D17-20	4	A	2,0 km	3,6 km	5,0 km	3,2 km
H50, D40, D45	5	A	1,9 km	3,2 km	4,4 km	2,8 km
H17AK, Open A	6*	A	1,9 km	2,8 km	4,0 km	2,5 km
H55, H15-16, D50	7	A	1,9 km	2,7 km	4,3 km	2,6 km
H60, D15-16	8	A	1,7 km	2,6 km	3,8 km	2,3 km
H70, D60, H65, D55,	9	A	1,6 km	2,2 km	3,8 km	2,0 km
D17AK, D45AK, H45AK	10*	A	1,7 km	2,6 km	3,2 km	2,1 km
H13-14, D13-14	11	B	1,7 km	2,2 km	3,1 km	1,8 km
H17B, D17B, Open B, H15-16B, D15- 16B	12*	B	1,7 km	2,2 km	3,6 km	1,8 km
H75, H80, D65, D70, D75, D80	13	A	1,6 km	2,0 km	2,6 km	1,9 km
H17C, D17C, Open C	14*	C	1,8 km	2,1 km	3,3 km	1,8 km
H13-16C, D13-16C	15*	C	1,7 km	2,0 km	2,7 km	1,6 km

H11-12, D11-12, H-10, D-10	16	C	1,8 km	2,0 km	2,5 km	1,7 km
H13-16N, H17N, D13-16N, D17N	17*	N	1,7 km	1,9 km	2,6 km	1,9 km
H10-12N, D10-12N	18*	N	1,7 km	1,3 km	2,0 km	1,6 km
N-Open	19*	N	1,7 km	1,4 km	1,4 km	1,5 km

- = open start courses / classes

Classes N-open and D/H -10 are not ranked.

Prizes:

12 years and under:	Everyone is awarded a prize each day. No prize for combined result. Prizes are awarded at the finish.
13 – 16 years: D/H 17-20 AL:	A prize is awarded to the first three finishers on days 1 – 3. On the final day 1/3 of the runners will be awarded a prize based on combined results. Prizes are awarded when all runners in the class have finished.
Other A-classes:	No prizes days 1 - 3. The last day 1/8 of all runners will be awarded a prize based on combined results. Prizes are awarded when all runners in the class have finished.
AK, C og N classes, 17 years and older:	No prizes days 1 – 3. The last day one runner will be awarded a prize based on combined results. Prizes are awarded when all runners in the class have finished.

Note: In Lillesand will only runners up to 12 years receive their prizes. The other prizes this day, according to table above, will be awarded on Friday in Høvåg, where it will be two ceremonies – one for Thursday and one for Friday.

Each day at least 10 extra prizes will be awarded based on runners start numbers. These prizes will be announced on the information board. Runners has to complete the race to receive this type of price.

Direct entries: Direct entries accepted until 18.30 the day of the event at the event office. The last start time is 20.00. Direct entry possible as long as there are maps available.

Drinks: No drink stations. Water and juice available at the finish.

Småttroll: Småttroll/Kids' course available for 30 NOK and a prize for everyone!

Child care: Child care is available across the street from the arena - address: Strandgata 33. Minimum age is 2 years old. There is no fee for this service. Child care service is provided for parents while they are running.

Toilets: Toilets are located 250 meters southeast of the arena - follow Strandgata. Public toilets are also available at the harbor near the taxi stand – Havnegata 7. There are no toilets at start.











Showers: There are no showers at the arena, however there is a public bathing beach for a refreshing dip in the sea.

Fair play: Runners should stick to fair play and not seek information from other runners, their maps or from the GPS tracking systems.

Each runner should familiarize themselves with sprint map specifications.

<http://lazarus.elte.hu/mc/specs/issom2007.pdf>

The most common “forbidden” symbols are listed below. Controllers will be placed in the course to ensure forbidden boundaries are not crossed.

FORBUDTE SYMBOLER		
	Upasserbart stup	Non passable rock face
	Upasserbar mur	Non passable wall
	Upasserbart gjerde	Non passable fence
	Upasserbar rørledning	Non passable pipe system
	Upasserbar vegetasjon	Impassable vegetation
	Bygning	Building
	Forbudt område	Forbidden area
	Upasserbart vann	Impassable body of water
	Farlig myr	Impassable marsh
	Dyrka innmark	Cultivated land (forbidden to cross)

Sales: Trimtex will have a sales tent at the arena.

Refreshments: Refreshments are available from local shops, cafes and restaurants in Lillesand.

Event Director: Nils G. Gjelsten

Course Planner: Ståle Gjelsten

Course Controller: Terje Urfjell

Technical Controller: Harald Eik

Jury: Signe Astrup Arnesen, Heming; Geir Bråthen, Vegårshei and Kari Timenes Laugen, Imås.

We welcome you to orienteering in Lillesand!