

Sørlandsgaloppen 2016 – Days 2, 3 and 4

Friday, Saturday and Sunday, July 8-10, 2016

Bulletin

Birkenes IL, IL Høvdingen, Kristiansand Orienteering Club, SSK Oddersjaa, OK Sør, Søgne- og Songdalen Orienteering Club and Vindbjart IL welcome you to days 2, 3, and 4 of Sørlandsgaloppen 2016!

Arena: The arena is Høvåg school.

Parking: To the south of the arena along road 221. Coming from the west (Kristiansand) follow road 401 from Rona to Indre Årsnes. From here follow road 221 south. The route is marked from Indre Årsnes to road 401 / 221. Continue past the arena at Høvåg to the parking area. From the east (Lillesand) follow road 401 from Vallesverd to Indre Årsnes. The route is marked south on road 221, past the arena at Høvåg to the parking area. From O-camp Skottevig drive north along road 221 to the parking sign. 200 – 1000 meters from parking to the arena on hard surface.

Map Friday: «Åmland». Revised 2015/2016. Scale 1:7500. 5 m contour intervals.

Map Saturday: «Eidjord». 2016. Scale 1:7500. 5 m contour intervals.

Map Sunday: «Hæstad». Revised 2015/2016. Scale 1:7500. 5 m contour intervals.

Terrain Friday: Fairly flat with generally good runnability. Mostly open forest with some dense vegetation and areas of felled trees. Some paths and areas of agricultural activity. The longest courses will meet hilly areas with more details, slower running and more detailed orienteering. The courses will pass gardens and yards which are marked on the map as out of bounds. Fields that are out of bounds are marked with purple vertical lines on the map.

Terrain Saturday and Sunday: Fairly flat with mixed oak and pine forest. Some areas of agricultural activity. Areas of good runnability mixed with areas of more dense vegetation. The courses will pass gardens and yards which are marked on the map as out of bounds. Fields that are out of bounds are marked with purple vertical lines on the map. Blue ponds are usually dry in the summer in this area. The terrain is lush in the summer and paths may be difficult to see.

Start Friday: All classes have the same start. 750 meters to start north along road 221, marked with yellow and black tape. The first start is 14.00. Class N-Open can start at 13.00. Other classes with open start can start at 13.30. The last start time is 16.00.

Start Saturday: All classes except N-Open have the same start. 1400 meters to start north along road 221, marked with yellow and black tape. The first start is 11.00. Class N-Open can start at 10.00 from the ball pen at the arena. Other classes with open start can start at 10.30. The last start time is 13.00.

Start Sunday: All classes except N-Open have the same start. 700 meters to start south along road 221, marked with yellow and black tape. The first regular chasing start is 11.00. Class N-Open can start at 10.00 from south of Høvåghallen and 200 meters along road 221, marked with black and

yellow tape. Other classes with open start can start at 10.30. The last start time is 13.00. See below for more information about the chasing start on Sunday.

There is no start point on Friday. Saturday and Sunday there is a start point (no punching).

All N-classes, D/H -10, D/H 11-12 and D/H 13-16 C receive their maps at the event office.

Call-up is 3 minutes before the start time noted in the start list.

All runners must wear bibs with their start numbers every day. The same start number will be worn each day of Sørlandsgaloppen 2016. Start bibs/club packets can be picked up at the event office. 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.

Chasing start Sunday 10. July: The start order and start times 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 times from the first three races. Runners with combined times of more than 20 minutes longer than the leader's time will start in a mass start 25 minutes after the leader starts. Runners who do not have approved times from the three races will start in the mass start. 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.

Chasing start times for all the classes will be posted at the arena on Saturday, 9 July, as well as on our website the same day <http://www.sg2016.no>

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 90 minutes for middle distance on Friday and Sunday, and 180 minutes for long distance on Saturday.

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

GPS tracking Friday: Runners in classes D15-16 and H15-16 will run with GPS units on Friday. This is voluntary. Please inform the event office as early as possible if you do not want to wear a GPS so that others may use them. If there are more than 30 starting runners in each class, the last starting 30 will run with the GPS units. If there are fewer than 30 starting runners, the GPS units will be given to more runners in the other class.

GPS tracking Saturday: Runners in classes D17-20 and H17-20 will run with GPS units on Saturday. The 60 units will be distributed to 30 runners in each class - the ten best runners (with the best combined time from the first two races) and the last 20 starting runners in the class (who are not among the top 10). If there are fewer than 30 starting runners, the GPS units will be given to more runners in the other class.

GPS tracking Sunday: The ten best runners (runners with the best combined times from the first three races) in each of the six classes will carry GPS units in the chasing start.

Tracking will be broadcasted live at the arena at the speaker booth, as well as published online at https://loggator.com/recent_events after the race.

Point legs:

Day	Course	11	7	2	11	8	4
	Class	H13-14	H15-16	H17-20	D13-14	D15-16	D17-20
Friday, July 8 Point leg 3	Tempo Gigante	2-3	2-3	11-12	2-3	3-4	3-4
Friday, July 8 Point leg 4	Postplukk	5-8	8-12	13-16	5-8	8-12	10-13
Sat., July 9 Point leg 5	Quick start	Start - 1	Start - 1	Start - 1	Start - 1	Start - 1	Start - 1
Sat., July 9 Point leg 6	Langstrekk	3-4	4-5	10-11	3-4	4-5	8-9
Sun., July 10 Point leg 7	Downhill / Klatrestrekk	1-3	5-6	7-8	1-3	8-9	4-5

Example: 9 – 10 means the leg between control 9 and control 10. (H=M D=W)

Classes, course level 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 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 and 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.
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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 prize.

Direct entries: Direct entries accepted until 14.30 Friday, and 11.30 Saturday and Sunday at the event office. The last start times are 16.00 Friday, and 13.00 Saturday and Sunday. Direct entry is possible as long as there are maps available.

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

Drinks: One drink station for all courses on Saturday, plus an additional drink station for longest courses. Water and juice available at the finish each day.

Småtroll: Småtroll/Kids' course available at ball pen for 30 NOK and everyone gets a prize!

Child care: Child care is available in the ball pen. 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 in Høvågshallen (west entrance) and at the school (entrance next to the refreshment stand). **Shoes with metal studs are NOT allowed in the toilets.** There are no toilets at start.

Showers: Showers available in Høvågshallen (west entrance). **Shoes with metal studs are NOT allowed in the showers!**

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

Refreshments: Healthy refreshments made from local produce are available at the arena. Cash is preferred.

Event Director: Nils G. Gjelsten

Course Planner Friday: Eirik Martens Svensen

Course Planner Saturday and Sunday: Svein Wigemyr and Jarle Ausland

Course Controller Friday: Jostein Moe

Course Controller Saturday: Christine Mikkelsen

Course Controller Sunday: Nils Eddie Hæstad

Technical Controller: Harald Eik

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

Welcome to orienteering in Høvåg!