



Bulletin Fjord-O 2016

IL Veten and Emblem IL are welcoming you to Fjord-O! Fjord-O west is a four-day competition spread over five days, with overall prizing. There will be two middle distances and two long distances.

General info about the races

RACE OFFICE

The race office will open two hours before the first ordinary start. Team bags, rental emit-cards, maps for N-courses, changes in runner info, general info.

MAPS FOR N-COURSES

Everyone up to 12 years, plus every N-classes, can get their map at the race office. Remember to retrieve your map at the race office before you go to start. It is possible to enter I N-open at the arena.

ARENA/PARKING/TRANSPORT

Parking fee kr. 50,00 for car (it will be possible to buy one ticket for all the 4 days. kr 200,-) Bus kr.200 and minibus kr 100 per day. Only cash payments. Sketches for the arena in the bottom of the bulletin.

TEAM TENTS

Day 1 and 2 – grass/field. Look at the arenasketch for placement of tents.

Day 3 and 4 – grass/bark. Look at the arenasketch for placement of tents.

DIRECT ENTRIES

Following direct courses are open for entries at the race office. A-direct, B-direct, C-direct and N-direct. Direct entries have to be done within 30 minutes before ordinary start.

STARTNUMBERS, TEAM BAGS, RENTAL EMIT

Team bags can be collected at the race office when you arrive at the arena. The team bag contains bulletin/PM and start lists. Self-service of startnumbers. (Find it next to the race office at the arena) Everyone is bound to wear their startnumber every race. The startnumber are for use all four days. If one loses the startnumber, contact the race office. Maps for N-courses and rental emit-cards can be collected at the race office. Rental emit-cards are organizers property, but the runner is responsible for the emit. If the emit is not returned, the runner will be billed. kr. 600,-

CONTROL DESCRIPTIONS

IOF-symbols for all classes, and also text for the N-courses (plus the C-courses day 3 and 4). Control descriptions will be printed on all maps. There will also be separate control descriptions in the start-booth, only IOF-symbols).



TIMING

Emit-cards and emit-punching all days. Runners who entered without a emit-card need to collect the rental emit-card at the race office. The runner is responsible for having the right emit card-number on the startlist. If the number is wrong, please contact the race office. Back-up patches are available at the start, and is voluntary to use. Remember to punch the control at the finish line. Max-time is according to NOF-rules. (90 minutes on the middle distances, and 180 minutes on the long distances).

START/STARTPROCEDURE

Startlists will be put up next to the start – the runner is responsible for having the right emit card-number. Compare the number with the startlist. Remember back up-patch.

Freestart: Own locks for the N,C, AK and direct courses. Stand in line.

Ordinary start: Runners will not be called to start. They are responsible for checking their own start-time and to be at the start at the right time. Meet at the start when the clock shows your start-time for control of name and emit card-number. Self-service of separate control descriptions 2 minutes before start. The runner is responsible for taking the right map at the start. The runner can take the map when the start-signal comes. Remember to punch the start-control when the start goes.

SALES

There will be sold equipment for orienteering/running on the arena. Sellers are "Sport 8" and "One Way".

SALES

There will be sold warm food, cold food and drinks at the arena. You can also buy the exclusive Fjord-O 2016 T-shirt. Cash payment, and only Norwegian credit cards. (No VISA, Master card etc)

Day 1 and 2. Warm food, baguettes, "svele", cakes, ice cream, soda, coffee, etc.

Day 3 and 4. Hamburgers, salmon wraps, cakes, soda, waffles, coffee, etc.

DRINKS

After finish. Self-service.

MAPS AFTER FINISH

The runners can keep the map after the finish. We encourage all the runners to show fair play, follow the competition rules and not show the map to runners starting later the same day.

SMÅTROLL

Children course called "småtroll" on the arena. Prize kr. 30,-.

CHILDREN PARKING

Children parking on the arena, minimum age, 2 years. Will open one hour before ordinary start. Free. Children parking is only for use while the guardians are out participating in the race.

TOILETS/SHOWERS

Mobile toilets on the arena. No showers available.

SANITARY

First aid on the arena.



RESULTS ARENA.

Will be put up on a scoreboard at the arena. Overall results will only be published on Eventor.

EVENT LEADER

Day 1 and 2 – Jon Rune Heimlid – phone 989 05 785

Day 3 and 4 – Marianne Lykke – phone 908 74 642

JURY

Jan-Magne Herstad leader of the jury, no voting – phone 975 83 200

Torgeir Strand – Fana IL, Helge Schei – Førde IL, Olaug Bergset – Nordreisa IL.

PRIZES

| Classes | Every race | Overall |
|----------------------|------------------|---------|
| 12 years and younger | Everyone | No one |
| 13-16 years | 3 best per class | 1/3 |
| 17 years and older | Vinner of class | 1/8 |
| A, B, C og N Direct | No prizes | No one |

Self-service of prizes. Prizes can also be collected the day after. Overall prizegiving day 4, as soon as the results are ready for the current class.

Classes and course-lengths:

| Course | Men | Ladies | Race 1 Middle | Race 2 Long | Race 3 Long | Race 4 Middle | Scale |
|--------|--------------------------|--------------------------|------------------|----------------|----------------|------------------|----------|
| 1 | H21 | | 5,7 km | 10,4 km | 10,2 km | 5,4 km | 1:10 000 |
| 2 | H19-20, H35, H40 | D21 | 4,6 km | 8,0 km | 7,7 km | 4,5 km | 1:10 000 |
| 3 | H45, H17-18 | D35, D19-20 | 4,4 km | 6,0 km | 6,7 km | 4,3 km | 1:10 000 |
| 4 | H50, H15-16, H17AK | D17-18 | 4,1 km | 6,0 km | 6,1 km | 4,2 km | 1:10 000 |
| 5 | H55 | D40, D15-16 | 3,7 km | 5,4 km | 5,7 km | 4,0 km | 1:10 000 |
| 6 | H45AK, H60 | D45 | 3,4 km | 5,1 km | 4,9 km | 3,1 km | 1:7 500 |
| 7 | H65 | D50, D55, D17AK | 3,2 km | 4,2 km | 4,4 km | 2,8 km | 1:7 500 |
| 8 | H70, H75 | D60, D65, D45AK | 3,0 km | 3,6 km | 3,3 km | 2,4 km | 1:7 500 |
| 9 | H80, H85 | D70, D75, D80, D85 | 2,4 km | 3,1 km | 2,6 km | 2,1 km | 1:7 500 |
| 10 | H13-14, H15-16B, H17-20B | D13-14, D15-16B, D17-20B | 2,5 km | 3,6 km | 3,5 km | 2,2 km | 1:7 500 |
| 11 | H17C | D17C | 2,6 km | 3,0 km | 3,1 km | 2,3 km | 1:7 500 |
| 12 | H11-12, H13-16C | D11-12, D13-16C | 2,3 km | 2,7 km | 2,9 km | 1,9 km | 1:7 500 |
| 13 | H13-16N, H17N | D13-16N, D17N | 1,8 km | 2,5 km | 2,8 km | 2,2 km | 1:7 500 |
| 14 | H10, H11-12N | D10, D11-12N | 1,3 km | 1,9 km | 2,5 km | 1,6 km | 1:7 500 |

Direct classes at arena

N-open also available at the arena (course 14)

| Course nr | Name | Race 1 Middle | Race 2 Long | Race 3 Long | Race 4 Middle | Scale |
|--------------|-----------|------------------|----------------|----------------|------------------|----------|
| 5 | Direkte A | 3,7 km | 5,4 km | 5,5 km | 4,0 km | 1:10 000 |
| 10 | Direkte B | 2,5 km | 3,6 km | 3,5 km | 2,2 km | 1:7 500 |
| 11 | Direkte C | 2,6 km | 3,0 km | 3,1 km | 2,3 km | 1:7 500 |
| 13 | Direkte N | 1,8 km | 2,5 km | 2,8 km | 2,2 km | 1:7 500 |



Race 1 and 2, Wednesday 13. July & Thursday 14. July - Stryn

Arena/Parking:

Nordfjord Fritidssenter, ca. 20 km west from downtown Stryn, marked from RV 15, exit to RV 613.
Parking 0-500 meters from arena.

Start Wednesday – day 1: Free start (N,C,AK) from 16.00 – ordinary from 17.00.

Start 1 - ca 5 min. To walk from arena, marked with tape north from arena.

NB! crossing of the route to finish on the way to the last control.

The start point is 50 m from start for the runners at start 1

Start Thursday – day 2: Free start (N,C,AK) from 10.00 – ordinary from 11.00.

Start 1 - ca 25 min to walk from arena, marked with tape south from arena

The start point is 50 m from start for the runners at start 1

Map both days:

Vangen Vest - 2016

Terrain:

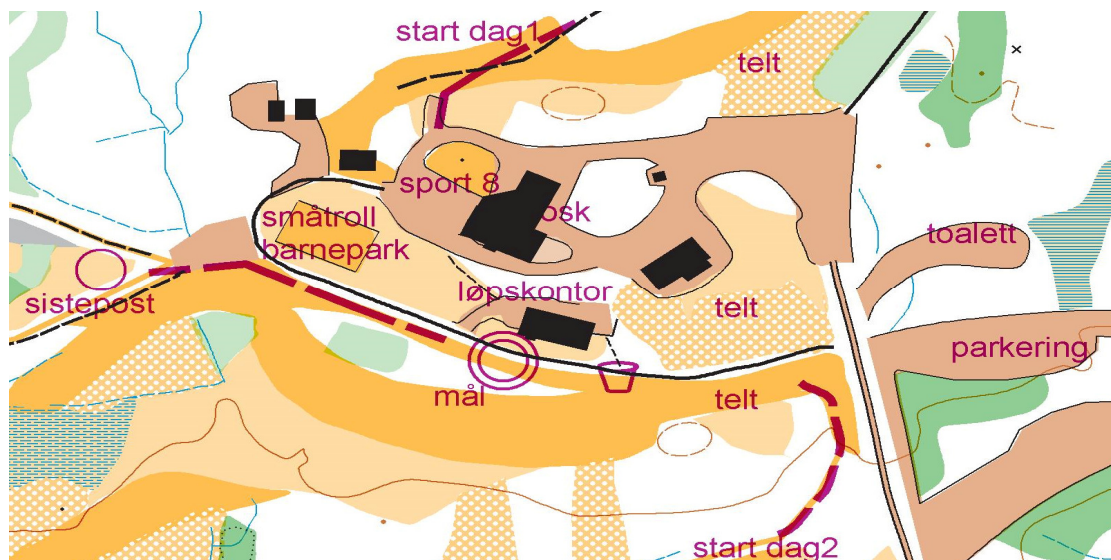
Day 1: Hilly, mixed forest and some vegetation. A lot of marsh. Generally, an easily run terrain.

Day 2: Long distance. Very easily run terrain, marshy with open forests. Some vegetation. Towards the end of the race you will cross roads and ski trails.

Hydration-control

There will be a hydration-control on the longest courses, marked on the map.

Arenasketch Nordfjord day 1 og day 2:





Race 3 and 4, Saturday 16. July & Sunday 17. July - Ålesund

Arena/Parking:

Parking Emblem, 20 km west from downtown Ålesund – marked from fy 60. 1500-2000 meters **uphill** from parking to arena.

Start Saturday – day 3: Free start (N,C,AK) from 15.00 – ordinary from 16.00.

Start 1 – Course 1-9 - ca 10 min. to walk from arena– 1100 m on a road

From start to start point marked on map – 100 m

Start 2 – Course 10-14 - ca 10 min to walk from arena– 1000 m on a road(by start 1)

From start to start point marked on map – 70 m

Start Sunday – day 4: Free start (N,C,AK) from 10.00 – ordinary from 11.00.

Start 1 - ca 15 min to walk from arena – 800 meters on a path, hilly.

From start to start point marked on map – 60 m

Map:

Both days scale 1:10000/1:7500 contour intervals 5 m.

Map day 3: Emblemsfjellet course 1-9, revised 2014. Melsvatn course 10-14, revised 2016.

Map day 4: Nakkane, revised 2016.

Terrain:

Day 3: **Emblemsfjellet** – Course 1-9. Rough hilly terrain. Open mountainous and somewhat marshy terrain in the higher areas. Lower areas in the terrain are diffuse slopes, with few details, open forest, and some undergrowth. Generally, easily run.

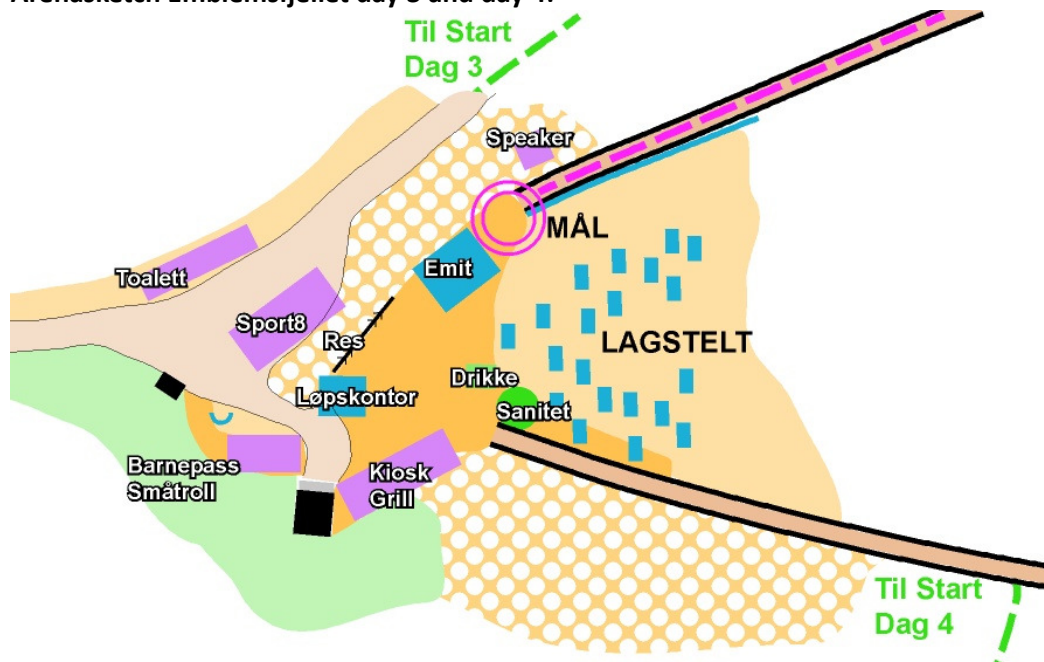
Melsvatn – Course 10-14. Flat with open forest. Many easily run marshes, some ski-trails.

Day 4: **Nakkane**. Hilly open terrain mixed with old pine forest. Due to a dry summer, many water holes have dried up, and it may be hard to differentiate between marsh and the forest-floor. Easily run marshes.

Hydration-control

Hydration-control for the long distance Saturday, marked on the map.

Arenasketch Emblemsfjellet day 3 and day 4:





Sponsors:



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