



Bergen Sprint Camp

10.-12. februar 2017



Program & Instructions

Program

Activity	Time	Description
Sprint technique	Friday 12:00-13:30	Training. One-man relay, three legs. Meeting point: Badstuen, address: Persenbakken 20.
Night sprint	Friday 18:30-21:00	Race. Meeting point: Arena Gimle children school Winning time: 15-17 min.
City sprint	Saturday 09:30-12:00	Race. Meeting point: Arena St. Paul children school Winning time: 13-15 min.
Urb-O Intervalsprint	Saturday 14:00-16:00	Race. 5 short courses. Meeting point: Arena St. Paul children school. Winning time: 5 x 4-6 min.
Dinner	Saturday 18:00-19:00	Meeting point: Scandic Ørnen Hotell, Lars Hilles gate 18 Separate entry!
Presentations	Saturday 19:15-20:15	Meeting point: Scandic Ørnen Hotell, Lars Hilles gate 18 Presentations are in Norwegian. Separate entry!
Final	Sunday 10:00-12:30	Race. Mass start in heats. Meeting point: Arena Nygårdsparken. Winning time: 13-15 min

Pay special attention to the rules for overall results and information about start lists and fair play.

General information is provided first, followed by detailed instructions for each activity.

Transport from airport

If you arrive by plane and take the Airport Coach to the city center, note that a return ticket is cheaper than two one-way tickets.

If you stay at Marken Gjestehus, leave the bus at Bergen busstasjon. Walking distance 10 mins.

If you stay at Clarion Hotel Admiral, leave the bus at Fisketorget. Walking distance 5 mins.

Return on Sunday: the Airport Coaches stop at Bergen busstasjon, platform N, 15 mins walking distance from the arena for the final.

The time table can be found at www.flybussen.no/Bergen.

How to get to the races

Show good sportsmanship: use only the roads marked as access roads to access the races Saturday and Sunday, even if it's not the shortest route.

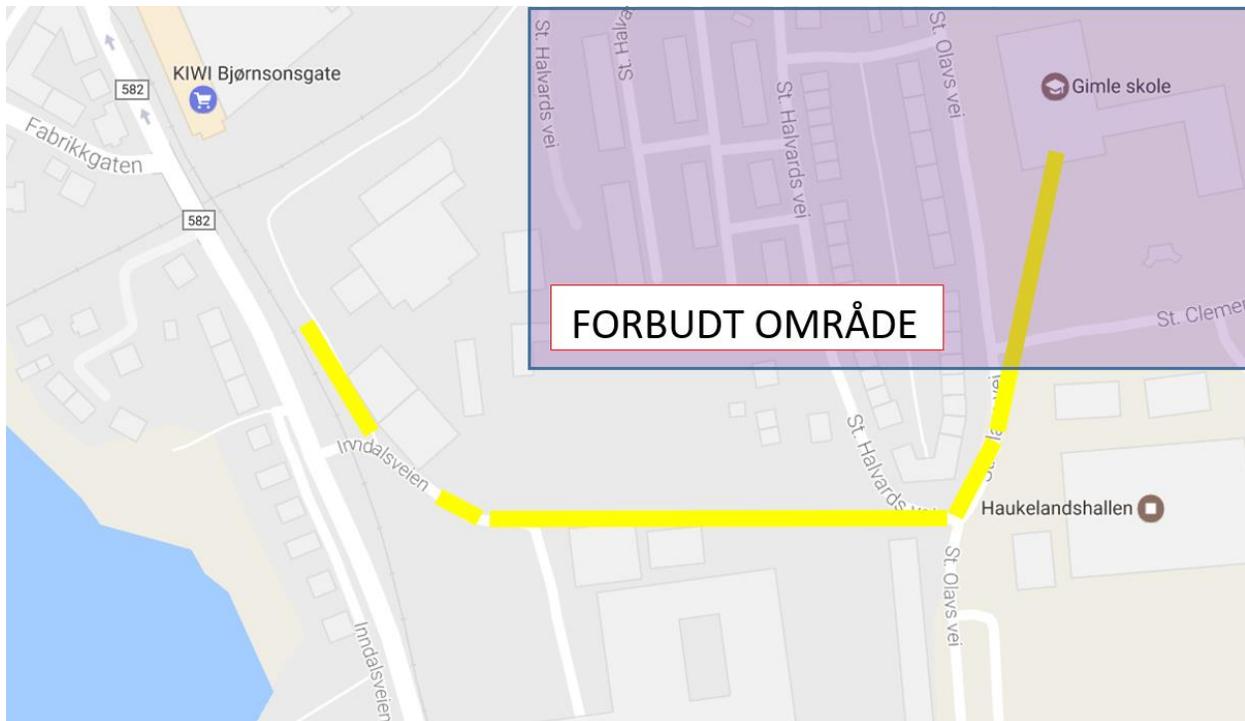
There is limited parking near the arenas. Use parking garages or other public parking.

Transportation

All activities except for the night sprint are within walking distance from the city center and accommodations.

You can get to Friday's night sprint by using the city tram, *Bybanen*.

Take Bybanen from Byparken or Nonneseter to *Kronstad*. Departure every 5 mins. From the stop Kronstad there is a 5 mins walking distance to the arena at Gimle children school, use the walking route marked in the map below:



Return from the night sprint to town centre:

Bybanen from stop Kronstad, departure every 10 mins.

Tickets to Bybanen

You can buy tickets for bybanen at the stops, payment by credit card.

Classes

Course 1: D-16, D17-18, D19-20, D21- and D40-

Course 2: H-16, H17-18, H19-20, H21- and H40-

In the overall standing all runners on the same course compete against each other.

Start lists

Start lists will be published on the [BSC home page](#). The start list for the night sprint will be published no later than Thursday 9 February at 12:00. The start list for the city sprint will be published no later than Friday 10 February at 22:30, and the preliminary start list for the final will be published no later than Saturday 11 February at 22:30. If you find any mistakes in the preliminary start list for the final, please report them to magnusrognehalland@gmail.com before Saturday 11 February at 23:30.

There may be small adjustments in the start lists for the final during the night, and the final start list is published Sunday at 08.00.

NB! Start times for the Urb-O Intervalsprint

The start list for the city sprint also decides the start times in the Urb-O Intervalsprint. **The runners will be divided into two groups.** Runners that start before 10:15 in the city sprint may start between 14:00 and 15:00 in the intervalsprint. Runners that start after 10:15 in the city sprint may start between 15:00 and

16:00 in the intervalsprint. Make sure to be on time as the narrow streets may start to get dark after 16:00.

Number bibs

Are only used in the final.

Number bibs and safety pins can be collected at the competition office.

Women: the 30 highest ranked runners in the overall will wear number bibs.

Men: the 36 highest ranked runners in the overall will wear number bibs.

Which runners that shall wear number bibs will be announced on the home page.

Maps and control descriptions

The map scale is 1:4000 for all race and trainings.

Control descriptions are printed on all maps, and control description sheets are also provided at the start of the night sprint and the city sprint.

Emit cards

Please make sure that you are registered with the correct Emit card in the start lists. If you need to change your Emit card number you can send an email to magnusrognehalland@gmail.com until Thursday 9 February at 21.00. It is also possible to change your Emit card number at the competition office at each arena.

We cannot guarantee that runners who come to the start with a wrong Emit card without giving notice in advance will be included in the results.

Rental cards

Those who are registered without an Emit card will get a rental card for use in all races at the competition office Friday night.

Shoes

We recommend running shoes or orienteering shoes without metal studs/spikes for all races if there is no snow/ice. Be aware that the streets may be slippery and shoes with metal studs should be considered according to the weather conditions.

The weather forecast is good and on wednesday night there is no snow or ice in the competition area. It may still be a good idea to bring an extra pair of shoes with metal studs in case of slippery streets.

Safety and headlamps

We are guests in the traffic - be careful! All runners participate at their own risk.

All runners must wear a high visibility vest Friday night. Note that several trafficked roads will be crossed - show caution. We also recommend to use a **real headlamp**.

In the case of bad weather it might be a good idea to wear a small headlamp on the intervalsprint Saturday afternoon.

Fair play

The specification for sprint maps (ISSOM) applies 100%. The map determines where it's allowed to run, even if crossing for example a hedge (dark green) or impassable wall (thick black line) is physically possible. Make sure you know the specification before the races by reading [this](#).

Tunnels and forbidden roads

Important information about tunnels and forbidden roads can be found [here](#).

Dinner and presentations

Only for those who are pre-registered!

A sports buffet (lasagne, bread and salad) is served Saturday night 18.00-19.00 at Scandic Ørnen Hotel, Lars Hilles gt 18.

After the dinner there will be presentations held by Roger Gjelsvik and Håkon Jarvis Westergård. The presentations will be held in Norwegian.

Prizes

Equal prizes in the women's and men's classes. There will be prizes for all 6 runners in the A-final on Sunday, and for the winner of the B-final. The best six runners in the A-final will be awarded 3000 - 2000 - 1000 - 500 - 500 - 500 NOK. There will also be prizes for the best three runners up to 16 years.

The price giving ceremony will be held at Arena Nygårdsparken shortly after the A-finals.

Shower and toilets

There are no showers at the arenas. There are toilets at all the arenas.

Overall results

The following races count towards the overall standing in Bergen Sprint Camp 2017:

- Night sprint
- City sprint
- Urb-O Intervalsprint
- Final

The overall standing is determined as follows:

- In each race the best runner in the men's and women's course will get 5000 points, the second best will get 4500 points etc. (see table below).
- The points from the first three races will be added, and the 6 men with the most points will compete in the A-final for the places 1-6. The next 6 will compete in the B-final and so on. The same goes for the women.
- If two or more runners have the same number of points before the final, the (1) best result in a race, (2) second best result in a race, (3) third best result in a race, (4) sum of times in all races, will determine who starts in which heat in the final.
- The courses for the final are forked, and the first runner to cross the finish line wins.

- For runners with number bibs: The order will be determined by a finish line referee when crossing the finish line. Punching afterwards. The Emit card decides the race time.
For all other runners: The Emit Card decides the race time.

After all races both result lists by class and overall standings will be published - also for the final.

Score table

All runners finishing will get at least 1 point.

Place	Points	Place	Points	Place	Points	Place	Points	Place	Poeng
1	5000	11	2300	21	1355	31	945	41	745
2	4500	12	2150	22	1295	32	925	42	725
3	4125	13	2000	23	1245	33	905	43	705
4	3800	14	1900	24	1195	34	885	44	695
5	3550	15	1800	25	1145	35	865	45	685
6	3300	16	1700	26	1095	36	845	46	675
7	3050	17	1625	27	1065	37	825	47	665
8	2850	18	1550	28	1035	38	805	48	655
9	2650	19	1475	29	1005	39	785	49	645
10	2475	20	1415	30	975	40	765	50	635

Videre: 625,615,605,595,585,575,565,555,545,535,525,515,505,495,485,475,465,455,448,441,434,427,420,413,406,399,392,385,378,371,364,357,350,343,336,329,322,315,308,301,294,287,280,275,270,265,260,255,250,245,240,235,230,225,220,215,210,205,200,195,190,185,180,175,170,165,160,158,156,154,152,150,148,146,144,142,140,138,136,134,132,130,128,126,124,122,120,118,116,114,112,110,108,106,104,102,100,98,96,94,92,90,88,86,84,82,80,78,76,74,72,70,68,66,64,62,60,58,56,54,52,50,48,47,46,45,44,43,42,41,40,39,38,37,36,35,34,33,32,31,30,29,28,27,26,25,24,23,22,21,20,19,18,17,16,15,14,13,12,11,10,9,8,7,6,5,4,3,2,1

Contact and information

Home page: <http://sprint-camp.blogspot.com/>

Email: bergensprintcamp@gmail.com

Phone: Lene Rykkje, tlf +47 48 21 50 15

Organization

Competition manager: Lene Rykkje

Course planners: Ronny Rykkje, Ørjan Rykkje and Pål Thomassen

Map revision: Vyacheslav Mukhidinov

Controller: Tore Nymark

Head of result service: Magnus Rogne Halland

Jury: Tove Aasheim, Per Arne Ådland and Isa Heggedal

Instructions for the training and the races

Friday 10 February: One Man Relay - Arena Badstuen

Meeting Point: The Club House of Varegg IL, Badstuen:

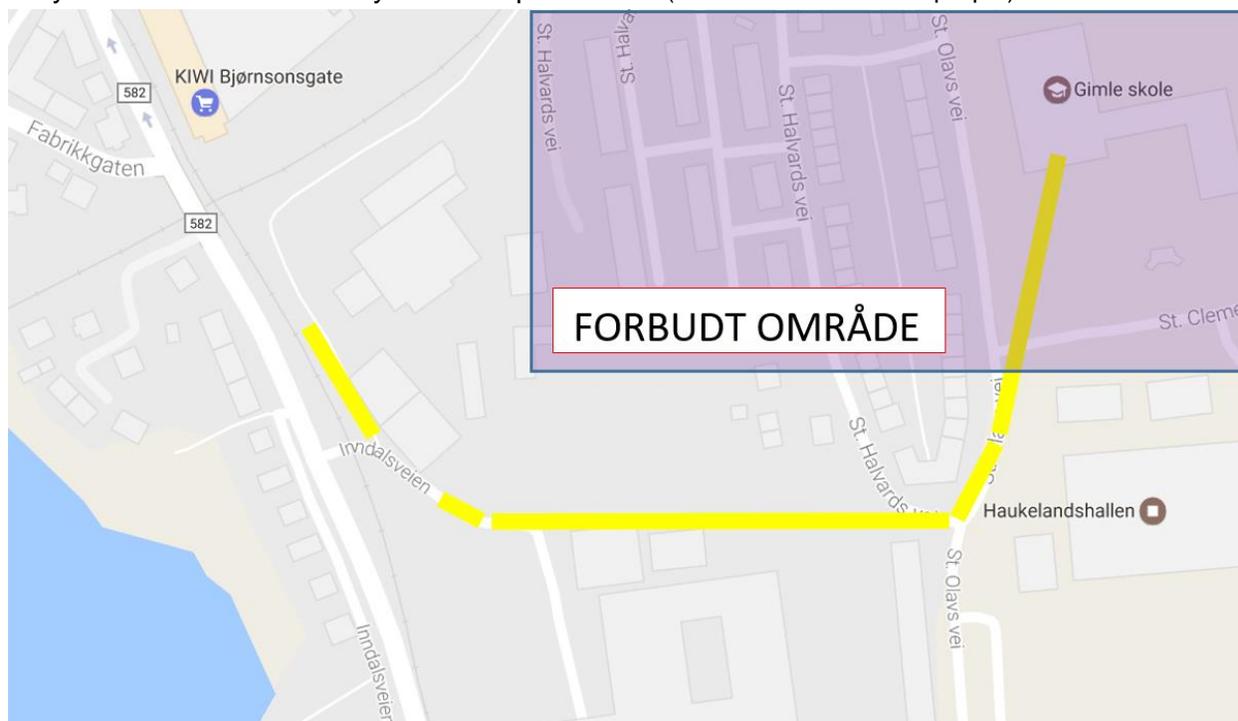


Every runner will run a one - man relay with three legs. Fastest route for each leg is 1,4 km.
Be aware of the traffic!

Start	12:00-13:30
Starting order	Free start time. No timing.
Starting groups	Individual start or group start, each runner chooses for themselves.
Courses	Three courses, one for each leg. The runner decides for him/her self in which order he/she runs the legs.
Map and control descriptions	Scale: 1:4000, contour interval: 5 m. The map is drawn in 2009 and revised in 2016. No control descriptions.
Control points	Yes. No timing.
Terrain	Urban environment, partially with narrow streets and alleys. Some height differences. Some motor traffic, and there might be a lot of people in the area. Be careful!

Friday 10 February: Night sprint - Arena Gimle children school

Way to the arena from the Bybanen stop *Kronstad* (out-of-bounds area in purple):

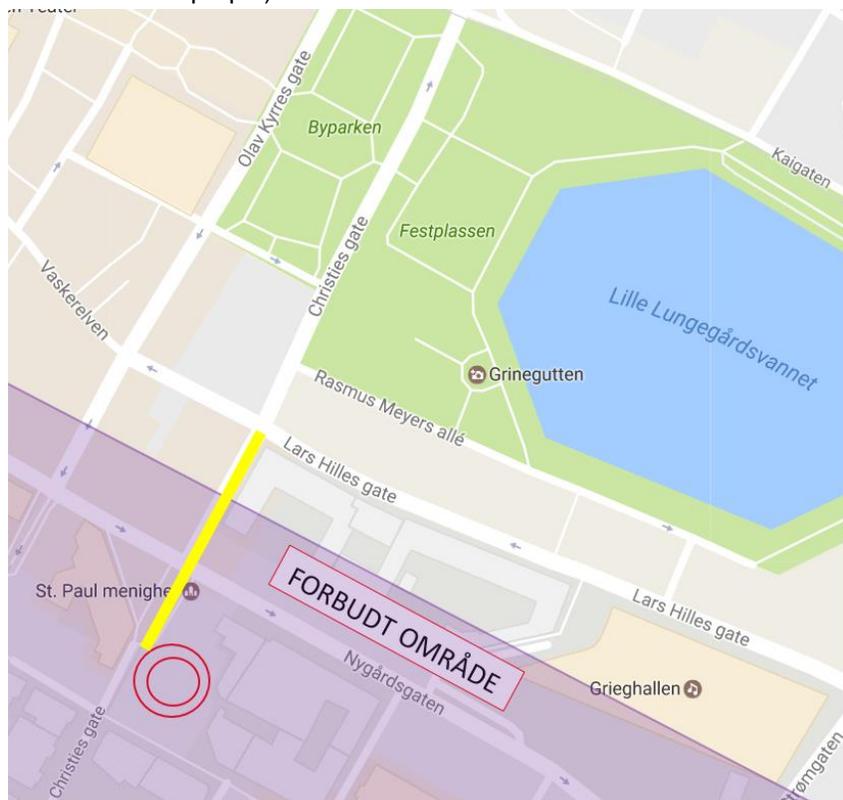


Warm up area: on the way to the start.

Start	18:30-20:00
Starting order	There will be a start list with starts every 30 seconds (every 60 seconds at the end of the list).
Starting place	Follow tapes 20 mins to the starting place. 5 m to the starting point.
Terrain	Hospital area with large buildings. Some areas with houses. Some height difference. Ap. 95 % asphalt.
Courses	Course 1 (women): D-16, D17-18, D19-20, D21- and D40- 2,2 km Course 2 (men): H-16, H17-18, H19-20, H21- and H40- 2,7 km
Map and control descriptions	Scale: 1:4000, contour interval 5 m. The map is drawn in 2009 and revised in 2016. Control descriptions are available at the start and printed on the map.
Control points	Marked by control flags, reflectors and minimum one punching unit.
Traffic	Runners have to cross a highly trafficked street during the race, the street is marked as out-of-bounds area (purple). It is visible on the map where the crossing must be done. Organizers will guide at the crossing point.

Saturday 11 February: City sprint - Arena St. Paul children school

Runners have to follow the street marked in yellow in the map below to get to the arena (out-of-bounds area in purple):



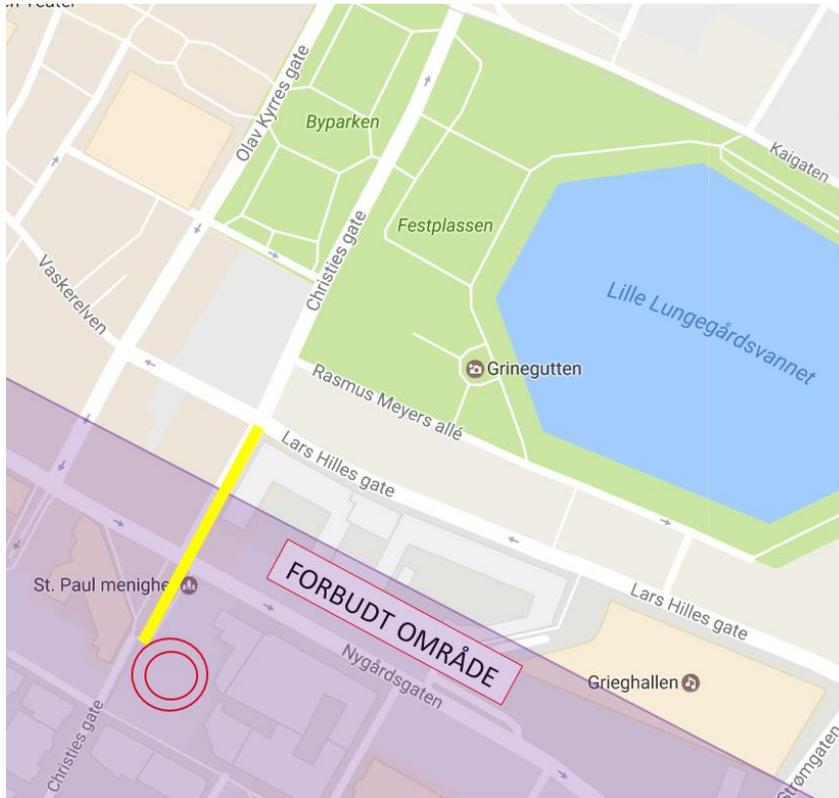
Warm up: In direction

towards Christies gt. / Festplassen, and around the pond *Lille Lungegårdsvannet*.

Start	09:30-11:00
Starting order	The start list will be seeded with the best runners at the end. Starts every 30 seconds (every 60 seconds at the end of the list). The start list will be available Friday at 22:30 in the BSC homepage.
Starting place	10 mins walk to the start. 10 m to the starting place.
Transport of clothes	Clothes will be transported from the start to the arena.
Terrain	Urban area with narrow streets and alleys. Some height differences. 95-100% asphalt/cobblestone.
Courses	Course 1 (women): D-16, D17-18, D19-20, D21- and D40- 2,3 km Course 2 (men): H-16, H17-18, H19-20, H21- and H40- 2,6 km
Map and control descriptions	Scale: 1:4000, contour interval 5 m. The map is drawn in 2009 and revised in 2016. Control descriptions are available at the start and printed on the map.
Control points	Marked by control flags and minimum one punching unit.
Traffic	Some traffic in the streets, runners must be careful.

Saturday 11 February: Urb-O Interavalsprint - Arena St. Paul children school

Runners have to follow the street marked in yellow in the map below to get to the arena (out-of-bounds area in purple):



Warm up: In direction towards Christies gt. / Festplassen, and around the pond *Lille Lungegårdsvannet*.

Start	There are two start groups. Your start time in the city sprint determines which group you are in. Group 1 – 14:00-15:00 (started BEFORE 10:15 in the city sprint) Group 2 - 15:00-16:00 (started AFTER 10:15 in the city sprint) Please respect the starting times. It is especially important that the runners in group 1 has started their 5th course before 15:00.
Starting order	There are 5 different courses (intervals). Free start time on all courses as long as you stay within your group's time interval of 60 min. Course A, B, C, D, and E may be run in any order. Every 15-30 seconds 5 runners start at the same time on different courses. Wait in line to start on the course you want to run. Remember which courses you have run!
Starting point	5 m to the starting point.
Terrain	Urban area with narrow streets and alleys. Some height differences. 95-100% asphalt/cobblestone.
Courses	There are 5 courses, each between 1000 and 1300 m in running distance, shortest route. It is only allowed to run each course once!

Map and control description	Scale: 1:4000, contour interval 5 m. The map is drawn in 2009 and revised in 2016. Control descriptions are printed on the map.
Control points	Marked by control flags and minimum one punching unit.
Additional information	Each runner must make sure to run all 5 courses, and discharge the Emit card after each course . After discharge the runner leaves their map at the finish, continues back up to the start and get in line for the next course. For each course the runners will get points corresponding to their result, and the runner with the most points in total will win the race. It is important to run all courses to get as many points as possible.

Sunday 12 February: Final - Arena Nygårdsparken

Runners have to follow streets marked with yellow color to arena, as shown in the map below (out-of-bounds area in purple):



Warm up: only in the street *Welhavens gate*, north west from arena.

Start	10:00 -11:30
Starting order	The runners will be divided into groups of 6 based on the overall standings before the race. The best 6 runners in the overall standings start in a mass start and compete for the places 1-6. The next groups consist of runners placed 7-12, 13-18 and so on.

	The groups of the best runners in the overall standings start last, about 11:30. The first groups start at 10:00.
Starting point	20 m to the starting point.
Finish	Runners with number bibs: The order will be determined by a finish line referee when crossing the finish line. Punching afterwards. The Emit Card decides the race time. Other runners: The Emit Card decides the order and the race time.
Terrain	Some height differences. Area consisting of large office buildings, apartments and houses. Some park areas. 70-90% asphalt, depending on route choice.
Courses	Course 1: Women 2,3 km Course 2: Men 2,7 km There will be forking.
Map and control descriptions	Scale: 1:4000, contour interval 5 m. The map is drawn in 2009 and revised in 2016. Control descriptions are printed on the map.
Turn the map	The course is printed on both sides of the map. When you reach the last control on page 1, <u>turn the map</u> around and you will be at the starting point on page 2. Remember punching on this control! The course then continues with control numbering from 1 again. Example: if the last control on page 1 is number 11, the first control on page 2 will be number 1. Page number 1 and 2 are marked with large numbers in brown color.
Control points	Marked by control flags and minimum one punching unit.
Traffic	Runners must be careful in the traffic! A street with heavy traffic must be crossed only where crossing points are indicated on the map. There will be organizers at the crossing points, but still the runners must be careful when crossing the road! The road is marked as an out-of-bounds area. Running on the sidewalk is permitted as shown on the map. Taking a shortcut by running in the road where it bends is not permitted where the road is marked as out-of-bounds.
Prize giving ceremony	Starts directly after the last heats finish and is estimated to be finished before 12:30.