

Invitation to

Sørlandsgaloppen

6 - 9 July 2017



The organizing clubs, Hedrum OL and Larvik OK welcome you all to sun, summer, holiday and orienteering in Larvik when this year's Sørlandsgaloppen takes place Thursday 6th – Sunday 9th of July 2017.

The aim is a great holiday event with courses adapted to the different levels and the runners desire for challenge. We will provide something for the beginners and the experienced, for young and old, for novice, intermediate and elite runners! However, there will a be special focus on the younger runners throughout the event.

Programme

The two first days of the event will be located at Ra school close to the lake Ulfsbakk. The arena for the two last days is placed at Ringdalskogen business park close to the motorway E18. Both arenas are central and easily accessible.

Day	Distance	Start time	Arena
Thursday 6th July	Sprint	18:00	Ra school
Friday 7th July	Long distance	11:00	Ra school
Saturday 8th July	Middle distance	11:00	Ringdalskogen
Sunday 9th July	Shortened long distance	11:00	Ringdalskogen

Maps and Terrains

The sprint race on Thursday will be held in the Veldre residential area with small houses and pockets of forest with good runnability. The map is extended and revised in 2016 and 2017 and will use a scale of 1:4000. Course setters: Per Olav Gulbrandsen and Sindre R. Holt.

The long distance on Friday will use the area surrounding the lake Ufsbakk, north and east of the arena. The map is completely updated in 2016 and 2017 to replace the existing map of the area and we will use the 1:7500 and 1:5000 scales. A hilly and varied terrain, with a good mix of areas ranging from easy runnable woods with deciduous trees to more dense vegetation and reduced sight. The area has a well developed grid of paths, that is well suited for choosing different routes while orienteering. Course setters: Ole Petter Aasrum and Anders Kristian Holt.

The races on Saturday and Sunday will take place north of the business park. The map is completely updated in 2016 and 2017 to replace the existing map of the area and we will use the 1:7500 and

1:5000 scales. The terrain is hilly with some longitudinal ridges with steep crags. The forest is a mix which comprises open big deciduous trees and more dense under vegetation in older felled areas. In between there are marshland and some small lakes. Course Setter: Jørn Sundby.

Entry

Entries are made in Eventor (eventor.orientering.no) with deadline for ordinary entries 26 June. Late entries, with a higher fee can be made in Eventor until 5 July 21:00 and after that time until 21:00 o'clock the day before the race in question. Late entries after that time, may take place in the arena event office on the race day as long as there are vacant slots in the category.

Age	Ordinary entry fee (per race)	Additional fee for late entry (per race)	Additional fee for late entry on race day (per race)
12 years and younger	NOK 100	NOK 0	NOK 0
13 – 16 years	NOK 100	NOK 50	NOK 75
17 year and older	NOK 200	NOK 100	NOK 150

The fee for changing class, EMIT-number or start time after ordinary entry deadline is NOK 50 per change.

Direct entry on the race day for the open courses (A-åpen, B-åpen, C-åpen, N-åpen).

Norwegian clubs will be invoiced all entry fees after the event. Entries from competitors for clubs outside Norway are not valid until payment is received, any extra fees for changes at the event race office must be paid in cash. Please find the details for payment below.

Payment details for foreign competitors:

Bank: Larvikbanken, 3251 Larvik
IBAN: NO5425102050463
SWIFT: LABRNOB1XXX
(Sender pay all costs)

Address:

Sørlandsgaloppen 2017
v/Atle Borgersen
Skiferveien 8
N-3214 Sandefjord
Norway

Punching and Timekeeping

The Emit system will be used for punching and timekeeping. Competitors who do not enter an Emit number when registering an entry will be given a rental card from the organizer with a NOK 30 fee per race. The Emit card shall be returned to the organizer after the last race otherwise a fee of NOK 600 will apply.

The competitor must use the same Emit card for all races and no Emit car may be used by more than one competitor during any of the four races of Sørlandsgaloppen 2017.

Child Care and Courses

There will be children's courses, "Småtroll" from the arena each day, with an entry fee of NOK 30 and prizes for all participants. A very simple course for accompanied children. We will also offer activities under supervision on the arena for children from 2 year, this is free of charge.

Classes and Courses

The course lengths are preliminary and minor changes may happen, exact lengths will be posted on our website and in the bulletin.

We will present the exciting, special program for the youth classes 13 – 20 years on our website soon. These classes will get a particular focus throughout the four days. For the other classes the event will consist of four ordinary races.

Class	Course	Level	Sprint 6/7	Long 7/7	Middle 8/7	Shortened long 9/7
H21-	1	A	3,0	7,5	4,0	6,0
H17-20, H35-, H40-, D21-	2	A	2,6	6,0	3,5	5,0
H45-, D17-20	3	A	2,4	5,5	3,3	4,5
H15-16	4	A	2,3	5,0	3,2	4,2
H50-, D35-	5	A	2,2	4,7	3,1	4,0
H55-, D40-, D45-	6	A	2,1	4,5	3,0	3,8
D15-16	7	A	2,0	4,2	3,0	3,8
H60-, D50-	8	A	2,0	4,0	2,7	3,5
H65-, H70-, D55-, D60-	9	A	1,8	3,6	2,5	3,0
D65-, D70-, D75-, D80-, H75-, H80-	10	A	1,6	3,0	2,2	2,6
H17-AK, A-åpen	11 Free start	A	2,0	4,8	2,9	3,6
D17-AK, D45-AK, H45-AK	12 Free start	A	1,7	3,4	2,6	3,1
H13-14, D13-14	13	B	1,9	3,3	2,4	2,9
H17-B, D17-B, H15-16B, D15-16B, B-åpen	14 Free start	B	2,0	3,5	2,5	3,0
H17-C, D17-C, C-åpen	15 Free start	C	1,5	3,0	2,2	2,7
H13-16C, D13-16C, H11-12, D11-12	16 Free start	C	1,4	2,5	2,0	2,3
H13-16N, H17-N, D13-16N, D17-N	17 Free start	N	1,5	2,5	2,0	2,3
H-10, D-10	18 Free start	C/N	1,2	2,0	1,5	1,8
H10-12N, D10-12N, N-åpen	19 Free start	N	1,0	1,5	1,2	1,3

The lengths are in km. Women are «D», men «H» and «åpen» are open classes, where N-åpen is the beginner's open.

Competitors that are not member of an orienteering club may only participate in open courses and N-classes (beginners).

Food and Equipment Sales

A wide range of hot meals, waffles, cakes and kiosk items will be offered every day. The Sport8 shop on the arena offers sports clothes, shoes and orienteering equipment.

Directions

The arena the two first days are situated about 3 km from Larvik city centre. The arena the two last days is easily accessible vis-a-vis the motorway E18 and about 10 km from Larvik city centre. Larvik is easily accessible by car, express bus and train, as well as ferry from Hirtshals, Denmark. The distance from Torp airport, Sandefjord is also reasonably short.

Parking

The distance from car parking to the arena is between 500 and 800 meters. We charge NOK 30 for parking per day or NOK 100 if you pay for all four days at once. Parking ticket is bought in the kiosk and showed to the guards as you leave the car park.

Prizes

- *12 years and younger, and N-åpen*: Prizes to everybody all four days. No overall prizes. Prizes are received as the runner finishes.
- *13-16 years and D/H17-20*: Prizes to top 3 the three first days. Prizes the last day to the best 1/3 overall. Prize ceremony when all runners in the class has finished.
- *Other A classes*: No prizes the first three days. Prizes the last day to the best 1/8 overall. Prize ceremony when all runners in the class has finished.
- *AK-, B-, C- and N-categories for 17 years and older*: No prizes the three first days. Prizes the last day to the overall winners. Prize ceremony when all runners in the class has finished.

Accommodation

There is a long range of accommodation possibilities in Larvik and the surrounding area, ranging from hotels and holiday apartments to camping cabins and tent spaces. A range of selected accommodation alternatives will be presented on our website.

We are offering a simple “parking camp” for motorhomes and caravans close to Ringdalskogen arena, where an area besides the car park is reserved for participants arriving with motorhomes and caravans. We charge NOK 100 per night or NOK 350 for all four nights.

A school 6 and 8 km from the arenas is reserved and we offer simple, cheap accommodation on hard surface, i.e. sleeping on the floor in class rooms. Contact info@sg17.no if you are interested, this is typically an option best suited for groups travelling together.

What is going on

Sørlandsgaloppen is organized simultaneously with the large music festival Stavernfestivalen takes place, making it possible to combine these two events. In addition is the summer time in Larvik and close-by city Stavern full of small and large cultural events and arrangements. There should be no immediate risk of being bored after the races! En collection of pointer and recommendations will be presented on the website.

Training

The organizing clubs offers a number of training courses in different areas of Larvik from early 2017, these trainings will be available before, during and after Sørlandsgaloppen. Information on these training possibilities is presented on the website.

Contact

Website: en.sg17.no

Facebook: facebook.com/Sorlandsgaloppen

Epost: info@sg17.no

Telephone: +47 9516 1107 (Tom Kristensen)



Hedrum OL and Larvik OK welcome you all in July 2017!

