



Invitation to Fjord O Vest 2018

Welcome to an active Orienteering Holiday in Karmøy and Odda 4-8. July 2018!

The sport clubs Haugesund IL and Odda O-lag, invite you to Fjord O vest 2018, (Nordvestgaloppen).

The race courses are set in some of the most spectacular terrains in Fjord Norway. Our slogan:

"From sea to mountain"

Fjord-O vest is a four days competition with ranking. Two days offer middle distance and two days are set as long distance courses.

Race 1 and 2, Wednesday 4. July and Thursday 5. July in Skudeneshavn, Karmøy

Event Centre:

Skudeneshavn Idrettspark. [Map](#)

Parking: 100-500 m walk from the parking to the Event Centre.

First start, Wednesday: 17.00 – approx. 15 minutes to the start from the Event Centre
N-Open can start from 16.00 near the Event Center

First start Thursday: 11.00 – approx. 25 minutes to the start from the Event Centre
N-Open can start from 10.00 near the Event Center

The terrain:

Day 1: Middle distance. Hiking area with many paths. Small hills with marshes, planted forest and some heather moors. Varying runability.

Day 2: Long distance. Small hills with many details, open heather moors and some planted forest. Varying runability.

Map both days:

«Skudeneshavn», 2013, scale 1: 10 000 and 5 meter contour interval. Parts of the map will be reissued in 2018.

Race 3 and 4, Saturday 7. July & Sunday 8. July in Seljestad, Odda

Event Centre:

At Korlevoll cross country arena. [Map](#)

Parking: 100 m walk from the parking to the Event Centre.

First start, Saturday: 16.00 – appr. 30 minutes walk from Event Centre to the start gates
N-Open can start from 15.00 near the Event Center

First start Sunday: 11.00 – appr. 20 minutes walk from Event Centre to the start gates
N-Open can start from 10.00 near the Event Center

The terrain:

Day 3. Long distance. Changing between slanting hillside, small hills and some slightly hillier. Open marshes, some birch thickets in higher area and birch and pine forest in lower areas.
Generally good runability.

Day 4: Middle Distance. Small hills, many details, slanting hillsides, birch forest and pines. Open marches.

Map both days:

Korevoll, scale 1:10 000/ 1:7500 and 5 meter contour interval. Reissued with laser curves in 2006.

Classes and Courses:

Løype	Herrar	Damer	Løp 1 Mellom	løp 2 Lang	løp 3 Lang	løp 4 Mellom	Målestokk
1	M21		4,4 km	8,0 km	10 km	5,0 km	1:10 000
2	M19-20, M35, M40	W21	3,6 km	6,4 km	7,5 km	4,3 km	1:10 000
3	M45, M17-18	W35, W19-20	3,4 km	5,2 km	6,5 km	4,1 km	1:10 000
4	M50, M15-16, M17AK	W17-18	3,2 km	4,8 km	5,7 km	3,9 km	1:10 000
5	M55	W40, W15-16	3,0 km	4,4 km	5,5 km	3,6 km	1:10 000
6	M45AK, H60	W45	2,6 km	4,1 km	4,8 km	3,2 km	1:7 500
7	M65	W50, W55, W17AK	2,4 km	3,4 km	4,3 km	2,8 km	1:7 500
8	M70, H75	W60, W65, W45AK	2,2 km	2,8 km	3,3 km	2,6 km	1:7 500
9	M80, H85	W70, W75, W80, W85	1,8 km	2,5 km	2,9 km	2,3 km	1:7 500
10	M13-14, M15-16B, M17-20B	W13-14, W15-16B, W17-20B	1,8 km	3,0 km	3,7 km	2,3 km	1:7 500
11	M17C	W17C	1,9 km	2,4 km	3,5 km	2,2 km	1:7 500
12	M-10, M11-12, M13-16C	W-10, W11-12, W13-16C	1,6 km	2,2 km	2,5 km	1,9 km	1:7 500
13	M13-16N, M17N	W13-16N, W17N	1,6 km	2,2 km	2,9 km	2,3 km	1:7 500
14	M11-12N, N-Open	W11-12N, N-Open	1,4 km	1,7 km	2,2 km	1,6 km	1:7 500

The lenghts can be adjusted. Please Note: Blue Courses are beginner, green is C-level, yellow is B level and red is A level.

Direct entry

Direct entry is available in Eventor until 1. July 23:58. After this, direct entry will only be available at the event centre each race day. Save time at the race centre and enter until 1. July.

Course nr	Course Name	Race 1 Middle	Race 2 Long	Race 3 Long	Race 4 Middle	Map Scale
5	Direct A	3,7 km	5,5 km	5,5 km	3,8 km	1:10 000
10	Direct B	2,3 km	3,7 km	3,7 km	2,3 km	1:7 500
11	Direct C	2,4 km	3,0 km	3,5 km	2,2 km	1:7 500
13	Direct N	2,0 km	2,7 km	2,9 km	2,3 km	1:7 500
14	N-Open	1,4 km	1,7 km	2,2 km	1,6 km	1:7 500

EMIT Control System

The Emit control and time recording system is used in all classes except «Småttroll». Badges can be rented at 50 NOK/race.

Prizes

Classes	Each Race	Combined
12 years and younger	Prizes to all	None
13-16 years	Top three in each class	1/3
17 years and upwards	Winner of the class	1/8
Direct Classes	None	None

Entry

Web based. Entries opens in EVENTOR from 8. January 2018:

<http://eventor.orientering.no/Events/Show/8873>

- Ordinary entries – deadline: Before 5. June at 23:59.
- Late entries: Until 25. June at 23:59.

After 1. July it is possible to enter Direct classes/courses at the Race Centres.

Entry fees are presented below. (per person/per race)

Age	Before 5. Junel	After 25. June	After 1. July (On Arena)
Up to 12 years	NOK 100	NOK 100	
13 – 16 years	NOK 100	NOK 150	
17 years and upwards	NOK 200	NOK 300	
A, B, C and N – Direct			NOK 150

Payment options

The fees are to be paid in full at time of entry. Payment details are as follows:

Receiver: Haugesund IL Orientering, Postboks 203, 5501, Haugesund
Account: **3240.07.37885**
Note: Merk innbetaling med Etternavn
IBAN: NO42 3240 0737 885
SWIFT/BIC: DNBANOKKXXX
Bank Adress: Haugesund Sparebank, Postboks 203, 5501 Haugesund

All applicable bank fees to be paid by the sender.

An additional fee of NOK 50 will be charged for any later changes related to the original entries.

If an EMIT badge number is not entered to each person a hire badge will automatically be assigned. NOK 50 per race will be added. Loss of rented badges will be charged at 600 NOK.

Småttroll & Child Care

There will be «Småttroll» arrangements and child care services at each arena.

Restaurants

A cafe/restaurant will be open at each arena.

Accommodation/O-camp

Information about available accommodation options will be posted on our facebook site and on fjord-o.no/2018

Friday 6. July – your day off with a lot of exiting activities for the whole family.

Karmøy beaches offer inviting white sands and clear, clean water. Sandvesanden, near Skudeneshavn, is one of Karmøy's finest beaches. The area is rich in plant life, with many shapes, colours and scents. Skudeneshavn, founded on the incredible success of the early 19th Century herring harvests, offers charm and authentic surroundings. On the 5th of July, the festival Skudefestivalen, opens: <http://skudefestivalen.no>

In Odda you can have a mountain hike to the famous Trolltunga (8 hours), a blue glacial hike to the Buer Glacier (Folgefonna National Park) and admire the beautiful waterfalls in Oddadalen. In Røldal you can visit the Stave Church, built between 1200 and 1250. More information on:

Skudeneshavn/Karmøy

Odda



Sandvesanden, Karmøy



Seljestad, with a view to the glacier Folgefonna