



Bulletin Fjord-O 2018

Haugesund IL Orientering og Odda O-lag are welcoming you to Fjord-O west. Fjord-O is a four-day competition spread over five days, with overall prizeing. There will be two middle distances and two long distances.

General about the races

RACE OFFICE

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

MAPS FOR N- AND C-COURSES

Everyone up to 12 years, plus every N-and C-classes will get their map in the team bags and at the race office.

ARENA/PARKING/TRANSPORT

Parking fee:

Day 1 and 2: NOK 50,00 for cars (100 NOK for two days). Cash payments in the café at the arena.

Day 3 and 4: NOK 50,00 for cars (100 NOK for two days). Cash payments.

Sketches for the arena will be published in Eventor.

TEAM TENTS

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

Day 3 and 4 – grass/bark. Look at the arena sketch 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 60 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 and start lists, back-up patches and maps for N- and C-courses.

Self-service of startnumbers. You 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. 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. NOK 600,-

CONTROL DESCRIPTIONS

IOF-symbols for all classes. Control descriptions will be printed on all maps. There will also be separate control descriptions in the startbooth.

TIMING

Emit-cards and emit-punching all days. 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. 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 cardnumber. Compare the number with the startlist.

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 starttime 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 warm food, cakes, waffles, soda, coffee etc. at the arena. Cash payment. There will be sold equipment for orienteering/running on the arena day 3 and 4

DRINKS

After finish. Self-service.

Long distance day 3. The longest courses are crossing a river. Here you can drink the water.

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 NOK 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

Toilets on the arena. Showers are available day 1 and 2.

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.

Live results at EQ-timing (internet) during each race.

EVENT LEADER

Day 1 and 2 – Grethe Paulsen Vie – mobil 481 52 509, Erling Haavik – mobil 982 37 431

Day 3 and 4 – Eivind Tokheim - mobil 936 36 502, Erling Forstrøm, mobil 905 56 838

JURY

Paal Bårdsen, Stavanger O-klubb

Erling Haavik, Haugesund Idrettslag

Erling Forstrøm, Odda O-lag

CLASSES AND COURSE-LENGTHS:

Couse	Men	Women	Race 1 Middle	Race 2 Long	Race 3 Long	Race 4 Middle	Scale
1	M21		4,2 km	7,7 km	10,3 km	5,1 km	1:10 000
2	M19-20, M35*	W21	3,6 km	6,0 km	7,7 km	4,4 km	1:10 000
3	M45, M17-18	W19-20	3,4 km	5,2 km	6,8 km	4,1 km	1:10 000
4	M50, M15-16, M17AK	W17-18	3,4 km	4,9 km	5,7 km	4,0 km	1:7 500
5	M55	W35*, W15-16	2,8 km	4,2 km	5,6 km	3,6 km	1:7 500
6	M45AK, M60	W45	2,5 km	3,9 km	4,9 km	3,2 km	1:7 500
7	M65	W50, W55, W17AK	2,4 km	3,4 km	4,2 km	2,9 km	1:7 500
8	M70, M75	W60, W65, W45AK	2,2 km	2,6 km	3,4 km	2,7 km	1:7 500
9	M80, M85	W70, W75, W80, W85	1,8 km	2,3 km	3,1 km	2,4 km	1:7 500
10	M13-14, M15-16B, M17-B	W13-14, W15-16B, W17-B	1,7 km	2,8 km	3,6 km	2,8 km	1:7 500
11	M17C	W17C	2,1 km	2,3 km	3,5 km	2,2 km	1:7 500
12	M10, M11-12, M13-16C	W10, W11-12, W13-16C	1,7 km	2,0 km	2,3 km	2,2 km	1:7 500
13	M13-16N, M17N	W13-16N, W17N	1,3 km	2,2 km	3,0 km	2,5 km	1:7 500
14	M11-12N, N-open	W11-12N, N-open	1,2 km	1,7 km	2,1 km	1,6 km	1:7 500

*The classes M35 and M40 are merged to M35. The class will run course 2

**The classes W35 and W40 are merged to W35. The class will run course 5.

DIRECT CLASSES

Direct classes are available at arena

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

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

PRIZES

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

17 years and older: Class Winner is announced by speaker. 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.

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

Parking: 150 m walk from the parking to the Event Centre.

Event Centre:

Skudenesh Idrettspark. [Map](#)

Start Wednesday – day 1: Free start N-Open from 16.00 – all other classes from 17.00.

All courses: 15 min. to walk from arena, 1 km along a road.
The start point is 50 m from start for the runners at start

Start Thursday – day 2 Free start N-Open from 10.00 – all other classes from 11.00.

Start 1: Course 1-10 – 25 min. walk from arena, along a path.
The start point is 50 m from start for the runners at start.

Start 2: Course 11-14 (N- and C-courses) – 10 min. walk from arena

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:

«Skudenes», 2013, scale 1: 10 000 and 5 meter contour interval. Parts of the map was reissued during the spring 2018.

Race 3 and 4, Saturday 7. July & Sunday 9. July at Seljestad, Odda**Parking:**

150 m walk from the parking to the Event Centre.

Event Centre:

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

Start Saturday – day 3:

Free start N-Open from 15.00 – all other classes from 16.00.

Start 1: Course 1-10 – 30-35 min. walk along a path
The start point is 40 m from start for the runners at start

Start 2: Course 11-14 (N- and C-courses) – 400 m walk from arena

Start Sunday – day 4

Free start N-Open from 10.00 – all other classes from 11.00.

Start 1: Course 1-10: 20-25 min. walk in the terrain from arena. .
The start point is 40 m from start for the runners at start

Start 2: Course 11-14: (N- and C-courses): 400 m walk from arena.

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.



COWI

