

Welcome to JWOC Tour –  
Sørlandsgaloppen 2015  
in Telemark 4 – 10 July 2015



## PM - Competition information

### MAPS

All maps are developed for JWOC and SG 2015/ JWOC tour. The maps have scale 1:7.500 and 1:10.000 with 5 m contour interval.

### Specific information for each day

#### Saturday 4th July, long distance, Høydalsmo

**Guidance:** Road E134 Høydalsmo, arriving from north or south. Alternatively Road 45 from Dalen. Follow instructions from the parking officials.

**Terrain:** Inland forest terrain with mainly pine and spruce. The longest courses will have hilly areas and more open terrain at higher altitude. The medium-long courses will have a larger part in slopes, whereas the shortest courses have less climbing and terrain with several paths and cross-country ski-tracks.

Cross-country ski-tracks are usually mapped as yellow lines with or without black dashed path or line symbol. There are several cross-country ski-tracks in the competition area. Since these tracks usually go over areas covered with grass, heather and marshes, they should, according to the mapping norm, be marked with yellow lines only. However, this can be confusing for beginners and a path or line symbol is added onto all ski-tracks on maps with scale 1:7500. This applies to all courses using the Statkraft and the Rauland Skisenter starts.

**Course setter:** Asbjørn Byggland

**Way to start:** Sparebank 1- and Trimtex-starts: West from Arena, partly along main road. Beware of traffic. "Rauland Skisenter" and "Statkraft"-starts: North from Arena. Be careful when crossing main road.

#### Monday 6th July, middle distance, Krossen, Rauland centre

**Guidance:** Road 37 at Krossen, Rauland centre. Follow instructions from the parking officials. It is strictly forbidden to stop and let off passengers before arriving at the parking lots as this will block access for JWOC-buses. Park as close to boundaries and adjacent cars as instructed, parking space is limited. Bike or walk from your accommodation if possible.

**Terrain:** A- and B-courses include parts in slope with quite dense vegetation, but also open forest with good visibility. Good runnability, but physically demanding due to climbing and soft ground. Contours and the map in general is of very good quality, but is not based on laser-photos as the rest of the maps used in JWOC and JWOC tour/Sørlandsgaloppen. Transitions from “white forest” and “green forests” are diffuse and not recommended for accurate orienteering. One route-choice on several courses cross a wide, but passable ditch. A and B-course have a mandatory river-passing on a bridge built for this race. N- and C-courses have forest terrain with paths and ski-tracks. Some courses have a marked route between two paths. The marked route is printed as a purple dashed line on the competition maps. N- and C courses have a mandatory river-passing on a permanent bridge for bikers and pedestrians. There are controls on both side of the river, and a marked corridor to be followed between the two controls.

**Course setter:** Håvard Steinsholt

**Way to Start:** South from arena to all starts. Sparebank 1- and Trimtex-starts north of main road 37, whereas the Rauland Skisenter- and Statkraft-starts are south of road 37. Be careful when crossing the main road. Follow instructions from traffic officials.

**Tuesday 7th July, long distance, Krossen i Rauland** - including Norwegian Cup (NC) for juniors

**Guidance:** Road 37 at Krossen (Rauland centre), same location as Monday 6<sup>th</sup> July

**Parking:** Same parking as Monday 6<sup>th</sup> July.

**Terrain and map:** A- and B-courses include slope-orienteering with good runnability. The longest courses also have areas with open marches and birch-tree mountain forest. N- and C-courses pass through slopes with several paths and cross-country ski-tracks. These courses also come in contact with an urban village area, and some other courses at some point are close to private cabins. Please respecter private gardens and areas immediately next to cabins, these areas are marked olive-green on the map and as normal forbidden area. The map used for N- and C-courses, plus the north-western part of the long A-courses is a revised version of an earlier map. Apart from these smaller parts, a new map prepared for JWOC is used. All runners are crossing a river towards the end of their courses. It is mandatory to follow a marked route over one of the bridges when crossing the river. The second last control in Norwegian Cup-, A- and B-courses are (due to JWOC) close to the map-edge without any distinct line detail to mark the map end. Navigate accurately so that you do not run out of the map!

**Course setters:** Marianne Wiig Njåstein and Hans Petter Mathisen (NC)

**Start:** Common marked route south from arena to all starts. The way to the Sparebank 1- and Trimtex-starts include quite a bit of climbing, estimate some extra time for this. Last toilets are 300m before start. Rauland Skisenter- and Statkraft-starts are located north of road 37 close to Krossen (Rauland centre).

**Thursday 9th July, long distance, Rauland Skisenter** - including Norwegian Cup (NC) for juniors

**Guidance:** Road 37 at Rauland Skisenter

**Parking:** Parking at Rauland Skisenter and Holtardalen. Follow signals from parking officials and do not stop to let off passengers before arriving to your designated parking spot.

**Terrain:** A- and B-courses have hilly terrain with marches, some areas with many contour details and other map details. Good runnability. Long courses have some long route-choice legs. C- and N-courses have quite flat terrain with several open, large marches, but few paths. On some of the legs it is required to use open marches as guiding lines. Courses 1-11 may come in contact with a new construction road. The area is marked with purple lines on the competitions maps. It is dangerous and strictly forbidden to enter into this area except for a marked passage (following a ski-track) that divides the area in two. Large vehicles can be moving! The location of the construction area is shown on maps at the starts.

The last part of all courses involve climbing and tough running, possibilities to gain time if you have power left, :)

There are some cross-country ski-tracks in the final part of the competition area. Since these tracks go over areas covered with grass, heather and marshes, they should, according to the mapping norm, be marked with yellow lines only. However, this can be confusing for beginners and a path or line symbol is added onto all ski-tracks on course maps for the Statkraft and Rauland Skisenter-starts.

**Course setters:** Terje Wiig Mathisen and Hans Petter Mathisen (NC)

**Start:** Common marked route south from arena to all starts. Be cautious when crossing road 37. Cross the road only at marked locations supervised by our traffic officials. Toilets 200-400m from starts.

**Friday 10<sup>th</sup> July, middle distance, Rauland Skisenter**

**Guidance:** Road 37 Rauland Skisenter, same location as 9<sup>th</sup> July.

**Parking:** Same parking as 9<sup>th</sup> July.

**Terrain:** Varied, but largely good runnability with marches, some very detailed forest areas and slopes with cross-country and alpine ski-tracks. Birch, pine and spruce tree mountain forest, but some areas with mixed leaf tree forest. Courses will be in contact with new cabin areas, but also some older cabins that are further apart from each other. One cabin area is mapped with symbol 527 – building area (olive green). Respect this as forbidden area. N- and C-courser can largely follow ski-tracks and distinct and less distinct paths. Some N-courses have a marked route between two of the controls.

**Course setter:** Dagfinn Torpe

**Start:** Common marked route south from arena. Toilets at the Sparebank 1- and Trimtex-starts.

## General request regarding parking

Due to several different parking places, limited parking space and narrow access roads to parking, it is VERY IMPORTANT that all vehicles follow instructions from traffic and parking officials.

We encourage all clubs to drive with full cars to the events. Park as close to the neighbour car as indicated by the parking official. In this way all competitors and spectators will be able to park relatively close to the arenas every day. And all parking is FREE.

## Arena maps

Race 1:

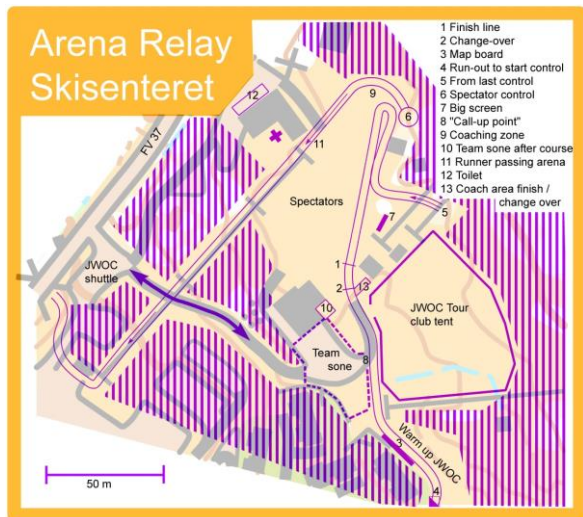




## Race 2 and 3:



## Race 4 and 5:



## General information for all races

### INFO / COMPETITION OFFICE

Here you can get all information about Sørlandsgaloppen / JWOC tour. Club bags are to be picked up during the first race day from this office.

The club bags include start bibs, program with start lists, race information (PM) and rental EMIT-cards. The same start bib is to be used all days. In case of lost start bib, a new one must be purchased from the info/ competition office or at the starts for NOK 50.

Maps for N-courses, D/H-10, D/H11-12N and D/H11-12 are to be picked up from the competition office every day, individually by each runner.

Clothes from start will be returned to a location close to the info/ competition office after the last start each race day. Lost and found items can also be delivered or retrieved back from this place. The info/competition office is open all race days, Saturday 4<sup>th</sup> July from 10:00 hrs, all other days from 09:00 hrs. **On Friday 3<sup>rd</sup> July the competition office will be at Tourist office in Krossen (Rauland Centre) with opening time 17:00 to 19:00.** It is recommended to pick up the club bag already this day to avoid the expected queue on Saturday morning.

Please provide a mobile phone number for club leader/contact person when retrieving the club bag.

Entry to direct courses and change of EMIT-cards also done at the info/competition office. Change of start time or class is not possible.

### DESCRIPTIONS

Control descriptions are printed on the competition maps using IOF-symbols. For classes 12 years and younger the descriptions are also printed with (Norwegian) text (words).

Additional, separate control descriptions are available at the start folders for all classes above 12 years, except N-courses.

### START NAME (sponsor), FIRST START and WALK DISTANCE

	Race 1		Race 2		Race 3		Race 4		Race 5	
Startsted	First start	Distance	First start	Distance	First start	Distance	First start	Distance	First start	Distance
<b>Sparebank 1 and Trimtex</b>	12:00	Length: 1300 m Walk time: 20-25 min	10:00	Length: 800 m Walk time: 10-15 min	10:00	Length: 1600 m Walk time: 25-30 min	10:00	Length: 2000 m Walk time: 25-30 min	<b>13:00</b>	Length: 1100 m Walk time: 15-20 min
<b>Rauland Skisenter and Statkraft</b>	12:00	Length: 400 m Walk time: 10-15 min	10:00	Length: 1000 m Walk time: 15-20 min	10:00	Length: 800 m Walk time: 10-15 min	10:00	Length: 1500 m Walk time: 20-25 min	<b>13:00</b>	Length: 450 m Walk time: 5-10 min

Toilets close to all starts and races except for the Statkraft og Rauland Skisenter starts on races 1, 3 and 5, but these starts are quite close to the Arena.

Several start places are close to houses or cabins. Please use the toilets (also when urinating).

N-open can start 1 hour before ordinary classes all days except at race 5, that day it is not possible to start before the first start time for the other classes.

### START BIBS

All competitors must use start bibs. You use the same start number all days. Bibs are in the club bags and picked up at the Info / Competition centre before the first race. If you lose or forget the start bib, you have to buy a new one at the Info/Competition office OR AT THE START (will be registered and invoiced to the clubs). The sponsorlogo at the start bibs indicates your start place. The sponsorlogo is also used to mark the route to the start places.

### START PROCEDURE, fixed-time start

Before you go to start: Control your EMITcard number towards the start list. All runners are responsible to use the correct EMITcard. In case your bib number is incorrect or missing from the club bag, contact the Info/Competition office.

3 min before start: «Call time», enter the start folder, EMIT-card number and bib number are checked.

2 min. before start: Separate control descriptions are available.

1 min before start: Competitors go to their map box and EMIT start unit. The EMIT-card is activated at your exact starting time. The map is retrieved and turned over at your exact start time.

5 sec before start: Put your EMIT-card on the start unit and keep it there until the start watch stops to beep.

When starting check that you have got the correct map/course. Competitors are themselves responsible for this. In case of error, notify the start official and replace the map yourself. Get assistance from the start official if required.

Short marked route to the exact start point all races.

(Adults shadowing D/H -10 runners may get a copy of the competition map at the start)

### START PROCEDURE, free start time

Before you go to start: Control your EMIT-card number towards the start list. All runners are responsible to use the correct EMIT-card. In case of errors/deviations, contact the Info/Competition office.

When you want to start: Go to the start folder/queue for your course. Control that you are in the correct queue.

3 min before start: EMIT-card control and registration in the start list. Cardboard backup-tag for the EMIT-card is handed out.

2 min before start: Separate control descriptions available.

1 min before start: Competitors go to their map box and EMIT start unit. Activate your EMIT-card when you want to start, but follow instructions from start officials regarding interval between runners. The map is retrieved and turned over at your exact start time-

5 sec before start: Put your EMIT-card on the start unit and keep it there until the start watch stops to beep.

When starting check that you have got the correct map/course. Competitors are themselves responsible for this. In case of error, notify the start official and replace the map yourself. Get assistance from the start official if required.

(Adults shadowing N-open and D/H11 -12N runners may get a copy of the competition map at the start)

### EMIT-CARDS

Electronic time registration with the EMIT-system is used all days. Cardboard backup-tag for the EMIT-card is handed out at the start places. Rental EMIT-cards are in the club bags. The same EMIT-card must be used all days.

Rental cards are to be delivered close to the finish after your last race. Alternatively, they may be delivered to the info/ competition office. Non-returned EMIT-cards will be invoiced, price is NOK 600.

NOTE! One EMIT-card can only be used by one competitor in Sørlandsgaloppen

### WATER STATIONS/COMPETITOR DRINK

Forest water stations will be available during the long distances races 1, 3 and 4. Water will be available to all runners all days at the starts. Diluted, sweet fruit juice and water are available close to the finish line all days.

### FINISH

Runners finish when punching the EMIT unit at the finish line. Runners proceed to the finish tent where the EMIT-card is read. Follow instructions. Runners not directly approved in the electronic punch control, should continue to the red zone, and the cardboard back-up tag is collected. In the red zone the runner may be explained the reason for the disapproved race.

Runners who don't finish their race, should cross the finish line as other runners to register/read their EMIT-card. If this is not done, the runner or a club representative must afterwards go to the finish area so that the EMIT-card can be read/registered. The club contact person is responsible to make sure that all club participants come back from the forest and are registered at the competition finish.



In case a runner disagrees to a disqualification, the runner must approach the Info / competition office for further discussions. If no agreement can be reached, a formal complaint to the disqualification can be handed in for evaluation by the competition jury.

### FAIR PLAY

Runners keep their competition map after finishing. All competitors should follow competition rules and show fair play. IT IS NOT ALLOWED TO SHOW YOUR COURSE TO OTHER RUNNERS. This also applies if the other runner has a different course (unless the other runner has a C or N-course). Breach of this rule will lead to disqualification of both (all) runners involved! Running across farmland (yellow with black dots), including running on farmland edges is forbidden. Running on building area (olive green, IOF symbol 527) is as usual also strictly forbidden.

### ANIMAL OBSERVATIONS

Competitors must be careful regarding wild animals in the forest, please report all animal observations to the competition office.

## **CLASSES, MAP SCALES AND COURSE LENGTHS**

Course	Classes females	Classes males	Start place	Map scale	Race 1	Race 2	Race 3	Race 4	Race 5	*Note
1		H21	Sparebank 1	1:10 000	8,1	5,0	8,4	9,0	4,9	
2		H19-20	Sparebank 1	1:10 000	7,3	4,1	4,0	8,5	3,9	Norwegian Cup race 3 and 4
3		H17-18	Sparebank 1	1:10 000	7,0	3,9	3,7	7,7	3,7	Norwegian Cup race 3 and 4
4	D21		Sparebank 1	1:10 000	7,0	4,0	6,6	7,0	3,9	
5	D19-20 *		Sparebank 1	1:10 000	5,9	3,5	3,3	6,5	3,4	Norwegian Cup race 3 and 4
6	D17-18 *		Sparebank 1	1:10 000	5,4	3,1	3,1	5,2	3,4	Norwegian Cup race 3 and 4
7		H35, H40,	Sparebank 1	1:10 000	7,3	4,0	7,2	7,4	3,9	
8		H45	Sparebank 1	1:10 000	7,1	3,8	6,5	6,9	3,8	
9		H50	Sparebank 1	1:7 500	5,3	3,7	5,9	5,5	3,7	
9B		H55	Sparebank 1	1:7 500	5,1	3,7	5,8	5,4	3,6	
10	D35	H16	Sparebank 1	1:10 000	4,7	3,5	5,3	5,3	3,5	
11	D40	H15	Sparebank 1	1:10 000	4,2	3,2	4,9	4,8	3,2	
11B	D15, D16		Sparebank 1	1:10 000	4,0	3,1	4,9	4,8	3,3	
12	D45		Sparebank 1	1:7 500	4,5	3,0	4,6	4,4	3,1	
12B	D50	H60	Sparebank 1	1:7 500	4,5	2,8	4,6	4,4	2,8	
13	D55, D60	H65, H70	Sparebank 1	1:7 500	3,6	2,8	4,1	3,7	2,9	

Course	Classes females	Classes males	Start place	Map scale	Race 1	Race 2	Race 3	Race 4	Race 5	*Note
14	D14	H14	Sparebank 1	1:10 000	3,9	2,8	3,7	3,9	2,4	
15	D13	H13	Sparebank 1	1:10 000	3,5	2,7	3,2	3,2	2,4	
16	D65, D70, D75, D80	H75, H80, H85	Sparebank 1	1:7 500	2,9	2,5	2,7	2,7	2,5	
17	D11-12	H11-12	Rauland Skisenter	1:7 500	2,7	2,5	2,9	2,4	2,0	
18	D-10	H-10	Rauland Skisenter	1:7 500	2,0	1,7	1,7	2,2	1,7	
19	D13-16C	H13-16 C	Statkraft	1:7 500	2,8	2,5	2,8	2,3	2,1	Free start
20	Direkte AL	H21AK, H35AK, Direkte AL	Trimtex	1:10 000	4,8	3,5	5,9	5,4	3,4	Free start
21	D21AK, D35AK	H17-20AK, H45AK	Trimtex	1:10 000	4,3	2,8	4,5	4,3	3,0	Free start
22	D17-20AK, D45AK, D55AK, Direkte AK	H55AK, Direkte AK	Trimtex	1:7 500	3,6	2,6	3,4	3,2	2,8	Free start
23	D15-16B, D17B, Direkte B	H15-16B, H17B, Direkte B	Trimtex	1:7 500	3,6	2,7	3,7	3,2	2,6	Free start
24	D17C, D35C, Direkte C	H17C, H35C, Direkte C	Statkraft	1:7 500	3,0	2,6	2,9	2,9	2,4	Free start
25	D13-16N, D17N, Direkte N	H13-16N, H17N, Direkte N	Statkraft	1:7 500	2,6	2,4	2,9	2,6	1,8	Free start
26	D11-12N	H11-12N	Statkraft	1:7 500	2,1	1,8	1,9	2,0	1,7	Free start
27	N-open	N-open	Statkraft	1:7 500	1,6	1,7	1,5	1,8	1,7	Free start

### DIRECT ENTRY COURSES

The following direct courses are available all days:

A-courses: Direkte AL (A-long) and Direkte AK (A-short)

B-courses: Direkte B

C-courses: Direkte C

N-courses: Direkte N and N-open

Entry for direct courses at the competition office on Arena all days. Start place as indicated from the start bib (sponsorlogo). Free start time within the same time period as other classes with free start time.

## RESULTS

Day results will be displayed on result boards at the arena. Complete results will be published on Eventor (<http://www.eventor.orientering.no>) after the competition is finished. Yesterday results and combined results will also be displayed on information boards at the arena.

## COMBINED RESULTS

Combined results according to points where highest point is best. The four best races count in the combined competition.

Class winners in main classes get 1000 points. Other competitors get 1 point subtracted for each third second behind the winner, that is 1-3 seconds after winner = 999 points, 4-6 seconds after winner = 998 points and so on.

Class winners in AK, C and N classes get 750 points. Other competitors get 1 point subtracted for each third second behind the winner, that is 1-3 seconds after winner = 749 points, 4-6 seconds after winner = 748 points and so on.

## PRICES/PRICE CEREMONY

Prices for N-open, D/H 10, D/H 11-12 og D/H 11-12 N are delivered in the price tent after race completion. Prices can be picked up at any time. Prices for other classes are handed out as shown below. The time for arena price ceremonies (races 1, 4 and 5) will be announced by the arena speaker. Officials at the price tent can provide information about approximate timings.

- Race 1 – price ceremony on arena
- Race 2 and 3 – common price giving ceremony Tuesday 7<sup>th</sup> July (after race 3) 18:30 at Raulandshallen / Rauland skule. **This is immediately before the JWOC price and medal ceremony for the sprint and middle distance races.**
- Race 4 – price ceremony on arena
- Race 5 – price ceremony on arena, including also prices for the combined results

## CHILDRENS ACTIVITY

Orienteering activity for children at the arena all five race days. Guidance from arena centre to the SMÅTROLL venue. Cost NOK 30 per day. Activities open from one hour before first normal start to one hour after last start.

## CHILDREN CARE

Free children care is offered all race days, close to the arena centre. Lower age limit two years. Must be limited to the time the parents are away running. The children will be activated with toys and games. The offer is open from one hour before first normal start to one hour after last start, but a somewhat later pick-up can be agreed if required (e.g., very late start and long course)

## FIRST AID

First aid tent is located close to the finish line all races. Trained nurses and first aid workers lead by our competition doctor will be present. The team is well educated with good equipment. Approach the tent with your own injuries, and notify them about possible injured persons in the forest.

## CLUB TENTS

Club tents can be put up in designated areas on the arenas. Some arenas have limited space for this. Please consider and help your neighbours when putting up tents.

## TOILETS

Portable toilets will be available close to the arena centres all days. During race 1 school toilets will be used, too, and it is absolutely forbidden to wear shoes with metal spikes or dubs.

Toilet trailers will be available close to the starts (see above)

## SHOWER

Unfortunately, there will be no shower on the three arenas, but good shower facilities will be available at Raulandshallen all days from Saturday 4<sup>th</sup> July to Friday 10<sup>th</sup> July 14:00-18:00 hrs. Raulandshallen is located in Krossen (Rauland Centre), just south of road 37.

## SALES OF FOOD AND DRINKS

The large sales tent offer various grilled food, waffels, coffee, soft drinks, ice cream and various sweets. Payment by Norwegian cash (NOK) or bank cards.

## JURY

In case a runner disagrees to a disqualification, the runner must approach the INFO / COMPETITION office for further discussions. If no agreement can be reached, a formal objection/complaint to the disqualification can be handed in for evaluation by the race jury.

Deadline for complaints: Race 1 18.00 hrs, Races 2-4 16:00 hrs, Race 5 kl 18:00 hrs; on the race day. Competition jury members: Arve Glittum, OK Skeidi, Per Olav Guldbrandsen, Larvik OK, Tove Heimdal, Konnerud IL.

## MAIN EVENT OFFICIALS

Organizing committee: Jan Gatevold (race director), Jarle Botnen, Ketil Kvaale, Gunnar Mosevold

Technical controller: Tron Solberg, OK Skeidi

Map and course controllers: Jon Kvisli, Knut Wiig Mathisen, Thore Kornmo

## 50 YEARS ANNIVERSARY



The first race take place at Høydalsmo, and is a solid anniversary celebration of Sørlandsgaloppen, since it was exactly where it started 50 years ago as the first official multi-event race in orienteering history. The start place for the long courses is the same as the arena in 1965. Race 2 in 1965 was also held in Rauland in the same terrain as we use for race 2, 3 and 4 this year.

The anniversary is celebrated on Saturday 4 July on the arena in Høydalsmo. All people that took part in the competitions 50 years ago are invited and will be served cream cake and coffee. An anniversary display is available on the arena presenting maps, results and newspaper headlines from the races 50 years ago.

**THE ORGANIZING CLUBS WISH ALL PARTICIPANTS**

**WELCOME TO SØRLANDSGALOPPEN**

**AND OUR GREAT 50 YEARS (1965-2015) ANNIVERSARY**

**THE FIRST OG LONGEST RUNNING ANNUAL MULTI-RACE O-EVENT  
IN THE WORLD!**

**GOOD LUCK IN THE FOREST!**

