



Bergen Sprint Camp

10.-12. februar 2017



Program & Invitation

 English version

Activity	Time	Description
Sprint technique	Friday 12:00-13:30	Training. One-man-relay. Mass start in smaller groups. Duration: 15-25 min
Night sprint	Friday 18:30-20:30	Race. Winning time: 14-15 min
City sprint	Saturday 09:30-11:30	Race. Winning time: 14-15 min
Urb-O intervalsprint	Saturday 14:00-16:00	Race. Urb-O intervalsprint, which means 5 short courses. Winning time: 5 x 3-8 min
Dinner	Saturday 18:00-19:00	Detailed information will be available later.
Presentation	Saturday 19:15-20:30	Sprint related presentation. Detailed information will be available later.
Final	Sunday 10:00-12:30	Race. Mass start in heats of 6 runners. Winning time: 15-16 min

Map examples



Entry

First register in norwegian Eventor:



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<https://eventor.orientering.no/Register?referrer=login&culture=en-GB>

Enter all activities you'd like, including "Services": Dinner (Middag) and Presentation (Foredrag):

<http://eventor.orientering.no/Events/Show/7764>

Entry deadline: 30. january at 23.59

Late entry: 7. february at 23.59

Prices

16 years and younger: 110 NOK per race/training

17 years and older: 130 NOK per race/training

Late entry: +50%

Dinner and presentation Saturday night: see our website for more information.

For foreign runners, payment must be placed at entry:

- Paper formatted IBAN-number: NO17 3624 0796 354
- Electronic IBAN-number: NO1736240796354
- SWIFT: SPAVNOBB
- Bank: Sparebanken Vest

Classes

Course 1: D-16, D17-18, D19-20, D21- and D40- (All women)

Course 2: H-16, H17-18, H19-20, H21- and H40- (All men)

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

Transport

All activities are easily reached from the city center by public transport or by walking. Details will be published later.

Accommodation and food

Bergen City has a wide range of accommodations in different price ranges. All options in the city center is centrally located in relation to BSC and has good transport links to trains and planes.

For further information regarding accommodation, see our website.

Dinner for Saturday night can be ordered in Eventor together with your race entry.

Deadline: 7. February.



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Safety and light

We are guests in the traffic, be careful!

All runners should wear a high visibility vest Friday night and Saturday evening. We also recommend to use a proper headlamp Friday night.

Presentation

Sprint related presentation and discussions. Separate entry in Eventor.

Prizes

The best runners win money and other fine prices. The prizegiving ceremony will be held right after the finals, and end around 12.30.

Overall results

The following races counts:

- Night sprint
- City sprint
- Urb-O intervalsprint
- Final

Contact and information

Website: <http://sprint-camp.blogspot.com/>

E-mail: bergensprintcamp@gmail.com

Telephone: Lene Rykkje, +47 48215015

Organisation

Competition manager: Lene Rykkje

Courses: Ronny Rykkje, Ørjan Rykkje, Pål Thomassen

Controller: Tore Nymark

Technical Manager: Magnus Rogne Halland