



# PM

**Barents summer games - Orienteering  
Longdistance and sprint  
2nd-3rd september 2017  
Bodø**



B&OI orienteering welcomes all orienteers to Barents summer games 2017. We hope our guests from Norway, Sweden, Finland and Russia will have an excellent experience with orienteering challenges and social gatherings in Bodø.

## **Information for all days**

### **Arenas:**

Saturday at Hellevik, Straumøya, approx. 25 km from the city centre of Bodø.

Sunday at Aspåsen school, Bodø city.

### **Transportation and parking**

There will be bus transportation for participants in Barents Summer Games (BSG) and their leaders from hotel Radisson Blu to arena on Saturday. The buses leave at 10:00 from the hotel.

Bus transportation from the arena back at the hotel at 15:30.

Arena on Sunday is in walking distance from hotel Radisson Blu.

Free parking close to arena both days.

### **Event office:**

On arena, from 1000 on Saturday and 0800 on Sunday.

Team bags are available at the event office. One bag per country.

Team bags contain PM, bibs, Emit cards for participants from Sweden, Finland and Russia, backup tags for Emit cards and safety pins.

### **Bibs**

Participants in Barents Summer Games shall use bibs. Bibs are distributed in the team bags

### **Punching system**

- All competitors have to use Emit cards.
- You have to use the card that is registered on you.
- Check that the card number in the start list is correct
- One Emit card is to be used by only one competitor
- Changes of Emit card number are to be done at the event office
- Hired Emit cards must be delivered back with finish.

## **Control descriptions**

Control descriptions use IOF-symbols, and are printed on the maps. In addition, there will be separate control descriptions available 2 minutes before start.

## **Starting procedure:**

\* 3 minutes before your starting time enter the appropriate section, your name will be called. Control of Emit card and backup tag.

\* 2 minutes before your starting time separate control descriptions may be collected.

\* At the exact start time pick up map and punch the start control unit (0-unit).

## **Finish**

- There is a marked course from the last control to the finish.
- All runners have to punch the Emit card at the control unit at finish.
- Maps will be collected at the finish.

## **Results service**

Result lists will be published at the result wall continuously. Official results will be published on the Eventor site after each race.

## **Food and beverages sale's service**

The sale's service offers cold beverages, coffee and cakes both days. On Saturday, there will also be possible to buy wraps, salad and baguettes.

Barents games participants will get a free lunch meal both days. The lunch on Sunday will be served at Bankgata school from 1200.

## **Toilets**

Toilets are available at the arena.

## **First aid**

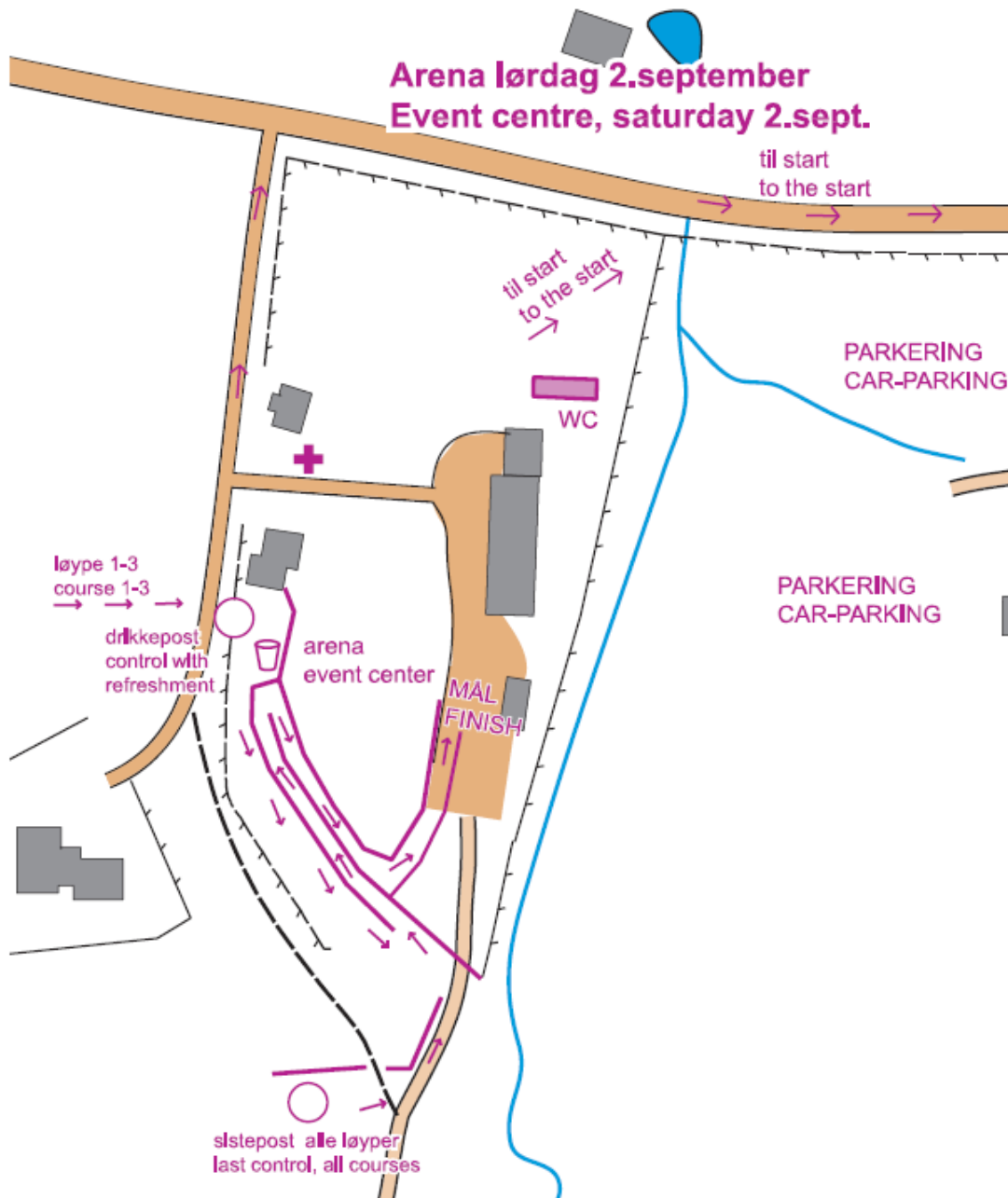
There will be a first aid team available under Barents summer games. Phone: +47 957 88 81, In case of emergency call 113.

**Contact person Barents Summer games:** Asgeir Jordbru, phone: +47 934 26 200

**Head of event:** Leif Magne Eggestad, phone: +47 913 20 665

# PM Saturday 2nd September: Long distance

Arena: Hellevik school, Straumøya.



**Map:** Hellevik, Scale 1:10000/1:7500, equidistance 5 m, Published 2016.

Scale 1:10000 for courses 1-5

Scale 1:7500 for courses 6-8

Map without courses will be available at the arena before start.

**Terrain:** The terrain is hilly with some clear formations. The higher areas consist of a combination of open pine and birch forests. The lower areas consist of marches with dryer areas with pine forest in between. There are some open areas with bare rock. The runability is mostly good with good visibility. There are some very detailed areas with dense forest and low visibility.

Straumøya is an area with a high number of moose. The moose will normally leave areas with human activity. But sometimes it can happen that the moose does not move away. Runners should not provoke the moose unnecessary by running to close to it.

**Course setter:** Arild Hegreberg

**First start:** First start at 12:00. It is 1100 meter to walk from the arena to start on mostly flat road.

**Course lengths:** (Bk mean Barents games class)

			Number of controls
1	H21, BkH21-25	9,5 km	25
2	D21, H17-20, H35, BkD21-25, BkH19-20, BkH17-18	7,1 km	19
3	D35, D17-20, H45, BkD19-20, BkD17-18	6,2 km	17
4	H17AK, D45, H55, H15-16, BkH15-15	5,0 km	12
5	D17AK, D55, H65, D15-16, BkD15-16	4,2 km	10
6	D/H17B, D65, D/H13-14, D/H75	3,3 km	8
7	D/H11-12, D/H13-16C, Trim	2,3 km	8
8	N-open, D-10, H-10	1,8 km	6

**Finish:** There is a marked course from the last control to the finish.

The entrance to the goal has an extra round inside the arena. It is compulsory to follow this.

**Refreshment point:** The three longest courses (1, 2 and 3) will pass the arena during the race. It will be refreshment point at this control. The main part of the course is completed by passage.

**Wardrobe/shower:** No

**Award ceremony:** Saturday at 15:00 at the arena.

## PM sunday 3rd september: Sprint

**Arena:** Aspåsen School, Bodø city centre.



**Map:** Sprintmap, published 2017, scale 1:4000

**Terrain:** Urban area with park.

**Course setter:** Marit Johnsen og Anders Kure

**First start:** First start at 10:00. 300 meter to walk from arena to start.

**Course lengths:** (Bk mean Barents games class)

		Length	Length of shortest legal route	Number of controls
1	H17, BkH21-25, BkH19-20, BkH17-18	2710 m	3650 m	17
2	H15-16, D17, H45, BkD21-25, BkD19-20, BkD17-18, BkH15-16	2150 m	3050 m	17
3	D55, H65, D15-16, D45, H55, D/H17B, D/H75, D65, BkD15-16, D/H13-14	2060 m	2800 m	15
4	D/H11-12, D/H13-16C, Trim	1480 m	1670 m	12
5	N-åpen, D-10, H-10	1040 m	1150 m	10

**It is forbidden to use shoes with spikes.**

**Forbidden areas/Non-passable areas**

The maps follow the sprintnorm (ISSOM 2007). It is every runner's responsibility to know which areas/details that is not legal to cross. Failure to this will lead to disqualification.

-  528.1 Privat område (hage, bed)
-  714 Midlertidig anleggsområde/ stengt område (uteservering og anleggsområde)
-  521.1 Upasserbar vegg (mur eller tre-vegg)
-  524 Upasserbart gjerde
-  201 Upasserbart stup
-  421 Upasserbar vegetasjon (hekk)



Examples of symbols that is illegal to cross:





**Traffic:** The sprint area is not closed for traffic. The runners must be aware of car traffic, bicyclist and pedestrians.

**Wardrobe/shower:** Showers and wardrobe available nearby the arena.

**Award ceremony:** Sunday immediately after the race.

### Embargoed area sprint race – Bodø city centre

