



# Program & Instructions

## Program

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 19.00-20.30	<b>Race.</b> Runners Choice. Start in pairs. Winning time: 14-15 min
City sprint	Saturday 09.30-11.30	<b>Race.</b> Winning time: 14-15 min
Urb-O interval sprint	Saturday 14.00-16.30	<b>Race.</b> Urb-O interval sprint, which means 5 short courses. Winning time: 5 x 3-8 min
Swimming in Ado Arena	Saturday 17.00-18.30	Access to the swimming pool, sauna and jacuzzi. Lungegårdskaien 40, 5015 Bergen. Open only for pre-registered.
Dinner	Saturday 19.00-20.00	Dinner at Amalie Skram high school. Lungegårdskaien 40, 5015 Bergen. Open only for pre-registered.
Presentation	Saturday 20.00-21.00	Sprint related panel discussion. The presentation will be held in Norwegian. Open for all.
Final	Sunday 10.00-14.00	<b>Race. Runners Choice.</b> Mass start in heats. Winning time: 15-16 min

Pay special attention to the rules for overall results and information about start lists and fair play.

Map over the arenas and activities at Bergen Sprint Camp 2018:

<https://drive.google.com/open?id=1TyjiVrh6ktyb7bEe4iw0cDKtPHQ4VeDv&usp=sharing>

**General information is provided first, followed by detailed instructions for each activity.**

## Transport from airport

If you arrive by plane and take the Airport Coach to the city center, note that a return ticket is cheaper than two one-way tickets.

The time table for the Airport Coach can be found at [www.flybussen.no/Bergen](http://www.flybussen.no/Bergen).

You can also use the City light rail to and from the Airport:

[https://www.skyss.no/globalassets/bybanen/host-2017/1\\_bybanen.pdf](https://www.skyss.no/globalassets/bybanen/host-2017/1_bybanen.pdf)

## How to get to the races

There is limited parking near the arenas. Use parking garages or other public parking.

## Transportation

All activities except for the night sprint are within walking distance from the city center and accommodations.

The arena for the night sprint is at Fyllingsdalen Idrettshall. The easiest way to get to the arena is to go by bus.

Take either bus 4 og 50E from Olav Kyrres gt to Oasen terminal:

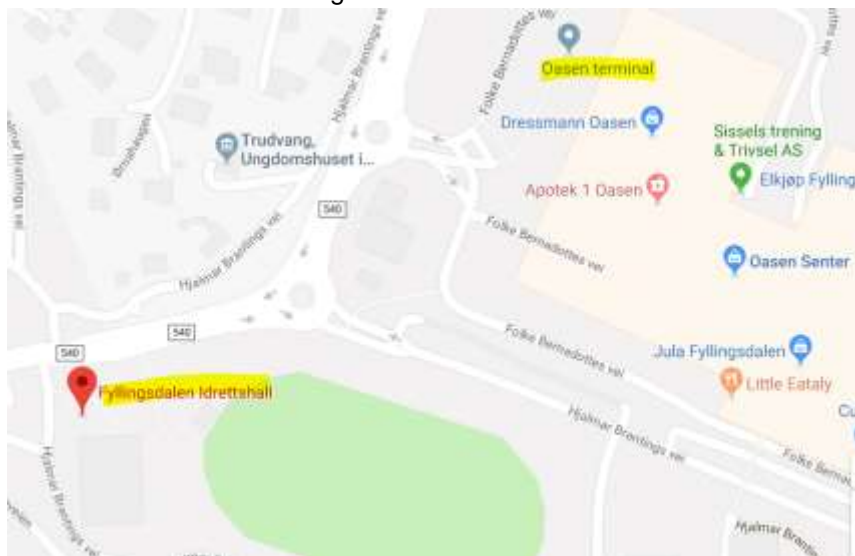
Rute 4:

[https://www.skyss.no/globalassets/bussruter/hostruter-2017/bergen-sentrum-inkl.-vest-og-asane-14.-august/linje\\_4.pdf](https://www.skyss.no/globalassets/bussruter/hostruter-2017/bergen-sentrum-inkl.-vest-og-asane-14.-august/linje_4.pdf)

Rute 50E:

[https://www.skyss.no/globalassets/bussruter/hostruter-2017/bergen-sentrum-inkl.-vest-og-asane-14.-august/linje\\_50e.pdf](https://www.skyss.no/globalassets/bussruter/hostruter-2017/bergen-sentrum-inkl.-vest-og-asane-14.-august/linje_50e.pdf)

There is a 3 minutes walking distance from Oasen busterminal to the arena:



## **Tickets to buses and city light rail**

You can buy tickets at the stops, payment by credit card.

## **Classes**

Course 1: D-16, D17-18, D19-20, D21- and D40-

Course 2: H-16, H17-18, H19-20, H21- and H40-

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

## **Start lists**

Start lists will be published on the [BSC home page](#).

The start list for the night sprint will be published no later than Thursday 15 March at 12:00.

The start list for the city sprint will be published no later than Friday 16 March at 23:00,

The preliminary start list for the final will be published no later than Saturday 17 March at 23:00.

If you find any mistakes in the preliminary start list for the final, please report them to [magnusrognehalland@gmail.com](mailto:magnusrognehalland@gmail.com) before Saturday 17 March at 23:30.

**There may be small adjustments in the start lists for the final during the night, and the final start list is published Sunday at 08.00.**

## **NB! Start times for the Urb-O Interval sprint**

The start list for the city sprint also decides the start times in the Urb-O Interval sprint.

**The runners will be divided into two groups.**

- Runners that start before 10:30 in the city sprint may start between 14:00 and 15:15 in the interval sprint.
- Runners that start after 10:30 in the city sprint may start between 15:15 and 16:30 in the interval sprint.

## **Number bibs**

**Are only used in the final.**

Number bibs and safety pins can be collected at the competition office at the arena on Sunday.

Women: the 36 highest ranked runners in the overall will wear number bibs 1-36.

Men: the 36 highest ranked runners in the overall will wear number bibs 101-136.

Which runners that shall wear number bibs will be announced on the home page.

## **Maps and control descriptions**

The map scale is 1:4000 for all race and trainings. The contour interval is 2 meters on every map except for the race on Friday, where the contour interval is 5 meters.

Control descriptions are printed on all maps, and control description sheets are also provided at the start of the city sprint and Urbo Interval sprints.

## Emit cards

Please make sure that you are registered with the correct Emit card in the start lists. If you need to change your Emit card number, you can send an email to [magnusrognehalland@gmail.com](mailto:magnusrognehalland@gmail.com) until Thursday 15 March at 21.00. It is also possible to change your Emit card number at the competition office at each arena.

We cannot guarantee that runners who come to the start with a wrong Emit card without giving notice in advance will be included in the results.

## Rental cards

Those who are registered without an Emit card will get a rental card for use in all races at the competition office at the arena Friday night.

## Shoes

We recommend running shoes or orienteering shoes without metal studs/spikes for all races if there is no snow/ice. Be aware that the streets may be slippery and shoes with metal studs should be considered according to the weather conditions.

The weather forecast for the weekend looks good. The terrain on Saturday and Sunday are dry and well suited for high-speed running. On Friday's race there are still some ice and snow, especially on grass areas and smaller trails.

Preliminary recommendation for running shoes on Saturday and Sunday is ordinary running shoes, perhaps with a rough sole to get optimal grip on the cobblestone. For Friday we recommend Inov8, Irock or something similar. Metal studs should be considered if the temperature is below zero.

## Safety and headlamps

We are guests in the traffic - be careful! All runners participate at their own risk. **All runners must wear a high visibility vest Friday night.** Note that several trafficked roads will be crossed - show caution.

On Friday's race we also recommend using a **good headlamp**.

## Fair play

The specification for sprint maps (ISSOM) applies 100%. The map determines where it's allowed to run, even if crossing for example a hedge (dark green) or impassable wall (thick black line) is physically possible. Make sure you know the specification before the races by reading [this](#).

## Forbidden roads

Forbidden roads are marked with a pink color. The map shows where it is possible to run on the sidewalk. You can cross the roads on crosswalks marked on the map.



## **Social program Saturday evening**

At Saturday evening there will be a social program in Ado Arena/Amalie Skram high school.

Address: **Lungegårdskaiaen 40, 5015 Bergen**

There will be an opportunity for bathing/swimming 17:00 – 18:30 in Ado Arena with pools, jacuzzi and sauna.

Only for those who are pre-registered!

From 19:00 to 20:00 there will dinner in the cafeteria at Amalie Skram.

Only for those who are pre-registered!

Ca. 20:15 (after the dinner) there will be a panel debate with the trainers from Norway's national team. The debate will be held in Norwegian.

Open for everyone.

## **Prizes**

### **Night sprint:**

Prize for the winner in the women's course and the men's course.

Prize for the winner in D-16 and H-16.

Award ceremony on the arena after the race.

### **City sprint:**

Prize for the winner in the women's course and the men's course.

Prize for the winner in D-16 and H-16.

Award ceremony during the dinner at Amalie Skram high school.

### **The overall results:**

There will be prizes for all 6 runners in the A-final on Sunday, and for the winner of the B-final. The best seven runners will be awarded 7000 – 3000 – 1000 - 1000 – 1000 – 1000 – 1000 NOK.

The best three runners will also be awarded gifts.

There will also be prizes for the best three runners up to 16 years.

The prize giving ceremony will be held at the arena shortly after the A-finals.

## **Toilets**

There are toilets at all the arenas except the training at Friday.

## **Overall results**

The following races count towards the overall standing in Bergen Sprint Camp 2018:

- Night sprint
- City sprint
- Urb-O Intervalsprint
- Final

The overall standing is determined as follows:

- In each race the best runner in the men's and women's course will get 5000 points, the second best will get 4500 points etc. (see table below).
- The points from the first three races will be added, and the 6 men with the most points will compete in the A-final for the places 1-6. The next 6 will compete in the B-final and so on. The same goes for the women.
- If two or more runners have the same number of points before the final, the (1) best result in a race, (2) second best result in a race, (3) third best result in a race, (4) sum of times in all races, will determine who starts in which heat in the final.
- The courses for the final are forked, and the first runner to cross the finish line wins.
- For runners with number bibs: The order will be determined by a finish line referee when crossing the finish line. Punching afterwards. The Emit card decides the race time.  
For all other runners: The Emit Card decides the race time.

After all races both result lists by class and overall standings will be published - also for the final.

## Score table

All runners finishing will get at least 1 point.

Place	Points	Place	Points	Place	Points	Place	Points	Place	Poeng
1	5000	11	2300	21	1355	31	945	41	745
2	4500	12	2150	22	1295	32	925	42	725
3	4125	13	2000	23	1245	33	905	43	705
4	3800	14	1900	24	1195	34	885	44	695
5	3550	15	1800	25	1145	35	865	45	685
6	3300	16	1700	26	1095	36	845	46	675
7	3050	17	1625	27	1065	37	825	47	665
8	2850	18	1550	28	1035	38	805	48	655
9	2650	19	1475	29	1005	39	785	49	645
10	2475	20	1415	30	975	40	765	50	635

Videre: 625,615,605,595,585,575,565,555,545,535,525,515,505,495,485,475,465,455,448,441,434,427,420,413,406,399,392,385,378,371,364,357,350,343,336,329,322,315,308,301,294,287,280,275,270,265,260,255,250,245,240,235,230,225,220,215,210,205,200,195,190,185,180,175,170,165,160,158,156,154,152,150,148,146,144,142,140,138,136,134,132,130,128,126,124,122,120,118,116,114,112,110,108,106,104,102,100,98,96,94,92,90,88,86,84,82,80,78,76,74,72,70,68,66,64,62,60,58,56,54,52,50,48,47,46,45,44,43,42,41,40,39,38,37,36,35,34,33,32,31,30,29,28,27,26,25,24,23,22,21,20,19,18,17,16,15,14,13,12,11,10,9,8,7,6,5,4,3,2,1

## Instructions for the training and the races

### Friday 16 March: One Man Relay – Bergen Rådhus

Meeting Point: Rådhusgaten 10, south of the high-rise building.

For arrival and parking, see the [map](#).

Every runner will run a one - man relay with three legs. Fastest route for each leg is 1,2 km.

You can run all the legs continuously or one at a time.

<b>Start</b>	12:00-13:30
<b>Starting order</b>	Free start time. No timing.
<b>Starting groups</b>	Individual start or group start of 2-3 runners.
<b>Courses</b>	The order of the legs is optional. The forbidden areas (marked with purple on the map) are different from one legs to another. Therefore, an area can be forbidden in one leg and not the others. There are no markings in the terrain.
<b>Map and control descriptions</b>	Scale: 1:4000, contour interval: 2 m. The map is drawn in 2009 and revised in 2018. No control descriptions.
<b>Control points</b>	Flags. No timing.
<b>Terrain</b>	Urban environment, partially with narrow streets and alleys. Minor height differences. Some motor traffic, and there might be a lot of people in the area. Be careful!

## **Friday 16 March: Night sprint - Arena Fyllingsdalen idrettshall**

Address: Fyllingsdalen Idrettshall, Hjalmar Brantings vei 11, 5143 Fyllingsdalen

For arrival and parking, see the [map](#).

Bus from city center: Bus 4 or 50E from Olav Kyrres gt. to Oasen terminal.

There is a three-minute walk from Oasen terminal to the arena.

**No organized parking.**

**Parking only at Oasen shopping mall** (free for two hours)

Warm up area: along the marked route to the start.

<b>Start</b>	19:00-20:30
<b>Starting order</b>	Runners choice. Start in pairs every minute. Start list in every class.
<b>Starting place</b>	Follow tapes 5 mins to the starting place. 40 m to the starting point. Warm up only along marked route.
<b>Terrain</b>	Suburban area. Some height differences. Ap. 90-95 % asphalt/gravel.
<b>Courses</b>	Runners choice. Course 1 (women): D-16, D17-18, D19-20, D21- and D40- Fastest route 3,3 km Course 2 (men): H-16, H17-18, H19-20, H21- and H40- Fastest route 3,9 km
<b>Map and control descriptions</b>	Scale: 1:4000, contour interval 5 m. The map is drawn in 2009 and revised in 2018. Control descriptions are only printed on the map.
<b>Control points</b>	Marked by control flags, reflectors and minimum one punching unit.
<b>Traffic</b>	Some traffic. Be aware.

**Too late for start:** The start time is as announced in the start list. Runners that are too late for their start time must start between two heats and will be given a random map (not be allowed to choose). The time will run from the given start time in the start list.



### Information about Runners Choice

The night sprint and the final will have «Runners Choice» (RC).

The runner gets 30 seconds to see a section of the course and choose between three different courses. The first and the last control are the same on all three. The maps will have control description.



When the map is turned the course can for example look like this in the area with RC.



The route choices are not very complex in the RC in the night sprint. It will be harder in the final. The challenge is to assess the alternatives and choose the fastest course.

## Saturday 17 March: City sprint - Arena Krohnengen children school

Address: Professor Dahls gate 35, 5031 Bergen

For arrival and parking, see the [map](#).

<b>Start</b>	09:30-11:30
<b>Starting order</b>	The start list will be seeded based on the night sprint results. Starts every 30 seconds (every 60 seconds at the end of the list). The start list will be available Friday at 22:30 in the <a href="#">BSC homepage</a> .
<b>Starting place</b>	5 mins walk to the start. 50 m to the starting point. Warm up only along marked route.
<b>Transport of clothes</b>	Clothes will be transported from the start to the arena.
<b>Terrain</b>	Urban area with narrow streets and alleys. Major height differences. 95-100% asphalt/cobblestone. The cobblestone can be very slippery.
<b>Courses</b>	Course 1 (women): D-16, D17-18, D19-20, D21- and D40- Fastest route 3,3 km Course 2 (men): H-16, H17-18, H19-20, H21- and H40- Fastest route 4,0 km
<b>Map and control descriptions</b>	Scale: 1:4000, contour interval 2 m. The map is drawn in 2009 and revised in 2018. Control descriptions are available at the start and printed on the map.
<b>Control points</b>	Marked by control flags and minimum one punching unit.
<b>Traffic</b>	Some traffic in the streets, runners must be careful.

## Saturday 17 March: Urb-O Interval sprint – Arena Krohnengen children school

Address: Professor Dahls gate 35, 5031 Bergen

For arrival and parking, see the [map](#).

<b>Start</b>	<p>There are two start groups. Your start time in the city sprint determines which group you are in.</p> <p><b>Group 1 – 14:00-15:15 (started BEFORE 10:30 in the city sprint)</b></p> <p><b>Group 2 - 15:15-16:30 (started AFTER 10:30 in the city sprint)</b></p> <p>Please respect the starting times. It is especially important that the runners in group 1 has started their 5th course before 15:15.</p>
<b>Starting order</b>	<p>There are 5 different courses (intervals). Free start time on all courses as long as you stay within your group's time interval of 60 min.</p> <p>Course A, B, C, D, and E may be run in any order. Every 15-30 seconds 5 runners start at the same time on different courses. Wait in line to start on the course you want to run. Remember which courses you have run!</p>
<b>Starting point</b>	20 m to the starting point.
<b>Terrain</b>	Urban area with narrow streets and alleys. Some height differences. 95-100% asphalt/cobblestone. The cobblestone can be very slippery.
<b>Courses</b>	There are 5 courses, each between 1000 and 1300 m in running distance, shortest route. <b>It is only allowed to run each course once!</b>
<b>Map and control description</b>	<p>Scale: 1:4000, contour interval 2 m.</p> <p>The map is drawn in 2009 and revised in 2018.</p> <p>Control descriptions are printed on the map.</p>
<b>Control points</b>	Marked by control flags and minimum one punching unit.
<b>Additional information</b>	<p>Each runner must make sure to run all 5 courses, and discharge the Emit card <b>after each course</b>. After discharge the runner leaves their map at the finish, continues back up to the start and get in line for the next course.</p> <p>For each course the runners will get points corresponding to their result, and the runner with the most points in total will win the race. It is <b>important to run all courses</b> to get as many points as possible.</p>

## Sunday 18 March: Final - Arena Teateret (Den Nationale Scene)

**Arena:** In front of the main entrance to Den Nationale Scene

For arrival and parking, see the [map](#).

Warm up area: along the marked route to the start.

<b>Start</b>	10:00 -12:30
<b>Starting order</b>	Runners choice. Mass start in heats. The 6 best runners, based on the overall standings from Friday and Saturday, starts together, as do number 7-12, 13-18 and so on. The heats with the best overall standing starts last. The last six heats (both men and women) will use number bibs.
<b>Starting point</b>	5 mins walk to start. 30 m to the starting point. Warm up only along marked route.
<b>Finish</b>	Runners with number bibs: The order will be determined by a finish line referee when crossing the finish line. Punching afterwards. The Emit Card decides the race time. Other runners: The Emit Card decides the order and the race time.
<b>Terrain</b>	Some height differences. Area consisting of large office buildings, apartments and houses. Some park areas. 70-90% asphalt, depending on route choice. The cobblestone can be very slippery.
<b>Courses</b>	Runners choice. Men - fastest route: 4,0 km Women - fastest route: 3,3 km
<b>Map and control descriptions</b>	Scale: 1:4000, contour interval 2 m. The map is drawn in 2009 and revised in 2018. Control descriptions are only printed on the map.
<b>Control points</b>	Marked by control flags and minimum one punching unit.
<b>Traffic</b>	Streets with heavy traffic must be crossed only where crossing points are indicated on the map. There will be organizers at the crossing points. The road is marked as an out-of-bounds area. Running on the sidewalk is permitted as shown on the map.  There are roadworks and construction work at certain areas on the map. These areas are marked with pink strips on the map.
<b>Prize giving ceremony</b>	Starts directly after the last heats finish and is estimated to be finished before 13:30.

**Too late for start:** The start time is as announced in the start list. Runners that are too late for their start time must start between two heats and will be given a random map (not be allowed to choose). The time will run from the given start time in the start list.



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The route choices are not very complex in the RC in the night sprint. It will be harder in the final. The challenge is to assess the alternatives and choose the fastest course.

## Contact and information

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## Organization

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