

PM Sørlandsgaloppen 2018 – day 1-2

Thursday 28. June and Friday 29. June

PM (Bulletin)



Hisøy OK, IK Grane Arendal Orienteering and IF Trauma welcome O-runners and audience to day 1 and 2 of this year's Sørlandsgalopp!

Arena: Arena is at Hove Camp. GPS: 58.442508, 8.846783

Access and parking: Exit from E18, cross no.71 at Harebakken towards Rv410 towards Arendal / Tromøy / Rv409. Marked to parking area when approaching Hove. Distance from parking to meeting place, approximately 300-500m and marked with blue brand tape.

Sprint race at Hove Thursday 28.June

Map: "Hove sprint map". Revised in 2018. Scale 1: 5000. Equidistance 2 meters.

Course setter: Kjell Walter Sørensen / Frode Sørensen

Course controller: Gunnar Dag Tørå / Finn Ole Jørgensen

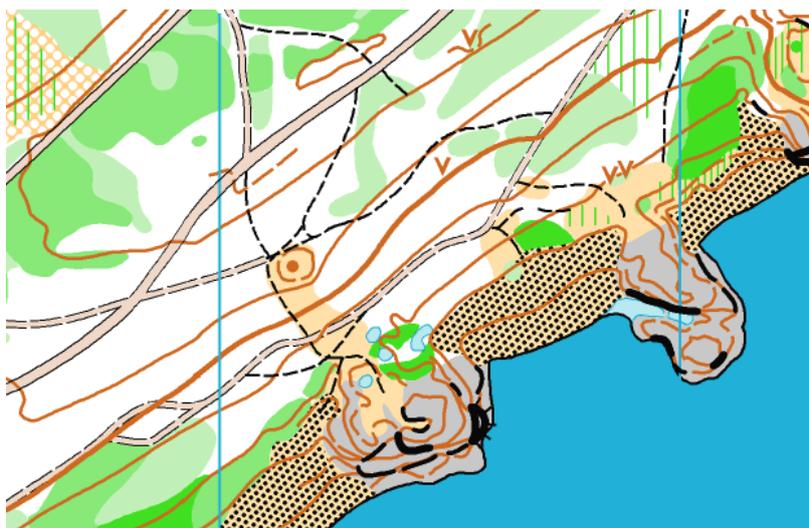
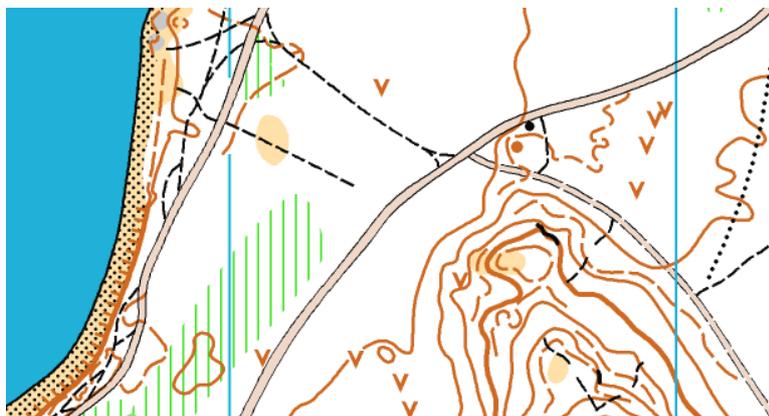
The Hove area is one of southern Norway's finest forest sprint terrains. The area has lots of trails making it especially suitable for sprinting. It is a favorite tourist spot with its beautiful beaches and good accessibility.

As the map views on the next page shows, the terrain enables great speed with many larger and smaller trails. The terrain is mostly flat, but is scattered with some knolls and pits. Along the way you will also get in touch with spectacular pebble beaches. Then it's about not getting lost in the beautiful view, but focus on the orienteering and save thoughts on beach life and a swim to after the competition. While the terrain is mostly open, there are also a number of places sometimes with denser forests. Therefore, the terrain also places great demands on pace swing, which makes Hoveodden challenging and exciting to run orienteering.

The running surface is mostly soft woodland. A few places asphalt. The runners will to a small extent run on bare rock-faces / pebbles, but be aware that it can be slippery at the bare rock-faces during rain or onshore wind.

It is your responsibility to get into the sprint map norm.





Long distance at Hove – Alvekilen Friday 29.June.

Map: Hove - Alvekilen. New 2018. Scale 1: 10000 with 5 meter equidistance for course 1-3. Course 4 – 19 with scale 1: 7500 with 5 meters equidistance.

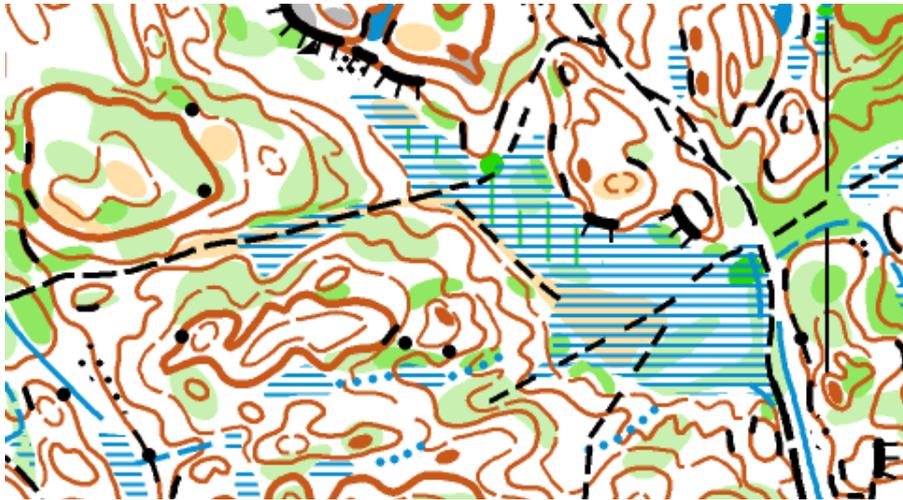
Course setter: Håkon Håversen / Christine Mikkelsen

Course controller: Bjørn Idar Sætran

Most of the competition this day goes in more typical woodland. The terrain is demanding and varied with many bogs, knolls and pits. Some parts of the course are characterized by a lot of trails as well as beaches and cottage areas. Due to high grass, small trails will in most cases be more difficult to see than what appears on the map.

The courses run largely on woodland and paths. The runners will to a small extent run on bare rock-faces / pebbles, but be aware that it can be slippery at the bare rock-faces during rain or onshore wind. Running on farmland is prohibited. Nor is it allowed to run at the edge of cultivated land.





Start Thursday: All classes have the same start. It is 500 meters to start and is marked with black / yellow brand tape. The first regular start is at 6pm. Class N-Åpen can start from 5pm. Other classes with free start can start from 5:30pm. The last start time is at 8pm.

Start Friday: All classes have the same start except Beginner's course 19 (D / H 11-12N and N-Åpen) starting at the venue. It is about 1600 meters to start and it is marked with black / yellow brand tape. The first regular start is at 2pm. Class N-Åpen can start from 1pm. Other classes with freestart can start from 1:30pm. The last start time is at 4pm.

There is a starting control both Thursday and Friday in all trails (no punching) except for course 19 (D / H 11-12N and N-Åpen) Friday. Distance to starting control on Thursday is 100 meters and 80 meters on Friday.

Start procedure:

Call at start - 3 minutes before start time according to starter list.

Fixed-time start: Clock time

3 min. before start	Enter first stall: Control of name and Emit-card
2 min. before start	Enter second stall: Activate/reset the Emit card + loose control descriptions
1 min. before start	Enter third stall: Map
15 sec. before start	Pick up the map - don't look at it
Start moment	Look at the map and run



Free start time:

3 min. before start	Enter first stall: Control of name and Emit-card
2 min. before start	Enter second stall: Loose control descriptions
1 min. before start	Enter third stall
15 sec. before start	Bring with / pick up map, don't look at it
5 sec. Before start	Put your Emit card on the start unit and keep it there until the start clock stop beeping.
Start moment	Look at the map and run

**N-start
(beginners): Free start time**

3 min. before start	Enter first stall: Control of name and Emit-card
2 min. before start	Enter second stall: Loose control descriptions
1 min. before start	Enter third stall
5 sec. before start	Put your Emit card on the start unit and keep it there until the start clock stop beeping.
Start moment	Run

All runners must have start number. The same starting number will be used in all races in Sørlandsgaloppen 2018. For all pre-registered, the starting number is in the team bag. The starting number does not tolerate machine wash.

The bag also contains maps for D/H 10, D/H 11-12N, D/H 11-12, D/H 13-16N, D/H 17N, N-Åpen and D/H 13-16C. The team bag is collected from the secretariat.



There are loose control descriptions on start for all classes except the beginner classes and N-åpen.

Timing / punching: Emit cards (not emiTags) will be used by all runners. Please check the start list to make sure your Emit card number is correct. This is the responsibility of each runner. **Please contact the event office if your Emit card number is different than the number on the start list.** All runners that have not been registered with Emit card number during entry, will automatically receive a rental Emit card in the team bag.

Backup-papers for emit cards are optional and are available at start. Runners must punch the last control at the goal line.

The final control at the goal line are continuously filmed with the time added to the image. The film is divided into 30-second bits and placed on a server, so that the secretariat can check the finish line if complaints occur.

Maximum time is according to NOF's competition rules: 50 minutes for sprint competition on Thursday, and 180 minutes for long distance on Friday.

Rental Emit cards are to be returned to the secretariat when the runner has completed all his races. If Emit rental card is not returned, a fee of NOK 600,- will apply for the club.

GPS tracking Thursday: Runners in classes D13-14 and H13-14 shall run with GPS transmitters this day. The GPS transmitters are supplied from the secretariat. It is voluntary to run with GPS transmitters. Those who do not want to run with GPS should notify the organizer of this as early as possible so that we can offer the service to others. Basically, our 60 units will be divided into 30 pieces for each class. If there are more than 30 starting in each of the classes, the units will be distributed to the 30 last starting in the class. If there are less than 30 participants in one class, more than 30 in the second class will run with a GPS device.

GPS tracking Friday: Runners in classes D15-16 and H15-16 will run with GPS transmitters this day. The GPS transmitters are supplied from the secretariat. Basically, our 60 units will be divided into 30 pieces for each class. If there are more than 30 starting in each of the classes, the units will be distributed to the 30 last starting in the class. If there are less than 30 participants in one class, more than 30 in the second class will run with a GPS device.

Tracking will be shown live on the arena, as well as posted at https://loggator.com/recent_events after the race.

Fair play: Runners should stick to fair play and not seek information from other runners, their maps or from the GPS tracking system.



Sport8 Ungdomsgaloppen – Point legs:

Point leg no	Day	Theme	Control / leg number				
			DH 13-14	D 15-16	H 15-16	D 17-20	H 17-20
Point leg 1	Thursday 28.June	Speed	S - 1	2 - 3	3 - 4	3 - 4	3 - 4
Point leg 2	Thursday 28.June	Sprint	14 - M	15 - M	18 - M	19 - M	21 - M
Point leg 3	Friday 29.June	Pebble	10 - 11	10 - 11	12 - 13	12 - 13	11 - 12
Point leg 4	Friday 29.June	Sprint	15 - M	14 - M	16 - M	20 - M	17 -M
Point leg 5	Saturday 30.June	Climbing	7 - 8	9 - 10	9 - 10	9 - 10	10 - 11
Point leg 6	Saturday 30.June	Sprint	9 - M	11 - M	11 - M	12 - M	14 - M
Point leg 7	Sunday 1.July	Downhill	6 - 7	5 - 6	8 - 9	7 - 8	10 - 11
Point leg 8	Sunday 1.July	Sprint	13 - M	13 - M	16 - M	16 - M	19 - M

Sample: S-1 is the leg between start and control no 1. 14-M is the leg between control no 14 and finish line.

Classes and courses:

The class overview is shown below with final course lengths.

Class	Course	Level	Sprint	Long	Medium	Long
			28.June	29.June	30.June	1.July
H21	1	A	3,7 km	6,1 km	4,2 km	8,7 km
H17-20, H35, H40, D21	2	A	3,6 km	5,6 km	3,9 km	7,0 km
H45, D17-20	3	A	3,2 km	5,0 km	3,5 km	5,7 km
H15-16	4	A	3,2 km	3,7 km	3,1 km	5,3 km
H50, D35	5	A	2,7 km	3,6 km	3,1 km	5,0 km
H55, D40, D45	6	A	2,6 km	3,6 km	2,7 km	5,0 km
D15-16	7	A	2,5 km	3,4 km	3,1 km	4,5 km
H60, D50	8	A	2,3 km	3,4 km	2,6 km	4,2 km
H65, H70, D55, D60	9	A	2,1 km	2,6 km	2,6 km	3,4 km
D65, D70, D75, D80, H75, H80	10	A	2,1 km	2,4 km	1,9 km	3,2 km



H17AK, A-åpen	11*	A	2,5 km	3,6 km	2,7 km	5,0 km
D17AK, D45AK, H45AK	12*	A	2,3 km	2,8 km	2,4 km	4,0 km
H13-14, D13-14	13	B	2,1 km	3,0 km	2,2 km	3,9 km
H17B, D17B, H15-16B, D15-16B, B-åpen	14*	B	2,0 km	2,7 km	3,0 km	3,1 km
H17C, D17C, C-åpen	15*	C	1,8 km	2,5 km	2,4 km	3,3 km
H13-16C, D13-16C, H11-12, D11-12	16	C	1,7 km	2,5 km	1,9 km	2,8 km
H13-16N, H17N, D13-16N, D17N	17*	N	1,5 km	2,4 km	1,6 km	2,6 km
H10, D10	18*	C/N	1,4 km	2,4 km	1,4 km	2,2 km
H11-12N, D11-12N, N- Åpen	19*	N	1,2 km	1,4 km	1,4 km	2,2 km

* = free start courses / classes

The classes N-åpen and D/H-10 is without ranking.

Note! Course 16 has been changed from free start to start time in order to get a better flow of runners at start.

Prizes

12 years and younger	Prizes to all runners all four days after crossing finish line. No overall prizes. Extra prize for top 3 in class D/H 11-12 when all runners in the class has finished the course.
D/H 13-14, D/H 15-16 D/H 17-20 AL	Prizes to top 3 day 1-3. Prizes the last day to the best 1/3 overall. Distribution of prizes when all runners in the class have finished the course.
Other A-classes	No prizes the first three days. Prizes the last day to the best 1/8 overall. Distribution of prizes when all runners in the class has finished the course.
AK, B, C and N classes, 17 years and older	No prizes the first three days. Prizes the last day to the overall winners. Distribution of prizes when all runners in the class has finished the course.



On Friday, 1 prize will be awarded from one of the starting numbers. The prize consists of gift cards at Arendal Herregaard SPA & Resort which includes lunch, entrance to wellness center and 25 minutes of classic massage for 2 people. Value approx. NOK 2200,-.

Direct entry: Direct entry registration until 6:30pm Thursday and until 2:30pm Friday in the secretariat. The last start time Thursday is at 8pm and 4pm Friday. Direct entries is possible as long as there are maps available. Open course do not have a post-entry fee.

Drinks: No drink stations Thursday and Friday, but water on / or on the way to start all days. If it gets very hot on Friday, it will be considered to put out drinks by natural road crossing. Water and lemonade after finish line.

Kid's course "Småtroll": There is a small-scale course trail marked with blue and white brand tape. Participant fee NOK 30, - (only cash payment upon registration or Vipps). Prizes to all kid's after finishing the course.

Childcare: Childcare is located in a building close to the arena. The minimum age is 2 years and the child must be diaper free. No charge. The childcare service is only intended for child when parents are competing. Opens 1 hour before first regular start and closes 90 minutes after last start. That is, opens Thursday at 5pm and Friday at 1pm.

Toilets: There are toilets at the arena. O-shoes are prohibited indoors. There is also mobile toilet on the way to start.

Shower: There is a shower facility at the arena. O-shoes are prohibited indoors.

Medical aid: At the arena all days (see arena sketch). Telephone to the doctor at the hospital in Arendal is +47 116 117 (address: Sykehusveien 1, 4838 Arendal)

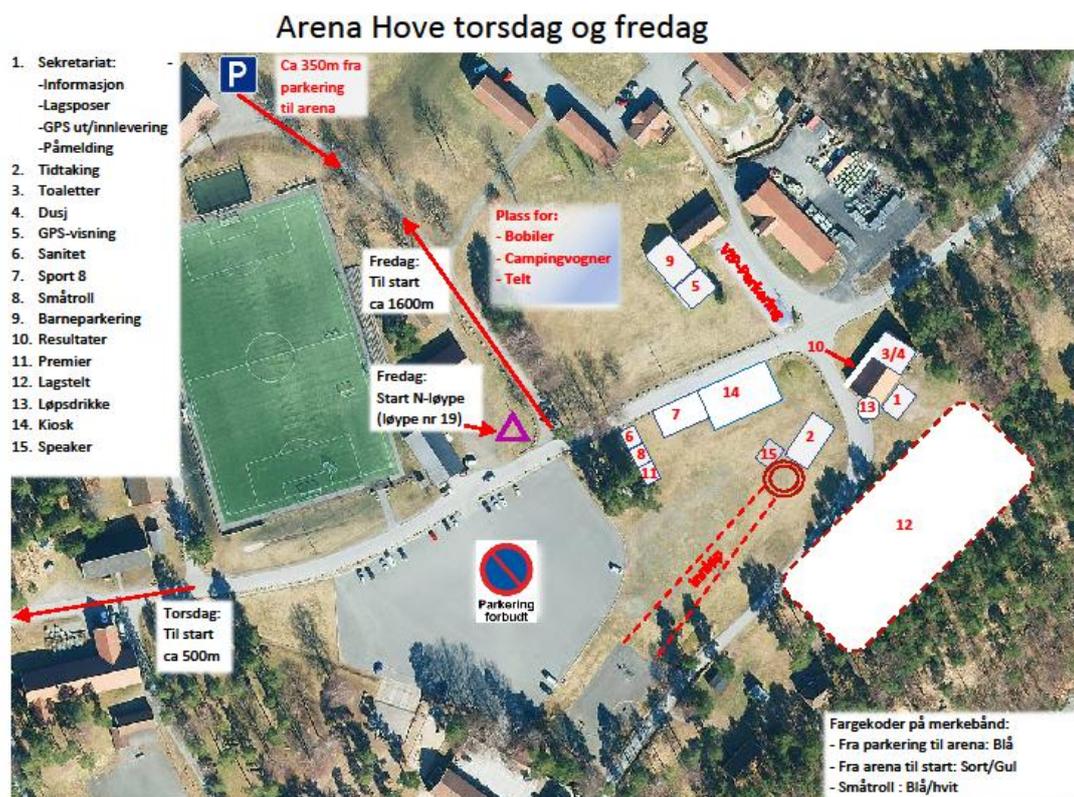
Club tents: In the arena there are own areas assigned to the club tent (see arena sketch).

Sales of sports equipment: Sport8 has a sales tent all days on the arena.

Food and beverage sales: Food and drink are sold at the arena. Payment with cash, card and VIPPS.



Arena sketch:



Event director: Sverre Valvik, Mobile: +47 905 16 540, email: sverre.valvik@gmail.com

Technical controller: Stig Alvestad

Jury: Terje Urffjell (Imås), Jon Terje Ekeland (Oddersjaa), Christina White (Søgne og Sogndalen).

Information / Contact: Odd Utstumo, mobile: +47 911 44 903, email: odd@graneorientering.no

Welcome to Sørlandsgaloppen 2018 at Hove!

