

PM Sørlandsgaloppen 2018 – day 3-4

Saturday 30. June and Sunday 1. July

PM (Bulletin)



Hisøy OK, IK Grane Arendal Orientering and IF Trauma welcome O-runners and audience to day 3 and 4 of this year's Sørlandsgalopp!

Arena: Arena is at Myra School. GPS: 58.484733, 8.732929.

Access and parking: Exit from E18 cross No. 71 at Harebakken towards Rv128 towards Myra. Marked to parking at Sør Amfi on Myra.

Distance from parking to meeting place, about 1000m. From the O camp at Hove it is about 12 km to Arena Myra School.

Medium distance at Myra Saturday 30.June

Map: Myra. Revised 2018. Scale 1:10000 for course 1-3 and 1:7500 for course 4-19.
Equidistance: 5 meters

Course setter: Finn Ole Jørgensen and Gunnar Dag Tørå.

Course controller: Kjell Walter Sørensen

The Myra map covers a nice version of the southernmost terrain. The courses start in an area with a lot of spruce and pine forests. Running ability is good, and demanding short distance orienteering with past pace. The orienteering controls are many and close to each other. Do also keep track of runners on crossing courses.

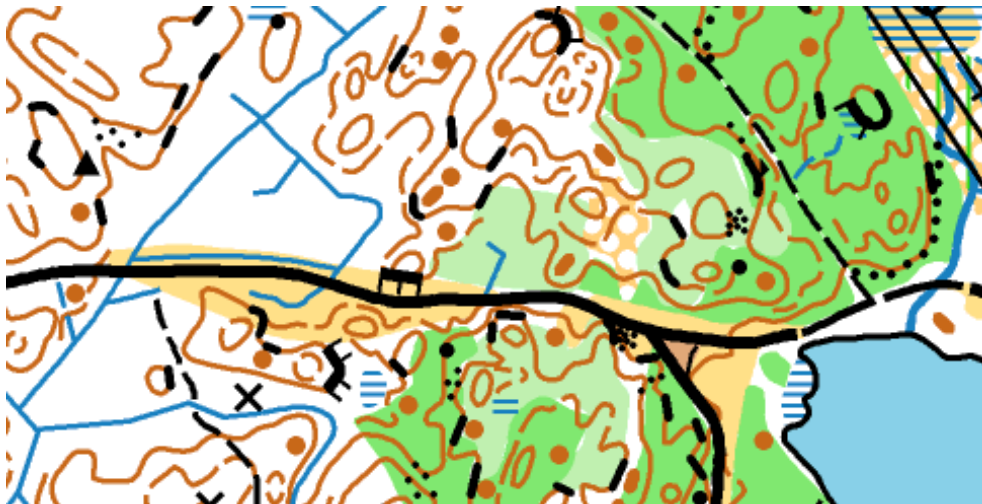
Most of the courses also get some elements of hardwood with somewhat more slow terrain. Many of the courses will also cross an old meadow before the last controls. It has been built a running course in the area in the last year, and many will probably come into contact with this.

Due to high grass, smaller trials will in most cases be more difficult to see than what appears in the map.

From the final control to finish line, all runners must cross a construction site where an artificial turf is being built. There will not be construction activity here on the race day, but it is still important for everyone to stay on the correct side of the markings.

A few areas are marked as prohibited on the map. This for the sake of the athlete's safety or landowners.





Long distance with pursuit Sunday 1.July

Map: Uglebo. Revised 2018. Scale 1:10000 for course 1 - 3 and 1:7500 for course 4 - 19.
Equidistance: 5 meters.

Course setter: Aslak Blågestad

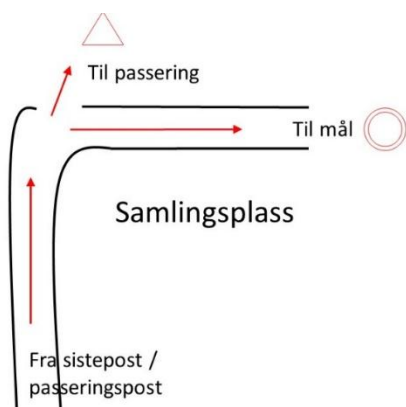
Course controller: Gunnar Dag Tørå

The Uglebo map, borders to the Myra map. The terrain of this day is somewhat hilly, but it is mostly good navigability and good running ability. The forest varies from open pine forests to areas with denser deciduous forests. There are also some trails, especially for the shorter courses. The map has been revised in 2018, but some small trails are not included on the map.

Due to high grass, small trails will in most cases be more difficult to see than what appears on the map.

All runners must pass a busy road on Sunday. There will be guards deployed, but show caution.

For courses 1, 2, 3, 4, 7 and 13, there is a passing at the arena before a shorter round at the end of the race. You then punch at the control prior to the arena, which is the last control for other classes, and follow the entrance towards the finish line. In the entrance there will be a sign and an opening where runners are to pass and will take off and follow marking to new starting point. See attached sketch.





Start Saturday: All classes have the same start. It is 1400 meters to start and it is marked with black / yellow brand tape. The first regular start is at 11am. Class N-Åpen can start from 10am. Other classes with free start can start from 10:30am. The last start time is at 1pm.

Start Sunday: All classes have the same start. It is 1000 meters and 100 height meters to start and it is marked with black / yellow marking. The first regular start is at 11am. Class N-Åpen can start from 10am. Other classes with free start can start from 10:30am. The last start time is at 1pm.

On Saturday and Sunday, there is starting point in all courses (no punching). Distance to start control is approx. 100 meters.

Start procedure:

Call at start - 3 minutes before start time according to start 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



Pursuit: clocktime

3 min. before start	Control of name and Emit-card
	“Reset/Zero” the Emit card + loose control descriptions
1 min. before start	Maps
Start moment	Look at the map and 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 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 movie 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: 90 minutes for the medium distance on Saturday, and 180 minutes for long distance on Sunday.

Rental Emit cards 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 Saturday: Runners in classes D17-20 and H17-20 will run with GPS transmitters this day. The GPS transmitters are supplied from the secretariat. 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 Sunday: In the pursuit competition, the top 10 runners in each of the 6 classes (best overall after the first 3 races) will be running with GPS transmitters. The GPS transmitters are supplied from the secretariat.

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.

Regarding pursuit competition on Sunday: Overall time for the first three races determines start order and start time. The one with the shortest overall time starts first. Other runners start correspondingly as time difference in the overall time of the first three races. Runners with overall time more than 20 minutes behind the leader, will have a common start 25 minutes behind the leader. Those who do not have 3 approved runs ahead of the pursuit competition, will also have the common start.

It is a pursuit competition for all ordinary youth classes from D/H 13-14 through D/H 17-20.

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 Saturday, 1 prize will be awarded from one of the starting numbers. The prize consists of gift card at Arendal Herregaard SPA & Resort which includes a weekend stay for 2 people including breakfast in the Junior Suite. Value about NOK 3200,-.

Direct entry: Direct entry registration until 11:30am Saturday and Sunday in the secretariat. The last start time Saturday and Sunday is at 1pm. Direct entry is possible as long as there are maps available. Open course do not have a post-entry fee.

Runs: No drink station on Saturday. Several drink stations on Sunday for the longest courses. The drink stations are marked on the map (control description). Water on/or on the way to start all days. If it gets very hot on Saturday, 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 children when parents are competing. Opens 1 hour before first regular start and closes 90 minutes after last start. That is, opens Saturday and Sunday at 10am.



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

Shower: There are no shower facility at the arena.

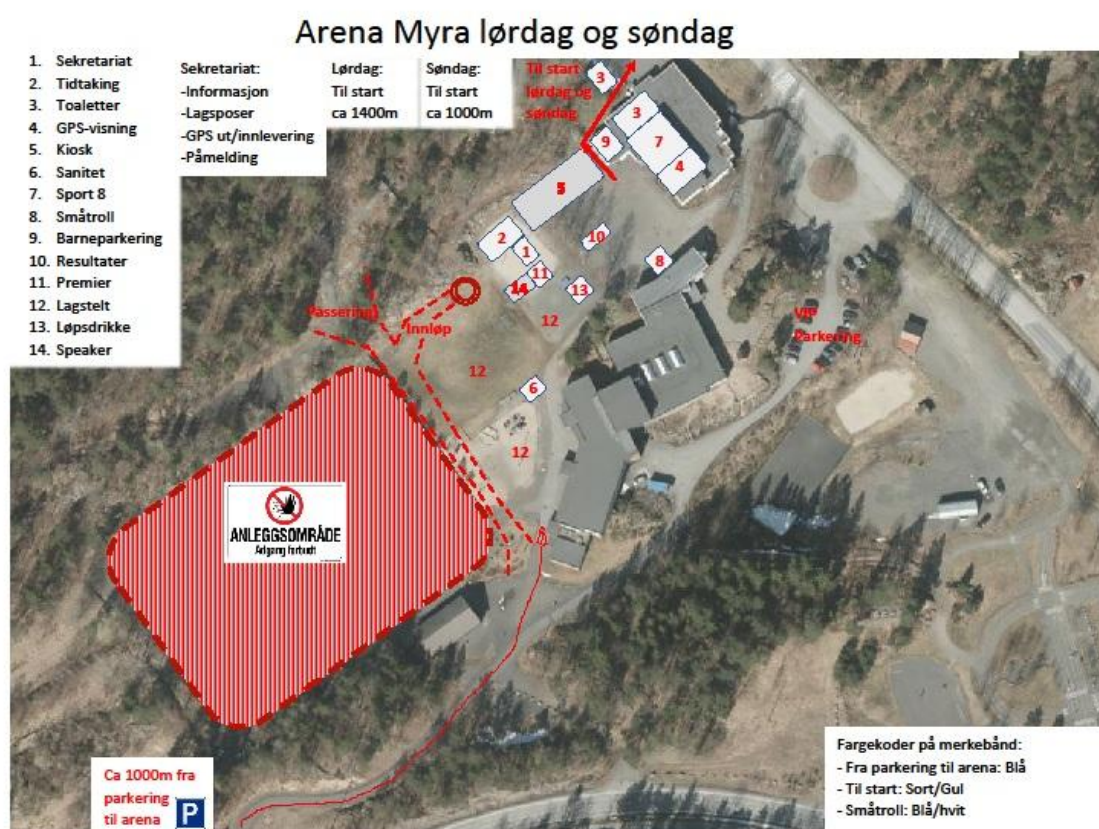
Medical aid: At the arena all days (see arena sketch). Telephone to the doctor at the hospital in Arendal is +47 116 117 (address: Sykehusveien 1, 4838 Arendal)

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 Urfjell (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 Myra school!

