



20-22 March 2020

INVITATION

PROGRAMME

BSC welcomes runners at all levels to a sprint orienteering event in Bergen, Norway. Just like previous years we offer top quality all weekend with updated maps, exciting courses and interesting analysis.

Friday - 20 March

2 sprint trainings	All day
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Saturday - 21 March

WRE sprint	09.30-11.30
Interval sprint	14.00-16.30
Dinner & analysis	18.30-21.00

Sunday - 22 March

Heat finals	10.00-13.30
Prize giving	14.00

All times are preliminary and smaller changes may occur.

**RACES****1**

21 / 03 / 2020

WRE SPRINT

A World Ranking Event for elite runners. All other runners compete in the same courses as the best.

2

21 / 03 / 2020

INTERVAL SPRINT

This is a real BSC classic. All runners run 5 short courses to collect points for the overall result.

3

22 / 03 / 2020

HEAT FINALS

The results from day 1 gives the starting order for the final. Runners are split into mass start heats of 6. Courses include "runner's choice" forking.

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SPRINTLIGA 2020
 NORSK ORIENTERING

NORSK
ORIENTERING



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TRAINING

Friday is the training day, and 2 training courses will be offered in the central city. Controls will be marked all weekend. Extended programs are possible on request for those who arrive early or want to stay some extra days.

RACE AREAS

Urban city areas of various age. Some parks and sports areas. Moderate climb. Over all fast terrain well suited for sprint orienteering.

MAPS & COURSES

Scale	1:4000
Contour	2 m
Standard	ISSprOM 2019

Winning time

Race 1 & 3	13-15 min
Race 2	5 x 3-6 min

PRIZES

Money and other prizes for the best runners. The prize giving ceremony will be held right after the finals, and ends around 14.00.

DINNER

Come and have dinner together with other runners Saturday night. Food will be served by the great chefs at **søtt + salt**, a renowned local restaurant.

Lanternen
søtt + salt

ANALYSIS

Dinner will be followed by an analysis session with top runners from the Norwegian national team.

Dinner and analysis can be ordered in Eventor together with your race entry.
Deadline: 18 March 2020

EMBARGOED AREAS

See bergensprintcamp.com

OVERALL RESULTS

The overall results are decided by the heat finals Sunday morning. The first runner to cross the finish line in the A final is the winner. Heat setup is decided by the results in race 1 and 2.

WOC PREPARATIONS

The Norwegian national team will use BSC in their preparations for the World Orienteering Championships. The team will continue straight from Bergen to Denmark for a camp ending with Danish Spring the following weekend. Elite runners and national teams are invited to cooperate with similar extended programs.

Get in touch with national team coach Jørgen Rostrup for more info: jorgen.rostrup@orientering.no



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HIGH QUALITY MAPS

Maps are drawn or revised in 2019-2020 by experienced mapper Vyacheslav Mukhadinov. All maps will be according to the new IOF standard ISSprOM 2019.

CHALLENGING COURSES

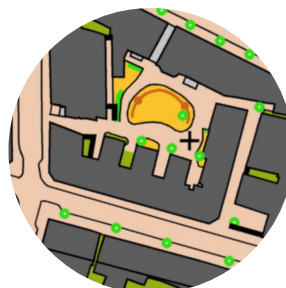
Courses and route choices are as always the main focus at BSC. National team sprint coach Niklas Profors will plan interesting, fun and fair sprint courses to challenge and improve the skills of every participant.

TOP ANALYSIS

All races will be analysed by the BSC team using tools like 3drerun and SPAS, developed by analysis expert Jan Kocbach to compare and improve o-technical details.

GPS

Elite runners will be provided with GPS units and live tracking will be available. The GPS data will also be used for analysis purposes.



TRANSPORT

Travel to Bergen by airplane, train, boat from Denmark or by the roads. Bergen has its own international airport just outside the city which is easily reached by buses or the Bergen Light Rail. All BSC activities are easily reached from the city center by public transport or by walking. Details will be published later.

SPRINTLIGA

The 3 races also count in the Norwegian Sprintliga. Runners in the classes M17- and W17- get points in the overall standings.

ACCOMMODATION

Bergen has a wide range of accommodation alternatives. All options in the city center is centrally located in relation to the various BSC activities.

Each club/runner choose where to stay and order and pay directly to their accommodation.

Special deal

Clarion Hotel Admiral offers a special BSC deal. Visit the BSC website for more information.





CLASSES

Course 1: All women

W-16, W17-, W40-, W60-

Course 2: All men

M-16, M17-, M40-, M60-

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

ENTRY

First register in Norwegian Eventor:

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

Enter all activities you'd like, including "Services": trainings, dinner and analysis.

<https://eventor.orientering.no/Events/Show/11873>

Entry deadline 11 March 2020

Late entry 18 March 2020

PUNCHING SYSTEM

EmiTag Touchfree. Runners registered without EmiTag-ID will be given a rental card and charged NOK 50 for all weekend. Lost EmiTag will be charged NOK 450.

WORLD RANKING TOP 100

Runners placed within top 100 at the [Sprint World Ranking](#) starts for free. Please send us an e-mail to help us keep track.

ENTRY FEE

M/W-16

1 race NOK 100

1 training NOK 50

All other classes

1 race NOK 200

1 training NOK 50

Late entry +50%

Dinner NOK 195

Analysis Free

For non-Norwegian runners, payment must be placed to Varegg before entry deadline.

Electronic IBAN	NO1736240796354
Paper IBAN	NO17 3624 0796 354
SWIFT	SPAVNOBB
Bank	Sparebanken Vest

ORGANIZATION

Event director	Niklas Profors
Event controller	Ronny Rykkje
Mapper	Vyacheslav Mukhidinov
Course planner	Niklas Profors
Course controller	Jan Kocbach

CONTACT

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SOCIAL MEDIA



facebook.com/bergensprintcamp



instagram.com/bergensprintcamp



[#bergensprintcamp](https://twitter.com/bergensprintcamp)

www.bergensprintcamp.com

Welcome to Bergen!

The BSC 2020 organizing team warmly welcomes you to the 9th edition of Bergen Sprint Camp. This time as a World Ranking Event, as well as opening of the Norwegian Sprintliga 2020. Save the dates **20-22 March** for new sprint challenges in Norway.

Friday is the training day, followed by races in the weekend. Of course all race maps will be updated to the new international sprint map standard. We always try our best to make maps, courses and the overall event as good and interesting as possible for every runner, from beginners to elite.

You are all very welcome to the sprint capital of Norway!

Niklas Profors

Event director, BSC 2020

