

GPX SERIES RACE #6

30TH MAY 2020
Iddefjordfjella



INFORMATION

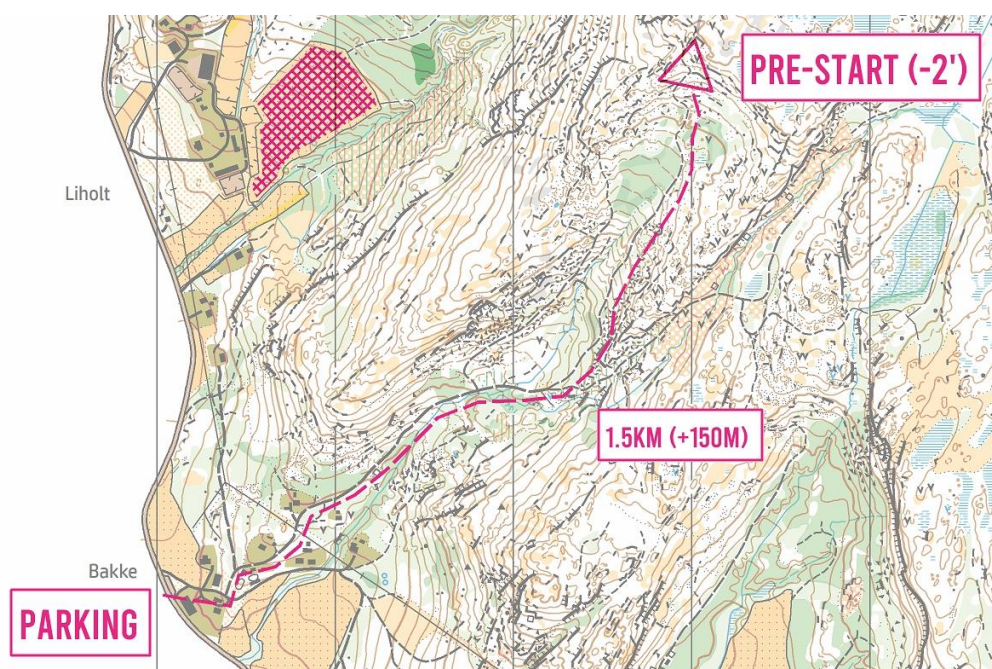
This week we go to *Iddefjordfjella* for running the stage #6 of the GPX series, in the map drawn by Jussi Silvennoinen in 2010/2015. The terrain is overall hilly and physically demanding and the runnability varies from moderate to good depending on the area. The ground is also different in each part of the map, so it is sometimes very nice and sometimes stony or too much soft. The main key of the race will be the capacity to use the proper orienteering technique at every part of the race, switching from very precise map reading in the more detailed areas, to shallow map reading, with good navigation skills and choosing well the route choice. Be ready for a tough and demanding race, both physically and technically.

LOCATION AND SCHEDULE

The parking place is located here: <https://goo.gl/maps/KURxoEBhfXMtGv27>
(59°00'59.9"N 11°26'56.5"E)

The race will be organised by individual start, with a minimum interval of 3' between participants of the same class or course:

- **10:00** First start. Notice that the pre-start is located 1.5km and 150m climbing from the parking place, so we recommend to take enough time to be on time for your start.



Please, come to the pre-start **not earlier than 10'** before your start-time, and **not later than 5'** before your start-time.

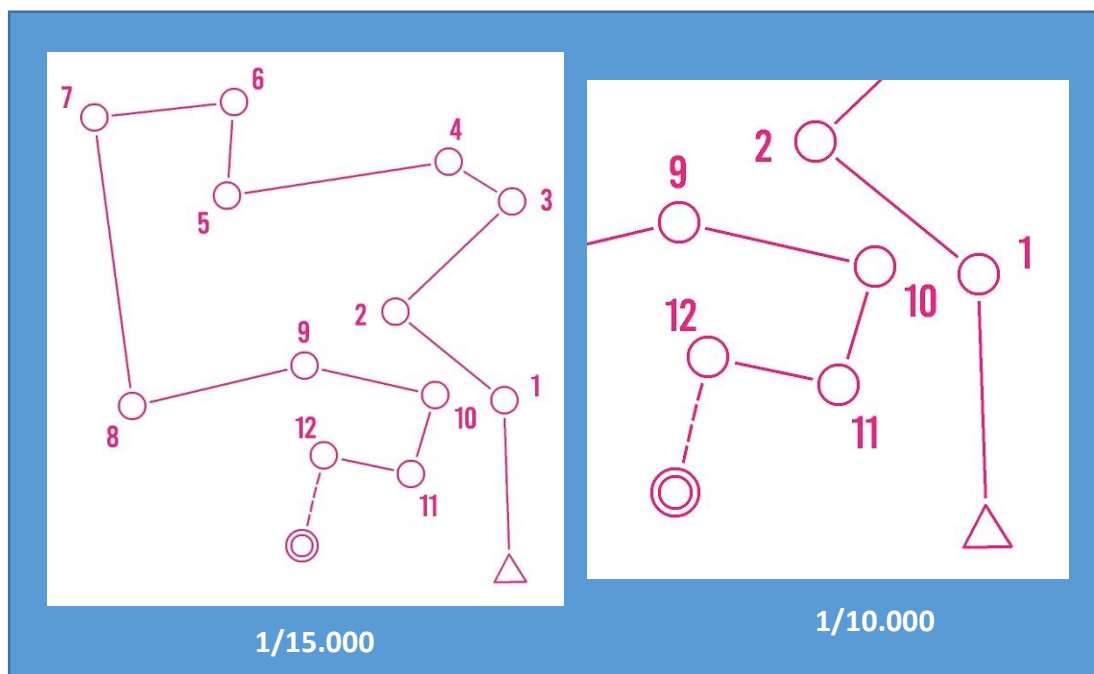
There won't be any punching system, so we will use **GPS devices** (Loggator), which will be prepared at the pre-start, to calculate the times and the result lists. Don't forget to take your own vest!

CLASSES

There will be 5 classes with 3 different courses:

- **Men: 11.180m** – 19 controls – 1/15.000 (enlarged area to 1/10.000)*
- **Women: 8.180m** – 15 controls – 1/15.000 (enlarged area to 1/10.000)*
- **Old Boys: 8.180m** – 15 controls – 1/10.000
- **Junior_Men: 8.180m** – 15 controls – 1/10.000
- **Old Girls: 5.520m** – 12 controls – 1/10.000
- **Junior_Women: 5.520m** – 12 controls – 1/10.000
- **OpenAK: 3.360m** – 9 controls – 1/10.000

* For the classes Men and Women, the full course will be printed in 1/15.000 on the left side of the sheet (A3 landscape). As during the course there is a very detailed area which can be difficult to read properly in 1/15.000, on the right part of the sheet, this area will be also printed in 1/10.000 (not the full course). See example below.



TYPE OF RACE

The race will be a **long distance**, with expected winning time is around 75'-80'.

The maps will be handed inside **plastic bags** and **separated control descriptions** will be provided (they will be also printed on the map).

GENERAL GUIDELINES

- Limit the personal contact with other runners.
- Run by yourself and don't touch the controls.
- Stay at the arena only the necessary time.
- Compete fair; don't study the map and route choice before running.

CONTROLS, TIMING AND RESULTS

Small training flags will be set at every control point (no control codes). **There won't be any punching unit control.** Once you have run your race, you only need to **upload your track to Livelox**. If you don't use Livelox or have some troubles, you can use this alternative link: <https://tinyurl.com/HaldenSK>

The ranking points will be calculated by giving 100 points for the winner of every class, and applying the following formula to the other participants: $(\text{winner time} / \text{your time}) * 100 \text{ points}$.

Disqualified athletes will get 20 points.

For the final results, **the best 3/4 races of the total** amount will be in count.

You can find all results and ranking in the next link: <https://tinyurl.com/GPXranking>

LIVE GPS - LOGGATOR



Live GPS coverage will be used, so don't forget to bring your own vest.

NON HALDEN SK PARTICIPANTS

Runners from other clubs can voluntarily pay 50 kr on Vipps #99224 - HSK salg treningskart.



STARTLIST

To be published on Friday 29th evening.

Raúl Ferra
Head-Coach HaldenSK