



Invitation

Sørlandsgaloppen 2024

Bø OL, Porsgrunn OL and Skien OK are proud to invite you to Sørlandsgaloppen 2024.
The competitions will take place in Bø in Telemark County.



June 27-30th

Arena, all days: Telemarkshallen close to Bø Sommarland.

Follow signs from Rv36 (highway 36) Bø city center.

Parking: Close to arena

Accommodation: O-camp: First Camp Bø – walking distance to arena.

Other accommodation: Visit Bø. [https:// visitbo.no/ en](https://visitbo.no/en)

Competition classes: Women:

D9-10, D11-12, D13-14, D15-16, D17-20, D21-, D35-, D40-,
D45-, D50-, D55-, D60-, D65-, D70-, D75-, D80-, D85-,

Men:

H9-10, H11-12, H13-14, H15-16, H17-20, H21-, H35-, H40-,
H45-, H50-, H55-, H60-, H65-, H70-, H75-, H80-, H85-

Open classes: N1-open, N2-open 10-16, N2-open 17-, C-open 10-16, C-
open 17-, B-open 10-16, B-open 17-, AK-open, AM-open,
AL-open

Course lengths: www.soerlandsgaloppen.no

Competition classes (from 11 years) have fixed start times.

Open classes and D/ H9-10 have free start times.

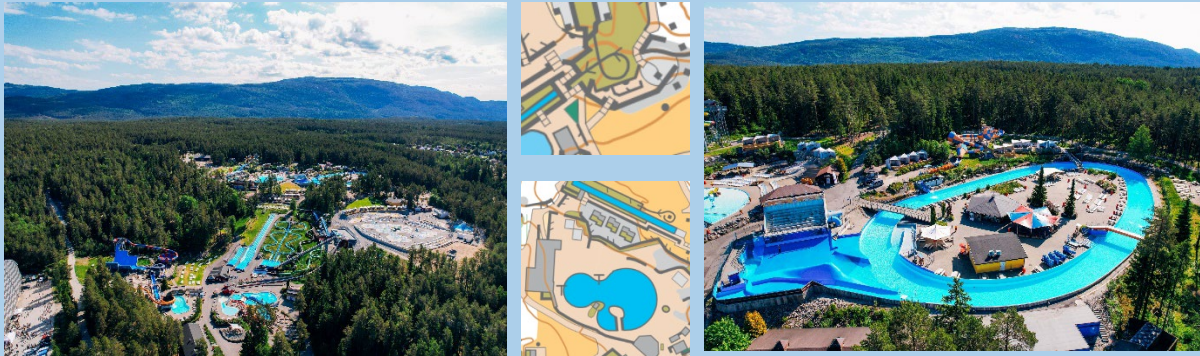
JUNE 27th – SPRINT

The sprint will take place in Aqua Park Bø Sommarland after it's closing time. Here, running will involve navigating between slides, playgrounds, buildings, and other activity areas. There are some open spaces, fences, and roads, with areas tall spruce and pine forests.

Map: Bø Sommarland (from June 2024, by Helge Gisholt) 1:4000

Start: From 18:30 for all classes

Walking distance to start: 50 meter



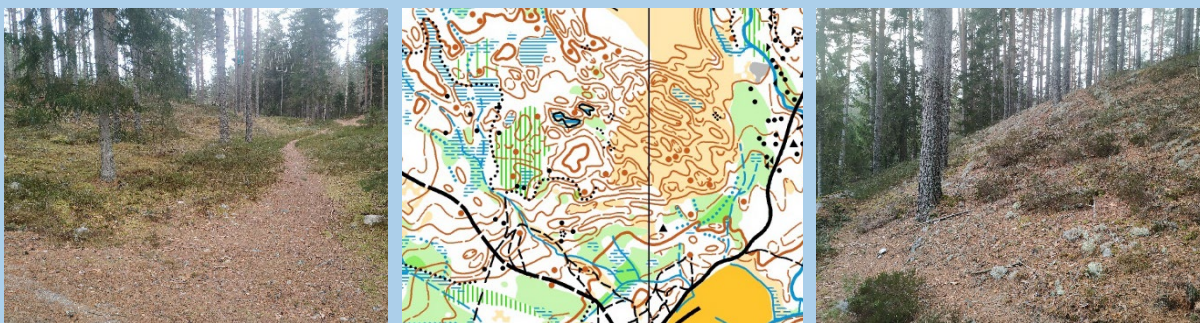
JUNE 28th – MIDDLE DISTANCE

Spruce and pine forests. Slightly hilly areas. Loose soil and pits. Some forestry of different ages.

Map: «Eikjamogane», revised 2024 by Helge Gisholt,
1:5000 or 1:7500 depending on class

Start from kl. 11:00.

Walking distance to start: 600 meter



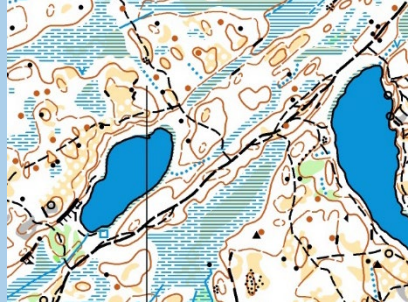
JUNE 29th – LONG DISTANCE and 30 JUNE – MIDDLE DISTANCE

Open forest terrain with rocky outcrops, heather, marshland, and pine forest. Large areas are flat and high runability, but there are also some more hilly areas.

Map: «Folkestadåsan», revised 2024 by Helge Gisholt
1:7500 or 1:10000 depending on class and race day.

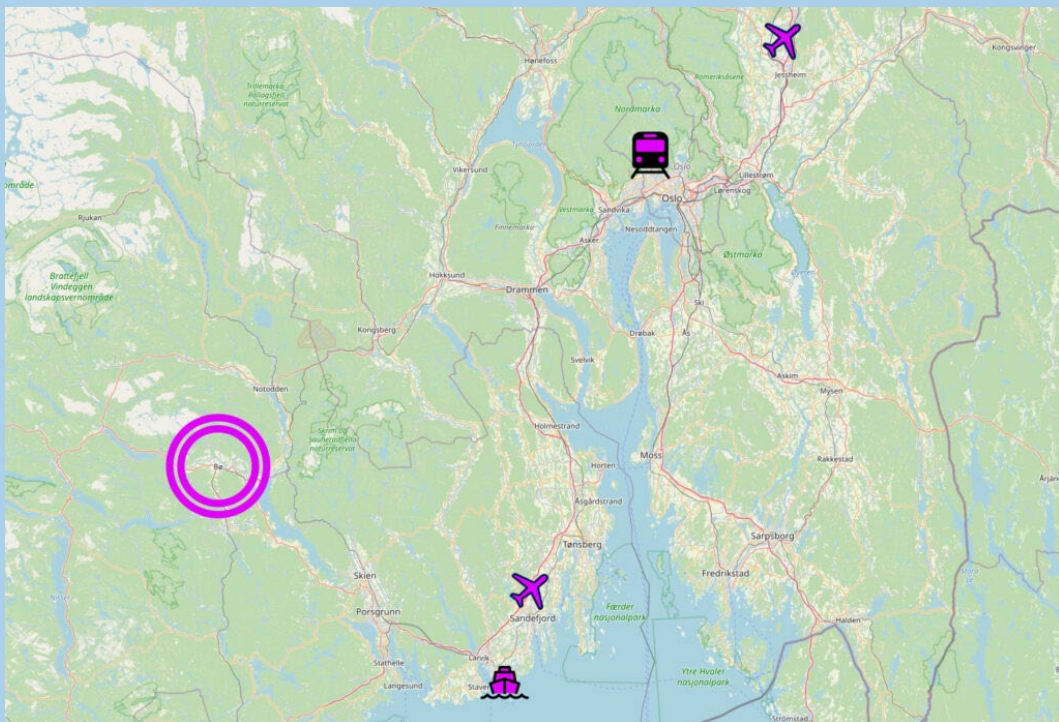
Start from kl. 11:00.

Estimated walking distance to start: 1000 meter



Getting there

Bø in Telemark is easy to reach by train, bus or car. If you come by plane, you should fly to Gardermoen or Torp Sandefjord. If you come from Denmark, it is easy to take the ferry from Hirtshals to Larvik. You can go by train or bus from Oslo.



Entry

Entry is done in Norwegian Eventor. <https://eventor.orientering.no/Events>

Ordinary entry: 16th June

Late entry (extra fee): 24th June

After 24th June: Entry only in Open classes

Trouble with the registration?

First, you need to create an Eventor (Norway) user account. Then, you need to connect the Eventor (Norway) user with your club. This is done in "My pages" (drop down under your name when logged into eventor.orientering.no). Select "Organisation" and add your club. Then you should be able to enter any competition in Norway.

Entry fee pr race

	Competition Classes	Open classes
Up to 12 years	NOK 110 pr race	NOK 110 pr race
13-16 years	NOK 110 pr race	NOK 110 pr race
17+ years	NOK 220 pr race	NOK 170 pr race

Late entry: +50% (competition classes from 13 years)

Payment information will be given as part of the entry process in Eventor.

Punching system

Traditional Emit Card all days. Runners who have not provided their own tag when registration will be allocated a rental tag by the organiser. Fee NOK 50 pr race. Rental tag must be returned. Fee if rental tag not returned: NOK 800.

Prizes

Classes	Each day	Total
N1-åpen N2-åpen 10-16 D/ H9-10 C-open 10-16 B-open 10-16	Prizes for everyone right after finish line	None
D/ H11-12	Prizes for everyone right after finish line Extra prize to 3 best runners day 1-4	None
D/ H13-14 D/ H15-16	Prize to 3 best runners day 1-4	1/ 3
D/ H17-20 D/ H21-	Prize to the winner day 1-4	1/ 8
Open classes	None	None

Prize for the total race

Best 3 races (out of 4) for all classes.

Sales

Our kiosk will offer a good selection of food and drinks.

There will be a sport store at the arena every day.

Kindergarden and “småttroll” for kids

There will be a playground where your kids will be looked after when you compete.

“Småttroll-løype” (a marked trail) for the youngest kids is available each day.

Cost: NOK 30. Prizes to all.

Organizing Comitte

Dag Ausen, Dag Steinar Ragvin, Jan Gatevold,

Tom Saga, Elisabeth Solberg, Eli Sæterdal

Course planners

Thore Kornmo, Dagfinn Torpe, Harald Hovi, Steinar Lande, Jon Solberg

Event Adviser

Jørn Myrland, Notodden o-lag

Webpage

www.soerlandsgaloppen.no

Facebook

<https://www.facebook.com/events/985433299335669>

Organizers



Sponsors and partners

