



Bulletin 1 (PM)

Sørlandsgaloppen 2024

June 27th – 30th

Bø OL, Porsgrunn OL and Skien OK welcome you to Sørlandsgaloppen 2024 in and around Bø Sommerland in Midt-Telemark municipality!



Arena and parking

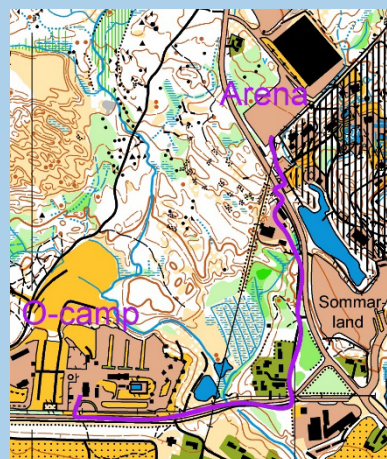
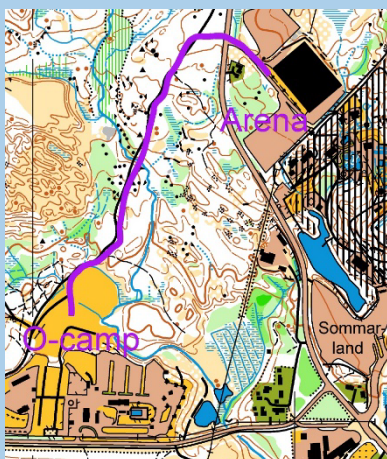
Arena all days is next to Telemarkshallen just outside Bø Sommerland. Follow marks from RV36 in downtown Bø. It is asphalt- and gravel pavement at the arena. Tents can be set up on grass surface along Telemarkshallen.

There is parking by the arena on firm ground. Follow the parking attendant's instructions. Parking fee NOK 50 pr day or NOK 100 for the entire SG24. Payable at Vipps to number 567 887 «SG 2024». Motorhomes are parked in their own area and pay NOK 100 pr night if the car is left standing. Payable at Vipps to number 567 887 «SG 2024».

Walkway from o-camp to arena

Residents of the o-camp can walk on a dirt road through the forest from the north-eastern part of the arena, approx. 700 m. This road cannot be used on Friday, as it goes through the race area that day. On Friday, residents of the o-camp must use the footpath eastwards from the campsite approx. 1000 m as shown on the map, follow the markings. Be considerate when crossing the county road!

Way to the arena
Thursday,
Saturday and
Sunday.



Way to
the arena
Friday.

Program

Thursday June 27.

- 16:00 Parking opens
- 17:00 Race office and sales opens.
- 17:00 Bø Sommarland closes. Everyone who will participate in Thursday's race must be out of the park
- 18:00 Småtroll/little troll and children's park opens
- 18:30 Start all classes (including N-åpen and C-åpen)
- 20:00 Last entry for open classes in today's race.
- 20:30 Las start for open classes and classes with a free start time
- 20:30 Småtroll/little troll closes
- 21:00 Race office closes
- 21:30 All competitors must have finished their race

Friday June 28th, Saturday June 29th and Sunday June 30th

- 09:00 Parking opens
- 09:30 Race office and sales opens.
- 10:00 Småtroll/little troll and children's park opens
- 10:00 First start N-åpen og C-åpen
- 11:00 First start competition classes and other open classes
- 12:30 Last entry for open classes in today's race
- 13:00 Las start for open classes and classes with a free start time
- 14:00 Småtroll/little troll closes
- 14:30 Race office closes
- 15:30 All competitors must have finished their race

Youth classes in focus

Sørlandsgaloppen wants to focus extra on classes D/H13-14 and D/H15-16. The announcer will follow the runners in these classes along the way and talk to the runners after finish. There are notification posts along the way for these classes. The overall leader will also be given the leader's jersey to be used in the competition the following day.

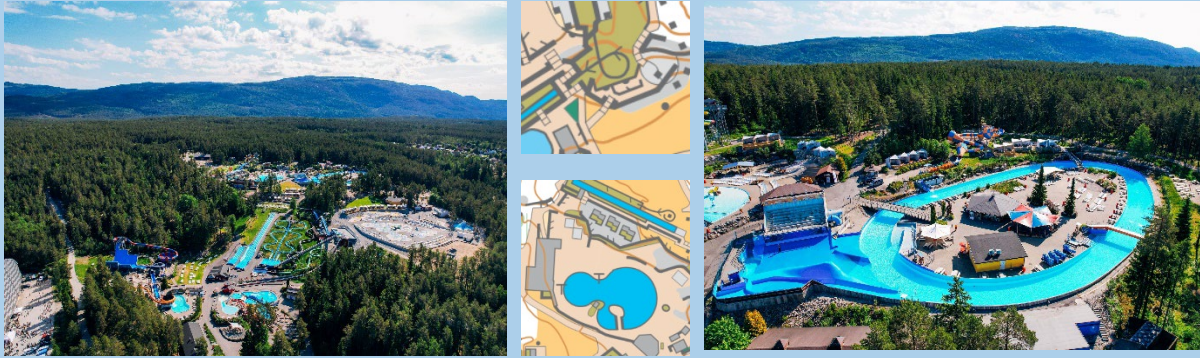
Map and terrain

Thursday June 27th (sprint)

- Map: «Bø Sommarland», released 2024
- Scale: 1:3000
- Contours: 2 m
- Mapper: Helge Gisholt
- Course setter: Thore Kornmo and Dagfinn Torpe

Terrain:

The sprint will take place in Bø Sommarland after regular opening hours. There will be running between slides, buildings and other activity areas. There are some open areas and some elements of easy-to-run forest. There is moderate hilliness in the park, which contributes to route selection issues.



Special conditions maps and courses.

The start is at the map delivery point/time start.

The courses are in a limited area. This means that the posts are close together, and that there will be trial crossings in many of the courses. Be precise with your map reading so that you take the controls in the correct order. Some of the courses have also been given a “map turn” to simplify readability. When you reach the last control on the first map page, you turn the map around. The start is the sign of the control you are standing on (remember to punch). This applies to course 1, 3 and 4.

There will be people and vehicles in the park while the race is ongoing. Pay attention and show consideration.

In the activity areas of the park, there are water slides and associated structures at height. These are shown to little or no extent on the map to make the map readable. Only structures at ground level are included, such as columns, etc.

In the park there is both roc in the open and a superstructure. Both are drawn in the grey according to the norm, but there are different shades of grey. Both are passable anyway.

In several areas of the park, there are many sunbeds and dining tables, which can limit running. These are not drawn on the map, but openings have been made between them where it is natural to run.

As always at sprints there are a number of areas that are forbidden to pass or enter.

- Olive green (garden flower beds, forbidden areas)
- Fences (thick line and double tagsr)
- Not passable walls (thich black line)
- Water system with black border
- Shaded areas regardless of whether they are marked in the terrain
- Darkest green areas (hedges, creeping pines etc.)



Please note that all pools and water slides are forbidden to run in. or possibly skip.

Virtually all fences in the park are marked as forbidden to pass.

There are some shaded areas in the park, either to ensure the safety of the runners or to protect areas the park has not allowed running in. Marking in connection with shaded areas is done with red/white ribbons. Please respect these!

Violation will result in disqualification, and perhaps that we will never be able to use the park for sprint races again. The organizer will have guard in the park during the race.



Running clothes and shoes:

Shoes with any kind of spike are NOT allowed. The courses are mainly on solid ground (asphalt, concrete, gravel), with elements of grass, and in some individual cases a little forest.

It is allowed to run with shorts and a short shirt.

Friday June 28th (middle distance)

Map: «Eikjamogane», (2024)
Scale: 1:5000 or 1:7500 depending on course
Contours: 5 m
Mapper: Helge Gisholt
Course setter: Harald Hovi



Terrain and courses

Slightly hilly spruce and pine forest. Some soil and pits. A little forestry of different ages.

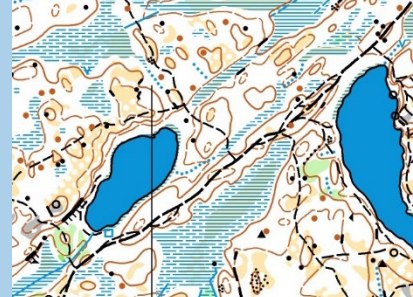
Parts of the climbing park that are in the race terrain are marked as prohibited areas on the map. The forbidden area is not marked in the terrain and there are no natural routes in any course that go through the forbidden area.

In some areas, the controls are close together and there are some controls with the same “control feature” that are about 50 meters apart. It is therefore especially encouraged to check codes.

The county road is marked as a prohibited area on the map. There is no course that have natural routes out on this road.

Saturday June 29th (long distance)

Map: «Folkestadåsane», rev. 2024
Scale: 1:7500 or 1:10000 depending on course
Contours: 5 m
Mapper (updates): Helge Gisholt
Course setter: Steinar Lande



Terrain and courses:

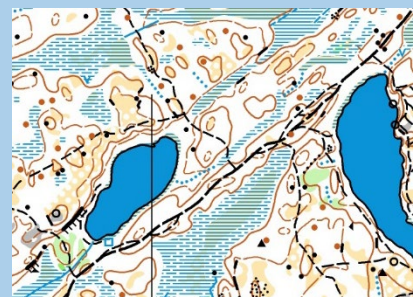
The courses are in an open forest terrain with rocks, heather, marshes and pine forests. Some old logging fields and denser areas occur, but the courses are mainly in a fast and easy-to-run terrain. The longest courses pass through a hillier area in the southeastern part of the map.

There will be drinking stations out in the forest for all courses except on course 15, 16 and 17. Drink items are marked in the course description, others are marked with a symbol on the map.

There will be marked route (red/white ribbons) from the penultimate to the last control for C-courses and N-courses. Some of the paths for the N-courses and C-courses are unclear and can be difficult to follow in the terrain. These are partly marked with red/white ribbons to make it easier to follow these. This marking is not marked on the maps.

Sunday June 30th (middle distance)

Map: «Folkestadåsane», rev. 2024
Scale: 1:7500 or 1:10000 depending on course
Contours: 5 m
Mapper (updates): Helge Gisholt
Course setter: Jon Solberg



Terrain and courses:

The courses are on the northern part of Folkestadåsanen (Folkestad Hills) in an open forest terrain with rock, heather, marshes and pine forest. A few denser sections occur, fast and easy-to-run terrain with little hills.

There will be marked trail (red and white ribbons) from 6th to 7th control in course 17, and from the 5th to the 6th control and from the 6th to the 7th control in course 16. Some of the paths for the N-courses and C-courses are unclear and can be difficult to follow in the terrain. These are partly marked with red/white ribbons to make it easier to follow these. This marking is not marked on the maps.

In the last part, all orienteers will come close to the main road past Telemarkshallen. This is marked on the map as forbidden area but will not be marked in the terrain.

Map printing and map preparation

Thursday: Laser printing. Friday-Sunday: Offset print. The maps are in plastic pockets.

Race office

Services:

- General Information
- “Team bags” with start numbers are only distributed on the first day or on the first day the club participates. Maps for course 14-17 are to be found in the “team bag” and should be picked up at the race office every day.
- Follow-up map for N-open
- Registration open classes
- Changes in tag numbers, etc.
- New start number if you have forgotten/lost your own
- Payments (entry fee, rental fee or parking fee)
- Praise and complaints
- Lost and found
- Reporting of wild animals
- Unclaimed prizes

Participants in the following classes will receive their maps in the “team bags” each day:

Course	Class
14	C-open 10-16, C-open 17-
15	D 11-12, H 11-12
16	D 9-10, H 9-10, N2-open 9-16, N2-open 17-
17	N1-open

Non-Norwegian must pay any outstanding amount before the “team bag” can be collected. Norwegian participants without club affiliation must also pay the entry fee and other fees at the race office. It can be paid with Vipps (DK, FIN), card (debit or credit) and cash (all others). Parking fee can also be paid at the race office for those not using Vipps.

The fee for buying a new start number (if the first one is lost) must be paid at the race office. Late registration and registration in open classes will be invoiced to the clubs after the event.

EKT/Rental Tags

An electronic timer system (EKT) is used every day. The system used is EMIT. Backup notes are available for self-service at the start. Rental tags are collected at the race office by those who have ordered this.

Runners MUST use the same tag every day. Rental tags are delivered at the finish line on the runner's last day or delivered to the Race office. Unreturned rental tags will be invoiced with NOK 750.

NOTE! Only one runner can use the same tag during the four races in Sørlandsgaloppen.

Leader's jerseys

The leader of the classes D/H13-14 and D/H 15-16 will be given the leader's jersey after each race that will be run with the following day.

Distance to start and first start

Race day	Thursday	Friday	Saturday	Sunday
Distance to start	50 m	600 m	1000 m	1000 m
Distance to start control	0 m	70 m	60 m	60 m
First start competition classes and open classes B- and A-level	18:30	11:00	11:00	11:00
First start open classes from	18:30	10:00	10:00	10:00

It is the same start for all classes every day. Follow the red/white markings to the start along the road and parh.

There will be a station for checking Emit badge at the exit of the arena for the start on Thursday, Saturday and Sunday. On Friday, the tag check is on the way to the start after crossing the county road.

A tag check is done to check that the tag works, and that the participant has the correct tag according to the start list. If the tag does not work, the participant must go back to the race office to rent a new tag and carry out a new tag check on the way to the start.

Course lengths

Course	Level	Classes	Scale (day 2/4)	Scale (day 3)	Thursday (winning time)	Friday (km)	Saturday (km)	Sunday (km)
1	A	H21	1:7500	1:10000	15 min	4,4	8,4	6,4
2	A	AL-åpen	1:7500	1:10000	15 min	3,7	7,3	6,0
3	A	H 17-20, H 35, D 21	1:7500	1:10000	15 min	4,0	7,3	5,4
4	A	D 17-20, D 35, H40, H 45	1:7500	1:7500	15 min	3,7	6,5	5,1
5	A	D 40, D 45, H 50, H 15-16	1:7500	1:7500	15 min	3,4	6,0	4,6
6	A	AM- åpen	1:7500	1:7500	15 min	3,3	5,6	4,5
7	A	D 50, H 55, H 60, D 15-16	1:7500	1:7500	15 min	3,2	5,3	4,1
8	A	D 55, D 60, H 65, H 70	1:5000	1:7500	15 min	3,2	4,6	3,7
9	A	AK-åpen	1:7500	1:7500	15 min	2,9	4,3	3,4
10	B	D 13-14, H 13-14	1:7500	1:7500	15 min	2,7	3,8	3,0
11	B	B-åpen 10-16, B-åpen 17-	1:7500	1:7500	15 min	2,6	3,8	3,0
12	A	D 65, D 70, H 75	1:5000	1:7500	15 min	2,6	3,9	3,3
13	A	D 75, D 80, D 85, H 80, H 85	1:5000	1:5000	15 min	1,9	3,0	2,6
14	C	C-åpen 10-16, C-åpen 17-	1:7500	1:7500	15 min	2,3	3,3	2,7
15	C	D 11-12, H 11-12	1:7500	1:7500	15 min	2,0	2,6	2,7
16	N	D 9-10, H 9-10, N2-åpen 9-16, N2- åpen 17-	1:7500	1:7500	15 min	2,0	2,4	2,3
17	N	N1-åpen	1:7500	1:7500	15 min	2,0	1,9	2,1

Control description

Control description is printed on the map. In addition, there are control descriptions at the start. The controls are close together all days, so it is important to check codes.

Water stations

Water stations is planned in accordance with competition rules. There will be three water stations in the forest at race 3. There is also water at start Saturday and Sunday. If it is hot, water stations in the terrain will also be considered on Friday and Sunday.

Crossing of county road 3330 (Vatnarvegen)

All runners must cross county road 3330 Vatnarvegen on the way to start and from the finish control at Friday's competition. This will take place at a separate intersection with traffic guards. There will be a marked corridor before and after the crossing that must be followed, both to the start and from the finish control to the tag reading.

Start number

Everyone must run with a start number. The start number is in the "Team bag". You use the same start number all days. If you lose or forget your start number, you must buy a

new one at the race office. A new start number costs NOK 30. Start numbers are not machine washable.

Starting procedure

Competition classes – classes with a time start.

3 min. before start time (roll call time): Og into the first starting box.

2 min. before start time: Loose control descriptions available.

1 min. before start time: Go to the map box and take the correct map. It is not allowed to look at the map until the start time, except to check that there is a map for the correct class. 5 sec. before starting, the tag is placed on the starting trestle, and you run at a long beep.

Open classes – free starting time

Go into the start booth for open classes and choose the lock for the right class and follow the queue here. Loose control descriptions are available. The runners start every minute from each lock. Walk up to the map box and take the correct map. It is not allowed to look at the map before the start, except to check that there is a map for the correct class. Walk up to the starting trestle. Sec. before starting, the tag is placed on the starting trestle and you run at a long beep.

Finish

The runner is at the finish line when you punch at the finish control. The runner walks to a tent where the Emit-tag is read. Follow instructions. If the runner is not approved in the tag reading, the runner is referred to the red zone. Backup notes are then collected for extra checks.,

Runners who do not finish should preferably run through the finish line for tag registration. If this is not done, the runner (or the team leader) must approach finish line so that the tag will be registered. The team leader is responsible for ensuring that all the club's runners are registered at the finish line.

The race closes until the following times: Thursday 21:30, Friday-Sunday 15:30. This means that everyone must be at the finish line before these times. This is in order for the organizers to have the necessary time to prepare controls, courses and arena for a new race the next day. Runners who do not reach the finish line before these times, will be given status "did not finish".

Finish control Friday

All courses have finish control on the west side of the county road Friday. Runners punch the finish control and follows marked corridor to the "tag reading", approximately 300 meters. Time stops when the tag is placed on the finish control, so it is allowed to walk slowly, but everyone must follow the markings to the arena. Be careful when crossing the road.

Results and notification posts

There is a notification post for the youth classes during the course and just before finish, so that the audience can follow the runners all days.

Preliminary results are shown continuously on screens in the arena and on the liveresultater.no. Official result lists will be posted on Eventor as soon as they are ready.

Show good sportsmanship

The runners get to keep the map after finish. We encourage everyone to show good sportsmanship by following competition rules and not showing courses to anyone who is starting later. Violation of these provisions may result in disqualification. Cultivated land, including edge running and gardens, is as always forbidden area.

“Little troll” / Småtroll trail for young children

During Sørlandsgaloppen, there are offers of Little Troll /Småtroll trails for everyone who wants to try it. These trails are marked the entire trail and have their own start and finish place at the arena every day.

Småtroll costs NOK 30,- pr day and is paid in cash/Vipps upon registration. Småtroll takes place at the same time as the other races in Sørlandsgaloppen. It is allowed to have companion around the trail. Prize for all completing Småtroll at finish.

Children’s Park

Children’s Park is available next to the area. It is free, but it is assumed that the service is only used when the parents are running, and another childcare is not available. To calculate staffing in the children’s Park, we want registration by email to info@soerlandsgaloppen.no.

Club tent

In the arena, there is a limited area set aside for club tent (see arena map)

Toilets

Toilets every day in Telemarkshallen, see arena map

There are toilets relatively close to the start day 3 and 4, but the capacity is limited so it is encouraged to use the toilets at the arena when possible.

Shower

It is possible to shower in Telemarkshallen after the race, but there is limited wardrobe space and capacity for hot water. The wet cloth method is also recommended. There are also several swimming opportunities in Bø and Gvarv.

Sanitation / Physician

Bø og Sauherad Red Cross Auxiliary Corps are present at the arena every day together with doctors and nurses from the organizer, see arena sketch. They have access to an emergency ambulance, defibrillator and other first aid equipment if needed.

Sales at the arena

There will be sales of food and kiosk goods at the arena every day. Rich menu. Payment with Vipps and cash.

O-sport has a sale of sport equipment at the arena every day (se arena map).

Photography

Photos will be taken during SG 2024, and a selection of these will be published on the organiser's information channels. The person in charge of publication will weigh the privacy of the person depicted against the right to publish images, cf. Copyright Act section 104. If you want published images of you (or persons under 18 for whom you are the guardian) to be deleted, you can send an email about this to info@soerlandsgaloppen.no

Prizes

Classes	Daily Prize	Overall
N1-åpen	To everyone right after finish	None
N2-åpen 10-16		
D/H9-10		
C-åpen 10-16		
B-åpen 10-16		
D/H11-12	To everyone right after finish Extra prize to the 3 best runners days 1-4	None
D/H13-14	To the 3 best runners days 1-4	1/3
D/H15-16		
D/H17-20	To the winner days 1-4	1/8
D/H21-		
Other competition classes	None	1/8
Other open classes	None	None

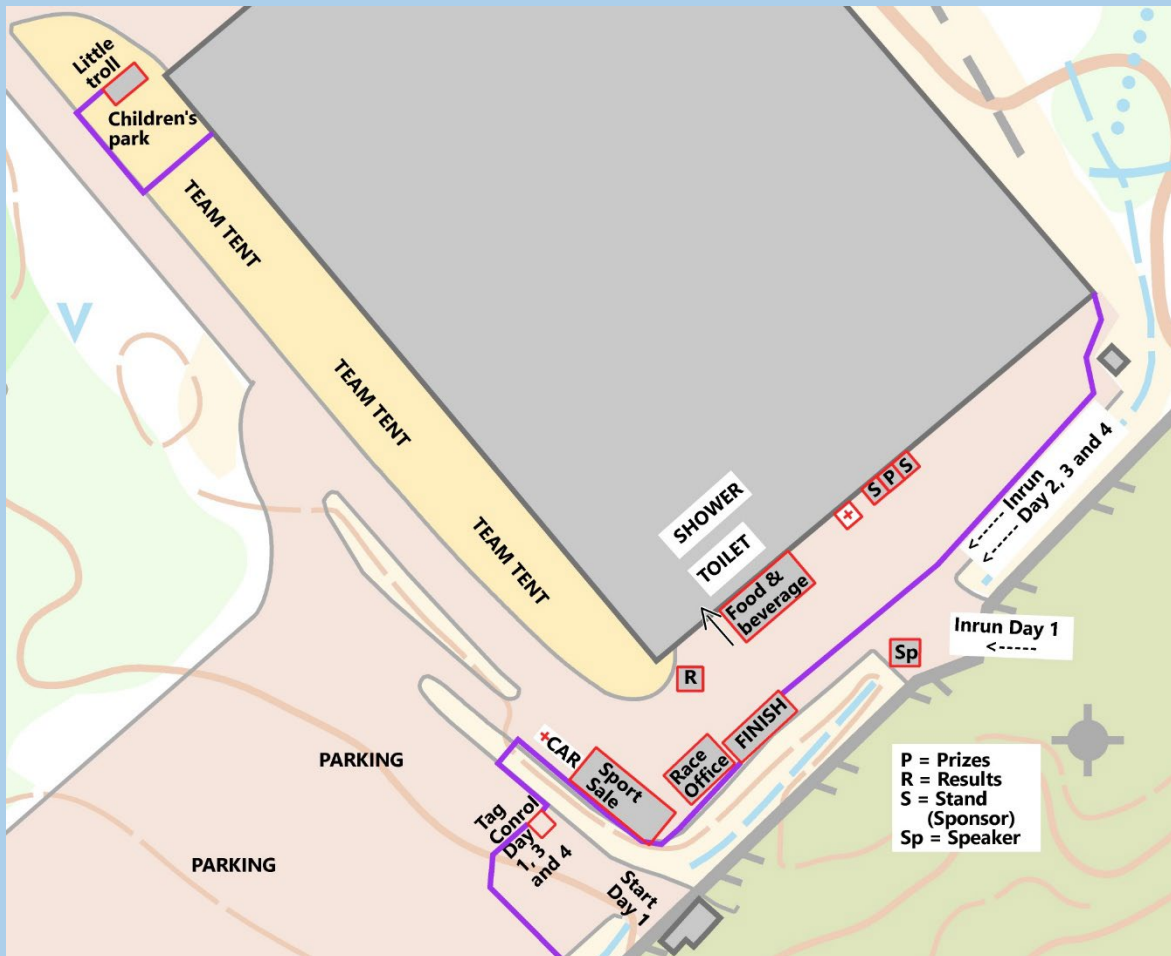
The overall prize is based om 3 out of 4 races. Best race counts.

The award ceremony will take place as soon as the classes are ready and will be announced by the speaker.

Unclaimed daily prizes can be picked up at the race office. Prizes will not be forwarded.

The winner of each race gets 1000 points. 1 point is deducted per 3 seconds after the winner in each race. Runners who do not have a valid result for the race get 0 points.

Arena map



Organizing Comitte

Leader: Dag Ausen, Porsgrunn o-lag

Maps and courses: Dag Steinar Ragvin, Bø o-lag

Arena: Jan Gatevold, Porsgrunn o-lag

Technical: Tom Saga, Skien o-klubb

Economy/finances: Elisabeth Solberg, Bø o-lag

Information: Eli Sæterdal, Skien o-klubb

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