



Galoppen er 60 år!

## Raceinformation (PM -English)

### Sørlandsgaloppen 2025

**3.-6. juli**

The clubs Birkenes IL, IL Høvdingen, IL Vindbjart, Kristiansand OK, Oddersjaa SSK, OK Sør and Søgne & Songdalen OK, all welcome you to the Sørlandsgaloppen 2025, which will take place in the areas of Kristiansand city center and Høvåg in Lillesand municipality.

#### Arena and parking

There is no marked arena on Thursday; the arena is located by the old entrance to Odderøya and is named Gravane Park.

From Friday to Sunday, the arena is at Høvåg school, marked in from Indre Årsnes to the school.

On Thursday, there will only be parking in public spaces/parking garages in Kristiansand.

From Friday to Sunday, there will be a 'Drop off' at Høvåg school and parking from 1000 – 1200 meters after the arena. Quick and efficient 'loading' is encouraged.

Clubs with buses (40+ seats) must contact [info@soerlandsgaloppen.no](mailto:info@soerlandsgaloppen.no) for further instructions.

There is no parking fee, and camper vans can park for the entire period.

#### Program

##### Thursday 3.7

Parking in public spaces

16:30 The race office and sales open.

17:00 First start open classes/freestart

17:30 «Småtroll» opens

18:00 First start regular classes

19:30 Final registration for open classes for today's race

20:00 Last start for open classes and classes with free start time

19:30 «Småtroll» closes

21:00 The race office is closing

21:00 Finish closes



Galoppen er 60 år!

### **Friday 4. juli,**

13:00 Parkering åpner  
13:30 The race office and sales open.  
14:00 «Småtroll» and children's parking opens  
14:00 First start open classes/freestart  
15:00 First start regular classes  
16:30 Final registration for open classes for today's race  
17:00 Last start for open classes and classes with free start time  
17:00 «Småtroll» closes  
18:00 The race office is closing  
19:30 Finish closes

### **Saturday 5. juli og Sunday 6.juli**

09:00 Parkering åpner  
09:30 The race office and sales open.  
10:00 «Småtroll» and children's parking opens  
10:00 First start open classes/freestart  
11:00 First start regular classes  
12:30 Final registration for open classes for today's race  
13:00 Last start for open classes and classes with free start time  
13:30 «Småtroll» closes  
14:30 The race office is closing  
15:30 Finish closes

### **Direct registration**

For those who wish to run open tracks, registration can be done in two ways:

1. Scan the QR code at the venue and register using your chip number. The system will find the runner as long as you have a permanent chip.
2. If you do not have a chip or are unattached to a club, registration will take place at the race office.

For everyone, race numbers will be issued at the race office.

### **Marking**

The following color codes are used in the event:

	Area	Collors
1	Parking – competition area	Red/white
2	Competition area - start	Yellow/black
3	«Småtroll» course	O-flag
4	Barriers at Copetition area	O-flag
5	Markers in the beginner trail	Yellow/black
6	Forbidden areas in the terrain	Red/white



Galoppen er 60 år!

### **Youth classes in focus**

Sørlandsgaloppen aims to focus extra on the classes D/H13-14 and D/H15-16 and H/D 17-20. On days 2, 3, and 4, the top 10 overall in each class will run with GPS. The runners must pick up the GPS themselves at the competition area before heading to the start. The speaker will follow the runners in these classes throughout and talk to the runners after they finish. There are check points along the course for these classes.

### **Leader jerseys**

The overall leader of the D/H 13-14, D/H 15-16, and D/H 17-20 classes will be awarded a leader jersey after each race, which is to be worn on the following day. The leader jersey can be kept, and any new leader will receive a new jersey at the race office.

### **Map and terrain**

#### **Thursorsdag 3. juli (sprint)**

Map: «Odderøya», utgitt 2025

Scale: 1:3000

Equidistance: 2,5 m

Map drawer: Sundsdal kart og friluftsliv

Course maker: Jon Bjørgum/Trygve Børte Nomeland, Kristiansand OK

### **Terrain:**

The sprint will take place in the lower part of Kristiansand city center and on Odderøya. It will happen during the city's opening hours and parts of the area are described as an attractive place to stay. Thus, there will be orienteering in urban terrain such as streets/alleys and also parts in forest terrain. It is likely to be crowded with tourists in parts of the race area while the race is ongoing. It is partially easy to run, but there are moderate elevations out on the island itself which can provide many good route choices.

#### **Traffic Safety:**

It is strictly forbidden to cross the barrier along the main road that runs through the map outside of marked crosswalks. There will be guards at these crossing points.

During the race, there will be guards responsible for proper safety, and they will have the right to disqualify runners who do not take into account the map's limitations/physical barriers and the general traffic rules.

### **Special conditions for maps and trails:**

The trails are located in a limited area. This means that the checkpoints are close to each other, and there will be trail crossings in many of the trails. Be accurate with your map reading



## Galoppen er 60 år!

so that you take the checkpoints in the correct order. In trails 1, 3, 4, 5, 8, and 9, the map is double-sided, i.e. the trail runs on both sides of the sheet.

As always in sprint, there are several areas that are forbidden to pass through or enter;

- Olive green (garden, flowerbeds, and prohibited areas)
- Fences (thick line and double spikes)
- Impassable walls (thick black line)
- Shaded areas regardless of whether they are marked in the terrain or not
- Dark green areas (hedges, creeping pine, etc.)

Running noise and shoes:

It is NOT allowed to wear shoes with any form of spikes. The courses mainly run on solid surfaces (asphalt, concrete, gravel), with some grass, and in a few individual cases, a bit of forest. It is allowed to run in shorts and a short-sleeved shirt.

### **Friday 4. juli (middledistance)**

Map: «Åmland», revidert i 2025

Scale: 1:7500

Equidistance: 5 m

Map drawer: Vidar G. Ydse/Sundsøl kart og friluftsliv

Course planner: Eirik Heddeland Martens, Kristiansand OK

Terrain and courses:

Small hills and easy runnable southern terrain, some windfall in certain places. Mostly open and clear forest. In some areas there are areas of denser vegetation.

The runners will pass the county road where there will be safety personnel. The runners must follow the instructions of the guards.

### **Saturday 5. juli (long distance)**

Map: «Eidjord/Hæstad», revidert i 2025

Scale: 1:7500

Equidistance: 5 m

Map drawer: Vidar G. Ydse/ Sundsøl kart og friluftsliv

Course planner: Svein Wigemyr, Oddersjø SSK

Terrain and courses:

Small hills and easy runnable southern terrain, some windfall in certain places. Mostly open and clear forest. In some areas there are areas of denser vegetation.



## Galoppen er 60 år!

There will be drinking stations out in the woods for all routes. Drinking posts are marked in the post description, while others are marked with a symbol on the race map.

The runners will pass the county road, where there will be supervising personnel. The runners must follow the instructions of the guards.

### **Sunday 30. juni (Middle distance)**

Map: «Hæstad», revidert 2025

Scale: 1:7500

Equidistance: 5 m

Map drawing: Vidar G. Ydse/ Sundsdal kart og friluftsliv

Course planner: Holger Hott, Kristiansand OK

Terrain and courses:

Small hills and easy runnable southern terrain, some windfall in certain places. Mostly open and clear forest. In some areas there are areas of denser vegetation.

### **Map printing and map preparation**

The maps are printed on waterproof paper.

### **Race office**

Services:

- General information
- Team bags with race numbers and startingtimes for all days are collected by the clubs on the first day, or on the first day the club participates. The name and phone number of the club's contact person must be provided when picking up the team bag. The race map for those who need it distributed at the arena (see overview below) is included in the team bag. A new team bag is collected each race day.
- Follow-up map to N-open is retrieved by those who want it.
- Registration for open classes
- Changes in the chip number
- New starting number if you have forgotten/lost your own
- Praise and complaints/protests
- Lost and found
- Reporting of wildlife



## Galoppen er 60 år!

Participants in the following classes will receive their race maps in the team bag each day:

Course	Class
15	D 11-12 H 11-12
16	D 9-10 H 9-10 N2-åpen 9-16 N2-åpen 17-
17	N1 åpen
18	C-åpen 10-16 C-åpen 17-

Foreign clubs must pay any outstanding amounts before the team package can be collected. Norwegian participants without club affiliation must also pay the entry fee and any other charges at the race office. Payment can be made via Vipps, card, and cash. Fees for purchasing a new start number must be paid at the race office. The entry fee, including registrations in open classes, will be invoiced to the clubs after the event.

### EKT/rental chips

An electronic timing system (EKT) is used every day. The system in use is EMIT. Backup cards are available for self-service at the start. Rented chips are picked up at the race office by those who have ordered them. Runners **MUST** use the same chip every day. Rented chips must be returned at the finish on the runner's last racing day or handed over to the secretariat. Unreturned rented chips will be charged NOK 750.

NOTE! Only one runner can use the same chip during the four races of the Sørlandsgaloppen.

### Distance to the start and first start

Race day	Thursday	Friday	Saturday	Sunday
Distance	50 m	500 m	1300 m	700 m
Distance start to starting point	15 og 30 m	80 m	30	70
First startingtime ordinary classes	18:00	15:00	11:00	11:00
First startingtime open classes av freestart	17:00	14:00	10:00	10:00

All classes have the same starting point. Follow the black/yellow markings to the start along the road and path. N1 open starts from the same starting point as the others in races 1, 2, and 4. N1 open starts from the arena in race 3.

There will be a station for checking the Emit chip at the exit of the arena to the start on all days. Chip checks are done to ensure that the chip works and that the participant has the correct



## Galoppen er 60 år!

chip according to the start list. If the chip does not work (dead), the participant must return to the race office to rent a new chip and complete another chip check on the way to the start.

### Courslengths

Løype	Nivå	Klasser	Starttid/ Fristart	Kart (Dag 1)	Kart (Dag 2/3/4)	Torsdag (vinnertid)	Fredag (km)	Lørdag (Km)	Søndag (km)
1	A	H21	Starttid	1:3000	1:7500	13-15 min	4,6	6,4	4,2
2	A	AL-åpen	Fristart	1:3000	1:7500	13-15 min	4,3	5,0	3,9
3	A	H17-20, H35	Starttid	1:3000	1:7500	13-15 min	4,1	4,5	3,6
4	A	D21, H40	Starttid	1:3000	1:7500	13-15 min	3,9	4,5	3,6
5	A	D17-20, D35, H45	Starttid	1:3000	1:7500	13-15 min	3,6	4,0	3,3
6	A	D40, D45, H50	Starttid	1:3000	1:7500	13-15 min	3,2	4,1	3,1
7	A	AM-åpen	Fristart	1:3000	1:7500	13-15 min	3,1	3,9	3,1
8	A	D50, H15-16, H55	Starttid	1:3000	1:7500	13-15 min	2,8	3,7	2,8
9	A	D15-16, H60	Starttid	1:3000	1:7500	13-15 min	2,7	3,8	2,6
10	A	D55, D60, H65, H70	Starttid	1:3000	1:7500	13-15 min	2,1	3,2	2,3
11	A	AK-åpen	Fristart	1:3000	1:7500	13-15 min	2,7	3,1	2,1
12	B	D13-14, H13-14	Starttid	1:3000	1:7500	13-15 min	2,4	2,5	2,6
13	B	B-åpen 10-16, B-åpen 17	Fristart	1:3000	1:7500	13-15 min	2,5	2,8	2,3
14	A	D65, D70, D75, D 80, D85, H75, H80, H85	Starttid	1:3000	1:7500	13-15 min	2,1	2,6	2,0
15	C	D11-12, H11-12	Starttid	1:3000	1:7500	13-15 min	2,3	2,3	2,4
16	N2	N2-åpen 9-16, N2-åpen 17 D9-10, H9-10	Fristart	1:3000	1:7500	13-15 min	2,0	2,1	1,7
17	N1	N1-åpen	Fristart	1:3000	1:7500	13-15 min	1,4	1,4	1,4
18	C	C-Åpen 10-16, C-Åpen 17	Fristart	1:3000	1:7500	13-15 min	2,3	2,3	2,3

### Post descriptions

Post descriptions are printed on the map. In addition, there are loose post descriptions at the start. The posts are close together every day, so it is important to check the codes.

### Water stations

It is planned to have water stations according to NOF's rules. There will be three water stations in the forest on Saturday. There will also be water at the start on Friday, Saturday, and Sunday. In hot weather, it will be considered to have water stations in the terrain on Friday and Sunday as well.





Galoppen er 60 år!

### **Crossing of FV3642/FV 401 (Hæstadvegen/Høvågveien)**

All runners must cross FV 401 on their way to the start and during the race on race 2 and 3. There is a designated crossing point on the way to the start and during the race, guards will ensure safety.

### **Start number**

Everyone must run with a start number. Your start time is printed on the start number. The start numbers are in the team bag. You will use the same start number every day. 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 cannot withstand washing in a washing machine.

### **Start procedure**

Classes with start time

3 min. before start time (check-in time): Enter the first starting box.

2 min. before start time: Description of posts 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 before the start time, except to check that it is the map for the correct class.

Proceed to the starting post. 5 sec. before start, place the chip on the starting post and run out at the long beep.

**When you take the map, you should stand by your map box and zero post.**

Free start time

Go to the start pen for open classes and choose a lane for the correct class and follow the queue here. Loose post descriptions are available. The runners start every minute from each funnel. 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 start post. 5 seconds before the start, the chip is placed on the start post and you run out at a long beep.

**When you take the map, you should stand by your map box and zero post.**

### **Finish**

The runner is at the finish line when it is stamped on the timing device at the finish line. The runner proceeds to the timing tent where the chip is read. Follow the instructions during the reading. If a runner does not pass the chip reading, they will be referred to the red zone. A backup slip will then be collected for extra control.

Runners who discontinue should preferably pass through the finish line as usual for chip registration. If this is not done, the runner (or team leader) must report to the finish for the chip reading. The team leader is responsible for ensuring that all club runners are registered at the finish.





## Galoppen er 60 år!

The finish line closes at the following times: Thursday 21:00, Friday 19:30, Saturday and Sunday 15:30. This means that everyone must be at the finish before the designated times. This is to give the organizers the necessary time to prepare controls, courses, and the arena for the next race the following day. Runners who are not at the finish before these times will receive a status of 'not completed'.

### Results

Preliminary results are continuously displayed on screens at the arena and on O-Total.live. The scoring will also be updated live at the same place. Official result lists will be published on Eventor as soon as they are ready.

### Show good sportsmanship

The runners will keep the map after finishing. We encourage everyone to show good sportsmanship by following the competition rules and not showing the routes to later starters. Violation of these provisions may result in disqualification. Areas that are forbidden to use are marked on the map.

### «Småtroll»

During the Sørlandsgaloppen, there is an offer of «Småtroll» courses for all under 10 years old who want to try. These courses are marked with ribbons along the entire route and have their own start and finish area at the venue every day (see venue sketch). «Småtroll» cost NOK 30,- per day and can be paid in cash/Vipps during registration. «Småtroll» take place simultaneously with the other races in the Sørlandsgaloppen. It is allowed to have accompanying persons around the course. Prize for all finishing «Småtroll» at the finish.

### Children's parking

Children's parking is offered right by the arena from Friday to Sunday, not on Thursday. The service is free, but it is assumed that the service is only used when parents are running and other childcare is not available. To calculate staffing in the children's park, we request registration by email to [info@soerlandsgaloppen.no](mailto:info@soerlandsgaloppen.no).

### Club Tent

There is a limited area allocated for club tents at the arena (see arena map). The surface is asphalt in Høvåg.

### Toilet

There will be toilets for the runners at the arena. It might also be worth noting where public toilets in the area are, as there will be a lot of spectators/tourists in the area, so allow plenty of time.



Galoppen er 60 år!



On Friday, Saturday, and Sunday there are toilets in Høvåghallen and at the school. It is not allowed to wear spikes or cross-country shoes indoors.

**There are no toilets available at the start.**

### **Shower**

On Thursday's sprint, you just have to jump out from the goalpost and straight into the sea! It will be possible to shower in Høvåghallen after the race, but there is limited locker space and hot water capacity. The wet cloth method is also recommended. There are many local bathing opportunities to and from Høvåg.

### **Sales at the arena**

There will be sales of food and kiosk items at the arena every day. On Thursday, there will be a small "red sausage" show from Skagen Kristiansand and ice cream from Hennig Olsen!

Rich menu and payment with Vipps, card terminal or cash.

O-sport has sales of sports equipment at the arena every day.

### **Photography**

Photos will be taken during SG 2025, and a selection of these will be published on the organizer's information channels. The person responsible for publication will weigh the privacy of the depicted individual against the right to publish images, cf. Copyright Act § 104. If you wish for published images of you (or of individuals under 18 years of age for whom you are the guardian) to be deleted, you can send an email about this to [info@soerlandsgaloppen.no](mailto:info@soerlandsgaloppen.no).

### **Premiering**



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Classes	Dagspremie	Sammenlagt
N1-åpen	Til alle rett etter målgang	Ingen
N2-åpen 10-16		
D/H 9-10		
C-åpen 10-16		
B-åpen 10-16		
D/H 11-12	Til alle rett etter målgang Ekstra premie til 3 beste løpere dag 1-4	Ingen
D/H 13-14	Til 3 beste løpere dag 1-4	1/3
D/H 15-16		
D/H17-20	Til vinner dag 1-4	1/8
D/H 21-		
Øvrige A-klasser	Ingen	1/8
Øvrige åpne klasser	Ingen	Ingen

Overall prize distribution occurs based on 3 out of 4 races. The best races count. The classes that will have daily prizes have a red star on the starting number.

Prize distributions take place as soon as the classes are ready and are announced by the speaker. There is no prize distribution on Thursday, but it will take place on Friday. Unclaimed daily prizes can be collected at the race office. Prizes are not sent afterwards.

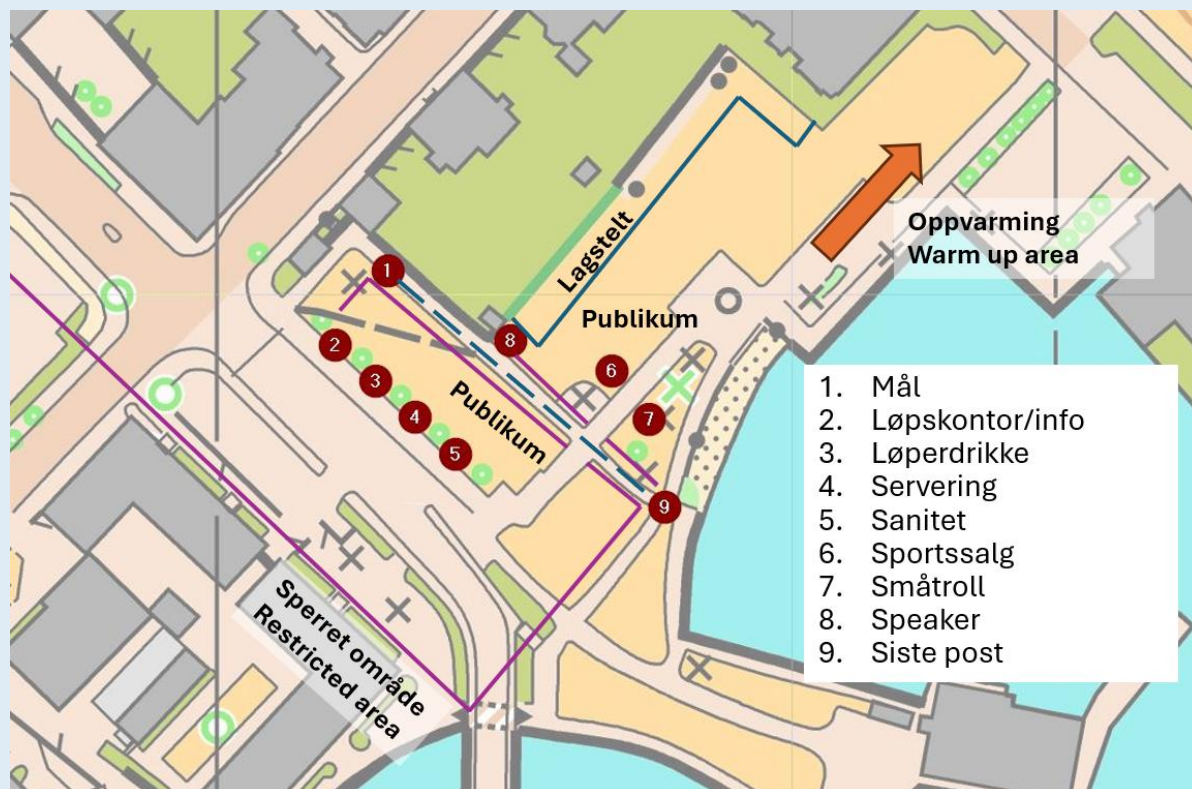
Point calculation: There are 1000 points for the class winner in each race and a deduction of nine points for each percent of the winner's time that you are behind the winner. Runners who do not have a valid result for the race will receive 0 points. Unclaimed prizes can be picked up at the 'prize tent'.



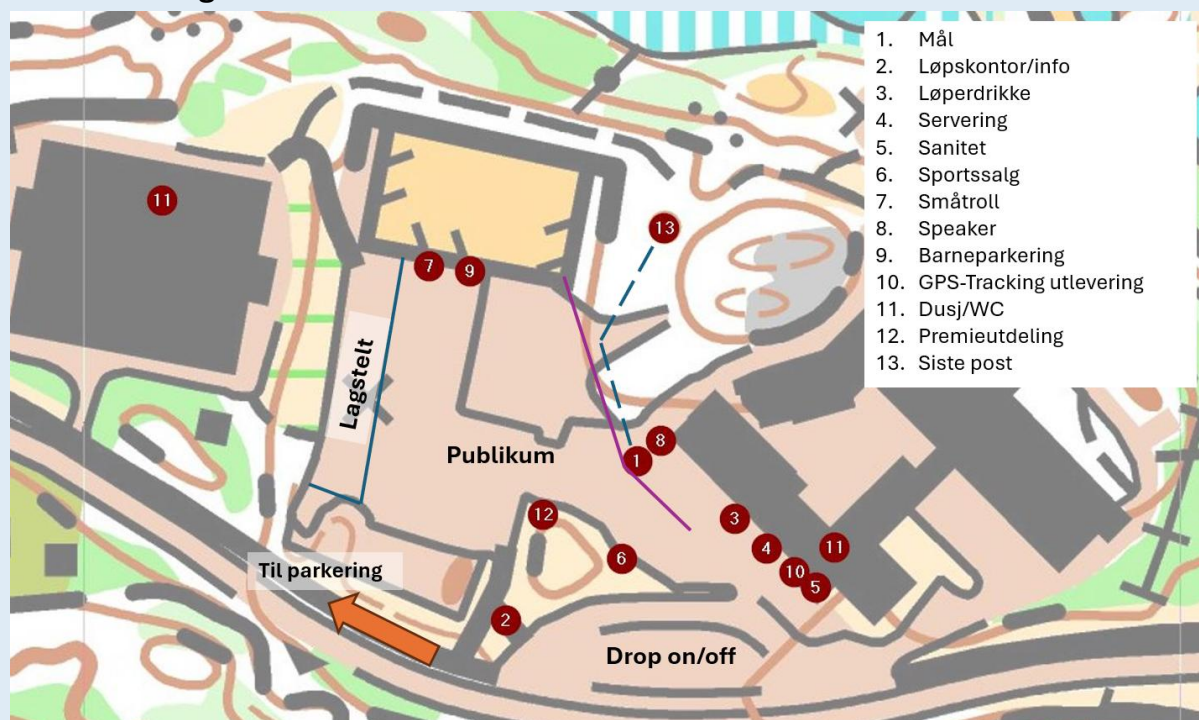


## Arenamap

## Arena – Gravane Park race 1



## Arena – Høvåg skole race 2 – 4





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### **Organizing committee**

Svein Roar Jonsmyr, Birkenes IL, leder

Erik Hodne, Oddersjaa SSK

Fred-Arne Sivertsen, Kristiansand OK

Frank Solås, Søgne og Songdalen OK

Nils Gjelsten, IL Høvdingen

Kjell Arne Håland, OK Sør

Torunn Stølen, IL Vindbjart

### **Jury**

Christine Mikkelsen, IK Grane Arendal Orientering

Jostein Moe, Torridal IL

### **Teknisk delegert**

AOK oppnevner TD

### **Nettside/SoMe**

<https://soerlandsgaloppen.no/>