

Velkommen



1. Event Center/Head Committee Office (HK-Office)

The event centre is mobile and will be at the competition sites, with a small branch office at the O-camp.

Opening hours:

- At the competition sites: first race 1000h – 1700, other days 0800h – 1500h.
- At the O-camp, Saturday July 6. 1600h – 2000h, other racedays 1900h – 2000h. Telephone +47 9138 6480, until 2100h.

Further information is available and updated on www.sorlandsgaloppen.no and by posters at the O-camp. Røed Camping)

2. Team bags

Team bags can be collected on Saturday July 6 1600h - 2000h the O-camp, and on Sunday July 7 from 1000h at the assembly area.

3. Parking/transport

Parking at the competition sites at all races. (max. 1000m walking distance).

Parking fees:

- cars and mini-buses NOK 20,-.
- buses NOK 100,-.

Parking tickets will be sold at the parking sites every day.

Mini-bus transportation will be organized from the O-camp every race day. The bus leaves the camp in the morning and returns after the races. Information about the bus at the O-camp. Registration for the transportation in the shop.

In case of heavy rain, bus transport may be arranged for all competitors from the O-camp and from SIVA Akland (1km after leaving E18 on Rv 416 towards Vegårshei). This goes for the first three races.

4. Marking

To the competition sites:

Race 1, 2, and 3: From E18 approx. 500m east of Sørlands porten, Rv 416 towards Vegårshei.

Race 4 and 5: From E18 Harebakken (exit Arendal/Myra).

Routes to start:	Red/white streamers
WC – women:	Red streamers
WC – men:	Blue streamers
Courses for children:	White streamers + Blue/white

Control sites:

Orange and white control features. Stakes equipped with numbers and control markers (electronic tracking and timing system/EMIT). Test control sites on the way to start.

5. Clothing

According to the Norwegian Orienteering Federation's (NOF) regulations competitors must be fully covered except for head, neck and arms. Clothes will be transported back from start to the assembly area. All lost property handed in at the HK-Office will be taken to the Event Centre.

6. Start procedures

There is one start for all classes except on the last race day when there is a separate start for the N-classes.

The start times will be found in the team bags, on www.sorlandsgaloppen.no, and on notice boards in the assembly areas and at the start.

There will be "silent start"; names and start times will not be announced. The start times will be posted.

1. The backup labels will be handed out three minutes prior to start time.
2. Two minutes before start you advance to have your e-card number checked.
3. One minute before start you receive your map.
4. You must remember to activate your e-card when you start.

The first start is at 1400h on the first day and at 1000h on the other race days.

All competitors must wear start numbers. The same number is to be used the entire week. If you lose your start number, a new one may be bought at the race office at NOK 25,-.

7. The e-card

The electronic tracking and timing system (EMIT) will be used in all classes (except string-courses for children) at all five events. You will find the rental e-cards in the team bag. The competitors will receive backup labels at the start. The yellow side must be visible. You may check that your e-card is "alive" at the test control at the start..

If the rental e-card "dies" it will be replaced. For competitors who use their private e-cards, a new one may be rented at the race office at NOK 25,-.

Competitors using e-cards not registered in their names may be disqualified.

The teams are responsible for all rented e-cards being delivered to the race office after the last race. The club will be charged with NOK 400,- for every card not returned.

8. Map/course description

All maps are in accordance with the IOF standard, produced or revised during the last and this year.

The scale is 1:10.000.

Course descriptions according to the symbol system of IOF are printed on the maps.

The maps will be handed out one minute before start, except for N-OPEN, N-classes and D/H11-12. The clubs must collect the maps for these classes at the race office each day.

The maps will not be collected at the Finish. Please do not show your map and course to those who have not yet started!

All the maps are available at the assembly area (NOK 20,-).

9. Drinks station

There will be no drink stations.

If the weather turns hot, self service drink stations will be organized at central points in the courses. (Look for information at the assembly area).

Drink station at the finish.

DISTANSE-TABELL / Distance-table

Løp/ Race	Dato/ Date	Samlingsplass/ Competition site	O-camp -samlingsplass O-camp - comp.site	Samlingsplass - start Comp.site - start	O-camp Saml.pl. O-camp - Comp.site
1	7/7-02	Simonstad	12 km. - 20 min.	1 km. - 15 min.	11 km – 20 min
2	8/7-02	Simonstad	12 km. - 20 min.	1 km. - 15 min.	11 km – 20 min
3	9/7-02	Simonstad	12 km. - 20 min.	1 km. - 20 min.	11 km – 20 min
4	11/7-02	Myra, Arendal	40 km. - 40 min.	300 m. - 5 min.	40 km – 40 min
5	12/7-02	Myra, Arendal	40 km. - 40 min.	400 m. - 10 min.	40 km – 40 min

Parkering ved samlingsplass på alle løp/ Parking by competition site for all races.

English

10. Prohibited areas

must be respected.

11. Finish

The competitor is responsible for using his e-card for clocking in at the finish line. The runners can print out their intermediate times immediately after Finish.

12. Breaking off the course

Competitors who do not finish the race, **must** still pass through the regular Finish.

13. Protests and appeals

Any protests or appeals concerning the race of the day must be made in writing to the race office.

Complaints are treated in accordance with NOF regulations.

14. Jury

There is a jury of three persons each day, the course controller, leader of the Organizing Committee, Knut Sunde, and the race leader.

15. Washing

At race 1, 2, and 3 you may wash/swim in Lake Simonstad close to the race area.

At race 4 and 5 showers will be available.

16. Courses for children (småttroll)

Courses for children will be arranged every day, start from 1300h the first day and from 0900h the other days. registration at the start. NOK 20,-. Prizes for all participants.

17. N-OPEN/Course 17.

The competitors pass the finish like the other competitors in the other courses.

N-Open runners who are registered in advance will find their e-card and the days' map in the team bag.

N-Open participants may register until 1 hour after the first start at every race. Contact the race office. Map, e-card, and start number will be handed out on registration.

All N-Open runners will receive prizes at the finish.

18. Child care

We will provide child care the first day between 1300h and 1800h and the other days between 0900h and 1400h. (NOK 20,-).

We expect you to park your child only when running.

19. Awards

Prize-giving will be held at the competition site every day shortly after the participants in a class have finished.

The three best races count in the overall standing. The highest attainable score is 1.000 points for the winner in all A- and AL-classes, and 750 points for the winner in AK-, C- and N-classes. To calculate your own score, subtract one point for each third second behind the winner of the class.

Please note that we do not forward prizes.

Categories	Daily	Overall results
- 12	All	None
13-16	To three in each class	1/3
17- A-classes	Best runner	1/8
17- AK, C, N	Best runner	1/12
Family competition	None	5 best families
Trimtex-cup		Winner

20. Family competition

There will be overall prizes for the five best families based on the overall scores of three family members. Two consecutive generations must be represented. Three races count.

21. Trimtex Cup.

The Trimtex Cup is for the classes D/H 14, 15, and 16 in 3rd, 4th, and 5th race. Separate overall prizes.

22. Result service

Results of the day's race will be posted continuously throughout the day at the assembly area. Complete results will be posted at the O-camp and the next day at the assembly area. Results are also published at: www.sorlandsgaloppen.no.

The runners can print out their intermediate times immediately after finish.

Result lists with intermediate times for all classes will be sold at the event centre (NOK 15; per class).

Complete lists with individual and overall results will be sent to all participating clubs and federations.

Løypene

LØYPE NR./ COURSE NR.	NORMALDIST./ NORMAL DIST.	KORTDIST./ SHORT DIST.	KLASSER/ CLASSES
1	7,5km	4,0km	H21AL
2	6,0km	3,2km	H17-20AL, H35AL
3	5,3km	2,9km	D21AL, H40
4	5,0km	2,7km	D17-20AL, H16, H45AL,
5	4,5km	2,6km	H17AK, H35AK,
6	4,0km	2,4km	D16, D35AL, H50, H55
7	3,9km	2,3km	D17AK, H15, H45AK
8	3,8km C	2,2km	C H17C, H35C
9	3,6km	2,2km	D15, D40, D45AL, H14, H60
10	3,3km	2,1km	D14, D35AK, D50
11	3,2km	2,0km	D13, D55, H13, H65
12	3,0km C	2,0km C	D13-16C, D17C, D35C, H13-16C
13	2,7km	1,9km	D45AK, D60, D65, H70, H75
14	2,4km	1,6km	D11-12, H11-12, D/H C-Åpen (Open)
15	2,1km N	1,5km N	D13-16N, D17N, D35N, H13-16N, H17N H35N
16	2,0km N	1,4km N	D11-12N, H11-12N
17	2,0km N	1,4 N ÅPEN	(Open)

23. Late entries/entry changes

Additional registration and requests for changes are accepted until one hour after the first start every day at the following rates:

H/D -16 NOK 30,- per day

H/D 17- NOK 60,- per day

Entry changes NOK 50,- per change (cash).

24. First aid

First Aid will be available at the assembly area every day. For the use of ice bags, etc. we have to charge NOK 20,-.

25. Press

SG 2002s press contact will be present at all the races. Contact the race office or tel. +47 91 38 64 80.

26. Mobile telephone

At the first 3 races there are no signals for mobile telephones.

Because of possible disturbances to the time recorder, mobile phones are totally banned near the Finish. Please respect this, and move far out from the finish if you have to use your mobile phone.

27. Observations of wild animals

If you see wild animals like deer and moose, please contact the organizer after finishing the race.

28. Training courses

Maps will be sold at the O-camp.