

Invitation



Welcome to Sørlandsgaloppen 2019 in Skien June 21.-23.

This year Skien OK and Porsgrunn OL would like to invite you to a compact and slightly shorter version of the traditional Sørlandsgaloppen. Some will probably point out the untraditional timing, but this is due to a packed running program the summer of 2019. "St. Hans' weekend" is nevertheless a good substitute for hectic holidays in July. This weekend "everyone" runs anyway.

This year's competition is the most compact ever, with the same arena every three days in connection with the o-camp in Skien Fritidspark. This means you don't have to spend time driving, and you have all the camps facilities just outside the tent opening. We are going to make sure that everyone enjoys the good atmosphere at this brightest weekend of the year.

As usual, we spend a lot of time on the youth with leader and climbing jerseys, as well as the speaker will pay extra attention. May it be some GPS tracking as well. According to tradition, the overall results will be based on cumulative time, so we recommend competing over the whole weekend. The terrain provides opportunities for great variation in technical challenges and physical fun which our great course planner will take advantage of.

Program

Date	Distance	First start	Event office opens
Friday June 21	Sprint	18:00	KI 15:00
Saturday June 22	Long	12:00	KI 10:00
Sunday June 23	Middle	11:00	KI 9:00

Map and terrain

The sprint takes place in a varied area offering instances of large buildings, parks and runnable forest.

The middle distance takes place in moderately undulating terrain with a developed trail network. There are parts of the map with deep ravines, giving the possibility of a varied orienteering experience, with route choice, detailed areas and runnable parts.

The long distance takes runners to a beautiful pine forest with some felled areas on the longer courses, while the shorter courses are largely in an area with a developed trail network. The start for the courses longer than 3.2 km is significantly higher than the finish, meaning physically forgiving courses.

Youth classes

The youth classes D/H13-14 and D/H15-16 Will receive special attention during the competition, with running tops dealt out to the overall leader and sprinter in the sprint, and in addition to these the forest races will include a climber category.

The commentary will be focused towards the youth classes and there will be live GPS tracking and split times online for selected runners. This will be displayed on screens in tents on the arena and directly on the web. Also online results for youth will appear on screen.

The junior classes will also attract attention as some Norway's best line up to battle it out in the forests and streets of Skien.

Available classes and estimated course lengths

(exact lengths will come in PM)

Klasse	Sprint 21.6	Lang 22.6	Mellom 23.6		Klasse	Sprint 21.6	Lang 22.6	Mellom 23.6
D9-10	1,9	2,5	1,9		H9-10	1,9	2,5	1,9
D11-12	2,0	2,5	2,0		H11-12	2,0	2,5	2,0
D13-14	2,3	3,3	2,3		H13-14	2,3	3,3	2,3
D15-16	2,5	4,4	2,6		H15-16	2,7	5,3	3,0
D17-20	2,6	4,9	2,9		H17-20	2,9	6,5	3,6
D21-	2,8	6,0	3,2		H21-	3,1	7,5	4,0
D35-	2,6	4,9	2,9		H35-	2,9	6,5	3,6
D40-	2,6	4,9	2,9		H40-	2,9	6,5	3,6
D45-	2,6	4,8	2,8		H45-	2,8	6,0	3,2
D50-	2,5	4,3	2,5		H50-	2,6	4,8	2,8
D55-	2,4	3,7	2,4		H55-	2,6	4,8	2,8
D60-	2,4	3,7	2,4		H60-	2,5	4,3	2,5
D65-	2,2	3,3	2,2		H65-	2,4	3,7	2,4
D70-	2,2	3,3	2,2		H70-	2,4	3,7	2,4
D75-	2,2	3,3	2,2		H75-	2,2	3,3	2,2
D80-	2,2	3,3	2,2		H80-	2,2	3,3	2,2
D85-	2,2	3,3	2,2		H85-	2,2	3,3	2,2
D17-C	2,1	3,2	2,3		H17-C	2,1	3,2	2,3
D17-B	2,3	2,3	3,3		H17-B	2,3	2,3	3,3
D17-N	1,9	2,5	1,9		H17-N	1,9	2,5	1,9
D17-AK	2,5	4,3	2,5		H17-AK	2,6	4,9	2,9
D45-AK	2,4	3,7	2,4		H45-AK	2,4	3,7	2,4

	Sprint June 21	Long June 22	Middle June 23
N-åpen	1,7	2,0	1,6
Utvikling 10-20 N	1,9	2,5	1,9
Utvikling 10-20 C	2,1	3,2	2,3
Utvikling 10-20 B	2,3	2,3	3,3
Direkte A	2,6	4,9	2,9
Direkte B	2,3	2,3	3,3
Direkte C	2,1	3,2	2,3

Opportunities for everyone

A new offering which NOF wishes to trial this year are the development classes (utviklingklassene). In these classes times will be taken but no rankings published.

In addition, shadowing is permitted for all ages. All competitors under 17 will receive a prize upon completion, simply report to the prize table. Entry prices are

the same as N-open and will not incur a late entry fee. For those over 20 who wish to test in the same way, one option is the enter on the day classes A, B, C or N level.

Green classes has free start time.

Orange classes will start from Start 2 on Saturday.

Scale and Equity

All classes have 1: 4000 / 2m on the sprint 21.

Classes	Long June 22	Middle June 23
N-åpen, Utvikling 10-20 N, Utvikling 10-20 C, Utvikling 10-20 B, Direkte B, Direkte C, H9-10, D9-10, H17N, D17N, H11-12, D11-12, D17C, H17C D17B, H17B, D13-14, H13-14, D17AK, H60, D50, D45, H50, H55	1:7500/5m	1:7500/5m
D65, D70, D75, D80, D85, H75, H80, H85, D55, D60, H65, H70, D45 AK, H45AK	1:5000/5m	1:7500/5m
Direkte A, D15-16, H15-16, H21, H17-20, H35, H40, D21, H45, D17-20, D35, D40, H17AK,	1:7500/5m	1:10000/5m

Distance to start

Friday:

1500m on road, all classes

Saturday:

Start 1: 1600m on path (courses over 3.2km)

Start 2: 350m on path (courses less than 3.3km)

Sunday:

350m on path

Punching system

Runners in all classes will use the EMIT punching system. For those who entered without an emit brick number, a hire brick will be assigned at a cost of NOK 30,- per race. Rental bricks not returned will incur a bill of NOK 600,-. Competitors must run all races with the same

brick, and bricks cannot be shared between multiple runners over the course of the weekend.

Registration and deadlines

Follow this link for registration: <https://eventor.orientering.no/Events>

- Regular registrations in all categories until June 16.
- Late registrations are only possible until June 19.
- After June 19. only direct courses and development classes from the area will be available.
- Registration must be done for each race.
- Change after June 19. will provide an additional 50,- NOK fee

Entry fees	Before june 19	Before June 19	On race day
Utvikling 10-20 år	NOK 100,-	NOK 100,-	NOK 100,-
Direct classes	NOK 100,-	NOK 100,-	NOK 100,-
Up to 12 years	NOK 100,-	NOK 100,-	Not available
13-16 years	NOK 100,-	NOK 150,-	Not available
From 17 years	NOK 200,-	NOK 300,-	Not available

Billing and payment

Norwegian clubs will be billed after the competition.

Foreign clubs will be required to pay upon entry:

Sørlandsgaloppen 2019, Høgsetveien 22, N-3914 Porsgrunn, Norge

Bank: Sparebank 1 SMN, 7467 Trondheim

IBAN: NO1526700955418

SWIFT KODE: SPTRNO22

Accomodation

In Skien Fritidspark there will be an Oienteering Camp and other accommodation options.

Here are mor information (Norwegian only): <http://www.porsgrunnol.no/sg19/overnatting-skien-fritidspark/>

Or check out Skien Fritidsparks site in English here:

<https://www.skienfritidspark.no/eng/accomodation>

Prices

For runners up to and including 12 years, and Development classes up to 16 years, prizes are distributed to everyone right after the finish. No overall prizes. In classes D/H11-12, extra prizes are awarded from the prize pool during the award ceremony every day to the top three.

In classes 13-16 years, prizes are awarded to the top three in each race. Last day, the best 1/3 third will be awarded an overall prize. All races count.

In classes D / H17-20, prizes are awarded to the winner every day. Last day, the best 1/6 will be awarded an overall prize. All races count.

In other A classes, prizes are awarded to the winner every day. Last day, the best 1/8 will be awarded an overall prize. All races count.

In the N, B and C classes, an overall prize is awarded to the winner.

Location and parking

Marked from road RV 36 at roundabout to Bjørntvedtveien. Then arrows are followed to the parking. Follow the directions from the parking guards and park tightly. It is strongly encouraged to combine. Then it will be a short way from parking to the arena for everyone (about 300-400 m).

Motorhomes and others who want to park and stay at O-camp follow signs from RV 36 to Skien Fritidspark. From there it is about 200-300 m to the arena.

Child care

There is child care right by the arena. The offer is free, but it is assumed that the service is only used when the parents run and other child care is not available.

“Småtroll”

This is an easy course for the smallest children. It costs 30,- to participate. Prizes for everyone.

Main functions

Race leader: Jan Gatevold, jgat@equinor.com tlf: 97632067, POL

Technical: Bjørn Richard Kirste, Skien OK

Courses and maps: Thore Kornmo, POL

Info/event office: Hilde Vassend, POL

Arena: Gunnar Mosevoll, Skien OK

Economy: Dag Ausen, POL