



PM Midnattsolgalopp Valnesfjord – Bodø 4th -7th July 2009

PROGRAMME

First start	Hour	Type of race	Place
Race1 Sat	1500	Long distance	Valnesfjord Helsesportssenter
Race2 Sun	1200	Long distance	Valnesfjord Helsesportssenter
Race3 Mon	2000	Medium distance	Turisthytta, Bodø
Race4 Tues	1300	Long distance	Turisthytta, Bodø

Opening hours /race office

	O-camp Bodin Leir	Arena
Friday	1400-2200	
Saturday	0800-1000	1200-1900
Sunday	1800-1900	1000-1600
Monday	1000-1200	1800-2400
Tuesday		1100-1700

Courses

Length of courses all 4 days (km)

Class	Day 1	Day 2	Day 3	Day 4	Class	Day 1	Day 2	Day 3	Day 4
H10	1.9	1.8	1.8	2.2	D10	1.9	1.8	1.8	2.2
H11-12	2.2	2.4	1.8	2.6	D11-12	2.2	2.4	1.8	2.6
H13-14	3.4	3.3	2.4	3.3	D13-14	3.4	3.3	2.4	3.3
H15-16	5.0	5.9	3.3	4.9	D15-16	4.0	4.0	2.6	4.0
H17-18	6.0	6.8	3.7	6.3	D17-18	4.3	4.7	3.0	4.3
H19-20	7.0	8.9	4.1	7.6	D19-20	5.0	5.9	3.3	4.9
H21	8.2	10.4	4.1	9.7	D21	6.0	6.8	3.7	6.3
H35	7.0	8.9	4.1	7.6	D35	5.0	5.9	3.3	4.9
H40	6.0	6.3	3.8	6.2	D40	4.3	4.7	3.0	4.3
H45	6.0	6.3	3.8	6.2	D45	4.3	4.7	3.0	4.3
H50	5.0	5.9	3.3	5.0	D50	4.0	4.0	2.6	4.0
H55	4.3	4.7	3.0	4.3	D55	4.0	4.0	2.2	4.0
H60	4.0	4.0	2.6	4.0	D60	3.2	2.8	2.2	3.3
H65	3.2	2.8	2.2	3.3	D65	3.2	2.8	2.2	3.3

H70	3.2	2.8	2.2	3.3	D70	3.2	2.8	2.2	3.3
H75	3.2	2.8	2.2	3.3	D75	2.2	2.4	1.8	2.6
H17AK	4.3	4.7	3.0	4.3	D17AK	4.0	4.0	2.6	4.0
H17C	3.1	2.6	2.0	3.4	D17C	3.1	2.6	2.0	3.4
H13-16C	2.2	2.4	1.8	2.6	D13-16C	2.2	2.4	1.8	2.6
H11-12N	1.7	1.6	1.4	2.0	D11-12N	1.7	1.6	1.4	2.0
H13-16N	2.0	1.9	1.4	2.0	D13-16N	2.0	1.9	1.4	2.0
H17N	2.0	1.9	1.4	2.0	D17N	2.0	1.9	1.4	2.0
N-åpen	1.7	1.6	1.4	2.0	N-åpen	1.7	1.6	1.4	2.0
Direkte A	4,2	3,9	2,6	4,0					
Direkte C	3,0	2,6	2,0	3,3					

MAPS AND TERRAIN RACE 1 AND 2 (Saturday and Sunday)

Map

Race 1 : Øvre Valnesfjord 1: 10000/5m

Race 2: Øvre Valnesfjord 1:10000/5 m

The map is resurveyed in 2009 by Håvard Berg, Berg Geomatics. Print Luchs Kart og Trykk. Classical North Norwegian inland terrain with very good runability and many details. Mostly birch and pine trees with some spruce plantations. The marshes are often covered by gras and with great runability in dry weather. Very few paths. Note that iron ore in the ground may influence the compass in some areas.

The changing from forest to semi-open and open areas may some places be gradual and vague. Semi-open areas usually have good runability. Some areas with seasonal undergrowth. In the course setting we have as far as possible tried to avoid areas with much undergrowth and vulnerable wetlands.

COURSES DAY 1 AND DAY 2

Carl Henrik Bjørseth is the course setter the first two days.

Day 1:

The start of the courses goes through a marsh area where there is a skiing track with light poles. This skitrack is marked with a yellow line.

Day2:

Classes H17-18, H40, H45, D21, H16-16, H50, D35, D19-20 are crossing a river. This is at a natural crossing point. Crossing is normally unproblematic, but in case of a lot of rain there will be a rope to hold on and there will be guards at the crossing point. There will be refreshments (water) by the crossing point.

The classes H19-20 and H35 have a natural route choice across a bridge between control 8 and 9 after 5,9 km Refreshments (water). The class H21 has a natural route choice across a bridge between control 9 and 10 after 7,4 km Refreshments (water). All other crossing of the river on your own responsibility.

Some controls are close. Please check the codes.

MAPS AND TERRAIN DAY 3 AND 4

Maps

Race 3: Rønvikfjellet 1:7500/5 m

Race 4: Keiservarden 1:10000/5 m

Both maps resurveyed in 2009 by Berg Geomatics v/Håvard Berg. Print Luchs Kart og Trykk.

Bodø has a very popular touring orienteering with about 2000 participants every year. There will always be trails up to those controls. Remnants of these trails can often be found in the terrain, but not indicated on the map. There is little advantage using those short trails.

The terrain at Rønvikfjellet (Race 3) is hilly with steep slopes. As the scale is 1:7500 the hillsides may seem less steep than they really are. We have chosen 1:7500 in order to make the map more readable in areas with many details. The change from forest to semi-open and open areas can sometimes be vague.

INFORMATION DAY 3 AND 4

Course setter is Arild Hegreberg

Special for the courses race 4

One of the controls in the C-courses is common with one of the controls of this year's touring orienteering causing a distinct trail (not on the map) from a nearby ordinary path

All runners will cross a road during race 4. The competitors are responsible for their own safety when crossing. There is usually very little traffic on the road.

The two longest courses are getting in contact with some "green stripes" on the map that are hard to see in the terrain.

Controls are close, so please check the codes.

PARKING RACE 3 AND 4

Parking at Rønvik church, marked from there to the arena, - 20 min. walk. Also bus transportation up to the arena. Please do not try to drive your car up to the arena as the road is narrow and there is very limited parking space.

From the event centre at Bodin Leir it is a 45 min. walk. Also bus transportation (NOK 20,-).

Monday: Bus from Bodin Leir via Rønvik church to Rønvikfjellet with departure at **1730, 1815 og 1900** from Bodin leir. From Rønvikfjellet at **2200, 2245 og 2330** via Rønvik church to Bodin leir.

Tuesday: Bus from Bodin Leir via Rønvik kirke to Rønvikfjellet with departure at **1030, 1115 og 1200** from Bodin leir. From Rønvikfjellet at **1430, 1515 og 1600** via Rønvik church to Bodin leir.

FAIR PLAY

NB: All runners are allowed to keep their maps after they have finished the race. Please do not show your map to runners starting later after you have finished. Breaches of the competition rules may lead to disqualification.

CONTROL DESCRIPTION

Control description is printed on the map. In addition there are loose descriptions available at the start., - except for N-open and direct courses.

START BIBS

Start bibs in the club bags. The same bib to be used all days.

BACKUP CARDS

Backup cards in the club bags for all 4 days. Please write your name, punching card number and class on the white side. Extra cards at the race office.

CLUB BAGS

Club bags are obtained at the race office at Bodin Leir or at the arena. In the club bag you will find start lists, PM, Emit punching cards rented, as well as maps for W/M -10, W/M 11-12, W/M 13-16C and all N-classes. Maps for these classes have to be picked up at the race office every day.

LEADER SHIRTS

There are yellow leading shirts in the following classes: D11-12, H11-12, D13-14, H13-14, D15-16, H15-16

PRE-ORIENTEERING

Pre-Orienteering is offered on the two first days at the arena. Prize money of NOK 3000,-! Se own infopage.

“LITTLE TROLL” COURSES

Little trolls have their own start all days at the arena. Start from one hour before first official start time until two hours after first official starting time

START

Marked with red/white ribbons from the arena to the start

Day 1 Saturday: First start at 1500

Start 1: ca. 800 a long path in marsh. Out from the Arena the river is crossed at the same point as the last control.

Start 2: H10, D10, D17N, H17N, D13-16N, H13-16N, og D11-12N, H11-12N, N-open have their own start at the Arena, east of the buildings.

Day 2 Sunday: First start at 1200

All courses has the same start. Ca. 1200 m along marsh/road. Two different starting controls. For the classes H21, H19-20, H35, H17-18, H40, H45, D21, H15-16, H50, D35, D19-20 there is 250 m from timestart to starting control. Other courses 30 m.

Day 3 Monday: First start at 2000

150m to start for all classes and the same start for everyone.

Dag4 Tuesday: First start at 1300

Start 1: 1300m

Start 2: 450m. The following classes starts on start 2: N-open, D11-12N, D13-16N, D17N, D13-16C, D10, D10-12, D75, H11-12N, H13-16N, H17N, H13-16C, H10, H11-12

Gravel road to both starts.

NB: N-open has free start and can start up to an hour before the starting hours stated above. You can start in your ordinary class after following a N-open participant through the race, jf competition rules.

START PROCEDURE

Check your punching card number with the start list.

3 min before start you will be called up to the first gate for card control.

5 sec. before the start zero the Emit card.

After the time start pick up your map from well marked boxes in front of you. Make sure you take the right map

REFRESHMENTS IN THE COURSES

Refreshments day 2 for the classes H21-, H19-20, H35-, H17-18, H40, H45, D21, H15-16, H50, D35, D19-20

In the case of very hot weather it may be refreshments (water) in the longest courses day 1 as well
Ved veldig varmt vær vil det vurderes å ha væskepost i de lengste løypene også dag 1.

Refreshment (water) during the course day 4 for all courses over 3.5km

REFRESHMENTS

Lemonade and water at the finish

TIMING SYSTEM

Emit punch cards and mOtime software developed by Jan Kåre Vatne, Mo i Rana

FINISH

After finish you will get a transcript. Please take care of your backup card in case your punching is not accepted

RESULTS ON YOUR CELLPHONE

In addition to normal results service you can check the results on your cellphone at the address: **tid.nook.no**

Updated every 15/20 min

EMIT CARD RENTAL

Emit cards that have been pre-booked are in the club bags. NB! Rented Emit-cards should be returned direct after finish the last day. Cards not returned will be invoices to your club.

DIRECT ENTRY COURSES

Direct entry courses will be offered every day. Contact the Race Office for registration. Starting time one hour before first start and as long as the ordinary start goes on.

CHILD MINDING

All children are welcomed to the Child Minding all days.!

BUS TRANSPORT RACE 1 AND 2

Departure to Arena day 1: 1230 from o-camp Bodin Leir

Departure to Arena day 2: 0930 from o-camp Bodin Leir

Tickets can be ordered in advance at the race office.

TOILETS

At the race centre all days

Day 1: No toilet at the start

Day 2: There is toilet at the start.

Day 3: No toilet at the start

Day 4: Toilet at start 1. No toilet at start 2.

MEDICAL SERVICE

On the arena close to the finish.

PRIZES/PRIZEGIVING

Up to and including 12 years: prizes to all runners
13-16 years: 1/3 of all competitors
17-18, 19-20, 21- (A-classes): 1/8 of all competitors

NB: The participants in N-open, D/H-10, D/H 11-12 and D/H 11-12N will get their prizes just after arriving at the finish line. Show the map! Other prizegiving sermons will be announced.

Prize giving in the other classes as soon as the results are ready. The speaker will announce when. Prizes can be picked up at the race office. Prizes are not forwarded after the races.

SALES

There will be serving of food all days at the arenas.

Ortocare Nordland offers orienteering and running shoes for sale on Monday at the third race.

We thank all our sponsors and good helpers!



bode VALNESFJORD
KOMMUNE HELSESPORTSSENTER

