



B&OI Orientering and Valnesfjord IL are pleased to welcome all orienteering friends to Midnattsolgaloppen 2009.

Maps and terrain

	Maps	Terrain
Race 1 Course setter: Carl Henrik Bjørseth	Øvre Valnesfjord Scale: 1 : 10 000 Contour interval: 5 m	Typical North Norwegian inland terrain with very good runability, - changing from open to wooded areas. Many marshes with good runability. Mostly birch forest with some pine trees and spruce plantations. Limestone areas with some undergrowth..
Race 2 Course setter: Carl Henrik Bjørseth	Øvre Valnesfjord Scale 1 : 10 000 Contour interval: 5 m	Typical North Norwegian inland terrain with very good runability, - changing from open to wooded areas. Many marshes with good runability. Mostly birch forest with some pine trees and spruce plantations. Limestone areas with some undergrowth..
Race 3 Course setter: Arild Hegreberg	Rønvikfjellet Scale: 1 : 10 000 Contour interval: 5 m	Distinctive hilly coastal terrain. Rugged with some cliffs and drops. Many paths and marshes. Wonderful view in most directions.
Race 4 Course setter: Arild Hegreberg	Keiservarden Scale: 1 : 10 000 Contour interval: 5 m	Varied coastal terrain. Some parts of the area have many paths and marshes, are open/semi-open with good runability. In other parts of the mapped terrain the vegetation is denser with somewhat reduced visibility and runability. Wonderful view.

Programme

Saturday 4th July

Arena: Valnesfjord Health Centre, 50 km east of Bodø.

15.00: First start Midnattsolgaloppen – long distance

Sunday 5th July

Arena: Valnesfjord Health Centre, 50 km east of Bodø

12.00: First start Midnattsolgaloppen – long distance

Monday 6th July

Arena: Turisthytta Rønvikfjellet, 3 km from Bodø centre

20.00: First start Midnattsolgaloppen – middle distance

Tuesday 7th July

Arena: Turisthytta Rønvikfjellet, 3 km from Bodø centre

13.00: First start Midnattsolgaloppen – long distance

Direct courses

Direct courses are offered every day. Registration at start. Emit punching card needed for time keeping. A tur-o course without time keeping is part of the direct course offer.

Awarding of prizes

At each race:

Up to 12 years: all runners

13-16 years: 3 prizes

Other classes: 1 prize

4 races combined:

13-16 years: 1/3 of all competitors

17-18, 19-20, 21- (A-classes): 1/8 of all competitors

Other classes: 1 – 3 prizes (depending on the number of competitors)

Registration

Register entries via Midnattsolgaloppen www.mg-norway.no

Deadline for ordinary entries: 22nd June 2009

Deadline for late entries: 30th June 2009

A reduction in the entry fees can be obtained on registration before 15th March 2009.

Entry fees

The amounts in NOK per person per race.

Registration	Before 15 th March	22 nd June at the latest	After 22 nd June and up to and including 30 th June
16 years and younger	NOK 60,-	NOK 80,-	NOK 120,-
17 years and older	NOK 100,-	NOK 150,-	NOK 200,-

Entry fees for direct courses are NOK 80,- for 16 years and younger and NOK 140,- for 17 years and older. In direct courses the entry fee is paid at the start/registration.

Foreign clubs pay the entry fees before the first start. On registration it is possible to make use of the Paypal payment system. The entry fees can also be sent to:

B&OI Orientering
 Postboks 251
 N-8001 Bodø, Norway
 Bank account: 0539 63 83243
 Bank: Postbanken
 IBAN-No: NO78 0539 6383 243
 BIC/SWIFT: DNBANOKKXXX

Bank fees to be paid by the sender.

Changing of classes or EMIT card number after 22nd June involves a fee of NOK 50,- per person.

EMIT punching system

EMIT electronic punching cards will be used in all competition classes. Should the card number be missing, the competitors will automatically be given the number of a rented card. A rented punching card costs NOK 100,- per person. The runners must use the same card number in all races. Using a wrong card will result in disqualification.

Courses and classes

Courses	Level	Classes	Long distance (1st, 2nd, and 4th race)	Middle distance (3rd race)
1	A	M21-	8 – 10,5 km	3,8 km
2	A	M19-20; M35	7 km	3,8 km
3	A	M17-18; M40; M45; W21-	6km	3,5 km
4	A	M15-16; M50; W35; W19-20	5 km	3,2 km
5	A	W17-18; W40; W45; M55; M17AK	4,5 km	2,9 km
6	A	W50; W55; W15-16; W17AK; M60	4,0 km	2,6 km
7	A	W60; M65; W65; M70; W70; M75	3,0 km	2,2 km
8	B	M13-14; W13-14	3,5 km	2,4 km
9	C	M17C; W17C	3,0 km	2,2 km
10	C	M13-16C; W13-16C; M11-12; W11-12; W75; M80	2,5 km	1,8 km
11	C	M-10; W-10	2,0 km	1,8 km
12	N	W17N; M17N; W13-16N; M13-16N	2,0 km	1,5 km
13	N	W11-12N; M11-12N; N-Open	2,0 km	1,5 km

Direct courses

A	4,0 km	2,6 km
C	3,0 km	2,2 km
C Tur- O course (no time keeping)	3,0 km	2,2 km

Pre-Orienteering

The two first days of the races there will be offered Pre-Orienteering at the Arena!

“Little Troll” courses for the small ones

Entry fee: NOK 25,- per day, payable at the start.

Child minding

for children from the age of two years and older. No fee.

Training

Training possibilities will be offered in the week before and the week just after the MG.

Maps with controls can be found free of charge on www.mg-norway.no

Event Centre

The event centre will be at Bodin Leir. Here reasonable accommodation is offered in rooms with 6-8 beds in a military camp at NOK 200,- per night, breakfast included. Access to kitchen and living room. Ordering of accommodation at the event centre is made via www.mg-norway.no

Dinner can be bought at the event centre (order beforehand). The number of beds in the camp is somewhat limited. The shower facilities are good. Parking just outside the camp.

Bodin Leir is a military camp in operation close to Bodø centre. Short distance to the local recreation area Bodømarka and Rønvikfjellet – the arena for race 3 and 4.

For those wanting to stay in their own tents or caravans, campsites or reasonable hotels, we refer to the home page of Bodø kommune: www.bodoe.com

Transportation

Bus transportation from the event centre to Valnesfjord (race 1 and 2) and to parking for Rønvikfjellet (race 3 and 4). Special registration.

Bodø is the administration centre of the county of Nordland and has the terminal railway station of Nordlandsbanen. Bodø airport is very centrally situated 2 km from Bodø centre and Bodin Leir.

Contact us:

Website: www.mg-norway.no

E-mail: info@mg-norway.no