



Sandefjord OK

Welcome to NM-weekend orienteeing

September 21-23, 2018



PROGRAM

Friday 21.9 (sprint), Bugården

17:00 First start Norgescup sprint and guest classes D/H16 (only for those born 2002)

19:00 Prize awards

Saturday 22.9 (middle distance, O-idol and Handelsbanken-løpet), Gallis

10:30 First start Norgescup Middle distance

11:00 First start Handelsbanken-løpet (spectator race)

12:00 First start O-idol challenger

12:30 First start O-idol

15:00 Prize awards

Sunday 23.9 (relay and pursuit race), Gallis

09:30 First start Norgescup Pursuit race

10:00 Start NM Relay H17-20

11:00 Price awards Pursuit race

11:30 Start NM Relay D17-20

13:30 Price awards relay

Welcome to challenging competitions in Sandefjord!

www.nmhelg2018.no



SPORT & .NO

TERRAIN

Bugården: The race area consists mainly of:

- Low-rise buildings with a tight network of small streets, walkways, small trails, playgrounds and open spaces
- Some small isolated areas of forest that are runnable and have good access
- Low-rise buildings with streets and green areas around
- Very runnable park areas with walking / cycling routes and large buildings.

The mapped area can be described as detailed with some places being very detailed.

Gallis: The terrain consists mainly of undulating pinewoods with good runnability, featuring:

- Many visible paths dissecting the forest
- Well defined small knolls that can include both passable and impassable cliffs
- Isolated areas of forest with denser vegetation reducing running speed and sight
- Patches of rough open land with scattered felled trees resulting in poor runnability
- Little cultivated land that runners will likely not encounter

The mapped area features some to low detail.

MAP

Bugården (Friday): There are old maps covering the competition area. Drawn by Helge Gisholt to Hovedløpet Sprint 2013. Field work is finished in 2018 by Per Erik Larsen.

Gallis (Saturday/Sunday): There are old maps covering the competition area. Full revision to this race is performed by Jon Ringdal in 2017 og 2018.

Old maps will be available at nmhelg2018.no

ARENA/PARKING

Bugården (Friday): Arena: Sandefjord Storstadion, Bugården. Follow signs from Sandefjordsveien / Peder Bogens gate. Parking at Sandefjord VGS and east of Bugårdsdammen (Stadionveien). About 10 minutes walk from the parking to the arena. NB Important that all participants arrive the arena no later than 16.45 because some roads from the parking to the arena may be located in the competition area. No parking fee.

Gallis (Saturday/Sunday): Arena: Rismyr. Parking close to Kodal skole. Follow signs from E18, cross no 42 to Kodal along Kodalveien (RV305) in about 8 km. About 10 minutes walk from the parking to the arena. No parking fee.

ENTRY

Standard entry before Wednesday September 12.

Entry via Eventor with Emit number and emiTag-number. If you do not have an Emit or an emitTag, we will assign one for you and invoice NOK 50 pr race.

Please note that Handelsbanken-løpet has deadline for entry September 17.

Entry fee

Norgescup, all classes NOK 275,-

O-idol NOK 200,-

O-idol challenger NOK 80,-
 NM relay junior, pr team NOK 1.500,-
 Handelsbanken-løpet u/16 years NOK 80,-
 Handelsbanken-løpet o/17 years NOK 120,-
 The entry is not valid before the entry fee is paid to Sandefjord OK:
 IBAN: NO43 24800525191, SWIFT: SPTRNO22

Late entry within Wednesday September 19.
 A late entry will be charged an extra entry fee of 50%.

PUNCHING SYSTEM

Emit EKT is used for checking correct punching. The race time is taken by emiTag.

GPS

All runners have to accept to run with GPS-tracking. Information of which runners that are chosen to run with GPS-tracking will come later

CLASSES AND COURSES (in Norwegian)

	Klasse	Lengde	Vinnertid	
Fredag	Alle klasser	2,0 – 3,0 km	12-15 minutter	
Lørdag	D17-18E	3,2 km	25-35 min	
	D19-20E	3,4 km	25-35 min	
	D21E	4,9 km	25-35 min	
	H17-20E	3,8 km	25-35 min	
	H19-20E	4,0 km	25-35 min	
	H21E	5,9 km	25-35 min	
	O-idol Jenter	4,6 km	45 min	
	O-idol gutter	5,3 km	45 min	
Handelsbanken-løpet	Løype	Nivå	Vinnertid	Klasser
	1	A	40 min	H17, Dir A
	2	A	30 min	D17, H15-16, H40, H50
	3	A	25 min	D15-16, D40, D50, H60
	4	B	25 min	D/H13-14, D/H15B, D60, D/H70, D/H80, Dir B
	5	C	25 min	D/H11-12, D/H13-16C, D/H17C, Dir C
	6	N	25 min	N-åpen, D/H10, D/H11-12N, D/H13-16N, D/H17N, Dir N
Søndag	D17-20E	3,5 – 3,5 – 4,4	90-100 min	
	H17-20E	4,5 – 4,5 – 6,0	100-110 min	
	D21E	6,3 km	45 min	
	H21E	7,5 km	45 min	

START

Bugården (Friday): About 10 minutes to walk to the starting point. Same starting point for all classes.

Gallis (Saturday): About 10 minutes to walk to the starting point. NB! Handelsbanken-løpet has a separate starting point.

Gallis (Sunday): The relay has starting point on the arena. About 10 minutes to walk to the starting point for D/H21.

SALES

Hot and cold food and drinks can be purchased at the arena, as well as Sport8 sports equipment.

ACCOMODATION

We have made an arrangement with Clarion Collection Hotel Atlantic, in the middle of the center of Sandefjord city.

Price for rooms with breakfast is:

Single room (per night): NOK 980,-

Double room (per night): NOK 1.140,-

Triple room (per night): NOK 1.440,-

Also included in the price is coffee, tea and fruit at the reception, «afternoon sweets» from 15:00-18:00 and supper from 18:00-21:00.

The hotel also offers to wash clothes to NOK 75 per wash.

Please register the booking code GR003725.

Booking thorough email atlantic@choice.no or phone +47 33 42 81 50.

TRAINING BEFORE THE COMPETITION

We will offer some training maps in relevant terrain through our home pages.

ORGANISATION

Race leaders: Arne Håkon Jørgensen (90526415) and Roar Nilsen

Maps/courses: Kari Christiansen

Arena: Trond Foss

Courses Friday: Per Erik Larsen

TD Friday: Jan Arild Johnsen

Courses Saturday: Stein Martinsen og Marius Martinsen (Handelsbanken-løpet)

Courses Sunday: Knut Ivar Johansen

TD Saturday/Sunday: Helge Stenerud



Handelsbanken