

# Arctic Midnight Orienteering

## June 25-28 2008

Orienteering competitions in magnificent Greenland nature

### INSTRUCTION

#### 1. RACE    INTRODUCTORY EVENT on Wednesday, June 25

- Date:                      Wednesday June 25
- Competition form:      Score orienteering.
- Start time:                Mass start at 7 p.m. for all classes.
- Start and Finish:        Road north of Hotel Arctic near the cemetery.
- Classes:                  Course 1: H/D17-20, H/D21-34, H/D35-49, H/D 50-59-  
34 controls, running time 50 min.
- Course 2: H/D-12, H/D 13-16 and H/D60-  
23 controls, running time 40 min.
- Start lists:                Available at the Event Centre (Art Museum) and at start.
- Map:                        Ilulissat, Scale 1:10.000. Contour interval 5 meters, Revision 2007.  
Running area is the terrain north of Hotel Arctic.  
**IOG apologize for problems with litter in the area, due to problems with incineration.**
- Control descriptions:    IOF-symbols printed on the map (front). Loose descriptions are available.  
Number of points for each control is shown at the description.
- Punching system:        Control card and manual punching.  
The competitor must collect the control card in advance at the start/finish area.
- Start:                      The competitors must be at the start line no later than 5 minutes before start.
- Rules and points:        - The control points can be taken in random order.  
- Punch control nr. 31 in field 31 on the control card and so forth.  
- Control            1-11 gives 10 points each.  
- Control            12-20 gives 15 points each.  
- Control            21-29 gives 20 points each.  
- Control            30-34 gives 25 points each.  
- If the runner does not finish within the time limit, 10 points is subtracted for each minute exceeding the time limit.  
- No extra points are given in case of a running time faster than the time limit.  
- The runner with the highest score is the winner of the class.  
- In case of equal points the runner with the fastest running time is ranked highest.
- Bath and changing  
Room:                      At the Ilulissat Sports Centre.
- Prices:                     No prices

# Arctic Midnight Orienteering

## June 25-28 2008

### 2. RACE THE UNOFFICIAL GREENLAND CHAMPIONSHIP Thursday June 26

Date: Thursday June 26

Competition form: Individual classic event.

Start time: First start at 5 pm.

Assembly area: 100 m south of parking place at Ilulissat Airport.

Start: 200 m from assembly area.  
Call up 3 minutes before start where the control card will be handed out.  
Map is given at the start time.

There are transport by car from the Event Centre to start.  
First departure from the Event Centre 16:00.  
Last departure from the Event Centre 16:30.

Finish: At the assembly area.  
Maximum running time is 2.5 hours.

Classes:

M-12	2.9 km	11 controls – easy/medium	90 m climb
W-12	2.9 km	11 controls – easy/medium	90 m climb
M 13-16	4.8 km	12 controls - medium	125 m climb
W 13-16	4.8 km	12 controls - medium	125 m climb
M 17-20	6.9 km	13 controls - medium	210 m climb
W 17-20	6.9 km	13 controls - medium	210 m climb
M 21	9.4 km	17 controls - difficult	250 m climb
W 21	8.3 km	16 controls - difficult	230 m climb
M 35	8.3 km	16 controls - difficult	230 m climb
W 35	6.9 km	13 controls - difficult	210 m climb
M 50	6.9 km	13 controls - difficult	210 m climb
W 50	5.2 km	14 controls - difficult	165 m climb
M 60	5.2 km	14 controls - difficult	165 m climb
W 60	3.4 km	9 controls - difficult	140 m climb

Open course: no age limits, **not** championship class, 4.7 km, 12 controls, medium 120 m climb

Start lists: Available at the assembly area and at the start.

Map: Ilulissat, Scale 1:10.000. Contour interval 5 meters, Revision 2006. The terrain north and east of Hotel Arctic.  
**The terrain inside the fence round the Airport area is prohibited zone.**

Control descriptions: IOF-symbols printed on the map (front). Loose descriptions are available

Punching system: Control card and manual punching

Controls: The controls are marked with orange/white flags. In some areas the controls are placed very close – remember to check the control code.

Water: Water at start and finish. There are no controls with water. It is normally without any health risk to drink water from the streaming water springs.

Bath and changing Room: At the Ilulissat Sports Centre.

Prices: Price to the winner of each category. Price giving ceremony as soon as possibly after the race at the competition area.

# Arctic Midnight Orienteering

## June 25-28 2008

### **3. RACE ARCTIC MIDNIGHT ORIENTEERING Friday / Saturday, June 27 / 28**

- Date: Friday/Saturday June 27 / 28
- Competition form: Long distance race with mass start
- Assembly area: Ilulissat Sports Centre (Ilulissat Hallen).
- Start: Mass start for all courses.  
Start area is at the east site of the town, approx. 1200 m from Ilulissat Sports Centre. Follow marked route from road to start (300 m blue marking). See map at the Event Centre.
- Finish: At the Ilulissat Sports Centre.  
Maximum running time is 6 hours
- Clothing: Clothing will be transported from start to the Ilulissat Sports Centre.
- Classes:
- |          |                           |             |              |
|----------|---------------------------|-------------|--------------|
| Course 1 | 20.3 km - difficult       | 26 controls | 1080 m climb |
| Course 2 | 15.1 km - difficult       | 20 controls | 960 m climb  |
| Course 3 | 10.9 km – difficult       | 17 controls | 650 m climb  |
| Course 4 | 5.2 km – medium/difficult | 13 controls | 210 m climb  |
| Course 5 | 5.1 km – easy/medium      | 16 controls | 185 m climb  |
- Start lists: Available at the assembly are and at the start.
- Map: Course 1 and 2: Ilulissat, 1:15.000, 5 m contour interval.  
Course 3, 4 and 5: Ilulissat, 1:10.000, 5 m contour interval
- Spread: Course 1, 2 and 3: First 5 controls can be taken in random order.
- Control descriptions: IOF-symbols printed on the map (front). Loose descriptions are also available
- Punching system: Control card and manual punching
- Water: At start and finish.  
Course 1, 2 and 3 have one drinking and radio control.  
Course 4 and 5: No drinking controls.  
It is normally without any health risk to drink water from the streaming water springs.  
Drinking control passes after:  
Course 1: Approx. 6 and 15 km  
Course 2: Approx. 6 and 11 km  
Course 3: Approx. 6 km.
- Safety: All competitors at course 1, 2 and 3 must bring a whistle. We hand out whistles at the start. We also recommend that all competitors bring a cell phone. The Competition Leader can be reached on 25 73 76. Note that there are areas without coverage.
- Prices: Price to the winner in each category. Price giving ceremony at the party Saturday evening at Hotel Arctic.
- Shower: At the Ilulissat Sports Centre

# Arctic Midnight Orienteering

## June 25-28 2008

### General Information

#### Map:

The terrain is more dry than normal for the season. This means that a several marshes, lakes and streams are with less water than shown on the map. There is still snow in part of the terrain – especially in gorges and slopes facing north.

There are some extra tracks in the terrain that is not showed on the map. The map is turned towards geographic north – whereas the sloping meridians are turned towards magnetic north. There can be some local deviations.

#### Rules for the unofficial Greenland Championships and Arctic Midnight Orienteering:

You must visit the controls in the order showed on the map. Expect at the Arctic Midnight Orienteering control 1 to 5 at course 1, 2 and 3. Se page 3.

Be extra careful to run to your own first control. There are manned controls in the terrain where your punches can be controlled.

Competitors who do not punch all the right controls in the right order will be disqualified. Running time is from the scheduled start time till the competitor passes the finishing line – even if he or she is a late starter. All competitors **must** report to the finish – even if he or she has not finished the course. Results will be posted at the Competition area and later on IOG's webpage – [www.iog.gl](http://www.iog.gl).

#### First Aid:

At the unofficial Greenland Championships and Arctic Midnight Orienteering there will be a first aid case in the finishing area.

#### Kiosk:

There will be a kiosk in the finishing areas with a limited selection of food and drinks for purchasing.

#### Event Centre:

The Event Centre is situated at: Art Gallery (Aron Mathiesenip Aqquserna nr. 7).

Open daily between 1 and 2 p.m. in the period from June 23 to June 28.

At the Event Centre will be posted sketches showing start and finishing area for each competition.

#### Party:

The party is held on Hotel Arctic Saturday June 28 at 18:30 p.m.

#### Organisation:

Competition Leader and course setter: Olav Odgaard, IOG.

Area Leaders: Team of experienced Greenland Orienteer's

Head Judge: Flemming Nørgaard, OK Pan, DEN

#### Warning!!!!

Participation is at your own risk. We especially emphasize that:

- Traffic rules must be followed – watch out for the cars
- Do not run in between chained Sled dogs
- Be careful when you cross gorges and cliffs – both going up and down
- Be careful when you cross areas with snow or ice. Especially if you hear running water underneath
- Be careful when you cross areas with moss grown cliffs – they are very slippery
- Watch out for broken glass – even up in the mountains