

# Arctic Midnight Orienteering

## June 30 – July 4 2010

Orienteering competitions in magnificent Greenland nature

### EVENT PROGRAMME

The terrain is situated at the city of Ilulissat with a view of the Kangia (Ilulissat Ice Fiord) and the Disko Bay. It is an open, hilly area with bare rock, stones or topsoil covered with moss, lichen, crowberry, heather and grass. At this time of the year there is daylight 24 hours per day. The temperature will normally be between +5 and +15 degrees centigrade. The maps are orienteering maps based on photogrammetry in scale 1:10,000 and 1:15,000. Contour interval is 5 meters.

The punching system for all runs will be control cards with manual punching.

The following races will be available:

#### **INTRODUCTORY EVENT on Wednesday, June 30**

Score orienteering with joint start at 7 pm.

The control points can be chosen arbitrary.

The event takes place nearby the city of Ilulissat.

The competitors will get the opportunity to make themselves acquainted with the special Greenland terrain.

Classes:	Children	(M -12 and W -12)	Running time: 40 minutes
	Junior	(M 13-16 and W 13-16)	Running time: 40 minutes
	Youth	(M 17-20 and W 17-20)	Running time: 50 minutes
	Senior	(M 21-34 and W 21-34)	Running time: 50 minutes
	Oldboys/-girls	(M 35-49 and W 35-49)	Running time: 50 minutes
	Very oldboys/-girls	(M 50-59 and W 50-59)	Running time: 50 minutes
	Really oldboys/-girls	(M 60- and W 60- )	Running time: 40 minutes

The courses are based on winning times from 40 to 50 minutes.

Assembly area, start and finish: At the Old Heliport, (further details will be shown on a map at the Event Centre).

#### **UNOFFICIAL GREENLAND CHAMPIONSHIP (GM) on Thursday, July 1**

First start at 5 pm.

This is an individual event classified as the Unofficial Greenland Championship with the permission of the Greenland Sports Association.

Classes and course length:

Children	(M -12)	3.0 km – easy/medium	(W -12)	3.0 km – easy/medium
Junior	(M 13-16)	3.2 km – medium/difficult	(W 13-16)	3,2 km – medium/difficult
Youth	(M 17-20)	5.5 km – medium/difficult	(W 17-20)	5,5 km – medium/difficult
Senior	(M 21-34)	8.5 km - difficult	(W 21-34)	7,0 km - difficult
Oldboys/-girls	(M 35-49)	7,0 km - difficult	(W 35-49)	5,8 km - difficult
Very oldboys/-girls	(M 50-59)	5,8 km - difficult	(W 50-59)	5,2 km - difficult
Really oldboys/-girls	(M 60-)	5,2 km - difficult	(W 60-)	4,0 km - difficult
Open Course	(Free enrolment)	5.5 km – medium/difficult		

You are permitted to enter a stronger class than the one you are entitled to. E.g. younger competitors may start in older class up to M/W 21-34. Likewise, older competitors are allowed to start in younger class down to M/W 21-34.

In case of few competitors in a class it may be merged with another.

The open course is intended for new or untrained participants. The course is not included in the Greenlandic Championship.

Assembly area, start and finish: At the Itisuarsuup / Hollænderhavnen approx. 750 metres south from Ilulissat Airport (further details will be shown on a map at the Event Centre).

### **RESTDAY on Friday, July 2**

From June 21, training courses with control points are available.

Maps for these training courses can be purchased at the Event Centre.

The training course area is situated southeast of Ilulissat.

### **ARCTIC MIDNIGHT ORIENTEERING on Friday / Saturday, July 2 / 3**

Joint start at 11 pm on Friday July 2.

Courses and approx. course length:

Course 1	19,6 km. - difficult
Course 2	15,2 km. - difficult
Course 3	10,2 km. - difficult
Course 4	5,0 km. - medium/difficult
Course 5	4,9 km. - easy/medium

Start: At the Old Heliport.

Finish and assembly area: Ilulissat Sport Centre (Ilulissat Hallen).

(Further details will be shown on a map at the Event Centre).

Arctic Midnight Orienteering Run is an individual event with a touch of the extreme. It takes place in a very physically demanding terrain during the arctic night in a nearly deserted but grandiose scenery with no trees and a lot of bare rock. Head lamps are not needed due to the midnight sun.

### **Event Centre**

Is situated at the Art Gallery (Kunstmuseet), Aron Mathiesenip Appuserna no. 7.

Open daily between 1 pm and 2 pm in the period June 28 – July 3.

### **Shower facility and changing**

Ilulissat Sports Centre

After finish at the Arctic Midnight Orienteering (Midnightrun) it is possible for a shower in the Ilulissat Centre.

### **Fee (danish crowns)**

Introductory Event	Junior (age up to 20): DKK 40,-	Senior (age 21 and older): DKK 60,-
Unofficial Greenland Championship	Junior (age up to 20): DKK 120,-	Senior (age 21 and older): DKK 160,-
Arctic Midnight Orienteering	Junior (age up to 20): DKK 120,-	Senior (age 21 and older): DKK 160,-
Maps with control points	Junior (age up to 20): DKK 20,-	Senior (age 21 and older): DKK 20,-
Party (participant fee excl. drinks)	Junior (age up to 20): DKK 325,-	Senior (age 21 and older): DKK 325,-

### **Special offer for runners from Greenland**

In order to increase the interest for orienteering in Greenland IOG (Ilulissat Orienteering Greenland) has a special offer for runners living in Greenland.

The entry fees are:

Introductory Event	Junior (age up to 20): DKK 15,-	Senior (age 21 and older): DKK 30,-
Unofficial Greenland Championship	Junior (age up to 20): DKK 40,-	Senior (age 21 and older): DKK 80,-
Arctic Midnight Orienteering	Junior (age up to 20): DKK 40,-	Senior (age 21 and older): DKK 80,-
Maps with control points	Junior (age up to 20): DKK 20,-	Senior (age 21 and older): DKK 20,-
Party (participant fee excl. drinks)	Junior (age up to 20): DKK 325,-	Senior (age 21 and older): DKK 325,-

**Closing date for signing up**

June 01 2010 on entry form.

**Payment**

Bank money transfer no later than June 01 2010 to:

GroenlandsBANKEN A/S

Postbox 1504

DK-3952 Ilulissat Greenland

Account no. 6471 7713735

Swiftcode: GRENLGX

IBAN no. GL 6464710007713735

or

By cash to the club before first start at June 30.

**Starting lists and instructions**

Will be posted in the Event Centre and at the Ilulissat Sporting Centre (Ilulissat Hallen) June 29.

**Rules for participation**

The event will be open for everybody, but only Greenlanders or competitors living in Greenland and are members of a sporting club under The Sports Confederation of Greenland (GIF) can compete for the unofficial Greenland Championship title.

**Awards**

Introductory Event:

No awards

Unofficial Greenland Championship (GM):

Gold, silver and bronze in all course categories, and award to the eventual winner of each course which can not get a GM title.

Arctic Midnight Orienteering:

Award to 3 best placed W and M in each course.

**Event management**

Event manager: Pia Nielsen, Flemming Nielsen and Olav Odgaard, Ilulissat Orienteering Greenland (IOG).

Course planners and event leaders: Team of experienced greenland and danish orienteers.

**PARTY on Saturday July 3**

For all participants, officials and friends.

Location: Cafeteria in the Ilulissat Sport Centre (Ilulissat Hallen).

The party begins at 6 pm and includes dinner, price ceremonies and various entertainment,

The party will be influenced by Greenland traditions.

**Additional Information**

Contact event manager:

E-mail: [iog.ilulissat@mail.dk](mailto:iog.ilulissat@mail.dk)

Homepage: [www.iog.gl](http://www.iog.gl)

Ilulissat Orienteering Greenland

June 2010