

# Arctic Midnight Orienteering

## June 28 to July 1 2017

### INSTRUCTION

#### 1. RACE      LONG DISTANCE

- Date:** Wednesday June 28.
- Competition form:** Individual classic event (Long distance).
- Start time:** First start at 7 pm.
- Assembly area and finish:** 250 metre south of Ilulissat Airport.
- Starting place:** 350 metre from assembly area.
- Transport:** There is transport by bus from W.O.G. (World of Greenland) to start.  
Bus at 6 pm from W.O.G..  
There is no transport by bus back to Ilulissat after the event.  
(Distance from assembly area to town is 3.5 km).
- Start:** Call up 3 minutes before start.  
Map is given at the start time.
- Finish:** At the assembly area.  
Maximum running time is 2 hours.
- Classes:** See the programme  
Open course: no age limits, not championship class,  
We recommend to shade participants belonging to the classes W/M -12  
and W/M 13-16 (children) because of the terrain which are more difficult  
than normal for these classes.
- Start lists:** Available at the assembly area.
- Map:** Ilulissat. Contour interval 5 meter, Revision 2015.  
  
Scale 1:10.000 for the courses:  
Course 1 (M21-34), course 2 (W21-34, M35-49), course 3 (W35-49, M50-59).  
  
Scale 1:7.500 for the courses:  
Course 4 (W50-59/ M60-), course 5 (W60-), course 6 (W/M13-16, W/M 17-20, Open course).
- Control descriptions:** IOF-symbols printed on the map (front). Loose descriptions are available.
- Punching system:** Sportident
- 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 finish. There are no controls with water
- Shower:** 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.

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## June 28 to July 1 2017

### 2. RACE      SPRINT in Ilulissat town

<b>Date:</b>	<b>Thursday, June 29.</b>
<b>Competition form:</b>	<b>Sprint.</b>
<b>Start time:</b>	<b>First start at 7 pm.</b>
<b>Assembly area, start, finish:</b>	<b>In front of Ilulissat Sport Centre (Ilulissat Hallen).</b>
<b>Start:</b>	<b>Call up 3 minutes before start.</b>
<b>Finish:</b>	<b>At the assembly area. Maximum running time is 1 hours.</b>
<b>Classes:</b>	<b>See the programme</b>
<b>Open course:</b>	<b>No age limits, not championship class,</b>
<b>Start lists:</b>	<b>Available at the assembly area.</b>
<b>Map:</b>	<b>Ilulissat, Scale 1:4.000. Contour interval 2 meters, Produced 2015, revision June 2017</b>
<b>Control descriptions:</b>	<b>IOF-symbols printed on the map (front). Loose descriptions are available</b>
<b>Punching system:</b>	<b>Sportident</b>
<b>Controls:</b>	<b>The controls are marked with orange/white flags. In some areas the controls are placed very close – remember to check the control code.</b>
<b>Traffic</b>	<b>All courses are crossing roads with traffic. Be careful in the traffic, you run at your own risk.</b>
<b>Abandoned dog places.</b>	<b>In the race area there are dog places which are newly removed. The map is updated, but there are still some aftermaths.</b>
<b>Water:</b>	<b>Water at finish</b>
<b>Shower:</b>	<b>At the Ilulissat Sports Centre.</b>
<b>Prices:</b>	<b>Price to the winner of each category. Price giving ceremony as soon as possibly after the race at the competition area.</b>

# Arctic Midnight Orienteering

## June 28 to July 1 2017

### 3. RACE ARCTIC MIDNIGHT ORIENTEERING

<b>Date:</b>	Friday/Saturday June 30 - July 1.
<b>Competition form:</b>	Long distance race with mass start
<b>Assembly area and finish:</b>	At the College (Community home) 50 metre west of Ilulissat Sport Centre (IlulissatHallen).
<b>Start:</b>	Mass start for all courses.
<b>Start place:</b>	Start area: 400 metre southeast of Itisuarsuup Qinngua / Hollænderhavnen (Approx.1000 metre south of Ilulissat Airport).
<b>Transport:</b>	There is transport by bus from the College to start. Bags and outerwear can be placed in the college Bus at 10:10 pm from the College. Outerwear and small bags will be transported back to the College.
<b>Finish:</b>	At the assembly area. Maximum running time is 6 hours. Any runners who do not complete the race must contact finish area within the max. time
<b>Clothing:</b>	Clothing and bags can be stored at the assembly area.
<b>Classes:</b>	See the programme.
<b>Start lists:</b>	Available at the assembly area.
<b>Map:</b>	Ilulissat. Ækvidistance 5 meter, Rev. 2015. Scale 1:15.000 for the course 1 (20 km) and course 2 (15 km). Scale 1:10.000 for the course 3 (10 km) and course 4 (5 km).
<b>Control descriptions:</b>	IOF-symbols printed on the map (front). Loose descriptions are also available
<b>Punching system:</b>	Sportident
<b>Water:</b>	At the start and the assembly area.. Course 1, 2 and 3 have drinking and radio control. Course 1 visit it two times. Course 2 and 3 visit it one times. Course 4: No drinking controls. It is normally without any health risk to drink water from the streaming water springs.
<b>Safety:</b>	We recommend to shade participants belonging to the classes W/M -12 and W/M 13-16 (children) because of the terrain which are more difficult than normal for these classes. On the map are some crossings of rivers. At these crossings, it is possible to cross with fairly dry shoes All competitors 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 23 23 40. Note that there are areas without coverage.
<b>Prices:</b>	Price to the winner in each category. Price giving ceremony at the party Saturday evening at Kulturhallen..
<b>Shower:</b>	At the Ilulissat Sports Centre.

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### General Information

#### Map:

The terrain is more dry than usual. Therefore, some wetlands (marshes, lakes) are smaller in size or completely dried up.

There are some small tracks in the terrain that is not showed on the map. The map is turned towards geographic north. Magnetic north are shown with the sloping meridians.

#### First Aid:

At the North Greenland Championships, the sprint 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..

#### 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 27 to July 1.

Maps with information about start and finish for each competition are available.

#### Party:

The party is held in the Kulturhallen (Sermermiut) saturday July 1 at 18:00 p.m.

#### Organisation:

**Competition Leader and course setter:** Pia Nielsen, IOG.

Course planner: Olav Odgaard, IOG

**Area Leaders:** Team of experienced Greenland and danish 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**
- **Do not pass lakes and rivers which is covered with ice and snow.**