

Arctic Midnight Orienteering

June 27 to 30 2018

INSTRUCTION

1. RACE LONG DISTANCE

Date:	Wednesday June 27.
Competition form:	Individual classic event (Long distance).
Start time:	First start at 7 pm.
Assembly area and finish:	Between Old Heliport and cemetery, approx. 1.000 meter south of Ilulissat centre.
Starting place:	400 metre from assembly area.
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
Start lists:	Available at the assembly area.
Map:	Ilulissat. Revision 2015. Contour interval 5 meter Scale 1:10.000 for the courses:
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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2. RACE SPRINT in Ilulissat town

Date:	Thursday, June 28.
Competition form:	Sprint.
Start time:	First start at 7 pm.
Assembly area, start, finish:	At the Mathias Storch School house.
Start:	Call up 3 minutes before start.
Finish:	At the assembly area. Maximum running time is 1 hours.
Classes:	See the programme
Open course:	No age limits, not championship class,
Start lists:	Available at the assembly area.
Map:	Ilulissat, Scale 1:4.000. Contour interval 2 meters, Produced 2015, revision June 2018
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.
Dog places.	Dog places are shown on the map as prohibited areas with red oblique lines. There are recentlig arrived some new dog places that are not yet shown on the map, take care of this, especially if there are puppies in the places. In the race area there are moreover abandoned dog places. Different aftermaths may occur in these places. Be aware of this.
Traffic	All courses are crossing roads with traffic. Be careful in the traffic, you run at your own risk.
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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3. RACE ARCTIC MIDNIGHT ORIENTEERING

Date:	Friday/Saturday June 30 - July 1.
Competition form:	Long distance race with mass start
Assembly area and finish:	At Ilulissat Airport
Start:	Mass start for all courses.
Start place:	400 metre south of Assembly.
Transport:	There is transport by bus from W.O.G. (World Of Greenland) in Ilulissat to assembly area. First bus at 10:10 pm from W.O.G. Second bus approx.. 10:30 pm. Bus transport home after the race at 01:00 am.
Finish:	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
Clothing:	Clothing and bags can be stored in tent at the assembly area during the race.
Classes:	See the programme.
Start lists:	Available at the assembly area.
Map:	Ilulissat Rev. 2015 Contour interval: 5 meter. Scale 1:10.000.
Control descriptions:	IOF-symbols printed on the map. Loose descriptions are available.
Punching system:	Sportident
Water:	At the assembly area. Course 1, 2 and 3 have drinking and radio control. Course 1 and 2 visit the control two times. Course visit the control one time. Course 4: No drinking controls. It is normally without any health risk to drink water from the streaming water springs.
Safety:	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 shown some crossings figures of clefts and rivers. At these crossings, it is possible to cross safe. 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.
Prices:	Price to the winner in each category. Price giving ceremony at the Gala night on Saturday.
Shower:	Not possible at this race.

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General Information

Map:

The cards used for the AMO races on Friday night have not been recognized with the same degree of detail as the cards covering the area at Ilulissat. Therefore, there may be marked terrain items that are not included on the 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:

No kiosk, but at 1st and 3rd race there is a possibility to buy soft drinks in the assembly area.

At the 3rd race, hot soup is offered after the race.

Event Centre:

The Event Centre is situated at Art Gallery (Aron Mathiesenip Aqquserna no. 7).

Open daily between 1 and 2 p.m. in the period from June 26 to 30.

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

Party:

The party is held on Saturday, June 30. The party begins at 6 pm-

Location: Club house belonging to ISP (Ski club), Sisorarfik no. 35 (Located in soutestern part of Ilulissat).

Organisation:

Competition Leader and course setter: Nukannguaq Reimer, 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.**