

Arctic Midnight Orienteering

June 26-29 2019

Orienteering competitions in magnificent Greenland nature

I N S T R U C T I O N

The terrain is situated at the city of Ilulissat with a view of the Kangia (Ilulissat Ice Fjord) 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 °C. The maps are orienteering maps based on photogrammetry in scale 1:10,000. Contour interval is 5 meters.

Sprint maps are in scale 1: 4.000 with Contour interval is 2 meters.

The following races will be available:

LONG DISTANCE on Wednesday, June 26

Classes and course length:

Children	M/W -12	2.4 km. - easy/medium
Junior	M/W 13-16	4.0 km. - medium/difficult
Youth	M/W 17-20	4.0 km. - medium/difficult
Senior	M 21-34	8.8 km – difficult
	W 21-34	7.1 km – difficult
Oldboys/-girls	M 35-49	7.1 km – difficult
	W 35-49	6.0 km – difficult
Very oldboys/-girls	M 50-59	6.0 km – difficult
	W 50-59	5.3 km – difficult
Really oldboys/-girls	M 60-	5.3 km – difficult
	W 60-	3.9 km – difficult
Open Course (Free enrolment)		4.0 km – medium/difficult

Assembly area, start and finish:

Between Old Heliport and Cemetery, approx. 1000 meters southeast of Ilulissat city..

Start:

Small welcome ceremony at. 18:45.

First start at 7 pm. Call up 3 minutes before start. Map is given at the start time.

Start lists available at the assembly area.

Finish:

At the assembly area. Maximum running time is 2 hours.

Shadowing:

We recommend shading participants in M/W-12 and M/W13-16, as the terrain is difficult for these classes

Map:

Ilulissat. Revision 2015. Contour interval 5 meter. Scale 1:10.000 for the courses.

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.

Water:

Water at finish. There are no controls with water.

SPRINT in Ilulissat town on Thursday, June 28

Classes and course length:

Children	M/W -12	1.8 km.
Junior	M/W 13-16	1.8 km.
Youth	M/W 17-20	3.4 km.
Senior	M/W 21-34	3.4 km.
Oldboys/-girls	M/W 35-49	3.4 km.
Very oldboys/-girls	M/W 50-59	2.5 km.
Really oldboys/-girls	M/W 60-	2.5 km.
Open Course (Free enrolment)		1.8 km.

Assembly area, start and finish:

At the ski club ISP's clubhouse, Sisorarfik no. 35. (Located in the southeastern part of the city).

Start:

First start at 7 pm. Call up 3 minutes before start. Map is given at the start time.
Start lists available at the assembly area.

Finish:

At the assembly area. Maximum running time is 1 hours.

Map:

Ilulissat, Scale 1:4.000. Contour interval 2 meters, Produced 2015, revision June 2019.

Traffic:

All courses are crossing roads with traffic. Be careful in the traffic, you run at your own risk.

Dog places:

Dog places are shown on the map as prohibited areas with red oblique lines.
There may be brand new dog places that are not on the running map.

Water:

Water at finish. There are no controls with water.

ARCTIC MIDNIGHT ORIENTEERING on Friday / Saturday, June 28-29

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.

Courses, course length and climbing:

Course 1	20.2 km. - difficult	Climbing: Ca. 1000 metre
Course 2	15.1 km. - difficult	Climbing: Ca. 750 metre
Course 3	10.8 km. - difficult	Climbing: Ca. 500 metre
Course 4	6.8 km. - difficult	Climbing: Ca. 250 metre

Assembly area and finish:

At the ski club ISP's clubhouse, Sisorarfik no. 35. (Located in the southeastern part of the city).

Start:

Mass start at 11 pm on Friday, June 28.
The starting point is located 800 meters east of Hotel Arctic. Marking on the road next to Hotel Avannaa (about 300 meters southeast of Hotel Arctic).
Start lists available at the assembly area.

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

Map:

Ilulissat Rev. 2015. Contour interval: 5 meter. Scale 1:10.000.

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.

Clothing:

Clothing and bags can be stored in tent at the assembly area during the race.

Outerwear and smaller bags are transported from start to finish area.

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 3 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:

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.

There is free course choice and it is allowed two or more to follow. Children under the age of 14 must run with adults.

The Competition Leader can be reached on (+299) 23 23 40 or (+299) 543247.

Note that there are areas without coverage.

General information**Rules for signing up:****Long distance and Sprint:**

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 up to M/W 21-34. In class M- and W-12 is shading permitted.

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

The open courses are not included in the competitions.

Map:

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

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Controls:

The controls are marked with orange/white flags

Control descriptions:

IOF-symbols printed on the map. Loose descriptions are available.

Timing System:

Sportident.

Own SI Card can be used, or you can hire a SI Card from IOG for 10. - DKK for the 3 runs.

Lost SI Card, if hired, replaced with DKK 400.-.

O-track

The courses for Long distance and Arctic Midnight Orienteering are available in O-track where the participants can upload their route choice recorded with GPS clock via the website O-track.dk and compare route choices with other runners.

You must first register before the GPS or FIT file can be uploaded to O-track. The easiest way is to download the O-track app.

First Aid:

At the Long distance, the sprint and Arctic Midnight Orienteering there will be a first aid kit 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 there is also hot soup for everyone after the race.

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 25-29.

Shower facility and changing:

After each run it is possible for a shower in the Ilulissat Sports Centre.

Fee (DKK):

Fee for all three runs Junior (age up to 20): DKK 150.- Senior (age 21 and older): DKK 350.-

Fee for the individual runs

Long distance Junior (age up to 20): DKK 75.- Senior (age 21 and older): DKK 175.-

Sprint Junior (age up to 20): DKK 50.- Senior (age 21 and older): DKK 100.-

Arctic Midnight Orienteering Junior (age up to 20): DKK 75.- Senior (age 21 and older): DKK 175.-

Gala Night (Fee excl. drinks):

Free of charge if you bring a dish to the common buffet.

DKK 250,- for others.

(Contact Event Centre for details).

Closing date for signing up:

Signing up until June 18 2019 on entry form (See the form on www.iog.gl).

Payment:

Bank money transfer no later than June 18 2019 to:

GroenlandsBANKEN A/S

Postbox 1504

DK-3952 Ilulissat Greenland

Account no. 64717713735

Swiftcode: GRENLGX

IBAN no. GL 6464710007713735

Or by cash to the club.

Any transfer fee related to the payment must be paid by the participant.

Late signing up:

Signing up after June 18 2019 must DKK 50. - be added.

Start lists and instructions:

Will be posted at the Event Centre on June 25.

Rules for participation:

The event is open for all.

Awards:

Long distance: Gold-, silver- and bronze medals in all course categories.

Sprint: Gold-, silver- and bronze medals in all course categories.

Arctic Midnight Orienteering: Awards to 3 best placed W and M in each course.

Award ceremonies:

Long distance: Immediately after the run.

Sprint: Immediately after the run.

Arctic Midnight Orienteering: On Gala Night.

Party on Saturday, June 29**Location: Culture house Sermermiut at Ilulissathallen.**

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

The party is for all participants, officials and friends

The party will be influenced by Greenlandic traditions.

Participant fee excl. drinks: Free of charge if you bring a dish to the common buffet, otherwise the participant fee is DKK 250.00 excl. drinks.

(Contact Event Centre for details).

Additional Information:

Contact event manager:

E-mail: iog.ilulissat@mail.dk,

Homepage: www.iog.gl

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

Ilulissat Orienteering Greenland

August 2018 / Revised June 20. 2019

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.**