

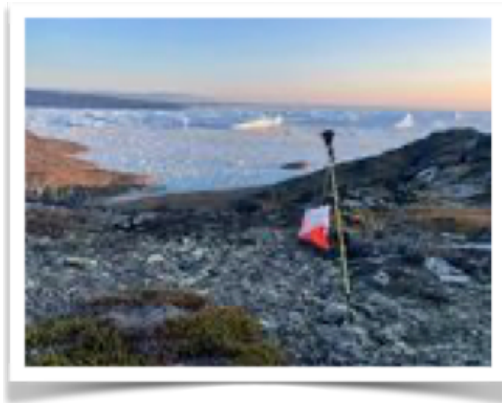


# Ilulissat Orienteering Greenland I O G

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## Arctic Midnight Orienteering the 26<sup>th</sup>-29<sup>th</sup> of June 2024



Orienteering competitions in magnificent Greenland nature

### **INSTRUCTION**

The running areas are located at Ilulissat, where there is a view of Ilulissat Isfjord and Disko Bay.  
The terrain is open, hilly with free mountain, stone or mud overgrown with moss, crowberry, heather, grass, etc.

At the time of year, all hours of the day are bright.  
The temperature will typically be +5 to +15<sup>0</sup>C.

Event management and course planners consist of a team of experienced orienteering runners from IOG - Ilulissat Orienteering Greenland and Denmark.



Avannaata Kommunia

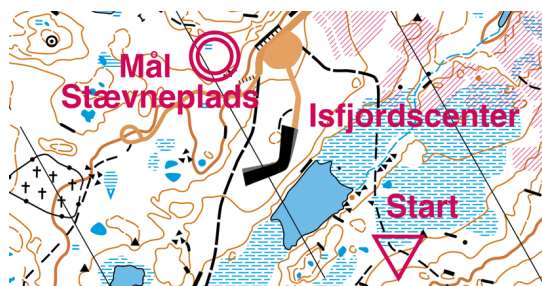


## LONG DISTANCE the 26<sup>th</sup> of Juni 2024

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Classes and length:	Course 1: M21-34	7,9 km
	Course 2: M35-49, W21-34	6,6 km
	Course 3: M50-59, W35-49, M/W 17-20, Open	5,4 km
	Course 4: M60-74, W50-59, M/W 13-16	4,4 km
	Course 5: M75-, W60-74, W75 -	3,6 km
	Course 6: M-12, W -12	2,0 km

Event site, start and finish: At the Icefjord Centre. Find direction below, on facebook page: Ilulissat Orienteering Greenland and at IOGs website: [www.iog.9net.dk](http://www.iog.9net.dk)



6:45 PM

Welcome Ceremony

7:00 PM

Free start between 7:00 - and 8:00 PM.

Runners are started every second minutes.

A list of participants can be found on the website.

Running map are taken at the start moment.

Finish at the event site. Maximum running time is 2 hours from start.

If you abandon your race you must report back at the finish.

Map:

Scale 1:10,000 for classes M/W 21-34, and M35-49.

1:7,500 for other classes.

5 meters contour interval.

NOTE! The map is turned towards geographic north. Magnetic north is shown with the sloping meridians.

Shadowing:

We recommend shadowing participants in M/W-12 and M/W 13-16, as the terrain is difficult for these classes

Water:

Drinking water at the finish. There are no refreshments on the courses.

Course Planner:

Flemming Nørgaard, OK PAN



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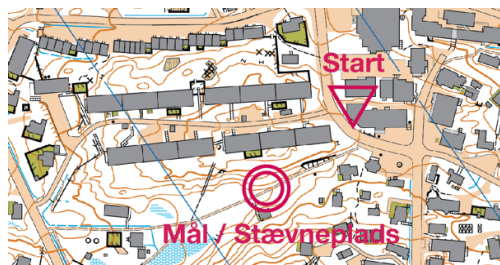
## **SPRINT in Ilulissat town the 27<sup>th</sup> of Juni 2024**

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Classes and length:

Course 1: W/M 17-20, W/M 21-34, W/M 35-49	3,3 km	21 controls
Course 2: W/M 50-59, W/M 60-74, W/M 75-	2,5 km	14 controls
Course 3: W/M 12, W/M 13-16.	1,9 km	13 controls

Event site, start and finish: On the path east of Ilulissat Museum. Find direction below, on facebook page: Ilulissat Orienteering Greenland and at IOGs website: [www.iog.9net.dk](http://www.iog.9net.dk)



7:00 PM

Free start between 7:00 - and 8:00 PM.  
Runners are started every one minute.  
A list of participants can be found on the website.  
Running maps are taken at the start moment.  
Finish at the event site.  
Maximum time is 1 hour from the start.  
If you abandon your race you must report back at the finish.

Map: 1: 4.000 with 2 meter contour interval.

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. Be aware - there may be places with dogs, that are not marked. Dogs running free rarely get close to strangers.

Water: Drinking water at the finish. There are no refreshments on the courses.

Course planner: Kell Sønnichsen, OK PAN



## **ARCTIC MIDNIGHT ORIENTEERING - AMO the 28-29<sup>th</sup> of Juni 2024**

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Arctic Midnight Orienteering is an individual race in difficult and physically hard terrain. The race takes place in the light of the Arctic midnight sun in an almost untouched and magnificent nature without trees.

Courses and info:

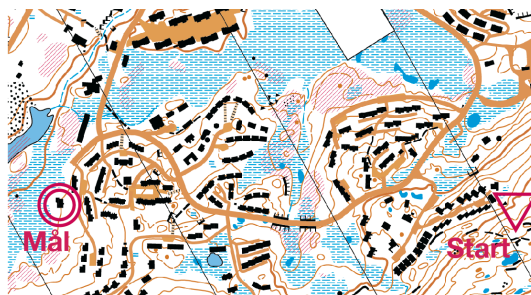
Course 1	15,4 km	29 controls
Course 2	10,0 km	19 controls
Course 3	4,7 km	17 controls

Event site, start and finish: Find direction below, on facebook page: Ilulissat Orienteering Greenland and at IOGs website: [www.iog.9net.dk](http://www.iog.9net.dk)

Start: Qilakitsup Alanngua

Finish: Ilulissat skiing clubhouse

11:00 PM. Mass start



Map: Course 1 and 2: 1:10.000 with 5 meters contour interval.  
Course 3: 1:7.500 with 5 meters contour interval.

Clothing: lothes and smaller bags are transported from start to finish

Water: Water at finish.  
Course 1 and 2 have staffed control with water.  
Course 3 have no staffed control with water.  
It is normally without any risk to drink the water from the streaming water springs in the nature.

Safety: There is free choice of course and it is allowed two or more to follow  
Children under the age of 14 must run with adults.  
IOG hand out whistles at the start for use to get in touch with other runners in the area, and we recommend that all competitors bring a cell phone.  
If you abandon your race you must report back at the finish.

Course planner: Pia and Flemming Nielsen, IOG



## GENEREL INFORMATION

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### Safety in general:

**Participation is at your own risk. Safety comes first! If you see a runner who needs help, the help is more important than your race time!**

**We recommend that all competitors bring a cell phone. There can be areas at the AMO courses without mobile connections**

**You can contact the site event on phone no (+299) 543247. Phone numbers are typed at your map.**

**There will be first aid kits at the finish area and at the drinking and radio controls for the AMO run Friday**

### Controls:

The controls are marked with orange/ white flags.

### Control descriptions:

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

### Timing system:

Sportident. Own SI Card can be used. It is possible to rent SI card of IOG for 20 DKK to be used for all 3 races. Lost rental SI card are replaced with the cost of 450 DKK.

### O-track

All the courses 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.

### Map and terrain:

The map is turned towards geographic north. Magnetic north is shown with the sloping meridians.  
Some wetlands (marshes, lakes) can be different sizes depending on time of the year - they can be complete dried up.  
There are some small tracks in the terrain that is not showed on the map

### Kiosk:

At the long distance and Arctic Midnight Orienteering there will be a possibility to buy soft drinks at the site event.  
After Arctic Midnight Orienteering friday night there will be hot soup for everyone after the race.





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