



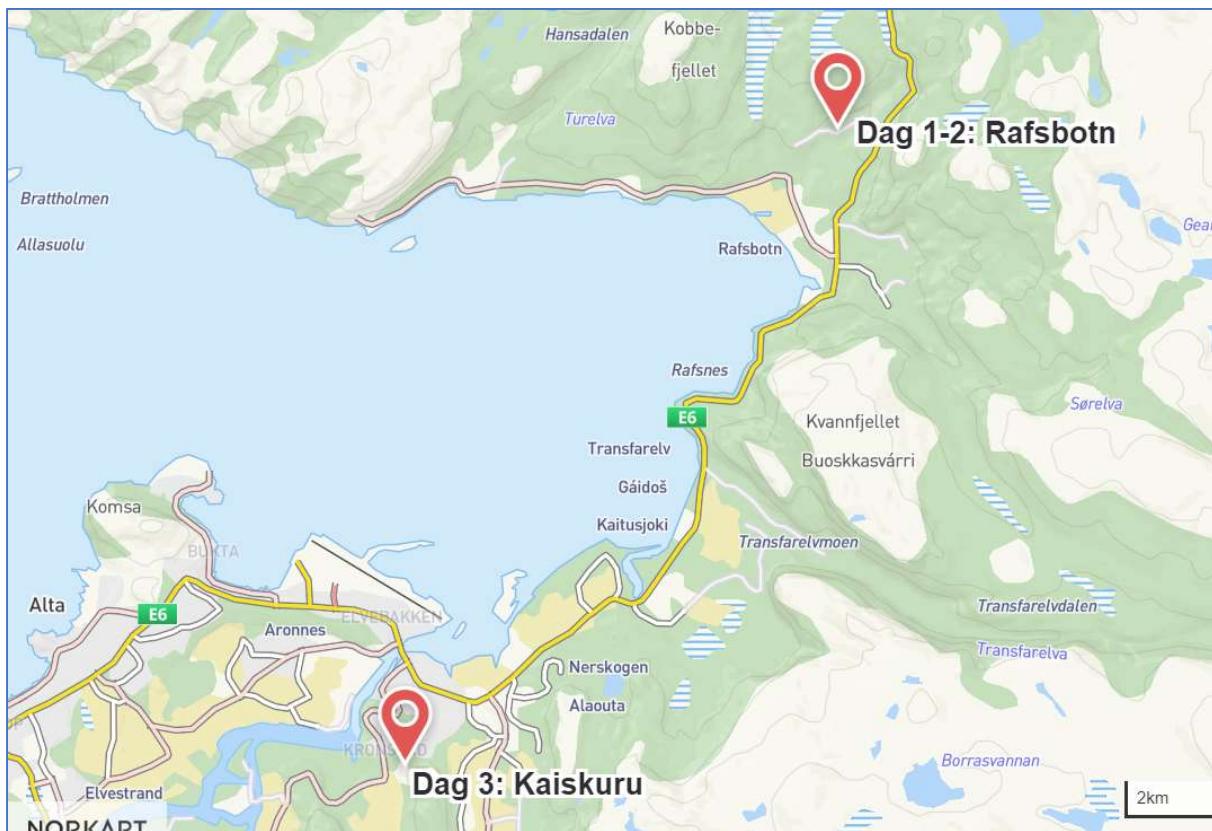
Information Midnight Sun Gallop 2019

The organizing club Alta OL proudly welcomes you to a three-day race under the midnight sun in Alta June 21 -23 2019.

Arena

- Friday June 21 and Saturday June 22: SarvesAlta Outdoor Activity Center situated in Rafsbotn, which is approx. 20 km from the Alta city center.
- Sunday June 23: Kaiskuru ski stadium/elementary school, which is approx. 7.5 km from the Alta city center.

See map. There are markings from E6 all three days. The race office at the arena/assembly place opens at 16:00 Friday and Saturday, and at 8:00 on Sunday.



Training tracks

Alta OL offers an open track with posts for training in the Komsa area, just north of the Alta city center. Please contact bjornar.odegardstuen@uit.no for map (.pdf).

Car parking

Car parking in walking distance to the assembly place all days. NOK 100,- for all three days. We prefer digital payment through the Norwegian app Vipps or cash. Unfortunately, we do not accept cards neither for parking nor for the cafeteria on Sunday. Cards are accepted Friday and Saturday for the cafeteria.



Race - distances

MG 2019 consists of three races (stages) where all three counts in the finale (combined time). In addition, there are stage winners day 1 and 2. Individual start all days (no chase start). Distances:

- Friday: Long distance
- Saturday: Middle distance
- Sunday: Long distance

See list of classes for course lengths and details.

General information about the start

First start is Friday at 19:00, Saturday at 18:00 and Sunday at 10:00. Starting times are published in Eventor and on boards at the assembly places.

Participants who collect their map in the race office (participants up to 12 years and N-open runners) may start from one hour before ordinary start for "shadowing" and so on.

The start on Friday offers a long, steep rise to the top of the alpine hill (850 distance meters/210 height meters). It will take around 25-20 minutes at slow pace from the assembly place to start. On Saturday, start is in the immediate vicinity of the assembly place. On Sunday, the distance to start is around 1 km in broken terrain. There are markings to start all days.

Start (zero) post all days.

Start number

You will find your start number at the foot of the alpine hill on your way to start on day 1. You carry the same start number all three days. Participants who arrive for day 2 or 3 will find their start number on start these days. Please notice that the start numbers cannot be washed in the washing machine.

Starting procedure

Start per minute.

- Calling at start – three minutes before starting time according to list.
- 3 minutes before starting time, first booth: control of name and EMIT tag.
- 2 minutes before starting time, second booth: loose post descriptions.
- 1 minute before starting time, third booth: EMIT tag to zero and maps. Please note: you are allowed to grab your map 15 seconds before start but not look at it.
- Starting time: release your Emit tag from the zero post, study your map and off you go.

Late participants must contact the personnel for separate starts.

Timing and punching

The EMIT punching system is used. Provide an EMIT ID when registering. Registrants without EMIT ID registered within the entry deadline will be given a rental tag and charged NOK 50,- per day. Pick up the rental tag at the race office, where it is also possible to make changes in tag number. All participants must have a unique EMIT tag.



Rental tag

You may rent an EMIT tag at the race office. It costs NOK 150,- for all days, or NOK 50,- per stage. We accept cash or digital payment through Vipps. After the races, you return the tag to the race office. Your club will be charged with NOK 700,- for unreturned tags.

Maps, scales, and terrain

Friday and Saturday: Map "Rafsbotten-Russeluft", updated 2018, 1:10 000 (1:7 500 for classes D/H50-D/H80).

Sunday: Map "Kaiskuru", updated 2018, 1:10 000 (1:7 500 for classes D/H50-D/H80).

The terrain on Friday consists of slightly broken, hilly terrain facing south. The longest distances will experience mountain terrain above the tree line. The middle distance on Saturday offers a more even terrain with mixed forest and several trails and tracks. The terrain for Sunday in Kaiskuru is more broken, with marshes and small mountains.

Restricted (forbidden) areas

Construction sites are marked on maps and are considered forbidden areas. Please respect the markings in the terrain.

Marking of tracks and trails

For the beginner's convenience, some unclear tracks and trails are marked for N-class participants.

Post descriptions

Posts are described on the map, and there are also loose post descriptions. These are available on start as described in procedure.

Classes and courses

H-classes are men's classes, D-classes are women's classes, and N-classes are beginner's classes.

Levels:

- A-level: A-courses are the most demanding and all techniques of orienteering must be mastered.
- B-level: B-courses demand short detailed orienteering close to the control points and a good knowledge of contour lines.
- C-level: C-courses mainly follow guidelines, but occasionally athletes are expected to leave these lines. There are crossroads opportunities.
- N-level: N-courses have one obvious crossroad along continuous guidelines (roads paths, streams and fences). All controls are visible from the guidelines.

Classes	Course number	Level	Day 1 Long (km)	Day 2 Middle (km)	Day 3 Long (km)
H21	1	A	11,9	5,1	9,7
H19-20, H35, H40, D21	2	A	8,8	4,4	7,9
H17-18, H45, D19-20, Dir-A-Long	3	A	7,1	3,9	7,2
H50	4	A	6,4	3,9	6,1
H55, H60	5	A	5,6	3,3	5,6
H65	6	A	5,2	3,1	4,6
H70, D50	7	A	4,3	3,1	4,5



H75, D55, Dir-A-Short	8	A	3,9	2,9	4,0
Dir-C, H17C, D17C	9	C	3,4	2,9	3,6
D60, D65	10	A	3,2	2,8	3,6
H13-14, D13-14, Dir-B, H15-16B, D15-16B, H17B, D17B	11	B	3,5	2,6	3,5
H80, D70, D75, D80	12	A	3,2	2,6	3,4
H11-12, D11-12, H13-16C, D13-16C	13	C	2,6	2,5	3,4
Dir-N, H13-16N, D13-16N, D17N, H17N	14	N	2,5	2,4	3,5
H10, D10	15	N	1,9	2,4	3,3
H11-12N, D11-12N, N-open	16	N	1,8	2,2	3,2
D17-18, D35, H17A-Short	17	A	6,4	3,9	6,1
H15-16, D40, D17A-Short	18	A	5,6	3,3	5,6
D15-16	19	A	4,3	3,1	4,5
D45	20	A	5,2	3,1	4,6

Prizes

Classes up to age 12 and N-open: a prize to all participants all three days.

All other classes: stage prize day 1 and 2. Day 3 combined prizes only. Ceremony on Friday from 21:00 to 23:00 when results are ready. Ceremony Saturday from 20:00-22:00 and Sunday from around 11:30-13:30. More information about this is given by the speaker. See table for prizes.

Classes	Race 1 and 2	Combined
12 years and younger	All participants	All participants on race 3, not combined prizes
13-16 years	Top three all classes	Prizes to top 1/3 overall
From 17 years	Class winner	Prizes to the top 1/8 overall
Direct classes	None	None

On Friday there are an additional four prizes to four random participants (start numbers) sponsored by SarvesAlta Outdoor Activity Center. The prize is a day pass in SarvesAlta Climbing Park and a night's stay at "Bjørnefjell Mountain Lodge".

Direct entry

You may enter the race directly all days. Register your entry at the race office up to one hour after first start. Last starting time is 1.5 hours after first start. Entries with reservation that there are available maps. There is no additional fee for direct entry.

Food and drink during the race

Water and juice is available free of charge on start for day 1. There are no food and drink posts in the terrain. There is water and juice available free of charge at finish all days.



Children parking/ "Småtroll"

Unfortunately, we do not offer children parking. We have "Småtroll", a fun orienteering activity for children, at the arena all days. Friday and Saturday from 16:00 -20:00 and Sunday from 9:00-12:00. NOK 40,- per day.

Toilet facilities

Friday and Saturday there are toilets available at SarvesAlta Outdoor Activity Center and mobile toilets at the assembly place. On Friday, there are also mobile toilets available on start. On Sunday you are welcome to use the toilets at Kaiskuru Elementary School. Please note that dirty and/or studded shoes are not allowed inside the buildings.

Shower

No showers available Friday and Saturday. Wardrobe with shower available on Kaiskuru Elementary School Sunday.

Medical Service

Alta Red Cross Emergency Service is present at the arena all days.

Food and beverages - cafeteria

On Friday and Saturday Alta OL offers cafeteria with hot and cold food and beverages in collaboration with SarvesAlta Outdoor Activity Center. Cash and card accepted. On Friday, Grieg Seafood Finnmark will offer a taste of their products. The cafeteria on Sunday will offer sandwiches, pastry, hot and cold drinks. Sunday: cash or Vipps only.

Protest

Protests must be registered at the race office no later than 15 minutes after last runner per class finishes.

Organization and contact info

- Race leader: Kristin Tørum, 0047 918 79 435
- Map maker: Thomas Frost
- Controller: Gunnar Kvaal (Storsteinnes IL)

Jury

The jury consists of race leader Kristin Tørum, district leaders Anne Urset (Troms) and Andreas Foss Westgaard (Finnmark).

Sponsors

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