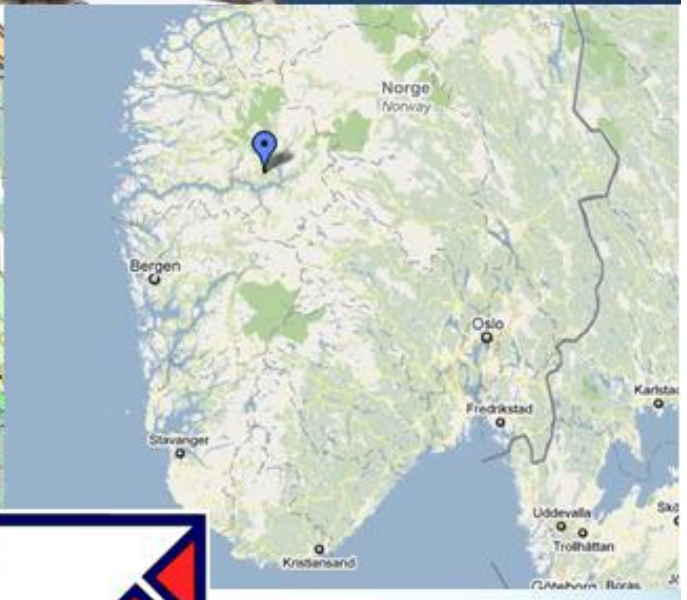
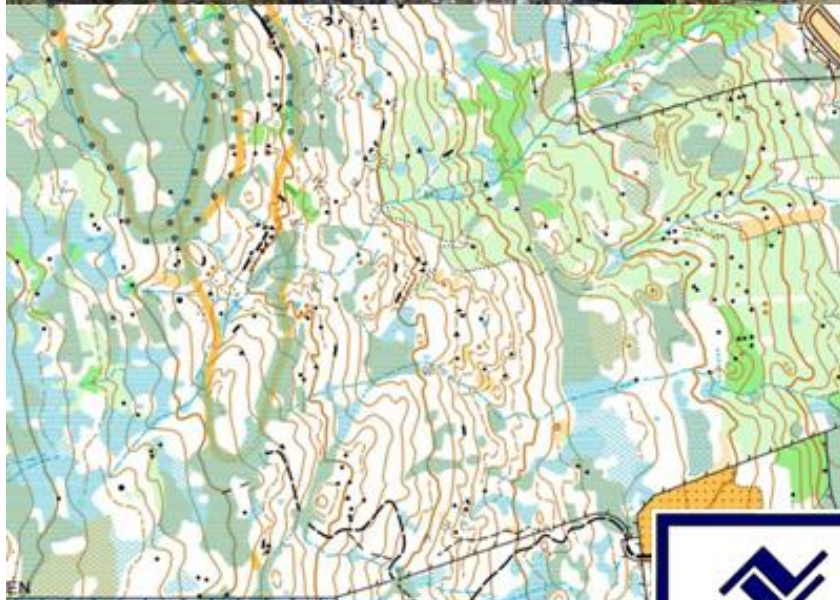


Fjord-O 2010



Sogndal Norway

14.-18. July 2010

Sogndal IL has the pleasure to invite to Fjord-O Nordvestgaloppen 2010.

We are proud to wish you welcome to our beautiful place that is very popular among tourists. We give you exiting races in varied terrain, marvelous nature and good possibilities for activities on the fjord, in the mountain or on the glacier.



MAP, EVENT ARENA AND TERRAIN



Races 1 and 2 – 14.th and 15.th July.

Map: Haukåsen M: 1:10 000

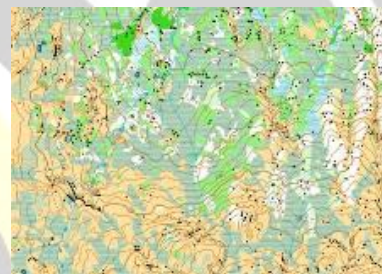
Event arena: 20 km from Sogndal, near Sogndal Airport Haukåsen. Event arena has a special nice view. The terrain is 600 meters above sea level. There is partly open pinewood and reasonably good running.

Races 3 and 4 – 17.th and 18.th July.

Map: Hodlekve. M: 1:10 000

Event arena: 8 km north of Sogndal.

The terrain in Hodlekve is dominated of open marshland with some areas of birch.



Sport 8 is coming to the event arena. They are selling sporting gear and equipment for orienteering.

PARKING

On Haukåsen the event arena is placed in a fantastic scenery, and we have to walk for 20-30 minutes from the parkingarea.

In Hodlekve the parking is from event arena and out to about 1 km.

Parking fee is NOK 30,- every day, or NOK 100,- for all event days.

EKT

Electronic timing system (EKT) from EMIT is used for all events. Participants who don't register e-card, will automatic be given a rental e-card. Fee is set to NOK 30,- for each race. All participants must use the same startnumber and e-card each day. Rented e-cards must be returned after the last race. If not the rented e-card is returned, it will induce a penalty fee of NOK 600,-

ENTRY

Registration is on palisoft online entry-system. Link to this is on nordvestgaloppen.no Registration deadlines:

Entry	before 1.march 2010	1. march 2010 – 18. june 2010	After 18. june 2010
- 16 year	NOK 80,-	NOK 100,-	NOK 140,-
17 year -	NOK 130,-	NOK 170,-	NOK 220,-
Direct race			NOK 90,-/150,-

Entry fee each day. Late entry is open until 13. July 2010 kl 20.00.

Foreign clubs must pay entry fee and rent (for rooms or flats) in advanced.

Payment information will be given when entering. Fee due to payment is paid by the participant.

Klasser og løyper

Track no.	Day 1 Long	Day 2 Long	Day 3 Long	Day 4 Middle	Level	Ladies' classes	Men's classes	Direct entry
1	9,0km	10,0km	9,0km	5,0km	A		H21AL	
2	7,0km	8,0km	7,0km	4,5km	A		H19-20, H35AL	Lang
3	6,0km	7,0km	6,0km	4,0km	A	D21AL	H17-18, H21AK, H40	
4	5,0km	6,0km	4,0km	3,5km	A	D17-18, D19-20, D35	H15-16, H45	
5	4,5km	5,0km	4,5km	3,5km	A	D15-16, D21AK, D40	H35AK, H50	
6	4,0km	4,5km	4,0km	3,0km	A	D45, D50, D40, D35AK	H55, H60	
7	3,5km	4,0km	3,5km	2,5km	B	D13-14	H13-14	Mellom
8	3,0 km	3,5 km	3,0 km	2,5 km	A	D55, D60, D65, D70, D75, D80	H65, H70, H75, H80	
9	3,0 km	3,5 km	3,0 km	2,5 km	C	D17C	H17C	Kort
10	2,5 km	3,0 km	2,5 km	2,0 km	C	D-10, D11-12, D13-16C	H-10, H11-12, H13-16C	
11*	2,0 km	2,0 km	2,0 km	2,0 km	N	D11-12N, D13-16N, D17N	H11-12N, H13-16N, H17N	Nybegyn.
12*	2,0 km	2,0 km	2,0 km	1,5 km	N	N-åpen		

Course 10-12 will start close to the assembly area every day. Childrens O-course (Småtroll) and childcare opens every day one hour before first start.

* Flexible starttimes for courses 11 and 12.

PREMIERING

Classes	Every race	Total
12 year and younger	Everybody	Everybody
13-16 years	3 best in class	1/3-rd
17 year and older	Classwinner	1/8-rd

KIDS PARK

We are looking after your kids while you run. No fee.

"O-CAMP"

"O-camp" will be on Fosshaugane Campus. This is near the centre of Sogndal. It will be possibility for transport from O-camp to the event-arena. Please mail us if you need transport, so we can plan capacity.

Room/Flat

We have reserved several rooms and flats for our participants. They are nice and cheap, and they are situated near the centre of Sogndal. It is recommended to order room early.



nordvestgaloppen.no

