



# Bergen Sprint Camp

16.-18. mars 2018



## Program & Invitation

 English version

Activity	Time	Description
Sprint technique	Friday 12.00-13.30	Training. One-man-relay. Mass start in smaller groups. Duration: 15-25 min
Night sprint	Friday 19.00-20.30	<b>Race.</b> Winning time: 14-15 min
City sprint	Saturday 09.30-11.30	<b>Race.</b> Winning time: 14-15 min
Urb-O interval sprint	Saturday 14.00-16.30	<b>Race.</b> Urb-O interval sprint, which means 5 short courses. Winning time: 5 x 3-8 min
Swimming in Ado Arena	Saturday 17.00-18.30	Access to the swimming pool, sauna and jacuzzi. Detailed information will be available later.
Dinner	Saturday 19.00-20.00	Detailed information will be available later.
Presentation	Saturday 20.00-21.00	Sprint related presentation. Detailed information will be available later.
Final	Sunday 10.00-14.00	<b>Race.</b> Mass start in heats. Winning time: 15-16 min

### Map examples





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## Entry

First register in Norwegian Eventor:

<https://eventor.orientering.no/Register?referrer=login&culture=en-GB>

Enter all activities you'd like, including "Services": Swimming in Ado Arena, Dinner and Presentation:

<http://eventor.orientering.no/Events/Show/9101>

Entry deadline: 5. March 2018

Late entry: 12. March 2018

## Entry fee

16 years and younger: NOK 110 per race/training, 5 courses NOK 550

17 years and older: NOK 130 per race/training, 5 courses NOK 650

Late entry: +50%

Swimming in Ado Arena, Dinner and presentation Saturday night: see our website for more information.

For foreign runners, payment must be placed to Varegg Fleridrett before entry:

- Paper formatted IBAN-number: NO17 3624 0796 354
- Electronic IBAN-number: NO1736240796354
- SWIFT: SPAVNOBB
- Bank: Sparebanken Vest

## Classes

Course 1: D-16, D17-18, D19-20, D21- and D40- (All women)

Course 2: H-16, H17-18, H19-20, H21- and H40- (All men)

In the overall standing all runners on the same course compete against each other.

## Transport

All activities are easily reached from the city center by public transport or by walking. Details will be published later.

## Accommodation and food

Bergen City has a wide range of accommodations in different price ranges. All options in the city center is centrally located in relation to BSC and has good transport links to trains and planes.

For further information regarding accommodation, see our website.



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Dinner for Saturday night can be ordered in Eventor together with your race entry.  
Deadline: 12. March 2018.

## Safety and light

We are guests in the traffic, be careful!

It will be daylight during all courses except Friday night.

It is mandatory to wear high visibility vest and head light at the race Friday night.

Runners are recommended to wear a high visibility vest and small headlight also during the course Saturday evening, in case of bad weather.

## Presentation

Sprint related presentation and discussions. Separate entry in Eventor.

## Prizes

The best runners win money and other fine prizes. The prizegiving ceremony will be held right after the finals, and end around 14.00.

## Overall results

The following races counts:

- Sprint Friday night
- City sprint Saturday morning
- Urb-O interval sprint Saturday evening
- Final Sunday morning

## Contact and information

Website: <http://sprint-camp.blogspot.com/>  
E-mail: [bergensprintcamp@gmail.com](mailto:bergensprintcamp@gmail.com)  
Telephone: Lene Rykkje, +47 48215015

## Organization

Competition manager: Lene Rykkje  
Courses: Ronny Rykkje, Niklas Profors  
Controller: Jan Kocbach  
Technical Manager: Magnus Rogne Halland