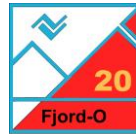




TAMBARSKJELVAR IDRETTSLAG
SKIPA 1905



Invitation to Fjord-O 2020

Welcome to the West coast of Norway, and the district of Sunnfjord for an active O – holiday 22-26 July 2020.

Tambar skjelvar IL and Førde IL in Sunnfjord, warmly welcome you to Fjord-O 2020.

The first two races take place upon Ramsdalsheia ca. 13 km north-east of Naustdal centre and about 25km from the centre of Førde.

Fjord-O is a four days competition over five days, with prizes for overall winners. There are two middle-distance and two long-distance races.

Races 1 and 2, Wednesday 22nd July & Thursday 23rd July - Naustdal

Arena:

Ramsdalsheia, ca. 10 km north-east of Naustdal centre. Parking 0-500 meters from the arena.

Start Wednesday: From 16.00 – ca. 10 min walk from arena

Start Thursday: From 16.00 – ca. 20 min walk from arena

Open classes have an open start window any time after first ordinary start. N-open can start up to 1 hour before ordinary start time.

Terrain:

Day 1: Middle distance. Open-fell terrain. Mainly grassy with good runnability. Some bare rock and crags.

Dag 2: Long distance. As day 1

Map both days:

«Ramsdalsheia», the map was surveyed and drawn by Norvald Ospehaug with new lidar data in 2019/2020.

Races 3 and 4, Saturday 25th July and Sunday 26th July - Førde

Arena:

Langeland ski centre, ca. 13 km south of Førde centre. Parking at the arena.

Start Saturday: From 16.00 – ca. 20 min walk from the arena to start 1 and 10 min to start 2.

Start Sunday: From 11.00 – ca. 10 min. walk from the arena

Open classes have an open start window any time after first ordinary start. N-open can start up to 1 hour before ordinary start time.

Terrain:

Day 3: Long distance. Semi-open mountain forest, gently sloping mixed birch and pine forest with marshes. The terrain varies considerably from areas of complex contour and rock detail to vague areas with little to navigate by. The terrain is largely runnable, including the marshes, and has a network of forest roads and ski tracks.

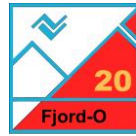
Dag 4: Middle distance. As day 3.

Map both days:

«Bringeland», the map was surveyed and drawn by Gunnar Gytri with new lidar data in 2019/2020.



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FØRDE IDRETTSLAG



Class and course details

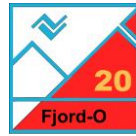
Class	Men (Herrer)	Women (Damer)	Race 1 and 4 Middle distance	TD	Race 2 and 3 Long distance	Scale	
						Race 1 and 2	Race 3 and 4
1	H21		5.8 km	A	9.0 km	1: 7500	1:10000
2	H19-20, H35		5.4 km	A	7.0 km	1: 7500	1:10000
3	H17-18, H40	D21, D19-20	5.2 km	A	6.0 km	1: 7500	1:10000
4	H45 AL-open	D35, D17-18, AL-open	5.0 km	A	5.5 km	1: 7500	1:10000
5	H50, H15-16,	D40, D 45	4.8 km	A	5.0 km	1: 7500	1:10000
6	H 55, H60, H17 AKort, AK-open	D15-16, D50, AK-open	4.2 km	A	4.6 km	1: 7500	
7	H65, H70 H50K,	D55, D17 AKort	3.2 km	A	4.0 km	1: 7500	
8	H13-14, B-open 17-	D13-14, D60 B-open 17-	3.0 km	B	3.5 km	1: 7500	
9	H75, H80, H85 B-open 10-16	D65, D70, D75, D50K, D80, D85 B-open 10-16	2.8 km	B	3.0 km	1: 7500	
10	C-open 17-	C-open 17-	2.8 km	C	3.0 km	1: 7500	
11	H11-12, C-open 10-16	D11-12, C-open 10-16	2.3 km	C	2.3 km	1: 7500	
12	N2-open 17- H 9-10	N2-open 17- D 9-10	1.8 km	N 2	1.8 km	1: 7500	
13	N2-open 10-16	N2-open 10-16	1.5 km	N 2	1.5 km	1: 7500	
14	N-open	N-open	1.3 km	N 1	1.3 km	1: 7500	

Entry on the day in all open classes only

After 1st July, entry on the day is available for open classes only.



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EMIT Punching system

Emit punching system will be used for all 4 races. EMIT bricks can be rented for 50 NOK per day.

Prizes

Classes	Each race	Best 3 of 4 races
17 yr and older	Class winner	Top 1/8th
13-16 yr	Class winner	Top 1/3rd
12 yr and under	All	No overall prizewinner
AL and AK -open	Class winner	No overall prizewinner
B-open 17-	Class winner	No overall prizewinner
B-open 10-16	All	Top 1/3rd
C-open 17-	Class winner	No overall prizewinner
C-open 10-16	All	Top 1/3rd
N2-open 17-	Class winner	No overall prizewinner
N2-open 10-16	All	No overall prizewinner
N-open	All	No overall prizewinner

Entry

Online entry via EVENTOR (<https://eventor.orientering.no/Events>). Opens 1st February.

- Early entry deadline: 1st April 23:59.
- Normal entry deadline: 15th June 23:59.
- Late entry deadline: 1st July 23:59.

After 1st July, entry on the day is available for open classes only. Entry prices per race are shown in the table below.

Age	Before 1. April	Before 15. June	After 15. June	After 1. July (at Arena)
Up to and including 12 yr	NOK 100	NOK 125	NOK 125	
13 – 16 yr	NOK 125	NOK 150	NOK 210	
17 and older	NOK 210	NOK 275	NOK 340	
All open classes				50 % extra fee

Payment

Norwegian clubs will be billed after each entry deadline. Foreign clubs to pay entry fees after entry to:

Account name: Førde Idrettslag - Fjord-O 2020, postboks 238 6801 Førde

Account number: 3705.38.54304

Reference the payment with surname

IBAN: NO6737053854304 (the second digit is the letter O)

SWIFT/BIC: SOFJNO22 2nd, and third last digits are the letter O

Bank address: Sparebanken Sogn og Fjordane, Langebruvegen 12, postboks 113,6801 Førde.

All bank fees to be paid by sender.

Fee of NOK 50 for changes to class, EMIT brick number, start time, after 15. June. EMIT brick rental, NOK 50 per day, if no EMIT number is added to the Eventor entry a rental brick will be automatically assigned.

Lost EMIT brick will incur a replacement fee of NOK 600.



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FØRDE IDRETTSLAG



String course & children's area

There will be a string course and children's area at each arena.

Catering at the arena

Sale of hot and cold foods available at the arena each day.

Orienteering shop

Orienteering equipment/sports clothing will be for sale at the arena from 4 All sport

Accommodation

Information about accommodation will be posted on the [Facebook page](#) in due course.

Camping

There is no official event campsite

Things to do in Sunnfjord:

[Welcome to Sunnfjord](#)

[Velkommen til Sunnfjord](#)

Accommodation in Sunnfjord:

[Accommodation Search & Book](#)

[Søk overnatting](#)

