

# ICE-O



**Organizer:**

Rathlaupsfélagið Hekla

**Program:**

Friday July 1<sup>st</sup> – Down town Reykjavík (sprint)

Saturday July 2<sup>nd</sup> – Heiðmörk (classic)

Sunday July 3<sup>rd</sup> – Vífilsstaðahlíð (middle)

**Start list:**

Starting list will be available on the website one week before the event and at the event centre on the competition day.

**Maps:**

**Reykjavík Miðbær** – 1:4.000, 2011 (sprint norm)

**Heiðmörk** – 1:10.000, 2010

**Vífilsstaðahlíð** – 1:10.000, 2010

**Terrains:**

**Reykjavík Miðbær:** Competition area is located in the very centre of Reykjavík, where the streets are crooked and the details are many.

**Heiðmörk:** The area is located by the foot of a big lavafield. Fairly open terrain with dens forest areas in between. Not too hilly.

**Vífilsstaðahlíð:** The third competition day is located around a big hill mostly covered by forest. The plateaus above and below the hill are open areas with a lot of details.

**Competition:**

ICE-O is a part of the *North Atlantic Orienteering Championship (NATLOC)*, which is a series of three events. One event is in Iceland and two are in Greenland. To become NATLOC champion, you have to take part in minimum two of the three events. During the main competitions you will be collecting points. The one who collects the most points will be announced the North Atlantic Champion.

Saturday and Sunday will be the point events for NATLOC.

Read more about it on the website of NATLOC:

<http://sites.google.com/site/northatlanticorienteering/home>

## Length

### Courses:

#### Friday July 1<sup>st</sup>-Sprint:

Course name	Length	Difficulty
1	3,2-3,5 km	Black
2	3,0-3,2 km	Red
3	2,5-2,8 km	Green

#### Saturday July 2<sup>nd</sup> - Classic:

Course name	Length	Difficulty
1	7,0-8,0 km	Black
2	4,0-5,2 km	Red
3	3,5-4,5 km	Blue
4	3,3-3,5 km	Green
5	2,9-3,3 km	Purple

#### Sunday July 3<sup>rd</sup>-Middle:

Course name	Length	Difficulty
1	4,5-5,0 km	Black
2	3,2-3,9 km	Red
3	3,0-3,5 km	Blue
4	2,9-3,4 km	Green
5	2,5-3,0 km	Purple

**Difficulties:**

- Difficult long
- Difficult short
- Intermediate
- Easy
- Beginner

**Open courses:** There will **not** be any open courses outside of the competition, but it is possible to register on the event day at the event centre with an extra fee of €1.00 per competition.

**Prizes:** There will be prizes for the winner on each course despite of nationality.

There will be Icelandic Championship medals for the 1<sup>st</sup> Icelander on each course.

**Time taking and controlling:** Sport Ident.

**Start:** **Friday July 1<sup>st</sup> - Sprint: 18:00**

**Saturday July 2<sup>nd</sup> - Long distance: 11:00**

**Sunday July 3<sup>rd</sup> - Middle distance: 11:00**

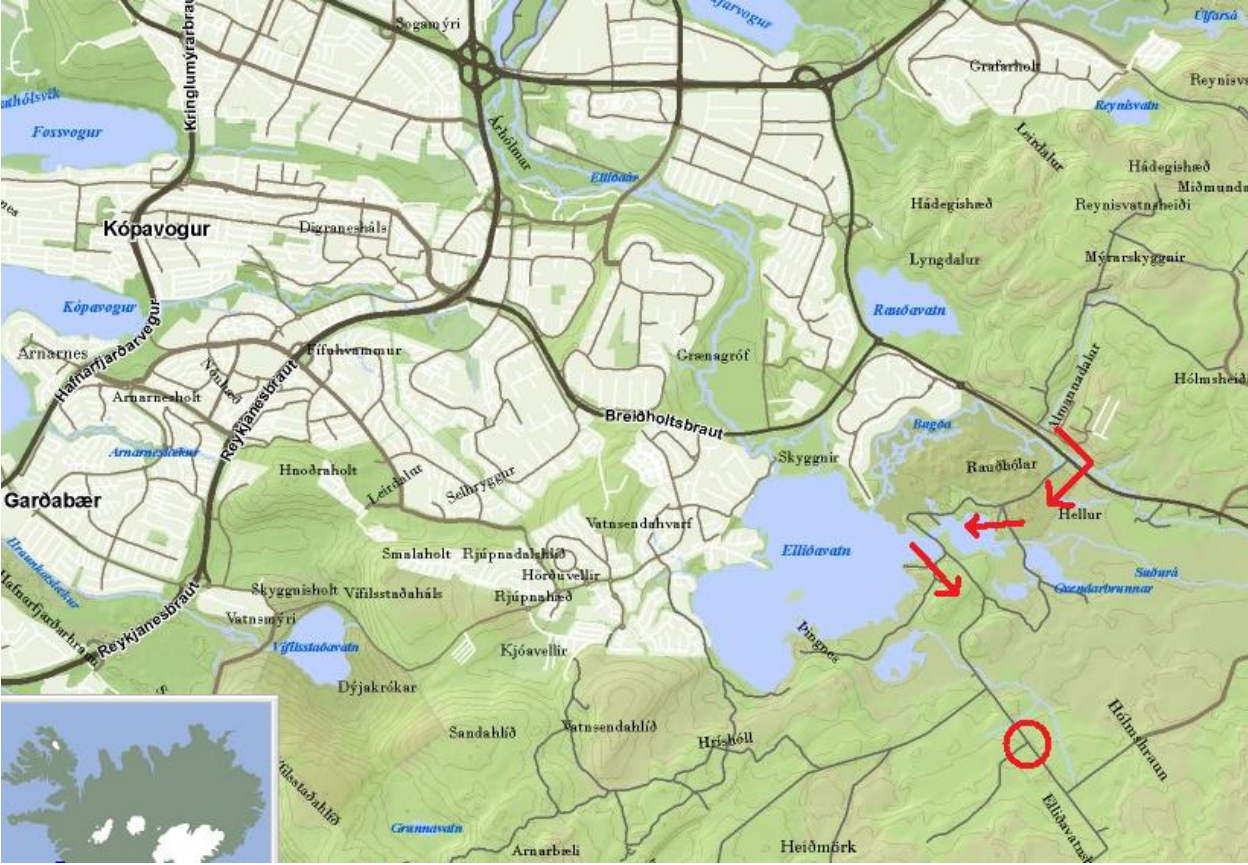
**Accommodation:** There will not be arranged accommodation for participants but a list of accommodation possibilities can be found [here](#)

**Locations:** Find the events by using the directions as follows:

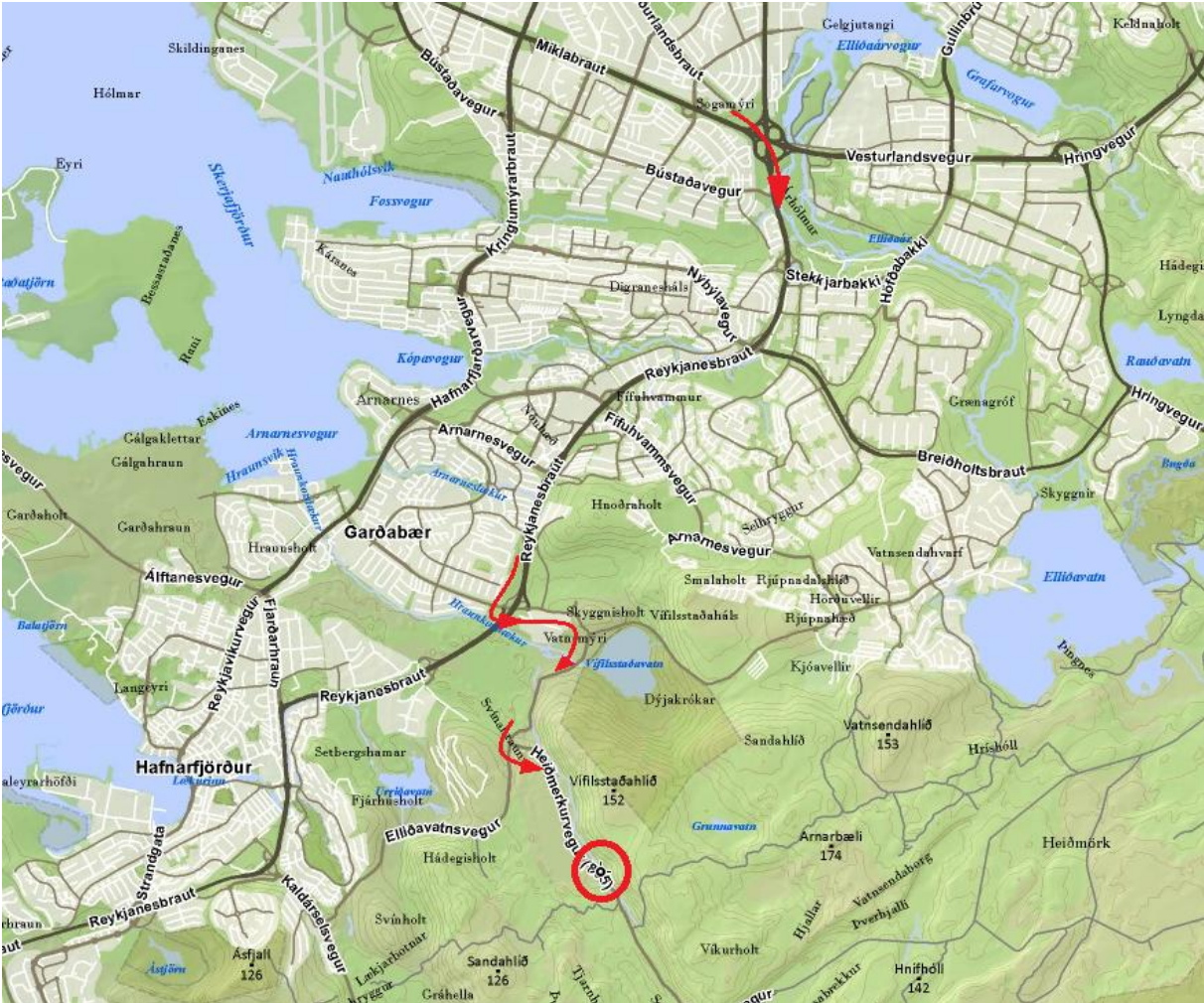
The Friday's event is being held down town in Reykjavik. The parking is straight across the big street from the new concert building (Harpa). This is a paid parking until 18.00. After 18.00 it is a free parking.



Saturday's event is can be found by driving on highway 1 to south Iceland (towards Selfoss) and turn to the right by the sign saying Heiðmörk.



Sunday's event is located in the other end of Heiðmörk. Driving according to the map shown below you will turn down on Reykjanesbraut. When a sign says "Hnoðraholt" you turn off Reykjanesbraut and follow the directions on the map. There will be guide markings to the event starting by the junction near the lake.



**Distances:****Friday**

From parking to event centre: 200m

From event centre to start: ?

**Saturday**

Down town Reykjavik to parking: 16 km

Parking to event centre: 250 m

Event centre to start: ?

**Sunday**

Down town Reykjavik to parking: 15 km

Parking and event centre is the same location

Event centre to start: ?

**Children:**

No caretaking of children

**Fees:****July 1st — Sprint:**

Adult 17 and older: € 4.50

Children up to 16: € 3.00

**July 2nd — Classic:**

Adult: €9.50

Children: €6.00

**July 3rd — Middel distance:**

Adult: €9.50

Children: €6.00

**Price for all three days:**

Adult: € 20

Child: € 12

**Too late entry:**

Normal fee + € 1.00 per day

**Payment:** Payment can be done through the [bank info](#) or paying on the day.

**Event manager:** Christian Peter MacLassen

**Contacts:** Christian Peter MacLassen

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