



# ICE-O 2013



Rathlaupsfélagið Hekla welcomes you to ICE-O 2013, June 28 – 30, 2013 in Reykjavík. Join us for three days of orienteering in the wonderful nature of Iceland.

## **PROGRAM (Preliminary)**

*Friday, June 28.*

15:00 - 20:00 Event office open, distribution of information packs.

18:00 First start SPRINT Reykjavík.

*Saturday, June 29.*

09:00 – 16:00 Event office open at arena, Heiðmörk.

11:00 First start middle distance.

19:00 Social dinner (Jötunnheimar).

*Sunday, June 30*

09:00 – 15:00 Event office open at arena, Öskjuhlíð.

10:00 First start long distance.

14:00 (approx.) Awards ceremony and closing.

Start list: Start lists 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, 2013

**Öskjuhlíð** – 1:4.000, 2011

## Terrain:

**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 lava field. Fairly open terrain with dense forest areas in between. Not too hilly.

**Öskjuhlíð:** The third competition day is located around a small hill mostly covered by forest. Part of the area is with dense forest while other parts are more open. Small cliffs and rocks are common features.

## Competition:

ICE-O is a part of the **North Atlantic Orienteering Championship (NATLOC)**, which is a series of three events. The first event takes place in Greenland, the second in Iceland and the third in the Faroe Islands. Points are given to the top five runners in each competition of each event. The competitor with the highest score, will be announced North Atlantic Champion of Orienteering.

Read more on the NATLOC webpage: [natloc.org](http://natloc.org)

Saturday's and Sunday's event at ICE-O give points in NATLOC.

## Classes:

### Friday 28/6 Sprint:

Course name	Classes	Length	Difficulty
1	M21	3,2-3,5 km	
2	W21, M17, M21S	3,0-3,2 km	
3	W17, W50, W21S, M50,	2,5-2,9 km	
4	W14, W12, W17I M14, M12, M17I	2,5-2,8 km	
5	W10, M10, W17E, M17E	2,0-2,5 km	

### Saturday 29/6 Long:

Course name	Classes	Length	Difficulty
1	M21	7,0-8,0 km	Black
2	W21,M17, M21S	5,5-6,0 km	
3	W17,W50, W21S,M50,	3,5-4,5 km	Red
4	W14, W17I, M14. M17I	3,5-4,5 km	Yellow
5	W12, W17E ,M12, M17E	3,3-3,5 km	White
6	W10,M10,	2,9-3,3 km	Green

### Sunday 30/6 Middle:

Course name	Classes	Length	Difficulty
1	M21	4,5-5,0 km	Black
2	W21,M17, M21S	3,9-4,5 km	
3	W17,W50, W21S,M50,	3,2-3,9 km	Red
4	W14, W21I, M14. M21I	3,0-3,5 km	Yellow
5	W12, W17E ,M12, M17E	2,9-3,4 km	White
6	W10,M10,	2,5-3,0 km	Green

## Difficulty grades:

Difficult long  
Difficult short  
Intermediate  
Easy  
Beginner

## Open courses:

Open courses will be available.

## Prizes:

The winner (over all three days) in each adult class (from 17+) will be awarded a prize at the event centre on the final day. For children classes will be prize for each day only.

## Timing and controlling:

SPORTident equipment will be used.

## SPORTident rental:

We do have a limited number of SPORTident sticks at our disposal (about 30 sticks) which can be rented.

It is preferred though that competitors bring their own SI-sticks or borrow from their own clubs.

**Rent for SPORTident stick: €6,00 for the whole event**

**For lost SI-stick €60 will be charged.**

## Training maps

You can buy training maps from our club, € 7 for three maps.

### **Accommodation:**

Basic accommodation will be available at a local scout club house. There is room for **40 people** in five different rooms. There are mattresses in the rooms but no linen. A kitchen, toilets and free internet is available. Shower facilities are limited to one shower, but there is a swimming pool with hot tubs in walking distance.

**Price per night is €10 for adult or children**

### **ICE-O dinner:**

The dinner will be at the scout club (same location as the accommodation) at 19.00 Saturday evening.

**Price is 20€ for adults and 12€ for children.**

### **Transportation:**

There will be arranged transportation to and from the event on Saturday and Sunday. Further info will sent by email to all registered participants.

## Locations:



## Distances:

### Friday

From parking to event centre: 0-100 m

### Saturday

Downtown Reykjavik to parking: 15 km

From parking to event centre: 0-100 m

### Sunday

Downtown Reykjavik to parking: 2 km

From parking to event centre: 0-100 m

## **Children:**

A children's course will be available, both on Saturday and Sunday.

**No caretaking or babysitting of children is provided**

## **Fees:**

### **July 6st — Sprint:**

Adult (17+): € 20

Children (<16): € 10

### **July 7nd — Long distance:**

Adult: €20

Children: €10

### **July 8rd — Middel distance:**

Adult: €20

Children: €10

### **All three days:**

Adult: € 50

Child: € 25

### **Late registration is after June 1th**

#### **Late entry fee:**

Normal fee + € 5,00 per day

### **Accommodation:**

€ 10 per night

### **Transport to events Sat and Sun:**

€ 15 for both days

### **Rent of SPORTident stick:**

€6,00 for the whole event

## **Payment:**

Registration and payment (with any major credit card) can be carried out online. Please fill out about the the [registration form](#) and the [payment form](#).

## **Event management:**

Baldur Eiríksson

Gísli Jónsson

Gísli Örn Bragason

## **Contact:**

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