



SØRLANDSGALOPPEN 2026

Skien: 9th-12th July

At Skien fritidspark and Siljan Idrettspark

O-camp: Skien Fritidspark - walking distance to arena

Fri starting time for all adults
4-days with overall results

See more details at

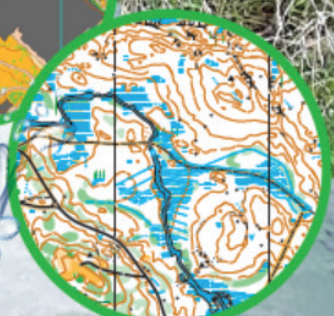
SOERLANDSGALOPPEN.NO

Separate activity area for youngsters

Lots of ACTIVITIES for the WHOLE FAMILY

Special program for youth with mass start, chase start and leader's jersey

Short distances Enjoyable terrain!



Skien O-klubb, Larvik O-klubb, Porsgrunn O-lag, Sandefjord O-klubb, and Orienteringslaget Tønsberg og omegn welcome everyone to Sørlandsgaloppen 2026, taking place at Skien Fritidspark and in Siljan, about 15 kilometres from Skien.

Event Centre and o-camp

Located at Skien Fritidspark – within walking distance to the arena for races 1 and 2. Signposted from Road 32 in Skien West.

Arenas

9th and 10th July: Skien Fritidspark, Skien West. Signposted from Road 32. Parking: Close to the arena, maximum 15 minutes' walk.

10th and 11th July: Siljan Idrettspark/Midtbygda school. Signposted from Road 32, Holtesletta. Parking: Close to the arena, maximum 15 minutes' walk.

Classes and Preliminary Course Lengths

Course	Classes	Day 1	Day 2	Day 3	Day 4	Start
1	M17-20	15 min	4.5	6.0	5.0	Fixed
2	W17-20	15 min	3.9	5.0	4.0	Fixed
3	M15-16	15 min	4.2	5.0	4.0	Fixed
4	W15-16	15 min	3.6	4.0	3.5	Fixed
5	M13-14, W13-14	15 min	3.4	3.5	3.0	Fixed
6	M11-12, W11-12	15 min	2.5	3.0	2.5	Fixed
11	M21-	15 min	4.8	7.0	6.0	Open
12	Open Long, W21-, M35-, M40-	15 min	4.3	6.0	5.0	Open
13	W35-, M45-, M50-	15 min	3.6	5.0	4.0	Open
14	W40-, W45-, M55-	15 min	3.4	4.5	3.5	Open
15	M17-Short, W50-, M60-	15 min	3.0	4.5	3.5	Open
16	Open Medium, W17-Short, W55-, M65-	15 min	2.8	4.0	3.5	Open
17	M40-Short, W60-, W65-, M70-, M75-	15 min	2.6	3.5	3.0	Open
18	Open B 10-16, Open B 17-	15 min	2.5	3.5	3.0	Open
19	AK-Open, W40-Short	15 min	2.3	3.5	3.0	Open
20	W70-, W75-, W80-, M80-, M85-, W85-, M90-, W90-	15 min	1.8	3.0	2.5	Open
21	C-Open 17-, C-Open 10-16	15 min	2.4	3.0	2.5	Open
22	N2-Open 17-, N2 Open 9-16, W9-10, M9-10	15 min	1.6	2.0	1.5	Open
23	N1-Open	15 min	1.2	1.5	1.0	Open



Indoor

Friday afternoon/evening there will be an indoor race from the arena in Skien Fritidspark. More info will be available in Eventor and on the website. Indoor races do not count in the summary of Sørlandsgaloppen.

9th JULY – SPRINT

Urban sprint in and around Skien Fritidspark, technical, with buildings, fences, and park areas; hard surfaces and fast lawn. Some forest for the veteran courses.

Map: Sprint map, 1:3000 or 1:4000 depending on class, published June 2026.

Survey and drawing: Helge Gisholt.

Start: Between 5pm and 7.30 pm.

Distance to start: Max 500m.



10th JULY – MIDDLE DISTANCE

Pine and mixed forest, technically interesting terrain with runnable hills, flatter spruce areas, and hilly ravines. Many controls and technical challenges. A lot of tracks and paths.

Map: Revised 2026 by Helge Gisholt.

Scale: 1:5000 or 1:7500 depending on class.

Start: 11 am to 1.30 pm.

Distance to start: Regular classes (11–20 years) have mass start from the arena; others max 600 m.



Activities for Children

Dedicated activity area with fun exercises and offers for the youngest every day.

At the arena in Fritidsparken (days 1 and 2), there is also a water park and other activities for children. See www.skienfritidspark.no.

Follow the website and social media for more info.

11th JULY – LONG DISTANCE

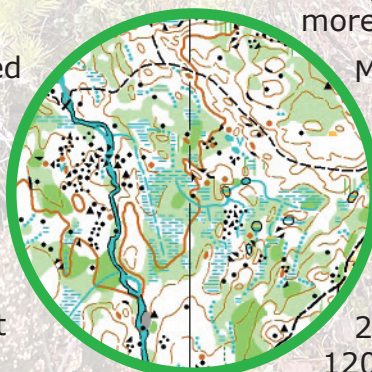
Mostly open pine forest, some paths and roads. Not used for major events since 1995.

Map: Surveyed and newly published 2026 by Helge Gisholt.

Scale: 1:5000, 1:7500, or 1:10000 depending on class.

Start: 11am to 2 pm.

Distance to start: Courses 22 and 23 start at the arena; others about 1000 m.



12th JULY – SHORT LONG DISTANCE

Open, runnable pine forest in upper areas; paths, roads, and lighted trails; more hilly near the arena.

Map: Revised 2026 by Helge Gisholt.

Scale: 1:7500 and 1:5000 depending on class.

Start: 11 am to 1.30 pm.

Distance to start: Courses 22 and 23 start at the arena; others about 1200 m.

Registration

Registration is done in the entry system Eventor, <https://eventor.orientering.no/Events/Show/22650>. Regular registration deadline: Monday, 29 June at 23:59.

Late registration in Eventor until Sunday, 5 July. After 5 July, registration is possible in Time4o for all classes as long as maps are available. Link will be available in Eventor.

For issues with entries, please contact the organiser on info@soerlandsgaloppen.no

Entry fee

Regular classes	
Up to 12 years	120,- per race
13-16 years	120,- per race
17+ years	230,- per race

Open classes	
Up to 12 years	120,- per race
13-16 years	120,- per race
17+ years	180,- per race

Late entry fee: 50% extra (regular classes from 13 years).

Payment

Norwegian clubs are invoiced afterwards.

Foreign clubs pay upon registration via Stripe.

Timing and Punching

Timing and punching with emiTag touchfree for all races.

Runners without their own tag will be assigned a rental chip (NOK 50 per race).

Unreturned or damaged/destroyed tag will be invoiced for the chip's cost price, i.e. approximately 930,-.

Prizes

Classes	Daily prize	Overall
N1-Open N2-Open 10-16	Prize for all immediately after finish	None
W/M9-10	Prize for all immediately after finish	None
C-Open 10-16	Prize for all immediately after finish	None
B-Open 10-16	Prize for all immediately after finish	None
W/M11-12	Prize for all immediately after finish	Extra prize for top 3 days 1-3. No overall prize.
W/M13-14	Prize for all immediately after finish. Extra prize for top 3 days 1-4	
W/M15-16	Prize for top 3 days 1-3	1/3 overall prize
W/M17-20 W/M21-	Prize for winner days 1-3	1/8 overall prize
Other A-classes	None	1/8 overall prize
Other Open classes	None	None

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Overall prizes

Overall prizes are based on total time over all four races.

For D/H13–14, D/H15–16, and D/H17–20:

Day 1: Sprint

Day 2: Mass start with forking, slightly extended middle distance

Day 3: Long distance with individual start

Day 4: Chasing start based on standings after three stages

Leader jerseys and other elements will be announced later

Medical services

Medical services available every day.

Child care

All classes for adults have an open start and childcare is only offered with advance registration.

Contact: info@soerlandsgaloppen.no

Kid's course (Småtroll)

Kid's course for children every day (NOK 30, prize for all).

Organising Committee

Event Director: Espen Raastad, Skien OK
Ass. Event Director: Per Olav Gulbrandsen, Larvik OK
Maps and Courses: Harald Hovi, Skien OK
Entries and timekeeping: Dagfinn Øksenholt, Skien OK
Information: Eli Sæterdal, Skien OK
Course planners: Jørn Sundby og Harald Hovi,
Race controllers: To be appointed by Vestfold og Telemark O-krets.

Web page

www.soerlandsgaloppen.no

Facebook

<https://www.facebook.com/Soerlandsgaloppen>

Contact

info@soerlandsgaloppen.no

Sale at arena

There will be food and kiosk sales at the arena every day.

There will be sports products from O-Sport every day.



O-SPORT



[facebook.com/
events/985433299335669](https://www.facebook.com/events/985433299335669)