



Welcome to Stockholm Indoor Cup 2015!



Stockholm Indoor Orienteers in cooperation with Fredrika Bremergymnasierna welcomes you to the most spectacular and fun event of the year- indoor orienteering during the weekend 7-8th February 2015!

Stockholm Indoor Cup (SIC) is the event where the sky is the limit of our fantasy! There will be route choice legs, tricky find-your-way-legs, extraordinary control points and maybe some surprises... Combine with a weekend in Stockholm and a long run (outdoors!) after the Saturday event! The Sunday race probably has the biggest competition area ever for an indoor-O. Both stages are easily accessible with public transport.

Competition format: Two stages, in two different buildings. The sum of the two times will be counted to find a winner. It is possible to only compete in one of the races.

Categories: Men (SIC Herrar), Women (SIC Damer), M-12 (H-12), W-12 (D-12), M-16 (H-16), W-16 (D-16) and a non-competition class (SIC Motion).

Entries: Through Eventor (<http://eventor.orientering.se/Events/Show/11257>) if you/ your club has an account, otherwise by e-mail to info@stockholmindoorcup.se. Please state name, SI-bib no, category and club. Cost 90 SEK/day per adult, 50 SEK/day per youth (up to 16 years) if entered before 1st February 23:59. Late entries accepted until Thursday 5th February 23:59 at 50 % increased entry fee. If there are any extra maps, there will be possibility to enter on the day at 100 % increased fee. Exception for SIC Motion, where the fee, regardless of when entering, is 90 SEK. Payments preferably by cash at the event.

Event centre stage 1: Tyresö Gymnasium (upper secondary school). See map: <https://goo.gl/maps/iOxcG>. From Gullmarplan metro station, take bus 872 for 18 minutes.

Event centre stage 2: Nacka Gymnasium. See map: <https://goo.gl/maps/TOzuh>. From Slussen metro station, either bus or Saltsjöbanan train for approximately 10 minutes.

Weather: Guaranteed temperature around 20°C and NO risk for rain!

Terrain: Two big upper secondary schools, one at 20 000 square metres! Generally good runnability, may be reduced by a couple of tables. Some stairs and maybe something special...

Information: Can be found at Eventor: <http://eventor.orientering.se/Events/Show/11257>, at www.stockholmindoorcup.se or through our Facebook-page

Extra training: In cooperation with Söders-Tyresö there will be a long run after Saturday's event. Lunch will be offered, and showers will be available. If interested, please contact us on info@stockholmindoorcup.se for more information in English and entry.

Event co-ordinator: Martin Gelinder +46767801889. General info by email to info@stockholmindoorcup.se

Welcome!

www.stockholmindoorcup.se

