



Stockholm Indoor Cup Final Details



Welcome to Stockholm Indoor Cup! The maps are printed, the computers systems double checked and all staff are now ready for the world's largest indoor orienteering event. Get ready!

The English final details are a shortened version of the Swedish details. If there is anything missing, please do not hesitate to contact us through e-mail, Facebook or give us a call!

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.

Entry on the day: If there are any extra maps, there will be possibility to enter on the day to any of the classes, to the cost of 180 SEK for adults, 100 SEK for children up to 16. Exception for SIC Motion, where the fee, regardless of when entering, is 90 SEK. Payments preferably by cash at the event, Euros and Pounds are accepted.

Event centre stage 1: Tyresö Gymnasium (upper secondary school). See map:

<http://kartor.eniro.se/m/AuxBT>. From Gullmarplan metro station, take bus 872 for 18 minutes to station

"Tyresö Gymnasium", and from there less than 5 minutes' walk to the arena. The route will be marked. Some parking space is available, however it will not be enough. Competitors arriving by car are advised to park according to local parking regulations. Signposting with O-kites from the Junction Farmarstigen/Njupkärrsvägen.

NOTE: Only the marked entrance is allowed, which is not the main entrance but a back door. Follow the marked route from the bus station, or from the car parks and you will get to the right place!

Event centre stage 2: Nacka Gymnasium. See map: <http://kartor.eniro.se/m/nVmb8>. From Slussen metro

station, either bus to Järla Station or Saltsjöbanan local train to Saltsjö-Järla Station. Travel time approximately 10 minutes. From there 5-10 minutes marked route to the school entrance. The recommended parking space for cars is outside Nacka idrottshall adjacent to the school. Follow the signposts (O-kites) from the junction Vikdalsvägen/Griffelvägen (see map) to the parking.

NOTE: Only enter the school through the marked entrance, the main entrance. All other doors will be locked.

Starting procedure: Allocated start times will be used in the classes Men (SIC Herrar), Women (SIC Damer), M16 (H16) and W16 (D16) due to the large amount of entries. Check your start time on Eventor. Other classes have free start times between 10:00 and 12:00. Call-up is 4 minutes prior to start on Saturday and 3 minutes on Sunday. Punching start is used in all classes. No looking at the map before start.














The maps are not in plastic bags. This should not be necessary indoors but if you wish to have one, please bring your own. Saturday's map is in the size A3 and Sunday's in A3+ (442 x 312 mm).

Punching system: The Sportident system is used, all types of SI-cards should work. SI-cards can be rented

for 25 SEK.

Rules and map info: The maps are of obvious reasons not possible to create using the ordinary symbols. The most common map objects are:

Map symbols

 M	Staircase	 v/	Toilet/ Wash Basin
 G	Spiral staircase		Locker/Shelf/Ventilation equipment
 / 	Table		Plant/tree
 / 	Seating object (large)		Other water object
 / 	Pillar		Anything other unusual

Observe that most objects on wheels are not mapped, nor ordinary chairs. The map is drawn with the levels on top of each other, with one exception. Due to the amount of floors on Sundays event- and the big size, floors 4 and 5 are drawn to the right of floor no 3.

A map from the previous year is available on Eventor and will be posted on the event centre. The maps are drawn in the same way as the map example. We recommend having a look on this map to give you a good view on how the maps are drawn.

Staircases are marked with a colour, a letter and an arrow. The arrow points upwards in the stairs. If you ascend through a staircase marked with a purple background colour marked with M, you will find yourself on the floor above at the staircase marked with M and the purple colour after climbing the stairs. Any intermediate floors are drawn on the floor above. This means, if you descend half a staircase, you are still on the same floor.

You may not exit the building at any time during the race. It is not allowed to run on top of any furniture, nor run below them. Please run around all furniture. Some forbidden areas are marked in the schools. These may of course not be passed.

Any open doors are marked as an opening in the walls, and are opened already. Do not open any doors! We promise, there is a way to get to every control anyway! ☺

Sharp corners and quick turns are inevitable in the indoor environment, which potentially is a big injury risk. Please be cautious when approaching sharp corners and other potentially dangerous areas. Some stairs will be crowded, stick to the right to ensure that everyone can pass quickly and easily. Staff will be patrolling the area to ensure everyone's safety and that you stick to the rules!

We recommend that you leave your compass at home or in your bag, you will find no use for it.

Clothing: Only clean shoes allowed, absolutely no studded shoes! Checks will be carried out. Otherwise no

special clothing requirements.

Controls: Only marked with the SI device. There are a lot of controls out in the school and some are as close as 5 metres from each other. Check the control description carefully! If you are running with SI card 5, make sure to punch only at your controls as many of the courses have 28 controls!

Prizes: No stage prizes, only total prizes after two days to the top three. Prizegiving will be held approx. at 1 pm/13:00.

Services: Refreshments available at both stages with hot dogs, a variety of sandwiches, sweets, soda, coffee, tea, homemade cakes etc. Toilets but no showers are available on both days.

Other info: The schools are under surveillance by CCTV. By running you accept being filmed.

The large amount of entries were far above anything we expected. Therefore, the event centres are likely to become very crowded. We hope for your understanding.

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

Welcome and good luck!

**wishes Stockholm Indoor Orienteers in cooperation with
Fredrika Bremer upper secondary school of orienteering!**

