



Stockholm Indoor Cup 2016

-The World's biggest indoor orienteering event!



Stockholm Indoor Orienteers, in cooperation with the orienteering school at Fredrika Bremerymnasiet, invites all of you to the 4th edition of Stockholm Indoor Cup! We will offer two completely new maps in two new areas in Stockholm. It is fun, it is unique- and it is something for everyone! Welcome to SIC 2016, 6-7th February 2016.

Competition area stage 1, Saturday 6th February: Midsommarkransens Gymnasium, Tellusborgsvägen 10. See map: <http://kartor.eniro.se/m/1KmOe>. Metro service to Midsommarkransen station, from there 5-10 minutes' walk (taped) to the competition centre. Direct shuttle buses are available from Stockholm Arlanda Airport to nearby station Liljeholmen.

Competition area stage 2, Sunday 7th February: Sturebyskolan, Bastuhagsvägen 20, see map: <http://kartor.eniro.se/m/CNfXu>. Metro service to Stureby station, from there 5-10 minutes' walk (taped) to the competition centre.

No parking organised on any of the days, if you choose to travel by car, park according to local regulations on nearby streets and parking lots.

Competition: Two stages, one on Saturday and one on Sunday. The time from both stages are summed up to give a total result. Shortest total time will be SIC champion 2016!

Categories/ Classes: New categories this year. Please note that entry on the day only is available to "SIC Motion"-classes and U2!

Category	Available for	Comments
SIC Herrar (Men)	Everyone	"The original course"- as hard as possible!
SIC Damer (Women)	Women	"The original course"- as hard as possible!
SIC Herrar light (Men)	Everyone	Easier course, but still a competition category
SIC Damer light (Women)	Women	Easier course, but still a competition category
H16 (M16)	Boys 16 yrs or younger	
D16 (W16)	Girls 16 yrs or younger	
H14 (M14)	Boys 14 yrs or younger	
D14 (W14)	Girls 14 yrs or younger	
H12 (M12)	Boys 12 yrs or younger	
D12 (W12)	Girls 12 yrs or younger	
U2	Youth	For youth (below 16 yrs). Pair running and help allowed. Entry on the spot available
SIC Motion lätt (easy)	Everyone	Non-competing category "easy", entry on the day possible
SIC Motion svår (difficult)	Everyone	Non-competing category "difficult", entry on the day possible

We have a limit of 150 competitors per category, and a restriction of 50 starters per start interval. If the number of competitors is high, we may have to restrict the maximum number of competitors in total due to fire regulations.

Start: First start time 10.00 am both days, last start 13.00 pm. Allocated start times are applied in all

categories except for SIC Motion lätt/svår and U2. You may choose your start time in blocks: 10.00-11.00, 11.00-12.00, 12.00-13.00, as presented on Eventor. Finish closes at 14.15 pm, choose a starting slot accordingly.

Entry: Through Eventor (<http://eventor.orientering.se/Events/Show/12764>) (preferably, otherwise by e-mail to info@stockholmindoorcup.se) by Sunday 31st January 23.59. Entry fees per stage are 130 SEK/ adult, 75 SEK/ youth below 16 years. Late entries are allowed until Wednesday 3rd February 23.59, 50 % extra fee. If you are not a member of a Swedish orienteering club you **MUST** pay your entry fee at the arena. Anyone not doing so may be denied start during the second stage. Payment will be possible by cash or most major cards.

Map and rules: Will be presented closer to the competitions. Some differences will be made to increase visibility. New maps drawn December 2015 and January 2016.

The competition has seen a rapid growth in terms of participants, which in many ways is really fun but also brings some difficulties. Finding suitable areas for indoor-O is becoming trickier and although our arenas this year are big it may be quite cramped. By choosing approximately when to start we hope to reduce the crowd. We hope you will enjoy the competition anyway!

Arena services: Live results, speaker, and of course a great café service! Unfortunately, no showers are available any of the days.

Extra training: Feel like indoor-O is not enough? After Saturday's event, there will be a long run for everyone interested! Start 13.00, and courses from 5 to 18 km. Refreshments will be available along the route. Entry either by e-mail or through Eventor's "extras" when entering the competition. For this we charge a small fee of 40 SEK. Suits everyone!

Enquiries: Either by e-mail to info@stockholmindoorcup.se or by phone to the event director. We are glad to help with any questions you may have!

Main organiser/ event director: David Hector +46 70 437 65 81.

Course setter: Assar Hellström and Alice Törnlund

We are on Facebook and Instagram, follow us there for the latest news!

www.facebook.com/stockholmindoorcup. Hashtag your Instagram pictures with #sic16! Our official webpage is www.stockholmindoorcup.se.

Welcome!

