



Stockholm Indoor Cup Final Details



Get ready for the World's by far biggest indoor orienteering event! More than 670 competitors have entered into what will probably be the most spectacular event of the year in Sweden! Stockholm Indoor Orienteers, in cooperation with Fredrika Bremer orienteering school, welcomes all of you to the fourth edition of Stockholm Indoor Cup!

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: Yes, it is possible to the non-competing categories (SIC Motion lätt, SIC Motion svår and U2 (up to 14 years old)), as long as there are maps available. Cost 130 SEK for adults, 75 SEK for children.

Payments: All competitors competing for a non-Swedish orienteering club, or competing without club membership **must** pay their entry fees before starting. Anyone not doing so will be denied start. We accept payments by cash (Swedish kronor and Euros accepted, 1 EUR = 9 SEK), card (Visa, Mastercard, American Express) or by Swedish service Swish.

Event centre stage 1: Midsommarkransens gymnasium (upper secondary school), Tellusborgsvägen 10. See map: <http://kartor.eniro.se/m/1KmOe>. The metro stops at Midsommarkransen station on the red line, from there about 500 m walk to the event centre. Exit through the southern exit marked towards Svandammsvägen, and from there the route will be taped. If you are arriving by car, the route is marked by O-kites from the junctions Kilabergsvägen/ Hägerstenvägen as well as Södertäljevägen/ Tellusborgsvägen. You will find a very limited amount of parking slots around the school, however they will not be enough so please park according to local regulations on the streets

NOTE: The only allowed way to enter the school is through the main entrance, which will be clearly marked. All other doors will be locked.

Event centre stage 2: Sturebyskolan (primary and secondary school), Bastuhagsvägen 20. See map: <http://kartor.eniro.se/m/CNfXu>. The metro stops at Stureby station on the green line, from there approx. 800 m walking distance. Exit through the only exit and from there the route will be taped. If you are arriving by car, the route will be marked by O-kites from the junctions Örbyleden/ Skönsmovägen as well as Örbyleden/ Bastuhagsvägen. However, there are **no parking slots available** on site, so park on the surrounding streets according to local regulations. We strongly recommend using public transport!

NOTE: Only enter the school through the marked entrance, the main entrance which is located on the northern side of the building. All other doors will be locked. The school has a policy of no outdoor shoes inside the building; therefore all competitors are required to remove their shoes when entering the building and only put on your shoes again when heading home. Plastic bags for storage will be supplied.

Starting procedure: Allocated start times will be used in all categories except for the non-competing categories (SIC Motion lätt/svår and U2). Check your start time on Eventor. Those with free start times may start between 10.00 and 12.45. Call-up is 3 minutes prior to start. Categories M/W 12 and M/W 14 may look at their maps 1 minute 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. The maps are in the size A3 for all categories, both days.

Punching system: The Sportident system is used, all types of SI-cards should work. SI-cards can be rented for 30 SEK.

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

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

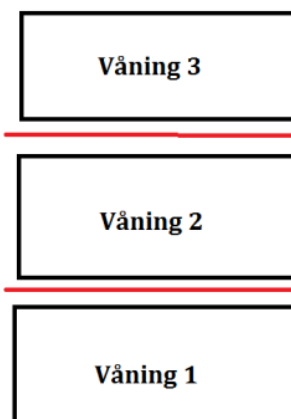
Map symbols

 A Staircase	 Locker/shelf/ ventilation equipment
 Table	 Toilet/ Sink
 Plant/tree	 Seating object (large)
 Floor	 Permitted outdoor passage
 Unusual object	

Note that most objects on wheels are not mapped, not ordinary chairs either. The map is drawn with the levels on top of each other as seen in the diagram to the right. There may be more or less than three floors.

Some map symbols have changed since last year's edition. These include stairs, tables and ground colour. The symbols shown above are the correct ones.

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. Different to last year, all stairs in the same stairwell have the same letter. Also, the colour marking has been increased to cover the whole stair, this is to increase readability. There will be an example displayed on Eventor (however, only with Swedish text). In some stairs, the stair has been divided into two parts by blue and yellow tape, and marked with a purple line (as usual for a forbidden area). These, as well as any ordinary forbidden passage, may not be passed regardless of why the division is there.

You may not exit the building, during the race, except through accepted outdoor passages. These are marked on the map with blue background and are found on both stages. It is not allowed to run on top of any furniture, nor run below them. Please run around all furniture, this is especially important during the first stage. Some forbidden areas are marked in the schools. They may be there of many different reasons (sometimes just to make it more difficult) and 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. Some other passages may also become very crowded so please show respect to your fellow competitors, especially towards the youngest. If someone is injured (whether if you are responsible or not) it is your responsibility to help according to Swedish orienteering rules. 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.

The competition area is out of bounds at all times except when running. This is to ensure a safe and less crowded "terrain". Also, please do not show your map to those that have not yet started. Maps will not be collected after finish so it is up to you not to show anyone.

Controls: Only marked with the SI device. There are a lot of controls out in the school and some are even closer than 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 in the competition categories. The youth class U2 will receive prizes directly after finish. Prizegiving will be held as soon as the final results are available, hopefully at around 14.00 / 2 pm.

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. On Sunday's stage, the toilets are spread out around the arena as shown on the arena map, on display through Eventor. The arenas will offer a good spectator view, with many chances to see the runners. Live results displayed on screens.

Other info: The schools are under surveillance by CCTV. By running you accept being filmed. Due to the large number of competitors, both the arenas and the “terrain” may become very crowded. We hope for your understanding. Take it easy when competing, usually the one who can interpret the map the best will win, not necessarily the fastest runner.

We are guests in the buildings and we want to be able to continue having these types of events. Therefore we kindly ask you to take it easy not to destroy anything. In some parts (especially during Sunday’s stage) there are plenty of loose objects- please make sure you don’t break anything! If you do, kindly report it to the nearest organiser, you will be liable for any damages. This is very important for the competition’s future!

Long run: The long run will start at 13.15 pm, and meeting time is 15 minutes prior to start at 1 pm. The long run will start from nearby “Brännkyrkahallen” (100 m walk) , ask an organiser if you are unsure of the direction. The aim is to run for 2 hours, but it can be increased or decreased depending on personal preferences. Drinks (water and warm squash) are available at a control which will be passed every 2 km (through loops). The total length is slightly more than 22 km (mainly roads) but it may be shortened down to 8 km. Unfortunately, we cannot provide any showers after the race but you are back before 15.30/3.30 pm it is possible to change clothes inside the school building.

Event co-ordinator and contact: David Hector +46 70 437 65 81. General info by email to info@stockholmindoormap.se.

We also wish to thank our sponsor, Lalle Idrott & Resor who organises trips to the Jukola and youth Jukola relays! Read more at www.lalle.nu

Welcome and good luck!

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

Lalle
Idrott och Resor



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