



**Mångkampsförbundet Väst
invite you to
Swedish Cup and World Cup
in Biathlon Orienteering
24th – 25th of May 2025**

Competitions

- Saturday - Classic distance: SC 1, WC 3
- Sunday - Sprint: SC 2, WC 4

Safety is very important. If the competitor doesn't have valid experience from shooting with Cal .22 long, please register in one of the open classes where the competitors use electronic rifles. If the organizer is uncertain of experience, we will double check the same with the competitor prior to the competition to ensure entry to the correct class.

Competition Area

Örgryte shooting range. Gamla Boråsvägen 70, Göteborg. Signs from JA Fagbergs väg shortly after Delsjömotet at RV40

Time schedule

24th of May, Classic distance – Adjustment shooting at paper board between 9.00-11.00
First start at 11.00

25th of May, sprint – Adjustment shooting at paper board between 9.00-10.30.
First start at 10.45

Maps

Delsjöområdet (2023). Equidistance 5 m.

Classic: Scale location orienteering 1:7 500, free orienteering, see table below

Sprint: Scale 1:7 500 for all

Open courses

The classes Open Short and Open long has electronic shooting with Ecoaims. Up to HD16 only prone shooting. Competitors 17 and older have both prone and standing shooting. Adjustment shooting for electronic rifles at the separate shooting range for electronic rifles (placed at the Arena as well).

Youth

Classic distance: M/W10 do not have any location orienteering, only orienteering and shooting. M/W12-14 and open short have shortened and easier location orienteering, about 1,5 km and 5 controls. Remaining classes have classically 3 km and 10 controls.



Terrain

Classic: Mainly moderately hilly terrain with areas of strongly hilly sections for the longer courses. The youth courses, the shorter courses and the last part of the longer courses run in a recreation area with many larger and smaller paths. There may be new cycle paths in the terrain. Good run ability as the grass has not yet had time to grow up.

Sprint: All courses run in an recreation area with a lot of trails and also a golf course through the area. Partly many details in the terrain. Be attentive in the vicinity of the golf courses and respect prohibited areas.

Weapons

.22 long rifle. Shooting against Kurvinen targets. A small number of rifles are available for rent. Fee is 100 SEK/day including a box of ammunition for .22 long. Electronic rifles are available at the shooting range, also for adjustment shooting. The organizers will have electronic rifles for the participants in these classes.

Classes and course length

As per the rules for Biathlon Orienteering. The organizer will merge classes if there are no or too few competitors in a specific class. Estimated time only refers to the free orienteering.

	Sprint	Scale	Classic distance	Scale	Difficulty
M/W 21	18-20 min	1: 7 500	45-60 min	1:10 000	Blue
M/W 21 S	-	-	30-40 min	1:10 000	Violet
M/W 20	18-20 min	1: 7 500	40-55 min	1:10 000	Blue
M/W 16	18-20 min	1: 7 500	30-40 min	1:10 000	Violet
M/W 14	18-20 min	1: 7 500	25-30 min	1:10 000	Orange
M/W 12	18-20 min	1: 7 500	20-25 min	1:10 000	Yellow
M/W 10	18-20 min	1: 7 500	20-25 min	1:10 000	White
M/W 35	18-20 min	1: 7 500	40-55 min	1:10 000	Blue
M/W 40	18-20 min	1: 7 500	35-50 min	1:10 000	Blue
M/W 45	18-20 min	1: 7 500	35-50 min	1:7 500	Blue
M/W 50	18-20 min	1: 7 500	35-50 min	1:7 500	Blue
M/W 55	18-20 min	1: 7 500	30-45 min	1:7 500	Blue
M/W 60	18-20 min	1: 7 500	30-40 min	1:7 500	Blue
M/W 65	18-20 min	1: 7 500	25-35 min	1:7 500	Blue
M/W 70	18-20 min	1: 7 500	25-35 min	1:7 500	Blue
M/W 75	18-20 min	1: 7 500	25-35 min	1:7 500	Blue
Open S 1)	18-20 min	1: 7 500	20-25 min	1:10 000	Yellow
Open L 1)	18-20 min	1: 7 500	30-40 min	1:10 000	Violet

- 1) The classes Open Short and open long have electronic shooting with Ecoaims. Until 16 only have prone shooting. 17 and older have both prone and standing shooting.

Punching system

Sportident. SI Cards can be rented (make a note in the registration) for a fee of 50 SEK/day. Competitors failing to return the rented SI card will be charged a fee of 600 SEK.



Entry

By email to desire.rex@outlook.com at the latest 2025-05-11. If you need to rent a rifle, please add to the registration. There are a few rifles available for rent. Late registration is available until 20.00 2025-05-20 by email mentioned above, for an extra fee of 50 %. Foreign competitors need to pay to bank account in advance, no payment of starting fees at the arena. Payments are made to:

Mångkampsförbundet Väst
Bank: Nordea
SWIFT: NDEASESS
IBAN: SE82 9500 0099 6026 0724 5822

Fees

Classic and sprint distance: M/W20 and older 275 SEK, Others 175 SEK (incl. open classes)

Service

Toilet available but not shower.

Accommodation suggestions

Partille Vandrarhem; [Partille Vandrarhem](#)

Lisebergs Camping; [Lisebergsbyn - öppet för dig året om | Liseberg](#)

Kvibergs Vandrarhem; <http://www.vandrarhem.com/>

Wendelsbergs Vandrarhem; [Startsida - wendelsberg.com](#)

Competition information and startinglist

Eventor and at: www.orienteringsskytte.se

Information

Sara Holmdell; +46 739 07 29 77 sara.holmdell@outlook.com

Competition management

Competition leader	Sara Holmdell
Administration	Desiré Rex
Shooting range officer	Björn Borg
Electronic shooting range officer	Håkan Persson
Course setter location orienteering	Frida Wallström
Course controller locations orienteering	Yngve Nilsson
Course setter Classic distance	Frida Wallström
Course setter Sprint	Frida Wallström
Course Controller Classic+Sprint	Klaes Axelsson
IBOF/Event controller	Yngve Nilsson, OK Gipen

Welcome to Gothenburg in the spring!

Arranging clubs:

