



Bulletin 3

Swedish Championships & WRE Middle Distance 2025

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WELCOME TO KARLSTAD!

...and the Swedish Middle Distance Championships on Friday, 9 May and Saturday, 10 May 2025. The Middle Distance Championships are also part of the Swedish League and are an IOF World Ranking Event.

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GENERAL INFORMATION QUALIFICATIONS & FINALS

Directions to Quarantine and Arena

Quarantine Friday, applies to all competitors

The quarantine is located approximately 1.5 km south of the arena. GPS coordinates [59.488427, 13.954821](#). Competitors should either park in the designated area at the quarantine or be dropped off.

Quarantine Saturday, applies to A-finalists

Ölmhults Bygdegård is located approximately 2.5 km north of the arena. GPS coordinates [59.519325, 13.945746](#). Competitors should either park in the designated area at the quarantine or be dropped off.

Main Arena

Arena Lindrågen, Väse, Karlstad GPS coordinates [59.499045, 13.958907](#).

Directions

Signposting starts from the exit "Väsemotet" off motorway E18, east of Karlstad. From there it is approximately 15 km to the arena. It is also possible to approach the arena from the north, with signposting starting from Ölmhults Bygdegård.

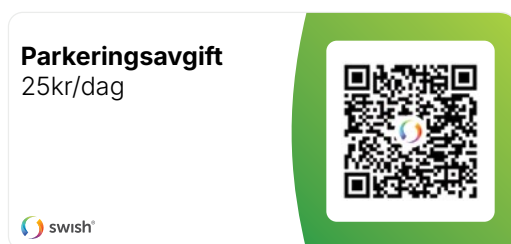
Parking

Main parking will be adjacent to the arena. Runners who are going into quarantine will either park at the quarantine or be dropped off at the quarantine. Distance from parking to the arena: 300 - 500 m.

We encourage carpooling for all participants, coaches, and spectators. Large buses must be registered in advance via email to info@sm2025.se.

Parking fee: 25 SEK/day, valid for parking both at the quarantine and the arena. Can be paid on site or prepaid on the website sm2025.se/tjanster

There is a risk of limited cellphone coverage, pre-payment is a good option.



Spectator information

Spectator competition

Alongside the Swedish Championships, "Värmlandstrippeln" is organized in collaboration with Skattekärrs SOK. Information about the competitions can be found in Eventor. Participants in the Swedish Championship relay are allowed to run the spectator races on Friday and Saturday.

Livecoverage

Throughout the entire SM weekend, live coverage will be provided both at the arena and online.

Qualifications

The competition can be followed via the announcer at the arena. It is also possible to follow online live results. Announcer sound and finish camera will be available on the website sm2025.se

Final

The final can be watched live at the arena, where we offer an arena production with a large screen for the audience. Live results are available online.

A live streaming production is offered for those who are unable to attend the competition at the arena. The live broadcast is free, but the entire production is run by volunteers. If you appreciate the broadcast, please feel free to donate via the QR code or via the homepage (pay what you want). Your support helps us keep the coverage going!

Donation
Arenaproduktion
& Streaming
Valfri summa



Photos

The organizer will provide photos taken during the competition, which may be used by clubs, runners and media. The images will be published on bildbank.oktyr.se

Speaker

Per Forsberg

Information to VIP/Media

Media wishing to cover the competitions can submit accreditation requests to press@oktyr.se, no later than May 6th. Accreditation will be confirmed by the organizer and grants access to the media parking close to the arena, as well as the media tent at the arena with electricity and internet connection options.

Invited VIPs will receive accreditation from the organizer in advance, which grants access to VIP parking close to the arena as well as the VIP tent at the arena.

Training

We offer 4 training areas. More information about each area can be found at sm2025.se/traningspaket

Rules & Fair Play

The Swedish Orienteering Federation's competition rules, including rules for the Swedish League and IOF World Ranking Event (H/D21 only) are valid for the event. Competitors are responsible for reading the supplementary information in the bulletins.

It is the responsibility of each competitor to not share information about the competition, maps, courses, and similar details with coaches and competitors who have not yet started in the competition.

Competition rules 8.2.6: Competitors are not allowed to obtain information about the competition course or competition map, other than what is provided by the organisers, before the competition is completed.

Please take a look at the document "Fair Play Principles", which is available as a separate document on Eventor.

Restricted Area

For embargoed areas, see Eventor. It is forbidden for all competitors in the qualifying race to visit the arena before the start on Friday, and for A finalists before the start on Saturday. It is permitted for competitors to be in the parking area near the Arena, for example, to drop off fellow travelers.

It is not allowed to re-enter the competition area after finishing.

Arena Information

Pre-ordered hot meal

Pre-ordered hot meals will be served at the arena (applicable to both competitors and others).

Friday between 15:30 - 19:00.

Saturday between, 12:00 - 14:30 & 16:00 - 18:00.

Your order will be checked off when picking up your meal.

Arena Service

Kiosk/Food service

A selection of lighter meals, such as hot-dogs and ham-burgers, as well as drinks and snacks, will be available at the arena. Card payments and Swish are accepted on-site, no cash payments.

Sports sales

Letro Sport will have a good selection of orienteering related items available for purchase at the arena.

Water

Water will be served after the finish line.

Toilets

Toilets will be available at the arena.

Shower

Warm outdoor showers will be available near the arena.

Results

Results available via screens in a tent near finish.

First Aid

First aid will be available at the arena. A defibrillator can be found at the first aid station.

Recycling

In cooperation with Karlstads Energi, please sort waste into designated bins placed around the arena. Please respect this system.

Communication

There is limited capacity in the mobile network at the arena. The organizer will provide a public WiFi which will have limited capacity, so everyone is encouraged to minimize their usage. Please follow the competition live via the large screen at the arena instead of streaming via your mobile.

Arena Map

Please see the separate arena map, which will be published in Eventor no later than Thursday prior to the competition.

Cool-down

After the qualification and final races the cool-down area is the arena and parking areas. No cooling-down in the competition area, please respect signage.

Club tents and flags

It is possible to set up club tents in designated areas and club flags at the arena. Please see the arena map and follow the organizer's instructions. Kindly ensure that no club flags or banners obstruct the large screen.

General competition information

Punching system

Sportident touch free - SIAC.

Competitors who have made an entry before the ordinary entry date, and have not entered a SIAC punching card number, will be assigned a SIAC by the organiser. Competitors who make a late entry to the competition and enter without a SIAC punching card will be assigned a regular SI card without touch-free function.

The borrowed cards are handed-out in the quarantine area together with the number bibs. The borrowed punching card must be returned after the final competition. A non-returned SIAC card will be charged SEK 750, for SI card SEK 500.

Competitors are responsible for clearing and checking their punching card when checking at the pre-start. The touch-free function on the SIAC card is activated during the card check.

At each control point, there are at least two punching units. The code number can be found on the punching units.

The SIAC card can be used for touch-free punching or used like the older card models. The function of inserting the card into the hole of the punching unit always works.

It is the competitor's responsibility to ensure that the punch is registered. If one unit does not work, the other unit should be used for punching.

Number bibs

All competitors in the qualification race and all in the A-final must wear a number bib. It will be handed out in the quarantine area. The number bib shall be attached with safety pins on the chest. Competitors should bring their own safety pins.

The map

Mosaren S1069 produced 2024 in accordance with ISOM 2017-2 based upon LIDAR and an earlier map. Final revisions made during spring 2025. There are some new forestry tracks in the terrain after light thinning done during the spring, with the most prominent ones marked on the map. Stones are marked with a minimum height of approximately 1.2 m.

The competition maps are sealed in a plastic bag.

Mappers are Jerker Boman and Karl-Erik Engblom.

Scale 1:10 000. Contour interval 5 m.

Printed using a SOFT Level 1 & IOF certified colour printer.

Control definitions

Loose definitions are obtained at the start and are also printed on the map. Maximum size for loose definitions is length 170 mm, width 55 mm.

Terrain description

Terrain Type

Forested area with a limited and discontinuous network of forest roads and trails. There are several forested wetlands in the area.

Relief/Hilliness

Moderate to steep relief with some detailed hillsides.

Runnability

Good runnability except for a few areas with dense forest, marked on the map. Logged areas of various sizes occur, but they do not significantly limit runnability. Otherwise, the vegetation consists of mature coniferous forests, though the terrain can be physically challenging due to abundant blueberry bushes, heather, and moss.

Forbidden areas

The competition areas closest to the starts and the arena are forbidden areas. Forbidden areas on the course are marked on the map. Please respect tapes and signs in the terrain.

Maximum time

The max time is 90 minutes for both qualification and final.

Withdrawal

Withdrawals are to be sent to sekretariat@sm2025.se no later than Thursday, May 8th. Please provide your name, class and club.

Withdrawals on the competition day are to be submitted to the Information tent at the arena or via text message to 070 668 20 86.

Transport of luggage and clothes

Competitors can leave their luggage at the designated location in the quarantine area for transportation to the arena. The luggage should be packed in a single package and labeled with the start number. A label and pen will be provided for marking.

Warm up clothes can be left for transport to the arena at the pre-start.

Complaints and Protests

Any complaints or reports of rule violations should be submitted to the Information tent at the arena for review by the organizer. Complaints must be submitted no later than 90 minutes after the last starter in the competition. The organizer will provide a written decision.

Protest

Protests against decisions made by the organizer should also be submitted to the Information tent, after which the event jury will make a final decision.

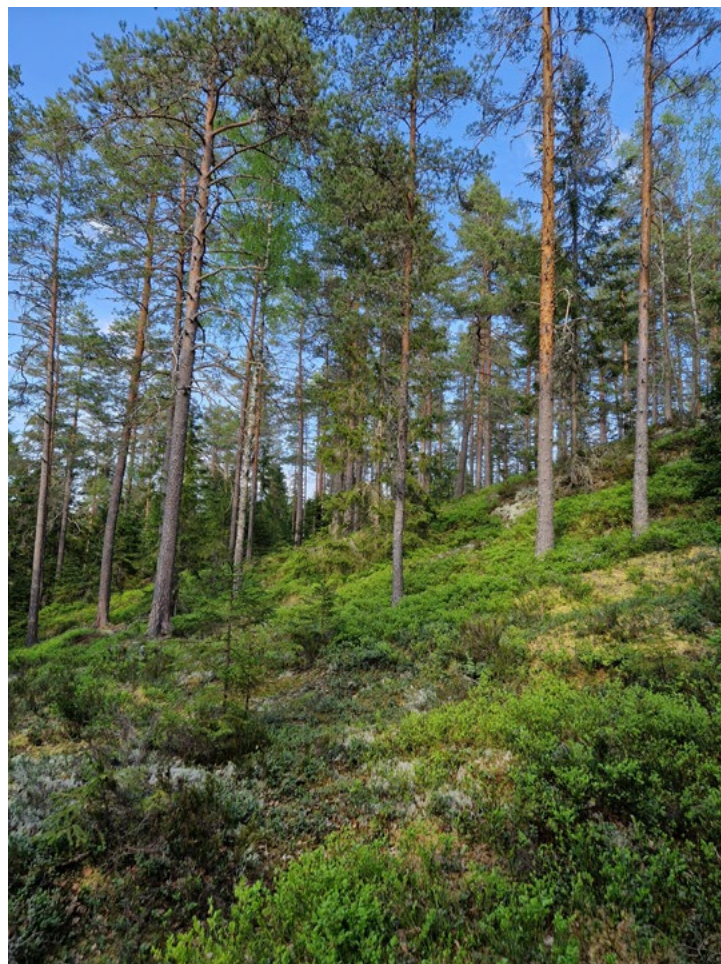
Forms for submitting a written complaint or protest are available at the Information tent.

Jury qualifications, Friday

Cia Fochsen, Anna Hansson, Göran Hedman

Jury finals, Saturday

Cia Fochsen, Peter Olsson, Göran Hedman



INFORMATION MIDDLE QUALIFICATIONS

Specific information for competitors and team officials participating in Friday's qualification races.

Class information

First start	Class	Last check-in quarantine	Heats	Course length	Estimated winning time	Number of runners to A-Final (per heat)	Bib numbers
14:00	D20	14:00	2	3770-3790m	25min	40 (20)	601 - 700
14:00	H20	14:00	3	4450 - 4540m	25min	42 (14)	701 - 900
15:30	D21	15:30	4	4740 - 4800m	30min	40 (10)	101 - 300
15:30	H21	15:30	6	5460-5620m	30min	42 (7)	301 - 600
17:00	D18	17:00	4	3380 - 3420m	25min	40 (10)	901 - 1100
17:00	H18	17:00	5	3960-4080m	25min	40 (8)	1101 - 1350

Control description adjustment for H21-2, H20-1, D21-1 & D21-3



A smaller error regarding control 134 has been found in the control description on the printed map. It only affects heats H21-2, H20-1, D21-1 & D21-3, regarding what feature the control is at (column C). The correct feature is the north east stone. All loose control descriptions handed out at the start have the correct information.

Quarantine and Start

How to get to the quarantine

Please use the directions outlined at the beginning of this document.

Information & rules

All competitors must stay in quarantine prior to their start. The quarantine **opens at 12:00**. The latest check-in time for each class is shown in the table under the heading "Class information".

Competitors and coaches who do not check in on time may be denied access to the quarantine area, and competitors who miss the check-in may be denied start.

Competitors and coaches are not allowed to visit the arena before entering the quarantine.

At check-in, everyone will be registered, including coaches. Competitors will collect their number bibs. Competitors who borrow a SIAC/SI-card will pick it up along with their bib.

The quarantine is outdoors. The organizers are providing a tent for protection against the weather. Please feel free to bring your own tents as the space in the shared tent is limited.

Competitors who have entered the quarantine may only leave the quarantine via the marked route to the pre-start area. Coaches are not allowed to accompany the competitors to the pre-start. Coaches leave the quarantine by checking out at the entrance and are not allowed to re-enter on the same day.

Electronic equipment

It is not allowed to use electronic communication equipment (for example, mobile phones) in the quarantine – this applies to both competitors and coaches. These must be turned off and stowed away. In addition, uploading to Strava/Livelox and similar services must be disconnected. In case of the emergency need for phone use, the quarantine manager should be contacted.

Mobile phones may be used after finishing the race. **Uploading personal GPS tracking to Strava/Livelox or similar services may take place no earlier than Friday at 17:00.**

The purpose is to ensure that no one can access information about the competition in advance.

Competitors who have not yet started are not allowed to actively seek information about the competition from those who have started, and this also applies before check-in at the quarantine.

Service at quarantine

- › Toilets
- › Water
- › Basic sports equipment from Letro (ie tape, compass, some shoe model)
- › Some snacks and coffee

Payment by credit card.

Start lists

Start lists will be published on May 6 in Eventor and posted on the competition day in the quarantine area and at the pre-start. The start interval is 2 minutes.

Start

The way to the start is marked with orange/white taping, first 300m through the forest, then on a forest road.

Distances

Quarantine to Pre-Start without the warm-up course 2 000 m

Quarantine to Pre-Start including the warm-up course
2 400m

Warm up course

Shortly after the competitor has left the quarantine towards the pre-start there is a self-service point for maps to a warm-up course. The course starts after 400 meters. A sign marks the starting point, and the course is 1.3 km. The controls along the course are marked with flags as in the competition, but without control units.

Scale 1:10,000, contour interval 5 m, format A5 in a plastic bag.

Competitors can choose to run the warm-up course or to continue following the orange/white taping to the pre-start.

Pre-start

Service at pre-start

- › Toilets
- › Water
- › Sport drink from Umara (lemon taste).
- › Pick up of warm-up clothes

Start procedure

At the Pre-Start

8 minutes before start. Competitors proceed to the check-in. The clock at the pre-start displays the call-up time. The SI card is cleared and checked. The competitor then continues toward the timed start.

Distance from pre-start to timed start: 350 meters, marked with orange-and-white tapes along a gravel road.

Timed Start

3 minutes before start. Competitors check in and have their SI card verified.

2 minutes before start. Competitors may take their control descriptions. It is the competitor's responsibility to ensure the correct control description is taken.

1 minute before start. Competitors move to the correct map box. On the back of the map, the class and qualification/final heat are indicated. It is the competitor's responsibility to take the correct map at the start signal.

Late start

If a competitor is late to start, the start staff will allow the competitor to start between two other competitors in the class. Time will be counted from the regular start time.

Late start is allowed up to 30 minutes after regular start time.

Finish

For the qualifying race, there is a remote finish. The finish punching unit is activated for touch free. Follow the taping to the arena to read out the punching card.

Collection and distribution of maps

Competition maps will be collected immediately after finishing at the remote finish until 17:00 PM. Map distribution will take place thereafter at the arena.

Qualifications to the final

The number of competitors in each class and heat that advance to the final is shown in the table above.

Foreign competitors who qualify for the A-final and are only competing in the Swedish League and WRE do not affect the number of Swedish Championship competitors qualifying for the A-final.

Those who have withdrawn from the qualification race, have been disqualified or not completed the qualification competition are allowed to run in the final (placed in the lowest final of the class).



INFORMATION MIDDLE FINAL

Specific information regarding competitors and team leaders participating in Saturday's final competitions.

A-final

All competitors in the A final gather in quarantine.

B-F Finals

Competitors in the B-F finals gather at the arena. See the directions at the beginning of the document. Competitors who did not run the qualifying race but are participating in the final and receive a punch card from the organizer can collect it at the Information tent.

A-Finals

Estimated first start	Class	Last check-in quarantine	Climb	Course length	Estimated winning time	Bib numbers
12:30	H20	12:45	255 m	4920 m	25-30min	401 +
12:53	D20	12:45	190 m	3780 m	25-30min	301 +
13:08	H18	12:45	210 m	4480 m	25-30min	601 +
13:25	D18	12:45	165 m	3510 m	25-30min	501 +
14:08	H21	12:45	315 m	6000 m	30-35min	201 +
15:01	D21	12:45	245 m	4950 m	30-35min	101 +

B-F Finals - Start from 10:30 for all classes, no bib-numbers

Class	Course length	Climb	Estimated winning time	Class	Course length	Climb	Estimated winning time
D18 B	2710 m	125 m	30 min	H18 B	3510 m	170 m	30 min
D18 C	2640 m	110 m	30 min	H18 C	3460 m	165 m	30 min
D18 D	2390 m	94 m	30 min	H18 D	3380 m	155 m	30 min
D20 B	2790 m	145 m	30 min	H20 B	4450 m	220 m	30 min
				H20 C	4350 m	200 m	30 min
D21 B	4310 m	210 m	35 min	H21 B	5350 m	275 m	35 min
D21 C	4160 m	195 m	35 min	H21 C	5130 m	250 m	35 min
D21 D	3940 m	190 m	35 min	H21 D	5100 m	255 m	35 min
				H21 E	4960 m	235 m	35 min
				H21 F	4890 m	230 m	35 min

General information for all finals Finish

Start lists

Will be published in Eventor after the qualifying competition, as soon as the draw has been completed and the start list is approved by SOFT. Start lists will be posted in the arena, the quarantine and at the pre-start.

Start

Pre-start applies for all competitors. Coaches are not allowed to follow along to the pre-start/start.

A-finals

Quarantine - Pre-start 1.6 km, marked with orange-white tape along a forest road.

B-F-finals

Arena - Pre-start 2.1 km, orange-white tape, first 800 m on a trail and then a forest road.

Pre-start

Services

- › Toilets
- › Water
- › Sport drink from Umara (lemon taste).
- › Pick up of warm-up clothes

Start procedure

At the Pre-Start

8 minutes before start. Competitors proceed to the check-in. The clock at the pre-start shows the call-up time. The SI card is cleared and checked. The competitor then proceeds toward the timed start.

Distance from pre-start to timed start: 350 meters, marked with orange-and-white tapes along a gravel road.

Timed Start

3 minutes before start. Competitors check in and have their SI card verified.

2 minutes before start. Competitors may take their control descriptions. It is the competitor's responsibility to ensure they have taken the correct control description.

1 minute before start. Competitors proceed to the correct map box. On the back of the map, the class and qualification/final heat are indicated. It is the competitor's responsibility to take the correct map at the start signal.

Late start

If a competitor is late to start, the start staff will allow the competitor to start between two other competitors in the class. Time will be counted from the regular start time.

Late start is allowed up to 30 minutes after the regular start time

Finish

The finish is at the arena. The finish punching unit is activated for touch-free.

Collection and distribution of maps

The maps will be collected immediately after finishing for the B-F finals until 13:00 PM. No map collection for the A finals. Map distribution will take place at the arena after 13:00 PM.

Quarantine A-finals

Directions

Please use the directions outlined at the beginning of this document.

Quarantine - information and rules

The quarantine opens at 10:30. Last time for checking in is at 12:45.

Competitors and coaches who do not check in on time may be denied access to the quarantine area, and competitors who miss the check-in may be denied start.

Competitors and leaders are not allowed to visit the arena before entering the quarantine.

At check-in, everyone will be registered, including coaches. Competitors will collect their bib numbers. Competitors who borrowed a punching card during the qualifying round use the same chip during the final.

The quarantine consists of a large open outdoor area, a good-sized indoor room, and a smaller indoor shelter. Please feel free to bring your own tents.

NOTE! No shoes allowed indoors and no orienteering shoes in the shelter.

Once competitors have entered the quarantine area, they may only leave the area via the marked route to the pre-start. Coaches are not allowed to accompany the competitors to the pre-start. Coaches leave the quarantine by checking out at the entrance and are not allowed to re-enter on the same day.

Electronic equipment

It is not allowed to use electronic communication equipment (for example, mobile phones) in the quarantine – this applies to both competitors and coaches. These must be turned off and stowed away. In addition, uploading to Strava/Livelox and similar services must be disconnected.

In case of the emergency need for a mobile phone, the quarantine manager should be contacted.

Mobile phones may be used after finishing the race. **Uploading personal GPS tracking to Strava/Livelox or similar services may take place no earlier than Saturday at 13:00.**

The purpose is to ensure that no one can access information about the competition in advance.

Competitors who have not yet started are not allowed to actively seek information about the competition from those who have started, and this also applies before check-in at the quarantine.

Service at the quarantine

- › Toilets are located outdoors. In addition, three dry toilets are available in the shelter.
- › Water
- › Basic sports equipment from Letro (ie tape, compass, some shoe model)
- › Some snacks and coffee

Payment by credit card.

GPS / Media production

On Saturday, a number of competitors in A-finals will wear a GPS device provided by the organizer. GPS vests are distributed in the quarantine, and the GPS device at the pre-start. A list of competitors who will wear the GPS device will be published in Eventor after the qualifying competition. It is allowed to use your own vest if it has a pocket where the device does not risk falling out. The GPS device and the borrowed vest must be returned to the organizer after reading out at the finish.

Media production will take place on the final day, which means that competitors may encounter camera crews and running cameramen in the forest

Prize ceremony

SM medals are awarded to the top ten in each class. RF medals are awarded to each of the winners in D21, H21, D20, and H20. For the Swedish league, honorary prizes are awarded to the top six in each class.

The award ceremony takes place at the stage in a joint event announced by the speaker as soon as all classes are concluded, no earlier than 17:00 PM. The medallists in each class gather behind the stage



Organisers

All enquiries can be directed via email to info@sm2025.se

Event Director Tom Hollowell 070 314 74 33

Deputy Event Director Tone Hollowell 070-557 22 59

SM Competition Manager Kirsty McIntyre

Course Planners Gustav Jörg, Jonas Cederlöf

Competition Administration Mikael Take

sekretariat@sm2025.se

Press Contact Olov Öström 070 510 22 81

Organising Clubs

OK Tyr, www.oktyr.se

Skattkärrs SOK, laget.se/skattekarrssok

Photo credits: Svensk Orientering, OK Tyr, Karlstad.

Controllers / Event Adviser

Event Controller Per-Martin Svärd, Värmlands OF
Course Controllers Magnus Nordström & Jan Olm, Värmlands OF

Event Adviser Roland Nilsson, SOFT
IT-Coach Åke Larsson, SOFT
SM Coordinator Henrik Skoglund, SOFT
henrik.skoglund@orientering.se, 073 255 84 80

Jury Chair

Roland Nilsson, 070 960 34 79

Qualification Jury (Friday)

Cia Fochsen, Anna Hansson, Göran Hedman

Final Jury (Saturday)

Cia Fochsen, Peter Olsson, Göran Hedman

Värdstad



KARLSTADS KOMMUN

Mediapartner

NWT

Hållbarhetspartner

Karlstads Energi

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bagheera

Premiumpartner Svensk Orientering



Fabege

Folksam

Idre Fjäll

SILVA

