



OK Klemmingen

welcomes to competitions
4-6 October 2013



World and Swedish Cup

4th Relay Friday (not included in WC or SvC)
5th Classic distance Saturday
6th Sprint distance Sunday

Location

"Borgs gård", directions on road 224, 1 km south of Gnesta.
Coordinates for the competition arena (TC) and parking:
WGS 84 (lat, lon): N 59° 1.774', E 17° 19.495'



Classes and course distance

| Friday 4th, Relay | | | |
|---|---------------|----------------------|---------------|
| Class | length | Class | length |
| W21 | 4,4-4,6km | M21 | 5,5-5,7km |
| Saturday 5th, Classic | | | |
| W21 | 5,7km | M21 | 7,6km |
| W16 | 4,3km | M16 | 4,3km |
| W20 | 4,8km | M40 | 6,2km |
| W40 | 4,8km | M50 | 4,8km |
| W50 | 4,3km | | |
| Location-O: | | 3 km for all classes | |
| Sunday 6th, Sprint | | | |
| W21 | 2,8km | M21 | 3,2km |
| W16 | 2,3km | M16 | 2,3km |
| W20 | 2,6km | M40 | 2,7km |
| W40 | 2,6km | M50 | 2,6km |
| W50 | 2,3km | | |

M20 is moved up to M21

Competition elements

Relay and sprint: orienteering, prone and standing position shooting.
Classic distance (order changed from invitation!): location orienteering, prone position shooting, orienteering and standing position shooting.

M/W16 fire only prone position.

Shooting against self-marking targets with .22 long rifles.

During the competitions, weapons are to be stored at provided weapon storage at place marked with the competitor number.

Competitor will be shown to shooting lane by official.

Relay

Names on who run which leg, shall be sent in via mail to I_strid@yahoo.com at latest Thursday the 3rd of October at 19:00.

Location orienteering

Only at Classic competition: 3,0 km taped course. See example of tape at the start. The same route for all classes. Five controls in the course (blue) and five controls outside the course (yellow). Mark with pin at control site and draw a line on the back of the map to the correct control number. Pens and pins provided at controls.

Max time

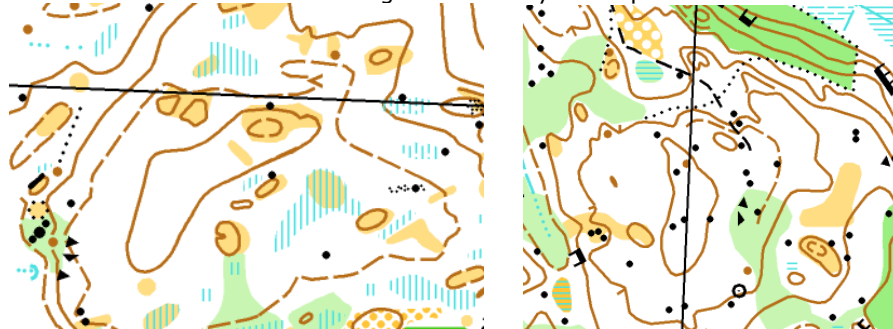
Maximum time is set to 3 hours.

Punching system

SportIdent. Own SI-card may be used or rent one at a 20 SEK fee per competition day. Competitors failing to return a rental SI-card will be charged 500 SEK. If number change is needed contact the administration office (in the caravan).

Map Hagstumosse, Scale 1:10 000 for all classes. Equidistance 5 m. Digital print-out.

Terrain Forest terrain. Detailed area with good runability. Example:



Adjustment shooting Shooting lanes according to list set up at the shooting range.
Friday: 12:30-14:00
Saturday: 10:30-12:00
Sunday: 9:00-10:00

Weapon control Next to the shooting range. Starts 15 min before the adjustment shooting and closes 15 minutes before the ending of the adjustment shooting.

Weapon rental Booked rental weapons will be available at the shooting range and must be returned after each competition.

Start Route to start will be marked with orange and white tapes.
Friday: First start 14:00. Located at the competition arena.
Saturday: First start at 12:00. Distance to start: 900 m.
Sunday: First start at 10:00. Distance to start: 200 m.

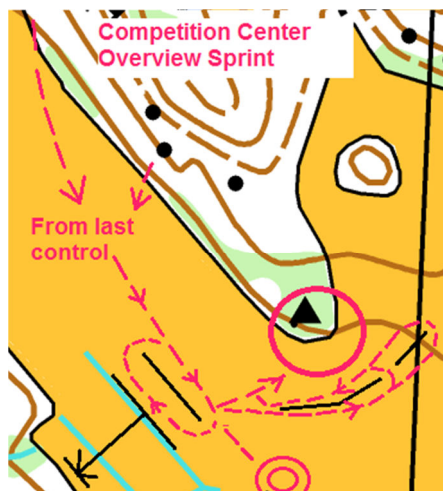
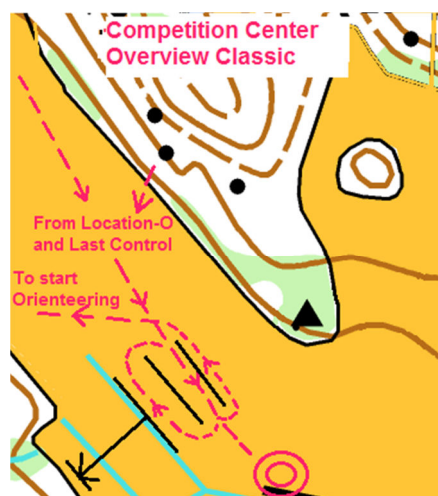
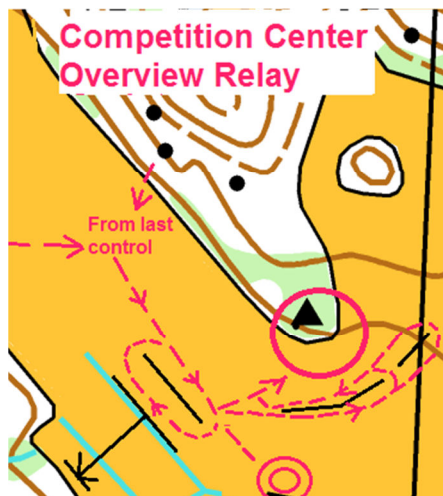
No lose control definitions for the orienteering; only printed on map.

Bibs Provided via self-service at the start.

Toilets Located at the competition arena.

Prizes **Friday and Saturday competitions:** Prize giving ceremony at the banquet.
Sunday competition: At competition arena as soon as the results are set.

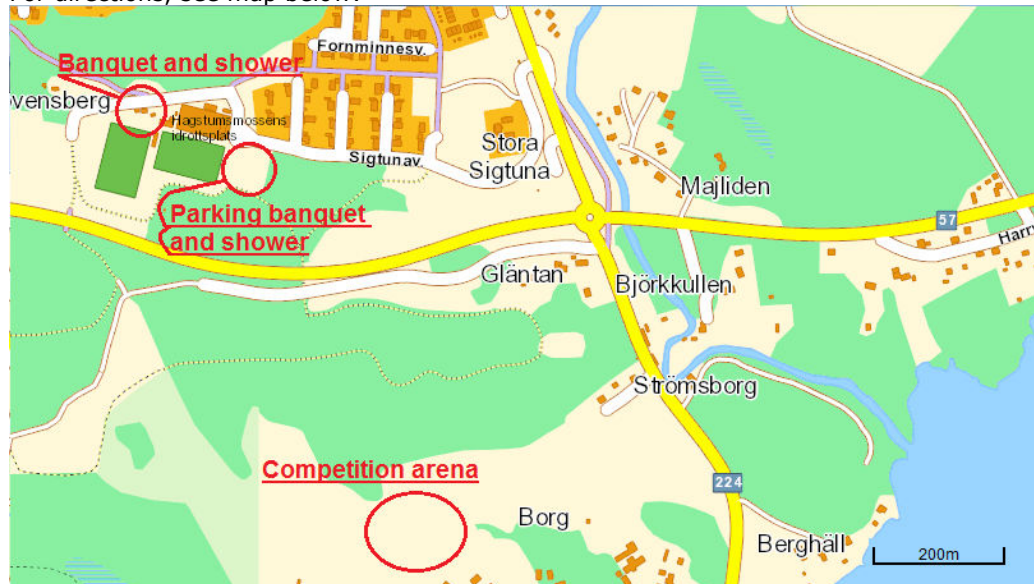
Overview competition arena



Startlist and results At the Swedish biathlon orienteering website <http://www.biathlonorienteering.se/>, at the competition arena and in Eventor.

Rules According to IBOF International [rules](#).

- Showers** Showers are available at the clubhouse, on the lower floor. See map to banquet below. Please do not walk through the forest to the shower (through competition area).
- Refreshments** A small selection of refreshments will be available for sale at the competition arena (coffee, soda, sandwich etc).
Pre-ordered lunch packages can be collected at refreshment sales.
- Dinner/Banquet** A banquet will be arranged at the clubhouse on Saturday evening at 18:30. It may be possible for late entries (150 SEK per person). Ask at the administration office (the caravan) at the competition arena.
For directions, see map below:



- Lodging** Pre-ordered lodging is relocated from the clubhouse to Fristastugan in Mölnbo, info about it: http://www.molnbo.com/pages/2011/2011-10-24_Fristastugan.html
How to get there: <http://kartor.eniro.se/m/nZPD1>
To get more information please call: Kjell: 076-5557300 or Louise-Marie: 070-4172378
- Sleeping on the floor can still be arranged, if needed, in OK Klemmingens clubhouse for a fee of 50 SEK/person/night, please call Lars Soldagg 070-7926101
- Registration fees** Relay: M: 450 SEK/team, W: 300 SEK/team
Classic: M/W16: 100 SEK, other classes: 170 SEK
Sprint: M/W16: 100 SEK, other classes: 150 SEK
Swedish clubs will be invoiced after the competition.
Foreign clubs are required to pay in cash at the competition site.
- Childcare** Can be arranged if asked for in advance. Please contact Lars Soldagg as soon as possible (see information below).
- Information** Lars Soldagg +46707926101 or l_strid@yahoo.com

Welcome to Gnesta!