



## Bulletin 2 – Final Details

### Silva League and World Ranking Event

### Long distance – *Sunday April 27 2014*

*(Ver 1, 2014-04-21) Supplementary information or late changes may apply and it is the responsibility of the competitor to take note of final detail posted at the arena on the competition day.*

Venue/arena	Vallåsen Ski center, Våxtorp. GPS coordinates N56.3850, E13.1091. Only entrance from Våxtorp, signposted from road 24 in Våxtorp.												
Parking	Walking distance from parking to arena is maximum 400 m. Buses parks at the same area as cars, but shall be pre-notified to <a href="mailto:silvaleague@hghol.se">silvaleague@hghol.se</a> . Caravans are not allowed at the parking area. No parking fee is charged.												
Quarantine/ registration	<p>All runners in Elite-classes must be in the quarantine no later than 10:15 am. Registration takes place at the entrance to the quarantine. Runners representing foreign clubs must have paid the entry fee to be able to register. Participants who are coming late to the quarantine are denied to start.</p> <p>Walking distance from arena to the quarantine is 400 m. There will be access to toilettes and drinking water and also some refreshments and sports equipment for sale.</p> <p>Use of any device that enables online information about the competition is strictly prohibited in the quarantine. Coaches that have visited the arena are not allowed to enter the quarantine after 10:15 am.</p>												
Number bibs	<p>Runners in classes W21 Elite 1, M21 Elite 1, D20E1, H20E1, D18E1 and H18E1 will receive their number bibs and safety pins after signing in.</p> <p>Start number bibs shall be worn on the chest, and may not be folded.</p> <p>Number series:</p> <table><tr><td>M21E1</td><td>1-</td></tr><tr><td>W21E1</td><td>101-</td></tr><tr><td>H20E1</td><td>201-</td></tr><tr><td>D20E1</td><td>301-</td></tr><tr><td>H18E1</td><td>401-</td></tr><tr><td>D18E1</td><td>501-</td></tr></table>	M21E1	1-	W21E1	101-	H20E1	201-	D20E1	301-	H18E1	401-	D18E1	501-
M21E1	1-												
W21E1	101-												
H20E1	201-												
D20E1	301-												
H18E1	401-												
D18E1	501-												
Changing	Changing will be possible in tents at the quarantine.												
Clothing and bags	Bags from the quarantine and spare clothing from the start will be transported to the arena. Submit to the designated location at quarantine and start area.												



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<b>Start</b>	<p>First start in Elite classes is 9:30 am. Late start is allowed within 30 minutes after ordinary start time, when it can be done without disruption for other competitors.</p> <p>The way to start is marked with signs and orange/white tapes. A test course is offered at the entrance to the quarantine. Distance from quarantine to start is 1200 m, inclusive test course it is 1400 m. The SI-card must be cleared and checked by punching the "Töm" and "Check" units at the start area.</p>
<b>Start procedure</b>	<p>At the start area;  3 minutes before start time: Roll call and tick off  2 minutes before start time: Control description obtained  1 minute before start time: Lineup at the starting line  Start time: Receive map and start</p>
<b>GPS-tracking</b>	<p>List of runners selected for GPS-tracking will be announced in the quarantine, at the arena and the Silva League Information at the arena. It will be approx 25 runners in W21 Elite 1 and M21 Elite 1. The equipment is handed out at the entrance to the quarantine. Runners refusing to wear the GPS device do not have permission to start. The GPS equipment shall be returned directly after the finish.</p>
<b>Clothing</b>	<p>Full body cover, according to Swedish Orienteering Federation (SOFT) competitions rules.</p>
<b>Terrain description</b>	<p><b>Terrain type:</b> Woodland with roads and trails. Spruce-beech and mixed forests of different ages. Small marshes occur.  <b>Height variation:</b> Moderate to strong hilly at the hillside, the upper part is moderate.  <b>Runnability:</b> Varies from completely pure spruce and beech forest to dense spruce plantations of different ages. There are some cutting areas with varying runnability.</p>
<b>Map</b>	<p>Vallåsen. Scale 1:15 000, contour interval 5 m. Drawn 2013-2014 by Zdenek Rajnosek, Ingvar Svanberg and Martin Kratochvil. Offset printed map, delivered in a plastic pocket.</p> <p>Local symbols:</p> <ul style="list-style-type: none"> <li>⊠ Dangerous area, Fallen trees</li> <li>○ Distinctive tree (green ring)</li> <li>✕ Root cellar (brown cross)</li> <li>● Alighting point for ski lift (black ring)</li> <li>✕ Snow cannon, Advertising sign (black cross)</li> </ul>
<b>Passing the arena/ forking</b>	<p>All Elite 1 classes will be passing the arena. Other classes will pass the arena on the edge. In W21 Elite 1, M21 Elite 1 and H20E1 there will be forking methods.</p>

## Course details

Class	Expected winning time	Length	Total Climb	No of controls	No of refreshments on course	Passing the arena with possibility to own refreshments	Size of control description
W21 Elite 1	70 min	10,6 km	370 m	26	2	Ja	60x190 mm
W21 Elite 2	70 min	8,9 km	340m	19	1	Nej	60x135 mm
D20 Elit 1	60 min	8,3 km		18	1	Ja	60x140 mm
D20 Elit 2	60 min	7,2 km		15	0	Nej	60x110 mm
D18 Elit 1	50 min	6,6 km		17	0	Ja	60x135 mm
D18 Elit 2	50 min	6,4 km		13	0	Nej	60x100 mm
M21 Elit 1	90 min	16,5 km	550 m	37	3	Ja	60x250 mm
M21 Elit 2	90 min	14,1 km	520 m	25	3	Nej	60x170 mm
H21 Elit 3	90 min	13,8 km		20	3	Nej	60x140 mm
H20 Elit 1	70 min	11,7 km		26	2	Ja	60x190 mm
H20 Elit 2	70 min	9,7 km		20	1	Nej	60x140 mm
H18 Elit 1	55 min	9,6 km		21	1	Ja	60x155 mm
H18 Elit 2	55 min	7,4 km		16	1	Nej	60x115 mm

## Control descriptions

Control descriptions are printed on the map. Separate control descriptions are also available in the start lanes.

## Punching system/control points

The SportIdent punching system is used. Own SI-card number shall be submitted with entry, otherwise a rental SI-card will be provided with additional charge (SEK 25). Participant who do not return the rental card will be charged SEK 250. Rented cards are handed out at the entrance to the quarantine. Clearing of SI-card occurs at the start. SI-card of types 5 and 8 are not allowed.

Control points are marked with orange/white flags. Each control point has two SI units and a needle punch.

## Forbidden areas

Private property. Blue/yellow tape defines some other forbidden areas.

## Refreshments

Refreshments are served at the starting area, at specific refreshments points on the course and at the finish. Just water at start and finish. Water and sports drink (Isostar) on the course. There will be a possibility to place own refreshments in a designated area to have when passing the arena on the course.

## Maximum running time

2 hours and 30 minutes

## Cool down area

There will be a designated area for cool down jogging, instructions are available after finish.

## Drop outs

Runners in the Elite classes who cannot attend the competition, have to notify the organizer as soon as possible, until Saturday 18:00 to e-mail: [fredrik@hghol.se](mailto:fredrik@hghol.se), thereafter to telephone: +46 704 22 00 30.

## Startlists and reserve runner allocation

Start lists will be published online through Eventor on Friday 25th April. Reserve lists for DH20E1 and DH18E1 will be published at the same time. No allocation of reserve runners will be done in the WRE-classes, W21E and M21E.

Allocation of reserve runners will be held at Silva League Information at the arena, Sunday 27th April 8:30 am. Selection is done according to the reserve list and to claim a place the competitor must attend in person or be represented by a team leader.





<b>Results</b>	Results will be published through Eventor as soon as possible after the competition is completed.
<b>Competition rules</b>	The competition is governed by Swedish Orienteering Federation (SOFT) competitions rules and regulations. International Orienteering Federation (IOF) standards are used to distribute the World Ranking Event scores.
<b>Showers</b>	Indoor changing room or tent with heated outdoor showers, in connection to the arena.
<b>Toilets</b>	Toilets are located in several places at the arena, and also in the quarantine and start area.
<b>Medical care</b>	Basic medical care directly adjacent to the finish.
<b>Services</b>	<p>Kiosk and grill with hot dogs, hamburgers, drinks, sandwiches, pastries and sweets. Pre-booked field lunch is served between 12:00-15:00. Meal tickets are distributed to each club from the Silva League Information at the arena.</p> <p>Child care from 8.00 am. Children's string course between 9.30 am and 12.00.</p>
<b>Race shop</b>	Pukes Sport, <a href="http://www.pukessport.se">www.pukessport.se</a>
<b>Prize giving ceremony</b>	Prize giving ceremony will be held at the stage adjacent to the speaker, about 15 minutes after last prize winner's finish in Elite 1.
<b>Complaints and protests</b>	Complaints about infringement of competition rules may be submitted at the Silva League Information at the arena. Protest against the organizers' decisions shall be submitted in writing at the Silva League Information or directly to the competition jury.
<b>Jury</b>	<p>Maths Carlsson, moderator without suffrage, +46 706 34 22 80</p> <p>Per Källvik, Åmåls OK, +46 706 30 77 34</p> <p>Per Sandberg, Säterbygdens OK, +46 706 40 46 73</p> <p>Anne Udd, Markbygdens OK, +46 708 35 95 32</p>



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**Map controller**

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## Welcome

### Our Partners:



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