

**OK NOLASKOGSARNA
INVITES YOU TO**



**HIGHCOAST®
SKIO**

**ÖRNSKÖLDSVIK SWEDEN
17-18 JANUARY 2015**

INTERNATIONAL SKI-ORIENTEERING IN ÖRNSKÖLDSVIK
NORDIC JUNIOR MEETING
SKOGSSPORTENS GYNNARES JUNIOR CUP
SPECTATOR RACES

SATURDAY JANUARY 17 2015 - SPRINT DISTANCE

SUNDAY JANUARY 18 2015 - LONG DISTANCE

CLASSES

Main classes	HD18, HD20, HD21, HD35, HD45, HD55, HD65, HD70
Youth classes	HD12, HD14, HD16
Open courses	ÖM1, ÖM3, ÖM5 and ÖM8

Junior classes are part of Skogssportens Gynnares Junior Cup 2015. Participants in the international start will be in a seeded group. The organizer reserves the right to combine and separate classes.

REGISTRATION

Swedish participants register via Eventor by January 11 at the latest. <http://eventor.orientering.se/>.

Registration for open courses can both be done in Eventor or at the assembly area.

Entry fees: Youth <16 years: 100 SEK, HD18-21: 200 SEK, others: 175 SEK. Fees will be billed to Swedish clubs after the competition.

Foreign participants register by email to the following address: jan.ahlund@holmenskog.com by January 11 at the latest.

Specify name, club/country, class, date of event, SI number and reservation of waxing cabins.

Foreign participants pay registration fees in advance.

Please use the following bank details:

Handelsbanken, Storgatan 16, 891 22 Örnsköldsvik.

IBAN: SE40 6000 0000 0002 4401 8162nd SWIFT / BIC: HANDSESS.

The fee for foreign participants must be received by 16 January.

Please note that it normally takes three business days to transfer money from abroad.

Late entries may be made in Eventor for Swedish participants and by email for foreign participants no later than January 14 at 23:59 for a 50% higher fee.



PUNCHING SYSTEM

Sportident will be used. SI cards can be hired for 40 SEK a day.
Specify your SI-number or need for a hire SI card when you register for the event.

ARENA

Skyttis sports arena, Örnsköldsvik. Signposted from E4, at the northern entrance to Örnsköldsvik.

START LIST AND PM

Will be posted on Eventor.

CANCELLED RACE

At January 15 19:00, the organizers will announce on the event website in Eventor whether the competition will be conducted or not. The organizers reserve the right to charge 50% of the entry fee in case of cancellation. SOFT decides alternative site of event.

TERRAIN

The competition area covers the ski center Skyttis trail system. Half the trail system consists of wide tracks, about 3 m in width while the other half consists of narrow tracks, of approximately 1 m in width. The competition area is moderately hilly and consists mainly of pine forest. Open wetlands occur to a limited extent.

MAP

Skyttis, 2014. Sprint distance: Scale 1: 5000 for all classes.
Long distance: Scale 1:12 500 for HD16-21 classes. All other classes scale 1:10 000.

START

First start Saturday at 12.00.
First start Sunday at 10:00. Mass start will be applied for the long distance.
Open classes have free start between 12:00 and 13:00 on Saturday and 10:00 to 11:00 on Sunday.

COURSE LENGTHS

According to SOFT's recommendations.

PRIZES

There will be prizes in youth-, junior- and senior classes.

SKI WAXING CABINS

The participating National teams are offered waxing cabins for hire. The cabins are heated, lockable and are situated right at the arena. Please contact Jan Åhlund, jan.ahlund@holmenskog.com or phone +46 70 211 34 94 for more information.
Subject to availability, the waxing cabins can also be hired out to clubs and other participants.

OTHER SERVICES AT THE ARENA

Changing rooms, showers, medical care and indoor cafeteria.

ACCOMMODATION

The organizers recommend accommodation at Scandic Hotel, E4 north entrance of Örnsköldsvik. Scandic is located within walking distance to Skyttis. Scandic offers comfortable accommodation with quality service including free parking, free WiFi and free access to swimming pool, sauna and gym. Special rates applies for participants in the High Coast Ski-O 2015.
For reservations, please contact Anna Ramqvist at Scandic, ph +46 660 27 22 17, e-mail: anna.ramqvist@scandichotels.com.
For other accommodation contact Örnsköldsviks Tourist Bureau, ph +46 660 88100.

EVENT OFFICIALS

Event leader	Jan Åhlund jan.ahlund@holmenskog.com , ph +46 70 211 34 94
Course setter	Sara and Fredrik Forsgren, fredrik.forsgren@allehanda.se , ph +46 70 650 33 68
Event controller	Per Sandberg, Säterbygdens OK, ph +46 70 640 46 73
Course setting controller	Håkan Holmberg, IFK Mora OK, ph +46 70 817 73 61

OK NOLASKOGSARNA
WELCOMES YOU TO ÖRNSKÖLDSVIK!

Scandic

