

## Bulletin 2 Swedish League

### Round1 with World Ranking Event status

### Long distance – Saturday 25<sup>th</sup> April 2015

*Supplementary information or late changes may occur and it is the responsibility of the competitor to take note of final details on the arena on the competition day.*

**Assembly/** Fengersfors IP, Fengersfors.

**Travel instructions** Obs! only approach by road number 2236, between Tösse and Dals-Långed. Signs from road E45 at Tösse (11 km south Åmål) and Road 164 at Brohögen (3 km south Billingsfors).

**Parking** Distance from parking to arena 1 200 m, fee 20 SEK.  
Buses must be reported in advance to [kansliet@amalsok.se](mailto:kansliet@amalsok.se)  
Caravans are not allowed in the parking area.  
**It is not allowed to stay overnight in the parking area.**

**Quarantine/**

**Runner registration** **Runners in Swedish League classes M21E1, W21E1, H20E1, D20E1, H18E1 and D18E1 must enter the quarantine before 12.15.**  
Quarantine opens at 09.00. Entry and register at the entrance to the quarantine.  
Competitors representing non-Swedish clubs will not be able to collect their number bibs unless their entry fees have been paid.  
Competitors who are late to quarantine will not be allowed to start.

Distance from arena to quarantine: 400 m. Follow orange/white tapes to start 1.  
In the quarantine you find dressing room, toilets, some food and beverages for sale and a minor sport shop. Card payment is available.

Telecommunications equipment or other equipment that makes it possible to follow the competition online may not be used in the quarantine (e.g. internet, telephone).  
Team officials who have visited the arena later the 12:15 are not allowed to enter the quarantine.

**Number bibs** All competitors in W21E1, M21E1, D20E1, H20E1, D18E1 and H18E1 collect their number bibs and safety pins after registration at the quarantine.

Bibs shall be worn on the chest and may not be folded or cut.



Numbers as the following sequence:

M21E1	1-
W21E1	101-
H20E1	201-
D20E1	301-
H18E1	401-
D18E1	501-

**Bags/ clothing** Runners should before leaving the quarantine put their bags in a marked place. Other clothing will be transported by the organizer from the start to the arena.

**GPS-tracking** List of runners selected for GPS-tracking will be announced at quarantine, arena and on Eventor. 25 runners in each W21E1 and M21E1 shall wear GPS. Vest for GPS-unit is handed out **at the entrance** to quarantine. GPS-unit is handed out at the **check-out** from quarantine. Runners choosing not to wear an allocated GPS unit will be disqualified. The GPS unit and vest shall be returned to officials directly after the finish.

**Clothing** Competitors shall wear clothing that fully covers the body except for head, neck and arms.

**Start** First start at 11.00. Register late arrival up to 30 minutes after ordinary start time, at the start and follow the marshal's instructions.

Follow orange/white tape and signs. Arena / start 1 distance 1300 m. Distance from quarantine to start 1 is 900 m, tarmac road. The SI-card must be emptied and checked by punching the "Töm and Check" units on the way to start.

It is every competitor's duty to beware of the traffic on the way to the start.

**Warm up area** On the way to the start is a warm up area available, follow signs and instructions at the arena and in the quarantine.

Toilets, drinking water and changing tent are available at the start. Clothing will be transported by the organizer from the start to the event arena.

**Start procedure**  
3 min before start: Call-up and start list check-off  
2 min before start: Control descriptions are made available  
1 min before start: Move forward to start line  
Start time: Take map and start



**Terrain description** Wilderness terrain with open rocky areas. Detached roads, paths and houses exist. Moderately to strongly hilly terrain, mainly detailed. Run ability is good, areas with good visibility.

**Map** Fengersfors map, scale 1:15 000, contour interval 5 m, drawn 2014/2015. Drawn (surveyed) by Svein Bakken. Offset printed with plastic cover.

**Classes/length** Course details for Swedish League and Word Ranking Event:

Class	Length km	Expected climb	No of controls	No of refreshments on course	Size of control description mm
W21Elit 1	11.3	490 m	20	3	52x150
W21Elit 2	8.8	410 m	11	3	52x95
M21 Elit 1	16.0	750 m	28	5	52x200
M21 Elit 2	13.9	630 m	20	4	52x150
D20 Elit 1	7.9	385 m	12	2	52x100
D20 Elit 2	6.7	365 m	9	2	52x80
H20 Elit 1	12.8	505 m	18	4	52x135
H20 Elit 2	10.6	485 m	13	3	52x105
D18 Elit 1	7.6	385 m	11	2	52x95
D18 Elit 2	5.9	310 m	11	2	52x95
H18 Elit 1	9.7	345 m	15	2	52x120
H18 Elit 2	7.7	310 m	11	2	52x95

**Control-Description** Loose descriptions available at the start and printed on the map.

**Punching system/controls** Sportident. Please provide your SI card number when entering or rental SI-card will be provided at additional charge 30 SEK/day. A charge of 600 SEK will be made for the loss or non-return of hire cards. Rental SI-card will be assigned at quarantine. The SI-card must be emptied and checked by punching the “Töm and Check” units on the way to the start

Controls are marked with an orange/white flag, control code, SI-unit and a pin-punch. In parts of the competition area controls are very close to each other. Runners are advised to pay extra attention to the control codes.

**Forbidden areas** All private property and other areas marked on the map. Disqualified if the rules are not followed.

**Drinks** Water is served at the starting area and at the finish. Water and sports drink Enervit on the course.

**Maximum time** 150 minutes.



<b>Collection of Maps</b>	Collection of maps after the finish. Exposed by clubs on Sunday at 13:00 at Swedish League information desk.
<b>Cool down jogging</b>	Look for signs at the arena after the finish.
<b>Start list</b>	Start list will be published on Eventor and at the arena.
<b>Drop outs</b>	If a runner cannot attend the competition the organizer has to be notified of the cancellation, by mail to <a href="mailto:leif.emanuelsson@gmail.com">leif.emanuelsson@gmail.com</a> to 18:00 pm on Friday 24 <sup>th</sup> , and after that point directly by phone + 46 734 196 835.
<b>Reserve runner allocation</b>	<p>No reserve allocation in WRE classes W21E1 and M21E1.</p> <p>Reserv list for class DH18E1 will be published on Eventor, in quarantine and at the arena.</p> <p>Allocation of reserve runners will be made at the Swedish League information at the arena Saturday 25<sup>th</sup> at 09.30 am. Competitors or team officials must attend in person at the arena to claim a place. Runners or leaders who are not present will be skipped.</p>
<b>Results</b>	Final results will be published on Eventor after the event.
<b>Competition rules</b>	SOFTs competition rules except IOF:s competition rules for Word Ranking Event-points.
<b>Shower</b>	Warmed outdoor showers close to the arena.
<b>Toilets</b>	Toilets are available as follows: in the arena, at quarantine and at the start.
<b>First Aid</b>	First aid is available in the arena.
<b>Service</b>	<p>Well served cafeteria with hot dogs, hamburgers, cooling drinks, sandwiches, cakes and candy.</p> <p>Pre-booked field lunch is served between 12.30-16.30.</p> <p>Field lunch tickets shall be collected in the Swedish League information desk by each club at the arena.</p> <p>Child minding: Is at the arena from 09:30. From 2 years, fee 20 SEK.</p> <p>Kids course, start between 09:30 – 12:00, fee 20 SEK.</p> <p>Distance arena child mining/kids course 230 meters.</p>
<b>Race shop</b>	SM-SPORT



<b>Prize giving Ceremony</b>	For Swedish League about 15 minutes after last prize winner's finish in Elite 1. Announced by the speaker.	
<b>Complaints and</b>	Complaints about infringements of competition rules may be submitted at the Swedish League information tent or directly to the Event coordinators. Protests against the organizers decision shall be submitted in writing at the Swedish league information tent or directly to the competition jury.	
<b>Protests</b>		
<b>Jury</b>	Maths Carlsson, chair no vote	+ 46 706 342 280
	Per Sandberg, Säterbygdens OK	+ 46 706 404 673
	Pierre Karlsson, OK Alehof	+ 46 735 713 814
	Johan Hallgren, Bjursås OK	+ 46 702 004 101
<b>Organizing Committee</b>	<b>Event director</b>	
	Per Källvik, <a href="mailto:per.kallvik@ifmetall.se">per.kallvik@ifmetall.se</a>	+46 706 307 734,
<b>Assistant event director</b>	Nils-Göran Karlsson, <a href="mailto:ngk4444@gmail.com">ngk4444@gmail.com</a>	+46 706 960 754
<b>Course setter</b>	Svein Bakken,	+46 703 851 424
<b>Competition cashier</b>	Eva Larsson,	+ 46 722 508 139
<b>Course controller</b>	Sidsel och Hans Kringstad, Säffle OK	
<b>Event controller</b>	Carl Göran Strutz, Eds SK	
<b>Organizers coach</b>	Mats Kågeson, <a href="mailto:mats.kageson@telia.com">mats.kageson@telia.com</a>	+46 738 065 284
<b>Selection process S L/WRE</b>	Tommy Eriksson, <a href="mailto:tommy.eriksson@orientering.se">tommy.eriksson@orientering.se</a>	+46 705 760 267
<b>Media contact</b>	Tord Lätt and Tomas Hermansson	
<b>Speaker</b>	Per Forsberg	
<b>Event adviser WRE</b>	Maths Carlsson, <a href="mailto:maths.carlsson@telia.com">maths.carlsson@telia.com</a>	+46 706 342 280,

***Welcome!***