



Bulletin 2 Swedish League Round 2 with World Ranking Event status Middle distance – Sunday 26th 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
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 10.15.**
Quarantine opens at 08.00. 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 10:15 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 09.30. Register late arrival up to 30 minutes after ordinary start time, go to the start and follow the marshal's instructions.

Follow orange/white tape and signs. Arena / start 1 distance 2 000 m
Distance from quarantine to start 1 is 1 600 m, tarmac road, gravel road and path. 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.

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.

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.

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 1:10 000, 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	Size of control description mm
W21Elit 1	5.1	175 m	19	52x140
W21Elit 2	4.5	150 m	16	52x120
M21 Elit 1	5.6	180 m	19	51x140
M21 Elit 2	5.4	185 m	17	52x125
D20 Elit 1	4.3	145 m	15	52x115
D20 Elit 2	4.3	155 m	15	52x115
H20 Elit 1	4.8	165 m	16	52x120
H20 Elit 2	5.0	170 m	16	52x120
D18 Elit 1	4.3	165 m	15	52x115
D18 Elit 2	4.0	160 m	14	52x110
H18 Elit 1	4.8	165 m	16	52x120
H18 Elit 2	4.8	170 m	11	52x115

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.



Maximum time	150 minutes.
Cool down jogging	Look for signs at the arena after the finish.
Start list	Start list will be published on Eventor and at the arena.
Drop outs	If a runner cannot attend the competition the organizer has to be notified of the cancellation, by mail to leif.emanuelsson@gmail.com to 18:00 pm on Saturday 25 th , and after that point directly to Leif Emanuelsson + 46 734 196 835.
Reserve runner allocation	<p>No reserve allocation in WRE classes W21E1 and M21E1.</p> <p>Reserve list for classes DH20E1 and 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 Sunday 26th at 08.00 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>
Results	Final results will be published on Eventor after the event.
Competition rules	SOFTs competition rules except IOF:s competition rules for Word Ranking Event-points.
Shower	Warmed outdoor showers close to the arena.
Toilets	Toilets are available as follows: in the arena, at quarantine and at the start.
First Aid	First aid is available in the arena.
Service	<p>Well served cafeteria with hot dogs, hamburgers, cooling drinks, sandwiches, cakes and candy.</p> <p>Pre-booked field lunch is served between 11.30-14.00.</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 09:00. From 2 years, fee 20 SEK.</p> <p>Kids course, start between 09:00 – 11:30, fee 20 SEK.</p> <p>Distance arena child mining/kids course 230 meters.</p>
Race shop	SM-SPORT



Prize giving Ceremony	For Swedish League about 15 minutes after last prize winner's finish in Elite 1. Announced by the speaker.	
Complaints and Protests	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.	
Jury	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
Organizing Committee	Event director	
	Per Källvik, per.kallvik@ifmetall.se	+46 706 307 734,
Assistant event director	Ulla Johansson ulla.johansson@hotmail.com	+46 709 520 371
Course setter	Gustav Wennberg	+46 705 701 037
Competition cashier	Eva Larsson,	+ 46 722 508 139
Course controller	Sidsel and Hans Kringstad, Säffle OK	
Event controller	Carl Göran Strutz, Eds SK	
Organizers coach	Mats Kågeson, mats.kageson@telia.com	+46 738 065 284
Selection process S L/WRE	Tommy Eriksson, tommy.eriksson@orientering.se	+46 705 760 267
Event adviser WRE	Maths Carlsson, maths.carlsson@telia.com	+46 706 342 280,
Speaker	Per Forsberg	
Media contact	Tord Lätt and Tomas Hermansson	

Welcome!