

# Competition Memo



10 - 12 JULY 2015

FK FRISKUS-VARBERG AND OK NACKHE WELCOME  
YOU TO HALLANDS 3-DAGARS 2015.

## Program

Friday 10 July – stage 1, middle-distance, first start 16.00

Saturday 11 July – stage 2, long-distance, first start 10.00

Sunday 12 July – stage 3, long-distance with pursuit, first start 10.00

## Arena

Stegared, between Dagsås and Åkulla. Follow signs from road 153 about 20 km east of Varberg or from road 154 in Köinge.

## Parking

Up to 600 m from the arena. Fee SEK 50 for all three days or SEK 20 for one day to be payable in cash.

## Start

First start at 16.00 for stage 1 and at 10.00 for stage 2 and 3.

Late entries will start first in each class.

Free start time (punch start) for U1, U2, Inskolning, M-classes and ÖM-classes between 15.30 – 18.00 for stage 1 and between 09.30 – 12.00 for stage 2 and 3.

Competitors in youth classes up to HD16 may look at their map 1 minute before start.

Transport of clothes from starts to arena will be provided.

## Start Engelsons

Classes: HD21L, D16 – D45, H16 - H55, HD17-20K, HD21K.

Stage 1: 1300 m, stage 2: 1700 m, stage 3: 700 m.

## Start PWC

Classes: HD10 – HD14, D50 – D80, H60 – H85, HD12K – HD16K, HD21M – HD60M, U1, U2, Inskolning.

Stage 1: 1300 m, stage 2: 1500 m, stage 3: 700m.

## Start Bema Kättingmäster

Classes: ÖM-classes

Stage 1: 1300 m, stage 2: 200 m, stage 3: 700 m.

At stage 1 and 3 all three starts are situated next to each other.

## **Pursuit**

At stage 3 pursuit is applied in all classes except HD10, U1, U2, Insk, M-classes and ÖM-classes. Pursuit means that the leader of each class after two stages starts first. The others in the class start as many minutes and seconds after as they are behind the leader in the total result after two stages. Those who are more than 45 minutes behind the leader will start with a one-minute interval. About 5 minutes before start the competitor will be called for verification of the SI-card number and preparation for start. No competitors, including competitors in youth classes, will be allowed to look at the map before start.

## **Entry on the day of competition**

You can register in ÖM-classes, U1, U2 and inskolning at the arena between 15.00 – 17.30 for stage 1 and between 09.00 – 11.30 for stages 2 and 3. Start Bema Kättingmäster for ÖM 1 – 9 and PWC for U1, U2 and inskolning. The entry fee should be paid as you register.

## **Number bibs**

Competitors in classes HD21L, HD16, HD14 and HD12 should wear a number bib at stage one and two. The number can be found on the starting list and self-service is applied at the start of stage 1. The same bib is reused for stage 2.

At stage 3 the first nine competitors in each class with pursuit should wear a number bib showing the class and the competitors position after two stages. Self-service at start.

## **Finish in forest**

At stage 1 the finishing punch will not be done in the regular finish at the arena.

Competitors will do the finishing punch in the forest and after that walk back to the arena to download the SI-card. If the SI-card is not downloaded the competitor will not get a result from that stage.

Watch out for traffic on your walk back to the arena.

## **Finishing punch in pursuit**

For classes with pursuit in stage 3, the race ends at the finish line, but the punching is made further ahead. In equal races officials decide the order and direct the finishing punch.

At stage 3 there are two different last controls and two separate finishing lanes. Make sure you punch the right last control and you will be in the right finishing lane.

## **Competitors who do not complete their course**

Competitors who do not complete their course must report to the finish and download their SI card as soon as possible.

## **Map**

HD60- 1:7500 scale at all stages, HD16-21 1:10000 scale at stage 1, 1:15000 scale at stage 2 and 3. Others 1:10000 scale at all stages. Contour interval 5 m at all stages.

## **Local map symbols**

X = Fodder device.

## **Terrain**

Forest with some cultivated land and marshes. Plenty of roads and trails. Deciduous and coniferous forest with mostly good visibility and possibility of keeping a high speed.

Moderately hilly, and in parts very hilly. Large parts of the competition area is a nature preserve and part of Åkulla's famous beech forests.

Some barbed wire can be found in the terrain, mostly along stonewalls and around meadows.

### **Out of bounds areas**

Areas marked with red on the map, private gardens (olive green) and cultivated fields are out of bounds.

### **Stripes in the terrain**

White stripes in the terrain mark the way between two controls for the classes HD10, HD12K, U1, U2, inskolning and ÖM1 at stage 1 and 3. This is shown on the control description.

### **Water**

Drinking water will be provided at the finish on the arena and in the terrain where the longer courses pass at stage 2 and 3.

### **Control descriptions**

Are printed on the map and also available for separate holders at start.

### **Punching system**

SportIdent. Check that the SI-card number is consistent with the starting list. If you don't get a flashing light or a beep as you punch a control use the impress attached and make an impression in your map.

Rental SI-cards can be picked up at the information desk, and must be returned at stage 3. For ÖM-classes rental SI-cards must be returned after each stage.

Anyone who fails to return a rental card will be charged a cost of SEK 600.

### **Shadowing**

Shadowing is allowed in inskolning, U1, U2 and ÖM-classes. Competing in classes DH21L, HD 20, HD18 or youth classes is not allowed after shadowing. Extra maps are available for shadowing in inskolning, U1 and U2.

### **Starting lists and results**

Are available on the arena and Eventor <http://eventor.orientering.se/Events/Show/9567>.

### **Maximum race time**

2,5 hours/course.

### **Price giving ceremonies**

Participants in inskolning will receive a price every day. This can be picked up after finishing. In U1 and U2 there will be a lottery for prices at stage 1 and 2. Winners will be posted by the results. At stage 3 there will be prices for all participants in U1 and U2. These can be picked up at the price table.

There will be prices for the best competitors in classes HD10-HD21 after stage 3. The number of prices in each class will be stated by the results. The price giving ceremonies will be announced by the speaker.

Prices for the winners of classes HD35 - HD85 can be picked up at the price table.

No prices in M-classes and ÖM-classes.

### **Kids orienteering event**

Available at all stages. A fee of SEK 20 must be paid in cash at start.

Start between 15.30 – 18.30 for stage 1 and between 09.30 – 12.30 for stage 2 and 3.

### **Shower**

Outdoor shower with warm water available 600 m from the arena.

## **Toilets**

Available on the arena, on the way to starts and at the campsite.

## **Cafeteria**

A cafeteria selling salads, hamburgers, hot dogs, sandwiches, homemade cakes, sweets, drinks, coffee and more is available at the arena. There will be gluten- and lactose-free options. The cafeteria will be open from 14.30 at stage 1 and from 08.30 at stage 2 and 3. Closes when the competitions are over for the day.

## **Childcare**

Is available in a tent on the arena for a fee of SEK 40 for one day or SEK 100 for all three days, made payable in cash.

## **First aid**

Available at the arena.

## **Sports shop**

SM-SPORT orienteering will sell clothes, shoes and equipment for orienteering at the arena.

## **Payment**

Foreign competitors who have not paid entry fees or camping fees in advance must do so at the information desk before start of stage 1.

In the cafeteria and for registration on the day it is possible to pay by credit card.

## **Camping**

The campsite is adjacent to the arena. It is open between Thursday 12.00 and Sunday 16.00. There is a separate memo for campers. Camping anywhere else in the competition area is not permitted.

## **Other accommodation**

For advice on other campsites, cabins, hostels and hotels call Varbergs turistbyrå, 0340-86800 or check <http://www.visitvarberg.se>.

## **Communication**

The use of mobile phones may be limited on the arena and campsite.

## **Information**

Information about for example camping, starting lists and results will be available at <http://www.hallands3dagars.se>.

## **Competition jury**

Kennet Horvath	Halmstads OK
Mikael Lundqvist	Falkenbergs OK
Thomas Bäckström	IF Rigor

## **Organizers**

Race Directors	Björn Nilsson N	kontakt@hallands3dagars.se
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Event controller	Linnea Johnsson	OK Nackhe
Course controllers	Sven-Erik Dahlberg	IK Trenne
	Thomas Georgsson	OK Nackhe
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WELCOME !  
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