

Vikingaträffen 2016, Five-O stage 5



PM in English



Changed classes	Cancelled classes: D20 and H80. Joined classes: D85 to D80.
Directions, Parking, Arena	Parking on hard ground at Norra Älvsborgs hospital. Voluntary parking fee donated to the Children's Cancer West. Directions from 44 / E45 at the Trestad Center and Överby. Parking to Arena 1600 m on road.
Entry on the day	Main classes at availability. Open (ÖM), Youth (U) and Beginners at 8:30–11:30. Participants in the Swedish clubs will be invoiced. Other pay cash.
Start lists	Chase start list for HD14-16 and start list for Elite by Five-O points and H21 published on Eventor on Sunday evening after Bohuslunken Five-O 4. At over 60 entries in an elite class takes competitors are moved to main class based on the Five-O points and rankings.
Start	First start normal entries at 10:00. Open classes at 9:30-12:00. Late start up to 30 minutes is allowed. See also special PM for chase start HD14-16. Kids (knattekmat) at 9:00-11:00 at the Arena. Bring SI-card if you have. No toilet at start locations. Clothing inspection at start check-in. Warm-up clothing (överdrag) will be brought back to the Arena. Start 1: Orange-white stripes, 650 m on road. Classes: HD14-16 chase start, Elite, H18-H65, D18-D65. Bibs shall be used in HD14-16 and Elite. Self service at start. Start 2: Orange-blue stripes, 750 m mainly on road, passing by start 1. Classes: Insk, U1, U2, H10, H12, H12 Kort, H14 Kort, H16 Kort, H70-H85, D10, D12, D12 Kort, D14 Kort, D16 Kort, D70-D85, ÖM.
Terrain	Petty forest terrain with some cultivated land and a few trails. Youth courses in the area with trail systems. Weak to moderate hilly terrain. Accessibility mostly good to very good.
Map	Drawn in 2014 by Maths Carlsson. Revised in 2016. Scala 1:10 000. HD60 and older and ÖM7 have scale 1:7 500. Digital printed in 2016, SOFT approved. Maps to followers to beginners in colour.
Liquid	No liquid served
Stripes	Parking to Arena: Red, Arena to Start: Orange/white and orange/blue, Last check point to Finish: Red/white, Forbidden arenas: Blue/yellow. Small paths: White. Paths printed in red colour: Continuous White
Stamping system	Sportident SI-card including version 11 and SIAC (not touch-free). Pin clamp on map for back-up.
Forbidden areas	Don't enter forbidden areas marked with red on the map or with blue/yellow stripe in the terrain.
Arena passing	HD14-16 chase start passes the arena. You will get a new map for the final check points.
Finish	HD14-16 chase start uses left finish lane and has a finish line with referee. Punch in the finish SI-station in order of finishing after directions of the referee! Elite in the mid lane . Other classes and kids (Knattekmat) in the right lane. Finish line punch. Maximum time 2.5 hours. Wild animals shall be reported to the Information desk.
Showers and toilets	Warm outdoor showers at the Arena. Toilets at the Arena. No toilets at the start locations.
First aid	First aid and heart starter (AED) is available at the Information tent on the Arena.
Results	Result board and Live-results at www.obasen.nu/liveresultat with intermediates for HD14-16 & Elite.
Price ceremony	Beginners (Insk), Youth (U1, U2) and HD10-12 can collect their price after finish. Show your map. Price ceremony for other classes at announcement. Price ceremony for Elite and Five-O total cups (Elite and Youth HD14-16) thereafter. Drawn prices among runners that have participated in all Five-O events. The price need to be collected personally. If not, it is given to another participant.
Service	Kids (Knattekmat) at 9:00 to 11:00. Price 20 SEK Kid care (Barnpassning) from 9:00 Sportshop SM-sport . Coffee, hamburgers, soup, soft drinks, waffles, sandwiches, candy, cookies.

Officials

Race manager Martin Mandinger 0700-872593; vice race manager Per-Fredrik Andersson,
Race supervisor: Joakim Ström, OK Skogsvargarna; Course setters: Josefine Kristiansson, Lennart
Ekvall and Johan Ockborn; Course supervisor: Michael Johansson, Vänersborgs SK

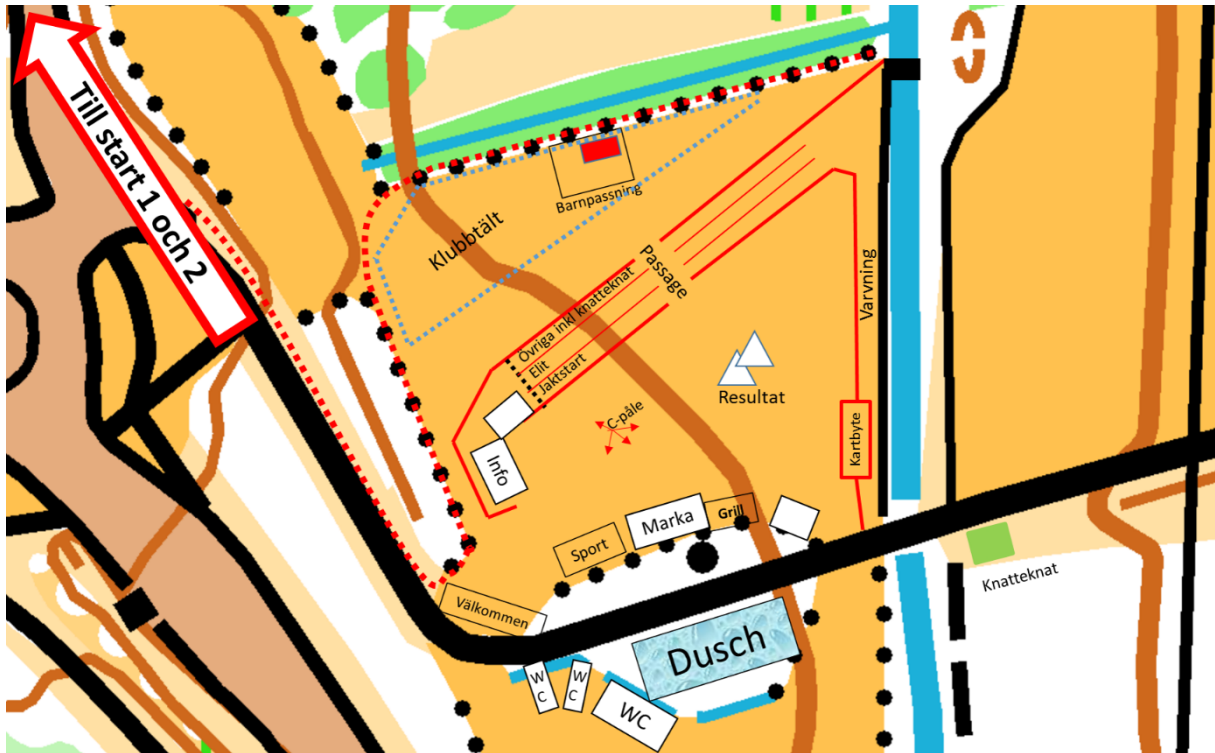
Race Jury

Published at the Arena



Good luck at your race, Trollhättans SOK

Welcome to arena Hultsjön



Finish lanes: Jaktstart (Chase start HD14-16), Elit (Elite), Övriga (other classes). Knatteknat (kids)

Varvning (Arena passing HD14-16 chase start). Kartbyte (new map)

Marka (Coffee, hamburgers etc)

WC (toilets)

Dusch (showers)

Klubbtält (tents) More spaces available on the field south of the toilets.