OK Hällen välkomnar till

Stigtomtakavlen

Valinge 16-17 april 2016

PM Stigtomtakavlen

Arena

Valinge gård. Direktions on road 608 between Jönåker and Stigtomta, ca 3 km north of E4. After that ca 5 km. On E4, exit 129 and follow signs towards Stigtomta.

GPS coordinates: 58.795961, 16.680887

Parking

There are two different parking areas, P1 and P2. Follow parking attendants instructions. Up to 1200 meters from both parking areas to the arena. Fee SEK 20 per day. There is no room for caravans at the parking area. If you arrive by bus, please let us know by email: stigtomtakavlen@okhallen.se

Team envelope

Handed out at the information desk. Team envelopes can be stored at the information desk by the organizer over night between Saturday and Sunday. No safety pins are provided by the organizer.

Map

Valinge. Mapped in 1991 and revised in 2015 by Hans Öberg. Offset printed map in scale 1:10.000, contour interval 3-5 meters. Digital printed map in class H180 and on course 2 in H150 and D150. In open recreational courses class 5 and 7 you can choose to get a digital printed map in scale 1:7 500.

Terrain description

Wilderness that is crossed by a number of smaller paths and gravel tracks. Mostly small hilly terrain. Coniferous forest of variated age with good accessibility, some areas with lower accessibility due to vegetated marshes and areas with thicker vegetation. In some areas there have been forrest thinning that do not decrease the runability so much.

Map updates

In the competition area there are some hunting towers, both new and old which are not all reported on the map.

There have been some forrest thinning in the area during the winter that are marked on the map. But the paths after the forrest machines are not marked on the map. There are some smaller areas with forrest thinning that is not marked on the map.

In the edges of cutting areas there can be some trees fallen by the wind.

Unclear paths

Unclear paths in the area are marked in the terrain with white stripes.

Striped section

The beginners course ”Inskolning” have a striped section between two controls. The section in marked on the map and in the terrain with red/white stripes. The striped section is only marked on the Inskolning maps.

Follow up map

Black and white maps for follow up in class ”inskolning” (beginners course) is available in a box on the way to the start point.

Team composition

The team composition should be handed in at the time of entry in Eventor or at the latest at 21.00 hrs. on April 15th in Eventor. If no SI-card number is specified a rental SI-card will be allocated to the runner and the club will be charged SEK 35. Changes of team composition or SI-card numbers can be handed in at the arena by way of exception on the day of the competition, but no later than 60 minutes before the start. For H17E, the team composition for the whole relay must be handed in 60 minutes before the start on Saturday April 16th. Changes are made on a form that is included in the team envelope.

Number Bibs

Bibs with advertisement for Sörmlandsbanken will be worn by all competitors. Please observe labeling by leg. Last leg will have numbers in red color.

H17E	1-200	D17E	201-400
Inskolning	401-450	HD12	451-500
H13-16	501-550	D13-16	551-600
H120	601-650	D120	651-700
H150	701-750	D150	751-800
H180	801-850	Open relay	901-1000

Start time

Saturday	21:00	H17E
Sunday	ca 09:50	H17E pursuit start
Sunday	10:00	D17E, H13-16
Sunday	10:10	H150, HD12, Open relay
Sunday	10:20	D13-16, H120, D150
Sunday	10:30	H180, D120, Inskolning

OK Hällen välkomnar till

Stigtomtakavlen

Valinge 16-17 april 2016

Restart	H17E Saturday ca 23:50 am, or 60 min after the leading team runs out on leg 3. H17E Sunday Leg 4 ca 10:50 am for all teams that are more than 60 min after 12:30 am Sunday For all teams Preliminary times, time will be announced by the speaker. Teams that start in the restart are placed after the other teams in the results.
Team leader	All clubs that have runners in the forrest shall have at least one team leader at the arena.
Finish closes	Saturday: 120 minutes after the restart. Sunday: 135 minutes after the last restarts.
Forking	There will be forking in all classes and legs except for Open relay, Inskolning, HD12, H/D13-16 leg 1, D/H120 leg 2, D/H150 leg 2, H180 leg 2, D17E leg 2 and H17E leg 3 and 4.
Public control	There is an public control nearby the arena for the following legs: H17E: Leg 1, 2, 4, 5 and 6. D17E: Leg 1 and 3 and on all legs in D13-16 and H13-16.
Online reporting	Online reporting at Stigtomtakavlen will consist of one TV control, radio controls and pre-warning controls. In order to follow the competition live go to www.okhallen.se.
Punching system	Sportident. Rented SI-cards is handed out in the team envelope. If a team loses a rented SI-card the team will be charged SEK 450. Each SI-card may only be used once during the relay competition. An SI-card that has been used in the relay can't be used in an open recreational course. At each control point there are at least 2 SI-punches. If you don't get a light or sound signal at the first, punch at the other.
Change over	Incoming runners must punch at the finish line, leave their map at a designated area and then collect the map for the outgoing runner. Outgoing runners should follow white stripes to the starting point.
Disqualified teams	Teams that are disqualified for some reason are allowed to continue in the competition. Teams in H/D17E that are in the lead or close to the lead will be stopped for approximately 15 minutes before change over to the next leg in order to not effect the final result of the competition.
Specific information	Teams in HD12 and H/D13-16 are allowed to have 1-2 extra runners on the first leg, all teams gets 3 maps at the start. Maps that are not used should be handed over to the functionaries on the way to the starting point. The first incoming runner who changes over to the next leg must have all punches approved otherwise the team will be disqualified. On at least one leg in H13-16 and D13-16, all runners on that leg must be 14 years of age or younger. The open relay is open to runners of all ages, a runner may run two legs but an SI-card may only be used once during the competition. Runners from leg 1-3 in H17E may also participate in this class. Acting as shadow for children is allowed, but not by a runner who later will participate in H/D17E.
Refreshments	Sports drink and water are served at the TV-control and the spectator control during the night and at the spectator control during the day. There are no markings for refreshments on control definition.
Control points	All control points are marked with a control and the control points that are used at night are also marked with a reflex.
Finish	On the last leg the finish punch will be done after the finish line. Finish line judges will decide the final result.
Open recreational-courses	Open recreational courses are available on Sunday; ÖM1, 3, 5-9 and Inskolning. Fee for youth (up to 16 years) is SEK 75, for adults SEK 130. Rent for SI-card SEK 35. Start 09.30 am to 12.00 am. It is allowed to act as shadow for children but not by a runner who later will participate in H/D17E. Runners who are not members of an orienteering club or foreign runners pay by cash at the entry.
Cloven	Report cloven observations (deer, moose) in the terrain to the information desk.
Showers	Shower outside with tempered water and heated tent for changing during the night.
Toilets	At the arena and at the change over area.

OK Hällen välkomnar till

Stigtomtakavlen

Valinge 16-17 april 2016

Distribution of maps	At the information desk 15 minutes after the last restart.
Price giving ceremony	Will take place once final results are available in each class and will be announced by the speaker.
Competition rules	Besides this PM the competition rules that are issued by the Swedish orienteering federation apply.
Services	Canteen offering coffee, candy, sausages and hamburgers etc. is located at the arena. During the night a gulasch soup will be served and during the day ”pyttipanna” (meat and potatoes).
Aktivitets for the	Babysitting and an orienteering course for children will be available on Sunday.
Sports equipment	Letro Sport.
Health care	Available at the arena.
Main officials	Event director Camilla Larsson, +4673- 337 39 86 stigtomtakavlen@okhallen.se Assistant director Jonas Svernestam Competition controller Sune Lindell
TBE-vaccination	During Saturday it will be possible to get a TBE-vaccination. Price SEK 300 for adults and SEK 270 for children. You can pay by credit card. www.fasting.nu

Välkomna!
OK Hällen