



Bulletin 2

Swedish League World Ranking Event Long distance race. Stage 3.

Saturday 23rd April 2016

*Bulletin 2. 19th April 2016. Please note that last-minute changes or additions may occur.
A final bulletin will be posted at the Arena on the day of the event and you are advised
to check this before the race.*



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- Location** Exit the E45 motorway at junction 87 (Alafors). The event is signposted from there and from Alingsåsvägen, the main road through Alafors.
- Parking** Please see the document "Parking information".
- Quarantine** No quarantine. Competitors may visit the Arena before start.
- Embargo** The area shown on the map (link in Eventor) is embargoed, which means it may not be used for training or competitions until after these events.
- Classes** Swedish League for all Elite classes. Only W21E and M21E have World Ranking status (WRE).
- Class selection and start draw order** Subclasses (E2, E3) may be added if the number of entries exceeds 70. Start draw order for WRE and Swedish League Classes is decided according to WRE and Swedish League competition rules.
- Cancellations** Competitors must report cancellations to the organisers as early as possible and at the latest by 20.00 Friday 22nd April by email: tavling@kungalvsok.se. After that, by SMS text message: + 46 (0)768674640.
- Reserve runner allocation** Lists of reserve runners will be published on Eventor and in the information tent by the Finish Line. Reserve runners will not be allocated in M21E and W21E. Allocation of places will be notified by 10.00 on Saturday in the Information Tent. Competitors or team officials must attend in person to claim a place. Runners or leaders who are not present will not be allocated a place. Contact for reserve allocation: + 46 (0)768674640.
- Start** Start lists will be published online in Eventor on Wednesday and posted at the Arena on the event day.

Class information

Class	Start	Length	Estimated elevation	Refreshment along course	Controls	Number bibs	Map change
D18E1	11:00	6300	285	1	12	401 -	
D18E2	11:00	5610	255	1	11		
D18E3	11:00	5250	235	1	9		
H18E1	11:00	7560	375	1	15	501 -	
H18E2	11:00	6880	320	1	12		
H18E3	11:00	6430	290	1	11		
D20E1	11:00	7230	340	1	14	201 -	
D20E2	11:00	6490	315	1	11		
H20E1	11:00	9970	460	2	19	301	
H20E2	11:00	8880	385	1	15		
W21E1	11:00	9170	475	3	16	1 -	Yes
W21E2	11:00	8170	345	1	14		
M21E1	11:00	14430	740	3	27	101 -	Yes
M21E2	11:00	12550	605	2	22		





- Club envelopes** A club envelope containing startlists, safety pins, race Bulletin, race bibs and pre-ordered lunch vouchers must be collected from the Information Tent by a representative for each club.
- Number bibs** The bibs for W21E1, M21E1, D20E1, H20E1, D18E1 and H18E1 competitors are in each club's envelope. Bibs must be worn on the chest and must not be folded or cut in any way.
- Clothing** Clothing will be transported back to the Arena from the Start area in a personal plastic bag. Place your items of clothing in a plastic bag, provided at the Start area, and write your name and number on the bag using the marker pen.
- GPS tracking** 25 runners in W21E1 and 25 runners in M21E1 will wear a GPS unit. The runners selected for GPS tracking will be announced at the Arena and on Eventor. Vests for the GPS units will be handed out at the Start area. Different sizes are available. The GPS unit will be given to the runner at the Start. Runners choosing not to wear an allocated GPS unit will be disqualified. The equipment must be returned to officials directly after the Finish.
- Model event** Please see the separate document about the Model event.
- Start procedure** It is 900 metres from the Arena to the Start. Follow the orange/white tapes and signs. Clear and check your SI cards at the units marked "Töm" and "Check".
- Registration and delivery of GPS units for M21E1 and W21E1 only.
- 3 minutes before start: Register and check your SI card.
- 2 minutes before start: Control description is available. It is also printed on the map.
- 1 minute before start: Go to the box of maps. There will be one box for each choice. Start officials will make sure that each runner takes the correct map.
- Start time: Take the map and start.
You are not allowed to touch the map before you start.
- Competitors arriving late are allowed to start up to 5 minutes after their allocated start time. The runner is allowed to start when it can be done without disturbing other runners.
- Competition rules** SOFT's competition rules apply, except that IOF's competition rules apply for World Ranking Event points. Competitors found not observing the rules will be disqualified. Complaints about infringements of competition rules may be submitted at the Swedish League Information Tent or directly to the Event organisers. Protests against the decision of the organisers must be submitted in writing at the Arena or directly to the competition jury.
- Clothing** Competitors' clothing must fully cover the body, except for the head, neck and arms, according to SOFT's competition rules.





Out-of-bounds areas

Private property and areas marked on the map are out of bounds. A wide stream shown running through the map must only be crossed at the crossing points designated on the map. Runners must not run through or cross the large marsh area. Officials are stationed in the competition area and anyone seen entering areas that are out-of-bounds may be disqualified.

Refreshments

Water is available at marked places in the forest and at the alternate route by the Arena. There is a zone where team coaches may hand drinks to runners.

Max running time

150 minutes

Control description

Control descriptions are both loose and printed on the map. Maximum size 60 x 220 mm.

Map change

The courses for classes M21E1 and W21E1 are in two parts. Competitors in these classes will change maps as they pass through the alternate route in the Arena area.

Punching system / controls

Sportident. Please provide the number of your SI card when entering, otherwise you will be charged an additional SEK 30 for a rental SI card. Competitors who fail to return a rental SI card will be charged SEK 400. The SI card must be cleared and checked by punching the "Töm" and "Check" units as described in the start procedure. Controls are marked with an orange/white flag, control code, two SI-units and a pin-punch.

Map

Map name: Brandsbobergen. Contour intervals: 5 metres. Drawn in 2014-2015 by Rasmus Larsson. Offset printed. Scale: 1:15,000. Inside a plastic cover. Size A3.

X A black cross on the map represents any of the following: hedge, table with benches, pile of rubbish, large den or small hut.

Map adjustments

Any adjustments to the map will be notified at Start.

Terrain description

The terrain varies from wild countryside to cultural landscape with mixed forests of mainly pine and spruce. Visibility and runnability vary from good to very limited. Runnability is limited in several areas particularly in the west part of the area. This is mainly due to thickets of juniper, many of them dead. These are marked with different greens or green lines depending on their character. However, the boundaries between these green areas and "white" forest areas are often diffuse. There are also several dense thickets of spruce, and a few small marshes.

One half of the area has numerous paths and tracks with a large number of old stone walls. There are meadows, houses and gardens around the edge of the entire area. The terrain is moderately to strongly undulating, with very steep slopes in places.



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We advise runners to be aware that there may be barbed wire along some of the stone walls close to the Arena.

If the weather is wet, we recommend shoes with metal studs or dobbs as rock surfaces will be slippery.

Toilets	Toilets at the Event Arena and at the Start area.	
Emergency medical services	Emergency medical services are available at the Event Arena and First aid is available during the race at the places marked on the map.	
Showers	Heated outdoor showers about 400 m from the Event Arena.	
Refreshments	A selection of food is available at the Arena: hamburgers, sandwiches, drinks, etc. A hot meal is also available but must be pre-booked.	
Results	Results will be posted at the Arena, on Eventor, online results, live gps tracking, Livelox.	
Prizes	Prizes for the top 3 in the Elite classes (E1) and the winner (E2) will be presented as soon as all E1 classes are finalised.	
Accommodation	Please refer to "Accommodation" in Eventor.	
Equipment trader	Team Sportia.	
Child-care services	Adjacent to the Event Arena.	
National spectator races	Long distance races will take place at the same Arena (separate Bulletin).	
Event directors	Karin Kullman	+46 (0)761-07 58 01
	Luba Nilsson	+46(0)730-91 67 19
Course setter	Rasmus Larsson	+46(0)709-23 73 63
Speaker	Ola Jodal	+46(0)733-84 27 15
Press officer	Staffan Asplund	+46(0)702-57 51 86
Event controller	Hans Carlstedt	+46(0)708-20 40 14
Course controller	Johan Berglund	+46(0)705-21 80 48
SOFT/Event adviser/EA	Bo Klamfelt	+46(0)703-94 27 01
SOFT/IT adviser	Leif Gustafsson	+46(0)706-06 66 05
SOFT/Selection/Seeding	Niklas Wrane	+46(0)706-70 81 05
Jury	Maths Carlsson	Tolered Utby OI-klubb
	Solveig Hedenblom	Sjövalla FK
	Lasse Hogedal	Vänernsborgs SK

Welcome!



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