



## Bulletin 2

### Swedish League World Ranking Event Middle distance race. Stage 4.

**Sunday 24<sup>th</sup> 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 Nya Alingsåsvägen, the main road through Alafors.
- Parking** Please see the separate 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 W21 and M21 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 Saturday 23rd April by email: [tavling@kungalvsok.se](mailto: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 W21E1. Allocation of places will be notified by 9.00 on Sunday 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 Thursday and posted at the Arena on the day.

#### Class information

Class	Start	Length	Estimated elevation	Controls	Number bibs
D18E1	10:00	3580	195	13	401 -
D18E2	10:00	3230	185	11	
H18E1	10:00	3890	230	14	501 -
H18E2	10:00	3540	255	11	
D20E1	10:00	3840	215	14	201 -
D20E2	10:00	3580	240	11	
H20E1	10:00	4180	235	14	301
H20E2	10:00	3750	235	13	
W21E1	10:00	4580	290	16	1 -
W21E2	10:00	4290	255	13	
M21E1	10:00	5600	330	19	101 -
M21E2	10:00	4930	255	14	
M21E3	10:00	4600	270	14	





<b>Club envelopes</b>	A club envelope containing startlists, <b>safety pins, race Bulletin</b> , race bibs and pre-ordered lunch vouchers must be collected from the Information Tent by a representative for each club.
<b>Number bibs</b>	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.
<b>Clothing</b>	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.
<b>GPS tracking</b>	<b>3 runners in W18E1, M18E1, W20E1, M20E1 and 19 runners in W21E1 and M21E1</b> 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.
<b>Model event</b>	Please see the separate document about Model event.
<b>Start procedure</b>	<p>It is 1200 meters 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".</p> <p>Registration and delivery of GPS units for M21E1 and W21E1 only.</p> <p>3 minutes before start: Register and check your SI card.</p> <p>2 minutes before start: Control description is available. It is also printed on the map.</p> <p>1 minute before start: Go to the box of maps. Start officials will make sure that each runner takes the correct map.</p> <p>Start time: Take the map and start. You are not allowed to touch the map before you start.</p> <p>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.</p>
<b>Competition rules</b>	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 the large marsh area. Officials are stationed in the competition area and anyone seen entering areas that are out-of-bounds may be disqualified.

### **Drinking water**

Water is available at the Start and at the Finish.

### **Max running time**

120 minutes

### **Control description**

Control descriptions are both loose and printed on the map.  
Maximum size 60 x 160 mm.

### **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: 1:10,000**. Inside a plastic cover. Size A4.

**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 Middle distance**

Woodland and some areas of 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. 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 several dense thickets of spruce, as well as a number of paths, old stone walls and a few small marshes in the area. The terrain is moderately to strongly undulating, with very steep slopes in places.

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

### **Toilets**

Toilets at the Event Arena and at the Start area.







#### Emergency medical services

Emergency medical services are available at the Event Arena.

#### Showers

Heated outdoor showers about 400 m from the Event Arena.

**NOTE: The number of showers is limited as the District's shower equipment is out of operation.**

#### 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

Middle distance races will take place at the same Arena (separate PM).

#### Event directors

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#### Course setter

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#### Speaker

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#### Course controller

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#### SOFT/IT adviser

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# Welcome!



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