

# MEMO 2016

WELCOME TO THE 42ND EDITION OF IDRE O-WEEK!

## O-WEEK EVENT CENTER

is located in conference room Lappsplan in the Main building, Idre Fjäll. Telephone +46-253-41455 or +46-70-7465812.

## CHANGING AND SHOWERS

The events of Idre O-Week take place in a protected area where we are not allowed to let out draining water. Thus we cannot offer showers at competition centers and suggest you use your accommodations for changing and showers. Or use a wet cloth. Showers can also be bought at Idre Fjäll's Activity Center (Sporthall) (20SEK).

## POSTS

All competition posts have proper building with a SportIdent unit and a real flag. *Note that for the SportIdent units, confirmation **SOUNDS ARE TURNED OFF on all posts** but for the last control and by finish line.*

Any permanent O-arrangements in terrain have plastic flags of training model.

## MAPS

Map scales are 1:15 000 (HD16-HD21), 1:7 500 (HD60 and older) and 1:10 000 (other classes, including HD16Kort and HD17-20Kort).

Wednesday Middle distance use map scale 1:7 500 (HD60 and older) and 1:10 000 (other classes).

Sprint map scale is 1:4 000 (all classes including JK40).

## NATURE PROTECTED AREA

Please notice that much of our competitions areas are located in the Stådjan-Nipfjället nature protected area, which means that dogs must be on leash and all other area rules be respected.

## PUNCHING SYSTEM

We use SportIdent punching system for all competitions. *Note that **SOUNDS ARE TURNED OFF all units in the terrain!!***

Please check that your SportIdent tag number is correct in all startlists! You can rent SportIdent tags for 40SEK/race.

## OPEN CLASSES

Pre-entered participants in Open classes (Öppen Motion) who will **not** run their course are to report this to +46-70-7465812. Call or text. This so we can know when all runners are back.

## START

At the start, control descriptions and maps are handed out separately. No control descriptions on maps. Staple guns behind map boxes. After start signal, you run to your map box and pick up the map. HD10-HD16 receive their maps 1min ahead of start signal.

## NUMBER BIBS

are worn by all competitors except in U-classes, Open classes and JK40. Same number bib is used all three events on 3-days.

## STARTLISTS and RESULTS

can be found on the wall at Event center and webpublished on [www.kart-bosse.se/idrefjall](http://www.kart-bosse.se/idrefjall) and [eventor.orientering.se/events](http://eventor.orientering.se/events) Resultlists are also handed out at the Event center, one paper copy per cabin/room/club. Split times can be bought 10SEK/class.

**CHILD CARE** available all days at competition centra.



**MINIOR COURSE** all days, contact child care for maps and directives. (*SI posts on the Minior course have both beep and blink.*)

**COMPETITION CENTERS (CC)** each day, see map on wall at the Event center or [www.kart-bosse.se/idrefjall](http://www.kart-bosse.se/idrefjall)

## JUNE 26, IDRE FJÄLL-O

Individual race. First lotted start 10am. CC at Nipfjället (summer parking space), 10 km from Idre Fjäll. Distance CC-start1 (most classes) 250m, CC-start2 (H10, D10, H12Kort, D12Kort, U1, U2, ÖM1) 1000m.

## JUNE 27, FJÄLLSPRINTEN

A sprint orienteering offering ski slopes, snow drift fences, bare mountain and forest. CC at the top of Gränjesvälen. Transportation available from Idre Fjäll to top station in aerial 6-chair lift. The lift starts running 8am. No cars are allowed up the mountain unless with special permission, if need such, contact event center. First start 10am. Distance CC-start 100m. Two startpoints from same start. Full clothing since part of courses is in forest.

It is possible to run both an ordinary class and JK40 – after ordinary class, register a new entry for JK40 in Open Classes secretary before start. See special info on SI-tags for JK40.

## JUNE 28-30, IDRE 3-DAYS

Individual 3-day event. Lotted start day 1 and 2, chasing start according to accumulated time differences day 3 except for HD10, HD12K. Participants are allowed to start all three days regardless of whether course has been completed earlier events. CCs are announced on the wall at Event center and on [www.kart-bosse.se/idrefjall](http://www.kart-bosse.se/idrefjall). First start 10am each day.

**DAY 1**, CC Ostliften (valley station), a 9km drive from Idre Fjäll or 3km walk from Ski Stadium on the "Fjället runt"-trail. CC-start: 200m.

**DAY 2**, CC Nipstugan, Nipfjället, 8 km from Idre Fjäll. CC-start: 600m.

**DAY 3**, CC Burusjön, 8 km from Idre Fjäll. CC-Start: 300m. Parking along the road, can be as much as 1500m walking distance parking-CC. Carpooling encouraged!

## REFRESHMENTS

"Svängis" will make his famous waffles over open fire as usual all days except for sprintday where refreshments instead can be bought in the toprestaurant, open from 8.30am.

Toilets at CCs all days, Fjäll-OL and 3-days portable ones; sprint day in the toprestaurent house (open from 8.30am).

## MAPS AND TRAINING PACKAGES

Available for sale in Activity center (Sporthall) and Event center. Maps and permanent O-flags before and during Idre O-Week

*Nordliften*, 23 posts

*Gränjesåsen*, 17 posts

*Vildmarkspasset*, 25 posts of varying difficulty.

*Bild-Naturpasset*, 18 posts

*MTB-O*, map with 15 posts

During O-week, following packages will be released:

*Slättröålen*, 16 posts.

*Burusjön*, 11 posts.