

PM Örebro City Sprint

 **Sunday 26 June 2016**

Picture © World of O / <http://runners.worldofdo.com/julliantent.html>

Welcome to the third annual **Örebro City Sprint**, which this year is ranked as a **World Record Event (WRE)** with international elite classes for our top runners in M21 Elite & W21 Elite.

As in previous years, we are offering exciting orienteering courses for everyone in the beautiful parklands and urban environments of Örebro city centre, this year in the southern parts. The programme offers an individual **Sprint Race** followed by a **Mixed Sprint Relay** of four runners per team in line with new World Cup standards.

All Örebro City Sprint participants will receive a discount on the entrance fee to Europe's most modern adventure swimming pools at **Gustavsvik Resorts** – pay SEK 100 instead of SEK 185 per person.

LOST CITY
ÄVENTYRET BÖRJAR HÄR!

Welcome!

Event Centre

The Event Centre is located in the southern part of the city centre, in a new park named Drottningparken (The Queen's Park).

Easiest entrance is from the south. There is a free car park (Tappstället) within walking distance, marked with a P on the map.

[\[Map link to Event Centre\]](#)



Terrain

Classic urban sprinting terrain including densely built-up areas and parklands, offering challenges such as courtyards and several interesting possible route choices and demanding quick decisions at high speed.

Map

Drawn 2015-2016 by **Mats Carlsvärd**, Almby IK, according to the international specification for sprint orienteering maps ISSOM 2007, Swedish version 2010.

Approved by the Swedish Orienteering Federation for level 1 competition.

Equidistance: 2 metres.

Scale: 1:4 000.

The same scale and size of symbols are used for all classes.

Useful information about the map:

- Meridians are blue.
- Local symbol: green cross means lying log
- Control description (special symbol for flower bed)
- Please note that pieces of playground equipment do NOT have any local symbols on the map.



Map (continued)

Representations of trees:

- Green ring denotes a large tree, with a diameter of at least 0.5 metres.
- Green dot denotes a smaller, but still notable, tree. Trees with a diameter of less than 0.2 metres are not marked on the map.
- If trees are positioned close together, in a grove, the individual trees are not denoted on the map.
- Parkland where there are trees or bushes are most often represented by a yellow-dotted areas on the map. Lawns with no trees are represented by are denoted by solid yellow.

Non-passable walls or fences:

- Walls or fences that may not be passed, even when possible in practice, are drawn as thick solid black lines (0.4 mm). Traversing a wall or fence that has been marked in solid black on the map leads to disqualification.







Non-passable hedges and bushes:

- Vegetation represented in very dark green may not be passed. Traversing such hedges or bushes leads to disqualification.



Prohibited areas during the competition

Colours that denote prohibited areas:

- Olive green:  Privately owned land, flower beds and other prohibited areas.
- Very dark green:  Hedges and bushes.
- Violet:  Outdoor cafe seating areas and other temporary building constructions.
- Violet lines:  Temporarily prohibited areas. Areas marked by vertical violet lines may not be passed. On the map for the competition, there is, for instance, a busy road that has been marked in this way. This road may only be crossed at formal crossing points. The formal crossing is a pedestrian and cycling viaduct.

Please also note that walls and fences that are marked on the map with thick solid black lines (0.4 mm) are prohibited to pass according to sprinting rules – even when it would be practically possible to do so.

In some places non-passable areas are marked by blue and yellow flags.

SPORTident (SI)

All types of SI sticks except for SIAC are permitted: SI Card 5, 6, 8, 9, 10 and 11. Registered runners without SI number will be allocated a stick at a hire cost of 30 SEK. Hired sticks that are lost are charged at 400 SEK.

Parking

To keep participants away from the competition area, we suggest public car parks and on-road parking south and west of the competition area. There is a free car park nearby, immediately south of the Event Centre called Tappstället.

Web link to car parks in the city of Örebro: <http://www.orebro.se/592.html>

Competition rules

IOF Competition Rules for WRE classes **M21E** and **W21E**.

The Swedish Orienteering Federation standard competition rules and instructions for sprint races for all other classes.

Free clothing.

Footwear: Shoes with metal and rubber studs are prohibited! Use running shoes or similar.

Runners, stewards and spectators participate at their own risk.

Safety

Please note that the roads in central Örebro will NOT be closed for the competition and that runners do NOT have priority in traffic.

This means that runners have the same status as any other person moving in traffic, and it is of outmost importance to be vigilant when crossing roads, pavements and cycling tracks.

Competition stewards will be positioned at sensitive spots across the city, but their role is not to stop traffic to give runners priority. Rather, their task is to warn runners and other persons moving in traffic if dangerous situations were to occur.

There are some narrow passageways with limited view. Keep to the right even when this means taking the outer curve.

Refreshments

Well-stocked refreshment stalls at the Event Centre with hamburgers, hot dogs, sandwiches, coffee, tea, soft drinks and cake.



Leagues

The competition is part of Almby IK's summer sprint league for all competitive classes.

Web link to the league on Eventor: [\[HERE\]](#)

The competition is also part of **Löpex and Närke's Skogskarlar's youth league** for classes **MW12-MW16**. Only results for runners from Örebro County are counted as part of the league.

Web link to the league on Eventor [\[HERE\]](#)

Showers/toilets

There are showers and toilets at the Event Centre (inside the sports centre).

First aid

At the Event Centre.

Starting lists/ Results

By registering for the race you consent to online publication of your participation and results. Results and split times are published on the Eventor and WinSplits Online websites straight after the event.

Footage and material from the event will also be available on Livelox straight after the competition.

Individuell Sprintorientering (11AM)

Classes	Class	Distance (m)	Class	Distance (m)	Class	Distance
	W21E	2940	M21E	3080		
	W21	2530	M21	2820	U2 (Development class 2)	1640
	W17-20	2530	M17-20	2900	ÖM1 (Open class 1)	1640
	W16	2350	M16	2720	ÖM5 (Open class 5)	2520
	W14	2120	M14	2410	ÖM7 (Open class 7)	3040
	W12	1900	M12	1900		
	W10	1840	M10	1840		
	W35	2520	M35	2900		
	W40	2410	M40	2760		
	W45	2230	M45	2720		
	W50	2120	M50	2520		
	W55	2060	M55	2350		
	W60	1830	M60	2230		
	W65	1730	M65	2060		
	W70	1640	M70	1830		
	W75	1640	M75	1730		

Late registration Late registrations are accepted via the Eventor website until **Friday 23 June at 23:59**. The fee is increased by 50% for late registrations.

N.B. Registration for elite class requires IOF ID which may be obtained from the IOF Eventor website at <https://eventor.orienteering.org/Register>

Registration fees Elite classes W21E and M21E: 270 SEK (WRE status)
Adults: 130 SEK. Juniors up to age 16: 70 SEK. Swedish clubs will be invoiced retrospectively. Runners from outside of Sweden pay on the day of the race (cash and cards are accepted) or in advance to:

BIC Code: NDEASESS
IBAN: SE57 9500 0099 6026 0659 7827

Registration on the day Five vacancy slots will be allocated to each class up to WM16. Vacancies are allocated on the day of the race up until one hour before the starting time for a particular class. These places are allocated chronologically.

Open classes It is possible to register for the Open classes on the day of the event, so-called 'direct registration'.

Starting information for individual competition (START-1)

The first start will be **at 11.00am**.
Runners who registered late will start first in each class.
The Open classes may start at any time between 10.45am–12.00noon.
Distance to start: **approx. 1 000 metres**, indicated by orange/white.

Control descriptions are printed on maps and also available separately.

Starting information for WRE class (START-2)

Preliminary first start for the WRE class will be 11.50am, to be confirmed after end of registration on midnight of Thursday 23 June.

Allocation of starting times according to IOF World Ranking where the highest-ranking runners start last.

Start at the north-east part of the Event Centre (50 m).

Örebro City Sprint 2016

The warming up area / Map sample



Quarantine

Runners in the elite class must **by 11.00am at the latest** register at the sports hall (Oscariahallen) for quarantine. Runners not registered in quarantine by this point in time will not be allowed to start in the competition.

The sports hall has facilities such as showers and toilets and also possibilities for indoor warm up. Please note that shoes with studs are not allowed within the sports hall – bring ordinary sports shoes.

Pre-start and start

At the Event Centre there is a pre-start area for WRE runners for warm up with test map and controls. The area is situated in the east part of the Event Centre and is separated from other runners in the competition. Within the pre-start area there is a marquee with refreshments, fruit, coffee, drinks, water and sandwiches. WRE runners are escorted to the pre-start area by competition stewards and can choose when to go there.

It is not allowed to return to the sports hall (quarantine) after entering the pre-start area.

Five (5) minutes before start there is a rollcall for runners within the pre-start area. The runners then proceed to the WRE start (100 m).

- Three (3) minutes before start runners enter zone 3 (Empty/Check)
- Two (2) minutes before start runners enter zone 2 (Control descriptions)
- One (1) minute before start runners enter zone 1 (Starting zone)
- The map is handed over at the starting signal

Controls

All the WRE controls have double electronic punchers and also a manual puncher (crocodile punch). It is the responsibility of the runner to check that punching has been registered correctly and that both sound and light signals are given. Absence of registered punching leads to disqualification.

**Starting lists/
Results**

By registering for the race you consent to online publication of your participation and results. Results and split times are published on the Eventor and WinSplits Online websites straight after the event.

Footage and material from the event will also be available through the GPS service Livelox straight after the competition.

Mixed Sprint Relay (afternoon)

This competitive form for the elite classes is the same as for the World Cup, that is, four courses with four runners (two women and two men). For the other classes the rules are more 'open' (see separate information for each class). The mixed spring relay starts after the individual sprint competition and has estimated times per course of 10-12 minutes.

Classes and lengths of courses

Class	Description	Age	Other information
Elite	The class follows the World Cup standard; that is, 2+2 participants: female-male-male-female.	Open to all	Only runners from the same club may compete in any one team.
Junior	The class follows the World Cup standard in terms of course length: short-long-long-short. <i>The team should consist of participants of both genders, but there may be a majority of female/male members in the team.</i>	Up to 16 years of age	Combination teams are allowed; that is, teams with runners from different clubs.
Open	Any combination of runners in terms of age and gender.	Open to all	Combination teams are allowed.
Senior	Any combination of runners in terms of age and gender.	Open to WM35 upwards	Combination teams are allowed.

Late registration

Late registrations are accepted via the Eventor website until **Friday 23 June at 23:59**. The fee is increased by 50% for late registrations.

Pool of runners

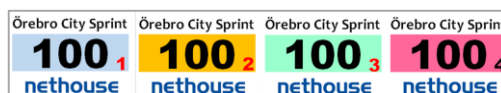
For those who want to participate in the Mixed Sprint Relay but do not have a full team, or for teams that have registered but do not have enough runners, there will be a pool of runners at the Event Office. Registration to the pool of runners can also be done via email to info@citysprint.se

Registration fees

Adults: 130 SEK.
Juniors up to age 16: 70 SEK.

Club envelopes/ bibs

Club envelopes for the Mixed Sprint Relay may be collected from the competition office. Please bring your own safety pins for bibs.



Team formation	Please enter via Eventor before the day of the competition, and at the latest by 12:00noon on the day of the competition to the competition office.
Multiple courses	All classes will have multiple courses which means that there are a number of possible different courses, so make sure to check code numbers for each control carefully.
Starting time for the mixed sprint relay	Preliminary starting time for the mixed spring relay is 1pm (after the sprint competition). Joint start for all classes at allocated place at the Event Centre.
Starting lists/ Results	<p>By registering for the race you consent to online publication of your participation and results. Results and split times are published on the Eventor and WinSplits Online websites straight after the event.</p> <p>Footage and material from the event will also be available through the GPS service LiveloX straight after the competition.</p>

Övrig information

Event officials



Event Organiser	Lasse Lundberg	+46 (73 057 1574	lasse.lundberg@telia.com
Assisting Event Organiser	Björn Alpberg	+46 (70) 268 8080	bjorn.alpberg@gmail.com
Press Officer	Mats Carlsvärd	+46 (72) 249 2602	mats.carlsvard@gmail.com
Setter	Christer Tapper	+46 (70) 216 5389	tapper.christer@gmail.com
Event Office	Karin Kraft	+46 (73) 09 2219	
Course and Event Advisor	Torun Pahlm	+46 (70) 293 6214	torun.pahlm@telia.com
IOF Event Advisor	Bo Månsson	+46 (70) 539 2888	bo.mansson@seaside.se

Competition jury



Chair	Lars Lindstrøm	ll@do-f.dk
	Per Forsberg	foppaviasat@gmail.com
	Anton Blomgren	anton.blomgren@icloud.com



Warmest thanks to all landlords who let us run on their land and yards!

- Örebro Bostäder (ÖBO)
- Karaffen Förvaltnings AB
- Bostadsrättsföreningen Stenhuggaren
- Abramssons fastighets AB

**Accommodation
(cabins/
campsite)**

For cabins and camping facilities in Örebro, we recommend Gustavsvik Resorts:
<http://gustavsvik.se/in-english/> Alternative accommodation for cabins and caravans, please see separate information sheet at Eventor.

Runners staying at our campsite or in one of our cabins during Örebro City Sprint may use the adventure swimming pools for free during their stay (please state promotional code 'CITYSPRINT' when booking).



LOST CITY
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**Accommodation
(hotel)**

Beautifully situated in central Örebro, Elite Stora Hotellet overlooks the river and Örebro Castle. A generous discount is offered to participants in Örebro City Sprint 2016.

To use the discounted price, call Elite Hotell on +46 (0)19 15 69 90 or email reservations.orebro@elite.se and give the promotional code 'CITYSPRINT'.



Room rates, including breakfast and VAT:

- Standard room: 600 SEK/night
- Superior room for two: 900 SEK/night
- Deluxe room for two: 1050 SEK/night (there is space for an extra bed in a Deluxe room at a cost of 200 SEK/night)



Web link to Elite Stora Hotellet, Örebro: www.elite.se/en/hotell/orebro

**Online
Technology**

Last Mile Communication (LMC) is the official sponsor of radio equipment for online controls.



<http://www.lastmile.se/>
Email: tomas@lastmile.se



Map of Event Centre – Drottningparken

