

Class/ Leg	Course length(meter) incl. 350-450 m stripes	Type	Level of difficulty	Leg time minutes (Ideal)	Changeover time First team
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<b>Start HD12</b>					<b>18:00</b>
HD12- 1	3300	Day/No fork	Yellow	20	18:20
HD12- 2	2600	Day/No fork	White	15	18:35
HD 12- 3	2600	Day/No fork	White	16	18:51
HD12- 4	3300	Day/No fork	Yellow	20	
Finnish					19:11

<b>Start HD18</b>					<b>03:00</b>
HD18- 1	5800-5900	Night/Fork	Purple	41	03:41
HD18- 2	5800-5900	Night/Fork	Purple	41	04:22
HD18- 3	4000	Night/No fork	Orange	30	04:52
HD18- 4	6800	Dawn/No fork	Purple	43	05:35
HD 18- 5	3100	Day/No fork	Yellow (parallel)	17	05:52
HD18- 6	3100	Day/Fork	Yellow	17	06:09
HD18-7	3100	Day/Fork	Yellow	17	06:26
HD18-8	4000-4200	Day/Fork	Orange	24	06:50
HD18-9	4000-4200	Day/Fork	Orange	24	07:14
HD18-10	7200	Day/No fork	Purple	44	
Finnish					07:58

<b>Start D18</b>					<b>05:30</b>
D18-1	4700-4800	Day/Fork	Purple	35	06:05
D18-2	4700-4800	Day/Fork	Purple	36	06:41
D18-3	2700	Day/No fork	Yellow (parallel)	18	06:59
D18-4	3000	Day/No fork	Orange	20	07:19
D18:5	5800	Day/No fork	Purple	38	
Mål					07:57

## MAP

Scale 1:10 000, equidistance 5 m, drawn 2013(Göran Larsson), revised 2016(Göran Larsson). Map and course is printed on printer certified by SOFT (IF Hagen). The map is received at the start on the first leg and by the previous runner on the following legs. All maps are collected by the changeover.

#### ARENA PASSING AND CHANGE OF MAP:

HD 18 leg 4 and 10 plus D18 leg 5 will pass the arena where there will be a change of map. Follow the stripe from the last control on the first part of your map, leave your map to the organiser, then take a new map from the box. Follow the stripes to the starting point of the next part of the leg. Please note that the numbering of the controls starts with 1 again on the second half

#### PUBLIC ROAD

All courses will get in touch with or cross a public road south of the arena. It is permitted to run on the road (on the left side) and also to cross the road. Vehicles have priority when crossing the road. The courses that will cross the road are: D18 leg 5 and HD18 leg 1, 2, 4 and 10. **PLEASE TAKE CARE!!**

#### TERRAIN DESCRIPTION

**Terrain type:** The competition area consists of coniferous forest, mostly pine forest. There are plenty of paths and small roads. Also plenty of pits of various sizes and depth. The terrain is mainly flat with some steeper areas

**Run ability:** Very good run ability. Areas where forestry harvesting has taken place are rather easy to run. There are some smaller areas where there is young forest growing.

#### PUNCHING and CONTROLS

The controls are marked with an orange/white marker on the control stand. A night control is also equipped with a red/white/blue reflective marker. Code number and punching unit (including spare manual punching) is placed on the control stand. Please check code number, there are many controls in the forest.

Punching is done by placing the SI-card into the punching unit on the control stand. **If there is no** light and beep from the unit as a receipt of the punching **you must** make a manual punch using the punch squares on the map marked 1, 2 and 3. A TEST CONTROL will be found at the start on the arena. Please make yourself familiar with this.

#### START

The HD12 start is on Friday August 5<sup>th</sup> at 6.00 PM.

The HD18 start is on Saturday August 6<sup>th</sup> at 3.00 AM.

The D18 start is on Saturday August 6<sup>th</sup> at 5.30 AM

Inlet to start is done app. 30 min before each class start. The runners shall in good time before start be standing next to their map. The clothing will be checked according to SOFT's competition rules. Competitors must wear full body cover with no tears or holes. A short ceremony will take place before the start.

After the starting signal follow the stripes to the starting point marked in the terrain by an orange/white marker with a reflective marker on. Also the sign "Startpunkt" is placed at the starting point.

### **FORBIDDEN AREAS**

Forbidden areas are marked on the map with a red screen overlay. A red screen with a complete line around the area is marked in the terrain with complete blue/yellow stripe. A red screen with a non-complete line around the area **is not marked** in the terrain. Some private land has been marked in the terrain with blue/yellow stripe. Private land (olive green on map) is not allowed to cross.

Crossing the blue/yellow stripe will result in disqualification of the team.

### **LOCAL MAP SIGNS**

**X =Hut**, (used by HD18 leg 1, 2, 8 and 9 also by D18 leg 1 and 2)

**O = "Kolbotten"**, kolbotten is the remains of a charcoal kiln, circular form with a ditch around. Quite often the kolbotten is slightly higher than surrounding ground. (Used by HD12 leg 1 and 4, also by HD18 leg 5, 6 and 7)

**Green line** = Fallen Tree, hard to pass.

### **ARCHERY TARGETS IN TERRAIN**

Close to the Arena there are targets (for archery) in the terrain. These are **NOT** shown on the map. Affects mainly legs that has arena passing.