



Stockholm Indoor Cup 2017

-The World's biggest indoor orienteering event!



Stockholm Indoor Orienteers, in cooperation with the orienteering school at Fredrika Bremergymnasiet, invites all of you to the 5th edition of Stockholm Indoor Cup! It is fun, it is unique- and it is something for everyone! Welcome to SIC 2017: 4-5th February 2017. This year we celebrate our fifth anniversary which means new surprises and some really great indoor-O areas

Competition area stage 1, Saturday 4th February: Samskolan Saltsjöbaden, Samskolevägen 1, see map: <http://kartor.eniro.se/m/U2vTa>. Replacement bus from Slussen metro station in central Stockholm, then local train "Saltsjöbanan" to Tattby station and from there approx. 50 m/ 30 seconds walk to school entrance. Total travel time from Stockholm Slussen is 35 minutes.

Competition area stage 2, Sunday 5th February: Torvalla sports centre + nearby Fredrika Bremergymnasiet (school), Dalarövägen 66, see map: <http://kartor.eniro.se/m/go3m9>. Commuter trains run from Stockholm Central station to Handen station. From there 15 minutes' walk (taped) or catch one of the several buses. Total travel from Stockholm Central is 40-45 minutes, walk included.

No parking organised on any of the days, if you choose to travel by car, park according to local regulations on nearby streets and parking lots (very few available on stage 1)

Competition: Two stages, one on Saturday and one on Sunday. The time from both stages are summed up to give a total result. Shortest total time will be SIC champion 2017!

Categories/ Classes: New categories this year- veterans classes. Please note that entry on the day only is available to "SIC Motion"-classes and U2!

Category	Available for	Comments
SIC Herrar (Men)	Everyone	"The original course"- as hard as possible!
SIC Damer (Women)	Women	"The original course"- as hard as possible!
SIC Herrar light (Men)	Everyone	Easier course, but still a competition category
SIC Damer light (Women)	Women	Easier course, but still a competition category
H16 (M16)	Boys 16 yrs or younger	
D16 (W16)	Girls 16 yrs or younger	
H14 (M14)	Boys 14 yrs or younger	
D14 (W14)	Girls 14 yrs or younger	
H12 (M12)	Boys 12 yrs or younger	
D12 (W12)	Girls 12 yrs or younger	
SIC Gubbar (Men veteran)	Men 40 yrs or older	Difficulty same as men's course, but shorter
SIC Tanter (Women veteran)	Women 40 yrs or older	Difficulty same as women's course, but shorter
U2	Youth	For youth (below 16 yrs). Pair running and help allowed. Entry on the day available
SIC Motion lätt (easy)	Everyone	Non-competing category "easy", entry on the day possible
SIC Motion svår (difficult)	Everyone	Non-competing category "difficult", entry on the day possible

We have a limit of 240 competitors per category, and a restriction of 60 starters per start interval. If the number of competitors is high, we may have to restrict the maximum number of competitors in total due to fire regulations.

Start (news; afternoon and evening start times on Saturday race): First start time 14.30 pm on Saturday, last start at 18.30 pm. On Sunday, first start is 10.00 am and last start is 14.00 pm. Allocated start times are applied in all categories except for SIC Motion lätt/svår and U2. You may choose your start time in blocks: block 1 (Swe: "Start time 1"), block 2 ("Start time 2") and so on. One block of start times is one-hour long. (e.g. Block 1 means start from 14.30 to 15.30 on Saturday between and 10.00 and 11.00 on Sunday). It is possible to enter to different blocks for each day. Distance to start maximum 100 m. Finish closes at 19.30 (Saturday) and 15.00 (Sunday), choose a start time accordingly to have time to finish the race.

Entry: Through Eventor (<https://eventor.orientering.se/Events/Show/17419>) (preferably, otherwise by e-mail to info@stockholmindoormap.se) by Sunday 29th January 23.59. Entry fees per stage are 115 SEK/ adult, 70 SEK/ youth below 16 years. Late entries are allowed until Wednesday 2nd February 23.59, 50 % extra fee. If you are not a member of a Swedish orienteering club you MUST pay your entry fee at the arena. Anyone not doing so may be denied start. Payment will be possible by cash or most major cards.

Map and rules: Will be presented closer to the competitions. An old indoor-O map over parts of the "terrain" for stage 2 (Sunday) will be presented on Eventor soon.

The competition has seen a rapid growth in terms of participants, which in many ways is really fun but also brings some difficulties. Finding suitable areas for indoor-O is becoming trickier and although our arenas this year are big it may be quite cramped. By choosing approximately when to start we hope to reduce the crowd. We hope you will enjoy the competition anyway!

Arena services: Live results, speaker, and of course a great café service (card payments accepted)! This year, we can also provide showers after both of the races!

Extra training: Feel like indoor-O is not enough? **Before** Saturday's event, there will be a long run for everyone interested! Start 12.00, and courses from 5 to 18 km. Refreshments will be available along the route. A meal (veg.) is provided to those interested after the long run and before SIC, only through pre-order though. Please inform us of any allergies in advance through e-mail. Entry either by e-mail or through Eventor's "extras" when entering the competition. For this we charge a small fee of 50 SEK (without meal) or 125 SEK (with meal). Suits everyone!

Enquiries: Either by e-mail to info@stockholmindoormap.se or by phone to the event director. We are glad to help with any questions you may have!

Main organiser/ event director: Emil Wipp +46 70 525 90 51.

Course setter: Assar Hellström

We are on Facebook and Instagram, follow us there for the latest news!

www.facebook.com/stockholmindoormap. Hashtag your Instagram pictures with #sic17! Our official webpage is www.stockholmindoormap.se.

Welcome!

