

OK Hällén invites you to  
**Stigtomtakavlen**  
 Dambroängen 14-15 April 2017



**Arena** Arena Dambroängen, Ålberga. E4 from north, exit 128 and after that towards Ålberga. E4 from south, exit 127 and after that towards Stavsjö/Nyköping. Directions on road 800, after that 4 km to Ålberga.

GPS coordinates: 58.725970, 16.559708

**Classes**

<b>H17E</b> Leg 1 Night 8.9 km Forked Leg 2 Night 11.8 km Forked Leg 3 Night 6.9 km Leg 4 Day 6.6 km Leg 5 Day 9.5 km Forked Leg 6 Day 9.5 km Forked	<b>D17E</b> Leg 1 6.8 km Forked Leg 2 4.1 km Leg 3 7.7 km Forked	
<b>Inskolning</b> (3-5 participants) Leg 1 1.5 km Green Leg 2 1.5 km Green Leg 3 1.5 km Green	<b>HD12</b> (3-5 participants) Leg 1 2.4 km White Leg 2 2.9 km Yellow Leg 3 2.9 km Yellow	
<b>H13-16</b> (3-5 participants) Leg 1 3.9 km Orange Leg 2 4,6 km Forked Orange Leg 3 5.7 km Forked Violet	<b>D13-16</b> (3-5 participants) Leg 1 3.9 km Orange Leg 2 3.5 km Forked Orange Leg 3 5.2 km Forked Violet	<b>Open relay</b> Leg 1 3.6 km Orange Leg 2 2.8 km Yellow Leg 3 4.9 km Blue
<b>H120</b> Leg 1 6.7 km Forked Blue Leg 2 3.9 km Red Leg 3 6.7 km Forked Blue	<b>D120</b> Leg 1 4.9 km Forked Blue Leg 2 3.9 km Red Leg 3 4.9 km Forked Blue	<b>H180</b> Leg 1 4.0 km Forked Blue Leg 2 3.0 km Red Leg 3 4.0 km Forked Blue
<b>H150</b> Leg 1 4.9 km Forked Blue Leg 2 3.0 km Red Leg 3 4.9 km Forked Blue	<b>D150</b> Leg 1 4.0 km Forked Blue Leg 2 3.0 km Red Leg 3 4.0 km Forked Blue	<b>Open recreational courses</b> ÖM 1, 3, 5-9 , Inskolning (Only available on Saturday)

**Specific information** Teams in Inskolning, HD12 and H13-16, D13-16 are allowed to have 1-2 extra runners on the first leg. The first incoming runner who changes over to the next leg must have all punches approved otherwise the team will be disqualified.

In H13-16 and D13-16 the team must on at least one leg contain runners from class H/D14.

Classes H180, H150, H120, D150 and D120 are open for runners of all ages, however the combined age of the runners must still reach the minimum allowed age for the class.

The open relay is open to runners of all ages, a runner may run more than one leg but each SI-card may only be used once during the competition. Runners from leg 1-3 in H17E may also participate in this class.

**Punching system** SportIdent. Each SI-card may only be used once during the competition (Friday to Saturday). An SI-card that have been used in the relay can't be used in an open recreational course.

**Competition fee** H17E; SEK 1080, D17E; SEK 540, H180/H150/D150/H120/D120/Open Relay; SEK 390, Inskolning/HD12/H13-16/D13-16; SEK 225 + SEK 75/additional runner.

Open recreational course; youth SEK 75, adult SEK 130.

Rental fee SI-card; SEK 35. A fee of SEK 450 will be charged for non returned rented SI-card.

Late entry fee, +50%. Entry fee at competition day, +100% for adults and +50% for youth. All fees will be invoiced.

**Entry** Registration is done through Eventor and we need your entry before Friday 7th April 23:59 hrs. Late entry latest on Thursday 13th April 19:00 hrs. Specify at entry the numbers of rental SI-cards needed.

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<b>Team composition</b>	The team composition should be handed in at the time of entry in Eventor or at the latest at 19.00 hrs on Thursday April 13th in Eventor. If no SI-card number is specified a rental SI-card will be allocated to the runner.
<b>Startlist</b>	Will be put on Eventor and on OK Hällens web site. On <a href="http://www.okhallen.se">www.okhallen.se</a> you can also find live results, competition commentators, video live stream etc.
<b>Parking</b>	Only allowed in designated area. Max 1200 meters from the arena. Fee SEK 20 per day. There are no room for caravans at the competition area. Please let us know if you arrive by bus by email: <a href="mailto:stigtomtävlingen@okhallen.se">stigtomtävlingen@okhallen.se</a>
<b>Start</b>	The start of the first leg in H17E is Friday at 21.00 hrs on April 14th. First start on Saturday is 09:30 hrs for all classes, including the pursuit start in H17E.
<b>Restart</b>	There will be an restart for all teams that not have started 60 minutes after the leading team start on leg 3. Times for restart in the other classes will be published in PM.
<b>Map</b>	Dambroängen. Revised 2016 by Roy Fransson. Offset printed map in scale 1:10 000, contour interval 3-5 meters. Digital printed map in scale 1:7 500 in H180 and for leg 2 in H150 and D150, scale 1:5000 in Inskolning. In open recreational courses class 5 and 7 you can choose to get a digital printed map in scale 1:7 500.
<b>Terrain description</b>	Continuous woodland, larger number of paths near the arena. Predominantly pine and spruce forests of varying age with essentially good accessibility. Open, easily run pine forest mixed with denser spruce areas. The terrain is moderately hilly with a number of detailed hills.
<b>Shower</b>	Shower outside with tempered water and heated tent for changing.
<b>Activities for children</b>	Babysitting and an orienteering course for children will be available on Saturday at the arena.
<b>Services</b>	Canteen with coffee, candy etc. and a small selection of food at the arena.
<b>Sport equipment</b>	Letro Sport
<b>Main officials</b>	Event director                      Camilla Larsson, phone number +46733-37 39 86 Jonas Svernestam Course planners                      Göran Karlsson, Arvid Linder Event controller                      Sune Lindell Course controller                      Sune Lindell, technical Anders Karlsson and Andreas Zeijlon, practical Press                                      Tomas Öberg    tomas_lundstrom@hotmail.com
<b>Information</b>	Website OK Hällén <a href="http://www.okhallen.se">www.okhallen.se</a> Eventor <a href="http://eventor.orienteering.se/Events/Show/14576">http://eventor.orienteering.se/Events/Show/14576</a> E-mail: <a href="mailto:stigtomtävlingen@okhallen.se">stigtomtävlingen@okhallen.se</a>
<b>Other</b>	At the arena there will be a tent with screens showing live results and pictures from the forest.

**WELCOME - OK HÄLLEN**