



Bulletin 2

Rehns BK & Segersta OK welcome you to Swedish League Stage 6, Middle Distance IOF World Ranking Event - Saturday 13th May 2017

Classes

W21E M21E D20E H20E D18E H18E
Depending on the number of participants, the elite classes will be divided into Elite, Elite 2 and Elite 3 in accordance with regulations for World Ranking Events and Swedish League.

Winning times	M21E	35 min	W21E	35 min
	H20/H18	30 min	D20/D18	30 min

Bollnästräffen:

DH10 – DH80, inskolning, U-classes, string course and open classes.
Look for more information in the Swedish bulletin (PM) or at the Arena.

Course lengths (m)

W21E 4890	H14 2700	H45 3600	H16K 2700
M21E 5900	D12 2300	D50 2900	D14K 2300
D20E 3780	H12 2300	H50 3500	H14K 2300
H20E 4900	D10 1700	D55 2900	D12K 1700
D18E 3700	H10 1700	H55 3400	H12K 1700
H18E 4300	D18 3250	D60 2300	Inskol 1500
W21E2 4400	H18 3300	H60 3450	U1 1500
M21E2 5200	D20 3250	D65 2300	U2 1700
M21E3 4800	H20 3300	H65 3200	ÖM1 1700
D20E2 3200	D21 3500	D70 2300	ÖM3 2300
H20E2 3800	H21 4000	H70 2700	ÖM5 2700
D18E2 3200	D35 3400	D75 2250	ÖM7 2950
H18E2 3800	H35 4000	H75 2700	ÖM8 4770
D16 3250	D40 3400	D80 2250	
H16 3300	H40 4000	H80 2250	
D14 2700	D45 2900	D16K 2700	

Punching System	<p>Sportident. SI-card 5, 6, 8, 9, 10, 11, Comcard, SIAC (not touch free) can be used. Notify SI-number when you register. SI-cards may be hired for 30 SEK/day. There will be a charge of 600 SEK for a lost SI-card.</p> <p>The clear (töm) and check units are on the way to the start. Controls are marked with an orange/white flag and one or two SI-units with a control code number. It is the runner's responsibility to ensure that the control unit gives a sound and light signal as a confirmation of punching.</p>
Entries	<p>Closing date for ordinary entry is Saturday 6 May at 23.59. Register via Swedish Eventor. https://eventor.orienteering.org/Events/Show/5573</p> <p>Entry fee 270 SEK.</p> <p>Swedish clubs will be billed after the event. Foreign participants who do not represent a Swedish orienteering club must pay the entry fee in advance. Please transfer full payment to:</p> <p>IBAN: SE30 9500 0099 6018 0513 7559 BIC/SWFT: NDEASESS</p> <p>Postgiro: 51 37 55-9. PAYPAL: larsostorbyn@gmail.com</p> <p>Specify your name, club and event when you pay. Payee: Rehns BK</p>
Late Entries	<p>Last time for late entry is Monday 8 May at 23.59. Late entries will be charged an additional 50% of the normal entry fee.</p>
IOF Eventor & World Ranking	<p>An international ID is required in W21 Elite and M21 Elite. It can be obtained from IOF eventor. https://eventor.orienteering.org/Register</p> <p><i>Please note, WRE runners must register their IOF number in Swedish eventor for the result to be reported to IOF.</i></p>
Cancellations	<p>Eventual cancellation of participation in Swedish League-classes, please notify Bengt Forslin Ph 070-5540359, E-mail: bf(at)awapatent.com as soon as possible.</p>
Reserve runners	<p>Lists of reserve runners will be published on Eventor and at the arena. Reserve runners will not be allocated in M21E and W21E. Allocation of places will be notified by 10.00 hrs on Saturday at the administration desk. Competitors or team officials must attend in person to claim a place. Runners or leaders who are not present will not be allocated a place. Contact for reserve allocation is Bengt Forslin, Ph: +46 70-5540359.</p>
Arena	<p>Arena and arena plan, see separate document in Eventor. The arena opens at 09.00 hrs</p>
Assembly Area	<p>Rengsjö – for traffic coming from Bollnäs or Söderhamn follow the signs from Road 50. There is a separate document about the traffic in Eventor.</p> <p>http://kartor.eniro.se/m/Jla5G</p>
Parking	<p>Parking on fields close to the arena. Walking distance 50-300 m. VIP/press park in the same place. Parking fee 20 SEK.</p>

Buses must be announced in advance to:
tomas@wasaakarn.se no later than 5 May.
Caravans and campers cannot be accommodated at the competition site. We recommend camping at www.bollegarden.se

Start	<p>Start 1: 2100 m, orange/white markings. All elite classes. First start at 11.00.</p> <p>Start 2: 1900 meter, orange/blue markings. All other classes. First start 11.00. Open courses, U- courses and inskolning free start from 10.00 – 12.00.</p> <p><i>Notice: The time it takes to get to the start will be a bit longer than expected. You walk slightly uphill and partly straight through the forest. However, two thirds of the distance is on forest roads and paths. Make sure you set out well ahead of your starting time.</i></p>
Start procedure	<p>Start 1 (elite classes) 3 minutes before start: Register and check your SI-card. 2 minutes before start: Control description is available. (not printed on the map). 1 minute before start: Go to the box of maps. It is the runner`s responsibility to take the correct map. Start time: Take the map and start. You are not allowed to touch the map before you start.</p> <p>Start 2: HD 10-16 will get the map one minute before they start. Open classes and U-classes use the start punch. All other classes take the map when it is their starting time.</p>
Liquid	<p>Water on the way to start. Water and sports drinks at the start for the elite classes. Water after the finish for all classes.</p>
Max running time	<p>The maximum running time is 2 hours.</p>
Finish	<p>Notice that all Swedish League participants (i.e. everyone with a number bib) have a separate finish. Make sure you choose the correct one. The GPS-equipment has to be returned at the finish area.</p>
Red Exit	<p>Competitors who do not complete their course must still go to the administration and check out.</p>
Map	<p>Torrberget, drawn in 2016 by Egidijus Kukenys. The NE part drawn in 2012 by Kalle Engblom and revised in 2016 by Stefan Persson.</p>
Scale	<p>Scale 1:10,000, 5 m contours. HD60 and older have the scale 1:7 500.</p>
Control descriptions	<p>Please note that the control descriptions are not printed on the map, they are only available at the start. Be careful to check the numbers of your controls when you punch.</p>
Terrain Description	<p>The competition area is characterized by a large hillside with moderate to steep inclination. There are some forest roads but the area has few paths. Pine dominated mixed forest with normal to good accessibility. Areas with rocky terrain occur, as well as parts with very detailed terrain.</p>
Embargoed Area	<p>The competition area is embargoed for all training and/or competition until this event is completed. See link http://kartor.eniro.se/m/Jla5G</p>

GPS equipment Vests for the GPS units will be handed out in the Information tent. The start lists will provide information about runners selected to wear the GPS tracking. Different sizes are available. The GPS unit will be given to the runner at the start, no later than 10 minutes before starting. The equipment has to be returned at the finish area.

Number bibs W21E M21E D20E H20E D18E H18E
The number bibs will be handed out at the start. Please see start list for your number.

Number bibs series:
D21E 1-100 Bollnäs Kommun
H21E 101-200 Interlan
D20E 201-300 Ullmax
H20E 301-400 Bollnäs Trailrace
D18E 401-500 Ullmax
H18E 501-600 Bollnäs Trailrace

Sport Sales Letro Sport will have a tent at the arena, www.letro.se
Pre-ordered things from Team Sportia Online-paket can be picked up at the Information.

Pre-ordered meals Today's lunch can be pre-ordered at Eventor.
<https://eventor.orientering.se/Events/Show/15092>

Refreshments There will be a cafeteria at the Arena with a selection of food: sandwiches, hamburgers, sausages, drinks, etc. Gluten and lactose free alternatives.
Payment cash, credit card or swish.

Showers There will be heated outdoor showers at the arena. It is **very important** that you use the special shampoo Dax that we provide free of charge at the showers. This shampoo is environmentally friendly and biologically decomposable, a pre-requisite for us to hold the competitions here. Please notify your club mates.

Toilets There are toilets at the arena and on the way to the start.

Child Care Organized child care at the arena.

Miniknat There is a string course at the arena with free starting time from 10.00-12.00. The fee is 20 SEK which includes a small prize that is handed out when the course is finished.

First Aid Smaller injuries can be handled by medical staff at the Arena. Contact the hospital in Bollnäs if you need more advanced medical care. The emergency number in Sweden is 112.

Results & online The results will be posted at the Arena and on Eventor. The map and the courses will be posted on Livelox (www.livelox.com) The competitions can be followed at <https://live.orientering.se>

- Web-TV** The competitions will be live broadcasted by MittMedia at www.helahalsingland.se starting 10.45 hrs (in Swedish only)
Direct link: <http://www.helahalsingland.se/sport/orientering/mittmedia-storsatsar-pa-orientering-folj-var-livesandning-fran-swedish-league-har-3>
- Commentator: Michael Hallner, Expert: Joakim Ingelsson.
- Free Wi-Fi !** Please use the public wireless network on the arena. Search for "SL2017".
- Prizes** There will be prizes in the Swedish League classes and the youth- and U-classes. The number of prize winners in each class will be displayed on the arena. The speaker will announce the times for the ceremonies. Prizes that are not collected go to the organizers.
- Wild Animals** Please report to the Information tent if you meet wild animals in the forest.
- Accomodation** See separate document in Eventor. When booking refer to code **SL2017**.
- Training Packages** Suitable training packages for the Swedish League weekend 12-14 May are available from 1 April 2017. See separate document in Eventor.
- Competition Rules** SOFT's competition rules including rules for Swedish League and IOF World Ranking Event. Notice that your clothing must fully cover the body, except for the head, neck and arms.
- Jury** The Jury will be appointed by SOFT, The Swedish Orienteering Federation.

Organisation

Position	Name	Telephone	e-mail
Event Coordinator	Curt Landin, Rehns BK	+46 70 6918064	curre (at)curtlandin.com
Assisting Event Coordinator	Marie Fröjd, Rehns BK	+46 70 5155320	mariefroj61@gmail.com
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Welcome!

Sponsors and partners - thank you!

