



## Bulletin 2

### Rehns BK & Segersta OK welcome you to Swedish League Stage 7, Finals with pursuit start Shortened Long Distance - Sunday 14th May 2017

Classes	W21E M21E	D20E H20E	D18E H18E
	Winning times: 75-80 min	60-65 min	50-55 min

#### Bollnästräffen:

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

#### Course lengths (m)

D21E 10560	D20 5800	D60 3600	D12K 2350
H21E 13430	H20 6500	H60 5200	H12K 2350
D20E 8100	D21 6500	D65 3600	Inskol 2200
H20E 10700	H21 9500	H65 4600	U1 2200
D18E 6100	D21K 4900	D70 2900	U2 2350
H18E 8300	H21K 6500	H70 4100	ÖM1 2350
D16 4900	D35 5700	D75 2900	ÖM2 3850
H16 5800	H35 7400	H75 3600	ÖM3 2800
D14 4100	D40 5250	D80 2900	ÖM4 4700
H14 4100	H40 7400	H80 2900	ÖM5 3400
D12 2800	D45 4650	D17-20K 4100	ÖM6 5600
H12 2800	H45 6500	H17-20K 5700	ÖM7 3200
D10 2350	D50 4100	D16K 4100	ÖM8 4500
H10 2350	H50 6150	H16K 4100	ÖM9 7900
D18 5800	D55 4100	D14K 2800	
H18 6500	H55 5700	H14K 2800	

#### Punching System

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.

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.

<b>Entries</b>	<p>Closing date for ordinary entry is Thursday 6 May at 23.59. Register via Swedish Eventor. <a href="https://eventor.orienteering.org/Events/Show/5573">https://eventor.orienteering.org/Events/Show/5573</a></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: <b>SE30 9500 0099 6018 0513 7559</b> BIC/SWFT: <b>NDEASESS</b></p> <p>Postgiro: 51 37 55-9. <b>PAYPAL:</b> larsostorbyn@gmail.com</p> <p>Specify your name, club and event when you pay. Payee: Rehns BK</p>
<b>Late Entries</b>	<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>
<b>Arena</b>	<p>Arena and arena plan, see separate document in Eventor. The arena opens at 08.00.</p>
<b>Assembly Area</b>	<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><a href="http://kartor.eniro.se/m/Jla5G">http://kartor.eniro.se/m/Jla5G</a></p>
<b>Parking</b>	<p>Parking on fields close to the arena. Walking distance 50-300 m. VIP/press park in the same place. Parking fee 20 SEK. Buses must be announced in advance to: <a href="mailto:tomas@wasaakarn.se">tomas@wasaakarn.se</a> no later than 5 May. Please note, caravans and campers cannot be accommodated at the competition site. We recommend camping at <a href="http://www.bollegarden.se">www.bollegarden.se</a></p>
<b>Start</b>	<p>Start 1: 1400 m, orange/white markings. Elite1, pursuit start.</p> <p>Start 2: 1500 meter, orange/blue markings. All other classes except for those listed at start 3.</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. Keep in mind that runners from start 3 cross markings to start 1 &amp; 2.</i></p> <p>Start 3: 500 m, orange/yellow markings. HD10, Inskolning, HD12, HD12K, HD14K, ÖM1, ÖM2, ÖM3, ÖM4, ÖM5, ÖM6, ÖM7, ÖM8, ÖM9, U1, U2.</p> <p>The first start is at 10.00. Open courses start from 09.30-12.00.</p>

<b>Start Procedure</b>	<p>Pursuit start in the Swedish league classes as follows:</p> <p>10.00 the first start in M21 and W20 10.20 mass start for remaining runners</p> <p>10.30 the first start in W21 and M18 10.50 mass start for remaining runners</p> <p>11.00 the first start in M20 and W18 11.20 mass start for remaining runners</p> <p>The pursuit start is based upon previous results in Swedish League. Every point is one second in the final. Runners without points take part in the mass start 20 minutes after the leader.</p> <p><i>Bollnästräffen:</i> 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>
<b>Liquid</b>	<p>Water for all classes on the way to start 1 and 2. No liquid at / to start 3. Water and sports drinks at the start of the elite classes. Liquid controls in the forest: water and sports drinks on elite courses, water only on some the other longer courses. Please notice, the liquid controls are marked on the control definitions only, not on the map. Water after the finish for all classes.</p>
<b>Max running time</b>	The maximum running time is 3 hours.
<b>Finish</b>	Please notice that all Swedish League participants have a separate finish. Make sure that you choose the correct one. The Swedish League runners finish when they pass the finish line. The final punch is behind that line. A referee will decide who is first when several runners arrive at the same time. The GPS-equipment has to be returned at the finish area. All others finish at the final punch.
<b>Red Exit</b>	Competitors who do not complete their course must still go to the administration and check out.
<b>Map</b>	Torrberget, scale 1:15,000, 5 m contours. Drawn in 2016 by Egidijus Kukenys. The NE part was drawn in 2012 by Kalle Engblom and revised in 2016 by Stefan Persson. ISOM2000.
<b>Scale</b>	1:15 000 for DH16-21, 1:7 500 for DH60 and older 1:10 000 all other classes including DH16K and open classes
<b>Control descriptions</b>	Please note that the control descriptions are <b>not</b> printed on the map, they are <b>only</b> available at the start. Be careful to check the numbers of your controls when you punch.
<b>Terrain Description</b>	<p>The competition area is characterized by a large hillside with moderate to steep inclination. There are some forest roads, and also a few paths. Pine dominated mixed forest with normal to good accessibility. Areas with rocky terrain occur, as well as parts with very detailed features.</p> <p>The longer courses will reach a part which is above the highest coastline and therefore less stony.</p>

<b>Embargoed Area</b>	The competition area is embargoed for all training and/or competition until this event is completed. See link <a href="http://kartor.eniro.se/m/Jla5G">http://kartor.eniro.se/m/Jla5G</a>
<b>GPS equipment</b>	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 30 minutes before starting. The equipment has to be returned at the finish area.
<b>Number bibs</b>	<p>D21E H21E                      D20E H20E                      D18E H18E</p> <p>The number bibs will be handed out at the start. See start list for your number.</p> <p><i>Number bibs series:</i></p> <p><i>H21E 1-100      Bollnäs Kommun</i></p> <p><i>D21E 101-200    Interlan</i></p> <p><i>H20E 201-300    Bollnäs Trailrace</i></p> <p><i>D20E 301-400    Bollnäs Trailrace</i></p> <p><i>H18E 401-500    Ullmax</i></p> <p><i>D18E 501-600    Ullmax</i></p>
<b>Quarantine</b>	<p>Since we want to be able to broadcast the entire finals in the Swedish League 2017 live via MittMedia we have chosen to have a simpler quarantine for this shortened long distance competition as well. Runners in Swedish League classes (D21E H21E D20E H20E D18E H18E) must therefore have left the arena area and have checked in to quarantine by 10.00 hrs on sunday.</p> <p>The quarantine area is outdoors and located on the way to the start, please follow the markings to start until you come to the quarantine entrance. Check-in for quarantine is done by punching in the SI unit at the quarantine entrance. The runner is then not allowed to return to the arena, but is free to continue to the start area. Drinking water and toilets are available on the way to start. Coatings are left at the start and will be transported back to the arena by the organizer</p>
<b>Sport Sales</b>	Letro Sport will have a tent at the arena, <a href="http://www.letro.se">www.letro.se</a> Pre-ordered things from Team Sportia Online-parcels can be picked up at the Information tent.
<b>Pre-ordered meals</b>	Today's lunch can be pre-ordered at Eventor <a href="https://eventor.orientering.se/Events/Show/15092">https://eventor.orientering.se/Events/Show/15092</a>
<b>Refreshments</b>	There will be a cafeteria at the Arena with a selection of food: sandwiches, hamburgers, sausages, drinks, etc. Gluten and lactose free alternatives. Payment in cash, by credit card or swish.

<b>Showers</b>	There will be heated outdoor showers at the arena. Please note, it is <b>very important</b> 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.
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<b>Toilets</b>	There are toilets at the arena and on the way to starts 1 and 2. There is no toilet at start 3.
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<b>Child Care</b>	Organized child care is available at the arena.
<b>Miniknat</b>	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.
<b>First Aid</b>	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 phone number in Sweden is 112.
<b>Results &amp; online</b>	The results will be posted at the Arena and on Eventor. The map and the courses will be posted on Livelox ( <a href="http://www.livelox.com">www.livelox.com</a> )
<b>Live results</b>	The competitions can be followed via <a href="https://live.orientering.se">https://live.orientering.se</a>
<b>Web-TV</b>	<p>The competitions will be live broadcasted by MittMedia at <a href="http://www.helahalsingland.se">www.helahalsingland.se</a> starting 09.45 hrs (in Swedish only).</p> <p>Direct link: <a href="http://www.helahalsingland.se/sport/orientering/mittmedia-storsatsar-pa-orientering-folj-var-livesandning-fran-swedish-league-har-4">http://www.helahalsingland.se/sport/orientering/mittmedia-storsatsar-pa-orientering-folj-var-livesandning-fran-swedish-league-har-4</a></p> <p>Commentator: Michael Hallner, Expert: Kalle Dalin.</p>
<b>Free Wi-Fi !</b>	Please use the public wireless network on the arena. Search for "SL2017".
<b>Prizes &amp; ceremonies</b>	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. Swedish League 2017 ends by a closing speech by the Swedish Orienteering Association's chairman Mrs Lena Larsson.
<b>Wild Animals</b>	Please report to the Information tent if you meet wild animals in the forest.
<b>Accommodation</b>	See separate document in Eventor. When booking refer to code <b>SL2017</b> .
<b>Training Packages</b>	Suitable training packages for the Swedish League weekend 12-14 May are available from 1 April 2017. See separate document in Eventor.
<b>Competition Rules</b>	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.
<b>Jury</b>	The Jury will be appointed by SOFT, The Swedish Orienteering Federation.

**Organisation:**

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