



Class/ Leg	Course length (meter)	Type	Level of difficulty	Leg time minutes (Ideal)	Changeover time First team
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Start					18:00
HD 12 1	2410	Day/No fork	Yellow	18	18:18
HD 12 2	2100	Day/No fork	White	15	18:33
HD 12 3	2100	Day/No fork/Parallel	White	15	18:48
HD 12 4	2400	Day/No fork	Yellow	18	19:06

Start					03:00
HD 18 1	5490-5600	Night/fork	Violet	40	03:40
HD 18 2	5490-5600	Night/Fork	Violet	40	04:20
HD 18 3	3860	Dawn/Day/No fork	Orange	25	04:45
HD 18 4	6960	Dawn/Day/No fork	Violet	48	05:33
HD 18 5	2730	Day/No fork/Parallel	Yellow	17	05:50
HD 18 6	2730-2760	Day/Fork	Yellow	17	06:07
HD 18 7	2730-2760	Day/Fork	Yellow	17	06:24
HD 18 8	3560-3580	Day/Fork	Orange	24	06:48
HD 18 9	3560-3580	Day/Fork	Orange	24	07:12
HD 18 10	7570	Day/No fork	Violet	48	08:00

Start					05:30
D18 1	5040-5080	Dag/Gafflad	Violet	38	06:08
D18 2	5040-5080	Dag/Gafflad	Violet	38	06:46
D18 3	2730	Dag/Rak/Parallell	Yellow	18	07:01
D18 4	3280	Dag/Rak	Orange	24	07:28
D18 5	5810	Dag/Rak	Violet	45	08:10





### Map

- Scale 1:10 000 with contour interval 5 meter, drawn 2016-17.
- Mapmaker: Bo Herdersson
- You receive the map at the first course at start and the following maps from the previous runners.
- All maps are collected in the finish.

### Terrain description

- The competition area consists of coniferous forest, mixed with marshes and cultivated areas. The forest has various ages. Depressions is typical in one part of the competition area.
- The terrain is mainly flat with some steeper areas.
- Good run ability. Areas where forestry harvesting has taken place are mostly easy to run.

### Stamping and controls

- The controls are marked with an orange/white control flag. Night controls are also marked with a red/white/blue reflex. Code number and punch units are at each control.
- Be sure to punch at the right control, the controls are very close in the forest.
- At punching you should receive both sound- and light signal. All controls have two units. If one unit is out of order, then use the other one.

### Numbers

- All numbers have the number of the leg you are running under the start number. The number must be worn on the breast and you can keep it after the race.
- All runners on course 5 in class HD18 receive a number marked 5A, 5B and 5C. Be sure that the right competitor get their number after the final team announcement, otherwise will the wrong time be registered for your runners.
- All runners on course 3 in class D18 receive a number marked 3A, 3B and 3C. Be sure that the right competitor get their number after the final team announcement, otherwise will the wrong time be registered for your runners.
- All runners on course 3 in class HD12 receive a number marked 3A, 3B and 3C. Be sure that the right competitor get their number after the final team announcement, otherwise will the wrong time be registered for your runners.





## Start

- Start for class HD12 at 18.00 on Friday the 4<sup>rd</sup> of August.
- Start for class HD18 at 03.00 and for class D18 at 05.30 on Saturday the 5<sup>th</sup> of August.
- Gathering and entry in to the starting area is approximately 30 minutes before each start. All runners should in good time before start be at their map. Cloth control is also taking place at this time. A short ceremony is taking place before start.
- After the start signal, follow the marked route to the starting point, which is marked with a control flag and reflex together with a sign saying "STARTPUNKT".

## Hand-over

- Only outgoing runners is permitted in the relay zone.
- Ingoing runners should, after they passed the time referee, put the map in assigned map box. NOTE! No changeover can take place before the map has been placed in the map box. After handed over your map you can continue to the next runners map. Be very carefully so you take the right map. On the backside of your map you will find the team number and leg written. NOTE! Team that takes the wrong map will be disqualified. Be sure to always check that you have received the right map. If another team has taken your map your team will receive a new map at once, but the team can not get any time compensation for the delay.
- Runners coming in from course 4 in HD18 take all the maps for course 5 to hand-over. NOTE! If the team for some reason have some maps over they should immediately be handed over to an official.
- The first runner coming in from course 5 in class HD18 takes course 6's map. All runners coming in from course 5 must check that the map for course 6 is gone. If the map is gone the runner do not need to hand-over to anyone. It is only the time for the one that have handed over first that counts, if this runner has taken the wrong control point the team will be disqualified.
- Runners coming in from course 2 in D18 take all the maps for course 3 to hand-over. NOTE! If the team for some reason have some maps over they should immediately be handed over to an official.
- The first racer coming in from course 3 in class D18 takes course 4's map. All racers coming in from course 3 must check that the map for course 4 is gone. If the map is gone the runner do not need to hand-over to anyone. It is only the time for the one that has handed over first that counts. If this runner has taken the wrong control point the team will be disqualified.
- Runners coming in from course 2 in HD12 take all the maps for course 3 to hand-over. NOTE! If the team for some reason have some maps over they should immediately be handed over to an official.
- The first runner coming in from course 3 in class HD12 takes course 4's map. All runners coming in from course 3 must check that the map for course 4 is gone. If the map is gone the runner do not need to







hand-over to anyone. It is only the time for the one that has handed over first that counts. If this runner has taken the wrong control point the team will be disqualified.

### Marked route

- From start and hand-over follow white marked route to the starting point, which is marked with a control flag, a reflex and marked with a sign "STARTPUNKT".
- From the last control, follow the marked route to map changing and relay zone/finish area.

### Forbidden areas

- Forbidden areas are marked on the map with a red screen. The forbidden area is also marked in the terrain with a blue/yellow stripes, where the screen has a solid line along the edges. If you enter a forbidden area you will be disqualified.

### Re-run

- Re-run takes place approximately one (1) hour after finish of the first team. The speaker will announce exact time.

### Maximum time

- The teams maximum time is to 2,5 hours after the Re-run start time. Teams that not have finished then have exceeded the maximum time.

### Team that have broken

- Team that has broken must leave the map to finish personal.
- Teams that have broken or are disqualified have not the right to hand-over to the last course. The last runner may start in the re-run.

### Overalls

- Each team is responsible for their own overalls.

**GOOD LUCK !**

