



FRÖLUNDA OL  
invites to  
**Göteborg O-meeting**



**PM Friday August 18th**  
**Stage 1, Middle-distance**

***DIRECTIONS, ARENA AND PARKING***

The joint Arena for Friday and Sunday Stages is at Billdal cemetery. Access with cars must be done from the south; from the interchange 'Lindåsmotet' and 'Letsegårdsvägen' on the main road 158. Route guidance from interchange 'Lindåsmotet' on road 158, 10 km south of Göteborg. Parking will be on roads and fields. For vehicles higher than 3,5m, that is buses, contact the competition heads for alternative directions. Maximum distance to arena is 1,5 km. GPS-coordinates: 57°34'59.4"N 11°58'42.8"E

Parking fee 20 SEK both Friday and Sunday – cash or the Swedish bank service swish on number 1236130348 (Message: GOM-P Car Reg. No.). On Swish pay both days at the same time. Distance P-TC max. 1500m.

*Public:* Bus stop 'Hästebäck'. Bus Rosa (pink) Express from 'Nordstan'. Thereafter 3 km walking. NB: no strip marking from the Bus Stop.

***START***

First ordinary start 17:00 (5 pm.). Distance to start 700m, orange-vit strip marking. HD35 and older have free minute start (one runner per class and minute) and ÖM (exercise) classes have free start time between 17:00-18:30 (5 to 6:30 pm). Late registrations in classes with lottery start order start first. All runners with Free Minute Start and Free Start Time have to punch the start time.

***OPEN CLASSES, PREPARATORY AND U1/U2***

Sale on Arena between 16.00-18.15 (4 to 6:15 pm). Free start time 17.00-18.30 (5 to 6:30 pm).

- ÖM 1 2,3 km white level (beginner)
- ÖM 3 2,9 km yellow level (easy)
- ÖM 5 3,4 km red level (average)
- ÖM 7 3,1 km blue level (difficult)
- ÖM 8 4,5 km black level (difficult)

Preparatory and ÖM1 are not stroller friendly.

NB: ÖM4 has been replaced with ÖM5

## TRACK LENGTHS

Class	[m]				
H16	2400	H16	2900	D35	3600
H85	2400	H14K	2500	D21	4100
H80	2400	H14	2600	D20	3400
H75	2600	H12K	2300	D18	3200
H70	2600	H12	2500	D16K	2700
H65	3000	H10	2300	D16	2700
H60	3000	D85	2400	D14K	2500
H55	3300	D80	2400	D14	2700
H50	3400	D75	2400	D12K	2300
H45	3600	D70	2400	D12	2500
H40	3600	D65	2400	D10	2300
H35	4000	D60	2600	U1	2300
H21	4800	D55	2900	U2	2300
H20	4000	D50	3100	INSK	1800
H18	3600	D45	3300		
H16	2600	D40	3400		

## RACE BIBS

Self-service of Race bibs for HD 12/14/16 at start. The 10 best merged times from the first and second stages will get new Race bibs on Sunday. Other uses the same bibs as the earlier days.

## TIME PUNCHING SYSTEM

Sportident. Registered without SI-badges will be supplied with rental SI-badges. Rental badges are collected at the event administration on the Arena. Fee 30 SEK per badge. Lost badge will be charged with 400 SEK. Needle punches in case of Sportident malfunction. Punch in the spare square on the map.

## TERRAIN DESCRIPTION

*Terrain:* The difficult courses start in a hilly cut up terrain. The area is partly open with outcrops and hillocks broken with crevices and steeps, dense thickets and marshes. The easier courses, and the end of the more challenging courses, passes through a path poor area with grown forest and smaller areas of open and vegetated bogs.

*Hilliness:* Moderate terrain

*Passability:* The passability is generally good. On the more challenging courses the passability is partly limited by crevices, steeps and vegetated bogs.

*Generally:* High steeps (>3-5m) are marked with thick black curves without teeth indicating their steepness and height. Notify particularly that the map is very rich on details and that paths/roads, stone walls and steeps frequently run in parallel.

## PROTECTED AREA

Göteborg O-meeting 2017 (Friday and Sunday) will take place in a protected area, which is classed both as a Swedish nature reserve and as a Natura2000 area in EU.

Show customary consideration and take litter, brought into the woods, back to TC. Or throw it away in the trash bins at the start!

Thank you for your consideration...and have a great time in the beautiful, but tough, forest!



Example of the Terrain on Friday middle distance – hillier area with broken terrain partly open with outcrops and hillocks broken with crevices and steeps, dense thickets and marshes.

### **MAP**

Årekärr-Labacka revised 2016-2017.

Scale: 1:7500 from D/H60 and older classes, and also ÖM7. 1:10 000 all other classes.

Equidistance 5 m

NB: An extra path is marked with stripes in the terrain and marked with a violet dashed curve on the map.

### **CONTROL DEFINITION**

Printed on the map and also on separate slips at start.

### **CONTROL MARKING**

Orange/white screen. Partly the number of control is high and densely – check code number and definition carefully!

### **FINISH**

A final punch will mark the run time at the finish line, thereafter will the runners move to the SI-badge reading station for registration.

### **MAXIMUM TIME**

120 minutes. When exceeding the maximum time, abort race and transport to the finish for registration. All runners must pass registration in the end.

### **RESULT**

Published on Eventor and [www.goteborg-o-meeting.se](http://www.goteborg-o-meeting.se). On-line reporting of results.

## **PRIZES**

Stage price to all participants in Prep, U1 and U2 each day showing the map. Final price to top performances after 3 days in all other classes, see PM stage 3.

## **MINIKNAT**

Miniknat for the minions on the Arena between 16:30 och 18:30 (4:30 to 6:30 pm): 20 SEK.

## **SERVICE ON THE ARENA**

Catering, First Aid Kit, Sport sales (SM-sport) and childcare.

## **SHOWER AND TOILETS**

Shower and toilets on the Arena. No toilets at start.

## **ENTRÈ TICKETS TO LISEBERG**

Will be supplied clubwise at the Arena Information. Registrators on site will get Liseberg tickets directly.

## **COMPETITION HEADS:**

Erik Ruotsalainen,  
Carl Norin

+(46) 707 196383

+(46) 723 716081

## **COURSE SETTERS:**

Anders Arfwedson  
Håkan Wåhlander

+(46) 706 155118

+(46) 738 559886

## **COMPETITION MONITORING:**

Asgeir Edvardsen

GMOK

## **COURSE MONITORING:**

Anders Höje

GMOK

Frölunda OL wishes everyone good luck and a nice day in the unique west coast terrain!

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FRÖLUNDA OL  
thanks our  
**Partners**



Frölunda OL especially want to highlight and thank our partners that without we wouldn't have manage to conveniently organise the Göteborg-O-Meeting 2017:

	Allt för hemmafixare och proffs
	
	Vi brinner för cykling och skidåkning, och hjälper dig gärna att hitta rätt i djungeln av prylar. <a href="http://www.sportspec.se">Www.sportspec.se</a> Mölndalsvägen 77
	Fysiken är Göteborgs bredaste gym – något för alla!
	Entré till alla Göteborg-O-meeting deltagare under helgen
	Specialbutik för orientering