



# Stockholm Indoor Cup

## 3-4 February 2018

### Final Details



**We are back! The world's biggest indoor orienteering event is back, bigger and better than ever before. We hope that you are looking forward to the event as much as we are! Stockholm Indoor Orienteers, in cooperation with Fredrika Bremer orienteering school, welcomes you to the 6<sup>th</sup> edition of Stockholm Indoor Cup!**

**The English final details are a slightly shortened version of the Swedish details. If there is anything missing, please do not hesitate to contact us through e-mail, Facebook or give us a call!**

**Competition format:** Two stages, in two different buildings. The sum of the two times will be counted to find a winner. It is possible to only compete in one of the races, however, you will then not be able to call yourself SIC champion...

**Entry on the day:** Yes, it is possible to the non-competing categories (SIC Motion lätt (easy), SIC Motion svår (difficult) and U2 (up to 14 years old)), as long as there are maps available. Cost 115 SEK for adults, 70 SEK for children.

**Payments:** All competitors competing for a non-Swedish orienteering club, or competing without club membership **must** pay their entry fees before starting. Anyone not doing so will be denied start. We accept payments by cash (Swedish kronor and Euros accepted, 1 EUR = 10 SEK), card (Visa, Mastercard, American Express) or by Swedish service Swish.

**Event centre stage 1:** Rudbecks Gymnasium (upper secondary school), Malla Silferstolpes väg 3, Sollentuna. See map: <https://goo.gl/maps/rp3Atq7Moag>. Buses stop at stations "Rudbecksskolan" and "Edsbacka" close to the school, from there taped routes to the entrance. Check the best journey from your accommodation by using [www.sl.se](http://www.sl.se). If you are arriving by car, there are some parking spots close to the arena, especially along Stubbhagsvägen. We do not organise any parking so park according to local regulations.

NOTE: The only allowed way to enter the school is through the entrance to the arena (on the front side of the school, next to the aula but not the main entrance). All other entrances are out-of-bounds and will be locked.

**Event centre stage 2:** Globala Gymnasiet (upper secondary school), Hornsgatan 93, Stockholm. See map: <https://goo.gl/maps/ZichNmtULzB2>. Take the metro (red line) to Zinkensdamm station. When exiting, use the only exit and then follow the taped route to the arena, approx. 400 metres. We do not recommend travelling by car to the arena as there is almost no parking at all close to the arena. If you do choose to travel by car, park according to local regulations on nearby streets. A parking fee may be applicable, so check the signs.

NOTE: The only entrance is through the main entrance, which is located on the schoolyard. Walk around the school to find the entrance, it should be clear how to get there.

Outdoor shoes are not allowed on any of the arenas and **must** be removed before entering the arena. We will hopefully provide bags to put the shoes in. During stage 2, the toilets are found in a separate building which means that you need your outdoor shoes to get to the toilets.

**Starting procedure:** Allocated start times will be used in all categories except for the non-competing categories (SIC Motion lätt/svår and U2). Check your start time on Eventor, they will be

available on Thursday no later than 20.00 (CET). Those with free start times may start between 10.00 and 14.00 for both days. Call-up is 3 minutes prior to start. Categories M/W 12 and M/W 14 may look at their maps 1 minute before start.










The maps are not in plastic bags. This should not be necessary indoors but if you wish to have one, please bring your own. The maps are in the size A3 for all categories except for U2 which have A4-size during Saturday's stage.

**Punching system:** The Sportident system is used, all types of SI-cards work. SI-cards can be rented for 30 SEK.

**Clothing:** Only clean shoes allowed, absolutely no studded shoes! Checks will be carried out. Otherwise no special clothing requirements.

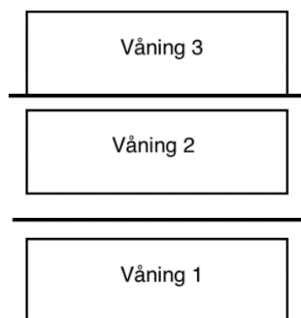
**Rules and map info:** The maps are of obvious reasons not possible to create using the ordinary symbols. The most common map objects are:

## Map symbols

A  Staircase	 Locker/shelf/ ventilation equipment
 Table	 Toilet/ Sink
 Plant/tree	 Seating object (large)
 Floor	 Permitted outdoor passage
× Unusual object	 One-way passage

Please make a special note about the new symbol "One-way corridors". There is a whole document on Eventor explaining these corridors, please read !

Note that most objects on wheels are not mapped, not ordinary chairs either (there may be some very clear exceptions). The different floors have been mapped aligned, on top of each other. See outline below (there are more than three floors on both stages):



Staircases are marked with red colour (new: all staircases are now red!), a letter and an arrow. The arrow points upwards in the stairs. If you ascend through a staircase marked with M, you will find yourself on the floor above at the staircase marked with M after climbing the stairs. All stairs in the same stairwell have the same letter. The colour marking for the stair is red and is drawn on the whole stair to increase readability. In some stairs, the stair has been divided into two parts by tape, and marked with a purple line (as usual for a forbidden area). These, as well as any ordinary forbidden passage, may not be passed regardless of why the division is there.

You may not exit the building during the race, except through accepted outdoor passages. This is marked on the map with blue background and is found on stage 2. It is not allowed to run on top of any furniture, nor run below them or jump over them, even if you could. Please run around all furniture! Some forbidden areas are marked in the schools. They may be there of many different reasons (sometimes just to make it more difficult) and these may of course not be passed. Any open

doors are marked as an opening in the walls, and are opened already. Do not open any doors! We promise, there is a way to get to every control anyway! ☺ Some doors which may be extra tempting to open will also be clearly marked with tapes and Stop-signs.

Sharp corners and quick turns are inevitable in the indoor environment, which potentially is a big injury risk. Please be cautious when approaching sharp corners and other potentially dangerous areas. Some stairs will be crowded, stick to the right to ensure that everyone can pass quickly and easily. Move to the side and let other competitors pass. Some other passages may also become very crowded so please show respect to your fellow competitors, especially towards the youngest. If someone is injured (whether if you are responsible or not) it is your responsibility to help according to Swedish orienteering rules. Staff will be patrolling the area to ensure everyone's safety and that you stick to the rules! There may be a higher density of staff near the one-way corridors so don't try to cheat there... Please follow any orders given by staff, they are there for fairness and for your own safety.

From experience, we know that indoor-O may require you to stop to look at the map. Try to avoid stopping in stairs or in narrow passages and move to the side when stopping, to let other runners (who perhaps just found the way) pass.

We recommend that you leave your compass at home or in your bag, you will find no use for it.

The competition area is out of bounds at all times except when running, except if special permission is given. This is to ensure a safe and less crowded "terrain". Also, please do not show your map to those that have not yet started. Maps will not be collected after finish so it is up to you not to show anyone.

The maps are drawn to scale, however the exact scale is unknown...

**Controls:** Only marked with the SI device. There are a lot of controls out in the school and some are even closer than 5 metres from each other! Check the control description carefully! If you are running with SI card 5, make sure to punch only at your controls as many of the courses have 28 controls!

#### **Number of controls:**

	<b>Stage 1</b>	<b>Stage 2</b>
<b>SIC Herrar (Men)</b>	28	28
<b>SIC Damer (Women)</b>	27	26
<b>SIC Herrar light (Men light)</b>	21	20
<b>SIC Damer light (Women light)</b>	18	20
<b>SIC Gubbar (Men's veteran 40+)</b>	18	22
<b>SIC Tanter (Women's veteran 40+)</b>	17	21
<b>H16 (M16)</b>	25	23
<b>D16 (W16)</b>	24	22
<b>H14 (M14)</b>	21	22
<b>D14 (W14)</b>	18	24
<b>H12 (M12)</b>	17	17
<b>D12 (W12)</b>	18	17
<b>U2 (Beginners)</b>	13	13
<b>SIC Motion svår (difficult)</b>	24	23
<b>SIC Motion lätt (easy)</b>	17	17

**Prizes:** No stage prizes, only total prizes after two days to the top runners in each category (except non-competing classes SIC Motion, which have no prizes). Prizegiving will be held as soon as possible after the competition, hopefully around 15.30. In U2 and M/W12, prizes to everyone will be given after finish

**Services:** Refreshments available at stage 2, with a variety of sandwiches, sweets, soda, coffee, tea, homemade cakes etc. On stage 1, we do not have permission to sell refreshments but instead there is a commercial café at the arena which is recommended. Showers are available on stage 1 in an adjacent building, follow the signs from the entrance. Unfortunately no showers during stage 2. Check the arena maps for toilets, there are 10 toilets available each day (somewhat spread out during stage 1). Both stages will offer good views of the runners in action. A tip: sit in the large assembly hall during stage 1 for some real indoor-O fun... Live results and TV-controls displayed on screens. Speaker service mainly in Swedish. Live results also available online at <http://liveresultat.orientering.se>.

During stage 1 O-equipment will be sold by “Orienteringsspecialisten”, who have special offers on all kinds of orienteering equipment. During stage 2, “Ekens Sportprodukter” will be selling magnifiers and O-socks. Perfect for your need of orienteering equipment during the winter season!

**Other info:** The schools are under surveillance by CCTV. By running you accept being filmed. Due to the large number of competitors, both the arenas and the “terrain” may become very crowded. We hope for your understanding. Take it easy when competing, usually the one who can interpret the map the best will win, not necessarily the fastest runner.

We recommend not arriving more than 60 minutes’ prior to your start on Sunday, as the arena may become a bit crowded.

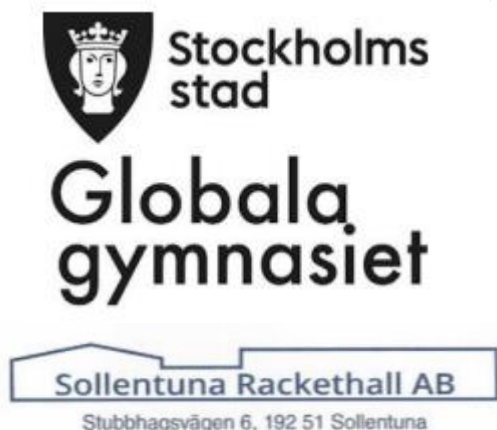
We are guests in the buildings and we want to be able to continue having these types of events. Therefore we kindly ask you to take it easy not to destroy anything. In some parts there are plenty of loose objects- please make sure you don’t break anything! If you do, kindly report it to the nearest organiser, you will be liable for any damages. This is very important for the competition’s future!

**Maximum running time:** No max time is used, but the finish closes 15.30 on both stages.

**Long run:** Contact the event co-ordinator if you are interested in running or if you have any questions about the long run. There is a memo in Swedish on Eventor.

**Event co-ordinator and contact:** Emil Wipp, +46 70 525 90 51. General info by email to [info@stockholmindoorcup.se](mailto:info@stockholmindoorcup.se).

**Welcome and good luck!**  
**We hope you will enjoy the races!**



**#sic18**

