



WELCOME TO THE 45TH EDITION OF IDRE O-WEEK!

MEMO 2018

O-WEEK EVENT CENTER

is located in conference room Lappsplan in the Main building, Idre Fjäll. Telephone +46-(0)70-746 58 12.

CHANGING AND SHOWERS

The events of Idre O-Week take place in a protected area where we are not allowed to let out draining water. Thus we cannot offer showers at competition centers and suggest you use your accommodations for changing and showers. Or use a wet cloth. Showers are also available at Idre Fjäll's Sporthall for 20SEK.

POSTS

All competition posts have a full-scale flag and a SportIdent unit mounted on a wooden frame. Other permanent O-arrangements in the terrain have plastic miniature flags of training model. The youth camp Rikslägret uses miniature flags or tapes for their trainings.

MAPS

Competition maps are printed on an allweather resistant paper, no plastic pockets needed.

Map scales:

Idre Fjäll-O: HD18-HD21 1:15.000 • D50/H50 and older 1:7.500 • Remaining classes 1:10.000 (including HD17-20Kort).
• U1, U2, ÖM1, ÖM3, ÖM4, ÖM7 1:7.500 • ÖM9 1:10.000.

Fjällsprinten: All classes 1:4.000.

Idre 3-days day 1 and 3: HD16-HD21 1:15.000 • D50/H50 and older 1:7.500 • Remaining classes 1:10.000 (including HD17-20Kort).
• ÖM1, ÖM3, ÖM4, ÖM7 1:7.500 • ÖM9 1:10.000.

Idre 3-days day 2: All classes 1:10.000 except D50/H50 and older who also this day get 1:7.500.

• U1, U2, ÖM1, ÖM3, ÖM4, ÖM7 1:7.500 • ÖM9 1:10.000.

NATURE PROTECTED AREA

Please notice that much of our competitions areas are located in the Städjan-Nipfjället nature protected area, which i.g. means that dogs must be on leash and all other area guidelines respected.

PUNCHING SYSTEM

We use SportIdent punching system for all competitions. Please check that your SportIdent tag number is correct in all startlists! You can rent SportIdent tags for 40SEK/race. Unreturned rented tags are charged for cost price.

OPEN CLASSES

Preentered participants in Öppen Motion classes **must** notify us if they do not start. 070-746 58 12, call or text us.

START

At the start, control descriptions and maps are handed out separately. One minute ahead of start, runners take position by their class' map box and may take the map without looking at it. HD10-HD16 receive their maps one minute ahead of start signal and may look at it.

NUMBER BIBS

are worn by all competitors except in U-classes, Öppen Motion classes and JK40. Same number bib all three events on 3-days.

STARTLISTS and RESULTS

can be found on the wall at Event center and webpublished on www.kart-bosse.se and Eventor.

Resultlists are also handed out at the Event center after 3pm.

CHILD CARE available all days at competition centra.

MINIOR COURSE all days, contact child care for directives.

COMPETITION CENTERS (CC) each day, see map on wall at the Event center or www.kart-bosse.se

JUNE 24, FJÄLL-O

Individual race on the bare mountain heath. First lotted start 10am. CC at Nipstugan, Nipfjället (winter parking space), 8 km from Idre Fjäll. Distance CC-start 800m.

JUNE 25, FJÄLLSPRINTEN

A sprint orienteering among ski slopes, on bare mountain heath, snow fences and woods.

NEW: Snow fences are drawn as impassable thus are prohibited to climb!

CC at the highest top of Idre Fjäll's ski slopes. Walk distance 1200m from Idre Fjäll Main Building. Cars are only allowed up on the mountain with special permission from the Event Center, please contact us if you need to go to CC by car.

First start 10am. Distance CC-start 400m. Full clothing.

It is possible to run both an ordinary class and JK40: after completing your ordinary class, go register for a new entry in the Open Classes tent before starting JK40. Also see information in *Invitation* for which SI-tags are compatible with JK40.

JUNE 26-28, 3-DAYS

Individual 3-day event. Lotted start day 1 and 2, chasing start according to accumulated time differences day 3. HD10 and HD12K lotted start all days. Participants are allowed to start all days regardless of ability to complete earlier events.

First lotted start 10am each day, late entries start before this time.

DAY 1, CC 1400m southsoutheast of Main Building, Idre Fjäll. Parking along roads in southwestern cabin village. From there 600m to CC. CC-start 250m.

DAY 2, CC Nipstugan, Nipfjället, 8 km from Idre Fjäll. CC-start: 250m.

DAY 3, CC Burusjön, 8km from Idre Fjäll. Distance CC-start 100m. Parking along the road, can be as much as 1500m walking distance parking-CC. Carpooling encouraged!

LATE ENTRIES are possible to make at Event Center until 6pm day before event, for 200% of ordinary fee, provided we do not run out of maps.

CATERING. As usual, 'Svängis' makes waffles all days except for the sprint day when instead the restaurant at CC is open from 8.30am – and with it the toilets.

MAPS AND TRAINING PACKAGES available for sale at Event Center and in the Activity Center (Sporthall).