



PROGRAM and RACE information

We are still accepting entries (by email to fredrik@gaisler.com) so please be free to forward this information to your friends that have not signed up yet. The entry closes 12.00 on Wednesday, after this you are welcome to participate but outside the competition.

Meeting point: Congress Hall at **16.30**.

It is **mandatory to come** because we need you to sign-up for your **choice of course** and we need to provide you with your **start-ticket**.

In the **Congress Hall** we will hold the **introduction & registration**.

Afterwards (17.00), we meet at Conference Entrance (Mässans gata 24) then walking together (1.5km) to the Competition Arena (see details below).

For those being beginner to orienteering, we will learn you everything you need in the introduction.

At registration, you will be assigned to the course you prefer and receive your start-ticket.

You **must bring your start-ticket** and show it at start where you will get your SI unit (see below) and map.

Dress code:

You can do this orienteering walking or running. You can come in ordinary clothes or sporting clothes. The same applies with shoes.

Bring your badge (access to exchange rooms and dinner).

Equipment:

- Clothes (mandatory) & shoes
- Compass (limited amount available for loan), you can do without.
- SI unit provided by us (used for registering your start time, finish time and split time at each control)
- GPS & phone - recommended for beginners but banned for professional orienteers. (you to decide on to where you belong)

Exchange:

It recommended to come to the introduction & registration exchanged.

But you will have the possibility to exchange after the introduction & registration either in your hotel room or in the changing rooms at "Nya Ullevi" arena.

- For those exchanging at "Nya Ullevi" you will walk together with the football players, starting 17.05 from Conference Entrance.
- For those exchanging at the hotel we will walk together from the Conference Entrance 17.20 at latest.
- For those already exchanged we will walk together directly following the introduction & registration starting from the Conference Entrance (about 17.00).

Bags can be stored safely at the Competition Arena (start&finish) or in the exchange rooms at "Nya Ullevi" arena that will be looked.

Courses:

It will two courses:

- **Race**, 1.5km
- **Treasure Hunt**, 0.2km - 2km.

In the **Race** you will follow a line course with 11 controls that must be taken in the correct order. In addition it will be 3 bonus controls that can be taken in any order.

In the **Treasure Hunt** you will be free to take as many controls as you can find in any order. There a in total 14 controls to find.

At the introduction & registration in the Congress Hall, you must sign-up for the course you prefer.

Start time: Free start times, from 17.30.

IMPORTANT. The RADECS 2018 Orienteering will **end at 19.30**. All participants **MUST return to finish** and check-out including **return of the SI unit**.

Emergency:

In case of problem to find your way back, please call me: 0046 739 77 60 93

In case of true emergency call: 112.

It will be people in the competition area that can help you with the map or anything. All will be dressed in the reflective running vest.

Showers:

Changing rooms with showers are available at the at the “Nya Ullevi” arena. This is 5 minutes walk from the Competition Arena (Start & finish).

Dinner: 20.30 - 22.00

For those that are registered for the dinner, it is starting 20:30-22:00 at at the “ULLEVI Restaurang & Konferens” next to the entrance of the changing rooms. This is 5 minutes walk from the Competition Arena (Start & finish).

All directions to the Competition Arena, the changing rooms with showers and the dinner are available on the event site:

(<https://eventor.orientering.se/Events/Show/23576>)

Thanks and very much welcome!

