



PM Sprint



World Cup 7 and the Swedish Cup in Biathlon Orienteering
september 28 2018

Arena: Friday at Vikstaberget's shooting range, 6 km NW about Sörforsa.

Parking: At the competition ground.



Map: Vikstaberget, scale 1:5000. Contour intervals 5m. Adjusted 2017, partially adjusted 2018.

Terrain: Weak to moderately hilly. The vegetation consists mostly of coniferous forests of varying age with predominantly good visibility and good accessibility, but there are a number of denser areas, there are a few paths and roads and some old areas of wooded forests.

Course lengths:

Class	Length (km)	Class	Length (km)
M 12	1,9	W 16	2,3
M 14	2,0	W 20	2,4
M 20	2,6	W 21	2,9
M 21	3,5	W 40	2,3
M 40	2,3	W 50	2,2
M 50	2,2	Open difficult	2,8
M 60	2,1	Open easy	2,1
M 65	2,1		

Punching system: Sportident.

Start bibs: For all participants, self-service at start.

Compined classes: M18-M20 to M20,M45,M40 to M35, M65-M60 to M60, M50-M55 to M50, W50,W45 to W40 and W16 to W20.

No entries in W12, 14, M16, W18, W35, W 55, 60, 65.

Weapon: .22 long. Shooting against self-marking targets.

Adjustment shooting and competition:

Adjustment shooting at paper panels.

Time schedule:

Adjustment shooting 12:00 - 13:30

Competition starts at 14:00

Sequence Orienteering – Prone shooting 5 shots – Penalty loops (if any) – Orienteering – Standing shooting 5 shots – Penalty loops (if any) – Finish (see detailed overview on Arena)

M/W 16 only prone shooting, M/W 12-14 only prone shooting with support.

Competition instructions and start lists: Will be published at the arena and at

www.forsaok.se

Start: 120 m from Arena.

Medical: Available at Arena.

Toilets: At Arena.

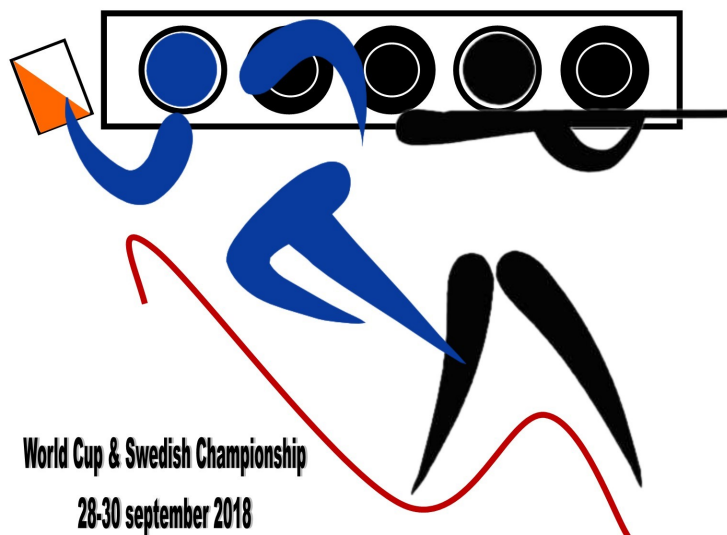
Shower: No shower.

Canteen: Drinks, sandwiches etc. available at Arena. Pay cash in SEK or by Swish

Award ceremony: Will be on Saturday in connection with the companion meal.

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Welcome!

Forsa Orienteering Club