



Stockholm Indoor Cup 2019

The world's biggest indoor orienteering event!



Saturday 2 february - Stage 1: Anna Whitlocks Gymnasium, Garvargatan 10, Kungsholmen. Directions: <https://goo.gl/maps/ChnVveKxhNy>. 200 m walk from “Rådhuset” (metro) & 900 m walk from the Central station. Note that the big entrance to the school (from Hantverkargatan) cannot be used.

There are signs to the arena from “Rådhuset” Metro station (the exit towards Hantverkargatan and Stadshuset (The City Hall)). If you are traveling by car, take in account that it will be very hard to find parking space! Except the nearby on-street-parking we also recommend the parking garage “Rådhusgaraget”.

Sunday 3 february - Stage 2: Huddingeallen, Gymnasievägen 2, Huddinge. Directions: <https://goo.gl/maps/fvou9yXUCSU2>. Train to Huddinge station, then 1,2 km walk (or bus 705, 710, 709, 744, 742 to Kvarnbergsplan from Huddinge station). There are signs from Kvarnbergsplan to the entrance. For car parking, use this map to see the closest options. Please respect the parking rules and don't park on the small streets in the residential areas close by.

Arena: The arena is open between 08:45 and ~16:30

Competitor limit & reserve list: We have reached the competitor limit in the competition classes for SIC 2019, but there is still possible to enter in the open classes. If you still want to run competition class there is a reserve list, a form and more information about this can be found in Eventor.

Changes and unregistration: Use the forms available in Eventor. If you are sick or can't run it's good if you unregister yourself - the someone else can get your spot! If you unregister before the late entry deadline (30 january) you will not be charged anything, but please submit your cancellation after that as well. Changes can also be done in the Office & IT during the competitions.

On the day entry: We will have a limited number of maps in the open classes open for registration on the competition days, first come first served (the limit depends on how many people pre-register on Eventor, therefore we don't have a specified number of maps). Please pre-register to secure your spot in the competition. On the day entry is possible in the open classes and U1 & U2. The cost is 120 SEK for adults and 75 SEK for kids.

Start: The first start is 10:00 both stages. 3 minutes before your start is the call-up-time. The start is in the arena both days. The start is done with start times (no start-punching) in all classes except open classes and U1 & U2. The youth classes W/M12 and W/M14 can look at the map 1 min before the start time.

Runners without a club or foreign runners need to pay before their start - that could be done in the Office & IT on the arena. Read more about this in the invitation

Punching system: Sportident, all SI-cards can be used (SIAC can be used, but touch-free will not be activated). SI-card hire is 30 SEK, the hired SI-cards can be picked up in the Office & IT in the arena. Don't forget to return your SI-cards, otherwise 500 SEK will be charged.

For both SIAC and SI-card 11 & 10 (SI-cards with blinking) there is a risk the blinking will not stop before you reach your next control, because the controls could be very close. In the Office & IT it's possible to change so that the SI-cards blinks for a shorter period (and you can of course change it back after the competition).

Maximum running time: The finish will close 15:30 both days (1 hour after the last start)

Maps and rules: Newly drawn maps from 2018/2019. We note that there is a big interest in our competition, which is fun but is a challenge to find suitable buildings. We know that the arena and competition area can be perceived as crowded. Read more in the stage-specific information below.

The maps are not in plastic case, if you want that you need to bring it yourself (the map won't get wet and there is a very small risk of it getting destroyed). The size is A3 for all classes both days. There are only loose control-descriptions (but they can be stapled on the map in the start if you want). For U1 the control code will be printed next to the control number on the map. Please note that the course length in the start list is not the actual running length since there are multiple floors it's impossible to calculate the actual running length.

Clothing and equipment: Only clean shoes are allowed, we will check all shoes before the start. Orienteering shoes with or without metal studs is totally forbidden. Full clothing is not necessary.

WARNING: It's inevitable with tight corners, narrow stairs and oncoming runners several times during the competition. With the high number of participants, it will also be crowded in some places. There will also be one-way corridors, read the [additional document in Eventor](#). Use common sense, take it easy, especially around tight corners. We want a fun competition for everyone!

Several stairs will have very high loads, therefore right-hand traffic applies to the stairs. From experience, we also know that you may need to stop to look at the map, avoid doing it on the stairs or in narrow door openings so that faster runners can pass.

We are guests and ask you to respect the structure - take it easy so that nothing is destroyed. If you have something down from a shelf, please put it back in the same place, or, if broken, notify the nearest guard. You will be liable for compensation, so take it easy!

Security: Guards are strategically placed in the competition area if something happens (injury, something that breaks, etc.). All the guards on the course will have yellow reflex vests. Keep in mind that guards have the right to pass the barriers and closed doors, do not hesitate to contact them if necessary!

If the fire alarm goes off, use the closest door to get out. Gathering takes place primarily outside the entrance to the arena. CCTV can occur in schools, by running you agree that you will be filmed.

Controls: The controls are *only* marked with SI-stations. In several places the controls are very close to each other (as close as 2 m!). Please check your control number close to avoid MP! Note that the longest courses have near 30 controls, so if you have SI-card 5 & 8, you can't punch in extra controls that are not on your course, then the memory on the SI-card will be deleted. No courses will have more than 29 controls.

Course setters advice, stage 1:

Soon time for #SIC19! The first venue is located in the heart of Stockholm, at Anna Whitlocks gymnasium school. The school is a new school in a renovated building with an expected capacity of over 2000 students (!) in two years time. With the metro stopping only 200 m away from the entrance, this is clearly the best transport alternative.

How about the courses? Well, there have been some rumors about a school with seven floors. But the rumor is wrong. The school has no less than nine floors! And with that comes a new dimension of difficulty. So expect a challenge, no matter which course you choose! And for the difficult courses, expect some really difficult legs!

The winner of stage 1 will have chosen the right routechoices. Of course there will also be shorter legs, but the focus of stage 1 will definitely be routechoices. Only using the same, reliable route may cost you plenty of time... And do some extra hill climb trainings! Your legs will get tired!

When finishing, I hope you will feel tired both in your head and your legs. And perhaps a bit disappointed about not finding any good routes... But- don't forget to enjoy the view over Sweden's beautiful capital! (there are pictures of the view on Facebook and Instagram) I wish you good luck and welcome to Stockholm Indoor Cup 2019!

Course setters advice, stage 2:

This years SIC will offer very different types of buildings on the two stages. Stage 2 don't really have the same impressive amount of floors you find on the first stage, but the courses is at least as difficult as stage 1. SIC 2019 will be decided in the biggest gymnasium in Huddinge (Huddingegymnasiet). The arena is placed in Huddingehallen and it will be the biggest arena so far in the SIC history, there should be space for everyone. But the competition area is not that big, so show respect to the other runners and take it easy around all the corners!

The courses on stage 2 will start with a cold way to the starting point so make sure to warm up properly, but remember to stay cool when you get thrown into a labyrinth of corridors, classrooms and maybe more stuff. The winner on this stage needs to find the fastest route choices so don't be afraid to take a (extra) long look at the map! Last year we introduced one-way-corridors, and prior to this stage it will be smart to take an extra look on how they work, almost every course will be affected by the red arrows that will confuse and lead to hopelessness.

All courses end with the longest run-in in the SIC history! Also this can be a bit chilly, so make sure that you cheer on your friends extra much so that they can feel the warmth from the spectators when they punch the finish for the last time during SIC 2019. The winner of SIC 2019 will be the runner that have mastered both the route choice challenge and the physics the best, i will promise you that!

Stage-specific information:

Stage 1:

Arena: The arena is on multiple levels in a canteen and some classrooms, [the arena map](#) will be available in Eventor and on the arena. Please use all the area in the arena to reduce crowding! There are several toilets on different floors, a shower is available one floor down. From the main arena level.

Bag-free-zone on the arena: To make enough room in the hall where the finish and Office & IT is situated this is a bag-free-zone. You can watch the finish, get help in the Office & IT but you can not leave your bag there. There are lots of space in other parts of the arena, please respect this!

Stage 2:

Arena: The arena is in "Huddingehallen", one floor up from the entrance ([see the arena map](#)). We will not have a cafe on the sunday but we refer to the existing cafe in Huddingehallen that is adjacent to the arena.

Outdoor passage: On stage 2 there will be an outdoor passage for all the runners both to the starting point and from the last control with two parallel mats. It's totally forbidden to run outside the mat or to run on the mat in the opposite direction! Take it easy on the outdoor passage since it can be slippery and narrow.

Shoe ban: No outdoor shoes are allowed on any of the stages, please take them off at the entrance to the arena, we will be handing out plastic bags.

Fastest on the hardest leg (NEW): In the classes Herrar, Damer, M/W16, Tanter and Gubbar there will be a price to the runner that is fastest on the hardest leg (according to the course setters). There is no need for registration, everyone is competing! On stage 1 it is the leg 3-4 in Herrar, leg 8-9 for Damer, leg 6-7 for W16, leg 10-11 for M16, leg 2-3 for Gubbar and leg 4-5 for Tanter. On stage 2 it is the leg 6-7 in Herrar, leg 5-6 for Damer, leg 3-4 for W16, leg 4-5 for M16, leg 5-6 for Gubbar and leg 4-5 for Tanter.

Prizes: Prizes will be awarded to the fastest runners from the combined time from both days (except open classes and U1 & U2). The prize giving ceremony will start as soon as the classes gets finished on stage 2. If a runner have left the competition the prize will be sent by mail. In the U1 & U2 and W/M12 prizes will be awarded right after the finish for all runners.

Service at the arena: Speaker, liveresults, toilets and shower. A cafe with card, cash and Swish payment (only stage 1). There will also be a small sport shop on both of the stages (Ekens sportprodukter on stage 1 and OL-specialisten on stage 2).

Long run: See the separate document for this in Eventor.

Follow us on Facebook and Instagram: Fun facts, tips and tricks and other fun stuff can be found before the competition on our Facebook page: facebook.com/stockholmindoormap and on Instagram [@stockholmindoormap](https://instagram.com/stockholmindoormap). Make sure you use #sic19 in your own posts!

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Anna Whitlocks
gymnasium



Welcome in!

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