



PM

Sverigepremiären – relaytraining

Saturday, 2nd of March

Meeting point

Motocross course, north of Vånga: [link Google maps](#)

Parking

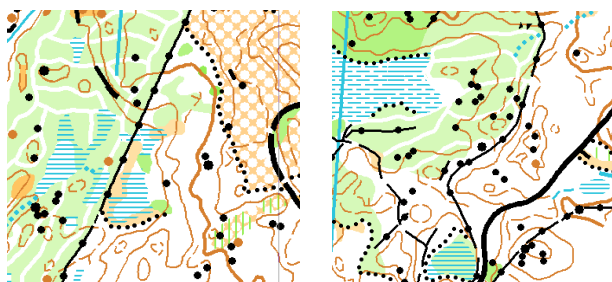
Parking opens at 14:00. Park smart along the motocross course in the sand group. No parkingguide.

Terrain

Mostly good visibility – reduced in areas with young forest or bushes. Good runability – reduced in areas with stony ground, partly very stony slopes. Two areas with recent forestry work which caused new rides (släppspår), which are NOT mapped. They don't influence any route choice, but can be found close to controls. Some paths and forest roads cross the terrain, some small and big marshes exist. Many stone walls cross the terrain. Average climbing, some steeper slopes

Map

Vånga North, mapped by Br Kartrit for Oringen 2014, same mappers as at 10mila. Updated regularly since then. Big light green area in the north west of the map is nowadays quite good runnable, even for light green



Map scale / Equidistance

1 : 10 000 / 5m

Forbidden areas

Olive green (private areas) are forbidden and everything else marked as forbidden on the map.

Starttimes/Courses

D21	15:00	5,9 - 6,1 km
H21	18:00	8,4 – 8,6 km

Punching system

Sportident Air+ (touch free if you use SIAC-card). Older SI-cards require standard punching. SI-card changes debits with 25 SEK.

Warm-up

Parking, way to the start, road towards Vånga (see arenamap)

Start

400 m from parking. Clear and Check units at the start. **To activate touchfree system on your SIAC, you have to punch the check unit as well.** Clear/check in time.

Try to be there 5min before start time.

The maps are taped in rolls and lying in boxes according to your **last name**.

Approx. 3min before start: Find your map in your box. Carefully, put away the tape (leave it on the backside of the map or throw it in the map box – not in terrain!!! But don't open the map! Fair play

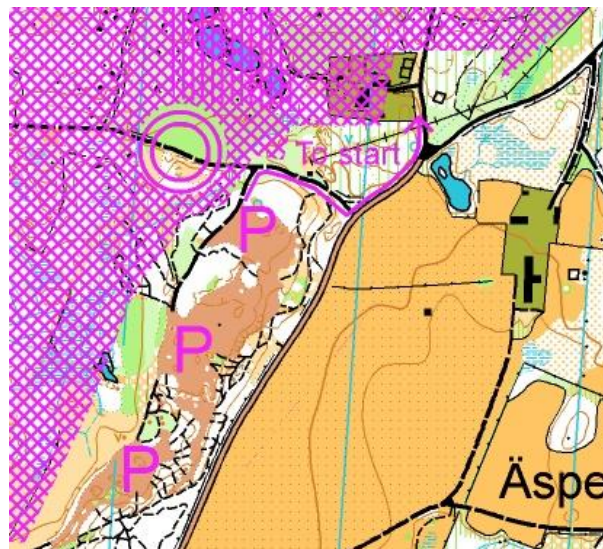
After start signal: Follow the markings to the map start (flag): approx. 300m

Controls

Light weight blue or grey pins with small reflecting flag and SI unit. SI unit control code is relevant. At each control, there is also an additional control marking (orange stick) that is used for our training packages. At the first and last controls, there will be 2 SI units.

Definition	Printed on the map.
Forking	“Unfair” forking is used (means not everybody will have visited all controls in the exact same order, it’s a relay training)
General	Recommended to pass the big power line at paths or rides
Max running time	100 minutes.
Finish	Follow marked route from last control. 2 SI units at the finishline. Continue to read-out. 200m back to parking.
Showers	Not available
Toilets	Forest
Refreshments	Not available
Competition leader	Gernot Ymsén, 0725 53 24 71
Course setter	Gernot Ymsén, 0725 53 24 71
Livelox / GPS	Livelox map publishes at 18:00.
Split times / Results	Will be published online (no printing)

Arenamap



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Pan-Kristianstad is welcoming you and wishes Good luck!