

## Gränsjakten in Strömstad - 2 days of orienteering

Stop in Strömstad on 10-11<sup>th</sup> of August – the weekend before WOC 2019 in Norway!

## Saturday 10/8: Middle distance Sunday 11/8: Long distance Individual start both days, times added together.

Women		Men		Open classes	
D 10	D 21	H 10	H 21	Inskolning	
D 12	D 35	H 12	H 35	U 1	Inskolning = Introduction. Happy
D 14	D 40	H 14	H 40	U 2	and sad smileys show the way.
D 16	D 45	H 16	H 45	ÖM 1	U = development class for
D 18	D 50	H 18	H 50	ÖM 2 (Sun only)	youngsters
D 20	D 55	H 20	H 55	ÖM 3	<b>ÖM</b> = Recreational Classes
	D 60		H 60	ÖM 4 (Sun only)	
D 12 K	D 65	H 12 K	H 65	ÖM 5	Open classes: club membership is
D 14 K	D 70	H 14 K	H 70	ÖM 6 (Sun only)	not required.
D 16 K	D 75	H 16 K	H 75	ÖM 7	Open for entry-on-the-day.
D 17-20 K	D 80	H 17-20 K	H 80	ÖM 8	Start when you want.
				ÖM 9 (Sun only)	

Course lengths: According to Swedish Orienteering Federation (SOFT) guide lines, except for the longer courses that are slightly shorter day 2.

**Punching system:** Sportident. Please supply SI card number on entry. Rental card will otherwise be assigned. Charge for not returning card: **400** kronor.

**Entry:** At latest on Sunday 4<sup>th</sup> of August through Eventor – <u>eventor.orientering.se</u> (**apply to all runners**). Pls supply SI card number or rental card will be assigned.

NB! You need to register your club and name in Eventor if this has not been done before.

**Late entry:** Before 7<sup>th</sup> of August at 9 pm. An extra 50 % charge will be added.

**Entry fees:** Children up to the age of 16 is 160 kr, others 300 kr. Open classes 80 kr or 150 kr per entry. Rental card 30 kr/day. All prices are Swedish kronor. Nordic clubs will recieve an invoice after the event, details in the Swedish invitation.

Other participants will need to pay in advance to our club bank account in Swedbank, Strömstad: IBAN: SE3480000836839833846232

Swift address: SWEDSESS





## **WOC selection area 2016!**

**Travel:** By car: Red flag at the north entry road to Strömstad. Turn off E6 at exit 112, follow signs towards Näsinge. Distance E6-arena appr. 6 km.

Parking: In conjunction to the arena.

Start: First regular start: day 1 at 14.00 and day 2 at 11.00. Late entries go before. Open classes have open start times from 13.30 and 10.30.

Map: Mapped for WOC selection races 2015-2016, revised and extended 2018-19. Scale 1:15 000 for D/H 18-D/H21 Sunday. 1:7 500 in D/H45 and older, as well as ÖM 1-8. All other classes 1:10 000. Ekv. 5 m. Mapper: Göran Olsson

**Decription of the terrain:** Sparse pine forest on rocky ground on higher ground. A variety of hills and cliffs with many contour details. Denser areas between the hills.

Prices: Inskolning, U-classes and competition classes up to and including DH 21.

Knatteknat/Miniknat: Taped course for the youngest. With Sportident units.

**Child care:** Please enter any need of child care in Eventor. NB! Must be old enough to be able to walk!

**Shower:** Warm outdoor shower will be available in conjunction to the arena.

**Food:** A simple food service will be supplied.

Other service: Medicare/First Aid. Sport equipment sale by SM Sport.

**Accomodation:** There is a large supply of camp sites and cottages to rent around Strömstad. More information with Strömstad Info-center:

www.vastsverige.com/sv/stromstad/

Tel: +46 (0)526 - 623 30 infocenter@stromstad.se

Book early!

Organisers: Race director: Rune Sandin, +46 70 334 20 58

Race co-director: Carina Reichenberg, +46 76 837 09 09 Course Planners: Göran Olsson, Lisa Reichenberg and

Frida Johansson

Planners coach: Inge Josefsson, Stångenäs AIS Lars-Åke Winblad, Stångenäs AIS Event coach:

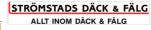
Media contact: Bengt Bivrin, +46 708 802 805

## Welcome to Strömstad and Idefjordens SK!





















Capio Rehab