



Bulletin # 1 - Invitation to Swedish Championships MTBO in Stockholm

August 23–25 2019

Welcome to an exciting mountain bike orienteering weekend in Stockholm with high quality competitions in varying terrain. This is Sweden's largest MTBO-weekend, attracting more than 300 participants each day.

Three competitions with Sprint Friday evening, Long (WRE) Saturday at noon and finally Middle (WRE) on Sunday. The Sprint offers opportunity as "warmup" for those participating in the WRE.

The Swedish Championships 2019 is a IOF World Ranking Event (WRE) and are also part of the Swedish Cup MTBO (Svenska Cupen MTBO).

Organizers are IFK Lidingö, IFK Enskede, Haninge SOK, Mälare SOK and Tullinge SK.

IOF World Ranking Event (WRE)
Swedish Championships (SM)
Swedish Junior Championships (JSM)
Swedish Youth Championships (USM)
Swedish Veteran Championships (VSM)
Swedish Cup MTBO (Svenska Cupen MTBO)



Svenska Cupen
Mountainbikeorientering



Distances

Friday 23/8	Sprint, SM/JSM/USM/VSM, organizers IFK Lidingö and IFK Enskede.
Saturday 24/8	Long, WRE/SM/JSM/USM/VSM, organizers Tullinge SK and Haninge SOK.
Sunday 25/8	Middle, WRE/SM/JSM/USM/VSM, organizers IFK Enskede and Mälarö SOK

Classes

SM and WRE	D/W21, H/M21 Course lengths and winning times according to IOF rules.
JSM/USM/VSM	D17-20, H17-20, D16, H16, D40, H40, D50, H50, D60, H60, D70, H70.
Additional classes	D14, H14, D12, H12, D10, H10 Open short (corresp. D/H12) Open medium (corresp. D/H16) Open long (corresp. D21) Course lengths and winning times according to SOFT (Swedish Orienteering Federation) rules.

Registration

Registration	Registration for all classes in Swedish Eventor (if necessary create a new account with the "Create account" link, remember to fill in your IOF ID if participating in a WRE class). Registration opens April 15 and closes Sunday August 18 at 23:59.
Late registration	Accepted in Swedish Eventor until Wednesday August 21 at 23.59. The fee is increased by 50% for late registrations.
Registration fees	Registration fees according to SOFT recommendations: SM/WRE DH21 and JSM DH 17–20 350 kr (SEK) USM/VSM (HD15-16, HD40 and older) 275 kr (SEK) Youths until HD14 100 kr (SEK) Open classes HD17-20 and older 125 kr (SEK) Open classed DH16 and younger 100 kr (SEK)
Payments	Participants competing for Swedish clubs will be invoiced after the event. Participants from abroad pay via bank transfer in advance using

the following bank details:

Account name: *Tävlingskonto*

Nordea IBAN: *SE98 9500 0099 6018 0826*

BIC/SWIFT: *NDEASESS*

Plusgironr: *82 65 16-7*

Please provide name, club, SI-number and event(s) when making the payment.

Participants will not be allowed to start without payment.

Punching system

Sportident. Sportident SI-card 5, 6, 8, 9, 10 och 11 can be used. Register your SI-number upon registration to the event. SI-card can be rented for 30 SEK/day. An additional fee of 400 SEK will apply in the event of loss of SI-card.

World Ranking

World Ranking results are registered for runners with an IOF ID. The IOF ID is obtained at IOF Eventor and need to be entered in Swedish Eventor.

More information

Accomodation

There is no organized accommodations for these competitions, the Stockholm area offers a large array of accomodations. One example is Bredäng camping which offers camping, youth hostel and small cottages. For participants traveling with camper car we suggest looking at <https://www.husbilstockholm.se/>

Food and prize giving

Prize giving ceremony for sprint- and long distance will be held after the long distance competition at the arena, approximately 17.00 on Saturday. There are plans for some form of dining at the long distance arena, more information will be provided later. Prize giving ceremony for the middle distance will be held as soon as results for each class is available on Sunday.

Read more

Website in english:

<https://sites.google.com/view/smmtbo2019>

Follow the Facebook-group(mostly in swedish):

[SM Mountainbikeorientering 2019](#)



SKIDSPORT
BROMMA

Sprint distance August 23

SM/JSM/USM/VSM Svenska Cupen MTBO

Event Arena

The Arena is located at the large parking area at University of Stockholm (Stockholms Universitet).

Google Maps: <https://goo.gl/maps/Kr5mc8zkhpp>

Embargoed area

The competition area is embargoed and it is not allowed to visit the area until the competition is completed. However it's allowed to visit the embargoed area for work, study or other valid reasons not related to orienteering. Participants are not allowed to gather information not openly available to others, for example by exchanging information with persons who has visited the area. Club members may visit the embargoed area.

See Eventor for exact map of the embargoed area.



Participants

The competition is open to all participants. However only participants fulfilling the requirements in SOFT competition rules 3.4.5 will compete for the Swedish Championship medals.

Registration

Registration to all classes via Eventor:

<https://eventor.orientering.se/Events/Show/24299>

Registration opens April 15 and closes Sunday August 18 at 23:59.

Late registration

Accepted via Eventor until Wednesday August 21 at 23.59. The fee is increased by 50% for late registrations

On-site registration

It is possible to register on site for the Open classes at the day of the event between 17.00 and 18.30. Free start between 18.00 and

19.00. SI-card and map holder can be rented for 30 SEK each. An additional fee of 400 SEK will apply in the event of loss of SI-card.

Directions car

Control flag and sign from junction Roslagsvägen (E18)/Norra fiskartorpsvägen (At gas station Circle K just before entry to Norra länken tunnel).

Note! Coming from the south, exit Norra länken tunnel, turn off E18 and use the roundabout underneath the road to turn around and go back towards Stockholm.

Parking

Parking in direct connection with the Arena. It's a public parking and ticket is necessary to purchase on-site. More information about the fee in next bulletin.

It's not allowed to park camper cars overnight at this location, see prior recommendations.

Start

First start 17:30

Start lists

Start lists will be published on the Eventor web page Thursday August 22.

Starting order/seeding

Two seeded start groups will be used for HD21. Eight competitors will be selected for the second last start group using the Swedish Cup MTBO ranking policies. Additionally eight competitors will be selected for the last start group using the current MTBO World Ranking. Each start group will be drawn separately in random order.

Bulletin #2

Detailed race information will be published on the Eventor web page Friday August 16.

Competition rules

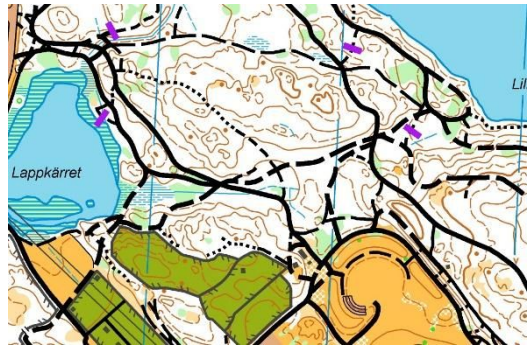
SOFT rules and IOF MTBO Competition Rules applies for WRE classes. SOFT rules and policies for other classes.

*NOTE! Off-track riding is **NOT** allowed. Participants may only use the tracks, roads, paved areas and rideable(orange) areas marked on the map.*

Map

Scale 1:7 500 (1:5 000 for some classes), contour interval 5 meter. Field work 2018-2019 by Anders Stjerndahl according to ISMTBOM. Map size A3/A4. Existing orienteering map: Norra Djurgården.

MTBO map sample:



Terrain

The Friday sprint will offer three types of terrain: forest with dense path network, urban area around the university and some open land areas. The southern part has a fun and flowy mountain bike track which offers a technical single-track experience.

Venue services

First aid, food, drinks and bike wash. Indoor showers by biking distance from the Arena. Bike part sales and repair offered by Skidsport Bromma, <https://www.skidsport.nu/>.

Map holder rental

There are map holders available for rent 30SEK each. An additional fee of 400 SEK will apply in the event of lost map holder.

Event director

Anders Stjerndahl, +46 705 481 650, anders.stjerndahl@telia.com

Long distance August 24

SM/JSM/USM/VSM

WRE

Svenska Cupen MTBO

Event Arena

The Arena is situated at Lida Friluftsgård, Botkyrka, Stockholms län.

Google Maps: <https://goo.gl/maps/1tmzV2q6Tqx>

Embargoed area

The competition area is embargoed and it is not allowed to visit the area until the competition is completed. However it's allowed to visit the embargoed area for work, study or other valid reasons not related to orienteering. Participants are allowed to take part in the MTB Cross country race Lida Loop which is organized in the area during May 2019. Participants are *not* allowed to gather information not openly available to others, for example by exchanging information with persons who has visited the area. Club members may visit the embargoed area.

See Eventor for exact map of the embargoed area.



Participants

The competition is open to all participants. However only participants fulfilling the requirements in SOFT competition rules 3.4.5 will compete for the Swedish Championship medals.

Registration

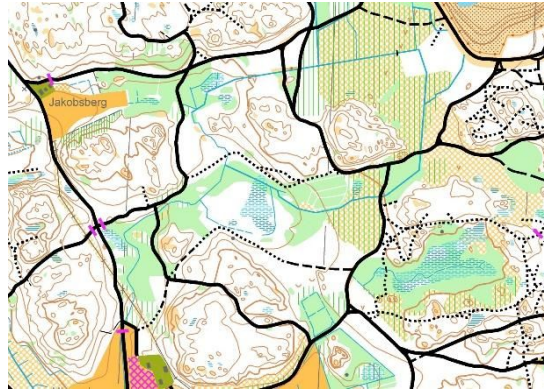
Registration to all classes via Eventor:

<https://eventor.orientering.se/Events/Show/24364>

Registration opens April 15 and closes Sunday August 18 at 23:59.

Late registration	Accepted via Eventor until Wednesday August 21 at 23.59. The fee is increased by 50% for late registrations
On-site registration	It is possible to register on site for the Open classes at the day of the event between 11.30 and 13.30. Free start between 12.00 and 14.00. SI-card and map holder can be rented for 30 SEK each. An additional fee of 400 SEK will apply in the event of loss of SI-card.
Directions car	Control flag at junction between road 226 and Västerhaningevägen. Then follow signs toward Lida Friluftsgård.
Parking	In direct connection with the Arena, max 500m parking-arena. It's not allowed to park camper cars overnight at this location, see prior recommendations. The parking is public and shared with other visitors to the area, amongst other a wedding party.
Start	First start 12:00
Start lists	Start lists will be published on the Eventor web page Thursday August 22.
Start order/seeding	Two seeded start groups will be used for HD21. Eight competitors will be selected for the second last start group using the Swedish Cup MTBO ranking policies. Additionally eight competitors will be selected for the last start group using the current MTBO World Ranking. Each start group will be drawn separately in random order.
Bulletin #2	Detailed race information will be published on the Eventor web page Friday August 16.
Competition rules	SOFT rules and IOF MTBO Competition Rules applies for WRE classes. SOFT rules and policies for other classes. <i>NOTE! Off-track riding is NOT allowed. Participants may only use the tracks, roads, paved areas and rideable(orange) areas marked on the map.</i>
Map	Scale 1:15 000, contour interval 2,5 meter. Field work 2019 by Ola Svärd according to ISMTBOM. Map size A3.

MTBO Map sample:



Terrain

The terrain is typical for the area south of Stockholm - "Södertörn" - small steep hills, cross cut with sharp valleys and as this is close to the city, it has many tracks and other characteristics you find in recreation areas. The path network consist of fast gravel tracks, flowy paths and bare rock. Some areas have an open landscape with farms and fields while other offer dense forest with lots of paths. In total a full mix of the best we can offer.

Venue services

First aid, food, drinks and bike wash. Indoor showers. Bike part sales and repair offered by Skidsport Bromma, <https://www.skidsport.nu/>.

Map holder rental

There are map holders available for rent 30 SEK each. An additional fee of 400 SEK will apply in the event of lost map holder.

Event director

Håkan Sandberg, +46 702 490 145, ulvshyttan@gmail.com

IOF Event Adviser

Per Frost

Middle distance August 25

WRE/SM/JSM/USM/VSM

WRE

Svenska Cupen MTBO

Event Arena

The Arena is located at Mälärö hallen, Ekerö, Stockholms län.

Google Maps: <https://goo.gl/maps/gesjzyF3NKx>

Embargoed area

The competition area is embargoed and it is not allowed to visit the area until the competition is completed. However it's allowed to visit the embargoed area for work, study or other valid reasons not related to orienteering.

Participants are *not* allowed to gather information not openly available to others, for example by exchanging information with persons who has visited the area. Club members may visit the embargoed area.

See Eventor for exact map of the embargoed area.



Participants

The competition is open to all participants. However only participants fulfilling the requirements in SOFT competition rules 3.4.5 will compete for the Swedish Championship medals.

Registration

Registration to all classes via Eventor:

<https://eventor.orientering.se/Events/Show/24303>

Registration opens April 15 and closes Sunday August 18 at 23:59

Late registration

Accepted via Eventor until Wednesday August 21 at 23.59. The fee is increased by 50% for late registrations

On-site registration

It is possible to register on site for the Open classes at the day of the event between 9.30 and 11.30. Free start between 10.00 and

12.00. SI-card and map holder can be rented for 30 SEK each. An additional fee of 400 SEK will apply in the event of loss of SI-card.

Directions car

Control flag and signs at junction Ekerövägen/Ekvägen (OK/Q8). From North, drive via Brommaplan towards Ekerö. From South, it's possible to use the ferry (fee 70SEK) at Slagsta-Ekerö, use exit 147 from E4/E20 and follow the signs. At Ekerö take Bryggarvägen to Ekerö centrum, turn left at Ekerövägen. Alternatively travel via Brommaplan and arrive from North.

Parking

In direct connection with the Arena, max 500m parkering-Arena. It's not allowed to park camper cars overnight at this location, see prior recommendations.

Start

First start 10:00

Start lists

Start lists will be published on the Eventor web page Thursday August 22.

Starting order/seeding

Two seeded start groups will be used for HD21. Eight competitors will be selected for the second last start group using the Swedish Cup MTBO ranking policies. Additionally eight competitors will be selected for the last start group using the current MTBO World Ranking. Each start group will be drawn separately in random order.

Bulletin #2

Detailed race information will be published on the Eventor web page Friday August 16.

Competition rules

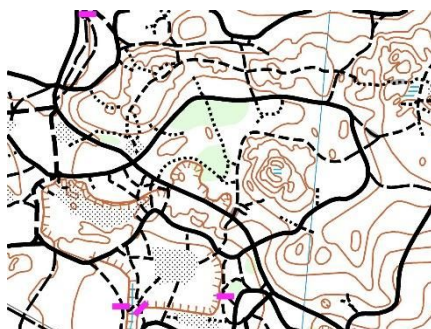
SOFT rules and IOF MTBO Competition Rules applies for WRE classes. SOFT rules and policies for other classes.

*NOTE! Off-track riding is **ALLOWED**. Participants may not enter settlements or other out-of-bound areas marked on the map.*

Map

Scale 1:7 500, contour interval 4 meter. Fieldwork 2018-2019 by Peter Albinsson according to ISMTBOM. Map size A3. Existing orienteering map: Jungfrusund.

MTBO map sample:



Terrain	The competition is held at Jungfrusund recreational area. The area consists of beech wood forest and pine moore in close proximity to urban areas. The major part of the track network is very fast with some technical paths in between. Height difference is medium to strong in comparison to other parts of Stockholm, approximately 70 meter elevation difference.
Venue services	First aid, food, drinks and bike wash. Indoor showers. Bike part sales and repair offered by Skidsport Bromma, https://www.skidsport.nu/ .
Map holder rental	There are map holders available for rent 30 SEK each. An additional fee of 400 SEK will apply in the event of lost map holder.
Event director	Peter Albinsson, +46 73 626 69 29, mtbo.stockholm@gmail.com
IOF Event Adviser	Per Frost