



Swedish League Event #5 Skogsö Middle Event Bulletin #2 – Final Information

IOF World Ranking Event

Saturday May 4, 2019

Black text:

Brown text:

Blue text:

Applicable to all Swedish League classes

Applicable only to W21, M21, D20 E, H18 E, D18 E, H18 E

Applicable only to sub classes E2-E3.

Competition area

Skogsö area for classes: W21, M21, D20 E, H18 E, D18 E, H18 E
Erstavik for all sub classes

Classes

W21, M21, D20 E, H18 E, D18 E, H18 E

Sub classes E2-E3 depending on number of participants. This will be determined at the time of publishing of the start list.

Coarse lengths, winning time

Skogsö, Start 1

Class	Length	Winning time	Climb
W21	5620m	37 min	320m
M21	6620m	35 min	350m
D20 E	4690m	33 min	
H20 E	5560m	33 min	
D18 E	4480m	33 min	
H18 E	4950m	30 min	

W21 has 24 controls. M21 has 27 controls.

Erstavik, Start 2

Class	Length	Winning time
W21-2	5100m	37 min
M21-2	6510m	37 min
H20 E2	5130m	35 min
D18 E2	4120m	35 min
H18 E2	4590m	30 min



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Quarantine

Indoor at Fisksätra school, see map. Opens at 8:30. All runners shall register at the quarantine no later than 10:50 when the quarantine closes. Coaches may support their athletes in the quarantine but need to obey to the same quarantine rules and if they leave the quarantine, they are not permitted to re-enter.

Technologies that allow you to follow the competition live or otherwise obtain information about the race is not allowed in the quarantine.

Basic coffee bar and orienteering equipment for purchase available at the quarantine.

Cancellation

Please inform us about any cancellation, regardless of when this occurs or the reason to the cancellation. Please notify Michael Ahlqvist, SMS +46-70-4422331, but also to michael@momsom.se. The message shall include: Cancellation, name, class, competition, e.g. "Cancellation Johan Johansson H18 Middle".

Reserve runners

No replacements will be made in WM21

Allocation of replacement positions will be made at the Arena at the Race Office at 09.00. Competitors who are not present at the time of allocation of replacement positions cannot claim the right for the position, regardless of the reason for not being present. Runner may, however, have a representative making the claim if not present in person.

Responsible for the allocation of replacement positions is SOFT and IOF event adviser Bo Månsson.

Bib number

Competition numbers are obtained at the check in at the quarantine. Runners bib number is provided in the start list.

Classes and number series:

W21 1-100
 M21 101-200
 D20E 201-300
 H20E 301-400
 D18E 401-500
 H18E 501-600

Bring your own safety pin to attach the bib number to your clothes.

E2/E3 do not wear bib numbers.



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GPS-units Selected runners will be asked to carry GPS-units by the event organizer. A list of competitors who shall wear GPS-units will be published on the Swedish Eventor web site. Vest and GPS-unit shall be collected at the Pre-start.

It is the responsibility of the runner to collect the GPS-unit ahead of the start time.

GPS-unit and vest should be returned to the organizer after checking out at the Race Office.

Warm up map For Elite 1-classes (W21, M21, D20 E, H20 E, D18 E, H18 E) there will be a warm up map over a small area on the way to the Prestart. Sign or marking indicate when you enter this area. Map is provided in the quarantine.

Luggage Luggage can be dropped off at a designated area between the quarantine and Pre-start. The Luggage shall be marked with name, class, club, telephone number and competition number (for those that carry competition number). The luggage will be transported to the arena and should be picked up after the race.

Warm up clothes Warm up clothes are dropped off at the **Pre-start (Skogsö)** and at the **start (Erstavik)**.

Toilets ahead of the race WCs at the quarantine
Start 1: 4 toilets at Prestart Start 1.
Start 2: 8 toilets at Start 2.

Start 1 Orange/white markings, from quarantine to start.
2,39 km from quarantine to start, sub distances as follows:
1,99 km from quarantine to Pre-start.
400 m between Pre-start and start.
870 m to warm up area from quarantine on way to the Pre-start.
700 m from warm up to Pre-start
Crossing a rail way on the way to the Pre-start. Please admit extra time in the event of a train passing by.

Start 2 Orange/blue markings from Arena.
2,55 km from Arena to start.

Start procedure 8 min ahead of start: Pre-start roll call.
Jog to start.
3 min before start: Check-in with verification
2 min before start: Separate control description available
1 min before start: Entering the map area

Late start arrival Competitors who are late for start will be allowed to start as soon as possible, however, with as little impact as possible on other contestants. No time compensation will be made to the runner. Competitor shall contact officials and follow instructions.

Start list Start list is published at Eventor as soon as the results from Swedish League #4 Sprint are concluded and the start order is official, in the evening of the 3rd of May.

Map and special symbols Map 2018 by Nils-Göran Olsson according to ISOM2017.

Scale 1:10000, contour interval: 5 m.



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Offset print Skogsö by Kartsam.

Print Erstavik by BL-Idrottservice.



Sample Map Skogsö

Sample of map Skogsö



Sample Map Erstavik

Sample of map Erstavik

Competition Area Skogsö

Terrain description Skogsö

Hilly forest and meadow areas with mostly good runnability. The upper parts of the hills are covered in pine forest which provides good runnability. Slopes/heights are moderate to steep. The competition area is close to recreation and urban development and has therefore several tracks.

Please note that the competition area is preserved by the local community. Your respect is appreciated.

Out-of-bounds Areas Skogsö

Private property and areas marked on the map are out-of-bounds. Some boundaries are marked with blue/yellow markers.

The cemetery is out-of-bound.

Map change Skogsö

The courses on Skogsö are divided into two parts and two maps. Both maps are provided at start, exposed on different sides of the map case. The first map is clearly marked; W21 (1), H20 Elit (1) etc. The runner



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changes maps where the course part (1) ends. The starting point on map (2) is the same position as the last control on map (1). The second map is marked W21 (2), H 20 Elite (2) etc.

Shore side walk Skogsö

Towards the end of the courses, competitors will follow markers between two controls. This route is partly on pontoons on the water, partly on a recently established wharf anchored to the ground. Runners are requested to be extra careful to avoid accidents.

Competition Area Erstavik Terrain description

Moderately hilly terrain with good runnability on the hills. Reduced runnability between the hills. The terrain includes both wild forest and areas in close proximity to developed areas.

Marked tracks

At the start of many courses, a track is marked with white markers to improve visibility of the track for beginners/easy courses.

Out-of-bounds areas

A wildlife zone is printed on the map as out-of-bound area and marked with continuous yellow/blue markers. This zone is forbidden to enter.

All parts of the golf course are out-of-bound area.

The circular road around Fisksätra residential area is out-of-band and forbidden to enter.

Towards Fisksätra

All courses have a long running leg through Fisksätra residential area. We ask you to be observant to cyclists and the public as you pass sidewalks and cycle lanes.

Control descriptions

Printed on the map and separately available at start.

The size of the control description W21 = 155x43mm, M21 = 170x43mm

Punching system

Sportident SI-card 5, 6, 8, 9, 10, 11 and SIAC are permitted. SI-number shall be provided at registration. No Touch-free.

Control model

Orange/white kite on stand or wooden small ladder with dual punching units. The control points are sometimes close to each other. Pay attention to the code number to avoid mispunching.

Refreshments

Water is at the Pre-start (Skogsö), and at the start (Erstavik) respectively. For Elite classes, water also available on the course, and after finish.

Clothes

Competitors' clothing must fully cover the body, except for the head, neck and arms, according to SOFT's competition rules.

Competition rules

SOFT's competition rules apply including rules for Swedish League & IOF World Ranking Event, plus this Bulletin.

Max time

90 minutes.

Non Finish

Runners not completing the course or by other means have not passed the finish line must go to the Race Office and check out.

Results

Results will be published on the Arena and on liveresultat.orientering.se, and Eventor.

Live results, web streaming

Live video stream from the event will start at 11.00, please see additional information at www.orientering.se. **Competitors are not allowed to take part of the live stream ahead of during their races.**



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The event can be watched at <https://live.orientering.se>.
Maps and course will be published on www.livelox.com.

Registration fee

Runners from abroad pay via bank transfer in advance. Runners competing for Swedish clubs will be invoiced after the event. Organizer bank details:

Nordea IBAN: SE89 9500 0099 6026 0494 4468

BIC/SWIFT: NDEASESS

SWISH: 1234 1255 22, Plusgironr: 49 44 46-8

Please provide your name, club and event when making the payment. Payment can also be done at the Race Office at the day of the event. With card or cash in SEK or Euro, change only provided in SEK.

Speaker

Speaker is Per Forsberg. Celebration of orienteering 100 years will take place at the prize ceremony shortly after Swedish League races.

Leader's chair

The current leader in W21 and M21 will be asked to take place in a leader chair on stage.

Prize ceremonies

Prize ceremonies will be held at stage for all elite classes after the race and will be announced by the speaker. Non collected prizes will be accrued to the organizer.

Toilets at the Arena

See separate Arena map.

Services at the Arena

Food with international touch will be offered by local Fisksätra sport organization. Coffee bar by Järila Orienteering.

First aid

See separate Arena map.

Spectator classes

See separate Bulletin. First start at 10.00.

Jury

The jury is led by IOF Event Adviser Bo Månsson, without voting rights. Jury members, see Organization below.

Embargoed area

The competition area is strictly embargoed and it is not allowed to visit the area until the competition is completed. Exception applies to Saltsjöbanan and highway Saltsjöbadsleden. See Eventor web site for details.

Showers

Outdoor hot water showers at the Arena.

Sports equipment

Sale of sports and orienteering equipment by OL-specialisten.



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Organization			
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Land owners	Erstavik, Stena Fastigheter and Nacka Kommun		

Welcome to Skogsö Middle Event by Järla Orientering!

Special thanks to Nacka
local government and our sponsor:



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