



# Swedish League Event #4 Fisksätra Sprint Event Bulletin #2 – Final Information

IOF World Ranking Event - Prolog Stockholm City Cup

**Friday May 3, 2019**

### 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

Class	Length	Winning time	Climb	Class	Length	Winning time	Climb
W21	3280m	15 min	45m	W21-2	3050m	15 min	42,5m
M21	4060m	15 min	50m	M21-2	3580m	15 min	52,5m
D20 E	3070m	15 min					
H20 E	3600m	15 min		H20 E2	3370m	15 min	
D18 E	3070m	15 min		D18 E2	2730m	15 min	
H18 E	3600m	15 min		H18 E2	3210m	15 min	

W21 has 16 controls. M21 has 21 controls.



### Assembling

Runners assembly at the quarantine, see map above and separate logistics bulletin. It is not allowed to visit the Arena before checking into the Quarantine.



**World  
Ranking  
Event**

## Quarantine

Indoor at Fisksätra school, opens at 13:30. All runners shall register at the quarantine no later than 14:40 when the quarantine closes. Competitors and coaches are not allowed to visit the Arena before checking into the quarantine, and runners without permission may not leave the quarantine including the warm up area outside the building will be refused to start.

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.

## Exemption quarantine

Exemption for late arrival to the quarantine may be granted under certain conditions for runners in classes HD18 and taking the Swedish national exam. Contact event organizer Per Lembre, [per.lembre@gmail.com](mailto:per.lembre@gmail.com), to submit request for exemption.

## 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](mailto:michael@momsom.se). The message shall include: Cancellation, name, class, competition, e.g. "Cancellation Johan Johansson H18 Sprint".

## Reserve runners

No replacements will be made in WM21

Allocation of replacement positions will be made at the Arena at the quarantine at 14.00. 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.

## Warm-up area

After check-in to the quarantine, runners may freely utilize the warm-up area towards Pre-start. There is no check-out from the quarantine. The competitor is responsible to check in in time at the Pre-start.



**Luggage and warm up clothes** Luggage and warm-up clothes should be dropped off at a designated point between the quarantine and Prestart. 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.

**Toilets ahead of the race** WCs at the quarantine. Runners can freely use these before check at Pre-start.

**Start** Start 1, orange/white markers.  
320 meters from quarantine to Pre-start.  
320 meters from Pre-start to start.

**Start procedure** 6 min before start: Pre-start with check and verification  
5 min before start: Separate control description available  
4 min before start: Jog to start, time does not permit walking  
1 min before start: Entering 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 published at Eventor Thursday May 2 at 20.00 CET.

**Terrain description** The competition area consist of council housing from the early 1970s with large buildings with a variety of inner courtyards, stairs and elevated sidewalks and roads. The area is surrounded by three dense terrace house areas and a few groves. The Event is located at sea level and the highest point in the competition area is 50 meter above sea level. The area has previously not been used for orienteering competition.

Videos from the terrain available at:  
<https://www.facebook.com/jarlaorientering/>

**Map and special symbols** 2018/2019 by Simon Hector following Sprint Map Standard ISSOM2007.

Scale 1:4000, equidistance: 2,5 m.

Print: BL-Idrottsservice.

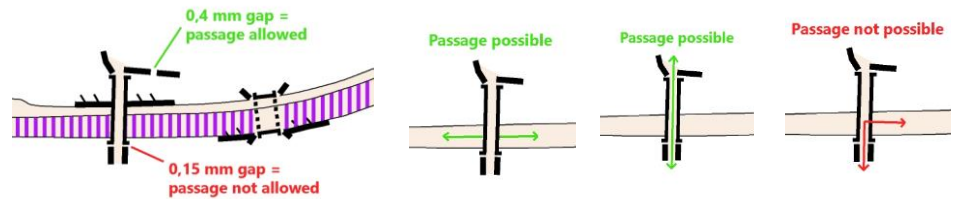


Map sample

x = play ground object, beach flag  
o = BBQ place  
■ = Container, larger recycling object

**Tunnels and bridges** There are many tunnels and elevated roads and stairways forming bridges in the competition area. These are presented with the map symbol for bridges/tunnels. According to the recommendation for increased readability, there is a short distance of 0.15 mm between the bridge symbol and the closest map object. If this map object is a non-

passable continuous object, e.g. a non-passable wall or non-passable fence, it is not permitted or possible to pass in this distance. Passable distances between non-passable continuous objects are drawn with 0,4 mm or more, see picture below.



Map samples of bridges and examples of permitted and non-permitted passages.

### Bridges in many levels

A bridge in the terrain splits into two sections. See pictures and map sample. At the split, it is not permitted, nor possible to pass the non-passable wall at the upper level. At the lower level under the bridge, however, it is possible and permitted to pass.



Bridge which splits into two sections



View from the lower level



View from the opposite side



Map presentation

### Bridge on top of bridge (3 levels)

There is one place in the terrain where an elevated pedestrian road is placed straight below a high way. Two levels are presented on the map (ground level and elevated pedestrian road) while the upper level (high way) has been excluded as this is out-of-bound territory. See picture and chart sample below.

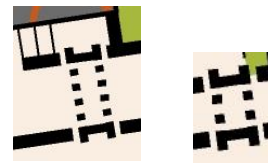


## Short tunnels

In parts of the competition area, there are a many short tunnels. These are presented according to the principle above. See map samples and picture below.

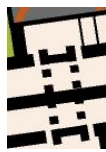


*Example of short tunnels*



*Presentation on map*

At one occasion, a tunnel symbol on the map is crossing a symbol for an un-passable wall. It is permitted to pass through the tunnel (lower level) but not permitted to pass the wall on the upper level/ground floor, see map sample below.



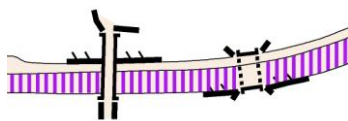
*Sample of map where tunnel crosses non-passable wall.*

## Out-of-bounds

It is strictly forbidden to enter out-of-bound areas according to the sprint competition rules. Blue/yellow markers are selectively used to clarify out-of-bounds boundaries that are diffuse in the terrain. Blue/yellow markers is also used to mark forbidden passages where applicable. Control and course guards will be present to ensure that the rules are adhered to. Competitors entering or passing out-of-bound areas will be disqualified.

Some roads are out-of-bounds. The complete road is out-of-bound. Sidewalks, however, are permitted for runners and not presented as out-of-bound.

In cases where a bridge crosses a road which is out-of-bound, it is only permitted to run on the bridge, not below the bridge. In cases a tunnel passes such road, it is only permitted to run in the tunnel, not on the road above the tunnel.



*Out-of-bound, road with bridge and tunnel*



*Forbidden passage*

Ver04



**World  
Ranking  
Event**

<b>Control descriptions</b>	Printed on the map and separately available at start.
<b>Punching system</b>	Sportident SI-card 5, 6, 8, 9, 10, 11 and SIAC are permitted. SI-number shall be provided at registration. No Touch-free.
<b>Control model</b>	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.
<b>Clothes</b>	<b>UPDATE!</b> Competitors are allowed to wear clothes that do not fully cover the body, i.e. runners can expose legs, head, neck and arms. Shoes with metal studs are not permitted.
<b>Competition rules</b>	SOFTs competition rules apply including rules for Swedish League & IOF World Ranking Event, plus this Bulletin.
<b>Max time</b>	60 minutes.
<b>Non Finish</b>	Runners not completing the course or by other means have not passed the finish line must go to the Race Office and check out.
<b>Results</b>	Results will be published on the Arena and on <a href="http://liveresultat.orientering.se">liveresultat.orientering.se</a> , and Eventor.
<b>Live results, web streaming</b>	Live video stream from the event will start at 15.00, please see additional information at <a href="http://www.orientering.se">www.orientering.se</a> . <b>Competitors are not allowed to take part of the live stream ahead of during their races.</b> The event can be watched at <a href="https://live.orientering.se">https://live.orientering.se</a> . Maps and course will be published on <a href="http://www.livelox.com">www.livelox.com</a> .
<b>Registration fee</b>	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.
<b>Speaker</b>	Speaker is Per Forsberg. Celebration of orienteering 100 years will take place at the prize ceremony shortly after Swedish League races.
<b>Leader's chair</b>	The current leader in W21 and M21 will be asked to take place in a leader chair on stage.
<b>Prize ceremonies</b>	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.
<b>Toilets at the Arena</b>	See separate Arena map.
<b>Services at the Arena</b>	Food with international touch will be offered by local Fisksätra sport organization, opens at 16.00. Coffee bar by Järila Orienteering, opens at 14.00.
<b>First aid</b>	See separate Arena map.

Ver04



**World  
Ranking  
Event**

<b>Spectator classes</b>	See separate Bulletin. First start at 18.30.
<b>Jury</b>	The jury is led by IOF Event Adviser Bo Månsson, without voting rights. Members of the jury is presented later.
<b>Embargoed area</b>	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 <a href="#">link</a> at the Eventor web site for details.
<b>Showers</b>	Outdoor hot water showers at the Arena.
<b>Sports equipment</b>	Sale of sports and orienteering equipment by OL-specialisten.
<b>Child care</b>	Child care available at the arena, from 14.30. Max 1 hour. Min 2 years old.

<b>Organization</b>			
Event Organizer	Per Lembre	+46 70 2612112	per.lembre@gmail.com
Assisting Event Organizer	Ola Henriksson	+46 73 3922229	ola.henriksson@mercur.se
Course Planner	Simon Hector	+46 76 9392139	simon.hector@hotmail.com
Race Administration	Michael Ahlquist	+46 70 4422331	michael@momsom.se
Press and media	Fredrik Trahn	+46 70 9136796	fredrik.trahn@gmail.com
Map	Simon Hector	+46 76 9392139	simon.hector@hotmail.com
Course inspector	Jan Bojling, Solna OK	+46 70 7555104	jan.bojling@telia.com
Course inspector	Annika Svensson, Solna OK	+46 70 6342971	annika.svensson@swedbank.se
Map inspector/adviser	Fredrik Ahnlen		
SOFT Swedish League Contact	Henrik Skoglund	+46 73 2558480	henrik.skoglund@orienteering.se
SOFT and IOF Event Adviser	Bosse Månsson	+46 70 5392888	bo.mansson@seaside.se
IT Coach	Samuel Henriksson	+46 70 4440728	samuel.henriksson@agero.se
Land owners	Stena Fastigheter och Nacka Kommun		

## Welcome to Fisksätra Sprint Event by Järla Orienteering!

Special thanks to Nacka local government  
and our sponsor:



Ver04



**World  
Ranking  
Event**