



# **Competition instruction Biathlon Orienteering Sprint Part of the Swedish Cup #1 and World Cup # 5 2019-05-31**



**Competition Area:** Sisjöns shooting range. The public area is very wet. Bring boots. **V1**

**Parking:** On marked places close to the competition area. Follow the instructions. Max 400m to the competition center.

**Classes and course length:** No classes have been merged due to few participants. Course length according to start list. NOTE! The posts are placed VERY close to each other, ensure to check the control number.

**Sequence:** Orienteering – prone shooting, penalty loops (if any) – Orienteering – standing shooting, penalty loops (if any) - finish. First orienteering loop starts with post nr 1 and orienteering loop nr 2 starts with next nr after the first shooting, for example nr 8. Note! There is a map change, you will get 2 maps.

**Föreningen Orienteringsskyttarna:** Those who run for this club are insured during the competition.

**Map:** FK Herkules map Sisjön (2015). Scale 1:7 500, 5 m equidistance for all classes.

**Control definition:** Loose control definitions are available at start and are also printed on the map.

**Terrain:** The terrain mainly consists of moderately hilly and partly very detailed forest terrain. There are also some wet areas. Open areas occur, especially close to the shooting range. Some green areas otherwise good run ability. Two smaller roads are crossing the area with low traffic. This is a popular recreation area which means that there will be new paths which are not included on the map.

**Local signs:** Shooting range boarder --- ● --- ● --- (can't be used for orienteering)

**Animal report:** If any larger animals are seen, this should be reported to the course setter Krister Caarp.

**Prohibited areas:** Safety area for the shooting range is marked in the terrain. No access to private gardens. Do not enter areas marked with competition area.

**Clothes:** Full

**First start:** 16.00. Everyone has the same start. Distance to start is 400 m



**Number bibs:** Available at start. Same number should be used Friday and Saturday. One set of safety needles are given out for all 3 competitions during the weekend.

**Liquid:** Bottles with liquid should be placed on marked areas. No water bottles at the weapon rack.

**Rented rifles:** To be picked up close to the weapons control. To be returned at the same place after finishing the competition along with and ammunition not used.

**Adjustment shooting:** On paper board 14.00-15.30. See split of lanes per club at the shooting range. Weapon control opens at 13.00

**Placement of rifles:** The rifles are placed on the same number as your start number.

**Arena map:** Available at Eventor and the information board at the competition area

**Shooting young classes and Propaganda:**

**V1**

M/W 14 – only prone shooting with support at small target – 5+5

M/W 16 – only prone shooting with strap at small target – 5+5

Propaganda – only prone shooting with support/strap at large target – 5+5

**Punching routines:** If there should be a line there is a waiting area. The shooting range officer will show you to the waiting area if needed. Punch when entering the area and when the officer shows that you can go ahead, punch when leaving the waiting area and carry on to the shooting range. The waiting time will be adjusted afterwards.

If you have a penalty loop, the empty squares should be marked with one stamp per lap.

**Toilets:** At the arena and at the parking/start.

**Showers:** Not available. Swimming is possible in Sisjön.

**Cafeteria:** Basic assortment.

**Prize giving ceremony:** In connection with the dinner Saturday night.

**Jury:** Mona Lene Rasmussen, Mikko Hölsö and Hans Mandahl

**Other:** Note the information of mixed relay teams in the competition information in Sunday instruction.

**Swedish armed forces together with GMOK and IF Marin Väst welcomes you to our competitions!**

