



**Competition instruction Biathlon
Orienteering classic distance
Part of
Swedish cup #2 and
World cup #6
2019-06-01**



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 free orienteering according to start list. Location orienteering 2,8 km

Sequence: Location orienteering – punch for split time – prone shooting – free orienteering standing shooting - finish.

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

Map: FK Herkules map Sisjön (2015). Scale 1:10 000 (Location orienteering), 1:10 000 (Free orienteering), 5 m equidistance for all classes.

Control definition: Loose control definitions are available at the start of location orienteering 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. Take note of the animal zone marked on the map.

First start: 11.00. Everyone has the same start. Distance to start is 1200 m.

Number bibs: Available at the secretariat for those who did not compete during Friday. If you competed in the sprint distance, same number bib should be used for the classic distance.



On set of safety needles are handed out for the weekend. Number bib should be returned once you finish the race.

Liquid: Available between change over from location orienteering and prone shooting. 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 any ammunition not used.

Adjustment shooting: On paper board 09.00-10.30. See split of lanes per club at the shooting range. Weapon control opens at 8.30.

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 – 10+10

M/W 16 – only prone shooting with strap at small target – 10+10

Propaganda – only prone shooting with support/strap at large target – 10+10

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.

Toilets: Available at arena and on the way to start by the parking. No toilet at start.

Showers: Not available. Swimming is possible in Sisjön.

Cafeteria: Basic assortment.

Dinner: At 18.30. Information available at information board at the arena.

Prize giving ceremony: In connections 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. Team names should be handed in to the secretariat at the latest 16.00 on Saturday.

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

