

## PM - ESKILSTUNA WEEKEND 5-7 juli 2019

The event is a straight three-day competition with combined total time giving the final result.  
Chasing start on day 3 for classes HD21, HD20 and HD18

### First regular start

Stage 1: 6 p.m.  
Stage 2 and 3: 11 a.m.

### Location/Arena

The arena for all 3 days is at Sundshändö  
Signposted from road 55 between  
Strängnäs (24 km) and Malmköping (8km).

### Parking

Parking is on grass verges.  
Distance from parking to arena: 100-300 m.  
Parking fee with parking pass: 70 SEK for the three  
days. Passes can be purchased at the car parking  
on day 1.  
Cost of parking without parking pass: 30 SEK/day.

Camper vans and caravans are primarily referred  
to the event camping at Åsborgen, Årila. There is  
access to showers and toilets around the clock.  
Specially designated places are available for  
camper vans wishing to remain in the arena with  
the services offered during the competition.  
NOTE! both SEK 400 and the SEK 70 parking fee  
are to be paid.

**After consulting with the landowner and road  
community, "wild camping" in the competition  
area and along the entrance road from road 55  
is discouraged.**

### Open classes and Inskolning.

Seven open classes, Inskolning, U1 and U2.  
Details of course distances are given in a separate  
document. This will be available on Eventor and in  
the arena.  
Entries open one hour before the first start.  
Stage 1: 5.50 - 7.30 p.m.  
Stage 2 and 3: 10.50 - 12.30 a.m.

Fees for Open classes: Adults 150 SEK, 16 years  
and younger 80 SEK.

Maps for "shadowers" are available for Inskolning  
and U-classes on all 3 days.

### Cancelled classes

H90, D85, D90

### Clothing

Full leg cover is required. Short-sleeved tops are  
permitted.

### Punching system

SportIdent is used for all classes.  
If you do not have your own SI pin, these  
may be rented at a cost of 90 SEK for all three  
days. If you have not given a number when  
registering, you will be allocated a rental pin.  
For open classes the cost is 30 SEK/day.  
SI types 5-11 can be used.

Rented SI pins should be returned at the finish. Lost  
SI pins will be charged at a cost of 600 SEK.

### Distance to start, all classes:

Day 1 and 2 100 m.  
Day 3: 900m.  
Marked with orange-white tape.

### Drinks

Available at the finish on each day.  
Competitors in HD18-21 and courses longer than 6  
km will have access to water at locations indicated  
on the map or on the control definitions.

### Start times

Inskolning and U-classes and all open classes  
have free start times (start punching).

All other competitors have a 3 min call-up before  
their start time for checking the SI pin and taking  
the control definitions.

### Zeroing of the SI pin occurs on the way to start.

Classes up to and including HD16 get the map  
one minute before the start time. The race starts  
on the start signal.

Other classes may only take the map at the start  
signal. The race starts on the start signal.

For stage 3, there is a chasing start for  
classes HD21, HD20 and HD18 based on the total  
time for stages 1 and 2. Competitors with a  
difference to the leader of more than 30 minutes  
will be started at 30 second intervals.

**Startlistchasing start**

Available in EVENTOR and posted at the arena before the start of the race on day 3.

**Start times for classes with chasing start**

D18 11:00, D20 11:10, D21 11:20

H18 12:00, H20 11:00, H21 11:35

**Control Definitions**

Loose control definitions. Not on the maps.

**Number bibs**

Runners in classes HD21, HD20 and HD18 should wear the same number for stages 1 and 2.

Self-service at the start on day 1.

New numbers will be issued for stage 3 for the positions 1-15.

Self-services at the start on day 3.

Position 16 and up keep the same number from stages 1 and 2.

Make sure you take the correct number! Details of the bib colour for each class for Stage 3 will be given in the start list for the chasing start.

**Competition Map**

HD45 and older 1: 7 500 all stages.

Open 1-8 1: 7 500 all stages

Open 9-10 1: 7 500 stage 1

1:10 000 stage 2 and 3

Remaining classes 1:10 000 all stages .

Contour interval: 2,5 m

Newly produced and revised in 2018-2019

Drawn according to new standard ISSOM 2017

Mappers: Karl Larsson, Roy Fransson and Susen Lösch, Ärla IF

Digitally printed (Nyby-Tryck)

An emergency number is printed on the map for use in case of accident.

**Terrain Type**

Mainly forest.

On Stage 1 some areas of rocky gravel-ridge terrain.

Many small and large areas of marshland.

The area is crossed by a small gravel road, forest tracks and paths.

**Climb**

Moderate climb.

On Stages 2 and 3 there are flatter areas of runnable open rock.

**Runnability**

Generally good runnability. Vegetation is mainly coniferous forest of varying age. Limited areas of felled trees and thicker "fight" forest.

Map section samples are available on EVENTOR

**Taped paths**

On some of the easier courses some paths have been cut through the vegetation and marked with white tape.

Purple paths on the maps are marked with read-white tape in the nature.

**Finish**

Finish punching takes place on the finish line.

However, on day 3, finish punching for classes HD21, HD20 and HD18 takes place after the finish line.

**Map Collection**

Maps will not be collected after the finish line. We expect all competitors who have passed the finish to exhibit good sportsmanship and not show their course for competitors who have yet to start.

**Maximum time**

2.5 hours for all stages.

**Broken competition**

Competitors who fail to complete the course must pass the finish to be registered as having broken the race.

**Results**

Results from the various stages and the final results will be posted on Eventor.

Results lists for Stages 1 and 2, the combined total for 1+2 and the final results will be posted in the arena.

**Prize ceremony**

Stage 1. Class winners receive a prize at the arena on Saturday 6<sup>th</sup> July at 10.15 a.m.

Stage sponsor COOP ÄRLA

Stage 2. Classes receive a prize at the arena on Sunday 7<sup>th</sup> July at 10.15 a.m.

Stage sponsor LETRO SPORT

Stage 3. Prizes for total results as each class finishes. The number of prizes in each class will be listed on the results board.

All runners in Inskolning and U classes will receive a prize after finishing each stage.

Prizes for open classes are determined daily and will be listed on the results board.

**Toilets**

All stages only at the arena

**Child-minding services**

Organised at all stages  
On Friday from 5:00 p.m.  
On Saturday and Sunday from 10.00 a.m.  
Fee 20 SEK.

**Children's course**

Organised at all stages with Sportident (bring your own SI pin if you have one).  
Stage 1: start between 5.30 - 7.30 p.m.  
Stage 2 and 3: start between 10.00 - 12.00 a.m.  
Fee 20 SEK.

**Competition Rules**

SOFT's competition rules apply

**Sports equipment**

Letro Sport will be selling orienteering and other sports clothing and equipment.

**Food Stall**

In addition to the usual food stall with hamburgers and sausages, we also sell salads.

**Opening ceremony**

The official opening of Eskilstuna Weekend 2019 will take place in the arena on Friday 5 July at 5.20 p.m.

**Camping**

The campsite is located at Åsborgen Idrottsplats at the southern end of Ärla. Signposting from the centre of Ärla.

The campsite will be open from 1.00 p.m. Friday 5<sup>th</sup> July until 6.00 p.m. Sunday 7<sup>th</sup> July.

Tent: 300 SEK, Caravan / Camper van: 400 SEK.

Accommodation on hard surfaces (floorspace) at a cost of 150 SEK / person is available 1 km from Åsborgen Idrottsplats.

Registration is made via "EVENTOR"

**The camping fee is paid directly on site.** Contact person: Ärla IF - Tommy Ljungkvist 070-557 07 66 [tommyljungkvist@telia.com](mailto:tommyljungkvist@telia.com)

**Service / Information**

Johnny Fransson

070-347 46 28

Information regarding the competition stages is available at the event secretariat.

**Competition Management**

Competition Organiser	Thomas Knutsson	Ärla IF	070-625 38 76
Assistant Competition Organiser	Tomas Ljungkvist	Ärla IF	070-225 37 06
Course Planners	Karl Walheim Henrik Johnsson Oscar Vångell	Ärla IF Ärla IF Ärla IF	073-810 73 40
Event Controller	Barry Widlund	IK Standard	070-744 55 09
Course Controller	Rudolfs Zernis Viktor Larsson	Ärla IF Ärla IF	



**IK STANDARD ÄRLA IF**

