

# Competition Memo

12 – 14 JULY 2019



**FK Friskus-Varberg, OK Nackhe and IK Dran welcome everyone to Hallands 3-dagars 2019.**

## Programme

Friday July 12 – Stage 1, Middle Distance, First ordinary start: 16.00

Saturday July 13 – Stage 2, Long Distance, First ordinary start: 10.00

Sunday July 14 – Stage 3, Long Distance with pursuit, First start: 10.00

## Arena

Buskäng, east of Rolfstorp between Varberg and Ullared.

Directions from road 153 in Rolfstorp, about 12 km east of motorway exit 54 in Varberg.

From there about 7 km, of which about 3 km is dirt road.

**We ask everyone to follow the route directions from the organizers.**

## Parking

Maximum 500 m from the arena. Parking fee 20 SEK/day or 50 SEK for 3 days.

Park your car and then buy a parking ticket in the Information at the arena. Place the ticket visibly behind the windshield of your car. It will be checked at the exit.

## Entry on the day of competition

You can register for open courses and the youth classes U1, U2 and inskolning at the arena between 15.00 - 17.30 at stage 1 and between 09.00 - 11.30 at stage 2 and 3. Follow "True Story" to the start for ÖM 1 – 9, U1, U2 and inskolning.

Foreign competitors will fill in a form, then choose the line for non-Swedish competitors and pay in cash or by card or swish.

## Start

First ordinary start 16.00 at stage 1 and at 10.00 at stage 2 and 3. Late entries will start first in their class.

Free starting time will be used in all non-competitive classes (U1, U2, Insk, Motion Classes, and Open Classes) between 15.30 -18.00 at Stage 1 and between 09.30 -12.00 at Stage 2 and 3.

Youth classes up to HD16 can study the map up to 1 minute before start. At the pursuit at Stage 3, the map will be given in the starting moment even for youth classes.

Transportation of warm-up clothes from the starts to the arena is available.



**Start: Icebug**

**ICEBUG**  
SWEDISH TRACTION FOOTWEAR

Classes: DH21L, D18 – D40, H18 – H60, DH17-20K, DH21K.

Stage 1: 100 m, stage 2: 1700 m, stage 3: 1400 m (60 m climb)





### **Start: Engelson**

Classes DH14 – DH16, DH14K – DH16K, D45 – D85, H65 – H85,

Stage 1: 800 m (60 m climb), stage 2: 2000 m, stage 3: 1400m (60 m climb).

### **Start: True Story**

Classes: DH10 – DH12, DH12K, Insk, U1, U2, DH21M – DH60M, Open classes.

stage 1: 100 m, stage 2: 2300 m (70 m climb), stage 3: 1600 m (60 m climb).

Starts Icebug and True Story are situated next to each other at stage 1, while start Engelson is in the opposite direction.

All starts are in the same direction at stage 2.

Starts Icebug and Engelson are situated next to each other at stage 3, while start True Story starts in the same direction but deviates after 700 m.

### **Pursuit start**

At stage 3 all classes except DH10, DH12, DH12K U1, U2, Insk, Motion classes and Open classes have pursuit start.

In the pursuit, the first 5 runners in the “kort” classes and the first 9 runners in the other classes will wear number bibs. Self-service at the start. Bring your own safety pins.

Pursuit means that the total leader after the first two stages will start first in each class and the rest starts with respect to the time behind the leader. Around 4 minutes before the starting time the name of the runner will be announced at the start for registration. Runners that are more than 45 minutes behind the leader will start with 1-minute gaps. At the pursuit at Stage 3, the map will be given in the starting moment even for youth classes.

### **Number bibs**

HD12-HD20 and HD21L will wear number bibs at Stage 1 and 2 with self-service at the start of Stage 1. Bring your own safety pins. The same number bib will be used in both Stage 1 and 2. See “Pursuit start” above for stage 3.

### **Finish in pursuit**

For classes with pursuit at Stage 3, the race ends at the finish line, but the finish punching is made further ahead. In equal races, officials will decide the order of the finishing punch.

### **Unfinished courses**

Competitors who do not complete their course must report to the finish and register their SI-card.

### **Halland Youth Cup**

Hallands 3-dagars is included as a part of the 2019 Halland youth cup.

### **Map**

ÖM1-8 and HD45- scale 1:7500 at all stages. HD18-21 scale 1:10000 at Stage 1, 1:15000 at Stage 2 and 3. Other classes scale 1:10000 at all stages. Contour interval 5 m all stages. The map was made in 2019 by Tord Hederskog. The maps are lazer printed by Kartsam in a certified printer. The area has been used earlier for för O-ringen 1993, H3D 1999, partly for SSM 2008 and some national competitions. The area has not been used for competitions since 2008. Maps and courses can be found on LiveloX after the race.

## **Terrain**

Forest with some marshes, meadows and cultivated fields. Many roads and paths. Deciduous and coniferous forests with mostly normal accessibility. Heavy undergrowth in some areas. Moderately to heavily hilly terrain. There may be barbed wire around fields and meadows. Parts of the competition area is in a nature preserve. During the last two weeks two areas have been clear cut. These are registered on the map. There are several heaps of brushwood in these areas.

## **Forbidden areas**

Running in areas marked with red on the map, private gardens, and cultivated fields is forbidden. A stream marked as forbidden area may only be passed on passages marked on the map. Forbidden areas where the edges are marked with an unbroken line on the map will be highlighted with blue/yellow stripes in the terrain.

## **Nature preserve**

Parts of the competition area for stage 1 and 2 are within a nature preserve.

## **Passages and paths marked with stripes**

There will be red and white stripes marking the way between two controls for the inskolning class at Stage 1 and 3.

There will be red and white stripes marking the way between two paths right after the second control for classes inskolning and U1 at Stage 2.

New paths marked in purple on the map, as well as some bad paths, are marked with white stripes.

## **Water**

Drinking water will be available at the arena on all stages, and in the terrain for the longer courses at Stage 2 and 3.

## **Control Description Lists**

Are printed on the map and are also available for separate holders at the start.

## **Punching system**

Sportident. Check that the SI-number is correct in the starting list. If you do not get a flashing light or a beep as you punch a control, use the impress attached and make a mark in your map. Rental SI-cards can be picked up in the information and must be returned after the finish of stage 3. For non-competitive classes all rented SI-cards must be returned after finalizing every stage. Rental fee is 30 SEK per stage. Anyone who fails to return a rental card will be charged 600 SEK.

## **Shadowing**

Shadowing is allowed in U1, U2, Inskolning and ÖM classes. The person shadowing is not allowed to, after shadowing, compete in the classes HD18-HD21, youth classes or in the same course that has just been done. Shadowing maps are available in U1, U2 and Inskolning.

## **Dogs**

It is forbidden to bring a dog on a course. This applies to all classes.

## **Starting lists and results**

Available at the arena and in Eventor.

## **Maximum time**

2,5 hours/course.

### **Kids orienteering event (Knatteknat)**

Available at all stages. Start between 15.30-18.30 at Stage 1 and between 09.30-12.30 at Stage 2 and 3. Registration fee is 20 SEK/stage. Payment by cash or Swish.

### **Price giving ceremonies**

Stage 1 and 2: A price for everyone in the Inskolning class to be picked up at the finish.

Stage 3: A price for everyone in the Inskolning, U1 and U2 classes to be picked up at the price table. A price for the winners in HD35 and above, to be picked up at the price table.

For the number of prices in classes HD10-HD21 (including "lång" and "kort") check the information board. The price giving ceremonies will be announced by the speaker. No prices in Motion classes and Open classes.

### **Shower**

Hot outdoor shower is offered close to the arena.

### **Toilets**

Close to the arena and on the camp site. Toilets are also available on the way to all starts at Stage 2 and 3.

**Note: No toilets on the way to start at Stage 1.**

### **Food**

There is a well-stocked cafeteria on the arena, serving salads, hamburgers, hot dogs, sandwiches, home baked cookies and cakes, sweets, hot and cold drinks etc. Gluten and lactose free options are available. Open from 14.30 at Stage 1, and from 08.30 at Stage 2 and 3, and closes when the competition is over for the day. Payment in cash or by credit card or swish.

### **Child care**

Is available at the arena for a fee of 40 SEK per stage or 100 SEK for all stages. Payment in cash or Swish. No infants or children with diapers.

### **First Aid**

A health care team is available at the arena. Please shower before asking the team to tend to wounds.

### **Sports Shop**

SM Sport Orienteering sells shoes, clothes, and equipment for orienteering at the arena.

### **Massage**

Björn Winberg from "Ha inte ont i onödan" offers massage at the arena for a fee of 200 SEK/15 min.

### **Payment**

Foreign competitors and competitors without an orienteering team membership who have not paid in advance are required to pay their registration and camping fee at the information desk before start at Stage 1.

Payment for entry fees, camping, parking and food can be done in cash or by credit cards or swish. Payment for child care or knatteknat can be done in cash or by swish.

### **Camping**

The camp site is adjacent to the arena. It is open Thursday 12.00 to Sunday 16.00. Read separate Camping Memo for more information. Camping within or close to the arena, but outside of assigned camp site, is forbidden.

## Other accomodation

There are several camp sites, cabins, hostels and hotels in the area. For information we refer to Varbergs tourist information, phone nr 0340-86800, [www.visitvarberg.se](http://www.visitvarberg.se)

## Supermarket

The closest supermarket is ICA nära in Rolfstorp, on road 153 in Rolfstorp, about 3 km from the camp site.

## Information

In [www.hallands3dagars.se](http://www.hallands3dagars.se) and Eventor you can find start lists, results, campinginfo and more.

## Competition jury

Nils Wallentin Tärk	Halmstad OK
Peter Badenfelt	Falkenbergs OK
Berit Bengtsson	OK Lindéna

## Main officials

Event director	Bengt Johansson F Fredrik Brorson N	<a href="mailto:kontakt@hallands3dagars.se">kontakt@hallands3dagars.se</a>
Camping	Björn Nilsson N	<a href="mailto:camping@hallands3dagars.se">camping@hallands3dagars.se</a>
Press host	Johan Hjertström F	073-072 56 40
Event secretary	Johan Gull F	<a href="mailto:anmalan@hallands3dagars.se">anmalan@hallands3dagars.se</a>
Course planners	Björn-Olof Waldermarsson Ingmar Johansson Magnus Eliasson	OK Nackhe FK Friskus-Varberg FK Friskus-Varberg
Event controllers	Per Gerdle	Halmstads OK
Course controllers	Ingemar Arnesson Daniel Bornefalk Thomas Georgsson	IK Dran FK Friskus-Varberg OK Nackhe
Information	Bengt Johansson Fredrik Brorson <a href="mailto:kontakt@hallands3dagars.se">kontakt@hallands3dagars.se</a>	070-201 14 79 070-537 35 33



**WELCOME !**  
**FK FRISKUS-VARBERG AND OK NACKHE**

