



Race Bulletin

# Smålandskavlen, October 26–27, 2019

OK Njudung – Kexholms SK

## Men

1	night	10.1 km	black	forked
2	night	8.9–9.0 km	black	forked
3	day	6.0–6.1 km	black	forked
4	day	9.0 km	black	forked
5	day	11.5 km	black	forked

Mass start leg 1 at 19.00  
Chase start for leg 3 at 08.50

## M16

1	night	5.1 km	violet	forked
2	day	3.9–4.1 km	orange	forked
3	day	3.0 km	orange	straight 1–3 runners
4	day	5.5–5.7 km	violet	forked

Mass start leg 1 at 19.40  
Chase start for leg 2 at 09.50

## MW12

1	day	2.9 km	yellow	forked
2	day	2.4 km	white	straight 1–3 runners
3	day	2.9 km	yellow	forked

Mass start leg 1 at 10.30

## M180

1	day	4.1–4.2 km	blue	forked
2	day	3.2–3.3 km	blue	forked
3	day	4.1 km	blue	forked

Mass start leg 1 at 10.00  
Total age  $\geq 180$  years

## W120

1	day	3.2–3.3 km	blue	forked
2	day	3.2–3.3 km	blue	forked

Mass start leg 1 at 10.20  
Total age  $\geq 120$  years

## Women

1	night	6.5 km	black	forked
2	night	6.4–6.5 km	black	forked
3	day	6.9 km	black	forked
4	day	4.3 km	black	forked
5	day	8.0 km	black	forked

Mass start leg 1 at 19.10  
Chase start for leg 3 at 09.10

## W16

1	night	4.6 km	violet	forked
2	day	3.2–3.3 km	orange	forked
3	day	3.0 km	orange	straight 1–3 runners
4	day	4.0–4.1 km	violet	forked

Mass start leg 1 at 19.30  
Chase start for leg 2 at 10.10

## Open

1	night	4.2 km	violet	forked
2	night	4.2 km	violet	forked
3	day	5.2–5.3 km	blue	forked
4	day	4.1 km	orange	straight 1–3 runners
5	day	5.3–5.4 km	violet	forked

Mass start leg 1 at 19.20  
Chase start for leg 3 at 09.30

## Open Easy

1	day	4,0 km	orange	straight
2	day	2,9 km	yellow	straight 1–3 runners
3	day	3,8 km	orange	straight

Mass start leg 1 at 10.10

Course lengths include 500 meters marked route.

## Forking

There is forking in all classes except Open Easy. Leg 1 in M16 and W16 are forked with butterfly loops. Legs 2 and 4 in M16 and W16, and legs 1 and 3 in MW12 are forked using the Farsta method.

<b>Arena</b>	Åseda sports park, Stenaparken. Direction signs will be posted along highway 23 south of Åseda.
<b>Parking</b>	Cars must park in designated locations, maximum 500 meters from the arena. Buses, please contact organizers in advance at <a href="mailto:smalandskavlen2019@gmail.com">smalandskavlen2019@gmail.com</a> . Caravans and motorhomes are referred to a special parking space, which is booked in connection with registration.
<b>Competition Office</b>	Club envelopes containing arena map, race bulletin, bibs, SI cards and food vouchers are available from the competition office at the arena. It is open on Saturday from 15.30 until last finisher Saturday night, and reopens Sunday at 7.30 and will remain open until all teams have finished.
<b>Accommodation</b>	See separate PM for accommodation at Eventor.
<b>Club tents</b>	There is the opportunity to set up club tents at designated areas at the arena.
<b>Toilets</b>	Toilets are available in the arena and by the showers.
<b>Showers</b>	Shower is available in the gymnasium adjacent to the arena.
<b>First aid</b>	First aid is available at the arena.
<b>Food</b>	A wide variety of food, drinks and snacks is available to purchase at the arena. Price list can be found in Eventor and at <a href="http://smalandskavlen.nu">smalandskavlen.nu</a> . Payments can be made in cash or with Swish.
<b>Sports sales</b>	Pölder Sport.
<b>Map</b>	Skrikebokartan. Mapped 2017–2019 by Ludwig and Mats Ljungqvist. Scale 1:10 000 for Men, Women, M16, W16 and MW12. Scale 1: 7 500 for M180, W120, Open and Open Easy. Contour interval is 5 meters. Map standard ISOM 2017. Digital printing, certified by SOFT. The map is approved by SOFT for level 1 competitions.  Local symbol: ✕ for shelter
<b>Terrain</b>	The vegetation consists of coniferous forests of varying age with generally good runnability. Clear-cuts and marshes are scattered throughout the area. Trails of varying size, together with forest roads, form a continuous network. The area is slightly to moderately hilly. Some areas with more intricate contours and details occur.
<b>Embargo</b>	Runners are not allowed to enter the competition area before start. Runners running a night leg may run a leg in Open or Open Easy as well as an individual Open course on the Sunday.
<b>Areas out-of-bounds</b>	Border for areas out-of-bounds are shown on the map with a solid line and with yellow and blue tape in the terrain except parts when the border is made up by a fence.
<b>Indistinct paths</b>	Indistinct paths are marked with white ribbons.
<b>Road passage</b>	All course will cross a road shortly after the start and just before the finish. Marshals will be at the sites to warn runners and drivers. Legs 1, 2 and 5 in the Men's category will cross an additional road. All participants must abide standard traffic rules.



**Controls and punching**

Night controls are marked with reflexes and flags. Day controls are marked with flags. SportIdent is used as the punching system. All controls have two units. If sound and light signal is not working for one unit, punch the second unit. Please notify the competition office if an unit is not working.

**Water stations**

Water and sports drink, provided by Umara, will be available at the finish and at one or more controls on all legs in the Men's and Women's classes, legs 3 and 5 in Open and leg 4 in M16.

**Maximum time**

Maximum time allowed is 150 minutes from the last re-start.

**Team roster**

Runners' names and SI number must be entered in to Eventor no later than 11.00, Saturday October 26th. Changes past that time can be done at the competition office. Please use the form provided in the club envelope. Each SI card can only be used once. If SI number is not provided, a rental card will automatically be provided at a cost of 30 SEK per card. Cards not returned will be debited 500 SEK.

**Number bibs**

Number bib must be worn by all runners. Please bring your own safety pins.

<b>Class</b>	<b>Number</b>	<b>Leg 1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<i>Men</i>	<i>1-45</i>	<i>Black</i>	<i>Red</i>	<i>Black</i>	<i>Black</i>	<i>Red</i>
<i>Women</i>	<i>101-115</i>	<i>Black</i>	<i>Red</i>	<i>Black</i>	<i>Black</i>	<i>Red</i>
<i>M16</i>	<i>201-220</i>	<i>Red</i>	<i>Black</i>	<i>Black</i>	<i>Red</i>	
<i>W16</i>	<i>301-315</i>	<i>Red</i>	<i>Black</i>	<i>Black</i>	<i>Red</i>	
<i>MW12</i>	<i>401-420</i>	<i>Black</i>	<i>Black</i>	<i>Red</i>		
<i>M180</i>	<i>501-510</i>	<i>Black</i>	<i>Black</i>	<i>Red</i>		
<i>W120</i>	<i>601-605</i>	<i>Black</i>	<i>Red</i>			
<i>Open</i>	<i>701-735</i>	<i>Black</i>	<i>Red</i>	<i>Black</i>	<i>Black</i>	<i>Red</i>
<i>Open Easy</i>	<i>801-812</i>	<i>Black</i>	<i>Black</i>	<i>Red</i>		

**Start**

All classes start at the arena. Runners are admitted into the starting area five minutes before start. The maps are handed out two minutes before the start. Runners are NOT allowed to look at the map until the start signal is given.

Night legs start by class from 19.00 on Saturday. After the night legs, the competition will halt but resume with a chase start on Sunday from 08.50.

NOTE: During the night to Sunday the transition from summertime to normal time takes place.

Classes with only day legs will start, by class, on Sunday from 10.00.

See start times for each class on page 1.

**Chase start**

Classes with night legs continue with a chase start Sunday morning. See start times for the leading team in each class on page 1. Teams more than 30 minutes behind the leader will have a 30 seconds staggered start. Teams that DNF, MP or DISQ will start last. Starlists will be posted at the arena and Eventor. There will be a two-minute call up. Outgoing runners will run to the map board, takes his/her map and continue to the start triangle.

**Re-start**

Exchange will close at approximately 12.00. Re-start for teams will take place by the map board. Please listen to announcement and instructions from the speaker.

<b>Exchange</b>	<p>Runners coming into the exchange must punch at the finish line, hand over map to organizers, grab next leg's map and hand over to outgoing runner. The maps will have team number and leg written on them.</p> <p>In classes where three runners are allowed, three maps will be on the map board. Team's first runner to the exchange will hand over map to the runner on the following leg.</p> <p>Runners on leg 2 in Men, Women, Open and leg 1 in M16 and W16 will use the finish chute. Teams that take the wrong map will be disqualified. Any teams affected in such case will receive a new map by the map board but without any time compensation.</p>																
<b>Start triangle</b>	Distance to start triangle is 200 meters.																
<b>Pre-warning</b>	Pre-warning is 300 meters before the exchange. Team numbers will be announced in the exchange area.																
<b>Finish</b>	Runners are responsible for running in the correct finish lane. Punching takes place at the finish lane. A finish judge will be present to decide the order. Maps are handed over to organizers after finish.																
<b>Wildlife</b>	Please report all observations of wildlife to the organizers.																
<b>Results</b>	During the competition, results updates and speaker sound will be available online via <a href="http://smalandskavlen.nu">smalandskavlen.nu</a> and at the arena. Final results will be posted at Eventor and <a href="http://smalandskavlen.nu">smalandskavlen.nu</a> .																
<b>Maps</b>	Maps can be picked up from the competition office. Exact time will be announced by speaker but approximately 12.15																
<b>Awards</b>	Award ceremony will take place at the arena at approximately 12.30. Top three teams in all classes will receive an award as well as the top five teams in MW12.																
<b>Competition rules</b>	The Swedish Orienteering Federation's competition rules and instructions apply.																
<b>Competition Jury</b>	Per Lundberg, OK Bävern Viktor Antonsson, Eksjö SOK Annika Ericsson, Växjö OK Magnus Svensson, Nässjö OK (backup)																
<b>Event officials</b>	<table> <tr> <td>Event Director</td> <td>Joakim Karmetun</td> </tr> <tr> <td>Course setter</td> <td>Anna Ekbring</td> </tr> <tr> <td>Assistant course setters</td> <td>Mats Ljungqvist and Dennis Toll</td> </tr> <tr> <td>Speaker</td> <td>Ola Jodal, Göteborg-Majorna OK</td> </tr> <tr> <td>Media</td> <td>Joakim Karmetun</td> </tr> <tr> <td>Map controller</td> <td>Lars-Gunnar Skoog, Växjö OK</td> </tr> <tr> <td>Course controller</td> <td>Magnus Svensson, Nässjö OK</td> </tr> <tr> <td>Event controller</td> <td>Sven-Åke Karlsson, IK Hakarpspojarna</td> </tr> </table>	Event Director	Joakim Karmetun	Course setter	Anna Ekbring	Assistant course setters	Mats Ljungqvist and Dennis Toll	Speaker	Ola Jodal, Göteborg-Majorna OK	Media	Joakim Karmetun	Map controller	Lars-Gunnar Skoog, Växjö OK	Course controller	Magnus Svensson, Nässjö OK	Event controller	Sven-Åke Karlsson, IK Hakarpspojarna
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<b>Information</b>	Joakim Karmetun, +4670-84 70 155, <a href="mailto:smalandskavlen2019@gmail.com">smalandskavlen2019@gmail.com</a>																



Sponsors



Welcome to Åseda and  
the 67<sup>th</sup> Smålandskavlen!



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