



# Stockholm Indoor Cup 2020

The world's biggest indoor orienteering event!



**Saturday 1 february - Stage 1:** Viktor Rydbergs samskola, Viktor Rydbergs väg 2, 182 62 Djursholm, See map: <https://goo.gl/maps/hCxWMBfvTQJ3FSCYA>. Travel with Roslagsbanan (towards Näsby park) and hop off at Östberga station.

**Sunday 2 february - Stage 2:** Södertörns Högskola, Alfred Nobels allé 7, 141 89 Huddinge, See map: <https://goo.gl/maps/vwecvhhqDdmN62Dcw6>. Travel with "pendeltåg" (commuter train) or regionaltåg (regional train) and jump off at Flemingsbergs station.

**Transportation:** Public transport is recommended, there is a taped route from the stations close by. No organized parking, park your car according to local regulations.

Classes:	Open for:	Comments:
SIC Herrar (Men)	Everyone	"The original" - as difficult as possible
SIC Damer (Women)	Women	"The original" - as difficult as possible
SIC Light	Everyone	Easier course than the M/W category. Mixed gender
H16 (M16)	Boys 16 yrs or younger	
D16 (W16)	Girls 16 yrs or younger	
H14 (M14)	Boys 14 yrs or younger	
D14 (W14)	Girls 14 yrs or younger	
H12 (M12)	Boys 12 yrs or younger	
D12 (W12)	Girls 12 yrs or younger	
SIC Gubbar (Men veteran)	Men 40 yrs or older	Difficulty same as men's course, but shorter
SIC Tanter (Women veteran)	Women 40 yrs or older	Difficulty same as women's course, but shorter
SIC Motion lätt (easy)	Everyone	Non-competing class, entry on day possible
SIC Motion svår (difficult)	Everyone	Non-competing class, entry on day possible
U2 (Easy)	Youth	For youth, shadowing allowed. EOD possible
U1 (Very easy)	Youth	For youth, shadowing allowed. EOD possible

**Competition:** Two stages, one on Saturday and one on Sunday. The time from both stages are summed up to give a total result (there is no total results in Motion or U-classes). Shortest total time will be SIC champion 2020!

**Start:** First start 10:00 and last start 14:30 both days. Allocated start times are applied in all categories except the entry-on-day classes. You may choose your start time in blocks: block 1 (Swe: "Start timme 1"), block 2 ("Start timme 2") and so on. One block of start times is one hour long, e.g. Block 1 means a start time will be allocated some time between 10.00 and 11.00. The last start block is only 30 min. We do not have a maximum running time, but the finish closes at 15.30 so choose a start time accordingly.

**Competitor limit:** To ensure a safe and fun competition for everyone, we have a maximum number of allocated start times at 250 starters per class (maximum 60 starters per hour per class). Do not wait with entering the competition to ensure you get your preferred start time!

**Entry:** Through Eventor (<https://eventor.orientering.se>) (preferably, otherwise by e-mail to [info@stockholmindoorcup.se](mailto:info@stockholmindoorcup.se)) by Sunday 26th January 23.59. Entry fees per stage are 125 SEK/ adult, 70 SEK/ youth below 16 years. Late entries are allowed until 29th January 23.59, at a 50 % extra fee. Are you in a tight schedule to catch your flight to/from the competition? Send us an e-mail and we will help you the best we can!

**Payments:** If you are not a member of a Swedish orienteering club you MUST pay your entry fee prior to starting. The organisers may deny start if payments have not been made. Payments can be done at the arena or in advance with international transactions to the following account:

**IBAN:** SE06 8000 0832 7994 3636 0920

**BIC:** SWEDSESS

**Bank:** Swedbank

**Recipient:**

*Stockholms Inomhusorienterare*

*Nissastigen 3*

*128 41 Bagarmossen, Sweden*

Advance payments should be done in SEK if possible.

If preferred, payments can also be done at the arena by credit card or even cash. Please do not hesitate to contact us at [info@stockholmindoorcup.se](mailto:info@stockholmindoorcup.se) for any questions concerning payments.

**Map and rules:** Two newly drawn maps 2020. A map from a previous year will be presented in Eventor so that you can practise the technique before the competition. The competition has seen a growth of participants which is fun, but also bring difficulties. Finding suitable areas for indoor-O is hard and the "terrain" may feel a bit crowded. If you want a less crowded experience, consider choosing a late start time (start block 4 or 5) as experience has shown that most competitors prefer an early start time.

**Arena service:** Live results, speaker, and of course a great café service (card payments accepted)!

**Extra training:** Feel like indoor-O is not enough? Combined with Saturday's event, there will be a long run for everyone interested! Free start, choose whether you want to do the long run before or after your SIC race. Courses from 5 to 18 km. Refreshments will be available along the route. Entry either by e-mail or through Eventor's "extras" when entering the competition. For this we charge a small fee of 50 SEK to cover map costs.

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**Event director:** Oskar Forsberg, 073-240 22 64, [info@stockholmindoorcup.se](mailto:info@stockholmindoorcup.se)

**Course setters:** David Hector & Assar Hellström

**Welcome in!**

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