



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>. If you travel by public transportation, take Roslagsbanan towards Näsbypark and jump off at Östberga station. Then it's a 650 m taped route to the arena. If you travel by car, the parking spots in the area are very limited, please respect the neighbours!

Sunday 2 february - Stage 2: Södertörns Högskola, Alfred Nobels allé 7, 141 89 Huddinge, See map: <https://goo.gl/maps/vwecvqhDdmN62Dcw6>. If you travel by public transportation, take the commuter train or regional train to Flemingsbergs station. After that there is a 400 m taped route to the arena (there is a route from both the north and south exits of the station). There is plenty of parking spaces close by, west of Huddinge sjukhus, at Flemingsbergs centrum and ICA Maxi Flemingsberg.

Competitor limit & reserve list: We have reached the competitor limit in the competition classes for the first stage and there will be no on the day registration. On the second stage registration on the day is possible.

Changes and cancellation: Use the forms available in Eventor. If you are sick or can't run it's good if you unregister yourself - then someone else can get your spot! Changes can also be done in the information during the competitions.

On the day entry (only second stage, Sunday): We will have a limited number of maps in the open classes open for registration on the competition, first come first served. Please pre-register to secure your spot in the competition. On the day entry is possible in the open classes and U1 & U2. The cost is 125 SEK for adults and 75 SEK for kids.

Start: The first start is 10:00 both stages. 3 minutes before your start is the call-up-time. The start is close to the arena both days. The start is done with start times (no start-punching) in all classes except open classes and U1 & U2. The youth classes W/M12 and W/M14 can look at the map 1 min before the start time.

Runners without a club or foreign runners need to pay during Saturday, or before the competition on Sunday in the information. We accept credit card (preferred) or cash (SEK).

Punching system: Sportident, all SI-cards can be used (SIAC can be used, but touch-free will not be activated). SI-card hire is 30 SEK, the hired SI-cards can be picked up at the info in the arena. Don't forget to return your SI-cards, otherwise 500 SEK will be charged.

For both SIAC and SI-card 11 & 10 (SI-cards with blinking) there is a risk the blinking will not stop before you reach your next control, because the controls could be very close. At the info

it's possible to change so that the SI-cards blinks for a shorter period (and you can of course change it back after the competition).

Maximum running time: The finish will close 15:30 both days (1 hour after the last start), if you start late and know that you might not be able to finish the course in that time, please contact the information.

Maps and rules: Newly drawn maps from 2019/2020, all the rules can be found in Eventor. We note that there is a big interest in our competition, which is fun but is a challenge to find suitable buildings. We know that the arena and competition area can be perceived as crowded. Read more in the stage-specific information below.

The maps are not in a plastic case, if you want that you need to bring it yourself (the map won't get wet and there a very small risk of it getting destroyed. The size is A3 for all classes both days (except U1). There are control descriptions on the map on Saturday, but not on Sunday (loose description can be stapled on the map in the start on Sunday). For U1 the control code will be printed next to the control number on the map on Sunday.

Please note that the course length in the start list is not the actual running length since there are multiple floors it's impossible to calculate the actual running length.

Clothing and equipment: Only clean shoes are allowed, we will check all shoes before the start. Orienteering shoes with or without metal studs is totally forbidden. Full clothing is not necessary.

WARNING: It's inevitable with tight corners, narrow stairs and oncoming runners several times during the competition. With the high number of participants, it will also be crowded in some places. There will also be one-way corridors, read the [additional document in Eventor](#). Use common sense and take it easy, especially around tight corners. We want a fun competition for everyone!

Several stairs will have very high loads, therefore right-hand traffic applies to the stairs. From experience, we also know that you may need to stop to look at the map, avoid doing it on the stairs or in narrow door openings so that faster runners can pass.

We are guests and ask you to respect the building - take it easy so that nothing is destroyed. If you have something down from a shelf, please put it back in the same place, or, if broken, notify the nearest guard. You will be liable for compensation, so take it easy!

Security: Guards are strategically placed in the competition area if something happens (injury, something that breaks, etc.). All the guards on the course will have yellow reflex vests. Keep in mind that guards have the right to pass the barriers and closed doors (which you can not do), do not hesitate to contact them if necessary!

If the fire alarm goes off, use the emergency exit to get out. CCTV can occur in schools, by running you agree that you will be filmed.

Controls: The controls are *only* marked with SI-stations. In several places the controls are very close to each other (as close as 2 m!). Please check your control number close to avoid MP! Note that the longest courses have near 30 controls, so if you have SI-card 5 & 8, you can't punch in extra controls that are not on your course, then the memory on the SI-card will be deleted. No courses will have more than 29 controls.

Shoes: It's not allowed to wear outdoor shoes in the arena, please take off your shoes at the entrance and put them in a plastic bag (due to the environment we ask you to bring your own plastic bag, but we will provide bags if necessary).

Course setters advice, stage 1:

SIC is back! On the first stage, we go northeast to the fine residential areas of Djursholm. Already on the way into the building you are struck by the pomp and history that this 130 year old building contains. (For Swedes) well-known people such as Erik Axel Karlfeldt, Alice Tegnér and Elsa Beskow have taught the residents in the area. Today the school is run by the Viktor Rydberg Schools Foundation and you probably know the wings of history in the building. Here a classic SIC course is waiting for you: many corridors, control picks in classrooms and one or another unexpected passage. Many will certainly stand still in the oh so confusing stairwells, but it is possible to get to all the controls. It is not the longest course in SIC history, but I promise, you will have a hard time anyway. As usual, it is important to think before you run and remember that there are almost always several different routes - they only take different long time! Welcome!

Course setters advice, stage 2:

The second stage of SIC 2020 offers one of the largest buildings in SIC's history, both in width and length. Participants will struggle with both thigh and brain muscles to successfully find and perform the best route choices. The university has virtually all its activities in one and the same house, which offers many lecture rooms, stairs and not least many floors. Obviously, we will make it harder with well thought-out barriers and some single, one-way corridors. A true SIC stage simply! [#klivklivöverlev](#)

Stage-specific information:

Stage 1:

Arena ([see arena map here](#)): The arena is on multiple levels in a canteen and sports hall, the arena map will be available in Eventor and on the arena. Please use all the area in the arena to reduce overcrowding! There are several toilets on different floors. We also have our own café with hot & cold drinks, sandwiches, pastry and candy.

Start E1: 100 m to the start, outdoors and up a narrow emergency stair - so you can not go back to the arena when you have walked up the stairs. Warm-up and cool-down can be done outdoors.

Bag-free-zone on the arena: To make enough room in the corridors there are several bag-free-zones in the arena. You can walk and stand there but you can't leave your bag. There are lots of space in other parts of the arena, please respect this!

Stage 2:

Arena ([see arena map here](#)): The arena is in the big auditorium of Södertörns Högskola and surrounding areas. The finish and speaker is situated on the stage in the auditorium. The way to the start is taped, and there will be a short outdoor section to the start. A café is open and they serve “fika” (coffee, sandwiches, pastries and lighter food, there is signage from the arena. There is also a sport shop where you can buy shoes, compasses (even if you can't use them indoor), tape, collapsible water bottles and more.

Students: The school is open to all the students, which means that it can be non-orientees in the building. That also means a bigger risk that barriers can be torn down, please contact the closest guard if that happens. It's always the map that show where you can run, even if a barrier is down or a door is open, that doesn't mean that you can run through it.

Shoe ban: No outdoor shoes are allowed on any of the stages, please take them off at the entrance to the arena, we will be handing out plastic bags.

Fastest on the hardest leg: In the classes Herrar, Damer, M/W16, Tanter and Gubbar there will be a prize to the runner that is fastest on the hardest leg (according to the course setters). There is no need for registration, everyone is competing!

Klass	Sträcka Etapp 1	Sträcka Etapp 2
D16	6-7	6-7
H16	6-7	6-7
SIC Damer	3-4	6-7
SIC Herrar	3-4	7-8
SIC Tanter	5-6	6-7
SIC Gubbar	4-5	6-7

Prizes: Prizes will be awarded on Sunday to the fastest runners from the combined time from both days (except open classes and U1 & U2). The prize giving ceremony will start as soon as the classes gets finished on stage 2. If a runner have left the competition the prize could be sent by mail, please contact us. In the U1 & U2 and W/M12 prizes will be awarded right after the finish for all runners.

Long run: See the separate document for this in Eventor.

Follow us on Facebook and Instagram: Fun facts, tips and tricks and other fun stuff can be found before the competition on our Facebook page: facebook.com/stockholmindoorcup and on Instagram [@stockholmindoorcup](https://instagram.com/stockholmindoorcup). Make sure you use #sic20 in your own posts!

Contact and event director: Oskar Forsberg, 073-240 22 64, info@stockholmindoormap.se

Course setters: David Hector & Assar Hellström

Info: David Hector & Jonas Rinnbäck

Welcome in!

stockholmindoormap.se



STIFTELSEN
VIKTOR RYDBERGS
SKOLOR

