



## Competition information 22-23 October



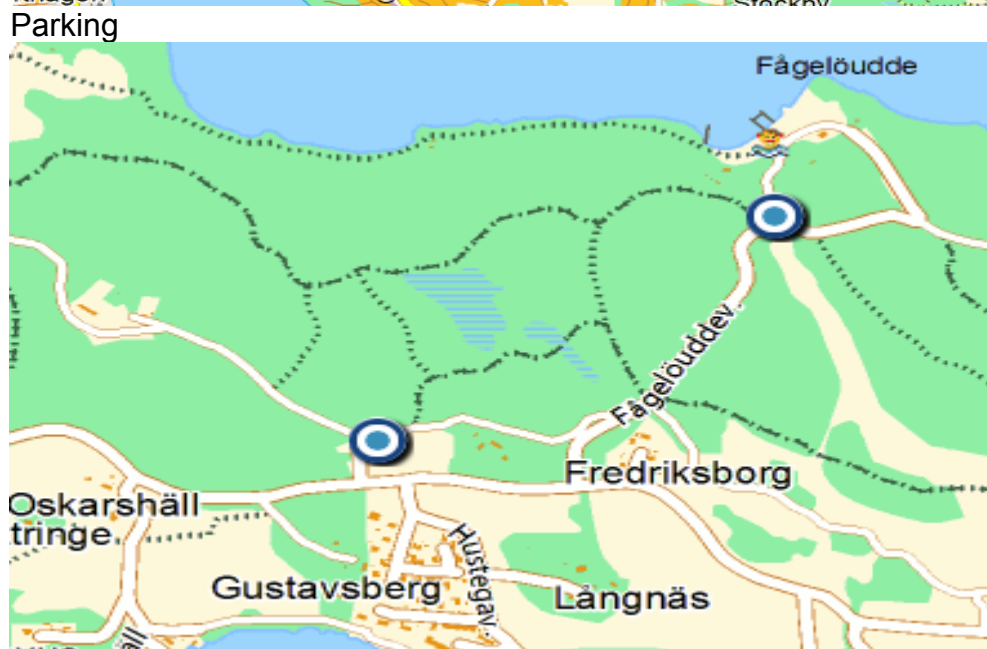
Stockholms mångkampsförbund and IFK Tumba SOK welcomes all competitors to a weekend at Lidingö.

**Competition area:** Furutorps shooting range, Lidingö

**No further directions will be given**

Links to maps online [www.hitta.se](http://www.hitta.se) **Shooting range Parking**

Distance from parking to shooting range: 0,4 – 1,5km



**Shooting range map:** Will be publicized at the shooting range on competition day

## Servering:

**Shooting:** At normal Biathlon targets ie Kurvinen. targets

Should all lanes be claimed at the shooting range the competitor will have to wait in line for a free lane. The competitor will be compensated with a time removal corresponding to the time i line time keeping is done with punching in and out of line with two separate SI control units.

**Terrain:** Outdoor recreational area with a lot of paths and roads. Run ability is generally good and the area is flat to moderately hilly. During the summer there have been some logging activities in the forest, this has generated some new path that are not on the map.

**Forbidden areas:** There is a dumping area on the map this area is marked as forbidden on the maps but not in the terrain. All courses will pass thru residential areas, please respect privately owned land.

**Warming up area:** Inside the fence of the shooting area and on the road to start.

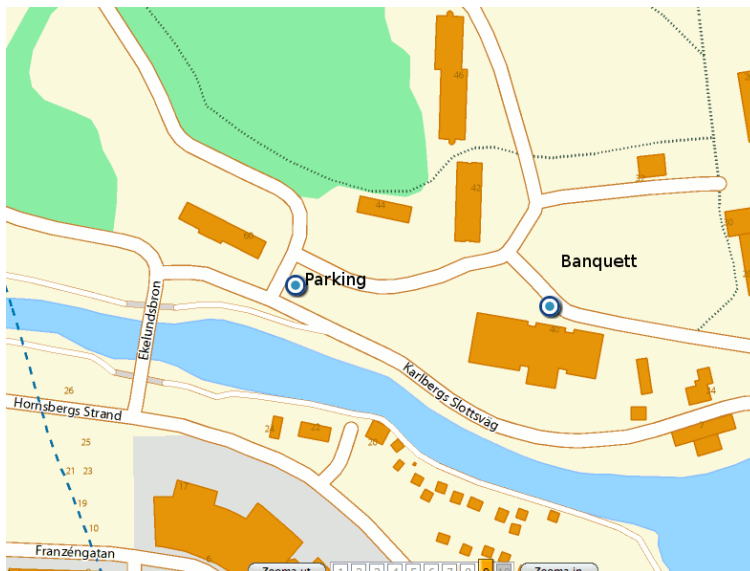
**Starting numbers:** All runners should wear their starting numbers they will be available on the shooting area on Saturday morning and should be used both Saturday and Sunday.

**Control descriptions:** No separate descriptions, the description will be printed on the map.

**Toilets:** Only at the shooting area

**Shower:** Sorry no showers available

**Banquet:** Saturday 22/10 at Karlbergs castle, at 19 o'clock



Map link from [www.hitta.se](http://www.hitta.se) Banquett

**Price giving ceremony:** Saturday at the banquet . Sunday, at shooting range after competition

**Rental guns:** Will be picked up at the shooting range

**Competition officials:**

**Head official:** Tor Lindström

**Course setter:** Johan Eklöv

**Shooting official:** Tor Lindström

**Information:** Johan Eklöv, +46(0)70 – 309 01 95

**Competition jury:** Mona Rasmussen, Hans Mandahl, Robbin Kantarp

# Sprint Distance, Saturday 22/10

**Order of competition:** Orienteering – prone shooting – orienteering – standing shooting  
Classes H/D 12-16 will be shooting prone in both shootings

**Zeroing shooting:** kl 11.00 – 12.30

A list of lanes per team will be available at the shooting range

**Map:** scale 1:7 500, contours 4m

## Classes och and Course length:

Class	Length	Class	Length
D21	2,8km	H21	3,1km
D12	1,8km	H12	1,8km
D20	2,1km	H14	1,8km
D50	2,1km	H16	2,1km
		H20	2,8km
		H45	2,8km
		H55	2,1km

Due to the low number of competitors in some classes the classes some classes have been removed and the runners moved to another class, see starting list for details

**Distance to start:** about 400m

# Classic Distance, Sunday 23/10

**Order of competition:** Location orienteering – orienteering – prone shooting – running – standing shooting

Classes H/D 12-16 will be shooting prone in both shootings

**Zeroing shooting:** kl 09.00 – 10.30

A list of lanes per team will be available at the shooting range

**Map: scale 1:10 000, contours 4m**

## Classes och and Course length:

Class	Length	Class	Length
D21	7,1km	H21	9km
D20	5,6km	H18	7,1km
D18	4,1km	H16	4,1km
D12	2,4km	H14	2,4km
D35	5,6km	H45	5,6km
		H50	4,1km

Due to the low number of competitors in some classes the classes some classes have been removed and the runners moved to another class, see starting list for details

**Distance to start:** about 2500m

no marked route to start, all competitors will be given a map to start at the shooting range

## Road passage:

All classes will pass several roads with normal traffic, pleas use caution

## Location Orienteering:

After about 1000m the track will split into two, classes H/D 12 och H/D 14 will run a shorter way with fewer controls and should keep right at the split. There will be signs in the forest showing this.

Controls not used by H/D 12 and H/D 14 will be crossed over at the backside of their map  
H/D 12 and H/D 14 will also have the running path marked by as a corridor on the map.

Before changing over to the normal orienteering the competitor must punch at the SI unit in the change over area.

**Water:** between the location orienteering and the orienteering the organizers will provide water.