



VIKEN INDOOR 2020

28-29th of november in Sandviken



COVID-19: Due to prevailing restrictions, Viken Indoor will be arranged in a different way, and we need your participants' help for it to work. But we promise exciting and challenging competitions anyway! If the restrictions changes and a rapidly increasing spread of infection, the event may need to be canceled at short notice. Then the start-up fees will be refunded. Below are the most important adjustments to be able to carry out the competitions as safely as possible. More detailed documents will be published in Eventor as soon as possible.

- One stage is divided into two days to spread out the participants. You'll be able to choose whether you want to run on Saturday or Sunday.
- No arena.
- Max 45 starting / hour.
- Everyone is responsible for keeping their distance. This applies before, during and after the race.
- Stay at home if you have any slight symptoms of a cold.
- We advise everyone over the age of 65 to stay home.

Competition area: Bessemerskolan, Industrivägen 7 coordinates 60.624752, 16.763078

Transport and parking: Limited number of parking spaces on Industrivägen 8 and parking along Industrivägen, parking fee SEK 20 (Swish). Distance from parking to start 50-200m. Public transport: 20 minutes walk from Sandviken travel center or bus to the bus stop Promenaden

Classes	Open for	Notices
HERRAR	<65 years	"The real deal"- As hard as we can!
DAMER	Women <65 years	"The real deal"- As hard as we can!
HERRAR EASY	<65 years	A little bit easier than "Herrar"
DAMER EASY	Women <65 years	A little bit easier than "Damer"

D10	Girls <10 years	
H10	<10 years	
D12	Girls <12 years	
H12	<12 years	
D14	Girls <14 years	
H14	<14 years	
D16	Girls <16 years	
H16	<16 years	
OLD BOYS	45 years-65 years	Same degree of difficulty as "Herrar", but shorter
OLD GIRLS	Women 45 years-65 years	Same degree of difficulty as "Damer", but shorter
INSKOLNING	Youth (up to age 16)	
LÄTT	<65 years	
MEDELSVÅR	<65 years	Moderate and middle-length,
SVÅR	<65 years	Difficult

Start: First start 9:00 both days. Due to current restrictions, competitors can enter the competition area 3 minutes before start (enter time). Warm up takes place outside the school. Lottery starting list but starting intervals vary. Fixed start time for all classes, including open courses. The desired starting group can be found in "order services" when registering. Starting depth between 9: 00-16: 00 on Saturday and 9: 00-15: 00 with a maximum of 45 starting / hour in total.

Map and rules: Bessemerskolan. Map designed by Eric Herne and Simon Dalberg 2017. Revised 2020 by Sofia Wigle and Kalle Åkerman Sjöström. Complete rules and map norms, together with a map clip, will be published on Eventor in good time before the competition.

Fair play: SOFT's competition rules apply. As the same stage is spread over two days, it is not allowed to spread information about the competition that can be beneficial to runners who have not yet started. Participation is at your own risk.

Service: No arena, toilets in adjoining building, no other service. Swedish summer temperature is promised so keep in mind that it can be cold during the warmup outdoors!

Viken Outdoor: On 28/11, during the Viken Indoor weekend, a cross-country race will be arranged in Högbo Bruk - Viken Outdoor. Take the chance to maximize the weekend and run both indoors and outdoors!

Link: <https://www.facebook.com/events/1492018340998697>

Follow us on Facebook and Instagram:

<https://www.facebook.com/VikenIndoor/>

IG @vikenindoor

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Warm welcome wishes OLG Sandviken and OK Pers Lärjungar!

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