Preliminary PM

Welcome to OK Rodhen´s

TrailO longdistance

13 May 2012

Competition Center: Väsby, Alunda. There will be route marks from road 288 between Alunda and Stavby. Turn at route mark by road 288 and drive 8 km. Then turn right and drive 4 km into the forest.

Competition rules: SOFT´s ruels for TrailO

Start: Distance to start will be 200 m for PreA and PreB.

PreElit and PreC/12 starts at timed controls station 300 m from Competition Center

PreElit starts with Timed controls and it will be an questart which start 10.02

PreA First start 10.30, have timed controls in the middle

PreB First start 10.31, have timed controls in the middle

PreC /Pre-12 starts with Time controls 10.00

Course info and maximum time:

	PreElit	**PreA**	**PreB**	**PreC/Pre12**
Length:	1500 m	1500 m	1300 m	850 m
Max Time:	105 min	125 min	105 min	81 min
Wheelchairs:	+ 30 min	+ 30 min	+ 30 min	+ 30 min

Terrain: Mostly forest terrain and meadowland with good visibility. The contouring will be moderate.

Map info: The scale will be 1:5 000 and contour line 2,5 m. The map has been corrected at a few places near the controls.

The control rings will be 8 mm.

Course info: The course for PreElit, PreA and PreB are divided into 2 parts. PreA and PreB starts with one part and PreElit starts with the other part. After completed the first part of your course you will

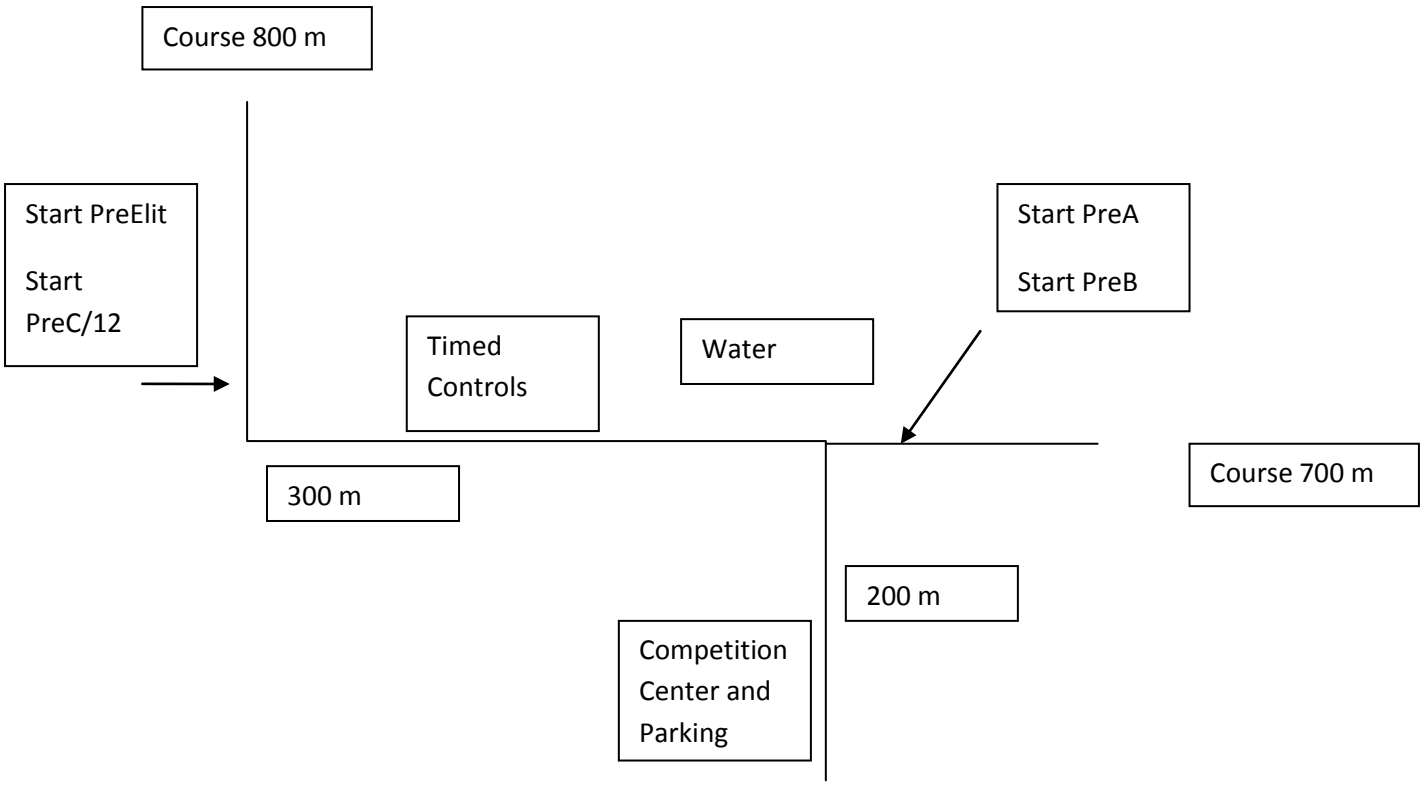
have to go back the same way you came through the course and than further on to the next start. PreA and PreB will have timed controls during this break.

You are only allowed to use the tracks during the course. Only at one point are you allowed off the road. The permitted area is marked with red and white tape.

After completed the course the compeditor has to carry the controlcard to the secretary at the competition center.

Wheelchairs will have 30 minutes extra time because the road sometimes are narrow and in not so good shape. There will be assistans out in the forest if needed.

Water will be available in the break between the two parts of the course.



Timed Controls:

PreElite has six markers, A-F. A=Alfa, B=Bravo, C=Charlie, D=Delta, E=Echo, F=Foxtrot .Participants receive **three maps simultaneously**. You have to answer the maps in the given order. When you have answered the first, continue on with the second map on your own. Total time is recorded when you have answered all questions. **Maximum total time is 90 sec.** You will be notified when 10 sec remain. The penalty time is 60 sec. per wrong answer.

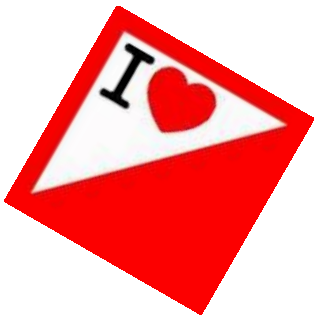
PreA has six markers, A-F. A=Alfa, B=Bravo, C=Charlie, D=Delta, E=Echo, F=Foxtrot. Participants receive **two maps simultaneously**. You have to answer the maps in the given order. When you have Answered the first, continue on with the second map on your own. Total time is recorded when you have answered both questions. **Maximum total time is 120 sec**. You will be notified when 10 sec Remain. The penalty time is 60 sec. per wrong answer.
PreB has six markers, A-F. A=Alfa, B=Bravo, C=Charlie, D=Delta, E=Echo, F=Foxtrot . Participants will receive **one map**.
Total time is recorded as soon as you answer the question. **Maximum time is 60 sec**. You will be notified when 10 sec remain. The penalty time is 60 sec.
PreC/-12 have three markers, A-C. A=Alfa, B=Bravo, C=Charlie
Participants will receive **one map**.
Total time is recorded as soon as you answer the question. **Maximum time is 60 sec**. You will be notified when 10 sec remain. The penalty time is 60 sec.

Service: Toilets will be available at the Competition Center in a tent and there will be HC-toilets.

Sandwiches and drinks (coffee and tea) are available for purchase.

Entry fees:
PreElite 130 SEK
Adult 90 SEK
Youth ≤ 16 years old 50 SEK
The entry fee is paid to the cashier at the arena.

Open Course: PreA, PreB, PreC and Pre12 will be available at the competition center.

Planners: Ingrid Hansson 072-7305665
Course planner: Anna Råberg 0709-165005
Course controllant: Nils-Olov Andersson 070-2992670
Bo Hansson 0708-608108

Welcome to our competition!