



**Preliminary PM EOC Tour stage 4,
extended middle distance,
Lugnet söndag 20 maj.**

Samling	The competition arena is at Lugnets sports area just north of Falun. Directions from road 80. Follow signs to Arena Lugnet.					
Parking	Maximum 1 200 m for those arriving by passenger cars, buses park closer to the Arena. A big floorball tournament going on at the same time in Lugnehallen, why it is especially important to follow the parking instructions of the staff. Fee 20 SEK per car, free for buses. Inform if you come with a big bus to +46 (0)250 392 13.					
Sharing of classes	H21 D40 H40	D45 H45 D50	H50 H55 H 65	D16 H16	D14 H14	D12 H12 Öppen 5
Cancellation and vacancies in elite classes	Cancellation in elite classes by e-mail aterbud@eoc2012.se until 20.00 the day before the race. No reserves och vacancies will put into the startlist day 2-4. On race day morning cancellation is made to Annika Engström +46 (0)70-314 64 21.					
NOTE! Changed time for late registration	The last time for late registration is changed to Monday 14 at 18.00. Late entries will start before					
Entry fee	Foreign participants not competing for a Swedish club and not has paid the entry fee in advance must pay cash (SEK) or by card at the information on the venue. Competitors without a club will pay entry fee in the information on the venue, cash or card. Competitors who have not paid is excluded from the result list.					
Start	First start at 08.30. Öppen motion from 8.00. Follow signs to the start from start banner in the Arena. The start closes at 12.00. Youth classes get the map one minute before starting. Öppen motion, inskolning, U-klasser has start-punching (free start Time). Shadow maps is available for inskolning, U1,U2, ÖM 1. It is allowed to shadow before the race for those who are running competition class.					
Starting places	Start 1: 2 500 meter. Trail/road .					
	D14-1	D20 E	D50-1	H18	H21 E	H50-1
	D14-2	D21 K	D50-2	H18 E	H35	H50-2
	D16-1	D21	D55	H20	H40-1	H55-1
	D16-2	D21 E	D60	H20 E	H40-2	H55-2
	D17-20	D35	H14-1	H21 K	H45-1	H60
	D18	D40-1	H14-2	H21-1	H45-2	H65-1
	D18 E	D40-2	H16-1	H21-2	H45-3	H65-2
	D20	D45-1	H16-2			
		D45-2	H17-20			

	<p>Start 2: 1850 meter. Trail/road .</p> <table> <tr> <td>D10</td> <td>D65</td> <td>H10</td> <td>H70</td> <td>Inskolning</td> <td>ÖM4</td> </tr> <tr> <td>D12 K</td> <td>D70</td> <td>H12 K</td> <td>H75</td> <td>Utveckling 1</td> <td>ÖM5-1</td> </tr> <tr> <td>D12-1</td> <td>D75</td> <td>H12-1</td> <td>H80</td> <td>Utveckling 2</td> <td>ÖM5-2</td> </tr> <tr> <td>D12-2</td> <td>D80</td> <td>H12-2</td> <td>H85</td> <td>ÖM1</td> <td>ÖM6</td> </tr> <tr> <td>D14 K</td> <td></td> <td>H14 K</td> <td></td> <td>ÖM2</td> <td>ÖM7</td> </tr> <tr> <td>D16 K</td> <td></td> <td>H 16 K</td> <td></td> <td>ÖM3</td> <td>ÖM8</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td>ÖM9</td> </tr> </table>	D10	D65	H10	H70	Inskolning	ÖM4	D12 K	D70	H12 K	H75	Utveckling 1	ÖM5-1	D12-1	D75	H12-1	H80	Utveckling 2	ÖM5-2	D12-2	D80	H12-2	H85	ÖM1	ÖM6	D14 K		H14 K		ÖM2	ÖM7	D16 K		H 16 K		ÖM3	ÖM8						ÖM9
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Cover garments	Cover garments are transported back from the start and is available at entrance to the Arena. There is also the way to the showers.																																										
Terrain	<p>Type of terrain: Moderately steep to steep hills.</p> <p>Vegetation: Coniferous and deciduous forest. Meadowland at the end of the courses.</p> <p>Accessibility : For the most part very good accessibility . The area consists mainly of typical dala terrain with poor detail slopes. There is a small area of fallen trees wich limits accessibility.</p> <p>Visibility: Mostly good. Some small areas of dense forest exist.</p> <p>Trails and roads: Areas with a developed network of trails, ski-tracks and forest roads. The ski-tracks are like large roads in the terrain, drawn as yellow streaks on the map.</p>																																										
Map	<p>Revised map 2011. Scale 1:10 000, classes HD60 and older scale 1:7 500, Contour intervals 5m. Map drawn by Håkan Holmberg.</p> <p>For all classes, offset printin for the scale 1:10 000, map in plastic-pouch.</p> <p>Control descriptions both loose and printed on the map.</p>																																										
Open classes (Öppen motion)	<p>For those who have not pre-registered to open classes is it possible to buy a course at the Arena from 07.00 to 10.30. Start between 08.00 to 11.00. The entry fee is 90 SEK for adults and 50 SEK for youth up to 16 years.</p> <p>The entry fee is invoiced or paid in cash or by card. Bring SI-card. It is also possible to rent SI-card for 30 SEK/day. Loss of SI-card will be billed the club 500 SEK.</p> <table> <tr> <td>Inskolning</td> <td>1.7 km Grön</td> <td>ÖM5-1</td> <td>3,7 km Orange</td> </tr> <tr> <td>Utveckling 1</td> <td>2.0 km Grön</td> <td>ÖM5-2</td> <td>3,7 km Orange</td> </tr> <tr> <td>Utveckling 2</td> <td>2.3 km Vit</td> <td>ÖM6</td> <td>5,9 km Röd</td> </tr> <tr> <td>ÖM1</td> <td>2.1 km Vit</td> <td>ÖM7</td> <td>3,4 km Blå</td> </tr> <tr> <td>ÖM2</td> <td>3.3 km Vit</td> <td>ÖM8</td> <td>5,2 km Svart</td> </tr> <tr> <td>ÖM3</td> <td>3.0 km Gul</td> <td>ÖM9</td> <td>7,4 km Svart</td> </tr> <tr> <td>ÖM4</td> <td>5.1 km Gul</td> <td></td> <td></td> </tr> </table>	Inskolning	1.7 km Grön	ÖM5-1	3,7 km Orange	Utveckling 1	2.0 km Grön	ÖM5-2	3,7 km Orange	Utveckling 2	2.3 km Vit	ÖM6	5,9 km Röd	ÖM1	2.1 km Vit	ÖM7	3,4 km Blå	ÖM2	3.3 km Vit	ÖM8	5,2 km Svart	ÖM3	3.0 km Gul	ÖM9	7,4 km Svart	ÖM4	5.1 km Gul																
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Punching system	<p>Sportident. Notify SI-card number when registering otherwise you get a rent card. SI-card 5,6,8 and 9 can be used. Rent SI-cards is available at the Information. Loss of SI-card will be billed the club 500 SEK.</p> <p>If the SI-unit not work, punch with pin clamp on the map.</p> <p>Each SI-card may only be used by one competitor during the competition.</p>																																										
Prohibited areas	<p>All building land and areas that are marked with violet grid on the map is forbidden to run on.</p> <p>Around the Arena are prohibited area marked with signs "Tävlingsområde/Competition area" and with red/white stripes.</p>																																										
Other information	<p>The competition is in a limited area with many participants. Show consideration to each other!</p> <p>There are areas with very tight controls - check the code numbers.</p> <p>Runners who ends the race have to remember to check out, or announce that they are back from the forest.</p>																																										
Warning	At the end of the course competitors pass a road where a few cars can come. Be careful when passing the road. Respect guards instructions. Competitors have a personal responsibility for their safety.																																										
Medical service	Medical service are available at the Arena and on health care site in the forest,																																										

	marked on the map.
Finish	After the goal-punching the contestants walk 300 meter to check-out.
Clothing	Clothing covering the whole body is required, but short sleeves is allowed.
Maximum time	1,5 hours for all classes.
Report on wild animals	Reported after the race at the Information.
The Arena	No club tent will be able to set up at the Arena. Public for EOC races will be sitting on outdoor stands. A pair of binoculars can enhance the experience further. There are overview maps of the Arena to make it easier to find.
Showers	Hot shower outdoors and indoor. Think of the other contestants, shower fast! Distance to showers is 300 m.
Lavatories	Available on the north part of the Arena and at the starts.
Service	Well-stocked cafeteria with salads, burgers, wok etc. Sport sales by Letro Sport and Bagheera on the Arena.
Child care	At the Arena , 200m north of the large sales tent. Child care is open from 8.30 to 13.30. Cost 20 SEK, cash only. Child care is not open for children under 3 years nor for children with diapers.
Child race	Child race is close to child care area, 200m north of the large sales tent . Open from 8.30 to 13.30. Cost 20 SEK, cash only.
Accommodation	See www.eoc2012.se/accommodation/
Prices	Time for price ceremony is announced on the Arena. The number of prices are listed on the notice board. No stage-prices. Prices for runners in "Inskolningsklassen" is retrieved after finishing at the designated spot in the Arena.
Start lists and results	Start lists are published on Eventor and on the Arena at the large sales tent. Results on Eventor. Results are presented online and at the Arena. Overall results on the Arena at the large sales tent . The courses will be presented on MapAndCoach after the competition.
Organizers	<p>Event Director EOC /EOCtour: Alf Larsson, +46 (0)73-0666097, alf.larsson@hdl.se Event Director EOC/EOCtour: Mark Baljeu, +46 (0)10-4764797, mark.baljeu@orientering.se</p> <p>May 19-20 Lugnet Event Director Agne Nyberg +46 (0)70-513 54 93, agne.nyberg@telia.com Event Director Kerstin Eriksson +46 (0)70-535 37 61, kerstin.kme.eriksson@telia.com Banläggare Kalle Östgren +46 (0)10-716 84 42 och Fredrik Edén +46(0)76-247 80 88</p> <p>Competition controller Sven Lundbäck +46 (0)76-578 42 00</p> <p>Jury Leif Åkerblom, St Tuna IK Stefan Nyberg. Avesta OK Maria Junevik, Leksands OK</p> <p>Press contact Lars Stenback tel +46 (0)70-682 70 96, lars.stenback@eoc2012.com</p>

Welcome to Dalarna!

**EOC2012 Association, IFK Mora, OK Kåre and
Swedish Orienteering Federation!**

