



# Stockholm Indoor Cup 2022

The world's largest indoor orienteering event!



**5-6 February 2022**

**Covid-19:** Currently Sweden have international travel restrictions due to covid-19, you can read more about it here:

<https://www.krisinformation.se/en/hazards-and-risks/disasters-and-incidents/2020/official-information-on-the-new-coronavirus/travel-restrictions>

Stockholm Indoor Cup will be organised in accordance with the Swedish covid-19 rules and recommendations. This means that you need to show a Digital Covid Certificate and ID when entering the arena, Digital Covid Certificate is mandatory for all participants over 18 years old, and ID is mandatory for all participants över 15 years old. Read more about the Digital Covid Certificate here:

<https://www.krisinformation.se/en/hazards-and-risks/disasters-and-incidents/2020/official-information-on-the-new-coronavirus/covid-certificate>

Remember that new restrictions can be introduced with short notice, therefore we ask you to pay attention to information in Eventor and on social media. If we need to limit the number of participants we will prioritise the youth classes. Remember to book refundable tickets and accomodation if you travel to Stockholm.

**Arena:** Nacka sporthall, Griffelvägen 11, 13140 Nacka,  
<https://goo.gl/maps/ZETxUT86rj3BCcu69>

**Transportation:** Public transport is recommended, you will find more information about nearby stations in the final details (Bulletin 2). No organised parking, park your car according to local regulations. Nacka Forum, a big mall, is just 1 km from the arena with multi-storey garages.

<b>Classes:</b>	Open for:	Difficulty/comments:
SIC Herrar (Men)	Everyone	<i>Hard</i>
SIC Damer (Women)	Women	<i>Hard</i>
SIC Light	Everyone	<i>Medium. Mixed gender</i>
H16 (M16)	Boys 16 yrs or younger	<i>Hard</i>
D16 (W16)	Girls 16 yrs or younger	<i>Hard</i>
H14 (M14)	Boys 14 yrs or younger	<i>Medium</i>
D14 (W14)	Girls 14 yrs or younger	<i>Medium</i>

*Class list continues on next page*

H12 (M12)	Boys 12 yrs or younger	<i>Easy</i>
D12 (W12)	Girls 12 yrs or younger	<i>Easy</i>
SIC Gubbar (Men veteran)	Everyone 40 yrs or older	<i>Hard</i>
SIC Tanter (Women veteran)	Women 40 yrs or older	<i>Hard</i>
ParaO Indoor <b>NEW!</b>	Everyone with wheelchair	Paraorienteeing with wheelchair
Motion Lätt	Everyone	<i>Easy</i>
Motion Medelsvår <b>NEW!</b>	Everyone	<i>Medium</i>
Motion Svår	Everyone	<i>Hard</i>
U1	Youth	<i>Very easy.</i> Shadowing allowed
U2	Youth	<i>Easy.</i> Shadowing allowed

#### Difficulty:

Hard	Many floor changes. Difficult route choices
Medium	Some floor changes. Medium hard route choices
Easy	A few floor changes. Easy route choices
Very easy	Very few floor changes (if any). No route choices

**Start:** First start 10:00 and last start 14:30 both days. You may choose your start group when entering, every start group is 30 min long. Allocated start times are applied in all classes except Motion and U-classes who have free start in their start group. ParaO Indoor have completely free start times. We do not have a maximum running time, but the finish closes at 15.45 so choose a start group accordingly.

**Competitor limit:** To ensure a safe and fun competition for everyone, we have a maximum number of competitors at 180 starters per start group (30 min). Do not wait with entering the competition to ensure you get your preferred start time!

**Entry:** Through Eventor (<https://eventor.orientering.se>) (preferably, otherwise by e-mail to [info@stockholmindoormap.se](mailto:info@stockholmindoormap.se)) by Sunday 30th January 23.59. Entry fees per stage are 125 SEK/ adult, 70 SEK/ youth below 16 years. Late entries are allowed until 2th February 23.59, at a 50 % extra fee. Are you on a tight schedule to catch your flight to/from the competition? Send us an e-mail and we will help you the best we can! ParaO Indoor will enter via email, see the details in the section below.

**Please note that there are two differens events in Eventor for Saturday and Sunday, remember to register to both if you want to participate both days!**

If you know that you will be unable to start, please unregister in Eventor so that someone else can have the possibility to participate.

**Payments:** If you are not a member of a Swedish orienteering club you MUST pay your entry fee prior to starting. The organisers may deny start if payments have not been made. Advance payments should be done in SEK if possible. Payments can be done at the arena or in advance with international transactions to the following account:

**IBAN:** SE06 8000 0832 7994 3636 0920

**BIC:** SWEDSESS

**Bank:** Swedbank

**Recipient:**

*Stockholms Inomhusorienterare*

*Nissastigen 3*

*128 41 Bagarmossen, Sweden*

If preferred, payments can also be done at the arena by credit card. Please do not hesitate to contact us at [info@stockholmindoorcup.se](mailto:info@stockholmindoorcup.se) for any questions concerning payments.

**Map and rules:** Newly drawn maps 2020/2021/2022. The competition has seen a growth of participants which is fun, but also bring difficulties. Finding suitable areas for indoor-O is hard and the “terrain” may feel a bit crowded.

**ParaO Indoor:** This year we introduce a class for participants using a wheelchair, with a classic indoor course but where you can use the elevators instead of stairs. The terrain will be accessible and more details will come in a separate ParaO Indoor document in Eventor. Entry to [anmalan@stockholmindoorcup.se](mailto:anmalan@stockholmindoorcup.se), remember to add namn, club and SI-card!

**Arena service:** Live results, speaker, and of course a café.

**Extra training:** Feel like indoor-O is not enough? Combined with Saturday’s event, there will be a long run for everyone interested! Free start, choose whether you want to do the long run before or after your SIC race. Courses from about 5 to 18 km. Refreshments will be available along the route. Entry either by e-mail or through Eventor’s “extras” when entering the competition. For this we charge a small fee of 50 SEK to cover map costs.

**Follow us on Facebook and Instagram:** You can find the latest news, funny tips and other stuff on our Facebook page: [facebook.com/stockholmindoorcup](https://facebook.com/stockholmindoorcup) and instagram [@stockholmindoorcup](https://instagram.com/stockholmindoorcup). Hashtag your own posts with #sic22!

**Event director:** Oskar Forsberg, 073-240 22 64, [info@stockholmindoorcup.se](mailto:info@stockholmindoorcup.se)

**Välkommen in!**

[stockholmindoorcup.se](https://stockholmindoorcup.se)