



Strängnäs-Malmby OL



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## Bulletin 2

# Swedish League #11 and Strängnäsdubelln

## Shortened long distance

Sunday 23 October 2022  
Strängnäs-Malmby OL

### The event

This is the last and decisive event in the **Swedish League** 2022, and is held over a shortened long distance. In parallel to the Swedish League, the event **Strängnäsdubelln** will be held at the same venue, also as a shortened long distance.

### Venue

Fagerhult, 5 km N of the town of Strängnäs  
GPS coordinates: 59.413071, 17.033594

### Transportation

Directions from road 55, c:a 5 km N of Strängnäs.  
Car parking 100-400 m from the venue. Parking fee: 30 SEK.

**Please note:** There are no possibilities to park motor homes or caravans at the venue.

**Please note:** We ask participants to practice carpooling to reduce the number of cars.

### Assembly for Swedish League

Participants in Swedish League shall register at the Venue, in the tent for *Elitsamling*, well in advance before start. At registration, participants receive their number bibs, as well as GPS vests for those who should wear a GPS device during the competition.

A list of the runners expected to wear a GPS will be provided when the start list is finalized, and will be published on Eventor on Saturday, Oct 22<sup>nd</sup>, 8 pm. Please note any changes that may emerge due to cancellations. If the vest is not returned to the organisers, it will be charged 300 SEK.

All participants in Swedish League shall wear number bibs. The bib should be clearly visible, worn on the chest, and may not be folded. Bibs are fastened with safety pins, and we ask participants to bring their own safety pins.

### Embargoed area

The competitions are held just north of Strängnäs, and the correspondingly embargoed area is defined in the event information at the Swedish version of Eventor. The event area is embargoed for any training or competition until the Swedish League event is concluded.

### Start

First scheduled start: 10.00 AM

**Swedish League:** The classes in Swedish League have chasing start, with the start taking place at the Venue, and with the leader in Swedish League total score starting first. Participants shall check in at the start no later than 10 minutes before starting time. GPS devices, for those assigned to wear such, are provided at the check in.

**Strängnäsdubelln:** Distance to start: 400 m. Marked with orange-white tapes.

## Start lists

**Swedish League:** Start lists will be published on Eventor, Saturday Oct 22<sup>nd</sup>, 8 pm .

**Strängnäsdubelln:** Start lists are published on Eventor.

## Late start

In case of late arrival to the start, report to the responsible official, and follow instructions from the officials on site. A late start might be allowed at the latest 15 min after last scheduled start.

## Items left at start

Items left at start, such as jackets or sweaters, will regularly be transported back to the venue.

## Cancellations

If withdrawing from participation in Swedish League, you shall always inform the organisers as soon as possible, regardless of the time of cancellation. Spectators, speaker and media are entitled to have accurate information regarding the participation.

Cancellations are made to:

Ann-Kristin Wiklund, [ak.wiklund@idevator.se](mailto:ak.wiklund@idevator.se), +46 734-607256,

## Classes and course lengths

### **Swedish League:**

Class	Bib	Course length (km)	Number of controls	Refreshment posts	Size of description (cm)	Estimated winning time (min)
H21E	101-190	15.4	36	3	4 x 20	83
D21E	1-55	12.9	29	3	4,5 x 19	83
H20E	301-350	9.9	24	2	4,5 x 16,5	62
D20E	201-240	8.6	21	2	4,5 x 15	64
H18E	501-600	7.7	19	1	4,5 x 14	50
D18E	401-465	6.4	18	1	4,5 x 13,5	50

**Strängnäsdubelln** Classes according to recommendations from the Swedish Orienteering Federation, SOFT. Classes and course lengths are also specified in a separate document on Eventor.

## Control descriptions

Control descriptions are printed on the map, and loose descriptions are also available at the start. For classes in Swedish League, the sizes of the loose descriptions are given in the table above.

## Open courses

Entries to Open courses can be made at the Venue.

**Start time:** 10.00 - 11.30 am

**Entry fee:** 180 SEK for participants older than 16 years  
80 SEK for participants younger than 16 years

## Competitor selection and seeding

For information regarding procedures for competitor selection, seeding and creation of start lists, please refer to the SOFT website [SOFT procedures for competitor selection and seeding](#)

## Map

**Mapping:** : Mapping performed in 2020-2022 by Egidijus Kukenys

**Specification:** ISOM2017-2

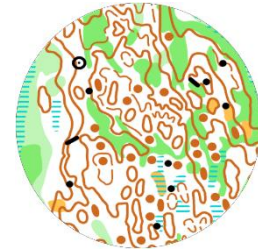
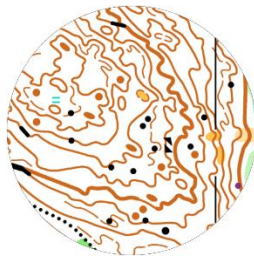
**Contour interval:** 2.5 m

**Scale:** According to recommendations by SOFT for the different classes and distances.

**Print:** Örebro universitet/Repro, Erik Norgren

**Local symbols:** X small hunters' shelter

T elevated hunters' shelter



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## Terrain

**Topography:** The eastern part of the competition area comprises hills with modest height differences, while the western parts are generally flat terrain with only small height differences. Irregular rock surface, with numerous hillocks and knolls, yields a high degree of contour details across most parts of the area.

**Vegetation:** The hills in the eastern parts are dominated by pine forests, with very good visibility and runnability. In the western parts of the area, vegetation is mainly mixed coniferous forest, often with good visibility and runnability. Some parts are here grown with younger forests, where both visibility and runnability may be reduced. In these areas, the terrain is often more passable on the numerous hillocks, while in the lower parts the runnability is often reduced. Substantial efforts have been made in the mapping to accurately represent the varying runnability in these areas.

**Man-made features:** The competition area has relatively few man-made features, and only a few roads and paths cross through the area. Open and cultivated land is only occurring close to the competition venue.

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## Arena passage

All classes in Swedish League will pass the Venue during the course. At the arena passage control post, please follow the signs and tapes to a new starting point, where the course is resumed. Please make sure to follow the correct order of posts.

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## Map exchange

Classes H21E and D21E have a map exchange at one of the control posts. The map of Part 1 is left at the post, and a new map for Part 2 is taken from a box. Please make sure to take the correct map.

Classes H20E, D20E, H18E och D18E have a map exchange by turning the map to the other side, at a designated control post along the course.

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## Out-of-bounds

Out-of-bounds areas are marked on the map and may not be entered. When areas are bounded on the map by solid lines, the boundary is marked in the terrain with blue-yellow tape.

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## Road crossing

A road will be crossed by participants in all classes. Please cross the road cautiously.

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## Marked small footpaths

Some less distinct small footpaths have been marked in the terrain with white tape.

In order to create suitable conditions for the easiest courses, some artificial "paths" have been created by marking with white tape. These "paths" are marked on the map, using the same colour as the course print.

## Refreshments

**Swedish League:** Participants are offered refreshments (water and Umara sports drink) at the control posts along the course, and at the finish. The number of refreshment posts are given in a table above.

**Strängnäsdubbeln:** Refreshments are available at a control post for classes longer than 5,5 km.

## Punching system

SportIdent. Touch-free is not activated.

**Swedish League:** SportIdent-cards of v9 or newer are required.

**Strängnäsdubbeln:** SI cards of any version may be used.

SportIdent cards may be rented from the organizer at 35 SEK. Loss of a rented SportIdent card will be charged 500 SEK.

## Maximum time

The maximum allowed running time is 150 minutes for all classes.

## Results service

During the event, preliminary results are shown on screens at the Venue, and on <https://liveresultat.orientering.se>. Official results will be presented on Eventor after the competition ends.

## GPS tracking

Some participants in **Swedish League** will wear GPS devices, and routes may be followed at <http://www.tulospalvelu.fi/gps/>. A list of runners wearing GPS will be published on Eventor on Saturday 22<sup>nd</sup> October.

## Prize ceremony

**Swedish League** Prizes are awarded to the top-3 runners in D21E, D20E, D18E, H21E, H20E and H18E. The prize ceremony commences soon after the classes have been decided (approx. at 12.30 pm)

**Strängnäsdubbeln** Participants in *Inskolning* och *Mycket lätt 2 km* may collect a small prize at finish. Prize ceremonies for classes DH10-DH16 are held as soon as each class is finalised.

## Services

**Refreshments and snacks:** Hot and cold drinks, hamburgers, sandwiches, snacks, etc, will be available for purchase at the Venue.

**Meal:** A cooked meal is served to those that have pre-ordered in Eventor. Subject to availability, the meal may also be purchased directly at the Venue.

**Outdoor shower facilities:** 300 m from the Venue.

**Children's course:** A small children's course without timing ("*Minikna!*"), will be available adjacent to the Venue.

**First aid:** An AED (Automatic External Defibrillator) will be available at the Venue, in addition to first aid kits to deal with minor wounds. Event officials roaming the competition area are also equipped with a small first aid kit.

**Vendor:** A vendor of orienteering related sports equipment (Letro Sport) will be present at the Venue.

## Club tents

Club tents are only allowed on designated areas at the Venue.

## Competition rules

The events are conducted according to SOFT's general competition rules, complemented with rules for the Swedish League and the IOF World Ranking Event, as well as information provided in this Bulletin.

## Clothing

Body covering clothing is required according to SOFT's competition rules.

## Information

For enquiries before the event, please contact us primarily via e-mail: **SL2022@smol.se**

For information during the event, please refer to the *Information* booth at the Venue.

## Breach of rules

In the case of any observations related to a breach of the competition rules, a written complaint is submitted to the competition management, no later than 20 minutes after the last finish.

Protest against the Event directors' decision can be delivered, in writing, to the competition management no later than 2 hours after the decision was communicated. The protest will then be considered by the Event jury.

## Event jury

Thomas Rex, Sundsvalls OK (chairperson)  
Martina Sturek, SOK Viljan  
Roger Haapaniemi, OK Tor

## Main officials

<b>Event director</b>	Stig Johan Wiklund, +46 733542216
<b>Assoc. Event director</b>	Ingegerd Lusensky, +46 703939612
<b>Course planner, Swedish League</b>	Daniel Alneberg
<b>Course planners, Strängnäsdubbeln</b>	Jan-Erik Andersson Hampus Nyholm
<b>Communications and media</b>	Susanne Maarup, +46 769469665
<b>SOFT Event adviser</b>	Roland Nilsson
<b>Event controller</b>	Ove Ericsson
<b>Course planning controllers</b>	Henrik Flordal, Lars Olof Magnell,

We gratefully acknowledge the following partners' support to Swedish League and Strängnäs-Malmby OL

**SILVA**



Landshypotek Bank

**Idre Fjäll**

**Folksam**

**Fabege**

**bagheera**



Sparbanksstiftelsen  
Rekarne



**RAMIRENT**



STRÄNGNÄS KOMMUN



UMARA

**BYGGMAX**

**SPM**



Sparbanken Rekarne



**MUSIK & NÖJEN**  
SVERIGE AB



STRÄNGNÄS  
FÖRRÅD & LOKALER

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work  
wear**

**FORIA**



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Strängnäs-Malmby OL  
look forward to seeing you  
at our events!



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