



Strängnäs-Malmby OL



Bulletin 2

Swedish League #10 (WRE) and Strängnäsduubeln

Middle distance

Saturday 22 October 2022
Strängnäs-Malmby OL

The event

This is the second to last event in the **Swedish League** 2022, which is held over middle distance. In parallel to the Swedish League, the event **Strängnäsduubeln** will be held at the same venue, also as a middle 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

Competitors in Swedish League should prior to start assemble at Tosteröskolan, Strängnäs. Directions from road 55, c:a 5 km north of Strängnäs.

Competitors should register at the assembly no later than 12.30 pm, and may not visit the Venue prior to start. Further details are given in a separate bulletin for "*Assembly and starting procedures SL/WRE*".

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: 11.00 AM

Swedish League: Starting procedure is detailed in a separate bulletin for "*Assembly and starting procedures SL/WRE*".

Strängnäsduubeln: Distance to start: 200 m. Marked with orange-white tapes.

Start lists

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, media and potential substitutes are entitled to have accurate information regarding the participation.

Cancellations are made to:

Ann-Kristin Wiklund, ak.wiklund@idevator.se, +46 734-607256,

Classes and course lengths

Swedish League:

Class	Bib	Course length (m)	Elevation (m)	Number of controls	Size of description (cm)	Estimated winning time (min)
M21	101-190	5870	152	20	4,5 x 12,5	35
W21	1-80	4660	118	16	4,5 x 10,5	35
H20E	301-355	4430	-	14	4,5 x 9,5	27
D20E	201-250	3980	-	13	4,5 x 9	28
H18E	501-590	3570	-	11	4,5 x 8	25
D18E	401-470	3130	-	10	4,5 x 7,5	25

Runners that did not fit in M21 and H18E were moved to corresponding classes in the table below.

Class	Course length (m)	Elevation (m)	Number of controls	Size of descriptions (cm)	Estimated winning time (min)
M21-2	5480	143	17	4,5 x 11	35
H18E-2	3380	-	9	4,5 x 7	25

Strängnäsdubelln

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

World Ranking Event

Classes M21 and W21 are valid as a World Ranking Event.

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 tables above.

Open courses

Entries to Open courses can be made at the Venue.

Start time: 10.30 am - 12.30 pm

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

Competitor selection and seeding

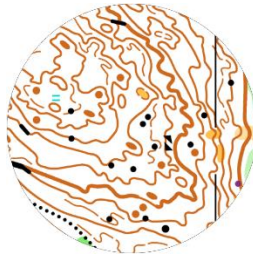
For information regarding procedures for competitor selection, seeding and creation of start lists, please refer to the SOFT website [SOFT procedures for competitor selection and seeding](#)

In case of cancellations, substitutes may be added to the class H18E. The addition of substitutes will be held at the Assembly, Tosteröskolan, 10 am. To be eligible for a vacancy, the participant or a coach needs to be present in person.

Official: Ann-Kristin Wiklund, ak.wiklund@idevator.se, 0734-607256

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:		× small hunters' shelter T elevated hunters' shelter



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.

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.

Road crossing

A road will be crossed by participants in **Swedish League**. Please cross the road cautiously.

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

Participants in **Swedish League** are offered refreshments (water and Umara sports drink) at the pre-start and at the finish. No refreshments are available along the course.

Punching system

SportIdent. Cards of any version may be used. Touch-free is not activated.

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 120 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

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 Friday 21st October. Participants in Swedish League are advised to note the details provided in the separate bulletin for “*Assembly and starting procedures SL/WRE*”.

Prize ceremony

Swedish League Prizes are awarded to the top-3 runners in W21, D20E, D18E, M21, H20E and H18E. The prize ceremony commences soon after the classes have been decided (approx. at 2.30 pm)

Strängnäsdubelln 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 (“*Miniknaf*”), 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, information provided in this Bulletin, as well as information in the bulletin for “*Assembly and starting procedures SL/WRE*”.

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

Erik Norin, Sundsvalls OK (ordförande)
Martina Sturek, SOK Viljan
Knut Nord, Söderköpings OK.

Main officials

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

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

SILVA



Landshypotek Bank

Idre Fjäll

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RAMIRENT



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STRÄNGNÄS ENERGI



STRÄNGNÄS
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**ahlsell
work
wear**

FORIA



Strängnäs-Malby OL

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

IOF
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