



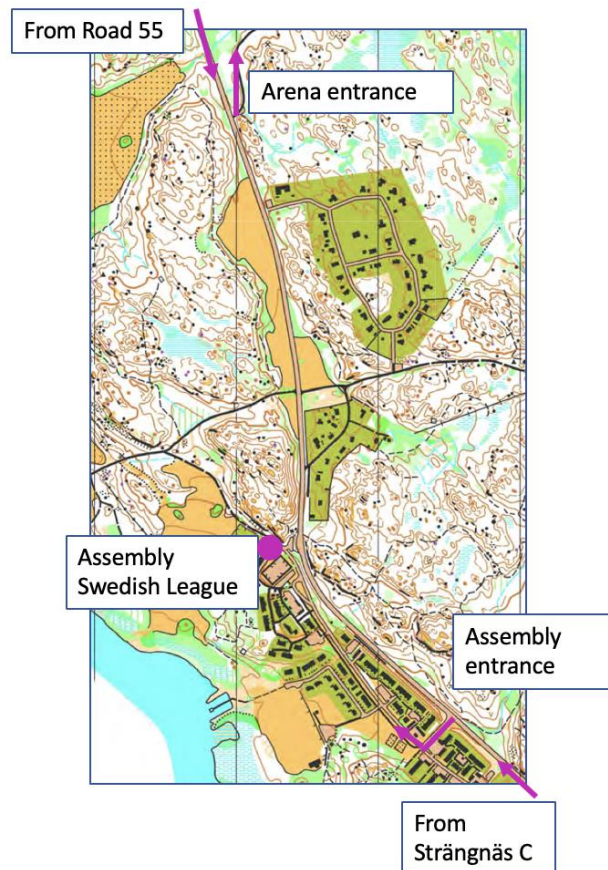
Strängnäs-Malmby OL



Bulletin: Assembly and starting procedures Swedish League #10 (WRE) Saturday 22nd October, 2022

Transportation

Directions to the event is from road 55, approx 5 km N of Strängnäs. Directions to the assembly is reached after approx. 1 km south of the Arena entrance along the same road (see map below).

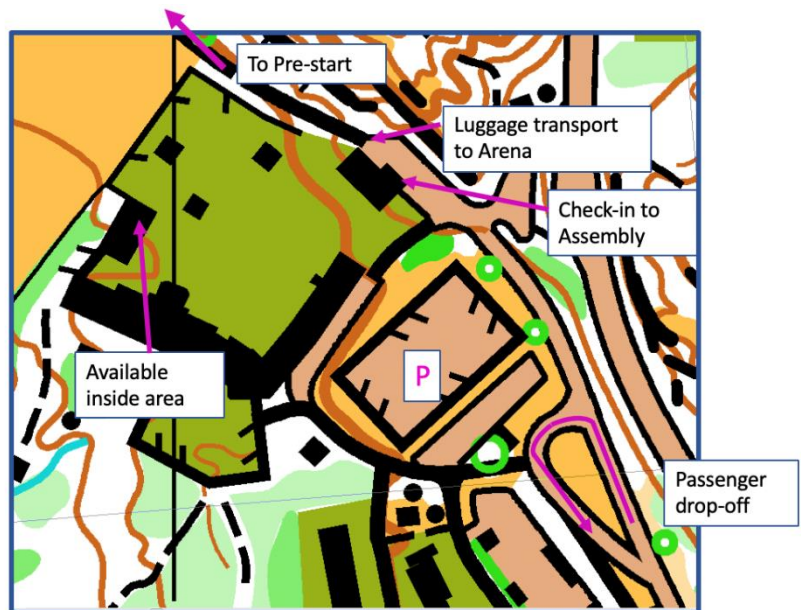


Passenger drop-off Parking

Participants in the Swedish League, who have been given a ride to the assembly, may be dropped off at the nearby bus stop (see 'Avlämningsplats' on the map below). There is limited parking space at the assembly, and we encourage participants, if possible, to be dropped off by someone who is then continuing to the event arena. Parking fee: 30 SEK.

Those parking at the assembly, and cannot find transportation back after the competition, are asked to contact the officials at the tent marked "Elitservice" at the arena for assistance.

The distance between the arena and the assembly is approx. 2.5 km.



Check-in at Assembly

All participants shall check in at the assembly no later than 12:30 pm, after which time competitors are not allowed to enter the assembly.

At check-in, runners will receive their number bib, as well as GPS vests for those who should wear a GPS device during the competition. The GPS device will be received at the pre-start.

Number bibs

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.

Service at Assembly

A limited assortment of refreshments and snacks are offered for purchase at the assembly.

Should you have forgotten some equipment, there is also a possibility to purchase some orienteering related equipment, e.g. compasses. Please ask the officials on site for assistance.

A number of WC:s are available in various places at the assembly buildings, and a portaloo is placed in the school yard.

If your baggage is marked with your class and start number, and placed on a trailer at the exit from the assembly, it will be transported to the arena. The organiser will assume no responsibility for valuables in connection to the transportation.

Rules applying at the Assembly

It is prohibited for participants to obtain information regarding the courses or results before start. The use of mobile phones is also not allowed at the assembly.

Participants are not allowed to visit the arena before checking in at the assembly.

Coaches may visit the assembly, but not after having been at the arena, or after having been in contact with runners who have completed their race.

Start

The distance from assembly to pre-start is 700 meters along a gravel road. Along the way to pre-start a warm-up map is available. The warm-up map is received when exiting the assembly area and there are a number of control posts that can be visited on the way to the pre-start. The map is returned at the pre-start.

Participants chooses themselves when to leave the assembly, but it is afterwards not allowed to return to the assembly. Competitors are registered at the pre-start 10 minutes before their start time. Distance from pre-start to time start is 100 meters. At the pre-start, runners who will be wearing a GPS will receive their GPS device.

At the pre-start, refreshments (water and Umara sports drink) are offered, and there is a portaloo available.

Between the pre-start and time start, a busy road is passed. Please cross the road cautiously!

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

GPS

Some runners are expected to wear GPS during the competition. A list of the runners expected to wear GPS will be produced when the start list is finalised and will be published on Eventor on Friday October 21st. Please note any changes that may emerge due to cancellations.

A GPS vest is received upon check-in at the assembly, and the GPS device is received at pre-start. The GPS device is collected at the finish. The GPS vest is returned at the arena, in the same tent (*Elitservice*) where the baggage from assembly is collected.

If the vest is not returned to the organisers, it will be charged 300 SEK.



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Welcomes you
to the competition!

