



# STOCKHOLM INDOOR CUP

## 4-5 February 2023

*The world's largest indoor orienteering event is back!*



Entry opens 10 Dec 13:00

### ENTRY

Through Eventor ([eventor.orientering.se](http://eventor.orientering.se)) until 29 Jan 2023 23:59. Two separate events for each stage! Entry fees per stage: 130 SEK/adult, 80 SEK/youth (below 16 years). Late entries until 4 Feb 2023 kl. 23:59 with 50% extra fee (except open classes)

If you are not a member of a Swedish orienteering club you MUST pay your fee prior to starting. Advance payments should be done in SEK. Payments can be done with card at the arena or in advance to the following account:

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

**BIC:** SWEDSESS

**Bank:** Swedbank

**Recipient:**

Stockholms Inomhusorienterare

Nissastigen 3, 128 41

Bagarmossen, Sweden



Nacka aula

*Griffelvägen 11, Nacka (both stages)*

### 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!

### TRANSPORTATION

Public transport is recommended, about 25 min trip from the central station. You will find more information about nearby stations in the final details (Bulletin 2). No organised parking, park your car according to local regulations.

### ARENA SERVICE

Live results, speaker, and a café. For showering we refer to Nacka swimming pool next door.

CLASSES	OPEN FOR	DIFFICULTY/COMMENTS
SIC Damer (Women)	Women	●
SIC Herrar (Men)	Everyone	●
SIC Light	Everyone	● Mixed gender competition
D16 (W16)	Girls 16 yrs or younger	●
H16 (M16)	Boys 16 yrs or younger	●
D14 (W14)	Girls 14 yrs or younger	●
H14 (M14)	Boys 14 yrs or younger	●
D12 (W12)	Girls 12 yrs or younger	●
H12 (M12)	Boys 12 yrs or younger	●
SIC Tanter (Women veteran)	Everyone 40 yrs or older	●
SIC Gubbar (Men veteran)	Women 40 yrs or older	●
<b>NEW</b> ParaO Indoor	Everyone with wheelchair	Paraorientering with wheelchair
Motion lätt	Everyone	● Non competitive class
<b>NEW</b> Motion medelsvår	Everyone	● Non competitive class
Motion svår	Everyone	● Non competitive class
U1	Youth	● Shadowing allowed. Very easy
U2	Youth	● Shadowing allowed

### DIFFICULTY

- Easy - few floor changes, easy route choices
- Medium - many floor changes, medium hard route choices
- Hard - many floor changes, difficult route choices.

### START

10:00-15:00 both days. No maximum running time but the finish closes 16:15. When entering you choose a 30 min start group. Allocated start times are applied in all classes except Motion, U-classes and ParaO.

### EXTRA TRAINING?

Feel like indoor is not enough? Combined with Saturday's event, there will be a long run! Courses from 5 to 18 km. Refreshments will be available along the route. Entry through Eventor's "extras". For this we charge a fee of 60 SEK.

### FOLLOW US

You can find the latest news, funny tips and other stuff on our Facebook and Instagram. @stockholmindoorcup. Hashtag your posts with #sic23

### EVENT DIRECTOR

info@stockholmindoorcup.se  
Oskar Forsberg, +46732402264

