



STOCKHOLM INDOOR CUP

4-5 February 2023

The world's largest indoor orienteering event is back!

ARENA

Nacka aula, Griffelvägen 11, 131 40 Nacka.
<https://goo.gl/maps/JJkj5ihuoYEUXw3V8>

Entrance to the arena is from the schoolyard.

TRANSPORTATION

Public transport is recommended, about 25 min trip from Stockholm central station. Use 'sl.se' to find your route and buy a ticket (or just use your contactless card). The closest bus stops are "Nacka trafikplats" and "Järla station", from there it's about a 600 m walk to the arena. No organised parking.

CAPACITY & ENTRY ON THE DAY

We have reached the maximum capacity of starters for most start groups, but we will have entry on the day from 12:30-14:30 both days. Entry on the day have a limited number of start times. Especially in the last hour, there are free start times, we wish that entry on the day-participants adapt to this. Entry on the day is possible for the 'Motion'

classes, U1 and U2. Fee SEK 130 for adults, SEK 80 for youth (below 16 years).

START

The first start of both stages is at 10.00, 3 minute before your start time is call-up time. Start times in all classes except 'Motion' and U-classes, which have a free start within their start group. Youth classes DH12 and DH14 may look at the map 1 minute before the start. See also "stage-specific" information regarding the start below. There is an option to leave cover clothes, which will be transported back to the arena and can be picked up at the information.

Competitors from foreign clubs or without a club must pay in the information, we accept cards, Swish and cash. You can pay during Saturday or before the start on Sunday.

MAXIMUM RUNNING TIME

No maximum time but the finish will close 16:15 both days (75 min after the last start)

PUNCHING SYSTEM

Sportident, all cards can be used (SIAC will not have touch-free). Some courses have almost 30 controls which is the maximum number of controls for SI card 5 and 8, if you have these cards, avoid punching twice or at the wrong control. Rental of SI card hire is SEK 30, can be picked up from the information. Unreturned card will be charged SEK 500.

CONTROLS

SI units sit on control bin. In several places the controls are very close (as close as 2 meters). Check the control number careful.

MAP & RULES

New maps from 2021/2022, revised in 2023. Complete rules and map symbols will be available in Eventor and at the arena.

The maps are not in plastic cases, bring your own if you want a plastic case. Size is A3 for both stages except U1. U1 has A4 on stage 1 (Saturday) and A3 on stage 2 (Sunday). Only loose control definitions, the option to staple the definition to the back of the map is available at the start. On Sunday, the control/unit number is printed on the map next to the control.

The course lengths in the start lists is not the actual running length as the map has several floors and it's not possible to calculate the actual running distance.

CLOTHES & EQUIPMENT

Only clean shoes (for indoor use) are allowed, clean the shoes at the entrance to the start. Orienteering hoes with or without metal studs are prohibited! Full clothing is not necessary. The map is not facing north, so bringing a compass will not help you.

SECURITY

It is inevitable with tight corners, narrow stairs and oncoming runners. Right-hand traffic applies in stairs and corridors. With the high number of participants, it will be crowded in some places. Avoid stopping and reading the map in stairs or doorways so that other runners can pass. Use common sense, take it easy, we want a fun competition for everyone!

We are guests in the buildings and ask you to respect this. If you have something down from a shelf, please put it back in the same place or notify the nearest guard. Guards with yellow vests are in the competition area in case something happens (injury, something breaking, etc.). If the fire alarm goes off, use the nearest

emergency exit. CCTV and filming may occur in the schools, by running you agree to this.

ARENA

Arena map is available in Eventor. Café, hot food and sports shop via Letro are available on the first floor at the arena. Information and entry on the day is on the stage inside the auditorium. Food and drink are not allowed inside the auditorium.

No outdoor shoes are allowed in the arena for everyone's comfort, this applies to both stages. Take off your shoes at the entrance to the arena, for environmental reasons we ask you to bring your own bag for your shoes.

CAFÈ & HOT FOOD

The café has a large selection of hot and cold drinks, pastries, sandwiches, toast and wraps.

In connection with the service, we offer hot food for lunch, Lasagna on Saturday and is Indian stew on Sunday. First come, first served applies to those who have not pre-booked. Payment for café and hot food can be made by card (or swedish mobile payment service Swish).

SHOWER

Unfortunately, we are not able to offer showers, but next to the arena is Nacka Swimming Hall, which has a changing rooms for an entrance fee.

PRIZES

Prizes are awarded to top-3 in adult classes, top-10 in D/H16 and top-15 in D/H14 and D/H12. Prize giving ceremony after the finish on Sunday afternoon, in the U-classes everyone receive a prize after the finish.

Thanks to our prize partners Letro sport, Noname & O-Ringen!

LETRO SPORT SHOP

Letro sport shop will be on site both days with sports sales, where you can purchase shoes or orienteering equipment for the spring season.

NONAME

Noname is a sponsor of SIC this year. All participants are offered a 20% discount! Enter the code 'Sindoor20' to use the offer, valid until 30/4. <https://webshop.nonamesport.com/sv/>

STAGE-SPECIFIC INFO, STAGE 1 SATURDAY

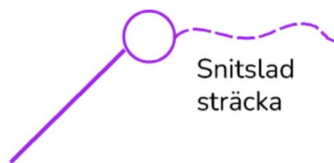
Start: To the start approx. 200 m outdoors, follow the orange-white tape. Clean your shoes when entering. At the start there are several toilets.

Long inrun: The route from the last control (no. 100) to the finish on stage 1 is not shown on the map (all classes). The inrun is very long for indoor orienteering, about 200 m, and passes several floors both down and up stairs. There will be tape along the route.

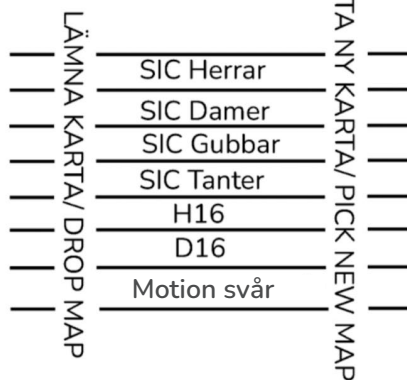
Arrows on the floor: There are circular blue-white arrows on the ground (see image below). Ignore these, they have nothing to do with the competition but are the school's wayfinding. Our one-way passages consist of yellow taped arrows with clear stop signs.



Sista innan kartbyte



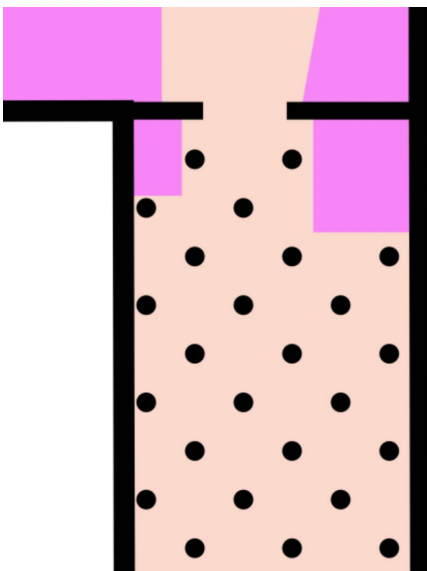
Snitslad sträcka



Snitslad sträcka



Ny startpunkt



STAGE-SPECIFIC INFO, STAGE 2 SUNDAY

Start: To the start approx. 150 m outdoors, follow the orange-white tape. Clean your shoes when entering. There are a limited number of toilets at the start.

Note: There will be two starting points, one starting point for classes that have a map change and another starting point for the other classes, follow the tape and you will be at the right starting point.

Map change: SIC Damer, SIC Herrar, SIC Tanter, SIC Gubbar, W16, M16 and 'Motion Svårä have a map change during the course. At the map change, you punch at the last control on the first map. Then there is a long taped route (outside the map) to the map change.

The map change is done by running into your class's lane, leaving the map in the designated place and taking the new map. Be sure to run into the right lane! After picking up the new map you follow the taped route to the new starting point. See sketch below.

The two maps (before and after the map change) have different scales and layout. This shouldn't matter, but leave the compass at home.

Special terrain: There are multiple passages where the floor/ground is uneven and passages with low ceiling. This mainly applies to SIC Herrar and SIC Damer, but other classes can also be affected. For a number of passages, these classes need to get through a opening of approx. 1x1 m, be careful!

Areas with low ceilings and uneven ground (gravel and bare rock) are marked with our new map symbol - dots - see example on the left.

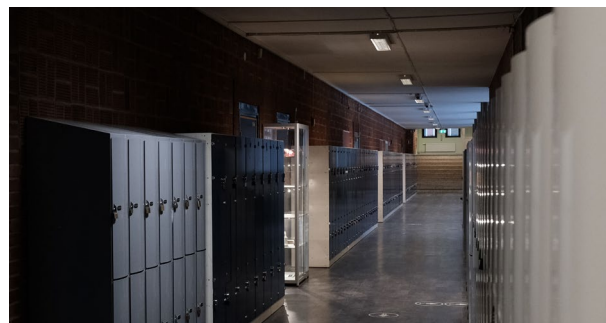
Arrows on the floor: The blue-white arrows can be found also during the second stage.

HARDEST LEG

In the classes SIC Herrar, SIC Damer, M16, W16, SIC Tanter and SIC Gubbar, the prestigious “hardest leg” jersey is awarded to the fastest women and fastest man on the most difficult leg of the course (according to the course setters).

You do not need to register, everyone participates in these classes automatically compete. The competition takes place for both Stage 1 and Stage 2. The following legs are the “hardest legs”:

Class	Saturday Stage 1	Sunday Stage 2
WOMEN Damer W16, Tanter	2-3 3-4	3-4
MEN M16, Herrar Gubbar	3-4 2-3	3-4



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CONTACT & EVENT DIRECTOR

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COURSE SETTERS

David Hector (stage 1)
Assar Hellström (stage 2)

THANKS TO OUR PARTNERS:

