Event information

## Middle distance, Friday 17 August 2012

Venue and travel: Hällesås, Spårhagavägen between the E6 at Lindome and route 158. Signposted from exit no. 62 in Lindome. Parking to event centre 800 m . Parking fee SEK 20:-

Start 1: Orange/white ribbons. M/W 21E, M/W 20E, M/W18E. Distance to start 2600 m .
Start 2: Orange/blue ribbons. All other classes except Beginners. Distance to start 400 m .
Start 3: Orange/green ribbons. Beginners. Distance to start 750 m .
Open classes and Beginners: Registration at event centre 1630-1830. Free start time between 1700-1900.

Beginners $\quad 1.3 \mathrm{~km}$ green course, (very easy with sad and happy faces for guidance.)
ÖM 1
2.3 km white course (easy)

ÖM $3 \quad 2.9 \mathrm{~km}$ yellow course (easy to medium)
ÖM $5 \quad 3.0 \mathrm{~km}$ orange course (medium)
ÖM $7 \quad 3.1 \mathrm{~km}$ blue course (hard)
ÖM $8 \quad 4.0 \mathrm{~km}$ black course (hard)
Beginners' and ÖM 1 are not suitable for prams and pushchairs.
String course: Adjacent to Event Centre. Start 1700-1900. Cost SEK 20:-
Number bibs: All elite classes and M/W 12, 14, 16. Collect your bib at the start. Note that the same bibs must also be used in Saturday's and Sunday's events. The 10 best aggregate times in each class after 2 days will receive a new number bib on Sunday.

Punching system: Sportident. Entrants without an SI-card will be allocated a hire card. Fetch the hire card from the secretariat. Hire: SEK 30/card. Charge for lost card: SEK 400. Needle punches in event of Sportident malfunction. Punch the reserve box on the map.

Map: Årekärr-Labacka revised 2006 with updates 2012. Scale 1:10000 for all classes up to W/M55. 1:7500 for classes W/M60 and above.

Terrain: Indistinct paths on youth courses are marked with white ribbons in the terrain. Note that it is wet in the woods after this summer's rain; most marshland is very soggy

Areas out of bounds: Respect areas marked out of bounds and private land. This applies in particular to historic pasture between the last but one and last controls on most courses. This is marked out of bounds on the map and with blue and yellow ribbon in the terrain.

Control markers: Orange/white markers. In places controls are very close together - check code number and definition.

Service at event centre: Creche, showers, refreshments, first aid, string course, sporting equipment on sale from SM Sport.

Prizes: Stage prizes to all participants in Beginners' classes, U1 \& U2, which are received at the finish on showing the map. Prizes for other classes based on overall result after 3 days with total time being calculated as follows.
In the elite classes $\mathrm{M} / \mathrm{W} 18 \mathrm{E}, 20 \mathrm{E}, 21 \mathrm{E}$ the total time is calculated using the formula:
$3 x$ middle-distance time $+6 \times$ sprint-distance time $+1 \times$ long-distance time.
In the main classes $\mathrm{M} / \mathrm{W} 10-16 \mathrm{M} / \mathrm{W} 12-16 \mathrm{~K}$ and $\mathrm{M} / \mathrm{W} 35-85$ the total time is calculated using the formula:
2 x middle-distance time +4 x sprint-distance time +1 x long-distance time

Max. time: 2 hours. If you exceed the max. time, go to the finish and punch out.

Toilets: At the event centre and Start 1.

Results: Will be published on Eventor and the event website: www.goteborg-o-meeting.se
Event director: Anders Lamm 0709-874577
Course planners: Anders Arfwedson 0706-155118
Malin Lamm 0703-790905.

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