

Final Bulletin – (17 May 2023)

Changes from last published bulletin is marked in red colour.

Swedish League #5 middle distance (WRE) and Public event 18 May 2023

Embargoed areas

The competition area is embargoed for all training and competition activities until the competition is concluded. It is also not allowed to get knowledge about the area through visits. Since the event is a level 1, this also includes other persons that in any way may be able to affect the results in the competition. A map of the embargoed area may be found at the competition information in Eventor.

Competition Arena

Rönnbäcken – Skellefteå Golf Club. Directions from road 364, 5 km south of Skellefteå. GPS coordinates: 64.711024, 20.948868. Parking 200-1 800 m from the Arena. Please consider to fully occupy your car. Parking fee 30 SEK – pay cash or by Swish 123 526 28 94 or by bank cards.

Arena map



Terrain description

The competition area consists of slightly to moderately hilly elevations. The richness of detail in the curve image varies greatly from very little detail in the flatter parts to abundant detail in the more hilly parts. The higher parts are dominated by pine forest with very good visibility and good runability. In the slightly lower areas there is large spruce forest with good runability. In some parts of the area, the vegetation consists of young forest, where both visibility and running can be somewhat limited. The competition area for the Swedish League and for the longer courses in the national competition is crossed by only a few roads and paths. The shorter courses at the national event are mostly directly adjacent to the golf course.

Map

According to the ISOM 2017-2 standard. Contour interval 5 m. Revised 2021-2022 by Pär Norén. Scale Swedish League: scale 1:10 000. Public event: scale 1:10 000 (HD16-HD40) and scale 1:7 500 (remaining classes). Map size A3 or A4. Map and track prints BL Sports Service.

In order for the control numbering to be visible, a white border has been placed around the numbers. This is due to a large number of forbidden areas on the golf course. See examples.



On the map, the yellow of a larger marshland area is not included. It applies to all classes that start at start 1 and 2. At the start there is a map showing which area it concerns.

Black cross on the map, X: Can mean Hunting tower, small or collapsed, Short protective fences on the golf course, Rest area with roof on the golf course or Information signs. Any other additions are stated in the final bulletin.



Embargoed areas on the map

Land and areas marked on the competition map. The golf courses are prohibited areas except in the corridors and passages marked on the competition maps.

Control descriptions

Control descriptions are printed on the map and loose descriptions (maximum size 165x65 mm) are also available at the start.

Foreign runners

Pre-registered runners from clubs from other countries than Sweden that have not already paid their fee must pay at the Competition Office on the day of competition before starting (Bank card or Swish).

Cancellations

If you cancel your participation in any of the Swedish League classes W21/M21, HD20E, HD18E (with sub classes) you must always inform the organisers as soon as possible, regardless of how late you cancel. Cancellations are reported to umeaok@outlook.com

Selection and draw

For information on procedures concerning Swedish League selection and draw, we refer to the Swedish Orienteering Association's website: SOFT regler om urval och lottning. Draw may be done in all elite classes. Participants not qualified for a main class will be drawn into a lower class.

Runners on stand-by

Only applies to the junior classes. List of stand-by runners will be published on Eventor. Runners on stand-by that get a start time will be called out in Elitservice at the Arena at 12:30 on the day of competition. Runners not present at this time cannot claim to be included later on, independent on the reason for not being there. Runners can however be represented by someone else answering for them at call-out.

Clothing

Full coverage clothing is required.



Start lists

The start list is published on Eventor. Start lists are then posted at the arena and at the starts.

Number bibs

All participants in the six main classes in Swedish League shall wear number bibs. Bibs are handed out at the Elitservice at the Arena. 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.

GPS-tracking

Several runners will be required to wear a GPS and a list of these will be created once the start list has been completed. The list will be published on Eventor during the night before competition day and will also be posted in Elitservice at the Arena on competition day. Please take note of any changes due to cancellations. GPS vest and GPS unit will be provided in Elitservice. GPS and vests are to be returned at finish. Not returned GPS vests will be charged at 300 SEK.

Course lengths

According to the rules from SOFT and from IOF regarding World Ranking Event. The final length of the different courses will be announced in the start lists.

Merged classes

Due to low registrations, the following classes have been merged: H18 and H20 – to class H20; D60 and D65 - to class D60; D70 and D75 – to class D70; H80 and H85 – to class H80.

Punching system

SportIdent. All versions of SI-cards are allowed. However, please note that the Air-function will not be activated on control units. SI-cards can be hired for 50 SEK at the info point at the arena. Each unreturned SI-card results in a 500 SEK charge to your club.

Water stations

No water stations along the courses. Water stations will be available at pre start 1, pre start 2 and at the finish.

Adjusted start time

Due to large number of entries in some classes, we have brought forward the first start for the following classes by 30 minutes to 13.30. This applies to Swedish League W21 and M21 as well as W21-2 and M21-2 as well as in the Public event for classes D21, D16 and H16.

Extended starting field in W21 and M21

In consultation with SOFT, we have decided that in the main classes W21 and M21 as well as W21-2 and M21-2, the starting field will be expanded to 100 runners in each class. These classes will have a two minutes start interval and have an earlier first start to 13.30

Remaining entrants who do not get a place in M21 or M21-2 will be distributed with an even number of participants in classes M21-3 and M21-4 where there will be a one-minute start interval. For runners who do not get a place in W21 or W21-2, run in W21-3 with a two-minute start interval. **In the other Swedish League's main classes, the number of selected varies between 82-92 depending on the large number of foreign runners who have received wild cards, and the starting gap will be two minutes.**



Start Swedish League

Start 1

To start 1 follow the orange/white taping. Distance to start 2100 – 2500 meters (see information on warm-up map). First start 13.30 for classes W21, W21-2, M21, M21-2. For other classes, first start 14.00. Classes starting at start 1 are: W21, W21-2, W21-3, M21, M21-2, M21-3, M21-4, D20E, H20E, H20E2 D18E, H18E, H18E2

Start 2

To start 2 follow the orange/blue taping. Distance to start 2400-2800 meters (see information on warm-up map). First start at 14.00. Of the Swedish League classes, only D18E2 applies.

Pre start 1

From the arena to pre-start 1, it is 400 m. Here there are toilets and a water station as well as tents to protect yourself in if necessary. As there is no quarantine in the competition, all runners in the Swedish League classes must have arrived at pre-start 1 at the latest at 16.00. All runners in Swedish League classes that start after 16.20 must be checked off at pre-start 1. At pre-start 1, a warm-up map is distributed to all runners in the Swedish League classes.

Mobile phones may not be brought to the starts. See also the section on Fair Play in this PM.

Pre start 2

From pre-start 1 to pre-start 2, the distance is 1 300 meters the closest route. At pre-start 2 there is water station, toilets and the possibility to leave cover clothes. At pre-start 2, the runners are checked off and let off to the timed start 5 minutes before their start time. There is 100 m between pre-start 2 and the start of the time. Emptying and checking unit is at the start.

For D18 E2, which has starting point 2, there is no check-off at pre-start 2, but you follow the orange-blue cutting further for approx. 400 meters through forest terrain to your starting point.

Warm up map – Swedish League

At pre-start 1, runners in Swedish League classes can pick up a warm-up map with a test course. The start of the course is another 800 meters away after the taped route to start 1 and 2. From the start point of the warm-up map, which is marked on the terrain along the taped route towards pre-start 2, free orienteering follows to pre-start 2. The distance between pre-start 1 and pre-start 2 is test track 1100 m or as soon as possible after the cutting 700 m if you choose a trail option there instead.

Start the Public Event

To start 2, follow the orange-blue taping for 2 400 meters. First start 14.00. Applies to the classes:

D16, H16, D18E2, H20, D18, D20, D21, H21, D35, H35, H40, H45, H50, H 55 as well as Easy 4km and Difficult 5km.

When passing about 400 meters before start 2, there are a few toilets.

To starting point 3, follow the orange-yellow taping for about 1 200 meters. First start 14.00. Applies to the classes:

D14, H14, D12, H12, D10, H10, D40, D45, D50, D55, D 60, H60, H65, D70, H70, H75, H80., Inskolning, Very easy 2 km, Easy 2.5 km, Medium difficulty 3 km and Difficult 3 km.



Late start

Competitors who are late to the start are allowed to start as quickly as possible according to the officials' instructions with the least possible impact on other competitors. Late starts are allowed a maximum of 15 minutes after the last start in each class. IOF rules for late start are applied in all Swedish League classes.

Controls

The controls are equipped with Sportident devices. The code number is only on the SI units. The Swedish League controls are equipped with at least two Sportident units. In case of any problems with punching, use the other unit.

The controls at the Public Event may in some cases have just one unit.

The controls are in some places very close to each other, be sure to check the code number.

Map reversal M21 and W21

Classes M21 and W21 have a map reversal close to the finish area – see arena map. Follow the carved corridor to a new starting point. The competitor turns on the map sheet. Part two begins with a new starting point.

Finish

The Swedish League classes and the classes in the Public Event have the same final control, but two separate run-in lanes the last 100 meters into the finish line - one for Swedish League and one for the Public Event.

Maximum time

The maximum time is 90 min for all classes.

Competition rules

The bulletins and SOFT's competition rules including rules for the Swedish League & IOF World Ranking Event.

Fair play

We protect fair play in orienteering. No maps will be collected after the finish line, but it is each runner's own responsibility NOT to share information about the race, map, courses after the finish line with runners and leaders who have not started the race.

Rule violations in the form of e.g. non-covering clothing, false start or not passing the starting point may lead to reporting to the event directors.

Service at the arena

- In addition to pre-ordered pasta salads, hamburgers (meat and vegetarian) as well as drinks, sweets, coffee and tea are served.
- Childcare for children two years and older approx. 300 meters from the arena, and a kid's course is also arranged.
- No sports sales at the arena.
- Heated showers are available in close proximity to the arena.
- Toilets are available at the arena, at the childcare center and at the showers - see also info about toilets on the way to the starting points.

Cover clothes

For starting places 1 and 2, cover clothes can be left at pre-start 2. For starting place 3, clothes can be left at the designated place at start 3. Collected at the designated place in the arena.



Results

Results are shown on screens in the arena. Live results, speaker sounds and GPS tracking via links on Eventor.

First aid

Available at the arena with access to defibrillators. First aid control also out in the forest - marked with a violet + on the map.

Club tents

Only for pre-booked places and at a designated place approx. 200 meters from the arena

Prize giving ceremony

Prizes for the three best in each of the six main classes in the Swedish League class. Prize giving 15 minutes after the WRE/SL classes are decided.

Prize distribution for participants born in 2011 and later takes place directly at the finish line.

For other youth classes (DH14 and DH16 where prizes are awarded to the top 10% in the results list) the time for the prize distribution will be announced by the speaker. Among the other classes, a number of prizes will be drawn - this will also be announced by the speaker.

Report - protest

Reports of rule violations are submitted orally or in writing to the competition office as soon as possible, but no later than 2 hours after the last finish line. Protests against the event director's decision must be submitted in writing as soon as possible, no later than two hours after notification of the decision. Protest is submitted to the competition office for further processing by the jury.

Open courses

Registration for Open courses can be made 13.00-15.00 at the arena on competition day. Start time: 13.30-16.00
Registration fee: 175 SEK, participants over 16 years old, 80 SEK participants up to 16 years old.

Available courses - subject to availability of printed maps.

Inskolning	1,5 km	Medelsvår (Medium)	3 km
Mycket lätt (Very easy)	2,0 km	Svår (Difficult)	3 km
Lätt (Easy)	2,5 km	Lätt (Easy)	4 km
		Svår (Difficult)	5 km

Event jury

Mattias Westerlund – OK Nolaskogsarna, Lennart Karlsson – Vittjärvs IK, Anna Nordin– Sundsvalls OK

Competition organisation

Event directors: Tjelvar Otterbjörk, tjelvar@telia.com, +46706171730, Terho Nevalainen
Course setter: Håkan Eriksson
Event administrators: Bert Eriksson, Stefan Kärrlander

Course controller: Agneta Holmgren, Bergnäsets AIK
SOFT event coach: Anders Bennitz
IT-coach: Samuel Henriksson
Speaker: Per Forsberg
IOF Event advisor: Henrik Skoglund, SOFT

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