

# ESKILSTUNA VECKAN 23

*Eskilstuna Weekend* 7/7 - 9/7

Ärla IF and IK Standard welcome you to the 2023 edition of Eskilstuna Weekend with the arena for all three competition days at Karlemo, 5 km south of Ärla.

## INVITATION

### COMPETITION DISTANCES

Day 1: Friday 7<sup>th</sup> July - middle  
Day 2: Saturday 8<sup>th</sup> July - long  
Day 3: Sunday 9<sup>th</sup> July - long

### CLASSES

#### Competition age classes:

Youths and adults M/W10 – M/W90.

#### Open (entry on the day) classes:

Inskolning (beginner) 2 km, Mycket lätt (very easy) 2 km, Lätt (easy) 2,5 km, Medelsvår (medium difficult) 3 km, Medelsvår (medium difficult) 5 km, Svår (difficult) 3 km, Svår (difficult) 5 km och Svår (difficult) 7 km.

### COURSE LENGTHS

According to SOFT's recommendations. Exact distances will be given in an updated invitation and in the start lists.

### COMPETITION REGULATIONS

Swedish Orienteering Federation's competition regulations. [Link](#)

### STARTS

Day 1, Friday 7<sup>th</sup> July: First regular start times from 18:00 for all classes.

Day 2, Saturday 8<sup>th</sup> July: First regular start times from 11:00 for all classes.

Day 3, Sunday 9<sup>th</sup> July: First regular start times from 11:00 for all classes. Chasing start for classes M/W21, M/W20 and M/W18.

Distances to the start each day will be given in the final details.

### ASSEMBLY/EVENT ARENA

Competition centre at Karlemo, approximately 5km south of Ärla. Signposted from road 53 (Eskilstuna to Malmköping) at Ärla kyrka (Ärla church) and from the centre of Ärla.

### ENTRY REGISTRATION

Eskilstuna Weekend is a 3-day event. Those not wishing to participate in all three races are directed to the Open classes.

Entries should be made in Eventor ([eventor.orientering.se](http://eventor.orientering.se)). The last date for ordinary entries for the competition age classes is 23:59 on Sunday 2<sup>nd</sup> July.



---

## ENTRY FEES

### Competition age classes:

16 years and younger – 315 SEK (for all three days). 17 years and older – 570 SEK (for all three days).

### Open classes:

16 years and younger (all classes) – 105 SEK per day. 17 years and older – 190 SEK per day.

Fees for competitors from Swedish clubs will be invoiced after the event. Competitors from clubs outside Sweden or who are not a member of a Swedish orienteering club should pay at the event arena. A parking fee of 10 SEK per competitor is included in the entry fee.

Please pay using bank card or Swish.

## LATE ENTRIES

Late entries for Competition age classes can be made in Eventor up until 23:59 on Wednesday 5<sup>th</sup> July at the standard entry fee plus 50%.

Entries for the competition age classes will also be accepted at the event arena, on Friday 7<sup>th</sup> July only, at double the standard entry fee for those 17 years and older. Fees for those 16 years and younger will stay at the standard rate.

## OPEN CLASSES AND INSKOLNING

Entry registration for Open classes and Inskolning can be made each day at the event arena.

Friday 7<sup>th</sup> July: 17:00 – 19:00

Saturday 8<sup>th</sup> July: 10:00 – 12:30

Sunday 9<sup>th</sup> July: 10:00 – 12:30

Pre-registration for Open classes is also possible in Eventor.

## START PUNCHING

Allocated start times will be used for all the competition classes. Start punching (free start time) will be used for Open classes on all 3 days.

## CONTROL PUNCHING SYSTEM

SportIdent is used for all classes. Please state your SI pin number when registering your entry. Those without their own SI pin will be allocated a rental card. The cost for these is 90 SEK (for all 3 days). SI cards can be hired for Open classes at a cost of 30 SEK per day. A charge of 600 SEK will be made for the non-return of hired SI pins

## TERRAIN DESCRIPTION

The north of the competition area is mainly open forest with a limited number of gravel roads and larger connected tracks.

The southern part mainly consists of cultivated forest with a few smaller tree-covered marshes. The area also has a number of smaller lakes.

The entire competition area can generally be described as undulating - many small hills with varying levels of feature detail and flatter regions in between.

Runnability and visibility in the forest are mainly good although there are some smaller felled areas and sections with more dense woodland or ground vegetation.

## MAP

Contour interval: 2.5 m.

Digitally certified map printing. Newly surveyed and revised in 2023.

Mappers: Roy Fransson, Hans Levin and Zdenek Rajnosek.

## START LISTS, FINAL DETAILS(PM), AND RESULTS

Start lists, final details and results will be published on Eventor and posted in the event arena.



---

## CHILDMINDING AND MINIKNAT

Maximum 100 metres from the arena.  
Miniknat (courses for toddlers and younger children) will have a new course each day.  
Cost 30 SEK per day, with prizes for all!

## PARKING

Parking on all three days will be on grass areas, immediately adjacent to the event arena. A parking fee of 10 SEK per competitor is included in the entry fee.

Camper vans and caravans are directed to the camping area at Åsborgen in Ärla. However, for those who wish to do so, it is also possible to park camper vans (but not caravans) at the event arena with access to toilets and drinking water over the entire weekend and to showers during the competition hours.

## CAMPING

At Åsborgen in Ärla with access to indoor showers and toilets. Gravel areas are available for camper vans and caravans and large grass areas for tents. Floorspace accommodation indoors is also available.

Cost: Friday 13:00 to Sunday 18:00.  
Camper vans and caravans 450 SEK, tents 350 SEK. Floorspace accommodation 200 SEK. Registration can be made in Eventor.

Please see the separate document in Eventor giving details of other accommodation options.

## OPENING CEREMONY

At the event arena, 17:30 on Friday 7<sup>th</sup> July.

## PRIZEGIVING

The prizegiving will be held after the races finish on Sunday 9<sup>th</sup> July.

## TOILETS AND SHOWERS

Toilets and showers are available in or adjacent to the event arena. Indoor showers are also available at Åsborgen in Ärla.

## FOOD

An extensive range of food including hamburgers, sausages, salads and cakes will be available in the arena.

## ORIENTEERING AND SPORTS EQUIPMENT

Letro Sport will be present in the event arena on all three days.

## TBE INNOCULATIONS

A TBE inoculation service will be available in the event arena on Saturday 8<sup>th</sup> July and Sunday 9<sup>th</sup> July (11:00-14:00). The times on Sunday may be extended if required.

## EVENT ORGANISATION

### Competition Organiser:

Simon Gindemo  
simon.gindemo@gmail.com, 070-9812555

### Assistant Organiser:

Tomas Knutsson  
thomas.knutsson@eskilstuna.se, 070-6253876

### Planners:

Julia Davidsson and Donald McCarthy, Ärla IF

### Competition Controller:

Barry Widlund  
barry@widelund.se, 070-744 55 09

### Course Controller:

OK Tor

---

**A warm welcome - see you at Eskilstuna Weekend!**

