

Memo - ESKILSTUNA WEEKEND 7-9 July 2023

The event is a three-day competition with combined total time providing the final result. Starting times will be controlled by time differential on day 3 for classes H/D21, H/D20 and H/D18

Control stands

Some of the controls are close to each other for the different stages. If you find a stand without a station, the stand will be used for coming stages.

Opening

Opening of Eskilstuna Weekend 2023 takes place at the arena on Friday 7 July at 17.30 by Municipal Councilor Marie Svensson.

First regular start

Stage 1: 6 p.m.
Stages 2 and 3: 11 a.m.

Location/Arena

<https://goo.gl/maps/ikhafDowANa8FaJq5>

The arena for all three days is at Karlemo, approximately 5km south of Ärla.

The route will be posted from road 53 at the Church of Ärla, and from Downtown Ärla.

GPS coordinates: 59.238628, 16.641432

Parking

Parking is on grassy areas near the arena. The parking fee is included in the entry fee.

Campervans and caravans are primarily referred to the event camping at Åsborgen in Ärla.

There is access to showers and toilets around the clock.

Specially designated places are available for campervans wishing to remain in the arena with the services offered during the competition.

The SEK 450 camping fee is to be paid upon arrival. Please pay using card.

First Aid

At the arena there is a tent with first aid staff where you can get help if necessary.

In case of emergency, call 112 (address Karlemo, Ärla) or find the nearest emergency care at Mälarsjukhuset, Eskilstuna.

Introduction and Open classes.

Details of course distances are given in the event invitation. Details will also be available on Eventor and in the arena.

Entries can be made at the event from one hour before the first start.

Fees for Open classes: Adults 190 SEK, 16 years and younger 105 SEK.

Maps for "shadowers" are available for introduction and the easiest open classes on all three days.

Clothing

Full leg cover is required. Short-sleeved tops are permitted.

Punching system

SportIdent is used for all classes.

If you don't have your own SI pin, these may be rented at a cost of 30 SEK per day. If you have not provided a number when registering, you will be allocated a rental pin.

For open classes the cost is 30 SEK/day.

SI pins 5-11 can be used.

Rented SI pins should be returned at the finish.

Lost SI pins will be charged at a cost of 600 SEK.

Distance to start, all classes

Day 1	900m
Day 2	900m
Day 3	Start at the arena

Follow orange-white tape.

Drinks

Available at the finish on each day.

For those stages that have access to water along the course, the locations are indicated on the map and on the control definitions.

Start times

Introduction and all open classes have free start times (start punching).

All other competitors have a 3 min call-up before their start time for checking SI pins and receiving control definitions.

Zeroing of SI pins occurs along the path the start.

Classes up to and including H/D16 receive the map one minute before the start time. The race starts on the start signal.

Other classes receive the map at the start signal. The race starts on the start signal.

For stage 3, there is a staggered start for classes H/D21, H/D20 and H/D18 based on the total time for stages 1 and 2. Competitors with a difference to the leader of more than 30 minutes will be started at 30 second intervals.

Startlist, staggered start times

Available in EVENTOR and posted at the arena before the start of the race on day 3.

Start times, staggered start

D18 11:45am | D20 11:20am | D21 11:35am
H18 11:00am | H20 11:05am | H21 11:15am

Number bibs

Runners in classes H/D21, H/D20 and H/D18 should wear the same number for stages 1 and 2. New numbers will be issued for stage 3 for the runners in positions 1-15.

Bibs are self-service at the start all days.

All runners placing 16 and up keep the same number from stages 1 and 2.

Please bring your own safety pins.

Competition Map

Scale 1:10 000 for MW16-40 and Difficult 7, Scale 1:7500 all remaining classes. Contour interval: 2,5m

Produced in 2020-2022 and revised 2023.

Drawn according to ISOM 2017-2 standard

Mapper: Roy Fransson, Viktor Larsson, Hans Levin, Zdenek Rajnosek.

Digitally printed (Nyby-Tryck)

An emergency number is printed on the map for use in case of an accident +46(0)709812555

Control Definitions

Loose control definitions only.

Terrain Type

The northern areas consist primarily of wilderness with a few intersecting dirt roads and established trails.

The southern part is mostly forest with some overgrown low areas. The area contains several

forest lakes.

The terrain consists of rolling hills with varying degrees of detail. Between the hills the terrain is mostly level. Accessibility and visibility are good for the most part. In places there is heavy undergrowth along with occasional green areas and clearcuts.

Finish

Finish punching takes place on the finish line. However, on day 3, finish punching for classes H/D21, H/D20 and H/D18 takes place after the finish line.

Maximum time

2.5 hours for all stages.

Broken competition

Competitors who fail to complete the course must pass the finish to be registered as having broken the race.

Results

Results for the individual stages and the overall results will be posted on Eventor and Livresultat.

Prize ceremony

Prize ceremony will take place after stage 3 is completed. The first three in each class will receive prizes.

All competitors that compete in Miniknat, introduction, open and age classes up to MW16 will receive prize.

Shower

Outdoor shower located near the arena.

Toilets

At the arena and on the way to start on days 2 and 3.

Childcare services

Organised at all stages

On Friday from 5:00 p.m.

On Saturday and Sunday from 10.00 a.m.

Fee 20 SEK.

Courses for young children

Organised at all stages with Sportident (bring your own SI pin if you have one).

Stage 1: start between 5.30 - 7.30 p.m.

Stage 2 and 3: start between 10.00 - 12.00 a.m.

Fee 20 SEK.

Competition Rules

SOFT's competition rules apply

Sports equipment

Letro Sport will be selling orienteering and other sports clothing and equipment.

Food Stand

In addition to the usual options such as hamburgers and sausages, we also sell salads.

Garbage/Recycling

All refuse is to be sorted in the right color bin. Please ask the staff if you have any concerns.

Camping

The campsite is located at Åsborgen (sportsground) in Ärla. The campsite will be open from 2.00 p.m. Friday 7th July until 6.00 p.m. Sunday 10th July.

Tent: 350 SEK, Caravan / Campervan: 450 SEK.

Accommodation (floorspace) is available at a cost of 200 SEK / person

Registration is made in EVENTOR.

The camping fee is paid directly on site, preferably paid using card.

Contact Simon Gindemo | simon.gindemo@gmail.com | 070-98 12 555

Event Management

Competition Organiser	Simon Gindemo simon.gindemo@gmail.com 070-981 25 55	Ärla IF
Assistant Competition Organsier	Thomas Knutsson	Ärla IF
Course Planners	Emil Andersson Julia Davidsson Donald McCarthy	Ärla IF Ärla IF Ärla IF
Event Controller	Barry Widelund	IK Standard
Course Controller	Johan Karlsson	OK Tor



IK STANDARD ÄRLA IF

