



# OK Hällen invites you to

# **Stigtomtävlingen**

## **Slätmossen 13–14 of April, 2024**



### **Stafettligan 2024 #2**

Stigtomtävlingen is in 2024 included in the Swedish Orienteering Federation's new relay league as competition #2. Stigtomtävlingen and OK Hällen are proud to be involved in the development of orienteering in collaboration with SOFT.

### **Other classes and courses**

Of course, we offer the same arrangement as in previous years for youth, non-elite and open courses.

**Welcome!**

**OK Hällen**



## Stafettligan

Stafettligan is the new orienteering league for all Swedish associations with the primary target group junior and senior runners from just below the top elite to exercisers. However, everyone is welcome to participate in the league.

The relay league is decided by several competitions where the overall result is determined by the best results from a predetermined number of the competitions. For more information about Stafettligan, go to: <https://www.orientering.se/utova-och-folj/tavla/tavlingar/stafettligan/>

## Equal opportunities

In 2023, Stigtomtakovlen premiered with night legs in the women's class and now we continue the journey with a long-term plan towards an equivalent competition.

Damer (Women) – Stafettligan therefore continues on the same track with 2 night legs. The change was appreciated by both participants and spectators on site, but also those who followed the competition at home from the sofa.

## Arena

Slätmossen, Lundaskog, Jönåker.  
From junction 129 on the E4, drive towards Jönåker. Then road 504 towards Kolmården.  
After 4 km, there is an exit with traffic signs into the forest road. Then about 1 km to P.  
Coordinates: (58.72163 16.67859 )

## Parking

Parking maximum 1000m from the arena. Walking from parking to arena will be on a dirt road. Fee SEK 30/day. Due to space reason, caravans may not be taken to the parking lot. If you are coming with a large bus, please report this via email to [stigtomtakovlen@okhallen.se](mailto:stigtomtakovlen@okhallen.se)





**Classes** – All lengths include 300-400 meters marked routes.

<b>Herrar - stafettligan (Men)</b> Leg. 1 Night 9,3 km Forked Leg. 2 Night 9,3 km Forked Leg. 3 Night 6,2 km Straight Leg. 4 Day 6,8 km Straight Leg. 5 Day 9,4 km Forked Leg. 6 Day 9,4 km Forked	<b>Damer - stafettligan (Women)</b> Leg. 1 Night 5,5 km Forked Leg. 2 Night 5,5 km Forked Leg. 3 Day 6,0 km Forked Leg. 4 Day 4,8 km Straight Leg. 5 Day 8,3 km Forked
<b>D150 (W150)</b> Leg. 1 4,4 km Forked Blue Leg. 2 3,8 km Straight Red Leg. 3 4,4 km Forked Blue	<b>H150 (M150)</b> Leg. 1 5,9 km Forked Blue Leg. 2 3,9 km Straight Red Leg. 3 5,9 km Forked Blue
<b>DH 12 (3–5 competitors)</b> Leg. 1 2,4 km Straight White, parallell Leg. 2 2,4 km Straight Yellow Leg. 3 2,4 km Straight Yellow	<b>DH 13–16 (3–5 competitors)</b> Leg. 1 3,8 km Straight Orange, parallell Leg. 2 4,9 km Forked Orange Leg. 3 3,9 km Forked Orange
<b>Inskolning (3–5 competitors)</b> Leg. 1 2,3 km Straight Green, parallell Leg. 2 2,3 km Straight Green Leg. 3 2,3 km Straight Green	<b>Öppen stafett (Open relay)</b> Leg. 1 3,8 km Straight Orange Leg. 2 2,3 km Straight Yellow Leg. 3 5,6 km Straight Blue
<b>Open courses</b> – Only on sunday Inskolning 2 km (Green), Mycket lätt 2 km (White), Lätt 2,5 km (Yellow), Medelsvår 3,5 km (Orange), Svår 3 km (Blue), Svår 4 km (Black), Svår 5 km (Black), Svår 7 km (Black)	

In the classes Inskolning, DH12, DH13-16, leg 1 may be run by 1–3 runners, the first runner with an approved punching switches to leg 2.

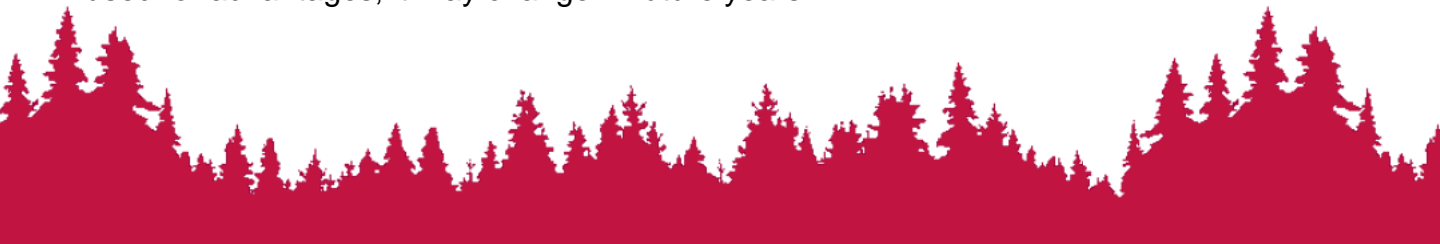
In DH13-16, at least one leg must have only runners who are at least 14 years old. In DH13-16, one leg must also consist of only girls and one leg of only boys. In classes D150 / H150, the minimum age is 35 years for each participant. The total age of the participants must be at least the class name.

Open relay is open to all ages. And a runner may run several legs.

## Doubling

Stigtomtakavlen continues to offer "doubling" of runners between night and day sections. This means that runners who run night legs in D/H (W/M) class may also participate during the day in any class including D/H class.

OK Hällen and SOFT have jointly decided to allow doubling in 2024 to make it easier for participating clubs to put together complete teams. If we notice that the system is being used for advantages, it may change in future years.



### Punching system

Sport ident. An Si tag may only be used once in the competition. This means that it may only be used on one leg of the relay or in an open course. If it is used several times, previous results during the competition are destroyed.

### Registration fee

Men: SEK 2160:- Women: SEK 1800:- , D150/ H150/ Open Relay: SEK 540:-

Inskolning / DH12/ DH13-16: SEK 285 + SEK 95 per extra runner.

Open courses: youth 95:-, adult 180:-

Rental tags: SEK 30/pc. Unreturned SI tag is charged 500:- Late registration +50%. Late registration on the day of the competition +100% for adult classes, including open relay and +50% for youth classes. Open classes, no fee for late registration. The registration fee is invoiced afterwards.

### Registration and late registration

Registration is done via Eventor and must be done no later than Saturday, April 6 at 23:59. Post-registration no later than Friday, April 12 at 19:00. The number of rental tags is stated in the notification. Foreign teams are welcome to participate in D/H (W/M) classes but will not be included in the Stafettligan point calculations.

### Lineup

In Eventor in connection with registration. Team changes can be made in Eventor until Friday 12 April at 19:00. If an SI number is missing after this, a rental SI will be assigned. This SI card will then be locked to the team and the route.

### Start- och Result-lists

Posted on Eventor and Stigtomtakavlen's website <http://www.stigtomtakavlen.se> where also live results, speaker sound, TV picture etc. from the forest will be available.

### GPS tracking

GPS tracking will take place with selected teams in D/H class.

### Start

In conjunction with the arena. Start Saturday evening for the relay league D/H (W/M) class, men's leg 1, at 21:00 and ladies leg 1, at 21:10. Pursuit start for the relay league D/H (W/M) class and other classes start Sunday from 09.30. Final start times will be reported in the PM.



### Restart

For teams in the men's class that have not switched out - approx. 30 minutes after the leading team has started leg 3, a restart takes place. Times for other restarts are reported in the PM.

### Map

Slätmossen, part of map Västra Blacken at Lundaskog, approved January 2024 and revised 2023 by Roy Fransson Equidistance 5 m. Certified digital print 1:10,000 for the D/H (W/M) class relay league and scale 1:7500 youth and other classes. Map scale open courses 1:7500 except 7 km with scale 1:10,000.

### Terrain

Terrain with sparse road and path system. The area is dominated by sparse coniferous forest. Highly detailed hill sections, partly with outcrops, are surrounded by less detailed sections with elements of marshes. Weak to moderate inclines. Good accessibility and good visibility.

Some parts have rocky terrain. Bare cliffs are interspersed with heavy-run areas with undergrowth. Fellings and overgrown older fellings (green areas) exist but are affected to a small extent.

### Changing and showering

Heated water outdoors with a changing tent.

### Children's activities

Childrens course on Sunday, fee SEK 20.

Babysitting for diaper-free children is offered, but must be notified in advance to [stigtomtävlingen@okhallen.se](mailto:stigtomtävlingen@okhallen.se)

### Arena med services

Arena mainly on uneven open ground. Part of the arena is laid out in connection with the food court and sports sales on a gravel field. Stroller parking is offered.

Food court with home-baked coffee bread, hearty sandwiches, sausages and hamburgers, as well as pyttipanna on Sunday. Vegetarian, lactose and gluten-free options are also offered.

First aid is available at the arena. Including defibrillator.

**Sport shop is offered by Letro Sport**

 LETRO  
SPORT

## Organizing committee

Event Director	Nils Linder tel 070- 307 74 10
Vice Event Director	Camilla Larsson tel 079-072 72 97
Event Controller	Erik Rundström, Sune Lindell
Course Setter	Mikael Kindborn, Göran Karlsson
Course Controller	Jan Sundbue
Map Controller	Roger Larsson
Press	Tomas Öberg tomas_lundstrom@hotmail.com

## Information

Stigtomtakavlen homepage <http://www.stigtomtakavlen.se>

Eventor <https://eventor.orientering.se/Events/Show/43396>

E-mail: [stigtomtakavlen@okhallen.se](mailto:stigtomtakavlen@okhallen.se)

## Other information

Live results and live streaming will be available. Training map will be offered - separate information will be posted on Eventor.

**WELCOME!**  
**OK HÄLLEN**



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