

PM MTB-O  
O-Ringen 2015  
21-23 Juli 2015

**Location** Borås ski stadium Direction from RV 42 Sparsör.

**Parking** Parking in the Arena. Price 50 SEK per stage or 120 SEK for all three stages

Day tickets are paid in the cafeteria.

**NOTE!** On the long-distance you may meet cyclist on the way to start when you arrive to the Arena

**MAP** Long distance, Hyberg, Sparsör, 1: 15000, Drawn 2015

Sprint: Boda, Bramhult 1: 7500, Drawn 2015

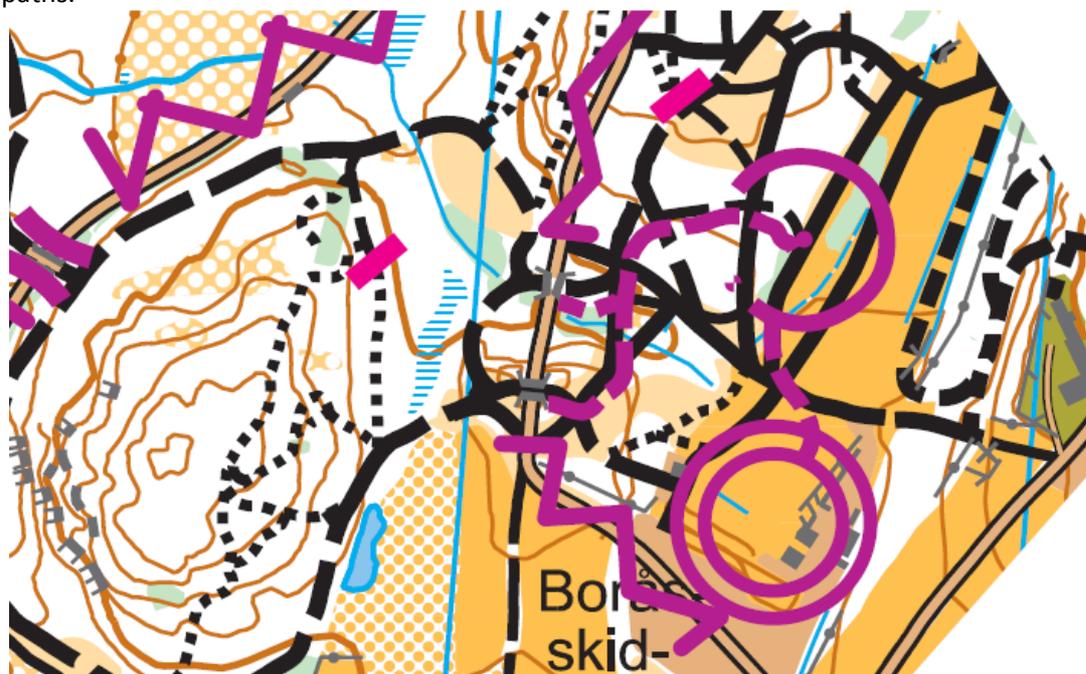
Middle distance: Hyberg 1: 10000, Drawn 2015

**NOTE!** The maps are printed in Pretex materials and not laid in plastic pockets

**Map size** All maps are printed on A3

**Course Setting** Course setting is made in OCAD 11

Long distance: At the end of all the paths will the contestants pass the entrance road to the stadium. This road is forbidden area for the contestants. There are only two possible passages; a tunnel and a bridge. Directly from both of these passages it will be marked with strips up to the last control. The reason is to give everyone a sporting fairness as it is extremely difficult to read the map in this area. All riders are encouraged to take it easy ride slowly and read the map extremely well in all roads and paths.



It is not allowed to ride in open terrain (yellow) forest terrain (Outside of roads and paths) or to carry the bike through forest (White or green marked on the map)!

Yellow / blue marking marks the prohibited area / passages. These are at a number of horse farms and roads.

On the map are a number of paths across lawns, meadows and fields that are not visible in the map. These are marked with white stripes to the contestants should know where they can ride. No stripes = forbidden to ride on yellow surface

### Start times

Long Distance: start: First start 08:00 Open starting 11:00 to 12:00. Buy the Open 07:00 to 11:00 a.m.

Sprint Distance: Start: First start 08:00 Open starting 10:00 to 11:00 Buy the Open 7:00 to 10:00

Middle distance: Start: First start 13:00 Pursuit Open starting 14:00 to 15:00 Buy the Open 11:30 to 14:00

**Course lengths** See program magazine

**Open classes** There are 3 courses each day out of competition. Bought in the race office at the O-Ringen Square or in the cafeteria at the arena

**Control Descriptions** No control descriptions provided.

**Control and code Nr.** Is printed on the map with the control number first and then the code nr ex 5-84.

**Marked with stripes** Middle distance. One path is marked over a field. It may also in all courses occur marked stripes on paths which are hard to see. White stripes are used.

**Passages / gates** Gates / barriers / trees across roads and paths are in all distances marked with violet (in according to the norm for the course setting).

**Sprint:** Contestants will be cycling in the urban area of Boda / Brämhult. Easy cycling on mainly good roads. Be careful.

**Grazing animal** Long distance: You might see grazing animals. They are familiar with humans but take care passing them.

**NOTE possible.** opened gates must be closed.

**To start** Long: signs to start. Distance 600 m.

**Sprint:** Signs to start Distance 100 m

**Middle:** The start is in the ski stadium. Warmup at the stadium

Bibs must be worn unfolded on the handlebars and secured with cable ties and be clearly visible from the front. Bibs can be collected in the expedition at the O-Ringen square, or at the ski stadium

**SI cards:** SportIdent is used as punching system

**Helmet** You must wear a helmet. You are not allowed to start if you don't have a helmet.

**Equipment** The cyclist may carry tools and loose parts during the competition, but may not use loose parts or tools that is not carried by the cyclist or another competitor

**Liquid** No liquid will be served along the course. All cyclists bring their own liquid

**Fair Play** No outside mechanics are allowed. It is the competitor's duty to help an injured competitor.

**Code of contestants in MTB-O**

- 1 Slow down when passing people on foot or on horseback.
- 2 To avoid damage to the road do not ride aggressively or skid.
- 3 When two cyclists meet:
  - a) the riders pass each other with the left shoulder.
  - b) cyclists who descends have right to way
  - c)at intersections should cyclist on the minor road to give preference to the cycling on a major road
- 4 Cyclists will make overtaking on the left.
- 5 Slower cyclists must give way to overtaking cyclists.
- 6When cycling on public roads is done due to the swedish traffic regulations

**Awards Ceremony.** Tuesday at the MTB-O Arena at 12:00 The rest of the days at the O-Ringen square every evening. See information in the program guide.

**Cafeteria** Every day at the arena.

**Shower Ladies:** At Ymergården about 200 meters

**Men:** At the arena.

**Healthcare** At The Arena

**Results** [www.oringenonline.se](http://www.oringenonline.se)

**Racks for the map.** It's possible to rent at the arena by Nordenmark or buy in the TeamSportia tent at the O-Ringen Square.

**Bikewash** You can wash your bike at the arena

**Other** You Participation at your own risk. Note that the traffic can be present in parts of the competition area.

**Event director** Benny Mild, Frederick Ganning and Anders Nilsson

**Course planner** Johan Högstrand, Erik Classon and David Hansson

**Warm welcome to O-Ringen in Borås**



*Borås 2015*

**Nyfiken, stolt och lycklig!**

**18-24 juli 2015**