

Programme

Stage 3 O-Ringen 2017

Wednesday July 26th 2017

Arena	<p>Arena Falleberget. Distance from O-Ringen City to the arena is approximately 4 km.</p> <p>Route guidance from the crossing between road 61 and road 175 (Roundabout Gaterondellen, WGS84 (lat, long) 59.661834, 12.614665) Distance from Gaterondellen to Parking is approximately 2 km.</p> <p>There is no transportation arranged by O-ringen to the TrailO arenas, The competitors are expected to arrange their own transportation.</p>
Parking	<p>Distance parking-arena approximately 200m.</p> <p>Please follow directions of parking officials.</p>
Competition rules	Swedish orienteering federations rules and guidelines for TrailO
Classes	<p>Pre-Elit, Pre-A, Pre-B.</p> <p>Pre-C has been withdrawn due to lack of entries.</p>
Course data	<p>Pre-Elit: 675 m, maximum time 77 min, wheelchairs 10 min extra. Zero answer controls may be used.</p> <p>Pre-A: 675 m, maximum time 88 min, wheelchairs 10 min extra. Zero answer controls may be used.</p> <p>Pre-B: 675 m, maximum time 75 min, wheelchairs 10 min extra. No zero answer controls in Pre-B.</p> <p>It is not allowed to enter onto black dashed trails.</p> <p>Forbidden trails are marked with solid purple lines on the map and or yellow-blue ribbons on the ground.</p>
Penalties	Exceeding the maximum time of the course results in a penalty of one point per started 5 minute period.
Punching	<p>The competitors should bring their own punches.</p> <p>SportIdent is used as timing system.</p>
Start	<p>Start in accordance with the startlist with first start 13:00.</p> <p>All competition courses have interval start. Maximum time is counted from given start time for each competitor.</p> <p>Arena-start: 800m orange-white ribbon.</p>
Time control	<p>All courses have their time control after the finish.</p> <p>The TempO method is used. The competitor get the maps collected with a cover sheet on top. The time starts when the official hands over the maps and says "Time starts now". The competitor shifts to the next map by him/herself when the first task is completed. The clock is stopped exactly when the competitor gives his/her answer of the last task.</p> <p>The answer is given by pointing at the correct plate or orally using the international lettering system (Alfa, Bravo, Charlie, Delta, Echo, Foxtrot)</p> <p>The maps shall be handed back to the official after completing the tasks. It is not allowed to throw the maps on the ground.</p> <p>Number of tasks and number of flags:</p> <p>Pre-Elit: 2 tasks, 6 flags</p> <p>Maximum time is 60 seconds. A warning is given when 10 seconds remain.</p> <p>Incorrect, blank or multiple answers result in an additional time of 60 seconds.</p>

	<p>Pre-A: 2 tasks, 5 flags Maximum time is 90 seconds. A warning is given when 10 seconds remain. Incorrect, blank or multiple answers result in an additional time of 90 seconds.</p> <p>Pre-B: 1 task, 5 flags Maximum time is 60 seconds. A warning is given when 10 seconds remain. Incorrect, blank or multiple answers result in an additional time of 120 seconds.</p> <p>Map scale: 1:4000</p>
Finish	<p>Punch at the finish. The Officials will then check the markings in the control card.</p> <p>Steep downhill slope right after the finish to the street level where time controls are located. Be careful!</p>
Number bibs and pre-booked sportident	<p>To be collected at the competitor expedition at the O-Ringen Square at the latest 21.00 on Saturday.</p> <p>After that, at the TrailO arena from 12.00 on the day of the competition.</p>
Control card	<p>All competition courses receives the control card together with the map at the start.</p> <p>After completing the course including time control, the control card shall be returned at the secretariat.</p>
Map	<p>Falleberget drawn in 2014, revised 2017. Scale 1:4000, Contours 5m. Map standard ISOM (standard). Drawn by Andreas Blomgren.</p> <p>Note: North direction arrow is missing on the map</p>
Ribbons	<p>Parking - Arena: O-Ringen Arena – Start: Orange-White Finish – Time control: Orange Time control – Arena: Blue Forbidden areas/passages: Blue-Yellow Limitations: Red-White</p>
Terrain	<p>Partly strongly hilled, forest terrain. Pretty good accessibility. Steep uphill slope before the start, steep downhill slope after the finish. A few small downhill slopes on the course.</p>
Service	<p>Catering and WC (including disabled) at the Arena. Water is served along the course after about 700m.</p>
Prizes	<p>Stage winners receive their prizes on Wednesdays prize ceremony at the O-Ringen Square.</p>
Stage start	<p>Stage start can be purchased for the courses PreO Svår (Pre-A) and PreO-Lätt (Pre-B).</p> <p>It is also possible to purchase starts at the secretariat at the TrailO arena between 12.30 and 14.00 on the competition day.</p> <p>Price: -16years 160 SEK, 17-20 years 220 SEK, 21 years and upwards 335 SEK.</p> <p>Control cards are obtained at registration.</p> <p>Free starting 13.00-15.00. Time control after the finish.</p> <p>Preregistered competitors receive their control card at the secretariat.</p>
Jury	<p>Owe Andersson, Inga Gunnarsson och Roger Borg.</p>
Competition management/ Information	<p>Competition director: Rudi Olvenmyr, 0730-23 54 41 Assisting Competition director: Eva Björkman, 070-660 66 21 Course planner: Nils-Olov Andersson, 070-299 26 70 Course and competition controller: Owe Fredholm, 070-5938141</p>