

## Programme

### Stage 4 O-Ringen 2017

### Thursday July 27<sup>th</sup> 2017

Arena	<p>Arena Ingestrand. Distance from O-Ringen City to the arena is approximately 7,5 km.</p> <p>Route guidance from road 175 (towards Säffle) approximately 4 km south from Gaterondellen.</p> <p>Distance from Gaterondellen to Parking is approximately 5,3 km.</p> <p>Cyclists may use Ingesundsvägen from Dotteviks Pizza place to the arena.</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 100m.</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Pre-C has been withdrawn due to lack of entries.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: 2,0 km, maximum time 120 min. Zero answer controls may be used.</p> <p>Pre-A: 2,0 km, maximum time 132 min. Zero answer controls may be used.</p> <p>Pre-B: 1,9 km, maximum time 117 min. No zero answer controls in Pre-B.</p> <p>Roads/trails outside of the electrically lit forest trail are not allowed to enter with the following exceptions: Pre-Elit, trail onto control 6 and 7; Pre-A, trail onto control 5 and 6.</p> <p>Forbidden trails are marked with solid purple lines or cross 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: 200m 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><b>Number of tasks and number of flags:</b></p> <p>Pre-Elit: 3 tasks, 6 flags</p> <p>Maximum time is 90 seconds. A warning is given when 20 seconds remain.</p> <p>Incorrect, blank or multiple answers result in an additional time of 60 seconds.</p>

	<p>Pre-A: 2 tasks, 6 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, 6 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: 1:5000</p>
Finish	Punch at the finish. The Officials will then check the markings in the control card.
Number bibs and pre-booked sportident	To be collected at the competitor expedition at the O-Ringen Square at the latest 21.00 on Saturday. After that, at the TrailO arena from 12:00 on the day of the competition.
Control card	All competition courses receive the control card together with the map at the start. After completing the course including time control, the control card shall be returned at the secretariat.
Map	Ingestrand drawn in 2015, revised 2017. Scale 1:5000, Contours 2,5m. Map standard ISOM (standard). Drawn by Andreas Blomgren.
Ribbons	Parking - Arena: O-Ringen Arena – Start: Orange-White Finish – Time control: Orange Time control – Arena: Blue Forbidden areas/passages: Blue-Yellow Limitations: Red-White
Terrain	Hilled forest terrain. Good accessibility.
Service	Catering and WC (including disabled) at the Arena. No WC at start Water is served along the course after about 1200m.
Prizes	Stage winners receive their prizes on Thursday's prize ceremony at the O-Ringen Square.
Stage start	Stage start can be purchased for the courses PreO Svår (Pre-A) and PreO Lätt (Pre-B). It is also possible to purchase starts at the secretariat at the TrailO arena between 12:30 and 14:00 on the competition day. Price: -16 years 160 SEK, 17-20 years 220 SEK, 21 years and upwards 335 SEK. Control cards are obtained at registration. Free starting 13:00-15:00. Time control after the finish. Preregistered competitors receive their control card at the secretariat.
Elitserien/A-cupen	Participants in Elitserien/A-cupen, that does not participate in the 5-days event starts after the other competitors according to separate start list.
Jury	Owe Andersson, Inga Gunnarsson och Roger Borg.
Competition management/ Information	Competition director and course planner: Rudi Olvenmyr, 0730-23 54 41 Assisting Competition director: Eva Björkman, 070-660 66 21 Course and competition controller: Owe Fredholm, 070-5938141