

Programme

Try TrailO Activity day

Tuesday July 25th 2017

Arena	Arena Falleberget. Distance from O-Ringen City to the arena is approximately 4 km. 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.
Parking	Distance parking-arena approximately 200m. Please follow directions of parking officials.
Competition rules	Swedish orienteering federations rules and guidelines for TrailO
Classes	Pre-Ademo (hard) and Pre-Bdemo (middle) Pre-C has been withdrawn due to lack of entries.
Fees	Up to 16 years 70 sek 17 years and older 120 SEK Sportident card rental 40 SEK Pin punch rental 10 SEK
Course data	Pre-Ademo: 940 m, maximum time 80 min. Zero answer controls may be used. Pre-Bdemo: 940 m, maximum time 83 min. No zero answer controls in Pre-Bdemo. Forbidden trails are marked with solid purple lines on the map and/or yellow-blue ribbons on the ground.
Penalties	Exceeding the maximum time of the course results in a penalty of one point per started 5 minute period.
Punching	The competitors should bring their own pin punches. SportIdent is used as timing system.
Start	Free start between 10:00-12:00. Start in direct connection to the Arena.
Time control	Both courses have their time control after the finish. 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. The answer is given by pointing at the correct plate or orally using the international lettering system (Alfa, Bravo, Charlie, Delta, Echo, Foxtrot) The maps shall be handed back to the official after completing the tasks. It is not allowed to throw the maps on the ground. Number of tasks and number of flags: Pre-Ademo: 2 tasks, 6 double 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. Pre-Bdemo: 1 task, 6 double 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.

	Map scale: 1:5000
Finish	Punch at the finish. The Officials will then check the markings in the control card.
Control card	Control card is received at the secretariat when entering the competition. After completing the course including time control, the control card shall be returned at the secretariat.
Map	Falleberget drawn in 2014, revised 2017. Scale 1:5000, Contours 5m. Map standard ISOM (standard). Drawn by Andreas Blomgren. Note: North direction arrow is missing on the map
Ribbons	Parking - Arena: O-Ringen Finish – Time control: Orange Time control – Arena: Blue Forbidden areas/passages: Blue-Yellow Limitations: Red-White
Terrain	Hilly, forest terrain. Good accessibility.
Service	Catering and WC (including disabled) at the Arena. Water is served along the course after about 700m.
Competition management/ Information	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, 070-593 81 41