



Värmland 2017

Competition Information: Elite Sprint, Tuesday, July 25

Assembly

At the parking lot of the Arvika hospital. From there, follow streamers to the quarantine location at Taserudshallen, the sports facility at the Taserudsgymnasiet school (see embargo map below).

Bicycle parking is available at Taserudsgymnasiet. The closest car parking is at O-Ringen City, but competitors can be dropped off at the parking lot of the Arvika hospital.

Embargo until Tuesday, July 25, 10:00am

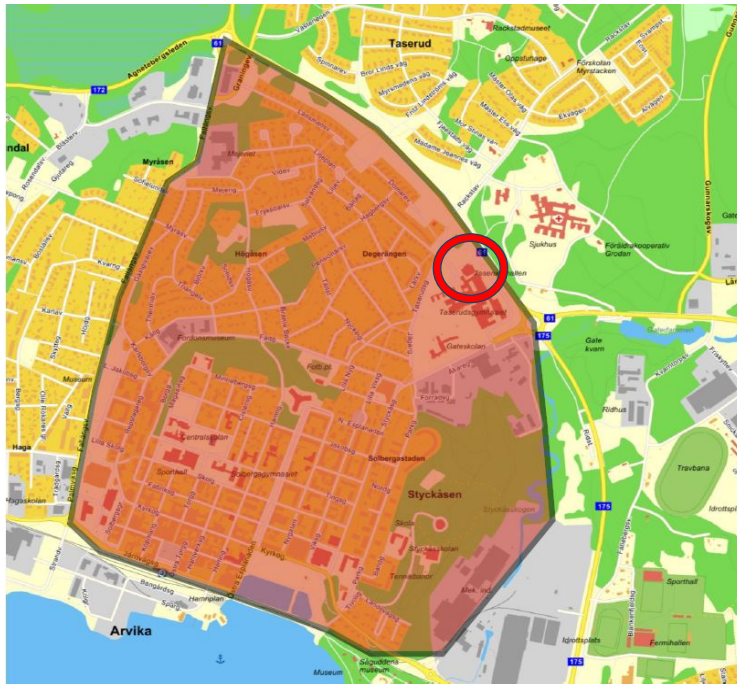
You are allowed to be in the area, but not to compare potential route choices and legs. This includes test-running, test-walking, or actively studying and analyzing terrain in the embargoed area.

Embargo from 10:00am on Tuesday, July 25 until entrance to quarantine

Competitors are not allowed to be in the embargoed area, as shown on the map below, from 10:00am on Tuesday, July 25 until their entrance into quarantine. It is allowed to follow streamers from the Arvika hospital parking lot to the quarantine entrance.

Embargo after finishing

Competitors are expected to not be in the competition area after completing their races.



Start order

Three startgroups are created based on the total standings before each stage. The 20 best runners in the total standings will be drawn to start among the last 20 starters, 21-50 among the middle group and placement 51-80 will be drawn in to the first starting group.

Quarantine

D/H18 and D/H20

Quarantine opens at 1:00pm for the D/H18 and D/H20 classes. All competitors must be present and checked into quarantine by 1:30pm. Check-in takes place at the quarantine entrance. Anyone who does not check into quarantine in time will not be allowed to start.

Competitors who leave the quarantine without permission and go anywhere but to the start will also not be allowed to start. Competitors who have already finished their races may not visit the quarantine. The quarantine area contains toilets and drinking water. Any devices that allow competitors to follow the competition online or to collect information about the competition in some other way may not be used after competitors enter quarantine.

D/H21

Quarantine opens at 4:00pm for the D/H21.

All competitors must be present and checked into quarantine by 4:30pm. Check-in takes place at the quarantine entrance. Anyone who does not check into quarantine in time will not be allowed to start.

Competitors who leave the quarantine without permission and

go anywhere but to the start will also not be allowed to start. Competitors who have already finished their races may not visit the quarantine. The quarantine area contains toilets and drinking water. Any devices that allow competitors to follow the competition online or to collect information about the competition in some other way may not be used after 2:00pm.

Changing clothes	Competitors can get ready for their races and change clothing indoors in the quarantine area before the race and in a designated area by the arena after finishing. Access to toilets and drinking water is available.
Warm-up area	A marked warm-up area is available outdoors next to the quarantine.
Clothing and bag return	Before heading to the start, runners should leave their bags and other belongings at the designated location. The organizers will then transport the bags to the arena.
Showers	Showers are located 500m from the arena; follow blue streamers to get there.
Clothing restrictions	There are no clothing restrictions.
Bib numbers	Competitors use their regular O-Ringen bib numbers. Officials in the quarantine area can help if a runner is missing his or her bib number. Bib numbers must be visible on the competitor's chest and back; advertisements must not be folded or removed.
GPS	The list of runners who will carry GPS trackers will be available on oringen.se on Monday evening (July 24), as well as at the quarantine. GPS vests and trackers will be handed out by officials in the quarantine area. They will also start the trackers. Competitors who refuse to wear GPS trackers according to the organizers' instructions will not be allowed to start. The equipment must be returned to organizers directly after finishing.
Course lengths	D18E 2.4 km (straight line) H18E 2.8 km (straight line) D20E 2.6 km (straight line) H20E 2.9 km (straight line) D21E 2.6 km (straight line) H21E 3.1 km (straight line)

Arena passage	All classes will have an arena passage. The second half of the course is printed on the back side of the map.
Pre-start	Runners will be called up to pre-start 15 minutes before their actual start time. At that point the runner will be checked in and then released to head to the start, following streamers. Distance between pre-start and start will be announced at quarantine.
Start	The first start for the D/H18E and D/H20E classes is at 2:45pm. The first start for H21E is at 5:30pm and for D21E at 5:45pm. Late starts are allowed, no more than 5 minutes after the official start time, as long as the late runner can be started without disturbing other competitors.
Maximum time	45 minutes
Electronic punchin	Sportident. SI-chips must be cleared at the pre-start.
Terrain description	Mainly hard surface with some sections of trail running and short sections of forest. Terrain steepness ranges from medium to steep.
Car traffic	There will be cars driving through the competition area. It is the competitor's responsibility to use caution. Be careful!
Map	Map: Arvika Centrum, revised in June 2017 Mapper: Nils-Göran Olsson Scale: 1:4000 Contour Interval: 2 m Printing: Digitaltryck Kartsam AB
Map standards	Sprint standards ISSOM 2006
Non-standard map symbol	X (black cross) indicates a statue.
Forbidden areas	Forbidden/out of bounds areas are marked on the map. Some forbidden areas are marked in the terrain with blue/yellow streamers.
Control descriptions	Control descriptions are loose and also printed on the map. The lengths of the control descriptions are as follows: D21E: 12 cm D20E: 11 cm D18E: 12 cm H21E: 13 cm H20E: 13 cm H18E: 11 cm

Prizegiving	The prizegiving ceremonies for stage winners for classes D/H18E and D/H20E will take place next to the finish, about 5 minutes after the last finisher, or approximately 5:15pm. For classes D/H21E, the ceremony will take place about 5 minutes after the last finished in D21E, or approximately 7:30pm.
Competition rules	The competition will follow the rules of the Swedish Orienteering Federation (SOFT).
Registering a rule violation	Any information about a rule violation must be submitted in writing to the competition officials or to officials at the Red Exit no later than 30 minutes after the event's completion.
Protests	Protests against decisions made by the organizers with regards to rule violations must be submitted in writing to the Red Exit officials no later than 30 minutes after the announcement of the decision.
Competition Officials	Jan Troeng 073-642 26 52 (competition director O-Ringen AB), Magnus Albinsson 070-540 49 91 (competition director O-RingenVärmland), Per Pettersson, 070-639 01 73 (competition director Elite Sprint) and Peter Risberg, 070-292 57 18 (assistant competition director).
Course Setter	Helen Skoog
Course Controller	Per Forsberg