

Preliminary Memo
O-Ringen TrialO Stage 3
Kransmossen, Wednesday 22 July

Arena and travel directions	Arena at Kransmossen. The distance from O-Ringen City to the arena is around 6 km. For travel directions, please see the details for Stage 3.
Parking	Cars transporting wheelchairs may park 200 metres from the arena. A priority parking pass is required. Other vehicles will park at other parking areas (max 2500 metres). We recommend that you purchase bus tickets in order to ensure you are near the arena.
Start and timed controls (Tc)	The first ordinary start is at 10am. From Arena to start in all classes: 800 m. Map timed control scale: 1:2500 contour interval 5 m. Elite is starting with the timed control from 10.00 am according the starting order. From Arena to timed control: 250 m. Pre-A, Pre-B and Pre-C have a timed start according the start list with a timed control after finish.
Course lengths/maximum time	Elite 2200 m / 126 minutes Pre-A 2200 m / 138 minutes Pre-B 2200 m / 126 minutes Pre-C 1600 m / 98 minutes Wheelchair: + 10 minutes/class (by docking) At control 1, 15 and 17 for Elite and at control 1, 12 and 14 for Pre-A, you get permission to leave the main trail, marked by plastic tape
Course setter	Tomas Tranberg, Fritsla VIK, Niclas Andersson OK Råven
Controller	Michael Johansson, Vänersborgs SK
Finish	Finish unit for SI cards. Finish personnel will check your punches and note any missing punches. Finish – Arena is around 1 600 metres. Finish - Time control: 1400 metres. Leave the start card to the secretariat located at the entrance to the PreO-fold. All competitors then continue along Pre-O into the arena, to the "finish."
Control card and SI card	Competitors leave their control card to the Secretariat, where SI cards are also downloaded.
Map	Laggarbo. Base material: previous map of Kransmossen. Revisions for Trail-O: Carl-Henry Andersson 2015. Scale 1: 5 000 Contour interval 5 metres
Terrain/courses	The course follows tarmac forest roads (roller ski tracks) and forest tracks. Mature spruce forest with a small number of overgrown felled areas and a stream valley with a detailed slope.
Catering	Shared with Foot-O
Jury	K-G Däldehög, Lars Silvervret, Roger Borg

Please note! Don't forget to read the general details, which apply for each event.