

Invitation to Elite runners

O-Ringen 2016 in Sälen

O-Ringen 2016 in Sälen will offer a real orienteering challenge in mountain terrain, an elite sprint at O-Ringen Square in Lindvallen and a final stage in tough and demanding Dalarna terrain.

Many of Sweden's WOC team are planning to prepare for WOC in Strömstad/Tanum at Sälenfjällen. If you would like to join them, you're very welcome to Sälenfjällen and the world's biggest orienteering adventure, O-Ringen festival 2016 in Sälen.

Competition information:

Day 1: Arena at Högfjällshotellet. Long distance, held in terrain north of the arena surrounding the classic Swedish long distance trail, "Kungsleden".

Day 2: Arena at Högfjällshotellet. Long distance, held in terrain south west of the arena.

Day 3: Arena at Lindvallen. Sprint (elite classes only), held in Lindvallen's holiday village.

Day 4: Arena at Lindvallen. Long distance, ski lift to the start, held in terrain to the west of the Lindvallen ski area.

Day 5: Arena at Lindvallen. Long distance, held in terrain south east of Lindvallen.



Training

There are great opportunities to complement the races with extra training, if you would like to. Swedish team runner William Lind will set the training courses on offer in connection with O-Ringen in Sälen.

Accommodation information

Sälen offers a variety of accommodation alternatives and there are many holiday cottages in the area. The easiest way to find accommodation is via oringen.se/boende

Prize money

80,000 SEK will be awarded for an overall win in each elite class, 50,000 SEK for 2nd place, 20,000 SEK for 3rd place, 15,000 SEK for 4th place, 10,000 SEK for 5th place, 5,000 SEK for 6th place, 4,000 SEK for 7th place, 3,000 SEK for 8th place, 2,000 SEK for 9th place and 1,000 SEK for 10th place. On days 1, 2, 3 and 4 the following prizes will be awarded: 4,000 SEK for each stage winner, 2,000 SEK for 2nd place and 1,000 SEK for 3rd.

Registration

Register before **1 November** for a cheaper entry fee. Register via Eventor.

Welcome!