

# ©-Ringen Höga Kusten 2018

## Final Details

### Orienteering Training Race

Friday, July 20

**Arena** Arena Högländ, signposted from the highway E4 roundabout at Coop Forum at the north exit from Örnsköldsvik. From there, follow orange/white streamers for 2.5km.

**Parking** Car and bicycle parking available 50 meters from the arena.

Courses	Class/Difficulty level	Scale	Length
	Very easy 2.0/White	1:10 000	2.0 km
	Easy 2.5/Yellow	1:10 000	2.6 km
	Easy 4.0/Yellow	1:10 000	4.1 km
	Medium 3.0/Orange	1:10 000	3.1 km
	Medium 4.0/Violet	1:10 000	4.0 km
	Medium 5.0/Red	1:10 000	5.0 km
	Difficult 3.0/Blue	1:10 000	3.1 km
	Difficult 5.0/Blue	1:10 000	5.0 km
	Difficult 7.5/Black	1:10 000	7.4 km

**Punching** SportIdent chips 5-11 can be used. Rental SI-chips can be picked up at Competitor Services at the Training Race arena. Pre-registered participants must visit Competitor Services at the arena in order to register their SI-chips or rent an SI-chip. Competitors who do not return rented SI-chips will be charged 600 SEK. Competitors who do not punch at the start or at the finish will be disqualified.

**Start** Start between 15.30-18.00. Open start times. You start is registered by punching an SI box at the start line. Competitors must clear their SI-chips before starting.

**Finish** Finish is registered by punching an SI box at the finish line.

**Final details** Available at the arena and on [oringen.se](http://oringen.se).

**Results** Published on [live.oringeonline.se](http://live.oringeonline.se)

**Map** Scale 1:10 000. Field checked by Nils-Göran Olsson in 2017-18 using a LIDAR basemap.

**Terrain** The terrain has moderate to large hills and a significant amount of contour detail. Runnability is mostly good. For the most part, vegetation consists of sparse pine forest on hilltops and hillsides. A number of trails and roads cross the area. The easiest courses follow distinct linear features.

**Services** Car and bicycle parking available. Toilets are provided.

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**Event director** Marita Söderlind 070-243 55 09

**Event controller** Jan Åhlund 070-211 34 94

**Course setter** Kjell E Mattsson 070-526 51 00

**Course controller** Roland Nordström 070-516 55 74

**Competition rules** Competition rules of the Swedish Orienteering Federation apply.