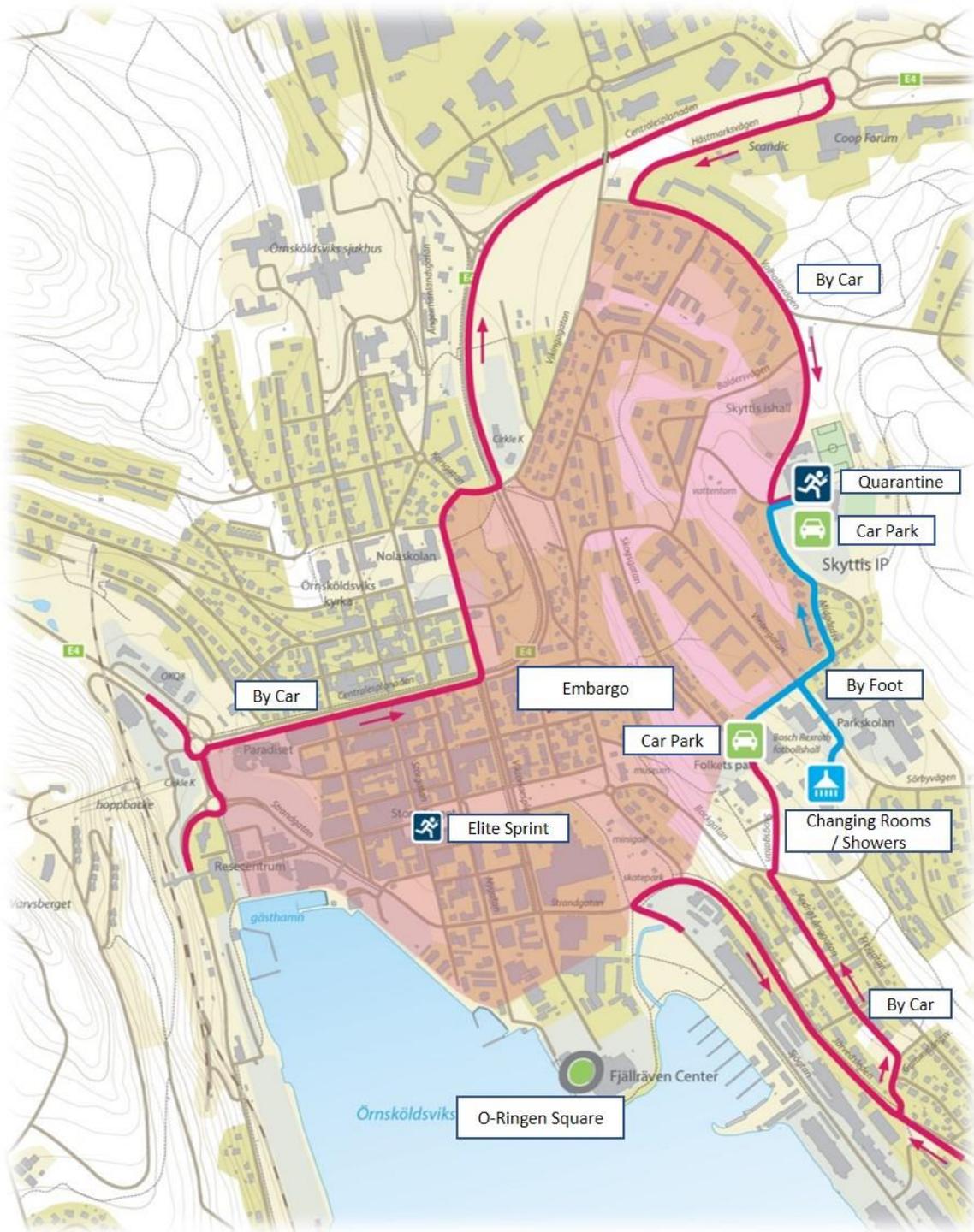


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Final Details, Elite Sprint

Tuesday, July 24



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Quarantine

Skyttis floor hockey arena, located about 1.5km NE from O-Ringen Square. Parking at the arena is available for both cars and bicycles.

The quarantine opens at 13:00. The check-in is located at the quarantine entrance. Competitors who do not check in on time will not be allowed to start. Competitors who leave quarantine without permission and go somewhere besides the start will also not be allowed to start. While in quarantine, competitors will have access to water and toilets. The use of any technology that would allow competitors to follow the race online or receive information about the race in any other way is forbidden after entering quarantine. Competitors who left their car or bicycle at the quarantine are allowed to collect their vehicles after finishing, but are not allowed to visit quarantine or be in contact with runners still in quarantine under any circumstances. Leaders may stay in quarantine with the same rules as for competitors.

Quarantine check-in cut-offs

All competitors in DH18E and DH20E must be checked in by **14.45**. All competitors in DH21E must be checked in by **16.20**.

Directions to quarantine We recommend that competitors follow the driving route shown on the map on the first page. Note that this route is **NOT** signposted.

NOTE! Because of road closings, cars are not allowed to drive along the route to the quarantine from the south shown in blue on the map. If you are coming from that direction, we recommend either walking or biking along the blue route, which is not signposted. Competitors driving cars to the quarantine can either park or be dropped off at the BoscoRexroth football stadium or be dropped off at Parkskolan and follow the path marked blue on the map from there to quarantine without crossing into the embargoed area.

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Embargo before

Tuesday, July 24 at 10:00am

Competitors are allowed to be in the embargoed area, but not to test route choice alternatives. This includes actively studying and analyzing terrain in the embargoed area, as well as test-running or test-walking potential legs.

Embargo from 10.00am until entry into quarantine

Competitors are **NOT** allowed to enter the embargoed area shown on the map on page 1 from Tuesday, July 24 at 10.00am until entry into quarantine.

Embargo after completing the race

Competitors are allowed to be in the competition area after finishing in order to, for example, go to collect their clothes, belongings, or vehicles. They may not affect the competition in any way after finishing.

Start

The first starts for the DH18E and DH20E classes are at 14:45. First start in H21E is at 17:30 and in D21E at 17:45.

Distance from quarantine to the start is ~200m. There is no pre-start area. Competitors can leave the quarantine area whenever they want, but must follow the designated route to the start and may not deviate from that route. Late starts are allowed up to 5 minutes after the assigned start time.

Start order

DH18E and DH20E

Three start groups will be created based on total standings after the first two stages. The top 20 competitors will be assigned random start times within the last 20 start times. Competitors 21-70 will be assigned random start times within the middle start block, and competitors placed 71-120 will be assigned random start time in the first start block.

DH21E

Competitors will start in reverse order of total standings after the first two stages.

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Changing rooms

It is possible to change clothing in quarantine before the race and in a designated tent at the finish after the race. There will also be access to toilets and water in the finish area.

Warm-up

Competitors can warm up on Skyttis stadium's artificial grass field. Note that shoes with spikes or metal studs are forbidden because of the sensitive surface of the field. After completion of the warmup, all shoes must be brushed in order to prevent the spreading of harmful plastic particles.

Bags and warm-up clothes

Prior to heading to the start, competitors can leave their bags and any other belongings at a designated location in quarantine. The organizers are responsible for transporting bags to the arena. However, the organizers are not responsible for transporting warm-up clothing from the start.

GPS

The list of runners carrying GPS trackers will be available at the quarantine on Tuesday, July 24 and also on oringen.se on the evening of Monday, July 23. GPS vests will be handed out at the check-in to quarantine, while GPS trackers will be handed out at the control station on the way to the start. Competitors who refuse to carry a GPS tracker when instructed by the organizers will not be allowed to start.

GPS equipment should be returned to the elite service officials at the clothing change tent right after finishing.

Punching system

Sportident. Units for clearing SI-chips are provided at the start. On the way from quarantine to the start, competitors will pass a control station to check that competitors have the correct SI-chip. You may run with a touch-free SI-chip, but punching must still be performed by placing the chip in the hole in the SI-unit. In other words, you cannot use the "touch-free" punching method.

Clothing

There are no requirements for full body. Spikes are not allowed.

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Bib numbers	Regular bib numbers should be worn. Officials in the quarantine area can provide help to runners who do not have their bib numbers.												
Course lengths	<table> <tr> <td>D18E</td> <td>2.4 km</td> </tr> <tr> <td>H18E</td> <td>2.6 km</td> </tr> <tr> <td>D20E</td> <td>2.5 km</td> </tr> <tr> <td>H20E</td> <td>2.9 km</td> </tr> <tr> <td>D21E</td> <td>2.8 km</td> </tr> <tr> <td>H21E</td> <td>2.9 km</td> </tr> </table> <p>The above course lengths are measured as the crow flies.</p>	D18E	2.4 km	H18E	2.6 km	D20E	2.5 km	H20E	2.9 km	D21E	2.8 km	H21E	2.9 km
D18E	2.4 km												
H18E	2.6 km												
D20E	2.5 km												
H20E	2.9 km												
D21E	2.8 km												
H21E	2.9 km												
Terrain description	Mainly running on hard surfaces with some areas of grass and forest. Moderate to heavy climb amounts.												
Car traffic	The city center will be closed off to car traffic, but outer areas will have car traffic flowing as usual. It is each competitor's responsibility to use caution and be aware of traffic around them. Be careful!												
Map	<p>Map: Örnsköldsvik City, field checking 2017-2018 Mapper: Ludvig Åhlund Scale: 1:4 000 Contour interval: 2,5 m Printing: Digitaltryck Kartsam AB Map standard: ISSOM 2006 Local symbol: X (black cross) = playground equipment</p>												
Out-of-bounds areas	These are shown on the map. Some out-of-bounds areas are marked with yellow/blue streamers in terrain in order to make the exact boundaries clearer.												
Control descriptions	Control descriptions are available loose and also printed on the map.												
Arena passage	<p>All classes will pass the arena during their courses. NOTE! The same control is used for the arena passage and as the final control. When passing through the arena on your course, keep to the left. When finishing, keep to the right.</p>												

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Maximum time	45 minutes.
Showers	Showers are available about 1km from the arena in the gym of the Parkskolan school. See map on the first page.
Prizegiving	The prizegiving ceremony for the three top finishers in the DH18E and DH20E classes will take place next to the finish at approximately 17:15 and for DH21E at approximately 19:30. A number of extra runners will race the sprint in the DH21E classes who are not signed up for the entire week of races. These competitors are eligible for prizes for the Elite Sprint.
Competition rules	The race follows the rules of the Swedish Orienteering Federation.
Complaints about rule violations	Complaints about rule violations must be made in writing to the event organizers at the Red exit within 30 minutes of the competition's conclusion.
Protests	Any protests against the event organizers' decision regarding a complaint about rule violations must be turned in to the Red exit in writing no later than 30 minutes after the decision is announced.
Event officials	Event Director Elite Sprint: Jonas Byström Event Director O-Ringen Höga Kusten: Jan Åhlund Course Setter: Ludvig Åhlund Course controller: Tom Quayle