

## PM Stage 3 HD21E, Borås City Sprint

### Where

Bäckängsgymnasiet, marked route (200 m) from the intersection Kungsleden/ Arlagatan-Åsbogatan.

From Gothenburg (R40), follow signs towards Karlskrona, Varberg and Centrum (exit 86 Annelundsmotet). Follow the signs towards Centrum for 600 m, turn right into Åsbogatan, follow the street for 200 m.

From Jönköping (R40), follow signs towards Karlskrona, Varberg, Trollhattan, Centrum, Högskola (exit 86 Annelundsmotet), turn right and follow signs towards Centrum and Högskola for 500 meters turn right into Åsbogatan, follow the street for 200 m.

From the O-Ringen Town, follow Fristadsvägen towards Borås (R42), continue Skaraborgsvägen 700 m (R42), drive straight through the roundabout (second exit) into Norrby Långgata and drive 500 m, turn left at the roundabout (third exit) and drive 1km. Turn left into Åsbogatan and drive 200 m.



## **Embargoed area**

The competition area is embargoed for all competitors during the race day, until the competitor has finish the race. The embargoed area is show in the map below.

## **Parking**

At dedicated parking lots south Bäckängsgymnasiet. Maximum walking distance from the parking area to the quarantine is 500 m.

## **Quarantine**

The quarantine is located in Sturehallen. Follow the signs and white stripes from the car park. The quarantine opens 15:00. Check-in, collect number bibs, safety pins, GPS equipment and luggage tag and changing cloths. **Note that the quarantine closes 15:45. Competitors arriving after this time are not allowed to start.** Use of cellphones, computers, tables or other electronic equipment is strictly forbidden in the quarantine. The warm-up area is included in the quarantine zone. Competitors and coaches shall walk directly to the quarantine from the car park and are not allowed to visit the arena. Attach the luggage tag on the bag and leave the bag at the SI-Clear station. The competitors are not allowed to leave the quarantine earlier than 30 minutes before start.

## **Luggage**

Bags will be transported from the quarantine to the shower, located in Stadsparksbadet, by the organizer. Attach the luggage tag to the bag. Show the number bib to the organizer when arriving to the shower to retrieving the bag.

## **Coverall**

May be left in the quarantine before 16:30 and at the start area. Also at good weather it is recommended to leave the coverall in the quarantine to avoid getting cold after finish since a leader chair will be used at the arena. The coverall will be retrieved in the competitor area at the arena.

## **Starting order**

Reverse order of the total result after stage 2. The leader will start last.

## **Cancellations**

If runner cannot start, independently of how close to the competition start, cancellation must be submitted.

## **Start list**

Will be posted in the quarantine and at the start area.

## **Number bibs**

Must be worn on both front and back. Advertising must not be hided. Safety pins are available.

## **GPS tracking**

Runners selected to carry GPS-tracking units must wear this units during the race. For more information see the separate GPS instructions.

## **Punching system**

Sportident. All SI-cards can be used. Finish punch.

## **Terrain description**

Parks and urban environment. 90% asphalt, 10% grass. Not that that there will be traffic in the competition area.

## **Map**

Scale 1:4000, contour interval 2.5 m. Mapping 2015 by Maths Carlsson.

## **Courses**

D21E, 3130 m

H21E, 3720 m

## **Local signs**

x Notice board or concrete sculpture

## **Competition Rules**

SOFT's competition rules for sprint.

## **Traffic**

Note that traffic occurs in the main part of the competition area. Flag officials are present only at certain passages. Traffic rules apply, watch out!

## **Show consideration**

Areas of housing, parks, bicycle and foot paths are included in the competition area. In these areas are families, children and adults staying. In some areas, much audience may be present. Show consideration!

## **Clothing**

Shoes with metal studs or spike shoes are prohibited. There are no special regulations applying to type of clothing to wear.

## **Water**

At start and finish.

## **Toilet**

At quarantine, start, finish and shower.

## **Healthcare**

Available at the arena.

## **Warm-up**

There is no marked route to the start, but a warm-up map will be hand out in the quarantine. The start is marked with a finish sign on the warm-up map. NOTE! You must pass a busy road on the way to the start, be careful! It is not allowed to leave the warm-up area on the way to the start.

## **Start**

Each minute, late start is not allowed.

## **Control description**

Printed on the map and loose copies.

## **Results**

Presented by the speaker and on [www.oringenonline.com](http://www.oringenonline.com).

## **Maximum time**

60 minutes

## **Complaints and protests**

Complaints shall be handed in to event direction as soon as possible, no later than 15 minutes after last result have been published. Protest against event direction complaint decision must be provided in written format not later than 1 hour afterwards.

## **“Cool-down”**

Only within dedicated area marked on the map, handed out after finish.

## **Shower**

Stadsparksbadet, marked on the “Cool-down” map. Walking distance Shower - Parking is 1000 m.

## **Price ceremony**

The price ceremony takes place after the competition, about 19:00. Price is awarded to the first place, second place and the third place in each class. Leader chair on stage during the competition.

## Event direction

Event Management: Joakim Albrektsson +46 (0) 703-09 83 95  
Johan Lundblad +46 (0) 70-834 14 85  
Henrik Bengtsson +46 (0) 70-560 30 20

Course setter: Rickard Börjesson  
Press contact: Bo Haglund  
Speaker: Per Forsberg  
Jury: Mats Blom, Alf Larsson and Magnus Albinsson

## Embargoed area July 21, 2015

Competitors are allowed to pass through the embargoed area on road 42, park on dedicated parking areas by the organizers and follow the marked route from the car park on the way to the quarantine.

