

O-Ringen

Värmland 2017

Competition Information: O-Ringen MtbO July 23–28, 2017

Version 2017-07-20

Welcome to O-Ringen MtbO!

The following applies for all stages:

Registration
















Competitors can register through oringen.se or at Competitor Services at O-Ringen City or at the arenas. The entry deadline for the full 5-day program is July 22, 9:00pm. Entry to Stage Start is open until 60 minutes before that stage's final start time.

Maps

All maps were last revised in 2017 and printed on plasticized paper on laser printers. The following legend is used. Note that it is allowed to ride on open areas and fields, as long as that area is not marked as out of bounds on the map (with vertical purple lines). Map size is A3 for all classes during all stages.

Competition rules

The Swedish Orienteering Federation's competition rules from 12/22/2016 are in effect.

	Väg 100% fart
	Snabb bred stig/väg 75-100% fart
	Snabb stig 75-100% fart
	Medelsnabb bred stig/väg 50-75% fart
	Medelsnabb stig 50-75% fart
	Långsam bred stig/väg 25-50% fart
	Långsam stig 25-50% fart
	Svår bred stig/väg 0-25% fart
	Svår stig 0-25% fart
	Förbjuden väg, förbjudet att passera krysset
	Svårt hinder som får passeras. Bom, trä, trappa etc.
	Öppet område. Tillåtet att cykla
	Halvöppet område. Ej tillåtet att cykla
	Skog. Ej tillåtet att cykla
	Tät skog. Ej tillåtet att cykla

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Special notes:

- During Mtbo at O-Ringen Värmland you are only allowed to ride on trails and roads marked on the map, as well as paved and gravel areas and on open areas (100% yellow). It is not allowed to either ride or run with the bike through the forest, or over white, half-yellow (50%), or clear-cut areas on the map.
- The competitor must have his/her bike with them at all times. It cannot be left so that the competitor can run to the control, punch, and return to the bike.
- Many of the trails are narrow, and a risk for collisions exists. Make sure to stay to the right and use caution! Whenever possible, notify other riders that you are coming.
- Forbidden trails and roads are marked with red crosses on the map and (sometimes) with blue-and-yellow streamers across the trails in terrain. Respect the out of bounds trails. Show consideration to nearby residents.
- Indistinct trails are marked with white streamers in terrain.
- Equipment requirements include a bicycle (not electric-powered) and helmet. Otherwise, there are no additional requirements on clothing.
- Competitors in all classes are called up 2 minutes before the start and get their map 1 minute before the start.
- Rented SI-chips can be collected at Competitor Services at each MTBO arena on the morning of the competition. Rented SI-chip must be returned after finish. See detailed information under "Rules for SI-chips" in the program brochure.

Class and course information:

Class	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	First Start, Stage 5	Map scale*
Distance to start:	600 m	0 m	2500 m	1200 m	3800 m		
H70	11.5**	5.7	3.5	6.0	9.8	10:30	1:10 000
H60	13.2**	6.5	3.9	7.9	11.0	10:00	1:10 000
H50	15.0	7.9	3.9	8.3	14.2	09:10	1:15 000
H40	17.9**	8.3	4.3	9.0**	15.3	08:35	1:15 000
H21	25.7**	11.0**	5.8	11.8**	21.8**	08:30	1:15 000
H20	19.9**	8.7	4.8	10.0**	16.0	09:10	1:15 000
H16	13.2	6.5	3.9	7.9	11.0	09:30	1:15 000
H14	8.7	5.2	3.3	5.5	7.7	10:20	1:10 000
H12	5.5	3.1	2.4	3.4	5.3	10:40	1:10 000
D70	7.8	3.6	2.7	4.4	5.9		1:10 000
D60	8.7	5.2	3.3	5.5	7.7	10:55	1:10 000
D50	11.5	5.7	3.5	6.0	9.8	10:50	1:15 000
D40	13.2	6.5	3.9	7.9	11.0	10:35	1:15 000
D21	19.9**	8.7	4.8	10.0**	16.0	08:40	1:15 000
D20	14.7	7.3	4.2	7.8**	12.0	08:45	1:15 000
D16	11.5	5.7	3.5	6.0	9.8	10:05	1:15 000
D14	8.7	5.2	3.3	5.5	7.7	10:45	1:10 000
D12	5.5	3.1	2.4	3.4	5.3	11:00	1:10 000
Open long difficult	18.2	8.7	4.9	9.0**	15.3		1:15 000
Open long easy	17.1**	6.9	4.7	7.2	12.0		1:15 000
Open medium difficult	12.2**	6.7**	3.6	6.9	9.1		1:10 000
Open medium easy	10.0	5.3	3.8	5.2	7.8		1:10 000

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Open short difficult	7.8	3.6	2.7	4.4	5.9		1:10 000
Beginner	5.7	4.2	3.0	4.1	5.0		1:10 000

*This indicates the map scale for the long distance stages. Scale for middle distance is 1:10 000 and for sprint distance 1:7 500 for all classes.




**Riders on these courses must flip their map partway through the course.

Stage start / Direct entry




The following classes are available at each stage of the competition. You can register until 60 minutes before the last start time for each stage.

Klass	Cykelteknisk svårighetsgrad	Orieringsteknisk svårighetsgrad	Vem banan passar:
Prova på	Grus- och asfaltsvägar och stora stigar, t ex elljusspår. Lättare stigning.	Tydliga och få vägval mellan kontrollerna. Korsningar och förgreningar är tydliga.	Nybörjare både på cykel och med karta.
Öppen kort svår	Vägar och stigar utan för mycket rötter och stenar. Enstaka brantare backar kan förekomma annars lätt kupering.	Tydliga vägval. Riktningssändringar vid kontrollerna förekommer.	För dig som har orienterat, men som inte vill cykla så långt.
Öppen mellan lätt	Stigar med sten, rötter och över myrar förekommer, kraftig stigning både uppför och nerför.	Tydliga och få vägval mellan kontrollerna och med få riktningssändringar vid kontrollerna.	För dig som brukar cykla på skogsstigar, men som saknar orienteringserfarenhet.
Öppen mellan svår	Vägar och stigar utan för mycket rötter och stenar. Enstaka brantare backar kan förekomma annars lätt kupering.	Kluriga vägval, riktningssändringar. Att kunna orientera efter höjdkurvor och terrängföremål är en stor fördel.	För dig som inte är så van att cykla på stigar i skogen, men är duktig att orientera.
Öppen lång lätt	Stigar med sten, rötter och över myrar förekommer, kraftig stigning både uppför och nerför.	Tydliga vägval. Riktningssändringar vid kontrollerna förekommer.	För dig som är duktig MTB-cyklist och inte så van att orientera.
Öppen lång svår	Stigar med sten, rötter och över myrar förekommer, kraftig stigning både uppför och nerför.	Många och kluriga vägval. Mycket riktningssändringar. Att kunna orientera efter höjdkurvor och andra terrängföremål är en stor fördel.	För dig som vill ha en rejäl utmaning både cykeltekniskt och orienteringsmässigt.

Förklaring cykelteknisk svårighetsgrad

-  Grus- och asfaltsvägar och stora stigar, t ex elljusspår, lättare stigning.
-  Vägar och stigar utan för mycket rötter och stenar. Enstaka brantare backar kan förekomma annars lätt kupering.
-  Stigar med sten, rötter och över myrar förekommer, kraftig stigning både uppför och nerför.

Förklaring orienteringsteknisk svårighetsgrad

-  Tydliga och få vägval mellan kontrollerna. Korsningar och förgreningar är tydliga.
-  Tydliga vägval. Riktningssändringar vid kontrollerna förekommer.
-  Många och kluriga vägval. Att kunna orientera efter höjdkurvor och andra terrängföremål är en stor fördel.

Electronic punching

SportIdent's electronic punching system will be used. SI-chips 5 through 11 can be used. Competitors must have their SI-chip with them during the entire race, but it does not need to be attached to the bicycle.

Controls

Controls are marked with an orange-and-white flag and an SI-unit.

Code numbers

Control codes will be printed on the map next to the control number. No separate control descriptions will be provided.

Bib numbers

Bib numbers can be picked up from Competitor Services at O-Ringen City until July 22. After that bib numbers can be picked up at Competitor Services at each arena. All

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competitors must have their bib numbers attached to the front of the bike. Cable ties will be provided together with the bib number.

Clothing

Every competitor must wear a helmet. Competitors not wearing a helmet will not be allowed to start. There are no other clothing restrictions.

Map holders

Map holders can be rented from Nordenmark at each arena.

Refreshments

Water is available at the finish, but not along the course. Competitors are responsible for providing their own refreshments.

Equipment

Competitors may carry and use tools and spare parts with them during the competition, but they may not use spare parts or tools carried by anyone else. Electrical bicycles may not be used.

The code of MtbO competitors:

- Slow down when passing someone who is walking.
- When two riders meet:
 - a) Keep to the right; riders should pass each other with their left shoulder closest
 - b) Riders cycling downhill have the right of way
 - c) At intersections between a smaller trail and a road, the rider on the road has the right of way
- Pass other riders on the left
- Slower riders must provide space for passing faster riders.
- It is each rider's obligation to help an injured competitor.

Results

Results will be available at www.oringenonline.se

Prizegiving

Prizes for stage winners for stages 1-4 will be handed out at the prizegiving ceremony at O-Ringen Square each evening at 6:00pm. Prizes for overall winners will be given out at the prizegiving ceremony on Friday, July 28 at 4:00pm. Prizes to 2nd and 3rd place finishers overall can be picked up from Competitor Services after the prizegiving ceremony.

Services at the arena

Each arena will have bike washing station, toilets, showers, and a kiosk selling snacks and equipment.

Event directors

Event director MtbO Anders Forsberg, 070-554 83 39

Assistant event director MtbO Maria Marinopoulou, 070-690 58 32

Jury

Per-Johan Josefsson (O-Ringen Höga Kusten)

Kenneth Svensson (O-Ringen Kolmården)

Lars Pontén (O-Ringen Uppsala)

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Course setters

Stages 1 and 2: Tobias Öström

Stages 3 and 4: Pontus Kullin

Stage 5: Andreas Blomgren

Mappers

Stages 1, 2, and 5 Andreas Blomgren

Stages 3 and 4 Pontus Kullin

Course and map controllers

Pontus Kullin, Tobias Öström, and Andreas Blomgren

Stage 1: Sunday, July 23

Distance

Long distance

Assembly

Arena Brandsbol, Brandsbols Sports Arena in Hedås; follow road signs from Gräsmark (Uddheden), 19 km Northwest of Sunne.

Start

First start at 10:00am. Stage Start / Direct Entry classes start between 10:00am and 2:00pm.

Entries to Stage Start / Direct Entry classes can be purchased between 9:00am and 1:00pm.

Distance to the start: 600m along forest trails.

Terrain description

Stage 1 takes place in open pine forest. The ground consists of a thin soil cover on top of sand and heath. The area is crossed by a number of easily bikable trails and roads. The difference in the trails' ridability is insignificant. As a contrast to this, the eastern part of the map features a steep slope of 40-50 meters down to the river Rottnan. Stage 1 is long distance and is going to be very speedy with some tricky route choices along the steep slope.

Car traffic

Competitors will be riding along and crossing roads with car traffic. To ensure safe crossing, a so-called "Spanish curve" will be used when crossing roads. See more information at the arena. Regular traffic rules apply on the road. The speed limit for cars will be lowered to 40km/h during the competition.

Parking

Parking is available next to the arena. No parking fee or parking pass is necessary.

Campers and RVs are allowed to park at the arena parking lot.

Stage 2: Monday, July 24

Distance

Middle distance

Assembly

Arena Selma Spa, Hotel Selma Spa; follow road signs from the RV45 road in Sunne.

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Start

First start at 10:00am. Stage Start / Direct Entry classes start between 10:00am and 2:00pm. Entries to Stage Start / Direct Entry classes can be purchased between 9:00am and 1:00pm. Distance to the start: 0 m.

Terrain Description

The competition area is crossed by a number of larger and smaller trails that are occasionally used for cross-country skiing in the winter. The area is steep. The squiggly ski trails and steep slopes with ridges and ravines will make correct route choices especially important. In the event of rain the area will become decidedly more difficult to ride through than in dry weather.

Parking

Parking is available at the Kolsnäs sports arena, east of road RV45. Follow signs to the parking. Distance from parking to the arena max 400m.

Stage 3: Wednesday, July 26

Distance

Sprint

Assembly

Arena Frykstahöjden, Frykstastugan Kil, follow road signs from central Kil.

Start

First start at 10:00am. Stage Start / Direct Entry classes start between 10:00am and 2:00pm. Entries to Stage Start / Direct Entry classes can be purchased between 9:00am and 1:00pm. Distance to the start: 2500m along roads and large trails.

Terrängbeskrivning

The sprint is close to town and will require many quick route choice decisions to succeed. The end of the courses features a very dense trail network in beautiful pine forest. Note: large portions of this stage will go through a populated area of private homes.

Car traffic

Competitors will ride along and cross roads with car traffic. To ensure safe crossing, traffic marshals will be placed at road crossings. The speed limit for cars is lowered to 30 km/h on the road. Regular traffic rules apply to all competitors. Violations of such rules can lead to disqualification. Show respect for pedestrians, children, and others you may encounter in the area.

Parking

Parking is available next to the arena. No parking fee or parking pass is necessary. Campers and RVs are allowed to park at the arena parking lot.

Stage 4: Thursday, July 27

Distance

Middle distance

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Assembly

Arena Frykstahöjden, Frykstastugan Kil, follow road signs from central Kil.

Start

First start at 10:00am. Stage Start / Direct Entry classes start between 10:00am and 2:00pm. Entries to Stage Start / Direct Entry classes can be purchased between 9:00am and 1:00pm. Distance to the start: 1200m along trails and forest roads.

Terrain description

This stage 4 middle distance race begins in a large forested area with a relatively sparse trail network. Some of the trails here are trickier to ride. The last part of the courses features a denser trail network with challenging orienteering all the way to the finish.

Car traffic

Competitors will ride along and cross roads with car traffic. To ensure safe crossing, traffic marshals will be placed at road crossings. The speed limit for cars is lowered to 30 km/h on the road. Regular traffic rules apply to all competitors. Violations of such rules can lead to disqualification. Show respect for pedestrians, children, and others you may encounter in the area.

Parking

Parking is available next to the arena. No parking fee or parking pass is necessary. Campers and RVs are allowed to park at the arena parking lot.

Stage 5: Friday, July 28

Distance

Long distance

Assembly

Arena Rackstad, Westom motor stadium, follow road signs from road RV61 to the East of Arvika.

Start

First start at 08:30am. Chase start in all competitive classes from age 14 and up. Competitors who are more than 60 minutes behind the leader in their classes, or who do not have a total result after four stages, will start with 1-minute intervals. These interval starts will begin 60 minutes after the start of the class leader. Stage Start / Direct Entry classes start between 10:00am and 2:00pm. Entries to Stage Start / Direct Entry classes can be purchased between 9:00am and 1:00pm.

Distance to the start: 3800m along roads.

Terrain description

Technically challenging terrain with stones and roots on many of the trails. Variable steepness and trail ridability. The beginning of the chasing start long distance courses is on the edge of town and will feature a lot of trails. Soon after that the courses will enter a steeper area with large variation in trail quality. The last part goes through cultivated areas, finishing at the motor stadium parallel with the foot orienteering races. In the event of rain the area will become decidedly more difficult to ride through than in dry weather. The leg to the final control is common for all courses and follows a newly created trail through the

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forest. The trail is difficult to ride and goes uphill. If you need to walk your bike, stay to the right and pass on the left. Show caution and consideration for your fellow competitors.

Car traffic

Competitors will be riding along and crossing roads with car traffic. To ensure safe crossing, a so-called "Spanish curve" will be used when crossing roads. See more information at the arena. Regular traffic rules apply on the road. The speed limit for cars will be lowered to 30km/h during the competition.

Parking

Parking is available next to the arena. The Red parking lot (200m walk) requires a parking fee. The Blue parking lot (1500m walk) is free.

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Try MtbO: Tuesday, July 25

O-Ringen offers a possibility to try MtbO during the O-Ringen week's activity day. The event takes place on courses from stage 2. A variety of courses, including H- and D-21 courses, are available.

Distance

Middle distance

Assembly

Arena Selma Spa, Hotel Selma Spa, follow road signs from road RV45 in Sunne.

Classes

Class	Length, km	Map scale
Distance to start:	0 m	
Open H21	11.0	1:10 000
Open D21	8.7	1:10 000
Open long difficult	8.7	1:10 000
Open long easy	6.9	1:10 000
Open medium difficult	6.7	1:10 000
Open medium easy	5.3	1:10 000
Open short difficult	3.6	1:10 000
Beginner	4.2	1:10 000

Start

Start from 10:00am to 2:00pm.

Entries can be purchased between 9:00am-1:00pm.

Distance to the start: 0m.

Terrain description

The competition area is crossed by a number of larger and smaller trails that are occasionally used for cross-country skiing in the winter. The area is steep. The squiggly ski trails and steep slopes with ridges and ravines will make correct route choices especially important.

Parking

Parking is available at the Kolsnäs sports arena, east of road RV45. Follow signs to the parking. Distance from parking to the arena max 400m.

A warm welcome to O-Ringen MtbO in Värmland!

