

PM Elittour

Program

Stage	Arena	Distance	Scale
1	Arena Skjutsbol	Long	1:15 000
2	Arena Torget	Sprint	1: 4 000
3	Arena Boda	Reduced Long	1:15 000
4	Arena Boda	Middle	1:10 000
5	Arena Rackstad	Long, Chase start	1:15 000

Course lengths

Class	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	First start Stage5
To start:	2 250 m	1 200 m	1 950 m	2 250 m	2 700 m	
D21E	11,5	2,6	6,1	3,9	7,3	11:30
H21E	13,3	3,0	10,4	4,9	11,5	11:45
D20E	8,4	2,6	9,1	4,4	10,3	10:45
H20E	10,1	2,9	8,2	4,4	9,7	10:00
D18E	6,5	2,4	5,6	3,8	6,4	09:00
H18E	7,8	2,8	6,2	4,2	7,4	09:15

Competition rules

The Swedish orienteering federations current rules are applied.

Restricted areas

Restricted areas are published on oringen.se and can be found in the menu under Competition/Terrain/Restricted areas. The second stages Elitesprint the competition area is closed for entry from 10:00 am Tuesday July 25. More information can be found on oringen.se under Competition/Our competitions/Elite tour.

Runner selection Elite tour

Selection of runners in the Elite tour is done according to rules published on oringen.se. Any cancellation must be handed in as soon as possible to give other runners on the reservelists a chance to compete. To enter a spot that has been opened up by cancellation you must actively register your interest to run stage 1 by mailing us at elit@oringen.se. Runners will only be added to fill cancellations made before 15:00 on Saturday July 22.

Number bibs and runner goodie bags

Runners are in charge of picking up number bibs and bags at the Event center (O-Ringenstaden) in the Competitor service center or at the Competitor service center out at the Arena for stage 1. Note that your number bib will be used at all stages excl. runners placed 1-15 on stage 5 where new numbers will be provided at the start. Number bibs shall be worn clearly visible, text and logotypes shall not be folded away.

Startlottning

DH21E

Stage 1: Reversed startorder according to IOF World Ranking list per July 1 is used, best ranked runner starts last.

Stage 2-4: Three startgroups are created based on the total standings before each stage. The 20 best runners in the total standings will be drawn to start among the last 20 starters, 21-50 among the middle group and placement 51-80 will be drawn in to the first starting group.

Stage 5: Chase start. The runner with the shortest total time after stage 1-4 will start first, cahsed by the competitor with the second shortest total time etc. First runner to cross the finish line is the winner. For competitors with times over 90 minutes after the leader (competitor with shortest time) will start every 15 seconds (following the order of results). Runners without total results will then be drawn in to the interval start after all runners with complete total results have started.

DH18-20E

Stage 1 och 3: Two startgroups are created by draw. Startgroup 1 and 2 are the same size. One startgroup will be drawn among the first half of Stage 1 and then within the second half of that startlist during Stage 3. The other startgroup is drawn in to the startlists in reverse order.

Stage 2 and 4: Three startgroups are created based on the total standings before each stage. The 20 best runners in the total standings will be drawn to start among the last 20 starters, 21-70 among the middle group and placement 71-120 will be drawn in to the first starting group.

Stage 5: Chase start. The runner with the shortest total time after stage 1-4 will start first, cahsed by the competitor with the second shortest total time etc. First runner to cross the finish line is the winner. For competitors with times over 90 minutes after the leader (competitor with shortest time) will start every 15 seconds (following the order of results). Runners without total results will then be drawn in to the interval start after all runners with complete total results have started.

Startlists

Allways control your starttime on oringenonline.se the same day as the competition, some changes may have occured because of late cancellations and addition of reserves. Startlists are published at the latest on the evening of Saturday July 22 at oringenonline.se

Transportation of clothes from start

No transportation of clothes is provided from the start.

Punching system

SportIdent is used at all stages.

Finishpunch and readout

Elite tour runs through Bagheera finishshute. After finishing go to read out your SI card and try to go to the read out station closest to the speaker to help facilitate the possibility to be interviewed.

Press och media

There is a specific mixed zone for elite runners after finish to help facilitate press and media interviews. Please try to exit the finish area through this area.

Water and Sportsdrinks

Refreshments are available as water or sportsdrinks along the courses.

Terrain

Detailed information about each stages terrain can be found online at oringen.se

GPS-transmitters

Parts of the starting runners will be asked to wear GPS-units in a vest while running. Which runners that have been selected to wear GPS-units will be posted in the Elite tent at each stage.

Elitservice

As an extra service for elite runners there is a tent reserved for elite runners at each Arena with possibilities to change clothes and a some simple services and hosts. Service in the form of water, power, mirror etc. The tent is limited on space so we ask that you show respect to your fellow runners and not use more space than necessary.

Training maps

Sold at the Eventcenter (O-Ringenstaden) and the Competitor service center.

Prisegiving and flower ceremony

DH18-20E

Stage 1,3 och 4

Prisegiving for stagewinners at the main stage at the eventcenter 18:00. Meetup at 17:40 in the prisegiving tent (adjacent to the main stage).

Stage 2 (Elite sprint)

Prisegiving at the Arena right after completed race.

Stage 5 (totalresultat)

Placement 1-3 in DH18-20E will receive gift cards at Team Sportia. 1st place value of 5 000 SEK, 2nd place 3 000 SEK, 3rd place 2 000 SEK. Competitors will receive their prizes on the main stage 17:00, meetup at 16:40. Other competitors will pick up their prizes at the Competitor service center 12:00 – 19:00.

DH21E

Stage 1-4

For runners placed 1-3 a flower ceremony will be held at the Arena right after the results have been finalised. The winner every day will also be joining the prize giving ceremony on the main stage at the event center at 18:00. Meetup at 17:40 in the prizegiving tent behind the main stage. Stagevictory in DH21E gives 4.000 SEK, 2nd place 2.000 SEK and 3rd place 1.000 SEK.

Stage 5 (totalresultat)

For runners placed 1-3 a flower ceremony will be held at the Arena right after the results have been finalised. Runners placed 1-10 in the total will receive their prize checks at the ordinary

prizegiving ceremony at the main stage at the event center 17:00, meetup at the prizegiving tent next to the stage at 16:40. DH21E 1st place in total gives 80 000 SEK, 2nd place 50 000 SEK, 3rd place 20 000 SEK, 4th place 15 000 SEK, 5th place 10 000 SEK, 6th place 5 000 SEK, 7th place 4 000 SEK, 8th place 3 000 SEK, 9th place 2 000 SEK och 10th place 1 000 SEK.

Rules for prizemony

All starting runners at each stage may win prizemony for that individual stage. You do not need to have a complete result for all stages to win prizemony from a single stage.

Competition management

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