

PM Elite Sprint M/W 21E1, 26/7

Arena O-Ringen square, at the big stage in Lindvallen.

Gathering place Lift 303. Quarantine is situated close to the parking.



Embargoed area All stages at O-Ringen are embargoed according to O-Ringen webpage.

Link to embargoed area:

<https://www.google.com/maps/d/viewer?mid=1GIS6GiaLUawU4aAusa9J6aTrYiM>

If you have accommodation within the embargoed area you are allowed to use the main roads to get in and out from the embargoed area, but it is not allowed to do trainings within embargoed areas or in any other way try to get information about the competitions.

Parking Close to the quarantine.

Quarantine Quarantine opens at 17.00 and all competitors are obliged to check in at the latest 17.30. Those who are not signed in at 17.30 are not allowed to start. After entering the quarantine you are not allowed to leave the area. Any use of technical devices or finding information about the competition is not allowed after entering the quarantine.

After finished race you can not go back to the quarantine.

Changing Change of clothes is possible under roof in the quarantine before the race and also at the finish area. No showers are provided and it is not allowed to go to any area within the competition area before all runners have reached the finish line.

Clothing Competitors shall wear clothing that covers the whole body except for head, neck and arms and we recommend shoes with good grip.

Number bibs Number bibs are handed out when you check in to the quarantine and are to be worn on the chest and back and may not be folded or cut in any way.

GPS	GPS-runners are presented in the quarantine and also at the O-Ringen webpage. GPS-west are handed out at check in and the GPS-unit at the start (-3 min). The equipment has to be returned at the finish area.
Bags	Before leaving to the start, the runner shall leave his/her bag according to the signs. The organizer will transport the bag to the arena.
Courses	D21E 2,4 km (straight line) H21E 2,9 km (straight line)
Start	First start M21E 19:15 and W21E 19:30. Late start is allowed with maximum 5 min. Organizers decide when it is ok to start without disturbing other runners. Distance to the time start is presented in the quarantine.
Start Procedure	At the start: 3 min: Call up and GPS-unit. 2 min: Control descriptions are available and map corrections are shown. 1 min: Stand by the map. Start time: Take your map and run
Maximum running time	45 min
Punching	Sportident. Clear and check at the start.
Controls	Marked with orange/white flags. There are two punching units at each control.
Terrain	The area in Lindvallen is mixed with forest, open downhill slopes, area with cottages and bigger buildings. Runability and visibility is mostly good, but undergrowth can vary within the area.
Traffic and spectators	Some traffic (cars and bikes) can occur in the area and all roads are open. The runner shall be careful when crossing roads. Since O-Ringen is a big event, a lot of people will be moving in the area. Some organizers are directing spectators, around the arena and within the competition area, to make sure that conditions will be as fair as possible.
Map	Map: Lindvallen, revised June 2016 Mapmaker: Kenneth Kaisajuntti Scale: 1:4000 Equidistance: 2,5m Print: Kartsam AB printed

Local symbols	x black cross – signpost o blue circle – well or snow cannon
Embargoed area	Forbidden areas are marked by violet stripes (symbol 709.00).
Control descriptions	Control descriptions are both printed on the maps and available at the start. Maximum size M21 - 17cm and W21 – 15cm.
Prize giving ceremony	5 min after last runner entering the finish there will be a prize giving ceremony. Top 3 receive prizes.
Competition rules	Competition rules according to SOFT's present rules.
Complaints and/or protests	Any complaints have to be told to the event organisation. Protests against their decision have to be written and will be handed to the competition jury.
Event organisation	Event director: Erik Rost, 070-870 98 69 and ass. event director: Jakob Lööf, 073-330 66 88
Course setter	Emma Johansson (course controller Lena Eliasson)
Jury	Mats Blom (head), Magnus Albinsson, Jan Åhlund