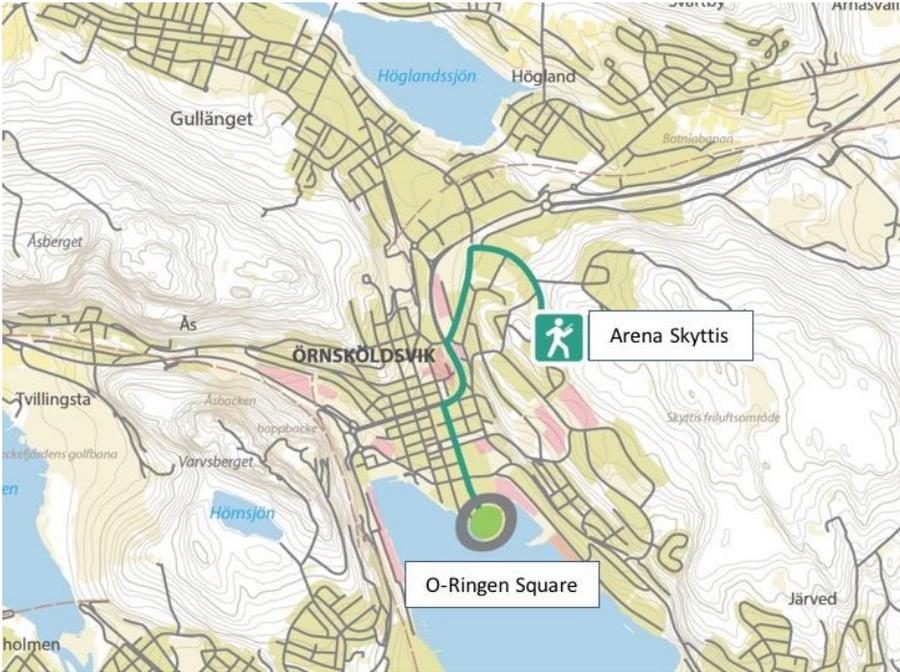


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Trail-O Stage 1: Final Details

Sunday, July 22

<p>Assembly area/Arena</p>	<p>Arena Skyttis. The distance from O-Ringen Square to the arena is approximately 3 km.</p> <p>Use GPS coordinates to get there: Lat 63 17 42 54" N; Long 18 44 41 33" E</p>  <p>O-Ringen is not organizing any transportation to the Trail-O arenas. Competitors are advised to use their own vehicles or bicycles.</p>
<p>Parking</p>	<p>Distance from parking to the arena is maximum 200 meters.</p> <p>Follow the instructions of the parking officials.</p>
<p>Competition rules</p>	<p>The Swedish Orienteering Federation's rules and guidelines for Trail-O apply.</p>
<p>Classes</p>	<p>Pre-E, Pre-A, Pre-B, Pre-C</p> <p>Pre-N has been eliminated due to insufficient entries.</p>
<p>Course details</p>	<p>Pre-E 840 m. Maximum time 92 minutes; 22 controls.</p> <p>Pre-A 840 m. Maximum time 102 minutes; 19 controls.</p> <p>Pre-B 1,0 km Maximum time 90 minutes; 12 controls.</p> <p>Pre-C 1,0 km Maximum time 75 minutes; 9 controls.</p> <p>Pre-E and Pre-A are divided into two parts. The maximum time is</p>

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	<p>calculated for both parts combined. The distance between the two parts is ~1.5km. An overview map for traveling to part 2 is provided after punching the finish for part 1. Follow the streamered route to get there.</p> <p>Competitors on the Pre-E (part 1), Pre-A (part 1), Pre-B, and Pre-C courses are only allowed to travel along paved roads and areas. However, competitors on Pre-B and Pre-C may cut across to another paved area between controls 4 and 5 (Pre-B) or 5 and 6 (Pre-C).</p> <p>Competitors on Pre-E (part 2) and Pre-A (part 2) may also walk on the gravel road that runs parallel to the paved road.</p> <p>There may be some false controls on the Pre-E and Pre-A courses. All false controls are distinct. Pre-B and Pre-C will not have any false controls.</p> <p>Maps showing solutions will be distributed once the last competitor has started.</p>
Point deductions	Exceeding the course's maximum time is penalized with a point deduction of 1 point for any part of each 5-minute unit over maximum time.
Punching	<p>Bring your own manual punch.</p> <p>SportIdent is used for timing on the course.</p>
Start	<p>First start 13:00.</p> <p>All classes have a queueing start. Start times are approximate. Competitors punch the start after the timed control.</p> <p>The walk from the arena to the timed control is 500m. Follow white streamers. The distance from the timed control to the start is 100m. Follow orange-and-white streamers. The distance from the finish to the arena is 800m.</p> <p>Do not forget to punch the start!</p>
Timed control	<p>All courses start with a timed control.</p> <p>The Tempo method is used for the timed control. The competitor gets the maps together with a cover sheet on top. Map scale is 1:3000. Time starts when the control official hands over the maps and says "Timing starts now." The competitor can flip to the next map him/herself once the previous task is solved. The clock stops at the exact moment when the competitor provides the answer to the last task.</p> <p>Answers are given by pointing at a board with letters for each control, or by providing an oral answer using the international phonetic alphabet (Alpha, Bravo, Charlie, Delta, Echo, Foxtrot).</p> <p>Number of tasks and flags:</p> <p>Pre-Elit: 3 tasks, 5 flags</p> <p>Maximum time is 60 sec. A warning is given when 10 seconds remain.</p>

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	<p>Incorrect or invalid answers result in a time penalty of 60 seconds.</p> <p>Pre-A: 2 tasks, 5 flags</p> <p>Maximum time is 90 sec. A warning is given when 10 seconds remain. Incorrect or invalid answers result in a time penalty of 90 seconds.</p> <p>Pre-B: 1 task, 3 flags</p> <p>Maximum time is 60 sec. A warning is given when 10 seconds remain. Incorrect or invalid answers result in a time penalty of 120 seconds.</p> <p>Pre-C: 1 task, 3 flags</p> <p>Maximum time is 60 sec. A warning is given when 10 seconds remain. Incorrect or invalid answers result in a time penalty of 120 seconds.</p>
Finish	Punch at the finish line at finish 1 and finish 2. After you finish, finish officials will check your punches.
Bib numbers and rented SI-chips	Bib numbers and rented SI-chips can be picked up at the secretariat at O-Ringen Square no later than 21:00 on Saturday. After that, they can be picked up at the Trail-O arenas from 12:00 on the competition day.
Punch card	Competitors receive their punch cards at the timed control. Punch cards must be returned to the secretariat after finishing the course.
Map	<p>Map drawn by Nils-Göran Olsson 2017.</p> <p>Enlarged and customized for Trail-O by Nils-Göran Olsson and Lennart Wahlgren 2017, 2018.</p>
Streamers and signs	<p>Parking – Arena: Follow posted signs</p> <p>Arena – timed control: White</p> <p>Timed control-start 2: Orange-White</p> <p>Finish - Arena: O-Ringen streamers.</p> <p>Out of bounds area / passage: Yellow-blue</p> <p>Boundaries: Red-white</p>
Terrain	<p>Detailed terrain that requires precise reading of contours.</p> <p>Somewhat rocky. Predominantly good visibility.</p> <p>Good walkability on paved trails.</p> <p>Medium amounts of climb.</p>
Services	Food for sale and toilets, as well as handicapped-accessible toilets, available at the arena. No toilets at the start. Refreshments available at

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	start 2.
Prizegiving	Stage winners can pick up their prizes during Sunday's prizegiving ceremony at O-Ringen Square.
Stage start/direct entry	<p>You can purchase stage start / direct entry in the PreO Difficult (Pre-A) och PreO Easy (Pre-B) classes.</p> <p>Register in the event secretariat at the arena between 12:30-14:00. Price: under 16 years old: 160 SEK, 17-20 years old: 220 SEK, 21 and above: 335 SEK. Pick up your punch card when registering.</p> <p>Open start times between 13:00-15:00.</p> <p>Pre-registered competitors can pick up their punch cards at the secretariat.</p>
Jury	Michael Johansson, Geir Myhr Öien, and Elisabeth Norsell Karlsson
Event officials	<p>Event director: Jan Söderberg, 070-3189073</p> <p>Assistant event director: Ulf Strömberg, 070-2243924</p> <p>Course setter: Lennart Wahlgren</p> <p>Course controller: Sören Söderberg</p> <p>Event controller: Maj Nylander</p>