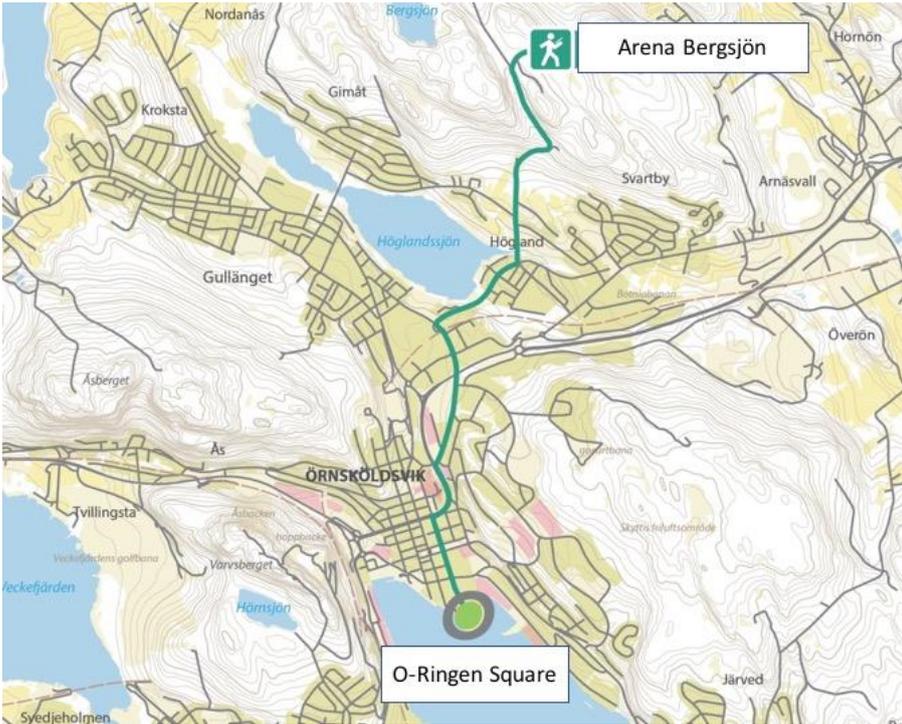


O-Ringen Höga Kusten 2018

Trail-O Stage 4: Final Details

Friday, July 27

<p>Assembly area/arena</p>	<p>Arena Bergsjön. The distance from O-Ringen Square to the arena is approximately 6 km.</p> <p>Use GPS coordinates to get there: Lat 63 19 29 31" N, Long 18 44 14 90" 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 approximately 200 meters. 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>Stage 5 is also part of the Elite Series competition.</p>
<p>Course details</p>	<p>Pre-E 250 m. Maximum time 71 minutes; 21 controls.</p> <p>Pre-A 250 m. Maximum time 67 minutes; 15 controls.</p> <p>Pre-B 250 m. Maximum time 59 minutes; 10 controls.</p>

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	<p>Pre-C 300 m. Maximum time 54 minutes; 9 controls.</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>The scale of the competition map is 1:1 500.</p> <p>The scale of the map for the timed control is 1:3000.</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	Bring your own manual punch. SportIdent is used for timing on the course.
Start	<p>First start 10:00.</p> <p>Competitors in the Pre-E class start in reverse order based on the total results from the first four stages.</p> <p>All classes have a queueing start. Start times are approximate. Competitors punch the start after the timed control.</p> <p>Competitors in classes Pre-A, Pre-B, and Pre-C start in the order of the start list.</p> <p>Do not forget to punch the start!</p> <p>Walk from Arena to Timed Control is 300m. Follow white streamers.</p> <p>Walk from Timed Control to Start is 300m. Follow white streamers.</p> <p>Walk from the finish to the arena is 300m.</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>
Tidkontroll	<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-E: 3 tasks, 5 flags</p>

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	<p>Maximum time is 60 sec. A warning is given when 10 seconds remain. 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. After you finish, finish officials will check your punches.
Bib number 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	Map drawn by Nils-Göran Olsson 2017. Enlarged and customized for Trail-O by Nils-Göran Olsson and Lennart Wahlgren 2017, 2018.
Streamers and signs	<p>Parking – Arena: Follow posted signs</p> <p>Arena – timed control: 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 large forest trails.</p> <p>No 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 the finish.
Prizegiving	Overall winners and 2 nd and 3 rd place finishers can pick up their prizes during Friday's prizegiving ceremony at O-Ringen Square.

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<p>Stage start/direct entry</p>	<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>
<p>Jury</p>	<p>Michael Johansson, Geir Myhr Öien, and Elisabeth Norsell Karlsson</p>
<p>Event officials</p>	<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>