

# ©-Ringen Höga Kusten 2018

## Final Details: Elite Tour

### Programme

Stage	Date	Distance	Arena
1	Sunday 22 July	Long Distance	Arena Domsjö
2	Monday 23 July	Middle Distance	Arena Domsjö
3	Tuesday 24 July	Sprint	Arena Stora Torget
4	Thursday 26 July	Long Distance	Arena Backsjö
5	Friday 27 July	Long Distance	Arena Skyttis

### Course details

Class	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	First start S5
Scale	1:15 000	1:10 000	1:4 000	1:15 000	1:15 000	
To start	2200 m	1350 m	200 m	2700 m	750 m	
Climb to start	75 m	40 m	0 m	85 m	0 m	
D18E	6,1	3,4	2,4	6	6,2	09:00
D20E	7,4	4,2	2,5	7,5	7,8	10:45
D21E	9,9	4,5	2,8	10,1	10,6	11:30
H18E	7,1	4	2,6	7	7,5	09:15
H20E	8,9	4,5	2,9	9,1	10,1	10:00
H21E	12	5	2,9	11,9	12,9	11:45

### Competition rules

The competition is held under the most current rules of the Swedish Orienteering Federation.

### Embargo

The embargoed area is published on [oringen.se](http://oringen.se). The area embargoed for the Elite Sprint is closed off to any competitors from 10:00 on the day of the race. More information will be published on [oringen.se](http://oringen.se) on July 23 as part of separate final details for the Elite Sprint.

### Selection

Selection for elite classes takes place using the selection rules published on [oringen.se](http://oringen.se). Please inform the organizers if you will not be using your spot in an elite class as soon as possible. This will give other runners the opportunity to fill the vacant spot in the class. Runners on the reserve list must actively express their interest in being

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added to elite class by sending an email to [elit@oringen.se](mailto:elit@oringen.se).

Runners from the reserve list will only be inserted into elite classes to replace competitors who drop out before 15:00 on Saturday, July 21.

## Number bibs

**Runners pick up their number bibs from the Elite Service tent at Stage 1, Arena Domsjö.** Note that you should use the same bib number for all five days, with the exception of the top 15 competitors in each class after four days. Those competitors get a new bib number for the day 5 chasing start. The bib number must be visible at all times during the races. You may not remove or hide any text or sponsor logos.

## Start time assignment

### DH21E

Stage 1: Reverse start order according to IOF's World Ranking list as of July 1. That is, the top ranked runners start last.

Stages 2 and 4: Three start groups will be created based on total standings before each of these stages. The top 20 competitors will be assigned random start times within the last 20 starters; competitors placed 21-50 overall will get random start times in the middle start group; and competitors placed 51-80 overall will be assigned random start times in the first start group.

Stage 3 (Elite Sprint): Reverse start order based on total standings.

Stage 5: Chasing start. The runner with the shortest total time from stages 1-4 starts first, chased by the runner with the second-shortest time, and so on. The first runner to cross the finish line wins the class overall. Competitors who are more than 90 minutes behind the class leader after four days will start in placing order with 15 second intervals, followed by competitors who do not have a total time after four days.

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## DH18E and DH20E

Stages 1-2: One day you start in the first half of the start field and the other day you start in the second half of the start field.

Stages 3-4: Three start groups will be created based on total standings before each of these stages. The top 20 competitors will be assigned random start times within the last 20 starters; competitors placed 21-70 overall will get random start times in the middle start group; and competitors placed 71-120 overall will be assigned random start times in the first start group.

Stage 5: Chasing start. The runner with the shortest total time from stages 1-4 starts first, chased by the runner with the second-shortest time, and so on. The first runner to cross the finish line wins the class overall. Competitors who are more than 90 minutes behind the class leader after four days will start in placing order with 15 second intervals, followed by competitors who do not have a total time after four days.

### Start lists

**NOTE! Always double-check your start time on [oringenonline.se](http://oringenonline.se) on the day of each race, as some start times may be changed after late cancellations.** Start lists will be published on [live.oringenonline.se](http://live.oringenonline.se).

### Warmup clothing

Warmup clothing will not be transported back from the start.

### Electronic punching

SportIdents electronic punching will be used. Note that SportIdent Air is **not** used during the Elite Sprint.

### Finish chute

Elite Tour competitors should run down the finish chute in the Alewalds chute.

### Press and media

There is a separate elite chute past the finish line where journalists and media representatives can interview runners. The chute is located adjacent to the media zone.

### Additional runners for Elite Sprint

Several additional runners have been added to the Elite Sprint. Any runner on the start list can win prize money.

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- Refreshments** Water and sports drink are available at water stops in the woods. Water is also provided on the way to the start.
- Terrain description** Detailed terrain descriptions and information about each stage are provided in O-Ringen's program booklet.
- GPS trackers** Some competitors will be asked by the organizers to wear GPS trackers inside special vests. The names of the selected runners will be posted on oringen.se and at the Elite Service tent at each stage. The GPS unit and vest will also be handed out at the Elite Service tent.
- Elite services** A special elite tent will be located at each arena as a special service to elite runners in the DH21E classes. In this tent, competitors can change clothes, have some water, snacks, fruit, and bars, and access to electrical outlets. There will also be event officials ready to answer any questions. Space in the elite tent is limited, so we ask elite runners to be considerate of others and not take up more space than necessary.
- Training maps** Training maps are available for sale at Competitor Services at O-Ringen Square.

## Prizegiving and flower ceremonies

### **DH18/20E**

#### Stages 1,2 and 4

Prizegiving for stage winners at the big stage at 18:00.  
Gather in the prize tent at 17:40.

#### Stage 3 (Elite sprint)

Prizegiving will take place at the arena immediately following the competition.

#### Stage 5 (overall results)

Competitors placing 1-3 in the DH18E and DH20E classes will receive gift certificates from Alewalds sporting goods store. The value of the gift cards is 5,000 SEK for winners, 3,000 SEK for 2<sup>nd</sup> place, 2,000 SEK for 3<sup>rd</sup> place. These competitors get their prizes at the big stage at O-Ringen Square at 16:00. Gather at 15:40. Other prize winners can

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pick up their prizes at Competitor Services at O-Ringen Square between 12:00-19:00.

## **DH21E**

### Stages 1-4

The top 3 finishers for each stage will take part in a flower ceremony at the arena immediately after results are finalized. Stage winners will also be recognized during the regular prizegiving ceremony at the big stage at O-Ringen Square at 18:00 each day. Assemble at 17:40 in the tent next to the stage. Stage winners in DH21E get 4,000 SEK, 2nd place winners 2,000 SEK, and 3<sup>rd</sup> place winners 1,000 SEK.

### Stage 5 (overall results)

The top 3 finishers overall will take part in a flower ceremony at the finish immediately after results are finalized. Competitors placing 1-10 overall will also be recognized and receive their prize money at the regular prizegiving ceremony at O-Ringen Square at 16:00. Gather at 15:40 at the prize tent. The class winner gets 80,000 SEK; 2nd place gets 50,000 SEK; 3<sup>rd</sup> place 20,000 SEK; 4<sup>th</sup> place 15,000 SEK; 5<sup>th</sup> place 10,000 SEK; 6<sup>th</sup> place 5,000 SEK; 7<sup>th</sup> place 4,000 SEK; 8<sup>th</sup> place 3,000 SEK; 9<sup>th</sup> place 2,000 SEK, and 10<sup>th</sup> place 1,000 SEK.

**Rules for prize money** Any competitor starting a given stage can win prize money for that stage. That is, a competitor does not need to have a valid overall time to win prizes for a specific stage.

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