



Bulletin-2 Örebro City Sprint



Sunday 24 June 2018

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Welcome to the fifth annual **Örebro City Sprint**, which this year is ranked as a **World Ranking Event (WRE)** with international elite classes for our top runners in M21 Elite & W21 Elite.

For this year's event, we have moved to the southern parts of Örebro and a new Sprint map that will offer exciting courses in both small parks and labyrinth-like residential areas.

The competition includes both an Individual Sprint Orienteering followed by a Mix Sprint Relay with four participants according to the IOF standard used at WOC.

All Örebro City Sprint participants will receive a discount on the entrance fee to Europe's most modern adventure swimming pools at **Gustavsvik Resorts** – pay SEK 120 instead of SEK 210 per person. Show Competition map or Readout print at the reception desk at Gustavsvik as a proof that you are eligible for the discount.



Event Centre

The Event Centre is located in the southern part of Örebro at Navet's school in the residential area Ladugårdsängen.

Use the parking area located south of the Arena alongside road Karlsdalsallén (see appendix **Vägvisning+Karta (Directions+Map) v1.0.pdf**).

Please note that driving to the parking area via road Karlsdalsallén is only permitted from west due to a current road repair.

[\[Map link to the Parking\]](#)



PM, version 1.0.2, 2018-06-21

Terrain

The competition area is fairly technical and consists of detailed residential courtyards with a mix of apartment blocks, detached houses and villas. The competition area also contains some parkland. The map area is very flat.

Map

Drawn according to ISSOM specification 2007, Swedish version 2010, by Mats Carlsvärd.

Equidistance: 2 meters

Map scale: 1:4000 for all classes up to HD55.

1:3000 for all classes HD60 and older.

Printing: SOFT certified laser printed map, Örebro University (Erik Norgren)

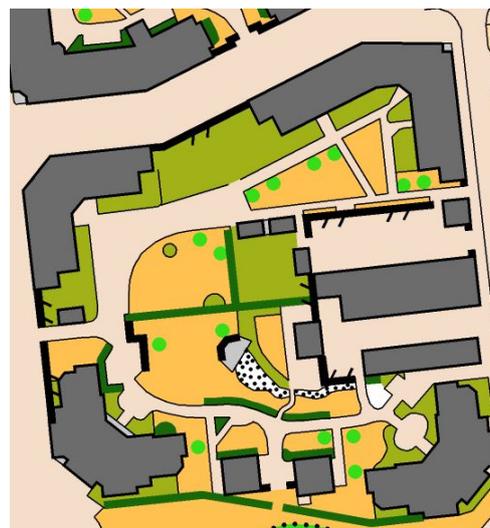
Useful information about the map:

- Meridians are blue.
- Special symbols: Black cross means larger playground item or beach flag.
- Control description may contain a special symbol for flower bed (flower).

Map (continued)

Representations of trees:

- Green ring denotes a large tree, with a diameter of at least 0.5 metres.
- Green dot denotes a smaller, but still notable, tree or larger bush.
- If trees are positioned close together, in a grove, the individual trees are not denoted on the map.
- Parkland where there are trees or bushes are most often represented by yellow-dotted areas on the map.



Uncrossable walls or fences:

- Walls or fences that are not allowed to pass (even if possible in practice) are drawn with thick (0.4 mm) black lines. Passing such an object leads to disqualification.

Uncrossable hedges and bushes:

- Vegetation represented in 100% dark green may not be crossed even if they are passable in reality. Traversing such hedges or bushes leads to disqualification.

Prohibited areas during the competition

Colours that denote prohibited areas:

- | | | |
|---------------------|---|--|
| Olive green: |  | Privately owned land, flower beds and other prohibited areas. |
| Green (100%) |  | Hedges and bushes. |
| Purple (50%) |  | Outdoor cafe seating areas and other temporary building constructions. |
| Purple (50%) lines: |  | Temporarily prohibited areas. |

Please also note that walls and fences that are marked on the map with thick solid black lines (0.4 mm) are prohibited to pass according to sprint rules – even if it would be practically to do so.

In some places non-crossable areas are marked by blue and yellow tapes.

SPORTident (SI)

All types of SI cards are permitted: SI Card 5, 6, 8, 9, 10 and 11. Registered runners without a SI-card may hire one for 30 SEK. Hired sticks that are lost are charged at 400 SEK.

Parking

To keep participants away from the competition area prior to the competitions, we refer to a parking area situated approximately 400 meters south of the arena (see appendix “**Vägvisning+Karta (Directions Map) v1.0.pdf**”).

Parking fee is 20 SEK/vehicle.

Also public parking's on streets located to the east of the competition area may be used (i.e. Eklunda, Sörby & Sörbyängen areas).

You may not arrive to the Event Centre from the west or north in order to avoid passing through segments of the competition area.

Web link to different car parks in the city: <http://www.orebro.se/592.html>

Competition rules

IOF Competition Rules for WRE classes **M21 Elite** and **W21 Elite**.

The Swedish Orienteering Federation competition rules and instructions for Sprint races for all other classes.

No restrictions on competition clothing. Spike shoes are not permitted, stud shoes are allowed.

All runners participate at their own risk.

Safety

Please note that the roads in the competition area will NOT be closed for the competition and that runners do NOT have priority in traffic.

This means that runners have the same status as any other person moving in traffic, and it is of outmost importance to be vigilant when crossing roads, pavements and cycling tracks.

Competition officials will be positioned at sensitive spots across the competition area, but their role is not to stop traffic to give runners priority. Rather, their task is to warn runners and other persons moving in traffic if dangerous situations were to occur.

There are some narrow passageways with limited view. Keep to the right even if this means taking the outer curve.

Refreshments

Well-stocked food sales will be provided at the Event Centre with coffee, cake, sandwiches, sweeties, drinks, and burgers.

Payment in cash, credit card or SWISH is possible.



Showers/toilets

Indoor facilities are located at the arena (inside the school).

First aid

Available at the Event Centre.

Start lists/ Results

By registering for the competition, you consent to online publication of your participation and results. Results and split times are published on the Eventor and WinSplits Online websites after the event. GPS tracks and maps from the event will be available on Livelox websites.

Individuell Sprint Orienteering (11AM)

Classes	Class	Distance (m)	Class	Distance (m)	Class	Distance
	W21E	3560*	M21E	4360*		
	W21	2590	M21	2950	U2 (Development class 2)	1790
	W17-20	2590	M17-20	2920	Ö1 (Open class 1)	1790
	W16	2280	M16	2650	Ö5 (Open class 5)	2570
	W14	2100	M14	2360	Ö7 (Open class 7)	3130
	W12	1960	M12	1960		
	W10	1800	M10	1800		
	W35	2490	M35	2920		
	W40	2360	M40	2780		
	W45	2130	M45	2650		
	W50	2100	M50	2490		
	W55	2000	M55	2280		
	W60	1790	M60	2130		
	W65	1700	M65	2000		
	W70	1660	M70	1790		
	W75	1660	M75	1700		

Note *The length of W21E and M21E is measured as the **shortest route choice**. For all other courses, the distance listed refers to the straight line between each control.

Late registration Late registrations are accepted via the Eventor website until **Thursday June 21 at 23:59**. The fee is increased by 50% for late registrations.

N.B. Registration for elite class requires IOF ID which may be obtained from the IOF Eventor website at <https://eventor.orienteering.org/Register>

Runners from outside of Sweden pay preferably via bank transfer in advance or on the day of the race (cash or credit card)

Organizer bank details:

(BIC Code): NDEASESS, (IBAN): SE57 9500 0099 6026 0659 7827

Vacancy for youth classes Five vacancy slots will be allocated to each class up to H/D16. Vacancies are allocated on the day of the race up until one hour before the starting time for a particular class.

Open classes It is possible to register for the Open classes on the day of the event, so-called 'direct registration'.

**Start information
for individual
race
(START-1)**

The first start will be **at 11.00 am**.
Runners who registered late will start first in each class.
The Open classes may start at any time between 10.45am–11.55am.
Distance to start: **approx. 500 meters**, indicated by orange/white tapes.

There is no toilet at the start area.

Control descriptions are printed on maps and also available separately.

**Start information
for the WRE race
(START-2)**

The first start for the WRE-classes is **12.00pm (noon)**.
Allocation of start times according to IOF World Ranking (180604) where the highest-ranking runners start last.

Quarantine

Runners in the elite classes must **by 11.00am at the latest** register at the sports hall of **Sörbyängsskolan** for quarantine (see **Vägvisning+Karta_(Directions Map)_v1.0.pdf**).

Runners not registered in the quarantine by this point in time will not be allowed to start in the competition.

The sports hall has facilities such as showers and toilets. Refreshments such as fruit, coffee, drinks, water and sandwiches are served at the quarantine.

Please note that shoes with studs are not allowed within the sports hall – use ordinary sports shoes.

**Pre-start and
start**

The runners in WRE classes receive a “warm-up map” for the area between the quarantine and the pre-start. The area covered by the map may be used for warm up on the way to the pre-start. It is prohibited to visit areas not covered by the map.

At the pre-start, there is a tent with refreshments (fruit, drinks, water) and toilets. Departure from the quarantine to the pre-start is done individually when desired.

Note: You are not allowed to return to the quarantine after leaving the quarantine. The rule applies for everyone including coaches.

Five (5) minutes before start there is a rollcall for runners within the pre-start area. The runners then proceed to the WRE start (100 m).

- Three (3) minutes before start runners enter zone 3 (Empty/Check)
- Two (2) minutes before start runners enter zone 2 (Control descriptions)
- One (1) minute before start runners enter zone 1 (Starting zone)
- The map is handed over at the starting signal

Controls

All the WRE controls have double electronic SI-units. The controls for all other classes have one electronic SI-control unit and one manual punch device (classic). It is the responsibility of the runner to check that punching has been registered correctly and that both sound and light signals are given. Absence of registered punching leads to disqualification.

Prizes

Medals to the top three in all youth classes (HD10-HD16). In addition, prizes to everyone in HD10-HD12 and the top six in HD14-HD16.

In the development class (U2), everyone receives a prize. The prizes are fetched at the prize-ceremony table directly after passing the finish line.

In the WRE-classes, the top three receives medals and prizes.

The winner of all other competition classes is awarded with a flower.

The price-awarding ceremonies take place directly after the competitions are finished.

Mixed Sprint Relay (afternoon)

This competitive form for the elite classes is the same as for the World Cup, that is, four courses with four runners (two women and two men). For the other classes the rules are more 'open' (see separate information for each class). The mixed spring relay starts after the individual sprint competition and has estimated times per course of 10-12 minutes.

Classes and lengths of courses	Class	Description	Age	Other information
	Elite	The class follows the World Cup standard; that is, 2+2 participants: female-male-male-female.	Open to all	Only runners from the same club may compete in any one team.
	Ungdom ("Youth")	The class follows the World Cup standard in terms of course length: short-long-long-short. <i>The team should consist of participants of both genders, but there may be a majority of female/male members in the team.</i>	Up to 16 years of age	Combination teams are allowed; that is, teams with runners from different clubs. <u>Distance:</u> short-long-long-short
	Open	Any combination of runners in terms of age and gender.	Open to all	Combination teams are allowed.
	Senior	Any combination of runners in terms of age and gender.	Open to WM35 upwards	Combination teams are allowed.

Late registration Late registrations are accepted via the Eventor website until **Thursday June 21 at 23:59**. The fee is increased by 50% for late registrations.

Pool of runners For those who want to participate in the Mix Sprint Relay but do not have a full team, or for teams that have registered but do not have enough runners, there will be a pool of runners at the Event Office. Registration to the pool of runners can also be done via email to info@citysprint.se

Registration fees Adults: 130 SEK.
Youth up to age 16: 75 SEK.

**Club envelopes/
number bibs**

Club envelopes for the Mixed Sprint Relay may be collected from the competition office. Please bring your own safety pins for bibs.



Team formation

Please enter via Eventor before the day of the competition, and at the latest by 12:00 noon on the day of the competition to the competition office.

Multiple courses

All classes will have multiple courses which means that there are a number of possible different courses, so make sure to check code numbers for each control carefully.

**Starting time for
the mixed sprint
relay**

Preliminary starting time for the mixed spring relay is 1pm (after the individual sprint competition). Joint start for all classes at allocated place at the Event Centre.

Prizes

The top three in all classes receives medals. The price-award ceremony takes place directly after the competition.

Other information

Event officials



Event Organiser	Björn Alpberg	+46 (70) 268 8080	bjorn.alpberg@gmail.com
Assisting Event Organiser	Annica Kristoffersson	+46 (70) 646 7304	kristoffersson.annica@gmail.com
Mapping	Mats Carlsvärd	+46 (72) 249 2602	mats.carlsvard@gmail.com
Course Setter	Christer Tapper	+46 (70) 216 5389	tapper.christer@gmail.com
Event Office	Karin Kraft	+46 (73) 092 2191	kkraft@bredband.net
Course Advisor	Martin Regborn	+46 (70) 820 1987	
Event Advisor	Torun Pahlm	+46 (70) 293 6214	torun.pahlm@telia.com
IOF Event Advisor	Bo Månsson	+46 (70) 539 2888	bo.mansson@seaside.se

Competition jury



Chairman	Lars Lindstrøm	ll@do-f.dk
	Thierry Gueorgiou	thierry.gueorgiou@orientering.se
	Sofia Carlsson	sofiacar@yahoo.com



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- ÖBO AB
- BRF Örebrohus

**Accommodation
(Cabins/
Camping)**

For cabins and camping in Örebro we refer to Gustavsvik Resort.

Accommodation options: Cottages and caravan camping

You book yourself by calling +46 (19)-19 69 50 or email camping@gustavsvik.se and state the booking code "CITYSPRINT".



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**Accommodation
(hotel)**

Elite hotels can offer two hotels in central Örebro, and participants in Örebro City Sprint offer special rates on accommodation.

Elite Stora Hotellet.

You book yourself by calling +46 (19) 15 69 90 or mail to reservations.orebro@elite.se and enter the booking code "CITYSPRINT".



City Hotel Örebro.

You can book yourself by calling +46 (19) 601 42 00 or mail to info@cityhotellorebro.se and enter the booking code "CITYSPRINT".

Web link to Elite hotels in Örebro: www.elite.se/sv/hotell/orebro and www.cityhotellorebro.se



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