



Bulletin # 2 - Swedish Championships MTBO in Stockholm August 23–25 2019

Welcome to an exciting mountain bike orienteering weekend in Stockholm with high quality competitions in varying terrain. This is Sweden's largest MTBO-weekend, attracting more than 300 participants each day.

Three competitions with Sprint Friday evening, Long (WRE) Saturday at noon and finally Middle (WRE) on Sunday. The Sprint offers opportunity as "warmup" for those participating in the WRE.

The Swedish Championships 2019 is a IOF World Ranking Event (WRE) and are also part of the Swedish Cup MTBO (Svenska Cupen MTBO).

Organizers are IFK Lidingö, IFK Enskede, Haninge SOK, Mälare SOK and Tullinge SK.

IOF World Ranking Event (WRE)
Swedish Championships (SM)
Swedish Junior Championships (JSM)
Swedish Youth Championships (USM)
Swedish Veteran Championships (VSM)
Swedish Cup MTBO (Svenska Cupen MTBO)



Svenska Cupen
Mountainbikeorientering



~ V aN[PR`

' xXM YBpā

Sprint, SM/JSM/USM/VSM, organizers IFK Lidingö and IFK Enskede.

@M| xXM YBpā

Long, WRE/SM/JSM/USM/VSM, organizers Tullinge SK and Haninge SOK.

@ | XM Yàpā

Middle, WRE/SM/JSM/USM/VSM, organizers IFK Enskede and Mälarö SOK

˘ YN`R`

@` MIX`H`?"

D/W21, H/M21

Course lengths and winning times according to IOF rules.

/@ pB@ pG@

D17-20, H17-20, D16, H16, D40, H40, D50, H50, D60, H60, D70, H70.

° XXtbnl NjVjMyZy

D14, H14, D12, H12, D10, H10

Open short (corresp. D/H12)

Open medium (corresp. D/H16)

Open long (corresp. D21)

Course lengths and winning times according to [IUFRO](#), [^ää @Á Uia}](#) [c^iā * Áv^iæā}](#) Rules.

&RTV a_NaX[`

?Z` by{xMbnl`

Registration for all classes in Swedish Eventor (if necessary create a new account with the "Create account" link, remember to fill in your IOF ID if participating in a WRE class).

Registration opens April 15 and closes Sunday August 18 at 23:59.

1MZ`xZ` by{xMbnl`

Accepted in Swedish Eventor until Wednesday August 21 at 23.59.

The fee is increased by 50% for late registrations.

?Z` by{xMbnl`_ZZy

Registration fees according to SOFT recommendations:

SM/WRE DH21 and JSM DH 17–20 350 kr (SEK)

USM/VSM (HD15-16, HD40 and older) 275 kr (SEK)

Youths until HD14 100 kr (SEK)

Open classes HD17-20 and older 125 kr (SEK)

Open classed DH16 and younger 100 kr (SEK)

<Mk Zl {y

Participants competing for Swedish clubs will be invoiced after the event.

Participants from abroad pay via bank transfer in advance using

the following bank details:

Account name: *Tävlingskonto*

Nordea IBAN: *SE98 9500 0099 6018 0826 5167*

BIC/SWIFT: *NDEASESS*

Plusgironr: *82 65 16-7*

Please provide name, club, SI-number and event(s) when making the payment.

Participants will not be allowed to start without payment.

<| I Valb` yty{Zk

Sportident. Sportident SI-card 5, 6, 8, 9, 10 och 11 can be used. Register your SI-number upon registration to the event. SI-card can be rented for 30 SEK/day. An additional fee of 400 SEK will apply in the event of loss of SI-card.

H nxjX?Mi b` `

World Ranking results are registered for runners with an IOF ID. The IOF ID is obtained at IOF Eventor and need to be entered in Swedish Eventor.

! _R\ S_Z NaX [`

° Whk nXMl

There is no organized accommodations for these competitions, the Stockholm area offers a large array of accommodations. One example is Bredäng camping which offers camping, youth hostel and small cottages. For participants traveling with camper car we suggest looking at <https://www.husbilstockholm.se/>

?ZNk nxZ

Website in english:

<https://sites.google.com/view/smmtbo2019>

Follow the Facebook-group (mostly in Swedish):

[SM Mountainbikeorientering 2019](#)



SKIDSPORT
BROMMA

'] _V[a'QV aN[PR'° bTb` a'xØ'

SM/JSM/USM/VSM Svenska Cupen MTBO

" fZI {° xZI M

The Arena is located at the large parking area at University of Stockholm(Stockholms Universitet).

Google Maps: <https://goo.gl/maps/Kr5mc8zkhpp>

" k UMx nZX'MZM

The competition area is embargoed and it is not allowed to visit until the competition is completed. However it's allowed to visit the embargoed area for work, study or other valid reasons not related to orienteering. Participants are not allowed to gather information not openly available to others, for example by exchanging information with persons who has visited the area. Club members may visit the embargoed area.

See Eventor for an exact map of the embargoed area.



<M{xM{y

The competition is open to all participants. However only participants fulfilling the requirements in SOFT competition rules 3.4.5 will compete for the Swedish Championship medals.

?Z` by{xM{bnl`

Registration to all classes via Eventor:

<https://eventor.orientering.se/Events/Show/24299A>

Registration opens April 15 and closes Sunday August 18 at 23:59.

1MZ xZ` by{xM{bnl`

Accepted via Eventor until Wednesday August 21 at 23.59. The fee is increased by 50% for late registrations

<Nxi b`

Parking in direct connection with the Arena. It's a public parking and ticket is necessary to purchase on-site. The cost is 40SEK for 5 hours. Note! Only card payment is possible.
It's not allowed to park camper cars overnight at this location.

@M{x' | k UZx'Uby

Start number bibs for all classes (including open classes) can be picked up at the Arena. Stripes for attaching it to the front of the bike will be provided. The same bibs will be used on Friday, Saturday and Sunday.

@M{x'

First start 17:30. Distance to start 2700 meters using mostly asphalt paths with some gravel at the end. There is no markings, instead follow warm-up map provided at the the same place as start number bibs. Warm-up along the route to start. There is a public toilet at the start.
Call up time 2 minutes before start and map is received 1 minute before start. Open classes have free start time and should punch at the start. Clear and check units are available at the start.
Clothes used during warm-up can be left at the start and will be transported back to the Arena after last start.

@M{x' jby{y

Start lists will be published on the Eventor web page Thursday August 22.

@M{x'b` `nxXZxpyZZXb`

Two seeded start groups will be used for HD21. Eight competitors will be selected for the second last start group using the Swedish Cup MTBO ranking policies. Additionally eight competitors will be selected for the last start group using the current MTBO World Ranking. Each start group will be drawn separately in random order.

f n| xyZ`XZyVxw{bnl`

| <u>Class</u> | <u>Length</u> | <u>Scale</u> | <u>Format</u> | <u>Controls</u> |
|--------------|---------------|--------------|---------------|-----------------|
| D 21 | 4 620 | 1:7 500 | A4 | 25 |
| H21 | 4 800 | 1:7 500 | A4 | 24 |
| D 17–20 | 4 090 | 1:7 500 | A4 | 20 |
| H 17–20 | 4 800 | 1:7 500 | A4 | 24 |
| D 10 | 2 440 | 1:5 000 | A3 | 11 |
| D 12 | 2 780 | 1:5 000 | A3 | 15 |
| D 14 | 3 340 | 1:5 000 | A3 | 19 |
| D 16 | 3 420 | 1:5 000 | A3 | 17 |
| H 10 | 2 440 | 1:5 000 | A3 | 11 |
| H 12 | 2 780 | 1:5 000 | A3 | 15 |
| H 14 | 3 420 | 1:5 000 | A3 | 17 |
| H 16 | 3 930 | 1:7 500 | A4 | 18 |
| D 40 | 3 930 | 1:7 500 | A4 | 18 |
| D 50 | 3 420 | 1:5 000 | A3 | 17 |
| D 60 | 3 340 | 1:5 000 | A3 | 19 |
| D 70 | 2 780 | 1:5 000 | A3 | 15 |
| H 40 | 4 800 | 1:7 500 | A4 | 24 |
| H 50 | 4 090 | 1:7 500 | A4 | 20 |
| H 60 | 3 420 | 1:5 000 | A3 | 17 |
| H 70 | 3 340 | 1:5 000 | A3 | 19 |
| Öppen kort | 2 780 | 1:5 000 | A3 | 15 |
| Öppen mellan | 3 930 | 1:7 500 | A4 | 18 |
| Öppen lång | 4 800 | 1:7 500 | A4 | 24 |









f nk uZ{bml x|jZy

SOFT rules and IOF MTBO Competition Rules applies for WRE classes. SOFT rules and policies for other classes.

' nxUBXXZI 'MIX'Njn, ZX'xXb`

Riding is *only* allowed on roads, tracks, paths, asphalt- and gravel-surface as well as rideable areas (dotted black or orange) marked on the map. Participants may not enter or cross forbidden areas marked on the map, neither running with or carrying the

bike.

| Allowed riding | | Forbidden riding | |
|---|--|---|---------------------------------------|
|  | Asphalt- och gravelsurfaces |  | White forest |
|  | Open areas marked with orange on the map |  | Dense forest |
|  | Forest areas marked with black dots |    | Open areas marked with various yellow |

@ZVbVXZ{N}y©

It's allowed to pass "Dangerous objects" marked on the map by passing over or around the object (see below).



Longer courses may encounter a fence like construction which is allowed to pass in order to enter the MTB track on the other side (see below).



Note! The competition is held in a recreational area used by other people, dogs and horses. Be careful and try to make them aware in advance when passing!

2 M

Scale 1:7 500 (1:5 000 for some classes), contour interval 5 meter. Field work 2018-2019 by Anders Stjerndahl according to ISMTBOM. Map size A3/A4.

@ZVobVXZ{Mjy©

Longer courses may ride on a MTB track made of gravel, even though it may partially be hard to ride it's drawn on the map as "Path: fast riding", this is for improved map readability.

White streamers may be used to mark some hard to find paths.

To enforce that cutting or off-track riding is not, red and white streamers may be used in some areas. These places may also be manned by marshals.

AZxxNB

The Friday sprint will offer a forest with dense path network with a mix of lighted tracks, riding paths, ordinary paths and some open areas. The southern part has a fun and flowy mountain bike track which offers a technical single-track experience.

† nl {xnjy

Controls are marked with white and orange control flag and has double SI-units in most cases.

2 M. {tk Z

1,5 hours

GZI | Z'yZxfb/Zy

First aid. Snacks, drinks, coffee and fruit at the Arena. There is a Circle-K gas station just nearby where you will find more

food as well as the bike wash. Indoor showers by biking distance from the Arena, the location is marked on the warm-up map.

Remember to lock your bike!

Bike part sales and repair offered by Skidsport Bromma,

<https://www.skidsport.nu/>.

2 M'anjXZxZl {M}

There are map holders available for rent 50 SEK each. An additional fee of 400 SEK will apply in the event of lost map holder.

?Zy|j{y

Results will be posted at the Arena. Live results will be published, see link at Swedish Eventor. Maps and courses will be made available on Livelox after the competition.

<xZ VZxZk nl t

Youths up to 14 years will receive prizes at the Arena.

There will be a prize ceremony for the Swedish Cup MTBO at the Arena. Prize giving ceremony for SM/JSM/USM/VSM classes will be held during the Saturday dinner at restaurant Akvarellen in Tullinge. More information about the dinner can be found in Swedish Eventor.

5x MlBZxy

f n| xyZ`yZ{{Zxy©Anders Stjerdahl and Sonia Rodiere

5x MlBZx`VnMa©Magnus Blåudd

"fZl {`XbZV{nx©Anders Stjerdahl, +46 705 481 650,

anders.stjerdahl@telia.com

"fZl {`Vnl {xnjjZx©Peter Albinsson

Thanks to Nadia Larsson and Jonny Engel for test riding and providing valuable feedback.

/| xt

Pasi Pyykönen, Marika Hara and Steven Hale. Extras: Viktor Larsson, Linus Mood

SM/JSM/USM/VSM

WRE

Svenska Cupen MTBO

" fZI {° xZI M

The Arena is situated at Lida Friluftsgård, Botkyrka, Stockholms län.

Google Maps: <https://goo.gl/maps/1tmzV2q6Tqx>

" k UMæ nZX MæZM

The competition area is embargoed and it is not allowed to visit until the competition is completed. However it's allowed to visit the embargoed area for work, study or other valid reasons not related to orienteering. Participants are allowed to take part in the MTB Cross country race Lida Loop which is organized in the area during May 2019. Participants are *not* allowed to gather information not openly available to others, for example by exchanging information with persons who has visited the area. Club members may visit the embargoed area.

See Eventor for an exact map of the embargoed area.



<Mæ{MæM {y

The competition is open to all participants. However only participants fulfilling the requirements in SOFT competition rules 3.4.5 will compete for the Swedish Championship medals. "

?Z` by{xMlbnl`

Registration to all classes via Eventor:

<https://eventor.orientering.se/Events/Show/24364>

Registration opens April 15 and closes Sunday August 18 at 23:59.

1Mz xZ` by(xMlbnl

Accepted via Eventor until Wednesday August 21 at 23.59. The fee is increased by 50% for late registrations

5l 'y6Z`xZ` by(xMlbnl

It is possible to register on site for the Open classes at the day of the event between 10.00 and 12.30. Free start between 11.00 and 13.00. SI-card can be rented for 30 SEK. An additional fee of 400 SEK will apply in the event of loss of SI-card.

ž bZV{lbnl y`Mx

Control flag at junction between road 226 and Västerhaningevägen. Then follow signs toward Lida Friluftsgård.

<Mxi b`

In direct connection with the Arena. There is no fee. The parking is public and shared with other visitors to the area, amongst other a wedding party.

It's not allowed to park camper cars overnight at this location, see prior recommendations.

@Mx{i | k UZx'Uby

Start number bibs for all classes (including open classes) can be picked up at the Arena. Stripes for attaching it to the front of the bike will be provided. The same bibs will be used on Friday, Saturday and Sunday.

@Mx{`

First start 11:00. Distance to start 1000 meter following a large gravel track. Follow markings. Warm-up along route to start. There is no toilet at the start.

Call up time 2 minutes before start and map is received 1 minute before start. Open classes have free start time and should punch at the start. Clear and check units are available at the start.

Clothes used during warm-up can be left at the start and will be transported back to the Arena after last start.

@Mx{ jby

Start lists will be published on the Eventor web page Friday August 23.

@Mx{ nxXZxyZZXb`

Two seeded start groups will be used for HD21. Eight competitors will be selected for the second last start group using the Swedish Cup MTBO ranking policies. Additionally eight competitors will be selected for the last start group using the current MTBO World Ranking. Each start group will be drawn separately in random order.

f n| xyZ XZyWx{bnl

| Class | Length | Scale | Format | Controls |
|-------------------------------------|---------|----------|--------|----------|
| D 21 | 25,3 km | 1:15 000 | A3 | 18 |
| H21 | 31,5 km | 1:15 000 | A3 | 25 |
| D 17–20 | 18,6 km | 1:15 000 | A3 | 14 |
| H 17–20 | 21,5 km | 1:15 000 | A3 | 16 |
| D 10 | 4,0 km | 1:15 000 | A3 | 6 |
| D 12 | 6,6 km | 1:15 000 | A3 | 6 |
| D 14 | 9,6 km | 1:15 000 | A3 | 7 |
| D 16 | 14,3 km | 1:15 000 | A3 | 12 |
| H 10 | 4,0 km | 1:15 000 | A3 | 6 |
| H 12 | 6,6 km | 1:15 000 | A3 | 6 |
| H 14 | 9,6 km | 1:15 000 | A3 | 7 |
| <u>H 16</u> | 18,3 km | 1:15 000 | A3 | 13 |
| D 40 | 16,2 km | 1:15 000 | A3 | 12 |
| D 50 | 14,1 km | 1:15 000 | A3 | 10 |
| D 60 | 11,2 km | 1:15 000 | A3 | 9 |
| D 70 | - | 1:15 000 | A3 | |
| H40 | 23,4 km | 1:15 000 | A3 | 18 |
| H 50 | 22,5 km | 1:15 000 | A3 | 18 |
| H 60 | 16,3 km | 1:15 000 | A3 | 12 |
| H 70 | 11,1 km | 1:15 000 | A3 | 9 |
| Öppen kort | 6,6 km | 1:15 000 | A3 | |
| Öppen mellan | 18,6 km | 1:15 000 | A3 | |
| Öppen <input type="checkbox"/> lång | 20,7 km | 1:15 000 | A3 | |

Map turning will be used for H17-10, H21, H40, H50 and D21. The course continues on the other side.





f nk uZ{kbnl x|jZy

SOFT rules and IOF MTBO Competition Rules applies for WRE classes. SOFT rules and policies for other classes.

' nxUBXXZI 'MIX'Njn, ZX'xB`

Riding is *only* allowed on roads, tracks, paths, asphalt- and gravel-surface as well as rideable areas (dotted black or orange) marked on the map. Participants may not enter or cross forbidden

areas marked on the map, neither running with or carrying the bike.

| Allowed riding | | Forbidden riding | |
|---|-----------------------------|---|---------------------------------------|
|  | Asphalt- and gravelsurfaces |  | White forest |
| | Paths and traksr |  | Dense forest |
| | | | Redmarked areas |
| | |  | Open areas marked with various yellow |

@ZVob/XZ{M}y©

It's allowed to pass "Dangerous objects" marked on the map by passing over or around the object.

Note! The competition is held in a recreational area used by other people, dogs and horses. Be careful and try to make them aware in advance when passing!

2 M

Scale 1:15 000, contour interval 2,5 meter. Field work 2019 by Håkan Sandberg and Ola Svärd according to ISMTBOM. Map size A3.

AZxxNB

The terrain is typical for the area south of Stockholm - "Södertörn" - small steep hills, cross cut with sharp valleys and as this is close to the city, it has many tracks and other characteristics you find in recreation areas. The path network consist of fast gravel tracks, flowy paths and bare rock. Some areas have an open landscape with farms and fields while other offer dense forest with lots of paths. In total a full mix of the best we can offer.

| | |
|---------------------|---|
| † nl {xnjy | Controls are marked with white and orange control flag and has double SI-units in most cases. |
| 2 M. {tk Z | 3 hours |
| GZI Z'yZxfb/Zy | First aid. Snacks, drinks and coffee. More food available at the Lida recreational centre 300 meters away. Bike wash, toilets and indoor showers. Bike part sales and repair offered by Skidsport Bromma, https://www.skidsport.nu/ . |
| 2 M. anjXZx'xZI {M} | There are map holders available for rent 50 SEK each. An additional fee of 400 SEK will apply in the event of lost map holder. |
| ?Zy j{y | Results will be posted at the Arena. Live results will be published, see link at Swedish Eventor. Maps and courses will be made available on Livelox after the competition. |
| <xbZ VZxZk nl † | Youths up to 14 years will receive prizes at the Arena. There will be a prize ceremony for the Swedish Cup MTBO at the Arena. Prize giving ceremony for SM/JSM/USM/VSM classes will be held during the Saturday dinner at restaurant Akvarellen in Tullinge. More information about the dinner can be found in Swedish Eventor. |
| ž b Zx | Buffet style dinner and prize giving at 19.00 at restaurant Akvarellen in Tullinge. Please see more information at Swedish Eventor and the website. Advance booking is necessary. |
| 5x M bZxy | † n xyZ yZ{{Zx©Ola Svärd † n xyZ \nhl {xnjjZx©Sebastian Svärd " fZI { XbZV{nx©Håkan Sandberg Bjfyatf{Ml`kM^Vnk 070-249 01 45 " fZI { \nhl {xnjjZx©Anders Stjerndahl 5x M bZx \nhWa©Magnus Blåudd *5' " fZI { ° XfbZx: Per Frost |
| / xt | Pasi Pyykönen, Marika Hara and Steven Hale. Extras: Viktor Larsson, Linus Mood |

! VOOYR'OV aN[PR'° bTb` a'xÚ'

WRE/SM/JSM/USM/VSM

WRE

Svenska Cupen MTBO

" fZI {° xZI M

The Arena is located at Mälärö hallen, Ekerö, Stockholms län.

Google Maps: <https://goo.gl/maps/gesjzyF3NKx>

" k UM nZX MZM

The competition area is embargoed and it is not allowed to visit until the competition is completed. However it's allowed to visit the embargoed area for work, study or other valid reasons not related to orienteering.

Participants are *not* allowed to gather information not openly available to others, for example by exchanging information with persons who has visited the area. Club members may visit the embargoed area.

See Eventor for an exact map of the embargoed area.



<M{M{M{y

The competition is open to all participants. However only participants fulfilling the requirements in SOFT competition rules 3.4.5 will compete for the Swedish Championship medals.

?Z` by{xM{bnl`

Registration to all classes via Eventor:

<https://eventor.orientering.se/Events/Show/24303>

Registration opens April 15 and closes Sunday August 18 at 23:59

1M{Z` xZ` by{xM{bnl`

Accepted via Eventor until Wednesday August 21 at 23.59. The fee is increased by 50% for late registrations

5I` y{Z` xZ` by{xM{bnl`

It is possible to register on site for the Open classes at the day of the event between 9.30 and 11.30. Free start between 10.00 and

12.00. SI-card can be rented for 30 SEK each. An additional fee of 400 SEK will apply in the event of loss of SI-card.

ž bZV{bnl y`Vx

Control flag and signs at junction Ekerövägen/Ekvägen (OK/Q8). From North, drive via Brommaplan towards Ekerö. From South, it's possible to use the ferry (fee 70SEK) at Slagsta-Ekerö, use exit 147 from E4/E20 and follow the signs. At Ekerö take Bryggarvägen to Ekerö centrum, turn left at Ekerövägen. Alternatively travel via Brommaplan and arrive from North.

<Nxi b`

In direct connection with the Arena, max 300 m parkering-Arena. Fee 30 SEK to be payed at the Arena. It's not allowed to park camper cars overnight at this location, see prior recommendations.

@Mx{1 | k UZx`Uby

Start number bibs for all classes (including open classes) can be picked up at the Arena. Stripes for attaching it to the front of the bike will be provided. The same bibs will be used on Friday, Saturday and Sunday.

@Mx{

First start 09:30. Distance to start 1800 meter, beginning with small tracks and then followed by asphalt paths. Orange/white marking. Warm-up map covering a small forest which you pass on the way to start can be found at the start sign on the Arena. Warm-up on the map and along the route to start. There is no toilet at the start. Call up time 2 minutes before start and map is received 1 minute before start. Open classes have free start time and should punch at the start. Clear and check units are available at the start. Clothes used during warm-up can be left at the start and will be transported back to the Arena after last start.

@Mx{jby

Start lists will be published on the Eventor web page Thursday August 22.

@Mx{b` `nxXZxpyZZXb`

Two seeded start groups will be used for HD21. Eight competitors will be selected for the second last start group using the Swedish Cup MTBO ranking policies. Additionally eight competitors will be selected for the last start group using the current MTBO World Ranking. Each start group will be drawn separately in random order.

† n| xyZ XZyWx{bnl`

| Class | Length | Scela | Format | Controls | Map turning |
|-------------------------|--------|--------|--------|----------|-------------|
| D 21 | 10,0 | 1:7500 | A3 | 25 | X |
| H 21 | 12,2 | 1:7500 | A3 | 28 | X |
| D 20 | 7,2 | 1:7500 | A3 | 20 | X |
| H 20 | 10,4 | 1:7500 | A3 | 25 | X |
| D 10 | 3,1 | 1:7500 | A3 | 8 | |
| D 12 | 3,1 | 1:7500 | A3 | 8 | |
| D 14 | 4,2 | 1:7500 | A3 | 13 | |
| D 16 | 6,1 | 1:7500 | A3 | 14 | |
| H 10 | 3,1 | 1:7500 | A3 | 8 | |
| H 12 | 3,1 | 1:7500 | A3 | 8 | |
| H 14 | 4,2 | 1:7500 | A3 | 13 | |
| H 16 | 9,3 | 1:7500 | A3 | 23 | X |
| D 40 | 7,4 | 1:7500 | A3 | 21 | X |
| D 50 | 6,6 | 1:7500 | A3 | 17 | X |
| D 60 | 6,1 | 1:7500 | A3 | 14 | |
| D 70 | 5,6 | 1:7500 | A3 | 15 | |
| H 40 | 10,4 | 1:7500 | A3 | 25 | X |
| H 50 | 9,3 | 1:7500 | A3 | 23 | X |
| H 60 | 6,6 | 1:7500 | A3 | 17 | X |
| H 70 | 6,1 | 1:7500 | A3 | 14 | |
| Öpp en kort | 6,1 | 1:7500 | A3 | 14 | |
| Öpp en mell an | 7,2 | 1:7500 | A3 | 20 | X |
| Öpp en lång | 8,9 | 1:7500 | A3 | 23 | X |
| Prov a På | 4,2 | 1:7500 | A3 | 13 | |

† nk uZ{bnl`x|jZy

SOFT rules and IOF MTBO Competition Rules applies for WRE classes. SOFT rules and policies for other classes.

` nxUbXXZI` MlX`Mjn, ZX`xXb`

Riding is *Mjn*, *ZXZfZxt*, *aZxZ* where not otherwise marked forbidden on the map. Participants may not enter or cross forbidden areas, neither running with or carrying the bike.

@iZVob/XZ{Mjy©

It's allowed to pass "Dangerous objects" marked on the map by passing over or around the object.

There are many horse riding paths in the area which has manually made hinders in form of small logs across the path (see picture), when these are easy to pass they are not marked on the map.



Note! The competition is held in a recreational area used by other people, dogs and horses. Be careful and try to make them aware in advance when passing!

?nX Vnyy`y

All courses will have at least one road crossing. The crossings are manned but they have no authority to stop any cars. It's the participants responsibility to obey current traffic rules and conduct a safe passage. No time compensation will be awarded.

2 Ml

Scale 1:7 500, contour interval 4 meter. Fieldwork 2018-2019 by Peter Albinsson according to ISMTBOM. Map size A3.

@ZVbXZ{M}y©

In order to improve readability of the map, roads and paths that in reality are wider than 1,5m are represented with the symbol for a road or path narrower than 1,5m.

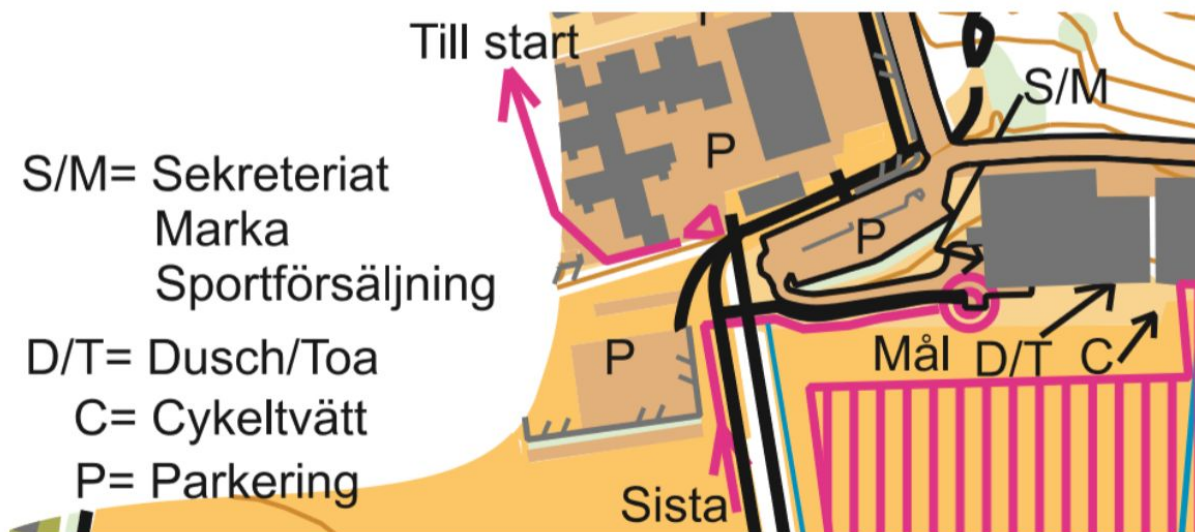
AZxxNB

The competition is held at Jungfrusund recreational area. The area consists of beech wood forest and pine moore in close proximity to urban areas. The major part of the track network is very fast with some technical paths in between. Height difference is medium to strong in comparison to other parts of Stockholm, approximately 70 meter elevation difference.

† nl {xnjy Controls are marked with white and orange control flag and has double SI-units in most cases.

2 M. {tk Z 2,5 hours

GZI | Z'yZxfb/Zy First aid. Food and drinks. Bike wash. Indoor showers and toilets. Bike part sales and repair offered by Skidsport Bromma, <https://www.skidsport.nu/>.



2 M'anjXZxXZl {M There are map holders available for rent 50 SEK each. An additional fee of 400 SEK will apply in the event of lost map holder.

?Zy|jfy Results will be posted at the Arena. Live results will be published, see link at Swedish Eventor. Maps and courses will be made available on LiveloX after the competition.

<xZ'VZxZk nl † There will be a price ceremony for the Swedish Cup MTBO at the Arena. Prize giving ceremony for all classes at the Arena as soon as results for each class is available.

5x' MlBZxy † n| xyZ'yZ{{Zxy©Frank Steiner
† n| xyZ'Vnl {xnjjZx©Fredrik Hedin
"fZI {XbxZV{nx©Peter Albinsson, +46 73 626 69 29,
mtbo.stockholm@gmail.com
"fZI {Vnl {xnjjZx©Håkan Sandberg
5x' MlBZx'VnMa©Magnus Blåudd
*5' "fZI {" XfyZx©Per Frost

/| xt Pasi Pyykönen, Marika Hara and Steven Hale. Extras: Viktor Larsson, Linus Mood

