

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, Mälarö 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)







Distances

Friday 23/8 Sprint, SM/JSM/USM/VSM, organizers IFK Lidingö and IFK

Enskede.

Saturday 24/8 Long, WRE/SM/JSM/USM/VSM, organizers Tullinge SK and

Haninge SOK.

Sunday 25/8 Middle, WRE/SM/JSM/USM/VSM, organizers IFK Enskede and

Mälarö SOK

Classes

SM and WRE D/W21, H/M21

Course lengths and winning times according to IOF rules.

JSM/USM/VSM D17-20, H17-20, D16, H16, D40, H40, D50, H50, D60, H60, D70,

H70.

Additional classes 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 SOFT (Swedish

Orienteering Federation) rules.

Registration

Registration 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.

Late registration Accepted in Swedish Eventor until Wednesday August 21 at 23.59.

The fee is increased by 50% for late registrations.

Registration fees Registration fees according to SOFT recommendations:

SM/WRE DH21 and JSM DH 17–20

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

Youths until HD14

Open classes HD17-20 and older

Open classed DH16 and younger

350 kr (SEK)

100 kr (SEK)

Payments 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.

Punching system 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.

World Ranking 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.

More information

Accomodation There is no organized accommodations for these competitions,

the Stockholm area offers a large array of accomodations. 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/

Read more Website in english:

https://sites.google.com/view/smmtbo2019
Follow the Facebook-group(mostly in swedish):

SM Mountainbikeorientering 2019



Sprint distance August 23

SM/JSM/USM/VSM Svenska Cupen MTBO

Event Arena The Arena is located at the large parking area at University of

Stockholm(Stockholms Universitet).

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

Embargoed area 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.



Participants 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.

Registration Registration to all classes via Eventor:

https://eventor.orientering.se/Events/Show/24299

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

Late registration Accepted via Eventor until Wednesday August 21 at 23.59. The fee

is increased by 50% for late registrations

On-site registration

It is possible to register on-site for the Open classes at the day of the event between 17.00 and 18.30. Free start time between 18.00 and 19.00. 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.

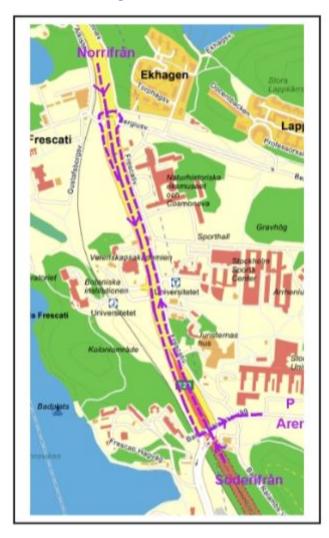
Directions car

Marked from junction Roslagsvägen (E18)/Norra fiskartorpsvägen (At gas station Cirkle K just before entry to Norra länken tunnel).

Note! Coming from the south, exit Norra länken tunnel, turn off E18 and use the roundabout underneath the road to turn around and go back towards Stockholm.

Note! Road tolls are in effect on Friday and there is a fee which has to be payed. Cars are registered automatically and an an invoice will be sent to the car owner.

https://transportstyrelsen.se/en/road/Congestion-taxes-in-Stockholm-and-Goteborg/



Parking

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.

Start number bibs

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.

Start

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.

Start lists Start lists will be published on the Eventor web page Thursday

August 22.

Starting order/seeding 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.

Course description

Class	Length	Scale	Format	Controls
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	А3	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	А3	19
D 70	2 780	1:5 000	А3	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	А3	17
H 70	3 340	1:5 000	А3	19
Öppen kort	2 780	1:5 000	А3	15
Öppen	3 930	1:7 500	A4	18
mellan Öppen lång	4 800	1:7 500	A4	24

Competition rules

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

Forbidden and allowed riding

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	1	White forest
	Open areas marked with orange on the map	S	Dense forest
	Forest areas marked with black dots		Open areas marked with various yellow
		N	

Specific details:

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!

Map

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.

Specific details:

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.

Terrain

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.

Controls

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

Max time

1,5 hours

Venue services

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/.

Map holder rental

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.

Results

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.

Price ceremony

Youths up to 14 years will receive prices at the Arena. There will be a price 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.

Organizers

Course setters: Anders Stjerndahl and Sonia Rodiere

Organizer coach: Magnus Blåudd

Event director: Anders Stjerndahl, +46 705 481 650,

anders.stjerndahl@telia.com
Event controller: Peter Albinsson

Thanks to Nadia Larsson and Jonny Engel for test riding and

providing valuable feedback.

Jury Pasi Pyykönen, Marika Hara and Steven Hale. Extras: Viktor

Larsson, Linus Mood

Long distance August 24

SM/JSM/USM/VSM WRE Svenska Cupen MTBO

Event Arena

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

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

Embargoed area

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.



Participants

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.

Registration

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.

Late registration Accepted via Eventor until Wednesday August 21 at 23.59. The fee

is increased by 50% for late registrations

On-site registration 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.

Directions car Control flag at junction between road 226 and

Västerhaningevägen. Then follow signs toward Lida Friluftsgård.

Parking 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.

Start number bibs 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.

Start 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.

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

23.

Start order/seeding 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.

Course description

Class	Length	Scale	Format	Contr
	9200 200 <u>2</u>		20000	ols
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	А3	6
D 12	6,6 km	1:15 000	A3	6
D 14	9,6 km	1:15 000	А3	7
D 16	14,3 km	1:15 000	А3	12
H 10	4,0 km	1:15 000	A3	6
H 12	6,6 km	1:15 000	А3	6
H 14	9,6 km	1:15 000	А3	7
H 16	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	8	1:15 000	А3	
H40	23,4 km	1:15 000	А3	18
H 50	22,5 km	1:15 000	А3	18
H 60	16,3 km	1:15 000	А3	12
H 70	11,1 km	1:15 000	А3	9
Öppen	6,6 km	1:15 000	А3	
kort		5		5,
Öppen	18,6 km	1:15 000	А3	
mellan	V2			
Öppen 🗖	20,7 km	1:15 000	А3	

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

Competition rules

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

Forbidden and allowed riding

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	
1	Asphalt- and gravelsurfaces		White forest
	Paths and traksr	50	Dense forest
			Redmarked areas
			Open areas marked with various yellow
		N.	

Specific details:

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!

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

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.

Map

Terrain

Controls Controls are marked with white and orange control flag and has

double SI-units in most cases.

Max time 3 hours

Venue services 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/.

Map holder rental 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.

Results 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.

Price ceremony Youths up to 14 years will receive prices at the Arena.

There will be a price 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.

Dinner 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.

Organizers Course setter: Ola Svärd

Course controller: Sebastian Svärd

Event director: Håkan Sandberg Ulvshyttan@gmail.com 070-249

01 45

Event controller: Anders Stjerndahl **Organizer coach:** Magnus Blåudd **IOF Event Adviser:** Per Frost

Jury Pasi Pyykönen, Marika Hara and Steven Hale. Extras: Viktor

Larsson, Linus Mood

Middle distance August 25

WRE/SM/JSM/USM/VSM WRE

Svenska Cupen MTBO

Event Arena The Arena is located at Mälarö hallen, Ekerö, Stockholms län.

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

Embargoed area 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.



Participants 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.

Registration 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

Late registration Accepted via Eventor until Wednesday August 21 at 23.59. The fee

is increased by 50% for late registrations

On-site registration 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.

Directions car

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.

Parking

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.

Start number bibs

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.

Start

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.

Start lists

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

Starting order/seeding

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.

Course description

CI.					T.,
Class	Length	Scela	Format	Controls	Мар
		o.			turning
D 21	10,0	1:7500	A3	25	Χ
H 21	12,2	1:7500	A3	28	X
D 20	7,2	1:7500	A3	20	Χ
H 20	10,4	1:7500	A3	25	Χ
D 10	3,1	1:7500	A3	8	
D 12	3,1	1:7500	А3	8	
D 14	4,2	1:7500	A3	13	
D 16	6,1	1:7500	А3	14	
H 10	3,1	1:7500	А3	8	
H 12	3,1	1:7500	А3	8	
H 14	4,2	1:7500	А3	13	
H 16	9,3	1:7500	A3	23	X
D 40	7,4	1:7500	A3	21	Х
D 50	6,6	1:7500	А3	17	X
D 60	6,1	1:7500	A3	14	
D 70	5,6	1:7500	A3	15	32
H 40	10,4	1:7500	A3	25	X
H 50	9,3	1:7500	A3	23	X
H 60	6,6	1:7500	А3	17	X
H 70	6,1	1:7500	A3	14	(a)
Öpp	6,1	1:7500	А3	14	
en					
kort			10		
Öpp	7,2	1:7500	A3	20	X
en	50.				
mell					
an					
Öpp	8,9	1:7500	A3	23	X
en					
lång					
Prov	4,2	1:7500	A3	13	
a På		,			

Competition rules

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

Forbidden and allowed riding

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

Specific details:

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!

Road crossings

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.

Map

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

Specific details:

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.

Terrain

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.

Controls Controls are marked with white and orange control flag and has

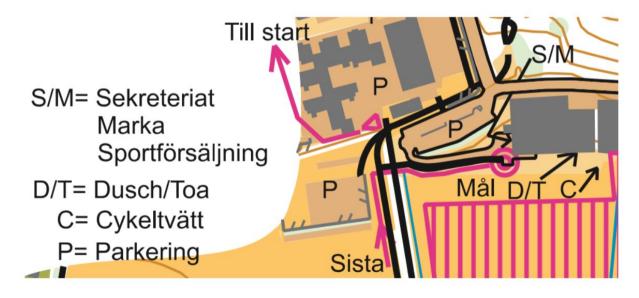
double SI-units in most cases.

Max time 2,5 hours

Venue services First aid. Food and drinks. Bike wash. Indoor showers and toilets.

Bike part sales and repair offered by Skidsport Bromma,

https://www.skidsport.nu/.



Map holder rental 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.

Results 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.

Price ceremony 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.

Organizers Course setters: Frank Steiner

Course controller: Fredrik Hedin

Event director: Peter Albinsson, +46 73 626 69 29,

mtbo.stockholm@gmail.com

Event controller: Håkan Sandberg
Organizer coach: Magnus Blåudd

IOF Event Adviser: Per Frost

Jury Pasi Pyykönen, Marika Hara and Steven Hale. Extras: Viktor

Larsson, Linus Mood