



BULLETIN 1

Swedish Cup MTBO

August 29 & 30 2020

Welcome to an exciting MTBO weekend in Nykvarn about 40 km south of Stockholm with high quality competitions.

Two competitions with Sprint on Saturday and Mass start on Sunday. The competition is included in the following events and cups

- Swedish Cup MTBO
- World Master Series
- World Ranking Event
- Swedish Veteran Cup

Organizer is [Södertälje Nykvarn Orientering](#)

PROGRAM	<div> Saturday 29/8 Sprint – prel start from 13.30 Sunday 30/8 Mass start – prel start from 10.00 </div>		
EVENT ARENA	The arena is located in Nykvarn.		
CLASSES	Classes	Entry fee Sprint	Entry fee Mass start
	M/W 10	100 SEK	100 SEK
	M/W 12	100 SEK	100 SEK
	M/W 14	100 SEK	100 SEK
	M/W 16	100 SEK	100 SEK
	M/W 17-20	200 SEK	200 SEK
	M/W 21*	250 SEK	250 SEK
	M/W 35	175 SEK	175 SEK
	M/W 40	175 SEK	175 SEK
	M/W 45	175 SEK	175 SEK
	M/W 50	175 SEK	175 SEK
	M/W 55	175 SEK	175 SEK
	M/W 60	175 SEK	175 SEK
	M/W 65	175 SEK	175 SEK
	M/W 70	175 SEK	175 SEK
	M/W 75	175 SEK	175 SEK
	M/W 80	175 SEK	175 SEK
	Open Short**	100/125 SEK	100/125 SEK
	Open Medium**		
	Open Long**		
*Increased fee due to WRE status **-16/17- Course lengths and winning times according to SOFT (Swedish Orienteering Federation) rules.			

COMPETITION RULES

Rules for MTBO according to SOFT. **NOTE!** *Off-track riding is **NOT** allowed. Participants may only use the tracks, roads, paved areas and rideable(orange) areas mark on the map.*

MAP

Field & OCAD work 2019-2020 by Mats Heldt
Map size Sprint A3 preliminary scale 1:7 500
Map size Mass start A3, preliminary scale 1:13 500

COMPETITION AREA

For athletes that plan to participate in August 29-30 the below area is embargoed before competition.



VENUE SERVICES

First aid, food, drinks, bike wash and indoor showers available at the competition center

TERRAIN

Flat terrain area with varying dense road network. Essentially smaller paths. A little bit more hilly terrain and residential areas on sprint event.

REGISTRATION

Registration for all classes in Swedish Eventor (if necessary, create a new account with the "Create account" link).
Registration opens March 1st and closes Sunday August 23 at 23:59.

LATE REGISTRATION

Accepted in Swedish Eventor until Wednesday August 26 at 23:59. The fee is increased by 50% for late registrations.

REGISTRATION FEES

Registration fees according to SOFT recommendations.

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 : *Södertälje Nykvarn Orienteering*

Nordea IBAN: *SE94 6000 0000 0003 9418 8128*

SWIFT: *HANDSESS*

Bankgironr: *5524-9783*

Please provide name and club when making the payment.

Participants will not be allowed to start without payment.

PUNCHING SYSTEM

Sportident. Sportident SI-card 5, 6, 8, 9, 10, 11 and SIAC can be used. SI punching system will be set in "beacon mode" meaning touch free punching with SIAC will be possible. The touch free range for "beacon mode" is approximately 25-40cm. Of course traditional punching will be possible if you do not have a SIAC card.

NOTE that finish line punching is NOT touch free

It is always the competitor responsibility to secure that punching is registered. If unsecure use the non-touch free punch.

Register your SI-number upon registration to the event.

SI-card can be rented via the organizer, please apply for this when register in Eventor:

SI-card: 30 SEK/day

SIAC-card: 50 SEK Per day

Fee if rented SI-card is not returned:

SI-card 5,6,8,9,10 and 11: 400 SEK

SIAC-card: 800 SEK

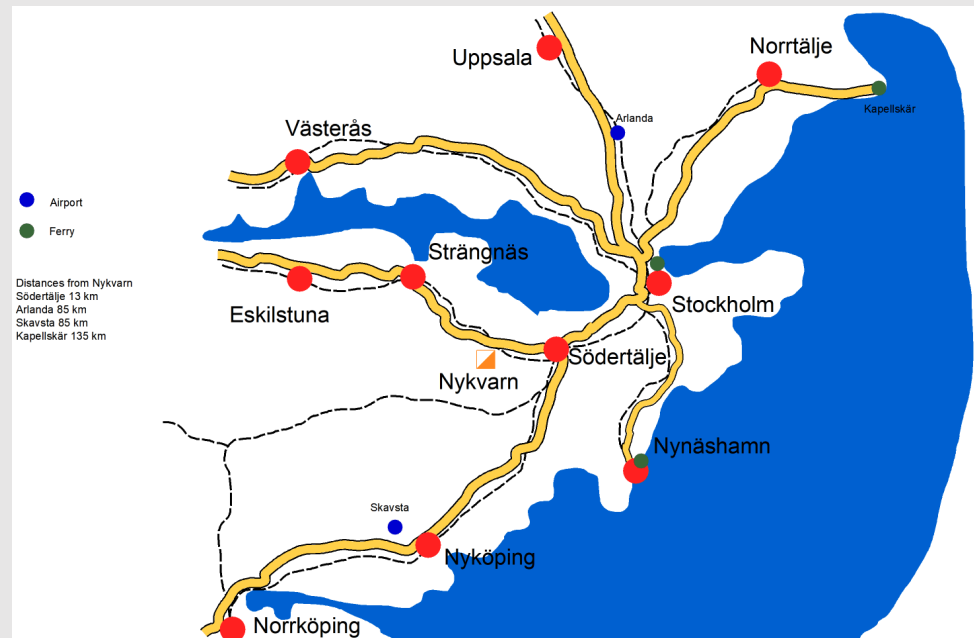
WORLD RANKING

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.

TRAVEL/ACCOMMODATION

The Event Arena is only 5 minutes bike ride from Nykvarn train station.

Car park will be maximum 2km from Event Arena



There are no organized accommodations for these competitions. But there are several good accommodation alternatives near the competitions.

The following proposals are on “Bike distance” from Event Centre

- www.turingehotel.se
- vidbynasgard.se/hotell

Other recommendation (with MTBO map available for training)

- [Tvetagården hostel \(www.tvetagarden.nu\)](http://Tvetagården%20hostel%20(www.tvetagarden.nu)) is next to Södertälje Nykvarn Orienteering Club house 11km from Event Arena.

Other proposals 15-20km from Event Centre

- www.nordicchoicehotels.se/hotell/sverige/sodertalje/quality-hotel-park-sodertalje-city
- www.scandichotels.se/hotell/sverige/sodertalje/scandic-skogshojd
- www.bommersvik.se/hotell-och-boende
- www.tvetagarden.nu
- www.hagaberg.fhsk.se/vandrarhem

Camping

- www.farstanashf.se
- www.mariefredscamping.se

PRIZE CEREMONY

Prize giving ceremony will be held after competition at the arena.

BIKE SHOP

A great bikeshop is available in Södertälje 15km from Event Centre. [Cykeltjänst](#) ([Directions](#))
Webpage: www.cykeltjanst.com

BUFFET SATURDAY

Dinner buffet will be arranged on Saturday Evening. Entry via Eventor. More details to come later.

ORGANISERS

Södertälje Nykvarn Orienteering

Organizers

Per-Göran Månsson (per-goran.mansson@astrazeneca.com)
Mats Heldt (matsheldt@gmail.com)

Course setters

Magnus Grahm
Mats Heldt

IOF Event Adviser

Per Frost

National controller

Magnus Blåudd

CYKELTJÄNST
S I N C E 1 9 5 2

SÖDERTÄLJE
VASA HANDELSPLATS
MAXI
ICA STORMARKNAD



SCANIA



NYKVARN
KOMMUN