

Örebro City Sprint

Sunday 26 June 2016



Picture © World of O / <http://runners.worldofo.com/juliandent.html>

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

As in previous years, we are offering exciting orienteering courses for everyone in the beautiful parklands and urban environments of Örebro city centre, this year in the southern parts. The programme offers an individual **Sprint Race** followed by a **Mixed Sprint Relay** of four runners per team in line with new World Cup standards.

Do come and enjoy an exciting and challenging event with a newly drawn map, well-organised arena and high-quality venue services including online controls race commentator!

All Örebro City Sprint participants will receive a discount on the entrance fee to Europe's most modern adventure swimming pools at **Gustavsvik Resorts**, featuring wild rapids, ruins, jungles, thrilling water slides and much more. **Discounted entrance fee is 100 SEK** (ordinary price is SEK 185 per person).

LOST CITY
ÄVENTYRET BÖRJAR HÄR!

Event Centre

The Event Centre is located in the southern part of the city centre, in a park named Drottningparken (The Queen's Park).

Easiest entrance is from the south. There is a free car park (Tappstället) within walking distance, marked with a P-sign on the map.

[\[Map link to Event Centre\]](#)



Terrain

Classic urban sprinting terrain including densely built-up areas and parklands, offering challenges such as courtyards and several interesting possible route choices and demanding quick decisions at high speed.

Map

Drawn 2015-2016 by **Mats Carlsvärd**, Almby IK, according to the international specification for Sprint orienteering maps ISSOM 2007, Swedish version 2010.

Equidistance: 2 metres.

Scale: 1:4000.

The same scale and size of symbols are used for all classes.



Transportation (train)

Örebro Central Station is only a 1200-metre walk from the Event Centre and train is an excellent mode of transport to the competition. Most trains also stop at Örebro South Station (Örebro Södra), only a few hundred metres from the Event Centre.

Transportation (airport)

Örebro Airport offers regular flights to and from Copenhagen (Kastrup Airport) and Malmö (Sturup Airport). Flight times and prices may be found at www.orebroairport.se

Örebro Airport 

Parking

To keep participants away from the competition area, we suggest public car parks and on-road parking south and west of the competition area. There is a free car park nearby, immediately south of the Event Centre called Tappstället.

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

SPORTident (SI-Cards)

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.



Competition rules

IOF Competition Rules for WRE classes **M21E** and **W21E**.

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

Free clothing.

Footwear: Shoes with metal and rubber studs are prohibited! Use running shoes or similar.

All runners participate at their own risk.

Refreshments

Well-stocked refreshment stalls at the Event Centre with hamburgers, hot dogs, sandwiches, coffee, tea, soft drinks, cake and ice cream.

**Embargoed area
for Örebro City
Sprint 2016**

Passage through the area on public roads is allowed and participants are allowed to be in the area without an orienteering map until 25 June 2016. Training with a map and any route choice testing is not allowed any time before the race day.

The embargo extends to anyone who through their knowledge of the terrain or the events could influence the WRE results.

[\[Web link to Embargoed area\]](#)

Bulletin-2

Bulletin-2 will be published Saturday 18 June at 18:00; that is, the day after registration closes.

Showers/toilets

100 metres to indoor facilities.

First aid

At the Event Centre.

Individual Sprint Race (morning)

Classes

Class	Class	Class
W21E WRE status	M21E WRE status	
W21	M21	
W17-20	M17-20	U2 (Development class 2)
W16	M16	ÖM1 (Open class 1)
W14	M14	ÖM5 (Open class 5)
W12	M12	ÖM7 (Open class 7)
W10	M10	
W35	M35	
W40	M40	
W45	M45	
W50	M50	
W55	M55	
W60	M60	
W65	M65	
W70	M70	
W75	M75	
W80	M80	

Registration

Registration for all classes should be completed on the Eventor website by **Friday 17 June at 23:59**. You may also preregister for Open classes to guarantee a start.



NB! An IOF ID is required to register for one of the elite classes. Such an ID may be obtained by registering on the IOF Eventor website:
<https://eventor.orienteering.org/Register>

Registration fees

Elite classes W21E and M21E: 270 SEK (WRE status)
 Adults: 130 SEK. Juniors up to age 16: 70 SEK. Swedish clubs will be invoiced retrospectively.

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

Late registration

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

Registration for youth classes on the event day

Five vacancy slots will be allocated to each class up to WM16. Vacancies are allocated on the day of the race up until one hour before the starting time for a particular class. These places are allocated chronologically.

- Open classes** It is possible to register for the Open classes on the day of the event, so-called 'Direct Registrations'.
- Start** The preliminary time for the first to start will be 11:00. Runners who have registered late will start first in each class.
Participants in Open classes may start any time between 10:45-12:00.
Distance to start: max 1000 metres.
- Starting lists/ Results** By registering for the race you consent to online publication of your participation and results. Results and split times are published on the Eventor and WinSplits Online websites straight after the event. Footage and material from the event will also be available on LiveloX and/or MapandCoach.

Mixed Sprint Relay (afternoon)

Compete in the new Mixed Sprint Relay, which was launched at the World Cup in Italy in 2014. For the third year running, we are offering this type of relay, consisting of four courses and four runners (two women and two men). The Mixed Sprint Relay starts after the individual Sprint Race and has an estimated time per leg 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.
Junior	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.
Open	Any combination of runners in terms of age and gender.	Open to all	Combination teams are allowed.
Veteran	Any combination of runners in terms of age and gender.	Open to WM35 upwards	Combination teams are allowed.

Registration

Registration for all classes should be completed on the Eventor website by **Friday 17 June at 23:59**.



Pool of runners	For those who want to participate in the Mixed 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
Start	The preliminary starting time for the relay is 13:00 (straight after the individual Sprint Race has been completed).
Registration fees	Competitive and Open classes: 130 SEK per runner Juniors: 70 SEK per runner
Late registration	Late registrations are accepted via the Eventor website until Friday 23 June at 23:59 . The fee is increased by 50% for late registrations.
Starting lists/ Results	By registering for the race you consent to online publication of your participation and results. Results and split times are published on the Eventor and WinSplits Online websites straight after the event. Footage and material from the event will also be available on LiveloX and/or MapandCoach.

Additional information

Event Officials



Event Organiser	Lasse Lundberg	+46 (73) 057 15 74	lasse.lundberg@telia.com
Assisting Event Organiser	Björn Alpberg	+46 (70) 268 80 80	bjorn.alpberg@gmail.com
Mapper/ Commentator	Mats Carlsvärd	+46 (70) 966 32 58	mats.carlsvard@gmail.com
Course planner	Christer Tapper	+46 (70) 216 53 89	tapper.christer@gmail.se
Event Office	Karin Kraft		
Course and Event Advisor	Torun Pahlm	+46 (70) 293 62 14	torun.pahlm@telia.com
IOF Event Advisor	Bo Månsson	+46 (70) 539 28 88	bo.mansson@seaside.se

Accommodation (cabins/campsite)

For cabins and camping facilities in Örebro, we recommend Gustavsvik Resorts:

<http://gustavsvik.se/in-english/>

Runners staying at our campsite or in one of our cabins during Örebro City Sprint may use the adventure swimming pools for free during their stay (please state promotional code



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'CITYSPRINT' when booking)

Gustavsvik
www.gustavsvik.se

Accommodation (hotel)

Beautifully situated in central Örebro, Elite Stora Hotellet overlooks the river and Örebro Castle. A generous discount is offered to participants in Örebro City Sprint 2016.

To use the discounted price, call Elite Hotell on +46 (0)19 15 69 90 or email reservations.orebro@elite.se and give the promotional code 'CITYSPRINT'.



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ELITE STORA HOTELLET
ÖREBRO

Room rates, including breakfast and VAT:

- Standard room: 600 SEK/night
- Superior room for two: 900 SEK/night
- Deluxe room for two: 1050 SEK/night (there is space for an extra bed in a Deluxe room at a cost of 200 SEK/night)

Web link to Elite Stora Hotellet, Örebro: www.elite.se/en/hotell/orebro

Online Technology

Last Mile Communication (LMC) is the official sponsor of radio equipment for online controls.



<http://www.lastmile.se/>
Email: tomas@lastmile.se



last_mile_communication

**Official Race Sponsor
Online Controls**

SVERIGES STÖRSTA UPPLEVELSEBAD

LOST CITY

ÄVENTYRET ÄR NÄRA!

Res till Örebro och kasta dig ut i Sveriges nyaste, häftigaste och längsta vattenrutschbanor – Jungle Escape, Treasure Hunter och River Run. Bada bland mystiska ruiner, vågor och vilda forsar.

Upptäck Lost City – Äventyret börjar här!