

stockholm rogaining

Final Details 2009

Competition Centre: At 'Fredrika Bremer Gymnasiet' (School) in Haninge; see the website for directions. Parking is simplest at Torvalla swimming pool. Easy to get to by 'pendeltåg' (commuter train) to Handen. From there, various busses go to the school – the bus stop is called Söderbymalmsskolan. See www.sl.se for time tables and information in English. *Please leave your shoes outside the Hash House – it makes our job of cleaning after the race a bit easier!*

Enter on the day: Can be done at the Competition Centre/Hash House between 10.00-11.00, as long as maps last. 350 sek per person.

Registration: From 10.00 am at the Hash House. You will be ticked off the list, given rented SI cards, information, etc.

Classes: Bike or Running in the following classes: men, Women, Mixed, Veteran Men and Mixed Veterans, Juniors and 15-16 year olds. Veteran = born 1959 or earlier. The organisers reserve the right to combine classes if there is a lack of entrants for a class.

Giving out the Maps: Done at 11.00 am at the Hash House. Competitors then have 60 minutes to plan before the start.

Start: Mass start 12.00 from a signal from the Event Director, close to the Hash House. DO NOT START before this.

Do not forget to clear (Töm) and check your SI card.

Competitors per team: 2-5 competitors are allowed in each team.

Finishing Times: 18.00 and 16.00 for Cycle classes, 14.00 for Juniors. Headlamps or similar will be needed for those teams competing into the dark. Late finishers incur penalty at a rate of minus 20 points for every minute or part minute late.

Finish: Fredrika Bremergymnasiet School.

Number of Controls: 30

Points: Between 10 & 100 points per control. Control codes between 10 & 19 give 10 points, between 21 & 29 gets you 20 points, etc. up to between 101-109 which gives 100 points. NB that there is more than 10 controls which give 10 points – there for these controls are marked with codes 19a, 19b, 19c. All of these give 10 points, like the ones with codes 10, 11, 12etc. This also applies to other controls, there can be controls marked 39a which gives 30 points, 79b which gives 70 points, etc.

Controls: No reflective tape on the controls. Only kits with SI punching Units. Upon punching, listen for the beeping sound and look for the flashing light. If the unit didn't work, make sure you tell the officials at the finish. Note! Other controls maybe out in the forest so check your control codes.

Drinks Controls/Food: Drinks controls with Maxim sports drink and water will be provided out in the competition area. These will be out from 12.30 pm. At the Hash House there will also be drinks, bananas and raisins. A post race meal is also included in the event fee and is available from 16.00 in the Hash House. **We will be selling Maxim products (gel, drinks) at very good prices! Buy before you start and take with you during the race!**

Competition Rules: Every one in the team must stay within earshot during the whole race. When punching a control, the other members of the team must ALL be a MAXIMUM of 20 meters distance from the control – 40m for the Cycle Classes. Teams seen not to be 'together' should be reported to the competition organisers. Some controls will be watched. All competitors take part at their **own risk**.

Competitors are not allowed to leave food, drink or equipment in the competition area **before** the start or to buy things on the way! After the competition has started, competitors may leave food, drink and equipment out in the 'terrain' at strategic points for their use later in the course. It is forbidden to use any other form of transport other than your feet (walking/running) or cycling (for the BIKE class).

In case of emergency, the event telephone number for the day is 070-300 94 99.

It is **forbidden to cross private property/land (eg marked in Olive green on the orienteering maps) and to swim across lakes/water features**. It is forbidden to run off the area shown on the competition maps provided. We are racing in a much used recreational area. Members of the public will be out walking, riding and walk dogs; **be considerate of meetings with them! Note that a railway line goes through the competition area – it is absolutely forbidden to cross the tracks**.

Also forbidden is using Road 259 (Haningeleden & Jordbrolänken), as well as Road number 73 (Nynäsvägen). Only cross these roads at the points marked on the map (underpasses/bridges).

Areas marked on the map with violet stripes or hashing are also forbidden to cross.

Maps: Various different maps – everything from Swedish State "Green map" at 25:000 scale to orienteering maps at 1:10 000. Note that all the controls and not found on all the maps. Use the maps together to be able to collect all the controls.

Terrain Description: Mixed forest, generally easily runnable, but areas of harder runnability and undulation. Areas of both fields and built-up areas.

Changing and Showers: Indoors at Torvalla swimming pool, signed from the Hash House. Please leave your dirty shoes outside!

Prizes: Prizes to the leaders in every class! Prize giving at c. 17.00 for the cyclists and 19.00 for the runners. Thanks to our sponsors.

Results: Preliminary results during the evening and published on www.stockholmrogaining.se

Event Officials:

Members of OK Ravinen:
Jonny Bergman, Competition Director
Gustav Bergman, Planner
Lars Forsberg, Website & Event Secretary
Jenny Tirén Berg. PR & Sponsorship
Various people setting out controls, and others!

For further information: jonny.bergman@teliasonera.com, 070-300 94 99, & <http://www.stockholmrogaining.se>

Warm welcome!