

# stockholm rogaining 15 nov '08

poäng-orientering till fots (6tim) eller cykel (4tim)

## FINAL DETAILS

**Competition Centre:** Farsta Gymnasium, Stockholm. Parking at Farsta Idrottsplats, see homepage for map how to get there. See [www.sl.se](http://www.sl.se) for public transport info. Take the Green Underground to Farsta Centrum and from there it is around 800 meters walk.

**Late entry:** Is possible at Hash House between 10.00-11.00. Entry fee SEK 300.

**Registration:** Competitor envelopes will be given out from 10.00 o'clock.

**Classes:** Bike and running in classes: Men, Women, Mixed, Veterans, and Juniors (just running). Veterans are those born in 1958 or earlier. Just one veteran's class this year due to few competitors.

**Competitors per team:** 2-5 competitors per team. Everybody in the team should stay within hearing and seeing distance of each other. When punching, all team members must come to within 20 meters of the control, 40 m for bike class. Please be good sportspeople and respect the fairness of the event.

**Map collection:** Maps will be handed out from 11.00. The competitors than have 50 minutes to plan the route. 18.00, 15.00 for BIKE. You will need head-torches or similar for the later hours of the running race.

**Start:** We walk together to start at 11.50. Mass start at 12.00 at race director's signal. **Don't forget to clear and check your SI card before start!**

**Latest Finish:** At 18.00 for runners, 16.00 for bike and 15.00 for juniorclass. If you finish after 18.00 or 15.00 for BIKE, you will lose 20 points for every minute or part minute. Teams who score the same number of points will be differentiated by their finishing time., i.e. first back gets the better placing.

**Finish:** Farsta Gymnasium

**Number of controls:** 30

**Points:** Between 10 and 100 points per control. Control codes between 31 and 33 give 30 points, between 41 and 43 gives you 40 points, etc. up to those between 101-103 are worth 100 points.

**Controls:** There are no reflectors on the controls. You will find a full-sized flag and a SI unit hanging from it. Punch this! Make sure you hear the beep and see the flash. There is no back up

punch – let the officials know when you have finished of any units failing to work. Note: there are some permanent controls in the forest which maybe very close or beside our Rogaine controls.

**Refreshments/food:** The drinks points on the course and in the Hash house will have water and PowerBar sports drink. Drinks points will be out in the terrain from 12.30. There will also be drinks, bananas, raisins and other stuff at the Hash House. Dinner after the race is included in the fee, served from 1600 in the Hash House. We sell Power Bar product (gel, bars and sports drink) in the club house at discount – make sure to buy some before the race!

**Competition rules:** Every team shall be within hearing distance of each other throughout the race. When punching a control, the whole team must be within 20 metres, 40m for BIKE, of the control. Failure to comply with these rules will lead to disqualification. All competitors do so at their own risk. It is not allowed to leave food, drink or other equipment out in the competition area before the start or to buy anything during the race. You should be self-sufficient for the whole 6 hours. You are allowed to leave things in the competition area after the competition has started, e.g. leaving torches to collect later. It is forbidden to use any means of transport other than your own feet (or team members) – running, walking and biking only. The mobile of the competition leader contact is 070 300 94 99, and is only to be used in emergencies. Please respect out of bounds (olive green areas on the map). If a road (black line) goes into and out of a green area, you may use it. If it stops in the olive green area you may not. It is absolutely forbidden to run off the map. We are guests in a frequently used area for outdoor life – it's used both for hiking, horseriding, etc – show respect and be careful! **Also note: there is a railway in the northern margin of the map; it is of course absolutely forbidden and highly dangerous to tread the railway tracks!**

**Maps:** scale 1:25 000.

**Terrain Description:** Mixed terrain. Housing areas, fields, forest, lakes, a good number of roads, paths and tracks.

**Changing and Shower Facilities:** Changing rooms and showers at Farsta Ishall. For the comfort of everybody, please take off your shoes when you go in the school. Spare the hot water please!

**Prizes:** Prizes to the leading teams. We will try to hold the prize giving at 19.00 and 17.00 for BIKE or earlier if possible. Many thanks to our sponsors!

**Race director:** Jonny Bergman.

**For more information:** Contact [jonny.bergman@teliasonera.com](mailto:jonny.bergman@teliasonera.com) or see [www.stockholmrogaining.se](http://www.stockholmrogaining.se)

**VERY WELCOME!**