

PROGRAMME

O-Ringen Boden 2013

20–26 july

Event information

Training race 19/7

Salomon Trail Tour 20/7

Everything you
need to know
from A to Z

O-Ringen Open all stages



SIA Glass
Den svenska gräddglassens skyddsängel

bagheera®

XL BYGG STENVALLS



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O-Ringen A to Z

Address

O-Ringen Boden 2013
Boden Arena
Flygfältsvägen 31
961 43 Boden
Tel: 0771 – 49 90 00
Mail: info2013.oringen.se
Open daily 18–28th July

Competition centre

Opening times:

Thursday 18th July 12:00–21:00
Friday 19th July 09:00–21:00
Saturday 20th July 09:00–21:00
Sunday 21st July 09:00–21:00
Monday 22nd July 09:00–21:00
Tuesday 23rd July 09:00–21:00
Wednesday 24th July 09:00–21:00
Thursday 25th July 09:00–21:00
Friday 26th July 09:00–21:00
Saturday 27th July 09:00–15:00

Advertising

Marketing material for future events and personal messages to other competitors can be put up in the designated area in the expedition hall.

Other posters and advertising is not permitted within the O-Ringen Town, except for the O-Ringen.

Arrival

The O-Ringen Town will be situated at the airfield on the way in to Boden Arena approximately 1.5km south of the centre of Boden. Signs will be placed on the riksväg 97 at Södra Svartbyn.

When you arrive at the O-Ringen Town follow the traffic and parking marshal's instructions.

For those travelling by train there is a bus transfer from Boden train station to the O-Ringen Town between 17 – 20/7. This will be for trains 92 and 94 and the departure will be 10 minutes after the train arrives in Boden. This will cost 30SEK per person.

For those of you who are camping you should check in to the campsite before visiting the O-Ringen Square.

Chemist

There will be a chemist in the expedition hall at the O-Ringen Square courtesy of Apoteket Lavs-SEKikan.

Waste

Recycling should be done according to the established guidelines. Sorting instructions are also available in separate sections in this programme.

Adjacent to each area and hygiene station are bins of different sorts of waste. You should be recycling returnable cans and PET bottles (the pledge goes to Vi-Skogen!), containers of plastic, paper, glass and metal, and newspapers, small batteries, food waste and combustible waste. Any hazardous waste such as electrical goods and large batteries should be taken to the existing recycling station in Boden or back in your home town.

At the stages there will be bins for combustible waste and returnable containers such as PET bottles and cans. Also available at the arenas there will be a recycling center for all the above materials.

AXA – youth relay

This will take place after the opening ceremony on Saturday 20th July. Start 17:00.

• First leg:

Girls up to and including D16

• Second leg:

Boys up to and including H14

• Third leg:

Girls up to and including D14

• Fourth leg:

Boys up to and including H16

Course lengths: All of the legs are about 2–2.5km with a running time of approximately 10–15 minutes.

Terrain description: The competition is mostly going to take place within the O-Ringen Towns camping area and the nearby barracks area, where the runnability is very good. A smaller part of the course will even go through a terrain area with undergrowth and worse runnability.

Swimming

For those of you who want to take a dip in a lake or a swimming pool can get there by bike.

In the centre of Boden you will find Boden's swimming pools, with Björknäs temperate bath at Boden camping and NordPoolen about 1 km from the O-Ringen Square. If you are after sand between your

toes, we recommend Äldersjön, a sandy beach surrounded by pine forest, cycling distance from Boden. From Boden center you take SEKaftverks bridge or Heden Bridge over the Lule River. Turn left towards Unbyn after the bridge and follow this road for about 2 km until you come to a crossing with signs to Mockträsk and Selet to the right. About 1.5 km along this road to Mockträset / Selet you will find the lake on your right. Large parking adjacent to the beach. Svartbjörnsbybadet is located at Buddbyträskets eastern side with the sandy beach and Svartbjörns village within easy reach.

Child care

At the stages there will be child care for children that are 3–8 years old between 07.00–16.00. If you register for child care before the 21st July it costs 350SEK for five days. You can register at the competition centre at the O-Ringen Square. For an individual day it will cost 110 SEK, which you can pay at the arena.

Battery charging

Telephone battery charging, car battery charging and charging of computers can be done at a price. At the O-Ringen Square, by the cycle hire outside Boden Arena. Price – 10SEK mobile phone, and 15SEK car battery.

Payment methods

Payment can be made with the most common types of bank and payment card, Visa & Mastercard. Travellers cheques will not be accepted.

Security at the O-Ringen Town

Security will be carried out by security guards from Vaktarskolan at the campsite and the O-Ringen Square. Go to them with any questions or if you notice something suspicious. Everyone should help keep their eyes open for unauthorized persons. React if you see anything suspicious. We recommend that you never leave your valuables unprotected. Lock cars and caravans. If something is stolen ring the police first 114 14, or in an emergency 112.

Traffic

Traffic in to the O-Ringen Town and the stages will be signposted with green/yellow signs showing, for example, stage (E 1) with an arrow for the direction. The camping area within the O-Ringen Town will be closed for traffic between 22.00–7.00. During the rest day and departure day this traffic ban will finish at 6.00.

Accommodation service

Can be found at the competition centre.

Fire and rescue service

Make yourself familiar with your surroundings and find the nearest fire extinguisher and learn how to use it. Instructions are on every fire extinguisher. In an emergency call 112.

Bussing

The busses go from the O-Ringen Town to stages 1–4. Stages 1–2 are within cycling distance (4–5 km depending on where your accommodation is within the O-Ringen Town). Stage 5 is within walking distance (1 km).

Busses will leave the O-Ringen Town from the north western section, close to Pontonjärsvägen. Busses will be leaving from 6.00. The last bus will leave the arenas at 16.30.

Bus tickets can be bought at the competition centre.

Bus ticket prices up to 20th July:

Adult stages 1-4:	360 SEK
Adult stages 3-4:	210 SEK
Youth (16 & under) Stages 1-4:	245 SEK
Youth (16 & under) Stages 3-4:	120 SEK
One day ticket, adult :	100 SEK
One day ticket, youth :	75 SEK

In emergency tickets can be bought at the bus stop. Ticket control will take place before departure every day, in both directions. Anyone who cannot show a valid ticket will have to buy a one day ticket (100 SEK and 75 SEK respectively) which are for sale at the bus stop.

Everyone who uses a seat on the bus must pay. If you forget your ticket then you can show your number bib and this will be noted and checked later.

On the buses there are seat belts which must be worn. The buses will follow the timetable as closely as possible with 3 buses in each convoy. The preliminary time between the bus convoys is 10 minutes between 21st-22nd July and 8 minutes from 24th-25th July. One bus will be kept free from animals and there will be posters to show this.

Marshals will be around to show you the way and help with pushchairs etc.

Bus parking (Club busses)

Information will be available at the competition centre. Club busses over 3.5 tonnes will park in a special marked parking place. Special signs for club busses will not be used.

Café

Can be found at the O-Ringen Square in the O-Ringen Town.

Camping

In consideration of campers motor vehicles will not be allowed into the campsite between 22.00–07.00. The speed limit of 20km/hr applies throughout the whole area. Every camping square is marked with a number. Please note that caravans should be placed only as directed.

Camping with electrics will mainly be located on asphalt surfaces in some cases concrete, where it is difficult to use ordinary tent pegs. We recommend alternative attachment for the awning. Therefore take a hammer and strong spikes to attach awning, or take sacks / bags to fill with sand to weigh down the awning, or attach the awning into a heavy plank.

Find the closest fire extinguisher. For safety reasons and to keep accessibility for emergency vehicles and residents at the campsite, vehicles or other obstructions are not to be placed in areas marked as roads/access lanes. Wild camping at the arenas and the O-Ringen Town is not permitted.

Bikes and bike parking

Parking for bikes is adjacent to the O-Ringen Square. Cycling inside the O-Ringen Square is not permitted.

Bike hire/Repairs

Hired bikes can be collected at the O-Ringen Square towards Boden Arenas east side by the racetrack.

Take valid passport/ID with you. If you do not return an O-Ringen bike then you will be charged 700 SEK. Bike locks are compulsory and can be bought for 50 SEK. Opening times: 18th-20th July 09.00-17.00, after this it will be open from 14.00-18.00 each afternoon. Bikes hired from the O-Ringen can be repaired in the workshop at the hire station.

Tickets for camping and parking

Tickets for accommodation, camping and parking should be placed visibly in the windscreen of your vehicle. These give you access to the campsite and respective parking.

Diplomas

A specially designed diploma in A4 size can be ordered via the entry system. The diploma can be ordered up to September 1st via www.oringen.se. The diploma costs 80 SEK and will be sent to your home address.

Entry on the day

See O-Ringen Open

Showers

For those of you staying in the O-Ringen Town there are shower facilities in our built up showers on the south east side of Boden arena. For those of you staying in the barracks there are showers there. The organisers will provide shower gel in the showers at the arenas.

Fires and Barbecues

For safety reasons you are only allowed to barbecue in special marked areas within the campsite. Ashes and other remains from barbecues should be left in the specially marked bins. Fires are not permitted.

Elite sprint – Bodens Energy Sprint

Monday 22nd July at 18.00 at Björknäsvalen, 500m west of Bodens centre.

Breakfast

Breakfast will be served in the military restaurants, that is the Tre Renar restaurant in the regiment area I19. Breakfast will also be served at the restaurants in the O-Ringen Square.

Out of Bounds

All private land and areas marked on the map as out of bounds are out of bounds regardless of

whether they are taped on the ground or not. Respect these areas before, during and after the competition. Respect any other taped off areas as well.

Accommodation lists

At the competition centre at the O-Ringen Town you will find information about clubs and individuals who are accommodated in the schools, barracks and other accommodation coordinated by the organisers, and the designated areas for clubs in the campsite.

Gas

In regards to the possibility of exchanging gas, it is possible to buy at the sweet shop which is located in the northwestern corner of the campsite in the O-Ringen Town.

Barbecues

See Fires and barbecues.

Lost property

If you find any lost property this should be handed in at the competition centre at respective arenas or at the O-Ringen Square. After every stage any items in the lost property will be transferred to the competition centre at the O-Ringen Square.

Dog day care

There is an opportunity for dog day care offered by 2 local companies close to the O-Ringen Town: www.bodenshundpensionat.se and www.bergsglantanshunddagis.se.

Hygiene stations

Hygiene stations are open around the clock except for brief intervals for cleaning and technical services. All water from the taps at the hygiene stations is drinking water. Washing your shoes and clothes directly in the sinks is not allowed. For washing clothes and washing up your own washing bowls should be used. Water from washing up and washing clothes should be thrown down the designated sinks.

Opening Ceremony

The Opening ceremony takes place on Saturday 20th July at 16:00 at the O-Ringen Square.

On-call Priest

The Swedish Church has a tent which will be staffed 20–27/7 10.00–21.00. On-call priest: 0921-77 564, SMS 070-600 76 25

Jubileum Medals

For those of you who have completed 10, 20, 30 or 40 O-Ringen competitions you can order a jubileum medal. Applications are made via www.oringen.se and administered by SOFT.

Those who have ordered a medal for 30 or 40 years of O-Ringen participation and want to participate in an official ceremony in connection with Thursdays prize giving can go to the tent behind the stage 15 minutes before the prize giving. All other ordered medals can either be collected from SOFT's stall at the trade fair or they can be sent to your home address.

Payment is by invoice.

Kiosk

Kiosk/café/hamburgers are available at the O-Ringen Square. Within the O-Ringen Town there are a number of service kiosks offering limited selection of food products, ice pack exchange, ice creams, etc.

Church

Swedish church tent, manned 20–26/7 10.00–21.00. Priest, devotions, book stall, resting place and more 0921-77 594

Sorting recycling

See "Waste".

Toilet emptying

Toilets from caravans can only be emptied and cleaned at the designated places at the hygiene stations.

Food shopping

A number of service kiosks can be found in the O-Ringen Town, where a limited selection of products is offered. The food shops available in Boden are ICA Kvantum Boden, Boden Coop Forum and ICA Supermarket.

Massage

The "Dala" Massage Team will be at the competition arenas on all competition days, 07.30–16.00. At the O-Ringen Square in the O-Ringen Town massage will be offered:
Saturday 20th July 12.00–18.00
Tuesday 23rd July 12.00–20.00
Sunday, Monday, Wednesday and Thursday between 14.00–21.00.
They will be offering Sports massage, injury and rehab taping.

Environment consideration

O-Ringen 2013 is an environmentally friendly Event. Help us maintain a nice environment by:

- Taking the bus or cycling to the stages
- Sorting and recycling your waste
- Turn your pet bottles and cans into trees!
- Save water
- Buy organic and environmentally friendly food items and other products
- Only use environmentally friendly shampoo, soap and washing up liquid
- Only use the soap/shampoo that the organisers provide at the stages
- Make use of public transport
- Ask for refills instead of taking more mugs
- Place mugs, tape and other rubbish in the bins provided
- Respect all taped off areas in the terrain before, during and after the competition
- Always act as an ambassador for an environmentally conscious orienteering group by following the above.

Miniknat – String course

Will be available at all of the stages between 08.30–14.30. Costs 30SEK for each child that participates. Entry and payment at the string course start.

Mobile phone charging

Battery charging can be done at the cycle hire or the service kiosks.

MTB-O

See elsewhere in magazine.

Trade fair/Market area

The O-Ringen trade fair is situated at the O-Ringen Square. Free entry.

Open times:

Friday 19 th July	10-21
Saturday 20 th July	10-21
Sunday 21 st July	12-21
Monday 22 nd July	12-21
Tuesday 23 rd July	12-21
Wednesday 24 th July	12-21
Thursday 25 th July	12-21
Friday 26 th July	12-18 (only the market area)

Food square

Restaurant/café/hamburgers are available at the O-Ringen Square.

Number bibs

Runners collect their individual number bibs and participant bag

at the O-Ringen Square in a tent outside the competition centre.

For environmental reasons runners will be responsible for providing their own safety pins. Safety pins will be available to buy at the competition centre (at the O-Ringen Square and at the arenas).

Runners who lose their number bib will have to buy a new one at the competition centre for 50SEK. No number bib will be handed out before the participant has paid in full. Opening times: see elsewhere in the magazine.

O-Ringen Open

Entry to the Open courses can be done at the competition centre at the O-Ringen Square and at the competition stages at the designated stall at each arena. No prizes will be awarded.

The O-Ringen Open is also available at all Pre-O Arenas. For more information see another page in the magazine.

Orienteering shooting

During the week, there is the opportunity to try orienteering shooting adjacent to the O-Ringen Towns southwestern edge. Minimum age for participation is DH13. See "Opening times" elsewhere in the magazine. An orienteering shooting competition being arranged on the activity day, see www.orienteringskytte.se

Paramotor

Experience the freedom to fly yourself with Bodens Paramotor Club. For information and offers – visit us at Boden's Tourist stall.

Parking

You can only park in the designated parking areas, shown by the organisers, within the O-Ringen Town. All other parking is forbidden. VIP/Press parking is in the designated parking area.

Parking tickets for the stages can be bought at the competition centre. The tickets should be visible in the windscreen.

Parking for one off stages costs 100SEK and can be paid at the parking.

Police

In emergency call 112.

Post

Post box and stamps can be found at the competition centre. For parcels and other post services

you will need to go to the closest post office which is at ICA Kvantum, Lulev. 27

Press

The press centre, working area for accredited media representatives, will be in Boden Arena adjacent to the O-Ringen Town for the whole week. The press facilities will be situated over the western grandstand. During the stages the press area with work space will be at the arenas in the finish tent.

Prizegiving INSKOLNING

In the Inskolning class there will be prizes for all participants. These prizes will be handed out at the finish.

OPEN CLASSES 1-9 and MO-TIONS (Beginners) CLASSES

No stage prizes. In the motion classes prizes will be picked out, after the final stage, from everyone who has completed all days.

OTHER CLASSES, stages 1-4

Stage winners will receive their prizes at the prize giving at the Stage at the O-Ringen Town for stages 1,3,4. The prize giving for stage 2 will be held on Tuesday 23rd July at the stage in the centre of Boden. Prize winners should assemble in groups beside the stage, see separate programme.

OTHER CLASSES, stage 5

In the youth classes 10-16 years the top three and in the elite classes the top 10, and in other classes only the overall winner on the stage at the O-Ringen Square. Prize winners should assemble in groups beside the stage, see separate programme.

Between 16.00–19.00 other prize winners can collect their prizes in the trade fair at the O-Ringen Square, by showing their number bib. The number of prizes in respective classes will be shown on the results board.

In the U-classes prizes will be picked out of all competitors as well as the top 3. The names will be presented on the results board. These can be collected on Friday by showing your number bib. Unclaimed prizes are left to the organisers.

Radio O-Ringen

There will be a daily radio channel for the O-Ringen. During competition time providing live coverage from the stages and during the early morning, afternoon and evenings with studio coverage. Please

look in to Radio O-Ringens studio at the O-Ringen Square.

Radio team: Per Forsberg, Rikard Olsson, Hjalmar Lindberg, Olov Vikström, Maria Cutova and Anton Sjökvist.

Some program topics and competitions

- Sweden trip with Bauhaus -club competition with a new guise, back in Sweden
- O-Ringen krysslet -become a champion at the O-Ringen
- Hjalmar & Olov & Anton -afternoon hosts with youth focus
- O-Ringen Corner -Questions and answers about the event

Music, information, entertainment and competitions = Radio O-Ringen.

Sign up for the competitions, request music, send greetings or just chat with us via radio.oringen.se or www.oringen.se or via the O-Ringens Facebook or even via Twitter @Radio_O-Ringen.

Broadcasting times

Friday 19 th July	09.00-21.00
Saturday 20 th July	09.00-21.00
Sunday 21 st July	06.00-21.00
Monday 22 nd July	06.30-21.00
Tuesday 23 rd July	09.00-21.00
Wednesday 24 th July	06.30-21.00
Thursday 25 th July	06.30-21.00
Friday 26 th July	09.00-21.00

At the stages we will be sending through the arena loud speakers between 08.30–15.00.

Reception:

Reception is situated at the O-Ringen Square in the competition centre. Here you can find general information about the O-Ringen, translation help and tourist information.

Adjacent to the reception you will find lost property, shop (training maps, food tickets to the military restaurants, bus ticket and more) and the accommodation service.

Results

At the arenas

The results at the arenas will be displayed online on digital screens.

Stage results

All results will be displayed after each stage on the O-Ringens homepage www.oringen.se www.oringenonline.com Shows start lists, live results, club results and even split times

Club results in paper form will be available to be printed per club in the evenings in the competition centre at the O-Ringen Square.

Overall results at the O-Ringen Square will be displayed in traditional paper form in the evening, inside the trade fair.

Serving

See "Food square".

At the arenas there will be a large selection of coffee, soft drinks, sandwiches, sausages, hamburgers, ice cream and sweets.

First Aid

In all emergencies, major injuries and serious illnesses ring 112 as usual. There will be first aid at the finish and at every start there will be first aid qualified marshals. Out in the forest there will also be first aid points manned by nurses, these will be marked on the map. For telephone advice 24 hours a day - call 1177.

Doctor's surgery

Sandens health centre is situated about 500m towards Bodens Centre.

Souvenirs

A selection of O-Ringen souvenirs will be for sale at respective arenas and at the O-Ringen Square. Well worth taking a look!

Sport shops

Team Sportia will be offering a well stocked sport shop at the O-Ringen Square.

Opening times:

Friday	10–21
Saturday	10–21
Sunday–Thursday	12–21
Friday	12–18
Saturday	8–12

SportIdent

It is crucial for competition administration that every participant has their own SI card and that the number matches your information on the system. Changes of SI card number must be done at the competition centre at the O-Ringen Square or at the arena as soon as the change is known (costs 100SEK). This is where you can also hire an SI card (50 SEK per day or 250 SEK for the week). Hire cards are to be returned after the hire period and after download. If you fail to return an SI card you will be charged 600 SEK and it will not be possible to use it at other competitions.

SI cards should be cleared on route to the start each day and they will be checked at the start (this is our safety check to show that you have started). Everyone must punch the finish control and then you must download as you leave the finish area, this is where you will get a print out of your split times. If for any reason you do not

finish your course you MUST download at the finish, or register at the first aid or competition centre at the arena. This is so that we do not worry about having runners who have started but not returned. Read more in the competition details at the back of the magazine.

Start lists

Complete start lists will be published on the homepage and at www.oringenonline.com which can be accessed by mobile or at the terminals at the arenas.

Split times

Every runner will get their own split times printed out at download. Split times per class will be found at www.oringen.se and www.oringenonline.com after each stage.

Telephone messages

Specific phone message can be left for competitors at the competition centre at the O-Ringen Square. A list of names of those who have messages to collect will be shown on the notice board at the reception. The organisers take no responsibility for the message reaching the recipient.

Toilets

See the map of the O-Ringen Town, Arenas and "to the starts".

Training maps

See separate section in the magazine.

Training race

See separate section in the magazine.

Tourist information

Can be found in the O-Ringen trade fair.

Washing

A washing service with limited availability is available with the O-Ringens partner Folksam in connection with the O-Ringen Square.

Quietness

Between 18th-28th July motor traffic in the campsite is not permitted between 22.00-7.00. No disturbing work is to take place between these times.

Entertainment/Events

See the timetable in another section of this magazine.

Foreign Currency

Exchange of foreign currency should be done at the bank in central Boden.

AXA-youth relay



In co-ordination with the opening of the O-Ringen the junior relay will take place. All talented juniors will yet again have the chance to compete in front of a large audience and

capture their attention. As in previous years we hope for an exciting competition and a speedy fight between the world's juniors.

Classes

One class, mixing boys and girls, the legs will be run according to the following:

- Leg 1:** Girls up to and incl.W16
- Leg 2:** Boys up to and incl. M14
- Leg 3:** Girls up to and incl.W14
- Leg 4:** Boys up to and incl. M16

The teams can be made up from a district or national teams. Combination teams for example of 2 districts or countries are allowed but this doesn't mean that a district or country of this kind can have 2 teams.

Start

Saturday July 20st 5 pm

Course lengths

All legs are approximately 2-2,5km with a estimated running time of 10-15 minutes.

Spread

Gaffling will exist on all legs.

Punching system

SportIdent

Terrain description

The O-Ringentown with it's camping and the forest nearby

Competition rules

Swedish Orienteering

Traffic overview

Traffic to O-Ringen Town

Signs along road road 97, junktion S Svartbyn (Boden E).

Direction starts at GPS-coordinae:

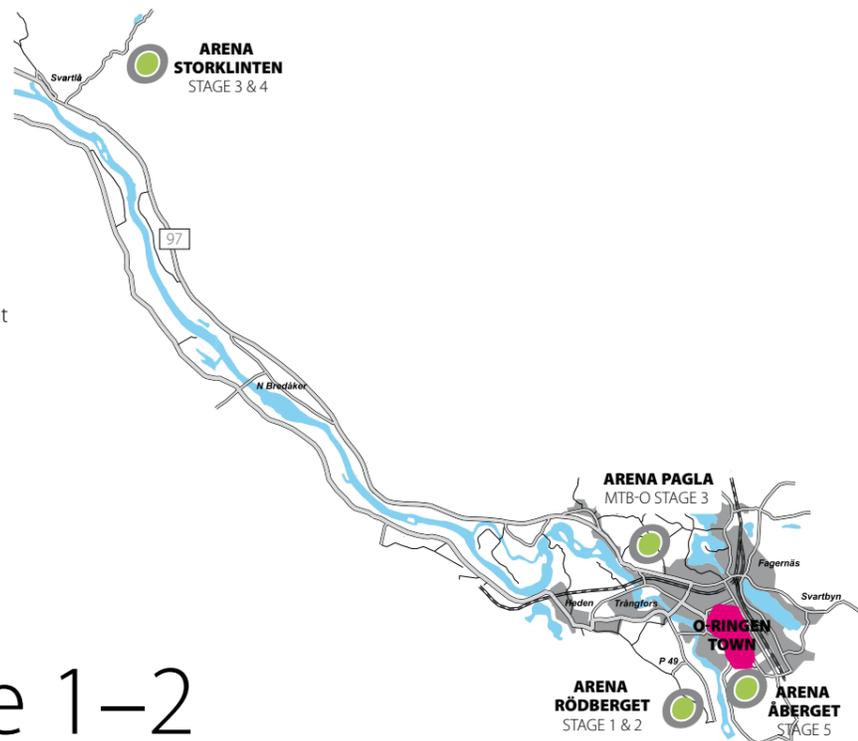
N 65° 47.425' , E 21° 44.078'

Car parking:

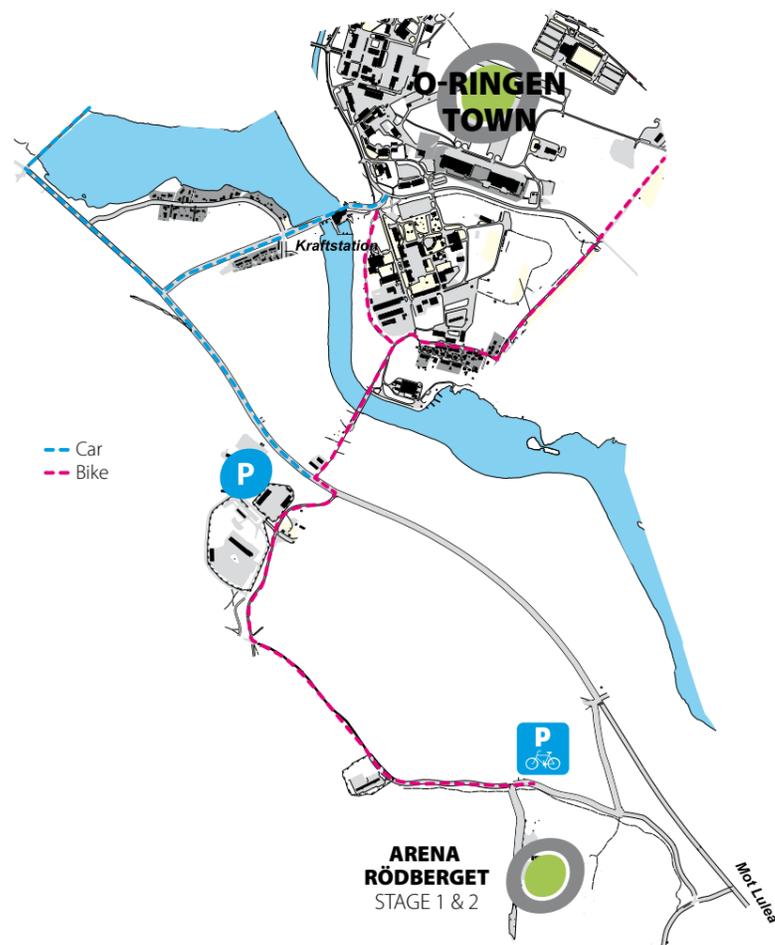
Follow the organizers directions.

Directions to Arena Pagla

Follow road 97 to Jokkmokk. After 3,5 km turn right to the arena. Follow signs.



Traffic stage 1–2



Take your bike to Stage 1 & 2. Photo: Mikael Fritzon

Signs along road 616. Directions starts at V Dammbron (Hedsvedjeleden-Åbergsleden)

Direction starts at GPS-coordinae:

N 65° 48.455', E 21° 40.659'

Distance from O-Ringen Town to arena:

3,5 km. Bike path over Dammbron and walking path over Hängbron.

Distance from parking to arena:

2000–2500 m

Time with bus from O-Ringen Town to arena:

10 minutes

First bus leaves O-Ringen Town at 06:30

Last bus leaves arena at 16:30

Traffic stage 3–4

Directions from road 97 to parking at Nedre Svartlå. Road 752 closed for traffic to competition area.

Direction starts at GPS-coordinae:

N 65° 59.956', E 21° 12.664'

Distance from O-Ringen Town to arena: 34 km.

Distance from parking to arena: 4,8 km

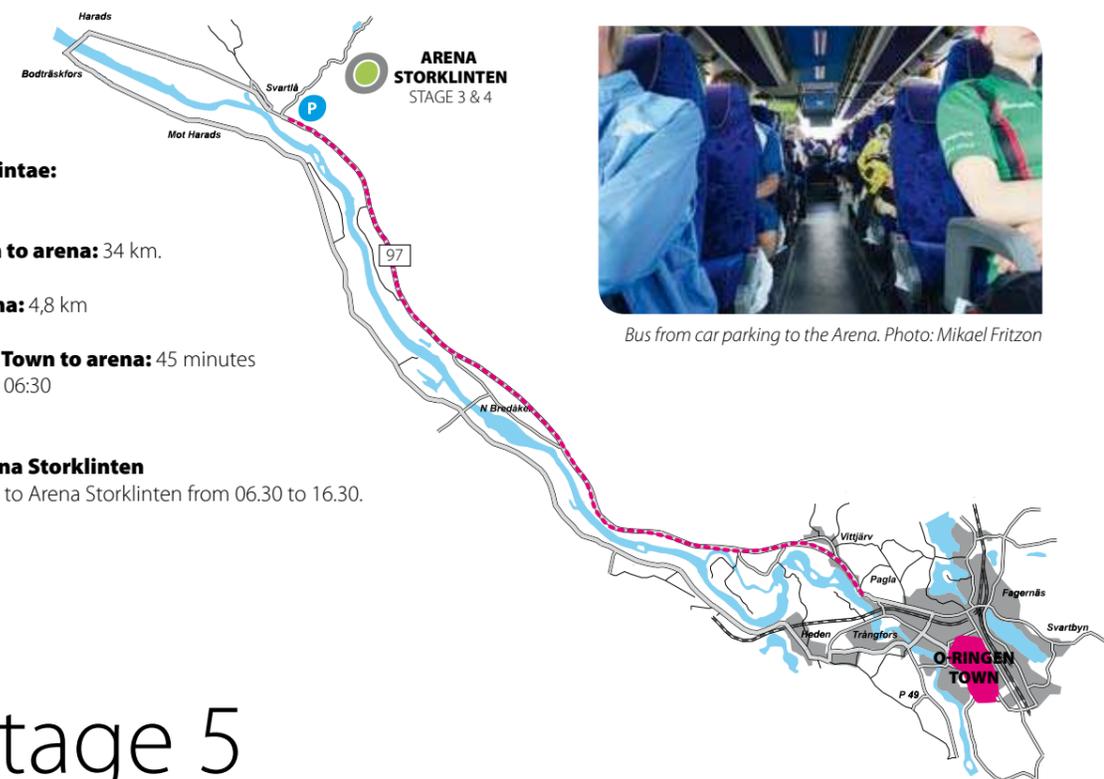
Time with bus from O-Ringen Town to arena: 45 minutes

First bus leaves O-Ringen Town at 06:30

Last bus leaves arena at 16:30

Bus transfer, car parking–Arena Storklinten

Free bus transfer from car parking to Arena Storklinten from 06.30 to 16.30.



Bus from car parking to the Arena. Photo: Mikael Fritzon

Traffic stage 5

Follow signs from the O-Ringen Town.

Direction starts at GPS-coordinae:

N 65° 48.267', E 21° 42.266'

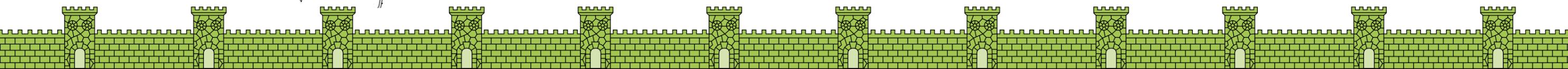
Distance parking to the Arena:

1 km

No busses



Take your bike or walk to the last stage



O-Ringen Open

O-Ringen Open consists of twelve courses of various lengths and difficulty grades.

No time will be recorded for runners on the inskolning course. For all other courses there will be times and results recorded each day as in other competition classes. Combined results will be recorded for the five days for those who have pre-registered.

Open classes

- Inskolning** (2,0 km, beginners)
- Open 1** (white 2,5 km, beginners)
- Open 2** (yellow 4 km, beginners)
- Open 3** (yellow 3 km, easy)
- Open 4** (yellow 5 km, easy)
- Open 5** (orange 3,5 km, moderate)
- Open 5** (red 4 km, moderate)
- Open 6** (red 6 km, moderate)
- Open 7** (blue 3 km, difficult)
- Open 8** (black 4,5 km, difficult)
- Open 9** (black 7,5 km, difficult)
- Open 10** (violet 4 km, moderate)
- Open 11** (violet 5,5 km, moderate)
- Open 12** (yellow 10 km, easy)
- Challenge** (5 km & 10 km)

All courses have a map scale of 1:10 000.

Open times for open entry

At the O-Ringen Square in the competition expedition, see the page with open times for the competition expedition. At the arenas at all of the stages the O-Ringen Open entry is open between 7:30am and 1pm.

Entry

You can enter at the O-Ringen Squares competition office and at the arenas. At the competition office, O-Ringen Square you can buy your course to one day or to all your stages at once, whilst at the arena you can only buy your course for that day. Your number bib must be worn visibly throughout the competition, attach then to your chest with four safety pins which you provide yourself

Electronic punching

Read more on other page in this magazine.

Fees

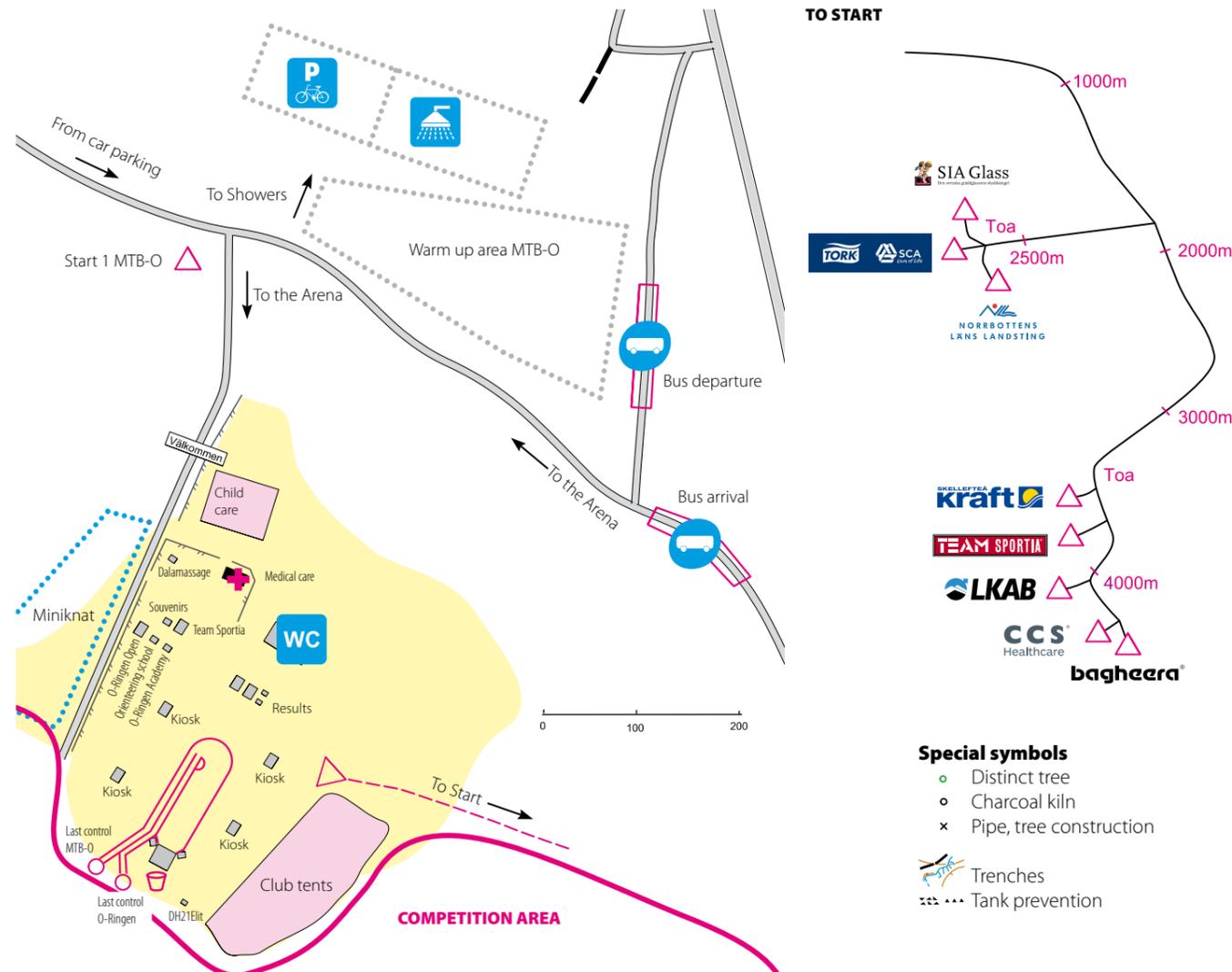
Only cash payments in SEK or card payments.
Entry fees per course:
- 16 years SEK 80
17 - 20 years SEK 125
21 - years SEK 165
SI-card SEK 50
Unreturned hired SI-card SEK 600



Start routine

When you have bought your course you can go to the start that you have on your number bib, when it suits you and start between 8.30am and 1.00pm. Make sure that you go to the right start! At the start you can stand in the queue for your class and start when you get to the front of the queue. It is OK to run in pair or in groups. You start by setting your SI-card in the start punch which is on the start line. For more detailed information see "the start" in the "competition facts" section

Stage 1 Arena Rödberget



Terrain description

On the route to the start everyone will pass a sand area after 350m. Then you follow a concrete road and then a large path. At the starts there is space for warming up. The stage offers a long distance race where the longer/more difficult courses will meet an area with few paths and a hilly mountain area of wild character, where the steep mountain slopes are slashed and detailed. The less steep slopes are less detailed. Up on the mountain sections there are open rocky areas where even vegetation free rocky areas are shown as yellow areas. At the end the courses pass through a sandy, pine area with many paths which is very runnable.

The short courses go through a sandy, pine area with many paths and a number of open areas and vehicle rides.

Visibility and runnability are good in the majority of the area. The vegetation consists mostly of sparse coniferous forest.



O-Ringen 3 days

The 3-days suits those who really want to be at the O-Ringen, but for various reasons can't be there for the whole week.

The 3-days is perfect for those of you who want to finish the O-Ringen week Wednesday – Friday by competing and socializing together with friends and family. The 3-days take place at the same time as the O-Ringens final three stages with the same arenas.

The classes on offer for the 3-days are:

Easy, Middle, Difficult, Men and Women. Stage 1 and 3 are long distance races. Stage 2 is a middle distance race.

Easy is a yellow standard (easy) and approximately 3.5km, Middle is a red standard (moderate) and is approximately 4.0km, Difficult Women is approximately 5km and Difficult Men is approx. 7km and both are black standard (difficult).

The 3-days is arranged with the first two stages, free start time, at Storklintens beautiful slalom hill 40km north of Boden. The final stage takes place at the recreation area Åberget just south of the O-Ringen town. This will be an exciting chasing start and there will be prizes for the top 3 overall in each class.

Price giving ceremony

Price giving ceremony for the winners of each class are being held at the large stage at the O-Ringen Square. Assembly in groups at the tent close to the stage, according to information below. Times in parantheses is for price giving ceremony on friday. Note! Stage 2 price giving ceremony is on tuesday in Boden city centre.

Top three in the elite classes and HD10, HD11, HD12, HD13, HD14, HD15 och HD16 are also being awarded at the last stages price giving ceremony.

Group 1 – assembly: 17.40 (15.40)

Price giving ceremony 18:00 (16:00)
D10, H10, D11, H11, D12, H12, D12K, H12K, D13, H13, D14, H14, D14K, H14K, D15, H15, D16, H16, D16K, H16K, U1, U2, Challenge D10, Challenge H10, Challenge D5, Challenge H5, 3-days easy, 3-days middle, 3-days difficult, 3-days women, 3-days men.

MTB-O classes: H12, DH14, H16, DH20, DH21, DH40, DH50 och DH60.

Group 2 – assembly: 18.00 (16.00)

Price giving ceremony 18:15 (16:30)
D21, H21, D21K, H21K, D20, H20, D18, H18, D17-20, H17-20, D35K, H35K, D40K, H40K, D45K,

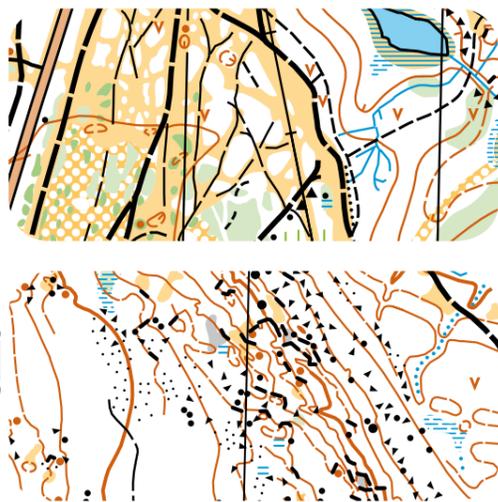
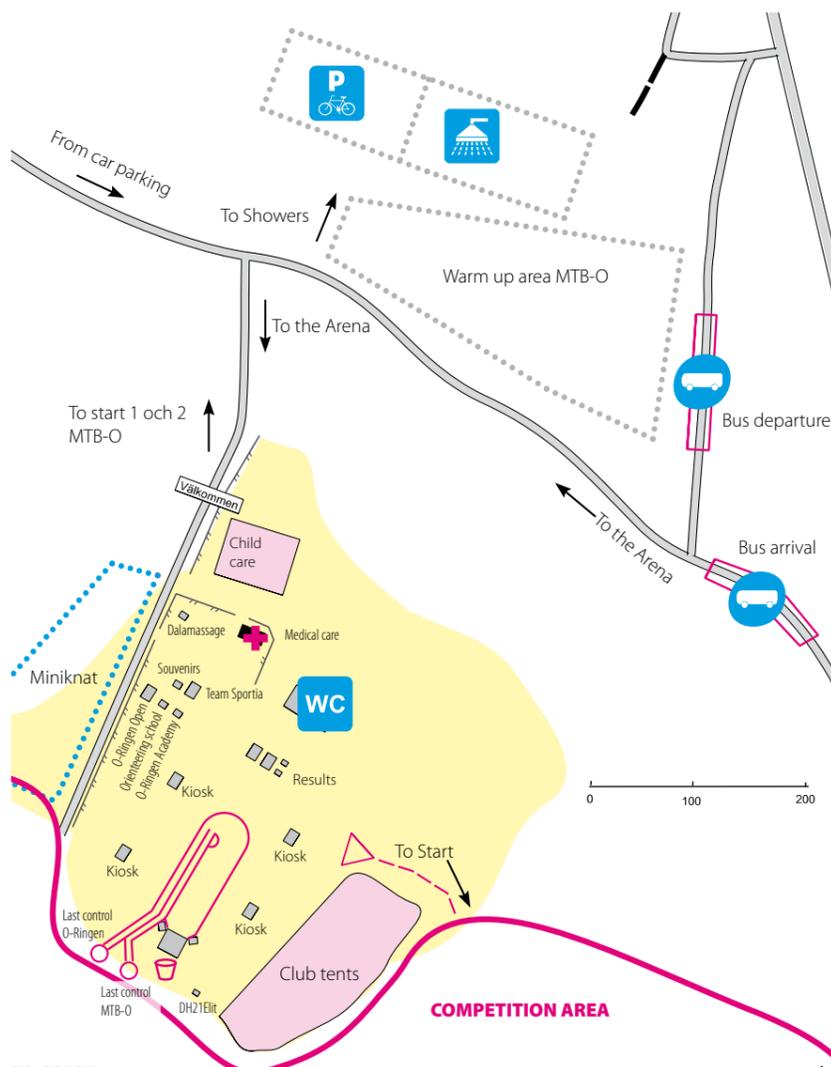


H45K, D50K, H50K, D55K, H55K, D60K, H60K, D65K, H65K, D70K, H70K, Pre-A, Pre-B.

Group 3 – assembly 18.15 (16.30)

Price giving ceremony 18:30 (16:45)
D21E, H21E, D20E, H20E, D18E, H18E, Pre-Elit, D21L, H21L, D20L, H20L, D18L, H18L, D35, H35, D40, H40, D45, H45, D50, H50, D55, H55, H60, D60, D65, H65, D70, H70, D75, H75, D80, H80, D85, H85, D90, H90, D95, H95.
Information about prices see A-Z.

Stage 2 Arena Rödberget



Terrain description

On the way to the start everyone will pass a sand area at 350m, at the edge of a large gravel depression. After this follow a path, large path and road to respective starts. There is space for warming up at each of the starts.

The stage offers a long distance race where the longer/more difficult courses will meet an area with few paths and a relatively hilly area of wild character, where the steep mountain slopes are slashed and detailed. The less steep slopes are less detailed. Up on the mountain sections there are open rocky areas where even vegetation free rocky areas are shown as yellow areas. The shorter more difficult courses will go to the slopes in the mountain area.

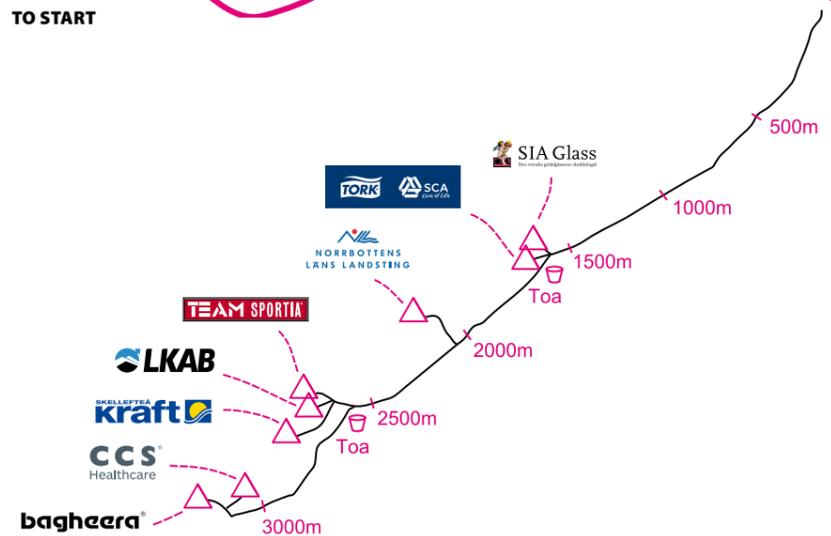
The easier shorter courses will be in a sandy, pine area with many paths and a number of open areas and vehicle rides which can make it difficult to see which paths are on the map.

All courses pass this pine area rich with paths and open areas and vehicle rides. In the end all the courses go through this area with a number of small lakes with strong sloping sandy banks.

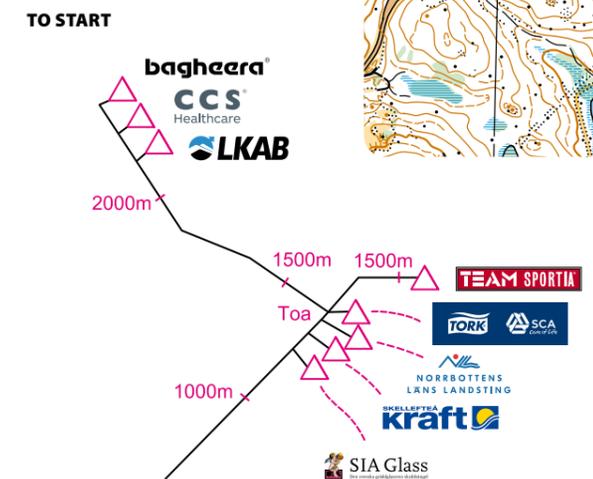
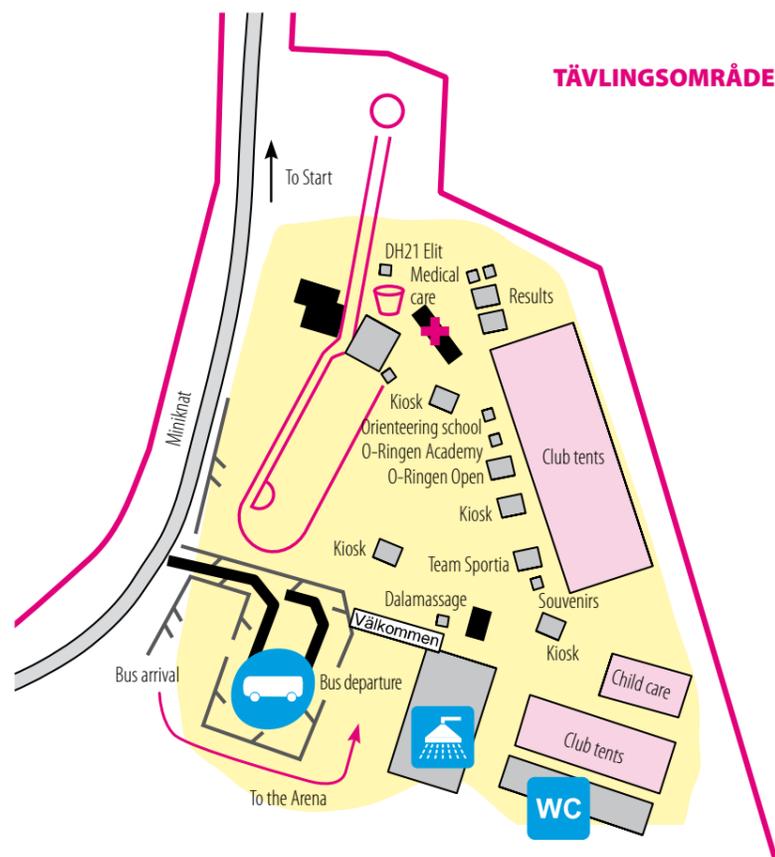
The visibility and runnability is very good in the majority of the area. The vegetation consists mainly of sparse coniferous forest.

Special symbols

- Distinct tree
- Bare rock
- Charcoal kiln
- × Pipe, Tree construction
- Trench
- Tank prevention



Stage 3 Arena Storklinten



Special symbols

- Distinct tree
- Bare rock
- Charcoal kiln
- × Pipe, Tree construction
- Trench
- Tank prevention

Terrain description

Welcome to Storklintens eco-park and recreation area. Runnability and visibility is good in the majority of the area and the undergrowth is, apart from ordinary forest, is even young forest, fast sparse pine forest and felled areas. Some areas with less visibility and runnability also exist. Stony sections exist as do flat rocks.

There is a lot of climb in places. Some steep slopes are possible to climb up, which can be necessary for certain classes, but going down these should be avoided.

A special phenomenon is our ski-track and scooter tracks which are marked with a yellow line on the map – yellow lines with vegetation

boundary for those that are obvious and just a yellow line for those that are less obvious depending on the surrounding forest. These are 5-10m wide, cleared, rides in the forest, yellow lines which are used on the junior courses are in some places marked with white tapes to make them more obvious.

Boulders down to apx 1m in height are marked on the map in areas with little detail. Rocky areas which in the most part are bare, are shown on the map as grey areas.

Note that controls in detailed areas can be very close together. On the Inskolnings courses and U1 the

boulders are used as control sites. In this case the boulders are right next to a line feature and the flag will be placed right by the line feature.

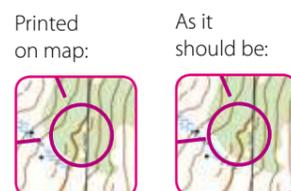
The classes DH80 and older have courses which finish being timed 800m from the finish. Then there is a walk along a road towards the finish funnel to punch the last control, finish and download.

The road to the start is a forest track and a road to all the starts. Everything off the road to the start is out of bounds and cannot be visited before start.

Badly placed control rings

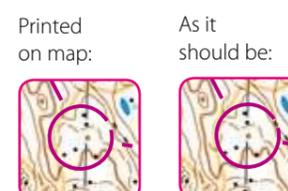
Four controls has been placed wrong on the competition maps. Please note the examples below. Examples of this will also be showed at each start. We are sorry for this.

Control 209



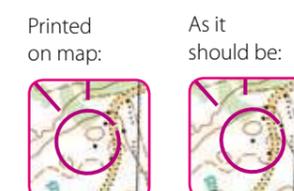
Concerned classes:
D20E, H20E, H20L, H21E

Control 250



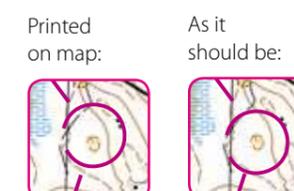
Concerned classes:
D21 och H16

Control 221



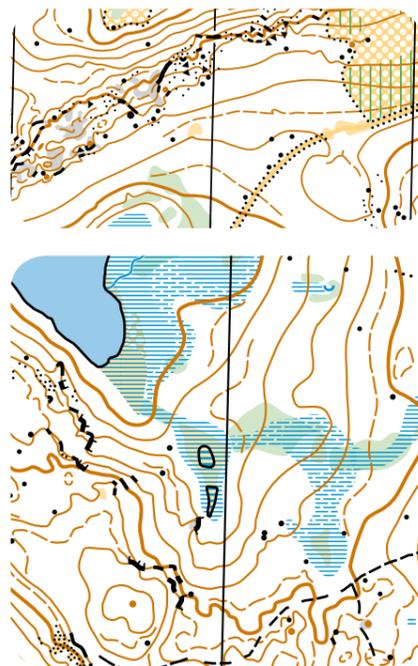
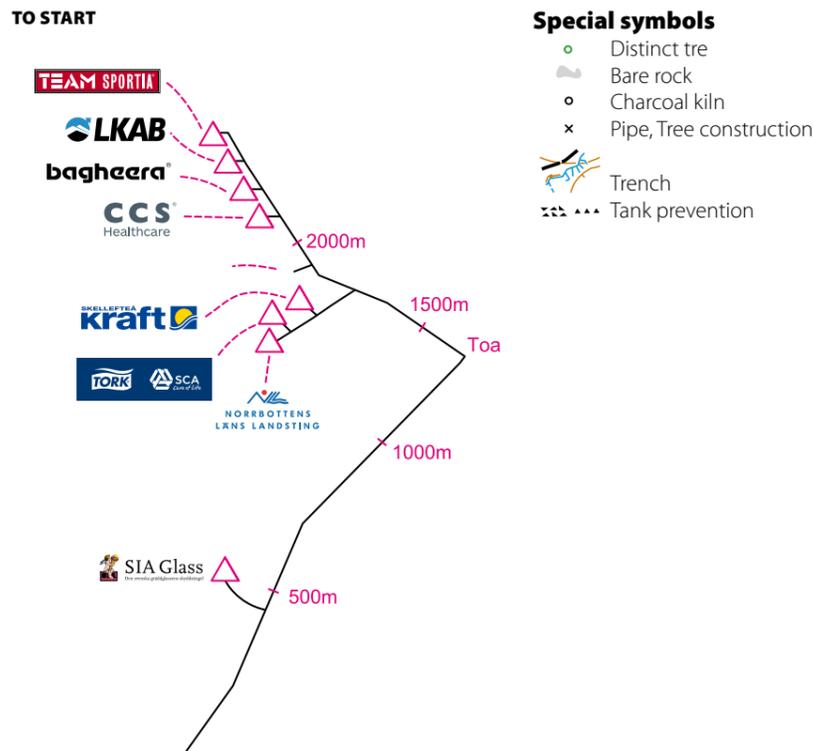
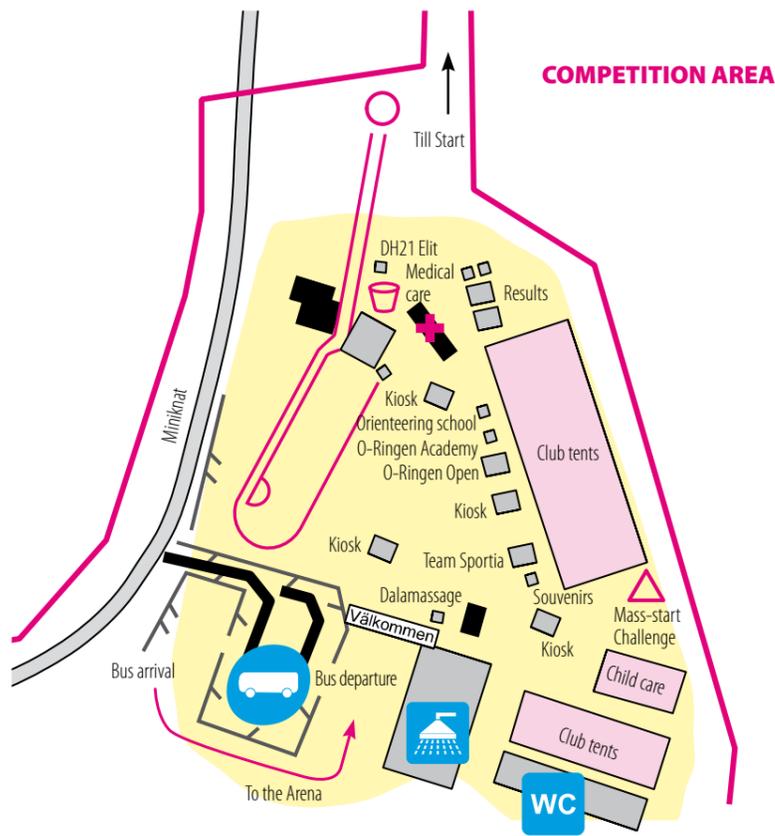
Concerned classes:
H21M, Open 6, Open 12, Ch D10 och Ch H10

Control 220



Concerned classes:
H35, D35, H40, H40 K, H21M, H45M, Open 9, D17-20K, H70, D21M och H55M

Stage 4 Arena Storklinten



Terrain description Stage 4

Variety is what makes the terrain in Storklinten for stage 4 so excellent. The terrain is mainly very easy running, hence the relatively long course lengths for middle distance. Especially on the elite courses.

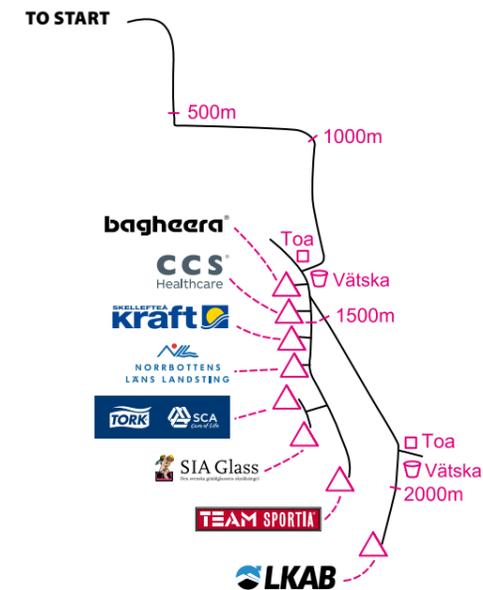
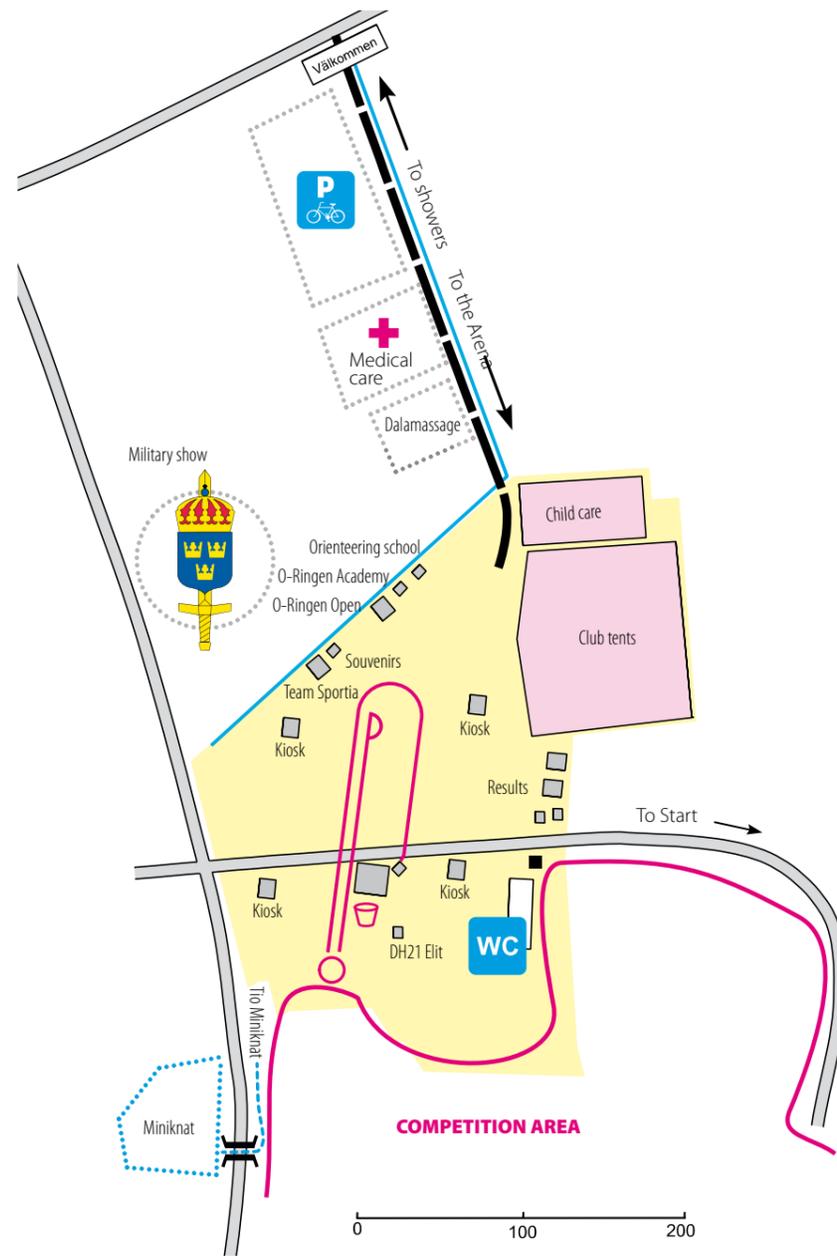
Competitors will pass through marshes, sparse pine forest, a few years old naturally felled areas, a number of detailed hills as well as vague open areas.

There are even areas with rocky moss covered ground, which decreases running speed. Runnability and visibility are generally good. The shorter courses use the infrastructure which surrounds the ski-centre. However, the infrastructure isn't quite enough so there are even a number of paths which are taped with white tape. Total apx 600m.

A special phenomenon is our ski-track and scooter tracks which are marked with a yellow line on the map – yellow lines with vegetation boundary for those that are obvious and just a yellow line for those that are less obvious depending on the surrounding forest. These are 5-10m wide, cleared, rides in the forest. Yellow lines which are used on the junior courses are in some places marked with white tapes to make them more obvious.

Boulders down to apx 1m in height are marked on the map in areas with little detail. Rocky areas which in the most part are bare, are shown on the map as grey areas. Note that controls in some areas are very close together.

Stage 5 Arena Åberget



Terrain description

The final stage takes place in direct connection to the O-Ringen towns southern section. The competition area Åberget has an amazing and demanding terrain. The area was originally a military training area and consists of everything from pits, trenches and hills which were shelters. The area is used today as a recreation area with ski trails and a large number running tracks and brideways. The area also has one of the forts of Boden Fortress, Åbergsfort. On the way to start the road passes a beautiful country house with race horses and as you follow the road, you'll eventually arrive at a warm area for horses. The starts are situated along these race tracks.

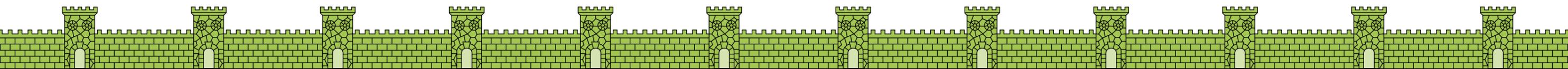
The final stage offers extended middle distance for classes DH15-21 and elite classes. Other classes have long distance races.

The terrain is moderately hilly and runnable with a large number of paths. The tops of the mountain parts have detailed rocky area, crags and reentrants. Visibility is very good in most of the area. The vegetation is mainly coniferous forest.

Map exchange for classes H21E and H21L where you are to turn the map over and continue orienteering.

Special symbols

- Distinct tree
- Bare rock
- Charcoal kiln
- Pipe, Tree construction
- Trench
- Tank prevention



Race Information

Rules

The rules of International Orienteering Federation (IOF), Swedish Orienteering Federation (SOFT), as well as any rule outlined in the race information are in effect. All runners participate at their own risk.

Bib numbers

All participants must wear the official bib number to be allowed to start. No part may be folded or covered. Bring your own safety pins. All participants pick up race kit with bib number, ordered bus ticket, parking decal, SI card, etc. at the Competition office in O-Ringen Town no later than Saturday at 21.00. Race kits not picked up will be brought to the Competition office at the arena for the first stage. The same bib number shall be used for all five stages, with the exception of the top fifteen runners in the overall standing after stage 4. These runners will use a bib number with the same number as their placing after the fourth stage. Runners who must buy a new bib number can purchase one at the Competition office for the cash payment of 50 SEK.

Competition office - O-Ringen Town

Participants pick up their bibs and race kits at Competition office in O-Ringen Town. The participation kit includes bib number, any pre-ordered ticket(s), rented cards, parking decals, etc. Purchase of training maps or tickets and registration for open courses can be made here. Phone: +46 (0) 771-49 90 00
+46 (0) 734 53 59

Elite Categories

Sorting and Cancellations Elite categories will be sorted according to instructions posted at www.oringen.se and in the Competition office, O-Ringen Town. Appointed runners to elite categories, reserve lists, and vacancy lists will be posted at those locations as well. Cancellation to elite category and to reserve list should be made as soon as possible to elit@oringen.se.

Cancellations made before Saturday July 21 at 12.00 will transfer runner(s) from reserve list to elite category.

Late entries are accepted until

July 21st at 12.00 noon. Late entry runners will fill the vacant positions, if they meet the required criteria (points 2 and 3). Late entry runners who fail to meet the criteria in points 2 and 3 will be placed on the reserve list, and their position on that list is determined by their ranking (point 4).

A list of 20 reserves is established for each class. Reserves are added up until 18.00 on Saturday July 21st. Reserves should be present at the Elite office at O-Ringen Town at 18.00 on July 21st when the reserves are announced. Reserves that are not present at 18.00 that day are immediately taken off the reserve list.

Maps

Se maps map scales on later page. All maps are offset printed on paper. They will be put in plastic cases. The course is printed in purple colour. You may keep your map after finishing. Note that the competition rules state that no information about terrain, map or course may be given to runner who has not started. It is also against the rules to try to gain unfair advantage over fellow competitors. We ask you therefore not show the map to runners who have not yet started!

One map per category will be posted every day at 16.00 by the result boards in O-Ringen Town.

Markers in the terrain

Indistinct trails are marked with white ribbons. Areas out of bounds are marked with blue and yellow ribbons.

Areas out of bounds

All areas surrounding houses are out of bounds. Respect this during and after the competition. No runners are allowed inside so called free zones. If the free zone is marked on the map with a full line, the area in the terrain is marked with continuing ribbons. If the free zone is marked with dashed lines, the area in terrain is marked with hanging ribbons. Note: the ribbons are placed low! If no line is apparent around the free zone on the map, there are no ribbons marking that particular area in the terrain. Trespassers will be disqualified!

Camping

Campers camping within the competition area will not be allowed to start.

Control descriptions

Control descriptions are printed on the map. Loose descriptions are available at the starts. The descriptions are according to IOF's latest norm.

Controls

Controls are marked in the terrain with orange and white flags. Many controls are very close together in certain areas. Check the code number! The control's code numbers is placed on the punching unit on top of the control stand. The controls should be visited in the correct order.

Water

Water is provided on the way to the starts and in the competition area. Water stations are marked with a purple mug. Water is also available at the finish. To limit the actual volume of the garbage, participants are asked to place used mugs upside down on poles placed near the water stations.

Clothing and shoes

SOFT's competition rules states that all competitors must wear clothes covering the entire body except for the head, neck, and arms. The clothes cannot have any holes or ripped in any form. No gap should appear between pants and socks or gators when legs are bent 90 degrees at the knee. The socks and gators shall remain in the appropriate position throughout the race. Competitors are responsible for following the competition rules. Start personnel may deny runners to start if rules are not followed. Self service station with tape for taping clothes are available at the starts. Spike shoes are prohibited at all stages. Shoe with a rubber stud and metal dobb are allowed. Violation will cause disqualification.

Electronic punching

SportIdent's system for electronic timing and punching will be used. For more information about SI cards, see "Rules for cards".

GPS-units – tracking

GPS:units will maybe be used at all stages in all main classes. Which classes and wich persons will be decided every evening. Mandatory for selected. Serving on the way to start.

Stage information

For specific information about each stage, see another page.

Shading

Shading is allowed in Schooling (Swedish: Inskolning), U-classes and O-Ringen Open. Shading before your own race is not allowed for runners in classes DH18, DH20 and DH21, wich are qualified for ranking points.

Start To the start

On your bib number and in the category compilation in this program, you can see which start is your and the distance to your start. Ensure you have the correct SI card with you. The card number can be found on the card and on your bib number. Along the route to start, you will pass an area where you must clear your card. You will do so by placing it in the clear unit. After a few seconds, you will see a flash and/or hear a beep. That indicates that the card's memory is empty and ready for that day's controls.

Wrong card or lost card

Before leaving for start, you shall always check that you have the card with you and that the card number is identical to card number on your bib number. If you get to the start with the wrong card, or with no card, you will have to rent a card, and you will have to pay the fee outlined in "Rules for cards". This procedure will require some time and may cause you to miss your start. The rental card shall be returned at the finish and the rental fee is paid at the arena's Competition office.

Runner's responsibility at the start

- To be on time and with cleared card and correct bib number
- Not to start with the wrong card, but if applicable, with the rental card provided by the start personnel

- To take the map from the appropriate box and to ensure the appropriate category is printed on the map. Unfortunately, a number of runners are disqualified each year for taking the wrong map.

Late start

Runners who are late for start shall ask for assistance from start personnel at the side of the start chutes. Delayed start is allowed up until 30 minutes after the time according to the start list. Last regular start time is 13.30. In categories with free start time, delayed start is not allowed.

Start procedure Start procedure categories with free start, stage 1–5 (Schooling (Swedish: Inskolning), U, O-Ringen Open, O-Ringen Challenge and Recreational)

The categories Schooling, U1–U2, O-Ringen Open, O-Ringen Challenge and Recreational have free start time, so called start punching. Nevertheless O-Ringen Challenge has mass start stages 2 and 4. For those running in categories with free start times, you may go to the start at any time and start whenever you want between 8.30 and 13.30.

When you think it is time for you to start, you line up in your category chute. When you are first in line and the clock that displays "walk up time" switches to a new minute, you should enter your category chute to check your card and to be checked off by start personnel. At the checking it will be examined if you have brought the right card with you, read in next paragraph "Check of card (all categories)".

The time you checked your card will be registered in case you forget to start punch. Loose descriptions are available at this point; however, they are printed on the map as well.

Now you can proceed to the map box for your category. Note: it is the runner's responsibility to take the right map. Proceed further to the start line. When you have passed the start line you have to start punch in one of the start units. If you forget to start punch, your start time will be counted from the

checking by the start personnel, and you will loose time. The route to the start point is marked with ribbons and is part of your course. Areas outside the marked route are out of bounds. Not following the marked route can lead to disqualification.

Start procedure with start draw, stage 1–4 2-minute line – Categories with start draw

When your "walk up time" shows up, enter your category chute to check your card. Start personnel will check off and confirm you entered the chute at the right time. At the checking it will be examined if you have brought the right card with you, read in next paragraph "Check of card (all categories)".

Loose descriptions are available at this point; however, they are printed on the map as well. Plastic map cases are also available.

Check of card (all categories)

Start personnel will check that you have the right card with you. If you have the wrong card, you are not allowed to use it, but must rent one of the organizer's cards. When punching the check unit, a visual and/or audio signal will confirm that the card is cleared and ready to be used. If the card is not cleared, clear units are available at the start. The check unit will register your card and that you have started. This information will be used make sure everyone who started finished. When you have been checked off and checked your card, you will proceed to the 1-minute line.

1-minute line – Elite categories and categories HD18 and older (competitive categories)

At the signal for a new minute (long beep), proceed to the map box for your category. Note: it is the runner's responsibility to take the right map. You are not allowed to turn around to look at the map. At the next long beep – the start signal – you may take your map and run to the start point.

1-minute line – Categories DH16 and younger

At the signal for a new minute (long

beep), proceed to the map box for your category. Note: it is the runner's responsibility to take the right map. Proceed to the start line. You may look at your map. At the next long beep – the start signal – you may take your map and run to the start point. Start personnel will be available to help younger runners.

Start line

All categories with start draw: The route to the start point is marked with ribbons and is part of your course. Areas outside the marked route are out of bounds. Not following the marked route can lead to disqualification.

Start procedure for classes with free minute start

At stages 1-4 all the adult short classes have free minute starts. This means that if runners are at the start then a runner/class can start every whole minute. For those of you competing in a class with free minute start for stages 1-4 this means that you have not been allocated a start time.

You go to the start when you wish to start, anytime between 8.30 and 13.30. In classes with free minute starts runners will not be allowed to start if they arrive at the start after 13.30. Just stand in line in the start funnel for your class when you wish to start.

2 minute line

When you are first in the queue move into the next box to be ticked off and check (test punch) your SI-card. When you check in we will check that you have the right SI-card with you, see below "Control of SI-Card" under "start procedure for allocated classes, stages 1-4".

When you check your SI-Card the time registers for safety in case you forget to punch as you start. The check station registers that you have started. Punching here and at the finish is necessary in order to see that you have made it back after the competition.

After you have been ticked off and checked your SI-Card you can continue to the loose control descriptions, which are even printed on the map.

1 minute line – Classes with free start

On the signal for a new minute (the long beep) you go forwards to the map box for your class, and get ready to take you map. **NB! It is the runner's responsibility to make sure that you take the right map.**

It is forbidden to look at the map before the start signal.

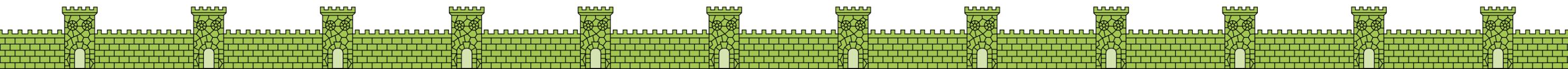
At the next long beep – the start signal – punch the start control and then you can take your map and proceed to the start kite. If you forget to punch when you start your time will be calculated from when you punched the check box, and you will lose time.

The route to the start kite is taped and is a part of your course. You are required to follow the tapes all the way to the start kite. The area around the taped route is out-of-bounds. If you do not follow the tapes it can lead to disqualification.

Start procedure stage 5 Chase start

Chase start is applied at stage 5 in all competitive categories except DH10 (start draw all days), Recreational, Schooling, U 1-2, and O-Ringen Open 1-12, which have free start times all days. Chase start means that the runner with the best overall time after stage 4 starts first. The start times for all other runners are based on their time behind the top runner in the overall standings. Runners who are more than 90 minutes after in all categories, or do not have an overall result after four stages will start with a 15 second gap.

The top 15 runners after stage 4, should wear a bib number with the number indicating their overall placing after the fourth stage. Those bib numbers are available at the starts through self-service. All other runners will wear their regular bib number. You will be called up about three minutes before your start time. You will then check your card and be checked off. When your start time is displayed (hour, minute, seconds), you can pick up your map and proceed to the start point.



No chase start

Categories Recreational Schooling, U1-2 and O-Ringen Open 1-12 which have free start. The categories D10 and H10 have a start draw at stage 5. Same procedure as stage 1-4.

Think about this Punching

When you punch, make sure the unit will either flash or make a beep. Be especially observant when other runners are punching at the same time so that you do not mistake his or her signal as your own. You can punch a unit several times, but only the first correct punch will be recorded. If you do not receive any confirmation that your punching has been recorded after tried several times, you must use manual punch that is attached to each control stand. Punches with a manual punch should be done in reserve boxes R1, R2, R3. Do not forget to punch the last control, which is placed very close to the finish chutes. Lost card means disqualification. That is the case even if you use the manual punches after you lost your card.

Runner's responsibility when punching

- To punch the right controls in the right order
- To await visual and/or audio signal from runner's own punch
- To use manual punches, if no confirmation is received
- To carry card from start to finish regardless if manual punches have been used

Finish

Finish sprint and finish punch

The finish sprint involves several chutes. Your chute is part of your course and all other chutes are out of bounds. To use the wrong chute can lead to disqualification. Make sure you run in the appropriate chute. Do not forget to punch at the finish line. Note that the finish line, including the finish units, is placed about 15 meters in front of the speaker tribunes. The impression may therefore be that the units are placed in finish chute. Do not sprint by the finish units!

M/W 80 on stage 1-4

Classes MW 80 and older have the finish punch at the last control during stage 1-4. The participants shall

continue in the finish line to punch at the final finish line. The time between the last control and the finish line will not have any impact on the time. At the 5th stage they will have the same finish as all the other classes.

Finish judges

On the last day for classes with chase start, the placing is determined at the finish line. Finish units are placed further ahead. At close sprints, finish judges will determine who should punch the finish unit first. The chutes elite categories are divided into two lanes to allow fair finish sprints. Runners choose either the right or the left lane and can not change lanes passed that point. The categories D10 and H10 have a start draw at stage 5.

Downloading of card

After you have punched the finish unit, you will proceed to the downloading stations, which are located at the entrance of the finish tent. The information in the card will be downloaded and entered into the computer software.

Time limit

Maximum competition time is for stage 1,4 and 5 - 2.5 hours and for stage 2 and 3 - 2 hours. If you use longer time, you will be pulled out of the competition.

Red exit

If you have used a manual punch, you should proceed to "Red exit" where manual reading of the punch(es) will be made. If a card error is discovered, e.g. no runner/name is linked to the card, you will be referred to "Red exit". "Red exit" is also where you should go if you need to bring anything the organizer's attention regarding the actual competition, e.g. an electronic unit is malfunctioning. All runners who have punched a wrong control will be posted on the result board.

Return of rental cards

Rental cards should be returned at completion of course. See "Rules for cards".

If you do not finish the course

Competitors who are unable to complete his or her course should, if possible, cross the finish line to get his or her card downloaded. If a runner, due to injury, cannot

have his or her card downloaded, the bib number should immediately be reported to the Competition offices, either at the arena or in O-Ringen Town. The organizers will arrange a search for people who have not been counted for at the end of the competition day.

Club's responsibility

It is the club's responsibility that its members have understood and complies with rules when abandoning a race. Obvious negligence may be followed by demands of compensation, equivalent of the cost for the search and rescue effort, of the runner's club.

Runner's responsibility at the finish

- To use the assigned finish chute. All other chutes are out of bounds
- To punch the finish unit by the finish line regardless if course has been completed or not
- To download your card regardless if course has been completed or not
- To return rental card
- To proceed to "Red exit" to have manual punches checked

Results

The results in each category, as well as runners who have not completed course or mispunched, will be posted at the stage's result board.

A list of all stage winners in all categories will be posted 17.30 on the result board in O-Ringen Town. Complete results will be posted, not before 19.00, on the result board in O-Ringen Town. Club results will be available for club representative at the Competition office in O-Ringen Town. Complete results will split times will be published as soon as possible on web page oringen.se. Additional result service as SMS or individual WEB presentations is available.

Award ceremony

See "Ceremonial program" in the O-Ringen Program magazine.

Protests

Protests related to the competition, e.g. results or mispunches, and subsequent decision made by the competition board should be submitted to the competition offices either at the arena or in O-Ringen Town, latest two hours after presented results.

Competition jury

Chair: Mats Blom.
Other: Johan Lundblad and Roland Offrell

Competition board

Competition manager: Rolf Emlén
Competition administration manager: Carin Bergensten

Rules for SI-card

Consider the card being your friend in the forest that you need to bring with you all the way from the start to the finish. Make sure you have the right card with you to the start. The card number you entered with is clearly displayed on your bib number. If you have the wrong card at the start, you must rent a card in order to be allowed to start. If you lose your card, you will be disqualified at that particular stage, even if you used manual punches. According to the competition rules, the card must be attached to the runner the entire stage. The card is personal whether it is your own, or if you have rented it for a week or a single day. If you use another runner's card one day, you will be disqualified. Do not lend your card to someone who is running an open course since that person will be disqualified. If you are pre-registered for O-Ringen, you cannot use your own card at an open course. If you would like to run an open course one day instead of your regular course, you must rent a card by the open course registration.

Rental cards

Rented cards can be found in the race package, which is picked up at the competition office together with all other event information.

Temporarily rental

If a runner has forgotten his or her rental one day, a temporarily card can be rented. Contact the competition offices at the arenas or the start. A rental agreement will be concluded.

Fee for rental card

The rental fee of 50 SEK/day must be paid to the competition offices when picking up the card. Unpaid fees will be debited to the participant or person who submitted registration information.

Lost card

Participant who has lost his or her own card can rent a new card at the Competition office for the remaining stages. Competitor who has rented a card for the entire week, and loses his or her card must first pay 600 SEK to the Competition office for the lost card. A new card can be rented for the remaining stages. The fee is 50 SEK per stage, which should be paid directly.

Return of rental cards

After finishing the fifth stage, all cards will be collected. Those who have temporarily rented their card

for a specific stage should always return their card after finishing the race.

Not returned rental card

Not returned rental card will be debited 600 SEK. Unpaid fees will be debited to the participant or person who submitted registration information.

Locked cards

Rented cards that are not returned will be added to SportIdent's list of lost cards and can not be used at another competition.

Salomon Trail Tour

Salomon Trail Tour Boden, O-Ring is a trail race in Boden on 20 July 2013. Run on a challenging course in scenic terrain directly adjacent to the O-Ringen town that is built up during the orientation event O-Ringen that is held in Boden, July 21 to 26 2013. The O-Ringen town will be located on the airfield next to Boden Arena.



Late registration cost is 300 SEK (adult) or 125 SEK (youth)
Number tags retrieved Race office 9-10.15, arrived on time.
Starting time 5 km & 10 km around 11:00

Please note that the start is just over 1 km from Boden Arena, due south. We will have a common departure to start for those who wish. Finish and assembly at Boden Arena.

Awards Ceremony directly connected after the race about 13:00.

10 km

M10 (Men)	200 kr
K10 (Women)	200 kr
VM10 (Veteran Men 45+)	200 kr
VK10 (Veteran Women 45+)	200 kr
P20 (Boys >20år)	75 kr
F20 (Girls >20år)	75 kr

5 km

M5 (Men)	200 kr
K5 (Women)	200 kr
VM5 (Veteran Män 45+)	200 kr
VK5 (Veteran Kvinor 45+)	200 kr
Ö5 (no time)	200 kr
P16 (boys >16år)	75 kr
F16 (girls >16år)	75 kr

Important dates and times

The competition is at July 20 Register by July 15, then after notification.

Late registration at the competition office before starting 9-10.



A life with both challenges and balance

A visit to stand I9 could be the first step

THE COUNTY COUNCIL is Norrbotten's biggest employer with around 7,000 employees. We work together to create a good life for the inhabitants of Norrbotten. With over 100 professions, there are plenty of challenges in the shape of interesting work tasks and development opportunities.

Technical developments are notable within the county council's operations. We are at the forefront of e-health and are a role model nationally as well

as internationally. New things happen every day, and we are constantly seeking new knowledge of how we can develop. If you are curious and have a thirst for knowledge, you'll fit right in with us.

We need to recruit several new employees. At the moment we are, among other things, looking for physicians, nurses, biomedical analysts, midwives, dental nurses and district nurses. Perhaps you are one of them?

Health care Dental care

If you fall ill or injure yourself, the county council's health centres are close at hand. We will be present at the finish line of each stage. The nearest health centre that will receive ill and injured people from the campsite is Sandens health centre. Apart from that, there are two further health centres to help you if you need it, Björknäs and Erikslund health centres.

Contact

Sandens health centre is also the on call centre during evenings and weekends, and is open:
Weekdays 7.30 AM – 9.00 PM
Weekends 1.00 PM – 7.00 PM
Address: Sturegatan 20 A, 961 33 Boden
Telephone: 0921-130 03, after 5.00 PM phone 1177

Björknäs health centre is open 8.00 AM to 5.00 PM
Telephone: 0921-109 06

Erikslunds health centre is open 8.00 AM – 5.00 PM
Telephone: 0921-130 45

For care advice, call 1177 or visit the website www.1177.se
Emergency call 112

Remember to bring your passport or travel card!

Emergency reception

BODEN
Public dental service Boden
Telephone: 0921-130 01
Address: Idrottsgatan 3, 961 64 Boden
Open weekdays 7.30 AM – 4.00 PM for emergencies.
(The telephone reception is open from 6.30 AM. For ideal planning, please call in the morning.)

Weekends Boden
Call 112 between 10.00 AM and 11.00 AM for information regarding where the emergency dentist is.

LULEÅ
Public dental service Porsudden
Telephone: 0920-28 48 00
Address: Professorsvägen 7 (Porsö town centre), 971 28 Luleå
Open weekdays 8.00 AM – 4.00 PM for emergencies.

Weekends Luleå
Call 112 between 10.00 AM and 11.00 AM for information regarding where the emergency dentist is.

Competition facts

bagheera®

Class	Stage1	Stage 2	Stage 3	Stage 4	Stage 5	Start E5	Map scale
To start	4250	3450	2700	2540	1270		
D18 E	5830	6310	6040	3460	5420	10.17	1:15.000
H18 E	7940	7930	8230	4110	6910	08.32	1:15.000
D20 E	7300	7210	7200	4380	5930	08.32	1:15.000
H20 E	10440	10220	10300	5370	7680	12.10	1:15.000
D21 E	10440		9580	5310	7600	12.01	1:15.000
H21 E	13160		14110	6150	10230	10.25	1:15.000

CCS® Healthcare

Class	Stage1	Stage 2	Stage 3	Stage 4	Stage 5	Start E5	Map scale
To start	4200	3430	2600	2540	1350		
H18 L	6870	6740	6650	3980	6480	08.33	1:15.000
H20	7410	7430	6060	3560	6370	08.34	1:15.000
H20 L	8980	8860	9140	4440	7570	10.26	1:15.000
H21 K	8040	7960	7100	4110	6880	12.10	1:15.000
D21	6820	6900	6080	3640	6140	10.19	1:15.000
H21	9700	9990	8790	4690	7590	08.30	1:15.000
D21 L	9000	8520	7880	4550	7570	08.30	1:15.000
H21 L	12100	12710	11630	4920	10220	10.18	1:15.000
D35	6550	6100	6340	3620	6590	12.14	1:10.000
H35	8370	8060	8310	4600	8520	10.25	1:10.000
H40	7450	7420	7810	4100	7450	08.31	1:10.000
H45	7010	6530	6830	3870	6710	12.12	1:10.000
H50	6270	6000	6180	3510	6500	12.13	1:10.000

LKAB

Class	Stage1	Stage 2	Stage 3	Stage 4	Stage 5	Start E5	Map scale
To start	3900	2750	2600	2750	2160		
H15	5700	5610	5230	3460	5260	12.03	1:15.000
H16	5820	5600	5370	3510	5330	08.31	1:15.000
H17-20 K	5690	5500	4930	3500	5200	10.17	1:15.000
D18	5170	4990	4230	2930	4250	10.16	1:15.000
H18	6690	6530	5470	3500	5770	08.31	1:15.000
D18 L	5860	5450	5350	3520	5200	10.27	1:15.000
D20	5630	5470	4480	3350	4770	10.16	1:15.000
D20 L	6610	6270	5960	3680	5730	10.27	1:15.000
D21 K	5140	5040	4240	3210	4080	12.13	1:15.000
D35 K	4850	4740	4550	3220	4960	08.31	1:10.000
H35 K	6750	6380	5940	3990	5810	10.28	1:10.000
H40 K	6170	5990	5750	3760	6120	08.33	1:10.000
D40	5140	5040	5460	3710	5590	10.26	1:10.000
H45 K	4920	5140	5280	3670	5430	12.14	1:10.000
D45	4550	4570	4860	2970	4960	08.32	1:10.000
H50 K	4620	4770	4740	3160	4870	12.01	1:10.000
H55	4990	5460	5600	3480	5940	12.12	1:10.000
H60	4880	5010	5260	3410	5730	08.32	1:10.000
H65	4620	4610	4930	2920	5130	12.12	1:7.500

TEAM SPORTIA

Class	Stage1	Stage 2	Stage 3	Stage 4	Stage 5	Start E5	Map scale
To start	3600	2740	2050	2800	1700		
H21 M	7060	7140	6910	3990	6340		1:10.000
H35 M	6160	5890	5600	3610	5620		1:10.000
H40 M	5690	5990	5510	3560	5630		1:10.000
H45 M	5050	4940	4580	3190	4960		1:10.000
H50 M	4670	4860	4460	3030	4960		1:10.000
3D Eas			3470	3550	3190	10.15	1:10.000
3D Mid			3730	4010	3710	08.30	1:10.000
3D Dif			4670	4940	5000	12.04	1:10.000
3D Wom			4610	5020	4900	10.17	1:10.000
3D Men			7130	7500	6730	08.31	1:10.000
Ch D10	9970	9900	8640	9470	9520	10.17	1:10.000
Ch H10	9970	9900	8640	9470	9520	08.30	1:10.000
Ch D5	4780	4960	4770	4420	4780	08.32	1:10.000
Ch H5	4780	4960	4770	4420	4780	12.02	1:10.000
Open 4	5020	4950	4770	4340	5140		1:10.000
Open 5	3660	3520	3640	3350	3650		1:10.000
Open 6	5970	6050	6070	5880	5740		1:10.000
Open 7	3390	3240	2720	3040	2860		1:10.000
Open 8	4540	4620	4250	4690	4070		1:10.000
Open 9	7010	7560	7500	7670	7180		1:10.000
Open 10	3990	4160	3980	4050	4050		1:10.000
Open 11	5610	5540	5360	5300	5390		1:10.000
Open 12	9970	9860	8640	9510	9210		1:10.000

SKELLEFTEA Kraft

Class	Stage1	Stage 2	Stage 3	Stage 4	Stage 5	Start E5	Map scale
To start	3500	2900	1700	2240	1410		
D13	4120	4030	3870	2930	4150	10.18	1:10.000
H13	4020	4080	4010	2970	4140	08.31	1:10.000
D14	4370	4020	3930	3110	4220	12.09	1:10.000
H14	4290	3980	4100	3200	4300	08.30	1:10.000
D16 K	3820	3540	3490	3150	3990	10.22	1:10.000
H16 K	4610	4060	3750	3060	4030	10.23	1:10.000
D15	4430	4480	4210	3470	4380	10.16	1:15.000
D16	4890	4530	4380	3550	4350	08.30	1:15.000
D17-20 K	4510	4490	4320	3080	4270	12.01	1:15.000
D40 K	4030	4100	3800	3110	3900	12.14	1:10.000
D45 K	3760	3710	3470	3120	3790	12.01	1:10.000
D50	4370	3990	4220	3070	4780	12.04	1:10.000
H55 K	4430	4430	4140	3250	4730	08.33	1:10.000
D55	4310	4020	4090	2990	4740	10.16	1:10.000
H60 K	4130	4060	3820	3250	4440	08.30	1:10.000
D60	4080	3600	3710	2530	4120	08.30	1:10.000
H65 K	3980	3730	3660	2890	3630	12.00	1:7.500
D65	3950	3670	3650	2660	3660	10.29	1:7.500
H70	3990	4010	3720	3050	3820	10.15	1:7.500

NORRBOTTENS LÄNS LANDSTING

Class	Stage1	Stage 2	Stage 3	Stage 4	Stage 5	Start E5	Map scale
To start	2600	2300	1700	2450	1500		
D21 M	4570	4490	4160	3070	4760		1:10.000
D35 M	3760	3590	3230	2910	3380		1:10.000
D40 M	3770	3580	3090	2870	3380		1:10.000
D45 M	3260	3230	2970	2530	3210		1:10.000
D50 M	3190	3180	2820	2480	3210		1:10.000
D55 M	2780	2680	2640	2050	2940		1:10.000
H55 M	4220	4060	4010	2510	4280		1:10.000
D60 M	2780	2680	2610	2050	2940		1:10.000
H60 M	4220	4060	3950	2680	4280		1:10.000
D65 M	2780	2620	2560	2090	2940		1:7.500
H65 M	3770	3570	3230	2500	3380		1:7.500
H70 M	3210	3120	2890	2530	3210		1:7.500
D70 M	2780	2620	2560	2060	2950		1:7.500

TORK SCA Care of Life

Class	Stage1	Stage 2	Stage 3	Stage 4	Stage 5	Start E5	Map scale
To start	2500	1720	1750	2450	1600		
D11	2950	3020	2620	2150	2950	08.32	1:10.000
H11	2900	2950	2610	2310	2920	10.16	1:10.000
D12	2970	2930	2880	2200	2940	10.18	1:10.000
H12	3120	3000	2890	2370	2910	08.30	1:10.000
D14 K	3080	2900	2900	2220	2770	10.18	1:10.000
H14 K	3020	2980	2750	2230	2830	08.31	1:10.000
D50 K	3700	3200	3310	2630	3330	12.01	1:10.000
D55 K	3210	3170	3060	2720	3330	12.03	1:10.000
D60 K	3080	2820	2750	2630	2740	08.32	1:10.000
D65 K	2960	2790	2720	2370	3100	08.31	1:7.500
D70 K	2530	2640	2530	2240	2860	08.30	1:7.500
H70 K	3310	3160	3310	2490	3090	12.00	1:7.500
D70	3270	2930	3020	2500	3090	10.15	1:7.500
D75	3210	2980	2600	2060	3090	10.16	1:7.500
H75	3700	3460	3570	3020	3210	12.03	1:7.500
H80	3050	2980	2590	2420	2860	10.17	1:7.500

Classes and start procedures

Class	Start procedure					Map at start line	Patrol/ Shadowing
	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5		
Inskolning, U1, U2	Free start 8.30-13.30					No	Yes
Open 1-12						No	Yes
Challenge	Free start	Mass start	Free start	Mass start	Chase	**	
3-days				Free start	Chase	*	
DH21M-DH70M	Free start 8.30-13.30					No	No
DH10	Lotted						
DH 12K-16K	Lotted					Pursuit	*
DH11-14							*
DH35K-DH70K	Free minute start 8.30-13.30					Pursuit	Ja
DH15-16	Lotted					Pursuit	
DH 17-20K							
DH18-95							
DH21K							
DH18L-21L							
DH18E-DH2							

O-Ringen Boden 2013

Partners

OFFICIAL COMPETITION PARTNERS



OFFICIAL ACTIVITY PARTNERS



Travel partner



Final party



Souvenir partner



Media partners

OFFICIELLA SUPPLIERS

