

O-Ringen Höga Kusten 2018

PROGRAMME

BOOKLET

ÖRNSKÖLDSVIK

JULY 2018



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ARENA OVERVIEW

Welcome to beautiful Örnsköldsvik, the city nestled between the mountains and the sea, and surrounded by spectacular nature. This map will help you get to the arenas and O-Ringen Square, as well as bus stops and parking lots. Thanks to the short distances to all the races, you can even bike to the arenas and to many of O-Ringen's activities.



Competition program

SATURDAY JULY 21	SUNDAY JULY 22	MONDAY JULY 23	TUESDAY JULY 24	WEDNESDAY JULY 25	THURSDAY JULY 26	FRIDAY JULY 27
YOUTH RELAY FJÄLLRÄVEN ARENA	O STAGE 1 DOMSJÖ ARENA	O STAGE 2 DOMSJÖ ARENA	ELITE SPRINT MAIN SQUARE ARENA	O STAGE 3 BACKSJÖ ARENA	O STAGE 4 BACKSJÖ ARENA	O STAGE 5 SKYTTIS ARENA
OPENING CEREMONY	MTBO STAGE 1 DOMSJÖ ARENA	MTBO STAGE 2 KEMPEVALLEN ARENA	ACTIVITY DAY	MTBO STAGE 3 SKYTTIS ARENA	MTBO STAGE 4 SKYTTIS ARENA	MTBO STAGE 5 DOMSJÖ ARENA
	Trail-O STAGE 1 SKYTTIS ARENA	Trail-O STAGE 2 VARVSBERGET ARENA		Trail-O STAGE 3 VARVSBERGET ARENA	Trail-O STAGE 4 JÄRVED ARENA	Trail-O STAGE 5 BERGSJÖ ARENA

WELCOME TO THE ORIENTEERING FESTIVAL ON THE HIGH COAST OF SWEDEN!

We are very glad that you have chosen to come here, to Sweden's High Coast World Heritage Site. This is the place where the sea has been rising up to meet the steep coastline for 10,000 years. The waves have been washing over the cliffs here since the ice age, while the mountains have gradually risen out of the sea. All of these cliffs and hilltops, polished by seawater through the millennia, await you in the terrain in Ångermanland, the region surrounding Örnsköldsvik. The sheer cliffs rise up out of the sea to a height of up to 300 meters, and the terrain around them will provide you with a unique orienteering experience. You will run through lovely moss-covered hills interspersed with cliffs and hidden reentrants. Here is a piece of advice: in order to succeed in this terrain, make sure not to lose your balance on the steep hillsides!

We, members of the organizing clubs, are also glad to invite you to a week-long party in the city of Örnsköldsvik. Take this opportunity to explore this charming small town with cozy shops and restaurants. Many shops and the local water park will have extra long opening hours during O-Ringen. The residents of Örnsköldsvik are proud and excited to show their town to the world. O-Ringen Square is located in the harbor by the hockey arena. We think that you will have a great time here! There are lots of activities for everyone! You can try your hand at crafts, jump in a bouncy castle, visit the youth activity centre, eat, run through a maze, listen to lectures from teachers at the sports university, do scientific and technical experiments, and much more.

We at O-Ringen High Coast 2018 want to wish you a very warm welcome to the party. In this program booklet you will find everything you need to know to figure out competition logistics, tourist activities, and all the fun. You can read the course thoughts' and all about how to find your very own special berry-picking spot. We hope that you have a great week in our beautiful World Heritage Site!



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- WWW.ORINGEN.SE



ORGANIZING CLUBS

- OK Nolaskogsarna
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- Lugnviks IF
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- Kubbe/
Norrflärke IF
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- OK Branten
okbranten.se
- OK Nipan
oknipan.se

CHIEF PARTNER

ALEWALDS

Finally!

It is finally time for O-Ringen. After much planning, comprehensive preparations, and a lot of laughter we are finally ready to get out into the woods surrounding Örnsköldsvik and hunt



Magnus Haglund,
Director of Örnsköldsvik municipality

those coveted controls. You will encounter a variety of stages and courses during the O-Ringen week, and the one thing they'll all have in common is that each will offer an unforgettable experience. And also that it's steep. Regarding the amazing things to experience – do not forget that the event takes place on

the High Coast, a World Heritage Site famous for its world-record uplift of land from the sea that is still continuing today. Part of the area you are going to visit was at the bottom of the sea just 10,000 years ago. But a lot has happened since then. You will also experience a buzzing town centre right next to O-Ringen City, tons of events, and a world-class organization hosting you for the week. Welcome to Örnsköldsvik and Sweden's High Coast.

HOST MUNICIPALITY



DOMSJÖ ARENA Orienteering Stages 1 & 2



How to get to Domsjö Arena

BUS

O-Ringen buses run continuously from the satellite parking lots and from the bus terminal to the stages. See time tables on page 12. Note that bus embarking and disembarking at the arena take place at different locations. Follow signs to and from the buses.

BUS	Distance	Travel time	Embarking / Disembarking
Satellite parking	4 km	5 min	250/400 m
Bus terminal	5 km	9 min	250/400 m

CAR

If you are driving to the events, you must park at the satellite parking lots near the Svedjeholmen camp ground and takes buses from there to the arena. In order to get to arena parking, follow directions from the south roundabout on the E4 highway in Örnsköldsvik. NOTE: This only applies to those who pre-booked parking spots!

BIKING or WALKING

Arena Domsjö is located within biking distance from both central Örnsköldsvik and from the Svedjeholmen camp ground. From the Svedjeholmen camp ground you can even walk to Arena Domsjö. Follow signs for bicycle and walking directions to the arena. Bicycles must be parked at designated locations.

BIKE	Distance	Biking time
Svedjeholmen camp ground	1.5-2.5 km	ca 10 min
Bus terminal	4.5 km	ca 15 min

WALK	Distance	Walking time
Svedjeholmen camp ground	1.5-2.5 km	ca 20 min

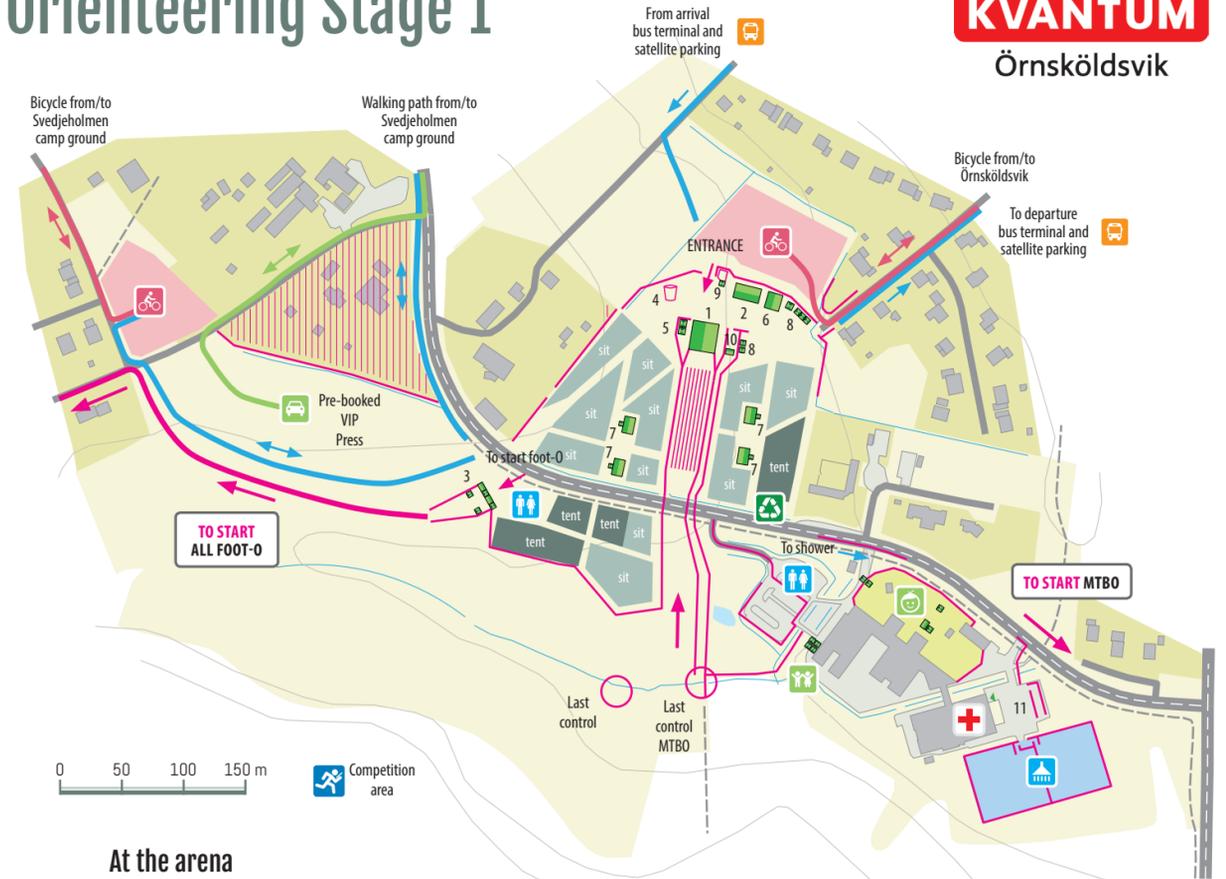
STAGE HOSTS



ICA Kvantum offers the joy of good food and everything you need for a pleasant mealtime, conveniently located in central Örnsköldsvik. Here you will always find fresh goods, local delicacies, and the season's best fruits and vegetables. To the greatest degree possible, everything we offer is grown in locally in Sweden. We want to make sure that you can find the food you want here, regardless of whether you want to make your meal from scratch or are in a hurry and need something quick and tasty. We are especially proud of our colorful fruit and vegetable section that is chock full of possibilities. Welcome!

We here at E.ON are in the middle of our greatest initiative ever: we are making the transition to 100% renewable and reused energy. Instead of living off nature, we must begin to live with it. We are making large investments in order to power our world through nature's power instead of at its expense. We are strengthening and modernizing the electrical network in the Västernorrland region in order to enable the transition to locally produced electricity from renewable sources. During O-Ringen we will make sure that the Svedjeholmen camp ground is powered entirely by renewable energy.

ICA KVANTUM ÖRNSKÖLD SVIK-STAGE Orienteering Stage 1



At the arena

- ARENA TENTS
1. Finish Tent/Press/Secretariat
 2. Competitor Services
 3. Check-in for start
 4. Refreshments
 5. Changing Area - Elite
 6. Alewalds sports shop
 7. Food kiosk
 8. Shops
 9. Orienteering school
 10. MTBO Finish
 11. MTBO Bike washing station

- Bus
- Bicycle parking
- Car parking
- First Aid
- Showers
- Toilets
- String Orienteering
- Child care
- Recycling

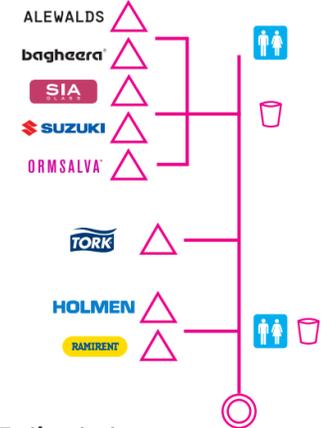
- To the start
- Bus line
- Bike directions
- Car directions
- Walking directions
- Club tents
- Spectator area
- Bicycle parking
- Showers / changing rooms

Map sample



Courses and terrain

Finally O-Ringen is back! The final stage of O-Ringen 24 years ago took place at this same arena – right at Vitsjömassivet. Many competitors will get to experience the best that High Coast terrain has to offer right out of the gates during the first stage. They will see open hilltops, hidden reentrants, small forest lakes, winding trails, and of course – one or two cliffs. The shorter courses will not make it all the way up to the mountain-tops, but they will pass along the edge of the slope in an area served by a dense trail network. The walk to the start goes along several larger and smaller trails. Those competitors whose walk to the start is longer than two kilometers will have a 50 meter climb along a clear-cut area just before arriving at the start. These classes will start their O-Ringen week with a real climb that will take them up to the spectacular hilltops before experiencing some less physical terrain on their way back towards the finish. Make sure to enjoy the views while you are at the top! The forest is dominated by pine trees and is rather sparse. Blueberry bushes and stony ground can limit runnability in certain areas, while open moss-covered hilltops can allow you to fly through the woods in other places. Course setter Christer Mikaelsson has created real long distance courses, complete with long legs and good route choice challenges. It might be smart to take routes that allow you to save some strength for the following stages.



To the start

START NAME	Distance	Climb
Alewalds	2200 m	75 m
Bagheera	2150 m	75 m
SIA Glass	2100 m	75 m
Suzuki	2050 m	75 m
Ormsalva	2100 m	75 m
SCA Tork	1700 m	30 m
Holmen	1150 m	25 m
Ramirent	1050 m	25 m

Course setter: Christer Mikaelsson
Course controller: Jörgen Edin
Mapper: Per Magnusson

E.ON-STAGE Orienteering Stage 2



At the arena

ARENA TENTS

1. Finish Tent/Press/Secretariat
2. Competitor Services
3. Check-in for start
4. Refreshments
5. Changing Area - Elite
6. Alewalds sports shop
7. Food kiosk
8. Shops
9. Orienteering school

- Bus
- Bicycle parking
- Car parking
- First Aid
- Showers
- Toilets
- String Orienteering
- Child care
- Recycling
- To the start
- Bus line
- Bike directions
- Car directions
- Walking directions
- Club tents
- Spectator area
- Bicycle parking
- Showers / changing rooms

Courses and terrain

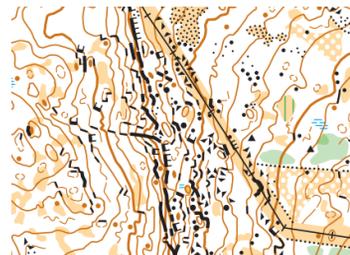
Make sure you leave the arena heading in the right direction to get to your start: there are two control stations in different directions from the arena. The way to all starts follows gentle roads and trails. Today's stage offers two different types of terrain. Those starting at the Suzuki, Tork, Holmen, and Ramirent starts will run the first parts of their courses through Genesmon, an area of delightful pine forest criss-crossed by many trails and pockmarked by excavations from the stone age. You will also pass by one of Örnsköldsvik's best swimming spots before climbing up the Sundsberget mountain that features terrain that was both tricky and beautiful at the same time. Be careful at the road crossing that you will encounter just before reaching the mountain! Competitors starting from the Alewalds, Bagheera, SIA, and Ormsalva starts will feel right at home in today's terrain after experiencing the first stage's forests. The first part of the course will offer stunning views and energy-sapping climbs as you traverse challenging long legs with multiple route choice options. According to the course setter, "you have to know exactly where you are before dropping down a steep slope. If you don't know where you, things won't improve for you once you drop down. This will be the key skill that determines whether you succeed or fail during today's stage."

To the start

START NAME	Distance	Climb
Alewalds	1350 m	40 m
Bagheera	1350 m	40 m
SIA Glass	1350 m	40 m
Suzuki	850 m	15 m
Ormsalva	1300 m	40 m
SCA Tork	1800 m	20 m
Holmen	1650 m	20 m
Ramirent	850 m	15 m

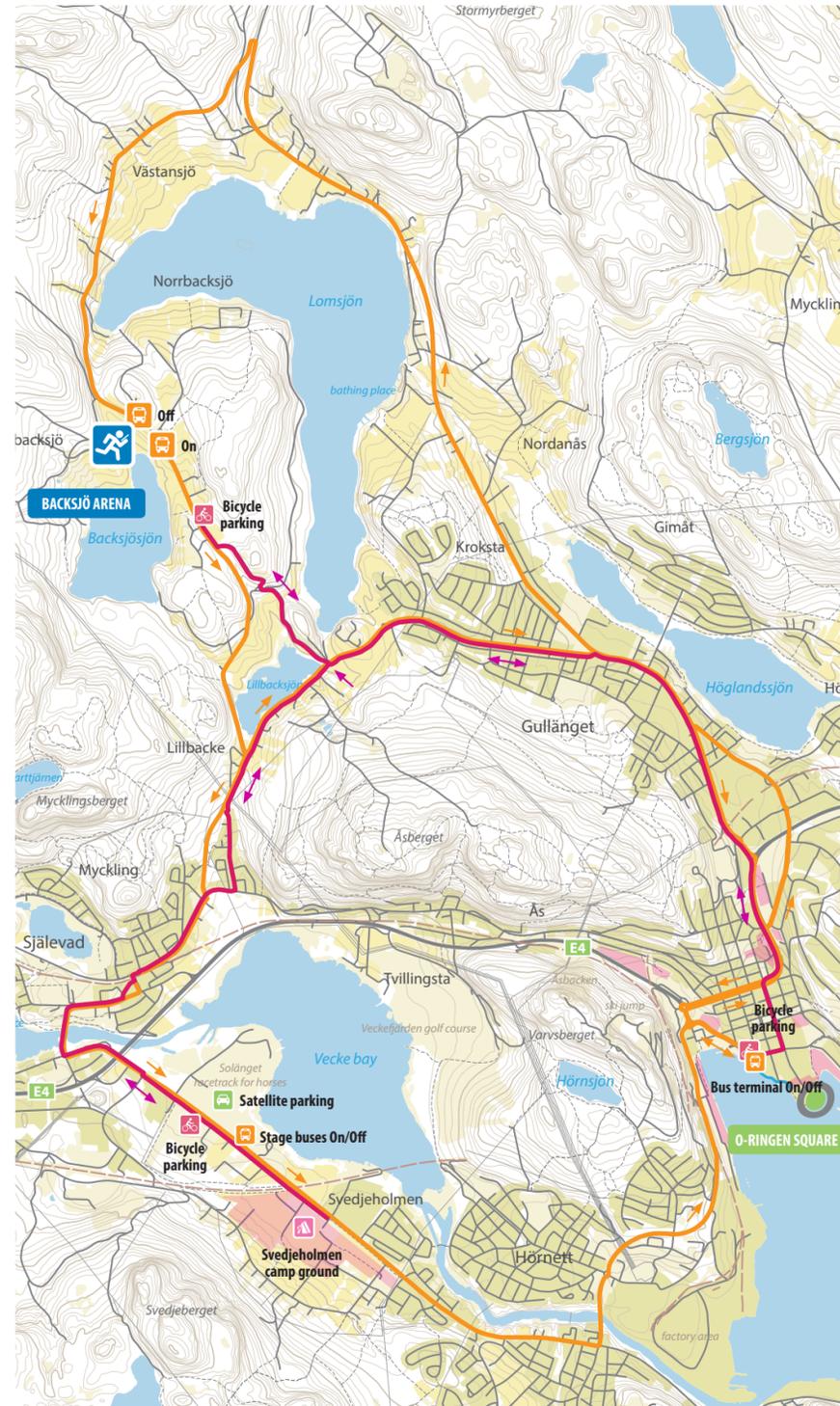


Map samples



Course Setter: Per Magnusson
Course Controller: Jörgen Nylén
Mapper: Per Magnusson

BACKSJÖ ARENA Orienteering Stages 3 & 4



How to get to Backsjö Arena

BUS

O-Ringen buses run continuously from the satellite parking lots and from the bus terminal to the stages. See time tables on page 12. Follow signs to and from the buses.

BUS	Distance	Travel time	Embarking/Disembarking
From Satellite parking	20 km	30 min	0 m
To Satellite parking	7 km	10 min	
From Bus terminal	14 km	22 min	0 m
To Bus terminal	11 km	14 min	

BIKING

Arena Backsjö is located within biking distance from both central Örnsköldsvik and from the Svedjeholmen camp ground. Follow signs for biking directions. The directions take you along designated bicycle paths. Bicycles must be parked at designated locations at the arena. Walking distance from bicycle parking to the arena is approximately 500 meters.

BIKE	Distance	Biking time
Svedjeholmen camp ground	8-9 km	ca 35 min
Bus terminal	7.5 km	ca 30 min

CAR

No parking spots for cars are available at Arena Backsjö. If you are planning on driving, you should park at the satellite parking lots next to Svedjeholmen camp ground and take a bus or bicycle from there to the arena.



Get involved for a safer Sweden. This fall we are facing a choice. We can continue investing in the Swedish model for a safer, more successful Sweden, with great emphasis on social welfare and safety. Or we can choose the path towards privatization and lower taxes – for those who already earn the most. Do you believe, just like we do, in the first option? Get involved in the election campaign! Take a stand together with thousands of others throughout the country. It is both important and fun! Örnsköldsvik's Social Democrats want to welcome you to our community. Our compass needle is pointing towards future growth and development and towards Örnsköldsvik's potential. With our map, you will find the right way forward!

STAGE HOSTS



BAE Systems delivers some of the world's most modern, technologically advanced solutions in defense, aerospace, and security. We have 82,500 qualified collaborators in more than 40 countries. By working with clients and local partners, we are able to deliver military-grade products and services that protect people, enable national security, and safeguard important information and infrastructure. BAE Systems Hägglunds focuses on the development, manufacture, integration, and support of a wide spectrum of military vehicles to customers all over the world. Our top products are the middle-heavy combat vehicle CV90, the tracked armored vehicle BvS10, hybrid-powered drive system for the civilian market, and support for these and other products. For more information visit www.baesystems.com.

SOCIALDEMOKRATERNA-STAGE

Orienteering Stage 3



Socialdemokraterna

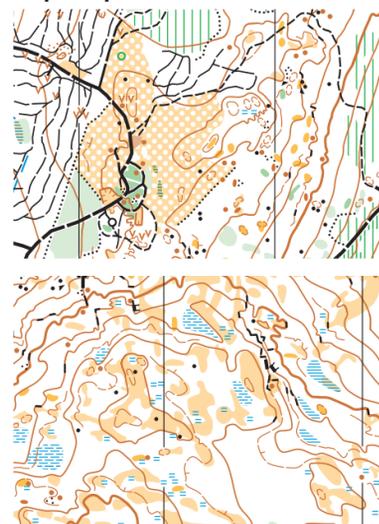


At the arena

- ARENA TENTS
1. Finish Tent/Press/Secretariat
 2. Competitor Services
 3. Check-in for start
 4. Refreshments
 5. Changing Area - Elite
 6. Alewalds sports shop
 7. Food kiosk
 8. Shops
 9. Orienteering school

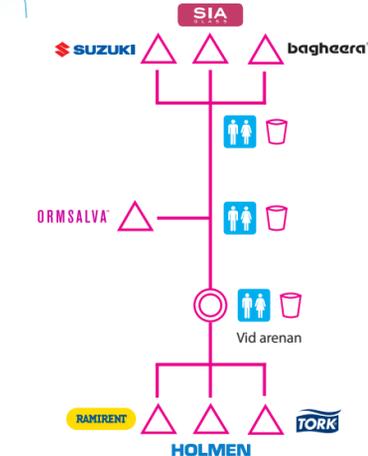
- Bus
- Bicycle parking
- Car parking
- First Aid
- Showers
- Toilets
- String Orienteering
- Child care
- Recycling

Map samples



Courses and terrain

A beautiful finish area straight out of a fairy tale awaits competitors at the Backsjö stages. This third day of competition is middle distance day, and competitors leaving from different starts will once again face different challenges. There will once again be two control stations. The Tork, Holmen, and Ramirent starts are located close to the arena to the south. Competitors starting from these starts will mostly run on the Backsjö peninsula, a fairly flat area with some isolated detailed hilltops that will offer tricky orienteering perfect for the middle distance format. The walk to the remaining starts, located north of the arena, mostly follows roads. Make sure to allow enough time to get to the start! The walks to the Bagheera, SIA, and Suzuki starts climb over 100 meters over the final 400 meters. The pay-off for this climb will be the large section of downhill orienteering right from the start – a challenge that will require full focus from the get-go. Before starting, take a moment to appreciate the magnificent views. You will get to run on the Slätterberget Mountain that offers technical orienteering of the highest caliber. This terrain features great visibility, and you will have to be careful to not run too fast and fall into one of the traps prepared by the course setters. On the downhill sections of the course, you can expect rough footing and a slope covered with cliffs, boulders, and reentrants.



To the start

START NAME	Distance	Climb
Alewalds	rest day	
Bagheera	2250 m	155 m
SIA Glass	2250 m	155 m
Suzuki	2250 m	155 m
Ormsalva	1000 m	50 m
SCA Tork	550 m	10 m
Holmen	550 m	10 m
Ramirent	550 m	10 m

Course setter: Robert Niederbach Course controller: Kjell Mattsson Mapper: Lennart Strandberg

HÄGGLUNDS-STAGE

Orienteering Stage 4

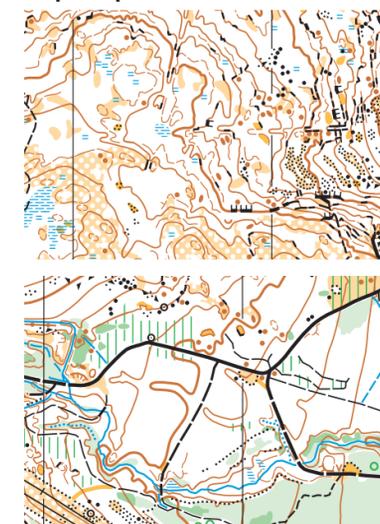


At the arena

- ARENA TENTS
1. Finish Tent/Press/Secretariat
 2. Competitor Services
 3. Check-in for start
 4. Refreshments
 5. Changing Area - Elite
 6. Alewalds sports shop
 7. Food kiosk
 8. Shops
 9. Orienteering school

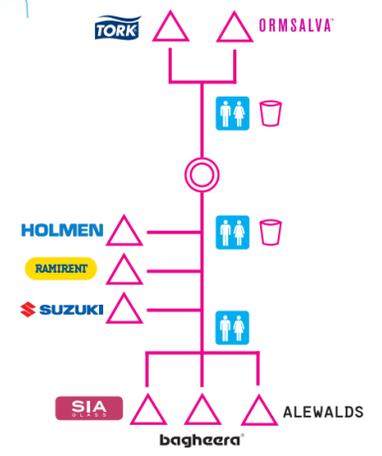
- Bus
- Bicycle parking
- Car parking
- First Aid
- Showers
- Toilets
- String Orienteering
- Child care
- Recycling

Map samples



Courses and terrain

The week's toughest stage awaits competitors today. Today's long distance on Visarbergen takes place in terrain that has been licked clean by retreating glaciers. The glaciers created deep valleys and left behind hillsides full of broken terrain and endless reentrants, hills, cliffs, and boulders. Course setter Börje Pauler describes the area as "pure wilderness" with very few trails. The courses are designed in classical long distance style. Once again, make sure to allow plenty of time to get to your start. The walks to Alewalds, Bagheera, and SIA starts climb 100 meters along rarely used trails. Note that the last refreshments on the way to the starts south of the arena are located 700 meters after the start of the walk to the start. The courses open with tricky orienteering on the uphill slopes, followed by challenging long legs with multiple route choice options. Competitors in the short classes departing from the Suzuki start should be ready for a tough early section of the course, complete with very technical orienteering along the way. The walks to the Tork and Ormsalva starts climb 155 meters, mostly towards the end of the walk, so be sure to allow plenty of time. Both of these starts have their own control station located in the north part of the arena, while the walks to the other starts head south from the arena. The shortest courses mostly stay in open pine forest lower on the slopes and will have some tricky sections that pass through ridges and valleys.

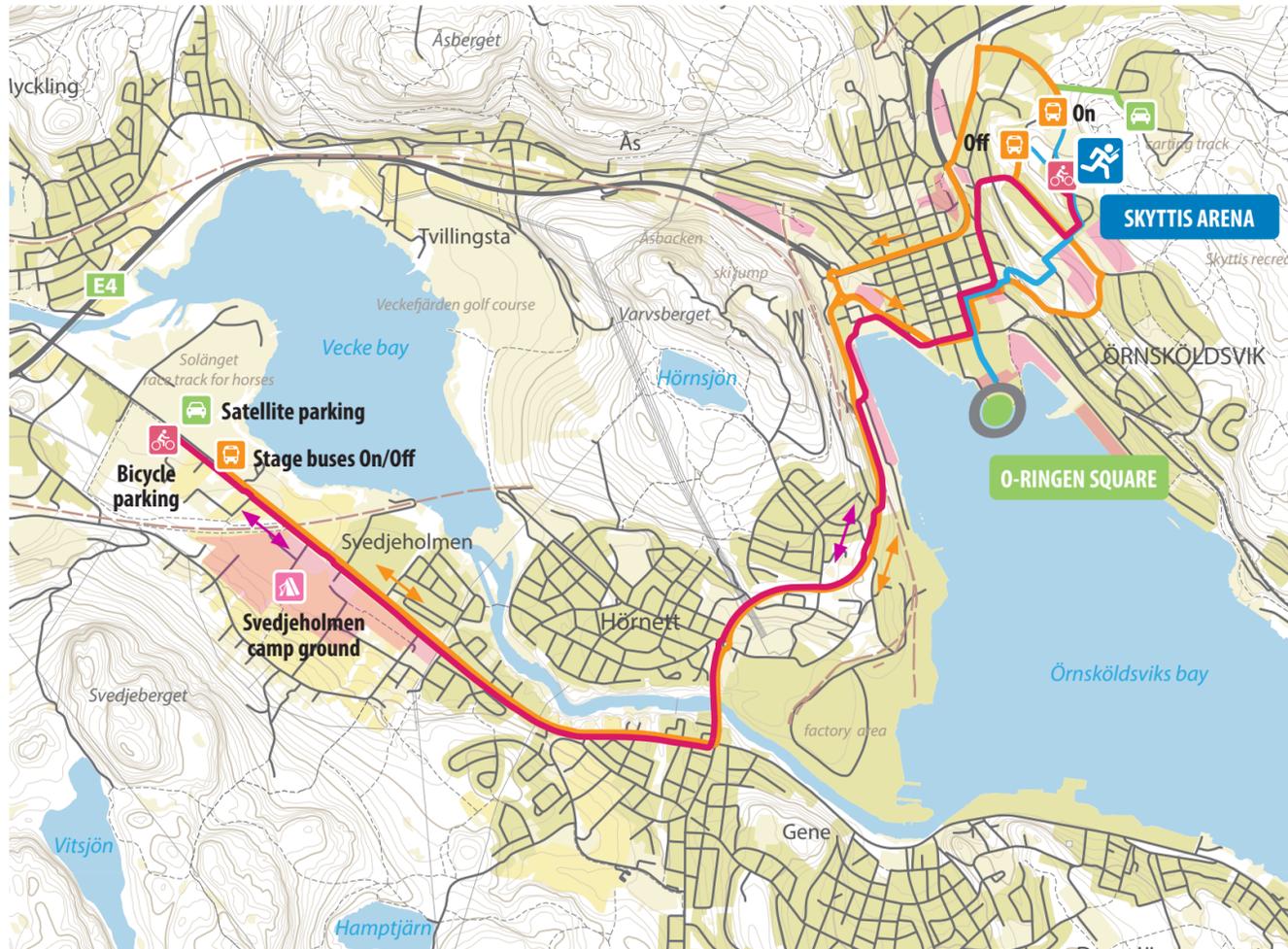


To the start

START NAME	Distance	Climb
Alewalds	2700 m	85 m
Bagheera	2700 m	85 m
SIA Glass	2650 m	85 m
Suzuki	1300 m	40 m
Ormsalva	2250 m	155 m
SCA Tork	2250 m	155 m
Holmen	650 m	5 m
Ramirent	1100 m	15 m

Course setter: Börje Pauler Course controller: Kjell Mattsson Mapper: Lennart Strandberg

SKYTTIS ARENA Orienteering Stage 5



How to get to Skyttis Arena



BUS

O-Ringen buses run continuously from the satellite parking lots. See time tables on page 12. No buses go from the bus terminal to the Skyttis Arena. Note that bus embarking and disembarking at the arena take place at different locations. Follow signs to and from the buses.

BUS	Distance	Travel time	Embarking / Disembarking
Satellite parking	9.5 km	15 min	200/300 m
Bus terminal	-	-	-



BIKING or WALKING

Arena Skyttis is located within biking distance from both central Örnsköldsvik and from the Svedjeholmen camp ground. From central Örnsköldsvik you can even easily walk to Arena Skyttis. Follow signs for bicycle and walking directions to the arena. Bicycles must be parked at designated locations.

BIKE	Distance	Biking time
Svedjeholmen camp ground	7.5-8.5 km	ca 25 min
O-Ringen Square	2 km	ca 10 min



CAR

If you are driving to the events, you must park at the satellite parking lots near the Svedjeholmen camp ground and takes buses from there to the arena. In order to get to arena parking, follow directions from the north roundabout on the E4 highway in Örnsköldsvik. The distance from the arena parking to The arena is approximately 500 meter. NOTE: This only applies to those who pre-booked parking spots! Pre-booked parking spots are sold out.

WALK	Distance	Walking time
O-Ringen Square	2 km	ca 15 min

STAGE HOST



**ÖRNSKÖLD SVIKS
KOMMUN**

ÖRNSKÖLD SVIKS KOMMUN-STAGE Orienteering Stage 5



At the arena

- ARENA TENTS
1. Finish Tent/Press/Secretariat
 2. Competitor Services
 3. Check-in for start
 4. Refreshments
 5. Changing Area - Elite
 6. Alewalds sports shop
 7. Food kiosk
 8. Shops
 9. Orienteering school
 10. Vaccination

- Bus
- Bicycle parking
- Car parking
- First Aid
- Showers
- Toilets
- String Orienteering
- Child care
- Recycling
- To the start
- Bus line
- Bike directions
- Car directions
- Walking directions
- Club tents
- Spectator area
- Bicycle parking
- Showers / changing rooms



Courses and terrain

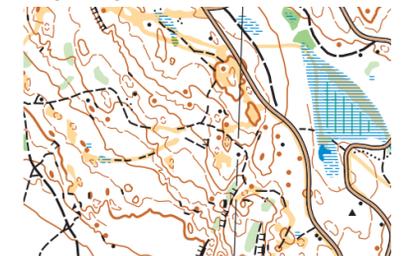
By now you have gotten used to spectacular terrain, and today's chase start will not disappoint. The finish at the Skyttis sports centre provides a perfect arena for spectators, who will be able to see runners approach the last control, located on a ledge above the finish. The terrain here at Skyttis will feature more linear features than the other days, but do not underestimate the difficulty level! The areas of trails and other features are separated by sections of contour detail that will be challenging to master at high speed. The ability to change gears will be the decisive ingredient for success today. The course setter has prepared fair courses for all the classes. The courses start on the western slopes of Skyttis, where the blueberry bushes will offer some resistance to the runners. Once you get to the top, you will orienteer among a plethora of small marshes. The longer courses will also descend down the eastern slopes of Skyttis, which are virtually devoid of contour detail. As courses approach the finish, runnability will improve, and speeds will increase. The dense trail network and great visibility make a perfect setup for parallel errors under the pressure of the chase. All starts are located in a housing area near the arena. Please show respect to the residents.



To the start

START NAME	Distance	Climb
Alewalds	750 m	0 m
Bagheera	900 m	0 m
SIA Glass	1050 m	0 m
Suzuki	1150 m	0 m
Ormsalva	900 m	0 m
SCA Tork	1150 m	0 m
Holmen	1050 m	0 m
Ramirent	600 m	0 m

Map sample



Course setter: Stefan Sjölund
Course controller: Jens Westin
Mapper: Nils-Göran Olsson

GETTING HERE

O-Ringen and Örnsköldsvik welcome you to a fantastic week on Sweden's High Coast. The competitions and many of the activities are located conveniently and centrally, and we hope that as many of you as possible use bicycles or ride our buses. Follow our directions and signs in order to ensure that traffic flows smoothly.

We are thrilled to welcome the orienteering world to Örnsköldsvik. You will only need to travel short distances to get to all the stages and activities. Many competitors are staying at the camp grounds in central Örnsköldsvik and at Svedjeholmen camp ground, and many others are staying in houses and apartments throughout the area. In order to simplify parking and transport during the week, we have created this guide that shows you the best transportation options during O-Ringen.

When you arrive at O-Ringen in Örnsköldsvik, you will find directional signs leading to your camp ground. Take a look at the camping guide (pages 14-15) ahead of time to see where your accommodations are. To get to the competition arenas, most people will ride buses that depart from the bus terminal in central Örnsköldsvik and from satellite parking lots at Solänget. In order to protect the environment and improve traffic safety,

we are directing most of the competitors living outside of the central camp ground and Svedjeholmen camp ground to use the satellite parking lots at the Solänget horse racing track. From there, you are just a short bus ride away from all the arenas. A bus pass is included in the registration fee for both competitors and their traveling companions.

In the afternoons and evenings, the easiest way to get from Svedjeholmen camp ground to O-Ringen Square is by taking shuttle buses from the camp ground. The bus ride takes approximately 10 minutes. Shuttle buses will run from 14.00 to 21.30 from Friday, July 20 until Friday, July 27.

Take shuttle buses to the Elite Sprint and to the Bagheera Youth Relay

The central parts of Örnsköldsvik are closed to cars during the Elite Sprint on July 24. Parking spots are limited, so be sure to ride shuttle buses if at all possible.



Stage buses

Buses to the arenas depart from the satellite parking lots on Brogatan street near Svedjeholmen camp ground and from the bus terminal near central camp ground, about 300 meters from O-Ringen Square.

Shuttle buses

Shuttle buses will run every 7 minutes from Svedjeholmen camp ground so that camp ground residents can visit O-Ringen Square, restaurants, and other sights and activities in central Örnsköldsvik. The shuttles will run from Friday, July 20 to Friday, July 27 between 14.00 and 21.30. On Saturday, July 21 and Tuesday, July 24 the shuttle buses will run from 12.00 to 21.30 so competitors can make it to the Bagheera Youth Relay, opening ceremonies, the Elite Sprint, and other activities.

To/From Satellit-P	7.00	8.00	9.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00
Satellit-P to Domsjö Arena 3 buses/trip	█	█	█	█	█	█	█	█	█	█
Domsjö Arena to Satellit-P 3 buses/trip	█	█	█	█	█	█	█	█	█	█
Satellit-P to Backsjö Arena 5 buses/trip	█	█	█	█	█	█	█	█	█	█
Backsjö Arena to Satellit-P 5 buses/trip	█	█	█	█	█	█	█	█	█	█
Satellit-P to Skyttis Arena 5 buses/trip	█	█	█	█	█	█	█	█	█	█
Skyttis Arena to Satellit-P 5 buses/trip	█	█	█	█	█	█	█	█	█	█
To/From Bus terminal	7.00	8.00	9.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00
Bus terminal to Domsjö Arena 3 buses/trip	█	█	█	█	█	█	█	█	█	█
Domsjö Arena to Bus terminal 3 buses/trip	█	█	█	█	█	█	█	█	█	█
Bus terminal to Backsjö Arena 3 buses/trip	█	█	█	█	█	█	█	█	█	█
Backsjö Arena to Bus terminal 3 buses/trip	█	█	█	█	█	█	█	█	█	█

█ Frequency each 5 min █ Frequency each 10 min █ Departure can take place when necessary █ No traffic

Notice that the bus frequency and the timetable in the graphics above is preliminary and can be updated. You can find the latest version at oringen.se.

To/from Svedjeholmens camping	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00
Camping to Bus terminal 1 bus/trip	█	█	█	█	█	█	█	█	█	█
Bus terminal to Camping 1 bus/trip	█	█	█	█	█	█	█	█	█	█

█ Frequency each 7 min █ Saturday July 21 and tuesday July 24 the tour starts at 12.00. Frequency each 7 min

Stages 1 & 2 Arena Domsjö

Buses to this arena depart from the satellite parking lots and from the bus terminal. Note that embarkation and disembarkation from the buses at the arena occurs at different locations. Pay attention to the posted signs.



See the map / travel times / distances on page 4.

Stages 3 & 4 Arena Backsjö

The only ways to travel to Arena Backsjö is by bus or bicycle. Buses to the arena depart from satellite parking lots and from the bus terminal. Those staying at Svedjeholmen camp ground can walk or bike to the bus stops at the satellite parking lots. Those staying at central camping or in private housing in central Örnsköldsvik can take buses from the bus terminal. Biking directions and signs are posted for those who want to bike to the arena along designated bike paths. Bike parking is available adjacent to the arena.



See the map / travel times / distances on page 7.

Stage 5 Arena Skyttis

Those staying at Svedjeholmen camping can walk or bike to the bus stops at the satellite parking lots. Those staying at central camping or in private housing in central Örnsköldsvik can walk or bike to the arena. Note that embarkation and disembarkation from the buses at the arena occurs at different locations. Pay attention to the posted signs.



See the map / travel times / distances on page 10.

SIGNAGE FROM THE E4 HIGHWAY

To satellite parking from E4 highway north

» Signs to the O-Ringen buses and satellite parking lots are posted from the E4 highway. They are posted at the north and south roundabouts and at the highway exit at Själevad.

» Signs to Svedjeholmen Camp ground are posted for northbound traffic on E4 from the Själevad exit and for southbound traffic on E4 from the north and south roundabouts.

» Signs to Central Camp ground are posted from the north and south roundabouts on E4.

» Signs to arena parking lots at the Domsjö, Skyttis and Kempevallen (MTBO) arenas are posted from the north and south roundabouts on E4. Parking at the Domsjö and Skyttis arenas is only available for those who have booked their parking spots in advance. **NOTE: No parking is available at the Backsjö arena.**

To satellite parking from E4 highway south

Stage buses On/Off

To Svedjeholmen camp ground app. 500m and shuttle buses app. 1 km from satellite parking



Parking spots

When you drive to pick up bib numbers, enjoy O-Ringen Square, or explore central Örnsköldsvik, you must park using one of the regular parking lots in town. There are three parking garages in central Örnsköldsvik and a number of other parking lots. Visit ornskoldsvik.se/parkering for information about parking lot locations and prices. Very few parking spots are available at O-Ringen Square.

- » The simplest place to park for those who drive to O-Ringen is at the free satellite parking lots. When parking in central Örnsköldsvik, you should use the town's regular parking facilities. Some of the larger parking lots are marked on the map.
- » For those staying at the Svedjeholmen camp ground, we recommend riding O-Ringen buses or biking to O-Ringen Square and central Örnsköldsvik.
- It is also possible to park at the satellite parking lots all week, including over night. Shuttle buses to the satellite lots run from the Svedjeholmen camp ground (see map).
- » VIP/Press 150 parking spots are available at the satellite parking lots next to the bus stops. A very small number of parking spots is available at each of the arenas. Make sure to have your pass with you.

SATELLITE PARKING

The satellite parking lots have more than 3,000 parking spots. This is where all of those competitors traveling by car should park and then transfer to O-Ringen buses to get to the arenas. Parking spots at the arenas are limited and are only available to those who have booked in advance. Spots at the arena parking lots are sold out.

TRAFFIC INFORMATION

At www.ornskoldsvik.se/oringen you will find local traffic information from the municipality for the week.



» Traffic guidance

In order to ease traffic congestion and improve safety during O-Ringen, several roads will be designated as one-way, and several zones will have lower speed limits than normal. Make sure to always respect these rules and follow the directions of traffic officials. Drive slowly and carefully, and use caution in traffic!

Competitors at O-Ringen High Coast will be staying at two camp grounds: one in central Örnsköldsvik and one in Svedjeholmen. The camp grounds open at 12.00 on Wednesday, July 18 and close at 12.00 on Saturday, July 28.

CENTRAL CAMP GROUND

The central camp ground is located in central Örnsköldsvik and is divided into several smaller areas, none of which is further than 1.5km away from O-Ringen Square. The central camp ground will have a total of 700 campsites, including 300 with electrical hook-ups. In order to guarantee access to your assigned electrical outlet, be sure to bring a 25-meter extension cord. The ground cover is varied throughout the camp ground, but most of the 9x9 meter campsites are situated on asphalt or gravel. Wood planks will be provided to help with tent setup. All 9x4.5 meter campsites are situated on grass-covered areas.



SVEDJEHOLMEN CAMP GROUND

A more traditional O-Ringen camp ground is located in Svedjeholmen, approximately 5 kilometers from O-Ringen Square. This camp ground is in the same spot as the main campsite for O-Ringen 1994. Svedjeholmen features 1,500 sites, including 700 with electricity. In order to guarantee access to your assigned electrical outlet, be sure to bring a 25-meter extension cord. All campsites are situated on grass-covered areas. Kiosks selling a limited selection of groceries, including breakfast foods, pasts, canned goods, candy, drinks, and fruit, are located at the camp ground. Additional grocery stores and gas stations can be found in the surrounding neighborhoods.

Campsite assignment

Information about assignment of specific campsite will be available on oringen.se no later than Wednesday, July 11. Campsite assignment is based on your club, district, and country. Sites with and without electricity are located separately. This means that those who reserved sites with electricity cannot camp next to their clubmates. On the other hand, an internal campsite allocation within all sites with electricity will also take place, based on club, district, and country. There is no guarantee to be placed together with clubmates in the following cases: you are staying at the central camp ground; you have booked an extra-large campsite at Svedjeholmen; or you made your campsite reservation after June 1. Make sure you know in advance which area you have been assigned to. Follow correct driving directions according to traffic signs and the overview map in this booklet.



Bus transport

Central camp ground: Buses depart for the stages from the bus terminal.

Svedjeholmen camp ground: Buses depart for the stages from the satellite parking lots located adjacent to the camp ground. See the overview map on page 2.

Complete bus schedules can be found on page 12.

There will also be shuttle bus transport between the Svedjeholmen camp ground and O-Ringen Square between 14.00 and 21.30 from Friday, July 20 to Friday, July 27. On Saturday, July 21 and Tuesday, July 24 shuttle buses will start running at 12.00. The bus trip takes approximately ten minutes one way. All bus transportation is included in the registration fee so you do not need to purchase any additional tickets.

O-RINGEN CAMPING



Legendary commentator Per Forsberg made his debut as O-Ringen speaker right here Ångermanland in 1994.

You will find O-Ringen Radio on **FM102,1 MHZ** or via our app "O-Ringen play" or oringenonline.se

O-RINGEN RADIO

O-Ringen radio has become as much a fixture of O-Ringen as the competition itself. Legendary orienteering announcer Per Forsberg and his team will once again broadcast around the clock during the entire O-Ringen week. Some of the programming will be broadcast from the open studio at O-Ringen Square and some from the competition stages, where you can follow all the excitement live.

Per Forsberg is making his return to Örnsköldsvik, where he began his career as O-Ringen announcer 24 years ago, the last time O-Ringen came to town. A lot is the same this year, with an addition of extra emphasis on race analysis using the popular software Livelox.

- Yes, this year we will have the capability to analyze route choices on a big screen, located next to our tent. Grab a cup of coffee, sit down on a bench, and enjoy the entertainment in the warm evening sunshine.

What are some of the other highlights of O-Ringen radio's programming?

- We will cover the Bagheera maze, will have a nightly quiz show and O-Ringer corner with O-Ringen's executive director Henrik Boström. We guarantee a fantastic week.



Regularly scheduled programming

06.30-08.00
Good morning O-Ringen! with Per Forsberg, (7/22 - 7/27)

07.00/18.00
SMHI - today's weather

08.00-14.00
Live broadcast from the stages. (7/22 - 7/27)

14.00-16.30
Programs for kids and the Bagheera maze

16.30-17.45
Livelox Route Choice Analysis. (7/22 - 7/27)

19.00-20.30
Bauhausresan - Radio O-Ringen's quiz show. (7/21 - 7/26)

Collaborators:
Per Forsberg, Rickard Olsson, Sofia Domeij, Lina Wiessner, Malin Sundebj, Anton Sjökvist, Ola Fransson, Robert Roxenhall

Broadcast times

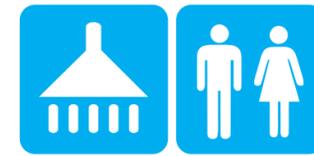
Friday, July 20	12.00 - 21.00
Saturday, July 21	09.00 - 21.00
Sunday, July 22	06.30 - 21.00
Monday, July 23	06.30 - 21.00
Tuesday, July 24	09.00 - 21.00
Wednesday, July 25	06.30 - 21.00
Thursday, July 26	06.30 - 21.00
Friday, July 27	06.30 - 18.00

INFORMATION

HEALTH CARE



A local health clinic will be present at all the arenas. It will function as a regular clinic, with payment for treatment collected as usual. There will also be first aid services that will staff two first aid tents out in the terrain at each stage. The first aid stations will be marked on your maps. The first aid workers can also transport injured runners out of the forest. Additionally, defibrillators will be present at the finishes, the shower areas, and at the starts. First aid equipment for treating minor injuries, including bandages and tape, will be available for sale at the Alewalds sporting goods store out at the arenas. In case of serious incidents and injuries, you should always call 112.



Toilets and showers

Central camp ground: There are nine hygiene stations for the different areas of the camp ground. Each station has toilets, as well as running water for washing and doing dishes. There are showers that can be used at the schools Nolaskolan and Parkskolan. These are shown on the overview map on page 14.

Svedjeholmen camp ground: There are three hygiene stations. The stations have toilets and running water for washing and doing dishes. Showers at the camp ground are shown on the overview map on page 15. Sewage from caravans can be dumped in a designated area next to the hygiene stations. RVs are asked to dump their sewage at the Örnsköldsviks gästhamn and Gullviks havsbad camping areas.



FIRE SAFETY

Central camp ground: fires are forbidden at all areas of the central camp ground. Grilling is allowed, but only at approved permanent grills.

Svedjeholmen camp ground: fires are forbidden in the camp ground. Grilling is allowed, but only at approved permanent grills.

Fire extinguishers are placed throughout both camp grounds.

SECURITY AND VALUABLES

The camp grounds will be guarded 24 hours a day, and additional security personnel will be provided to watch the central camp ground during the actual competition stages. Security guards from the Securitas company will be regularly patrolling the camp grounds the entire week. **Never leave valuables unattended in tents and caravans.** O-Ringen Square is fenced in, guarded, and alarmed when it is not open. The competition arenas will also have security.

WIFI



There is a lot of stress on the mobile network during O-Ringen. Since the telecom operators are unable to handle all the mobile traffic volume during the week, it has been important to find a sustainable solution. For O-Ringen, this solution will be provided as part of a multi-year collaboration with Bluecom, a knowledgeable and experienced actor in the telecom field. The main goal of the partnership would be to provide fast and secure WiFi services at the arenas, at O-Ringen Square, and at the kiosks in the camp grounds. That was competitors will be able to follow online results and to make purchases using Swish.

All of the large telecom providers will also strengthen their mobile networks with extra cell towers in Örnsköldsvik during O-Ringen. This will help ensure that all customers have access to a functioning mobile network for the entire event. Telia is putting in the most effort and setting up three additional towers. The telecom providers have the responsibility for providing function mobile networks, and we hope that these extra efforts make sure that all participants, visitors, and the public have a strong, well-functioning, mobile solution.



You can pay for services at O-Ringen with either credit/debit cards or Swish

Payment options during O-Ringen High Coast 2018

In order to maximize security for all participants and organizers, we want to work with you to minimize the use of cash at O-Ringen. Therefore we will be offering alternative payment options such as credit cards and Swish at all shops and businesses. We are hoping to have a better mobile network this year during O-Ringen High Coast than in previous years. This would allow us to avoid problems that have appeared with Swish and card payments in the past. It will still be possible to pay with cash this year, but on a somewhat more limited basis than before.

Foreign exchange

There's no foreign exchange at any bank in Örnsköldsvik. Use ATM to get SEK.

Thanks for helping us make O-Ringen a safer event for everyone!

There is always a recycling point close to you! Help us make sure that the recycling is sorted correctly.

Every hygiene station at the camp grounds has a recycling point next to it. There are also recycling points at the Domsjö, Backsjö and Skyttis arenas, as well as at O-Ringen Square. Every recycling point is marked on the maps with a green recycling symbol. At each recycling point you can sort paper, newspapers, plastic, glass, cans, batteries, food remnants, and other trash. We are providing recycling services in collaboration with Stena Recycling AB and Miljö och Vatten i Örnsköldsvik AB. Recycling of cans and bottles is provided through collaboration with Returpack AB.



ENVIRONMENTAL POLICY



As one of the world's largest sporting events, O-Ringen strives to be a leader and serve as a role model with regards to the environment. O-Ringen is proud to be certified as an environmentally friendly event that treats nature thoughtfully and with care.

O-Ringen Play

You can use the O-Ringen Play app to get instant access to important information on your phone. This information includes travel and accommodation details, activities, and, of course, the competition itself. You can also use the app to listen to Radio O-Ringen that has a lively and exciting program during the entire week.

Download our app "O-Ringen Play" via App Store or Google Play!



Good to know from



A

Anniversary plaques

Competitors who have completed 10, 20, 30, 40, or 50 full O-Ringens can order special anniversary plaques. You can order them through oringen.se. Order by May 31st to be awarded your plaque at O-Ringen 2018. The plaques can be picked up at Thursday's prizegiving ceremony, with some extra recognition for those who have completed 30, 40, or 50 O-Ringens. Check in at the tent behind the stage 15 minutes before the start of the prizegiving ceremony. If you cannot attend the ceremony, you can pick up your plaque at Competitor Services at O-Ringen Square.

Arrival

O-Ringen Square and Competitor Services are located at the Fjällräven Centre. Signs with directions will be posted from the E4 highway and from Örnsköldsvik's transportation centre. When you arrive, follow the instructions of O-Ringen's traffic and parking personnel. Read more about O-Ringen's camp grounds on pages 14-15.

B

Bagheera Youth Relay

The Bagheera Youth Relay takes place at O-Ringen Square and starts at 17.00 after the opening ceremony. See page 23 for more information.

Bib numbers

There are new procedures this year for printing out bib numbers. See page 33.

Bib number pickup opening times, O-Ringen Square:

Wednesday, July 18: 12.00 - 21.00
Thursday, July 19: - Saturday, July 21: 09.00 - 21.00

NOTE

We recommend that all pre-registered competitors pick up their bib numbers at O-Ringen Square (second floor of the Fjällräven centre) no later than 21.00 on Saturday, July 21 in order to avoid long queues.

Bicycle rentals

A limited number of bicycles can be rented through Afix Production. Email afixproduction@gmail.com for reservations and info. Rented bicycles can be picked up at Sjöögatan 4, close to O-Ringen Square.

Biking and bike parking

It is simple and convenient to get around by bike. Bicycle parking is available adjacent to the arenas, at the satellite parking lots, and at O-Ringen Square. Biking is prohibited within O-Ringen Square.

Booking services

You can call booking services at 08-409 06 408 in order to get customer support with your booking or make changes to existing bookings. Have your confirmation number available.

Opening times:
7/19 – 7/20: 9.00 - 17.00
7/23 – 7/27: 9.00-17.00
Extra opening hours Friday,
July 20: 17.00-21.00.
Extra opening hours Saturday,
July 21: 14.00-20.00.
(Closed for lunch 12.00-13.00)

Bus parking for club buses

Club buses should be parked at the satellite parking lots.

Buses

O-Ringen buses will travel to the arenas every competition day, departing from the bus terminal and satellite parking lots. We recommend taking the buses early in the day if you want to avoid crowds and long wait times. Note that buses stop running during lunch. See the information on page 12.

Bus passes are included in your registration fee, so there is no need to buy any tickets. Traveling companions and spectators ride for free. O-Ringen officials at the bus stops will make sure that people line up in the right queues and get on the correct buses. They will also assist with loading strollers and solve any problems that may come up. Follow the officials' instructions and make sure to be ready to board when the bus arrives.

C

Café

Several kiosks serving a simple selection of food and refreshments are located at the arenas and at O-Ringen Square. Additionally, a restaurant is located at O-Ringen Square. Central Örnsköldsvik has several cozy cafes.

Camping

See camping information on pages 14-15.

Car traffic

Cars will be directed along specific roads out to the arenas. More information and maps can be found on pages 4 and 10. NOTE: No cars are permitted at the arena for stages 3 and 4.

Child care

Child care for children between 3 and 8 years old is available at each arena between 7.00-16.00. You can sign up for child care through the booking portal at oringen.se, at Competitor Services at O-Ringen Square or at the arenas. The cost is 70 SEK / day. You must show your payment receipt/confirmation. Read more about O-Ringen child care on page 31.

Clothing return

Warm-up clothing will not be transported back to the arenas from the starts.

D

Defibrillator

Defibrillators are located at the finish tent, kiosks, starts, and at O-Ringen Square.

Direct entry / open courses

If you do not want to pre-register through oringen.se, you can purchase a start place at Competitor Services at any arena, though this may involve having to stand in a queue. Look for the "Köp Start" signs at Competitor Services. See more info on page 33.

Competitor Services

Competitor services are available both at O-Ringen Square and at the arenas. At Competitor Services you can get help with nearly everything relating to O-Ringen: registration, changes, general information, lost and found, etc.

Competitor Services at the arenas are most useful for resolving questions related to the competition itself. There Competitor Services tents at the arenas have three sections: competitor services, pre-booked starts, and entry on the day. You can get help with MTBO and Trail-O competition issues at the respective arenas.

Competitor Services opening times O-Ringen Square:
Wednesday, July 18:
12.00 - 21.00

Thursday, July 19
- Friday, July 27:
09.00 - 21.00
Saturday, July 28:
09.00 - 12.00

Arenas:
Competition day: 07.30-14.00

Entry on the day / stage start.

E

Elite sprint

The elite sprint takes place around Örnsköldsvik's Big Square (Stora Torget) on O-Ringen's activity day, July 24, starting at 14.45. A map indicating the best locations for spectating the elite sprint will be published on oringen.se on the day of the race. See page 27 for more information.

Event Center

See Competitor Services.

F

Fire and rescue services

Make sure you know where the nearest fire extinguisher to your campsite is located and how to use it. Instructions for use are located on every extinguisher. In case of emergency dial 112.

Fires and grilling

At the camp grounds you are only allowed to grill at designated grilling locations, where containers for single-use grills and ashes are provided. Open fires are prohibited at the camp grounds.

Fuel / gasol

Fuel for cooking stoves can be purchased at INTEK (Hästmärksvägen 3), OKQ8 (Härnösandsvägen 4), Grangården (Arnäsvägen), or CircleK (Sund, E4 South och E4 North).

G

Golf

A golf tournament will take place on O-Ringen's activity day, Tuesday July 24, starting at 08.00. The singles competition over 18 holes will have a shotgun start at 08.00. The entry fee is 450 SEK per person and includes lunch. You can register via golf.se. The competition is capped at 102 participants.

Groceries

The closest grocery stores to Svedjeholmen camp ground are Hemköp Domsjö, Coop Hörnmett, Coop Själevad, and ICA Supermarket Själevad. In central Örnsköldsvik you can find Hemköp and ICA Centrum.

H

Hard floor accommodations

The competitors who reserved hard floor accommodations will be staying at the Nolaskolan school, located at Viktoriasplanaden 31. Housing hosts at the school can help with checking in and out and answer any questions. You are not allowed to use camping stoves or similar indoors. No shoe washing indoors. Show consideration towards others staying at the school with regards to cleanliness. Quiet hours start at 22.00 in the evenings. Leave common spaces in the same condition you found them.

Health care

Dial 112 in case of medical emergencies, severe injuries, or illness. Mobile clinics, run by Region Västernorrland, are present at all of the competition arenas. The clinics are staffed with doctors, physical therapists, and nurses.

Opening hours 07.45-16.30.

First aid stations are located at the finish of each stage and also in the terrain. First aid stations in competition terrain are marked with a red cross on the map. Defibrillators are available at the starts and finishes, as well as at kiosks selling snacks and refreshments. Medical advice can be obtained over the phone by dialing 1177. Orienteering-related injuries and illnesses incurred during the week of O-Ringen will be recorded anonymously for research purposes. The goal of the research is to improve the provision of health care options for future events. Consent forms will be provided at registration.

K

Kids' playhouse

Sliperiet, the playhouse for kids, is located at O-Ringen Square. Here you can connect to Wi-Fi, play games, and participate in lots of activities designed specifically for our youngest competitors. Sliperiet is open between 15.00-21.00. See page 22 for more information.

Kiosk / snacks

Well-stocked kiosks selling snacks, ice cream, fruit, sandwiches, candy, and a lot more can be found at all the arenas and at O-Ringen Square.

L

Laundry

A laundry time can be booked at a laundromat hosted by Folksam at O-Ringen Square.

Lecture on the future of O-Ringen

O-Ringen's Executive Director Henrik Boström will lead a presentation about O-Ringen today and in the future on Wednesday, July 25. He will speak about O-Ringen's current organization, the development that took place between 2015-2017, and O-Ringen's way forward. He will also answer any questions you might have. The lecture will take place at Nolaskolan from 17.00-18.30.

Livelox

All courses will be uploaded to the route choice analysis website Livelox at livelox.com. Radio O-Ringen will have a daily program focusing on course analysis in Livelox at 16.30-17.45 from Sunday to Thursday.

Local buses

Time tables and any schedule changes due to O-Ringen can be found on dintur.se.

Lost and found

Found objects can be turned in to Competitor Services. Check with Competitor Services if you are looking for a lost item.

M

Massage

Massages from Dalamassage are offered at all the competition arenas on all competition days between 08.00 and 15.00. Massage, as well as taping for injury rehabilitation and prevention, is also available at O-Ringen Square during the following hours:
Saturday, July 22, 12.00-18.00
Tuesday, July 25, 10.00-20.00.
Sunday, Monday, Wednesday, and Thursday, between 14.00-20.00.

Maze

The Bagheera Maze at O-Ringen Square is a fun challenge for orienteers under 16. You can compete in the maze every day and try to advance to the finals. The finals will be broadcast live on Radio O-Ringen. You can also try the maze just for fun, without punching. More information on page 21.

Media

The media centre for accredited representatives of the media is open the whole week at the Fjällräven Centre. During the competition stage a section of the finish tent will be set aside and designated as work-space for media representatives.

O

Opening ceremonies

O-Ringen's opening ceremonies will take place at O-Ringen Square on Saturday, July 21 at 16.00. Read more about the program on page 25.

Orienteering school

You can find the orienteering school at all arenas on all competition days between 09.00-15.00. See page 28.

oringen.se

You can use the website to register for the competition or to book services such as string-O. You can also find all the information about the competition, including course lengths and difficulty levels. Accommodations and activities can also be booked through oringen.se.

P

Parking

We recommend that you park at the free satellite parking lots in Svedjeholmen during the entire O-Ringen week. From there, as well as from the bus terminal at O-Ringen Square, you can catch O-Ringen buses to the competition arenas. See pages 12-13 for details. The parking spots at Arena Domsjö and Arena Skyttis are sold out.

Payment options

In order to increase security at O-Ringen, we are trying to minimize the use of cash. Therefore, alternative payment options, such as credit cards or Swish, will be available at practically all O-Ringen stores/businesses. This year you can even "blip" charges under 200 SEK. A "blip" is a card purchase that without entering your PIN code.

Pharmacy

Several pharmacies are located in Örnsköldsvik. You can use the O-Ringen Play mobile app to find the nearest pharmacy.

Phone charging station

A mobile phone charging station is located in O-Ringen Square. See the map on page 20.

Police

For non-emergency requests, such as lost wallets and keys or petty theft, you can contact Örnsköldsvik police. Address: Nytorggatan 1, Örnsköldsvik Telephone: +46(0)10-568 07 84 Monday-Friday 9.00-15.00

Pre-registered stage start / direct entry

If you pre-registered for open courses via oringen.se, all you need to do is pick up your bib number and rented SI-chip (if needed) and then head out to the start. You can find your bib number at the "Förbokad Start" section of the Competitor Services tent at the arenas. For more information see the section about Competitor Services on page 33.

Prizegiving ceremonies

Prizes are awarded both for stage and overall winners. See additional information on page 25. Overall prizes not collected during 16.00-22.00 on Friday are returned to the organizers.

R

Radio O-Ringen

Radio O-Ringen will broadcast a daily program. During the competitions Radio O-Ringen will transmit the arena commentary, and also serve as O-Ringen's official channel for important and time sensitive information about the event. You can see full program on page 16.

Recycling

See information under the heading "Trash and recycling" and also on page 17 in this booklet.

Restaurants

You can find restaurants, food trucks, and kiosks at O-Ringen Square. A large selection of coffee, soft drinks, salads, sandwiches, hot dogs, hamburgers, oriental noodles, ice cream, and candy is available for purchase at the arenas.

Results

Results are published continually at oringenonline.se. There you can also find start lists, live results, club results, and split times. Results will also be posted at O-Ringen Square. At the arenas, results will be displayed on interactive screens. Free Wi-Fi can also be used to access results.

S

Security and valuables

The camp grounds will be guarded 24 h/day, and additional security personnel will be provided to watch the central camp ground during the actual competition stages. Security guards from the Securitas company will be regularly patrolling the camp grounds the entire week. Never leave valuables unattended in tents and caravans. O-Ringen Square is fenced in, guarded, and alarmed when it's not open. The competition arenas will also have security.

Shopping street

O-Ringen's shopping street at O-Ringen Square includes over 50 shops, as well as booths showcasing future editions of O-Ringen. See page 20 for opening times.

Showers

Showers are located adjacent to each arena. Additional showers are located at Svedjeholmen's camp ground. O-Ringen provides environmentally friendly shampoo and soap at the arenas. NOTE: Only environmentally friendly hygiene products are allowed at these showers.

SI-chips

It is essential for the smooth running of the competition that each competitor has his or her own SI-chip, the number of which matches the one entered in the registration system. SI-chips will be checked at a mandatory control station on the way to the start each day. Your SI-chip can be registered in your name at that point if it isn't already. If needed, you can rent an SI-chip at Competitor Services (50 SEK per day or 250 SEK for the week). The rented chip must be returned after downloading at the end of the rental period. Competitors who do not return rented SI-chips will be fined 600 SEK, and the chip will be disabled for future competitions.

Signs and messages

Promotional materials for upcoming events and personal messages for other competitors may be posted at designated places at O-Ringen Square. Posting other signs and advertising within O-Ringen Square or at the arenas is prohibited, with the exception of O-Ringen promotional materials.

Split times

Each competitor gets a printout of their split times at the finish after downloading. Splits for entire classes can be found at oringen.se or oringenonline.se after each stage.

Sporting goods

At O-Ringen Square you can find a well-stocked Alewalds sporting goods store.

Stage start / entry on the day

The simplest way to register for individual stages is through oringen.se. For help with your booking, you can call booking service, visit Competitor Services at O-Ringen Square, or the stage start tent at the arenas. Those who registered in advance can pick up their bib numbers at Competitor Services at O-Ringen Square or at pre-booked starts at the arena. For more info see page 30. No prizes are given for entry on the day courses.

Start lists

Complete start lists are published at live.oringenonline.se.

String Orienteering

String orienteering for young children is available at all O-Ringen stages between 08.30 and 14.30. All children who participate get a prize. You can pre-register for string orienteering online through O-Ringen's booking portal or purchase a ticket at Competitor Services or at the start of string orienteering. The coast is 250 SEK for the entire week, or 50 SEK for a single start. Read more on page 31.

T

Toilets

See information for each stage. Toilets for MTBO and Trail-O competitions are located at their respective arenas.

Tourist information

A tourist information kiosk, Infopoint, is located at O-Ringen Square.

Training race and training maps

Training maps and a training race before the start of O-Ringen are available for those who want to come prepared. See page 29.

V/W

Vaccinations

TBE (Tick Borne Encephalitis) vaccination for the entire family will be available at the arena on the final stage of O-Ringen. The cost is 320 SEK for adults and 290 SEK for children and can be paid by card or Swish.

Wifi

Hot spots for wifi connections are located at the arenas, at O-Ringen Square, and at the kiosks in the camp grounds.



Trash and recycling

Recycling points are located at hygiene stations at the camp grounds and at the arenas. Read more about O-Ringen and the environment on page 17 of this booklet.



Water sports
 You can rent water scooters, stand-up paddleboards, and kayaks in Strandparken. You can also book charter boats to visit the High Coast's archipelago. **Opening hours each day between 10.00-21.00, and extra long hours 08.00-21.00 on Tuesday, O-Ringen's Activity Day.** Oars, paddles, and life jackets are provided. Welcome!

InfoPoint
Come visit the High Coast's tourist service at O-Ringen Square!
 You can get all the information you need about the sights and activities that you can try out during your visit to Örnsköldsvik and the High Coast.

Bicycle parking
 Bicycle parking is located at the bus terminal and in designated places next to O-Ringen Square.

Bus terminal
 The bus terminal is located several hundred meters away from O-Ringen Square in central Örnsköldsvik. From here you can catch buses to the competition stages and to Svedjeholmencamp ground.

Örnsköldsviks bay

FJÄLLRÄVEN CENTRE / Competitor service

O-RINGEN SQUARE

We are proud to present to you an O-Ringen Square located in the middle of it all! O-Ringen 2018 High Coast has been organized with the town of Örnsköldsvik as a hub, from which you can ride your bicycle to all the competition arenas. O-Ringen Square, located at the Fjällräven Centre, is the pulsating heart in the middle of that hub.

At O-Ringen Square you can find Competitor Services and a lively market street, lined with shops and booths presenting O-Ringen's sponsors and partners. The sporting goods store Alewalds will have a great selection of products in its 1200 square meter tent. You can recover from your races with a massage or try new activities, such as Orienteering Biathlon. You can also get information about upcoming editions of O-Ringen, all the way through 2021.

Stop by the Tourist Information tent to learn about and make reservations for all the activities available in Örnsköldsvik and on the High Coast. A full-service restaurant tent with extended opening hours and a menu full of traditional favorites and local specialties is also located on site. Try some delicious food while listening to live music! Inside the Fjällräven Centre you can also find the Guldbaren restaurant. Other available activities include sports-themed lectures, the Radio O-Ringen channel with a full program throughout the week, games and adventures for little kids, and the "Sliperiet" activity house for the older children, located 100 meters north of O-Ringen Square. At "Sliperiet" you can watch movies, play videogames,

or participate in the multitude of tournaments and competitions that are organized daily. While you are enjoying all that O-Ringen Square has to offer, stop by the Folksam laundromat and let them make sure that your dirty orienteering clothes are clean and fresh for the following day's forest adventure. All this and more awaits you at O-Ringen Square on the High Coast!

Opening ceremonies, Bagheera Youth Relay, and bib number pickup

The Bagheera Youth Relay and O-Ringen's opening ceremonies take place on Saturday, July 21. You can count on O-Ringen Square being at its most crowded during that evening. That same day, as well as on Friday, July 20, is when most competitors will be coming to O-Ringen Square to pick up their bib numbers for the week. These crowds will likely lead to limited parking options in central Örnsköldsvik. Since there is no parking in immediate proximity to Fjällräven Centre, we recommend that you take a bus from Svedjeholmen camp ground or use some of the parking garages in central Örnsköldsvik. See the map on page 14.



- O-Ringen square outside**
- | Nr | Exhibitors/sale |
|-------|---|
| 1+45 | Biathlon WC (only Saturday July 21) |
| 2 | Candy sale |
| 3-4 | Ormsalva |
| 5 | Svevia |
| 6 | O-Portugal |
| 7-8 | Tourist info/InfoPoint |
| 9 | Suzuki |
| 10 | WOC 2019 |
| 11 | Centerpartiet |
| 12 | Moderaterna |
| 13 | Nordic Green |
| 14 | Swedish Society for Nature Conservation |
| 15 | Sia ice cream/E.ON |
| 16 | Telia |
| 17 | Mittmedia |
| 18 | Semmelind |
| 19 | Lidingöloppet |
| 20 | SOFT |
| 21 | Kronägg |
| 22 | Esperi rökeri |
| 23 | PWT |
| 24 | O-Ringen kiosk |
| 25 | Holmen |
| 26 | O-Ringen 2021 Åre |
| 27 | O-Ringen 2020 Uppsala |
| 28 | O-Ringen 2019 Kolmården |
| 29 | Yamaha |
| 30 | IOGT-NTO |
| 32-33 | Socialdemokraterna (32 bouncy castle) |
| 35 | Swedish Armed Forces |
| 37-38 | Dala Massage team |
| 39 | Flowlife |
| 41-42 | Swedish Church |
| 43 | Komtek |
| 44 | Work & Live/Employer in Örnsköldsvik |
| 50 | Folksam |
| 53 | Sportident |
| 54 | PWT Italy |
| 57 | O-Ring Champ R. Bryntesson (wed. July 25) |
| 58 | Cesam |
| 59 | Byggsam |
| 60 | Fin-5 |
| 61 | Mjälloms tunnbröd |
- O-Ringen square inside**
- | Nr | Exhibitors/sale/lectures |
|----|--|
| A | Pharmacy Örnen |
| B | Modo Sports Academy |
| C | SLU |
| D | Umeå University School of Sport Sciences |
| E | Outdoor High Coast |
| F | Paliesius Clinic Sweden |

- Competitor service
- Media centre
- Bicycle parking
- Camping ground area
- Toilets
- Food tent
- Recycling station
- Minor recycling stations

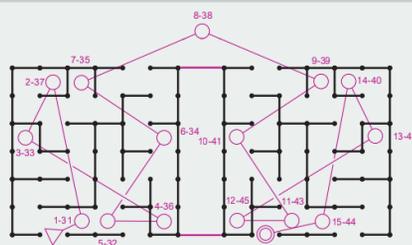
Find the opening hours for all O-Ringen Square shops and activities on the next page!

Market street opening hours

Friday, July 20	10.00-21.00
Saturday, July 21	10.00-21.00
Sunday, July 22	15.00-21.00
Monday, July 23	15.00-21.00
Tuesday, July 24	10.00-21.00
Wednesday, July 25	15.00-21.00
Thursday, July 26	15.00-21.00
Friday, July 27	15.00-18.00

What else can I find at O-Ringen Square?

You can find the Alewalds sporting goods store, located in a huge tent and stock full of high-quality sporting apparel and equipment. After shopping you may want to relax and get fueled at the large restaurant tent sitting right by the sea. You can listen to the splashing of the waves while savoring delicious bites of food. Sweden's famous Modo ice hockey team is the host of the restaurant tent that features live music in the evenings.



THE BAGHEERA MAZE

The Bagheera Maze is both a fun and challenging activity for kids and also a competition. Race against your child, grandchild, parents, or friends! The maze and the corresponding maze are available all

evening for anyone to try outside of competition times and without timekeeping. A number of maps will be available at the entrance. Grab a map, run through the maze, and make sure to return the map once you are done.

COMPETITION INFORMATION

Registration: On location only, 13.45-15.30 (Tuesday 7/24 10.45-12.30). Registration is free. By registering you give us the right to publish your name and results and to mention you in Radio O-Ringen broadcasts.

Competition classes: Four classes - D12, H12, D13-16, H13-16. Competitions on the five days are independent of

each other, and no combined results are calculated or announced.

Competition format: The Bagheera Maze competition at O-Ringen 2018 takes place through paired head-to-head races. You can challenge a friend or rival to a Maze duel. There are two identical mirrored mazes. You start in pairs, where one of you has Course A and the other

Course B. Competitors run through the first maze - A or B depending on which one you are assigned - and then go to a common control. Competitors then run through the second maze and then to the finish. (See the example above for what a course might look like.)

Sunday, July 22
 Qualification: 14.00-15.45
 Finals: 16.00-16.50

Monday, July 23
 Qualification: 14.00-15.45

Finals: 16.00-16.50

Tuesday, July 24
 Qualification: 11.00-12.45
 Finals: 13.00-14.00

Wednesday, July 25
 Qualification: 14.00-15.45
 Finals: 16.00-16.50

Thursday, July 26
 Qualification: 14.00-15.45
 Finals: 16.00-16.50

Winners in each semifinal and final heat need to return to the finalists' tent and wait for the next step.

Event director: Oskar Forsberg, Skogslöparna, +46(0)70-314 45 45

Activities at O-Ringen Square

GULDBAREN

This restaurant offers table service of a selection of dishes from an à la carte menu and a bar.

July 18: 17-22

July 19-26: 15-22
Kitchen closes at 21.00.

GRILLEN

Offers cooked and grilled hot dogs and hamburgers.

July 18-26: 12-21

July 27: 12-17

FOOD TENT

The buffet features Swedish home cooking. Each day's menu includes a meat/poultry dish, a fish dish, and a vegetarian dish. Gluten- and lactose-free alternatives are available. Contact the kitchen staff with any other dietary restrictions.

July 19-26: 11-23

July 27: 11-17

The buffet closes at 21.00.



See the full program at oringen.se

You can find the map of O-Ringen Square on the previous page!



Sliperiet

Visit the fantastic and fun activity house Sliperiet, open every day between 12 and 21. Here you can try all sorts of activities, from cultural to athletic. You can play ping-pong, challenge friends to video games or a football match, try graffiti or street dancing, or paint on a canvas. You can watch a film, jam on a guitar, and much more. Sliperiet is open for all youth. Children under 8 must have parental supervision.

SHOPPING

Opening times of stores* in central Örnsköldsvik	Tuesday, July 24	10.00-21.00
	Wednesday, July 25	10.00-21.00
	Thursday, July 26	10.00-21.00
	Friday, July 27	10.00-19.00
	Saturday, July 28	10.00-16.00

*there may be some exceptions. More information is available at cesam.nu

INTERESTING LECTURES AND SEMINARS

A number of exciting lectures and seminars are offered in the foyer of the Fjällräven Centre. Lecturers from Umeå University will talk about strength training for endurance athletes; finding motivation; and training options for orienteers with knee, hip, and back injury problems. See the full schedule for the week at Competitor Services in the Fjällräven Centre.

SMALL STAGE FOYER	Sunday 22 July	Monday 23 July	Tuesday 24 July	Wednesday 25 July	Thursday 26 July
16.00	SLU	Umeå University	-	Umeå University	SLU
17.00	SLU	Umeå University	-	Umeå University	SLU
18.00	SLU	Umeå University	Outdoor High Coast	Umeå University	SLU
19.00	SLU	-	Outdoor High Coast	-	SLU
20.00	-	-	Outdoor High Coast	-	-



Ice cream

Sia Glass will be handing out ice cream at the small stage in Fjällräven Centre's foyer on Friday, July 20 and Saturday, July 21.

CATCH O-RINGEN OVER THE RADIO ON THE VÄSTERNORRLAND RADIO NETWORK!

Kick-off every morning 06.00-09.45

6.20 The orienteering village awakes

6.45 Organizers, what's going on today?

7.40 On the way to the start

9.15 Out at the arena

10.20 The races are in full swing

11.20 Competition update

12.20 Today's races so far

15.00-17.30 Summary.



100,1 Mhz

OPENING HOURS O-RINGEN SQUARE

ACTIVITY	Wednesday 18 July	Thursday 19 July	Friday 20 July	Saturday 21 July	Sunday 22 July	Monday 23 July	Tuesday 24 July	Wednesday 25 July	Thursday 26 July	Friday 27 July	Saturday 28 July
Competitor Service	12.00-21.00	09.00-21.00	09.00-21.00	09.00-21.00	09.00-21.00	09.00-21.00	09.00-21.00	09.00-21.00	09.00-21.00	09.00-21.00	09.00-12.00
Bib number pickup	12.00-21.00	09.00-21.00	09.00-21.00	09.00-21.00	-	-	-	-	-	-	-
Market street	-	-	10.00-21.00	10.00-21.00	15.00-21.00	15.00-21.00	10.00-21.00	15.00-21.00	15.00-21.00	15.00-18.00	-
Alewalds sporting goods store	-	-	15.00-21.00	15.00-21.00	15.00-21.00	15.00-21.00	15.00-21.00	15.00-21.00	15.00-21.00	-	-
Radio O-Ringen	-	-	12.00-21.00	09.00-21.00	06.30-21.00	06.30-21.00	09.00-21.00	06.30-21.00	06.30-21.00	06.30-18.00	-
Alewalds sport sale	-	-	10.00-21.00	10.00-21.00	12.00-21.00	12.00-21.00	10.00-21.00	12.00-21.00	12.00-21.00	12.00-21.00	09.00-13.00
Food tent O-Ringen Square	-	11.00-21.00	11.00-21.00	11.00-21.00	11.00-21.00	11.00-21.00	11.00-21.00	11.00-21.00	11.00-21.00	11.00-17.00	-
Pub in the food tent	-	till 23.00	till 23.00	till 23.00	till 23.00	till 23.00	till 23.00	till 23.00	till 23.00	-	-
Restaurant Guldbaren	17.00-22.00	15.00-22.00	15.00-22.00	15.00-22.00	15.00-22.00	15.00-22.00	15.00-22.00	15.00-22.00	15.00-22.00	-	-
Grill	12.00-21.00	12.00-21.00	12.00-21.00	12.00-21.00	12.00-21.00	12.00-21.00	12.00-21.00	12.00-21.00	12.00-21.00	12.00-17.00	-
Massage (Dalamassage)	-	-	-	14.00-20.00	14.00-20.00	10.00-20.00	14.00-20.00	10.00-20.00	10.00-20.00	-	-
Laundromat Folksam	-	-	-	10.00-20.00	10.00-20.00	10.00-20.00	10.00-20.00	10.00-20.00	10.00-20.00	-	-
Kiosk O-Ringen Square	-	12.00-21.00	10.00-21.00	10.00-21.00	12.00-21.00	12.00-21.00	10.00-21.00	12.00-21.00	12.00-21.00	12.00-21.00	08.00-12.00
Service kiosks at the camp ground-	-	14.30-21.00	6.30-10.30	6.30-10.30	6.30-10.30	6.30-10.30	6.30-10.30	6.30-10.30	6.30-10.30	6.30-10.30	8-12
	-	-	14.30-21.00	14.30-21.00	14.30-21.00	14.30-21.00	14.30-21.00	14.30-21.00	14.30-21.00	14.30-21.00	-
Tourist information High Coast	-	09.00-21.00	09.00-21.00	09.00-21.00	09.00-21.00	09.00-21.00	09.00-21.00	09.00-21.00	09.00-21.00	09.00-21.00	09.00-12.00

The traditional Bagheera Youth Relay will be organized on Saturday, July 21st in conjunction with the opening ceremonies for O-Ringen High Coast 2018. The start and finish are at the stage at O-Ringen Square, the location of the opening ceremonies. The relay starts at 17.00 immediately after the opening ceremony.



BAGHEERA YOUTH RELAY

COMPETITION INFORMATION

Registration

Regular registration via oringen.se closes June 1st. Late registration is open until 12.00 on July 20 for a higher fee.

Team lineups

Team lineups with names and SI-chips must be submitted by email to info@oringen.se or in person to Competitor Services at O-Ringen Square by 21.00 on July 20.

Assembly area

Competitors should assemble at the Fjällräven Centre at O-Ringen Square at 15:30. The exact location will be described in the final competition details that will be published on oringen.se by Wednesday, July 18. Bib numbers will be handed out and SI-chip numbers will be registered for each runner and leg at the assembly area. SI-chips can be rented if needed.

Classes

There is only one class, mixed boys and girls. Each team must consist of four people according to the following rules:

Leg 1: Boys up through H16

Leg 2: Girls up through D14

Leg 3: Boys up through H14

Leg 4: Girls up through D16

Teams can represent a single district or region from Sweden, a region from one of the other Nordic countries, or a single nation from other countries. There is a limit of four teams per district, region, or country, respectively. Combined teams are allowed only if it is impossible to field a full team composed only of runners from the area in question.

Course lengths

All courses are about 2km long with winning times of 10-12 minutes. All courses are forked. Expect a lot of spectators, tents, cars, and caravans in the competition area. Take it easy, check control codes, and verify that all of your punches register.

Final competition information

Final information will be published on oringen.se no later than Wednesday, July 18.

Terrain description

Competition terrain consists of city streets, including those allowing vehicle traffic and pedestrian streets; city block area; and open, grass-covered areas. The courses are

mostly flat, with mostly asphalt or gravel underfoot.

Map

Sprint map drawn to sprint standards, scale 1:4000. Contour interval 2m.

Start

Start at 17:00, immediately after the opening ceremony at the big stage in O-Ringen Square.

Exchange

Exchange takes place when an incoming runner hands over the map to the outgoing runner. Teams that take the wrong map will be disqualified. Teams whose maps are missing at the exchange can get a new map, but no time compensation.

Finish

The finish is located next to the stage at O-Ringen Square. Finish officials will determine the finishing order in the event of a close sprint.

Services

Toilets are available for runners at the start and the exchange. No showers are available. Limited first aid is available.

Results

Complete results will be published on oringen.se.

Course setters

Hugo Eriksson and Benjamin Näslund

Course controller Lennart Strandberg

Mapper Ludvig Åhlund 2017-2018

Event director

Monika Westerlund +46(0)70-244 29 12





FAREWELL PARTIES – O-RINGEN'S 6TH STAGE!

There is no better way to finish off a fantastic week on Sweden's High Coast than a farewell party! O-Ringen offers three parties, awesome DJs, good music, and a great food and drink selection – and all of this in O-Ringen Square! If you are looking for a more relaxed final evening, check out Örnsköldsvik's bar and pub scene. Make sure to book a table and reward yourself with a pleasant evening on the town after a hard week of running through the woods.

The traditional O-Ringen farewell party with a festival atmosphere for anyone over 18 takes place at O-Ringen Square. The square will be transformed into a giant dance floor, complete with live music from No Comments! Some light snacks and a soft drink are included

in the price of admission. Kids aged 12 and under are invited to their own disco party in the Sliperiet activity building between 18.00-20.30. Snacks and soft drinks will be available for purchase. The party for 13-17 year olds will follow from 21.00-24.00.

Tickets to the youth parties Tickets to the farewell parties for kids and youth can be purchased through oringen.se or at Competitor Services. The ticket price is 50 SEK for children up to 12 years old and 100 SEK for youth between 13 and 17. NOTE: There are no physical tickets. Names will be crossed off a list of pre-purchased tickets at the door. Make sure to bring ID. Both of the youth parties are alcohol-free. The number of available tickets is limited.

Tickets to the 18-and-over farewell party Tickets to the farewell party can be purchased through oringen.se or at Competitor Services. The ticket price is 285 SEK. NOTE: There are no physical tickets. Names will be crossed off a list of pre-purchased tickets at the door. Make sure to bring ID. Free buses will run from the party to the Svedjeholmen camp ground between 01.30-02.15.

SCHEDULE OF EVENTS **O-Ringen** Höga Kusten 2018

Wednesday, July 18

12.00 O-Ringen's Competitor Services at the Fjällräven Centre and the camp grounds open.

Friday, July 20

10.00 O-Ringen Square opens
13.00-15.00 O-Ringen Training Race MTBO, Arena Högland
15.00 Sliperiet – fun activity house for kids – opens
15.30-18.00 O-Ringen Training Race in orienteering, Arena Högland

Saturday, July 21

10.00 O-Ringen Square opens
15.00 Sliperiet – fun activity house for kids – opens
16.00 Opening Ceremony O-Ringen Höga Kusten 2018, O-Ringen Square, Fjällräven Centre
17.00 Bagheera Youth Relay, O-Ringen Square, Fjällräven Centre

Sunday, July 22

08.30 Stage 1 Opening, ICA Kvantum Örnsköldsvik Stage
08.30 Orienteering Stage 1, Arena Domsjö
10.00 MTBO Stage 1, Arena Domsjö
13.00 Trail-O Stage 1, Arena Skyttis
14.00 Bagheera Maze, O-Ringen Square, Fjällräven Centre
15.00 Sliperiet – fun activity house for kids – opens
17.30 Live entertainment on stage, O-Ringen Square, Fjällräven Centre
18.00 Prizegiving ceremony for Stage 1, stage at O-Ringen Square, Fjällräven Centre
18.50 Speech by Sweden's Centerpartiet, Center Party

Monday, July 23

08.30 Stage 2 Opening, E.ON Stage
08.30 Orienteering Stage 2 Arena Domsjö
10.00 MTBO Stage 2 Arena Kempevallen
13.00 Trail-O Stage 2 Arena Varvsberget
14.00 Bagheera Maze, O-Ringen Square, Fjällräven Centre
15.00 Sliperiet – fun activity house for kids – opens
17.30 Live entertainment on stage, O-Ringen Square, Fjällräven Centre
18.00 Prizegiving ceremony for Stage 2, stage at O-Ringen Square, Fjällräven Centre

Tuesday, July 24

The Activity Day
08.00 O-Ringen Golf Tournament, Veckefjärdens golf course
10.00 Sliperiet – fun activity house for kids – opens
09.00-12.00 Try MTBO! Arena Varvsberget
13.00-15.00 Try Trail-O! Arena Varvsberget
11.00 Bagheera Maze, O-Ringen Square, Fjällräven Centre
14.45 Elite Sprint DH18-DH20E Stora torget, Central Square Örnsköldsvik
17.15 Prizegiving DH18E, DH20E, Stora torge, Central Square Örnsköldsvik
17.30 Elite Sprint DH21E, Stora torget, Central Square Örnsköldsvik
19.30 Prizegiving HD21E, Stora torget, Central Square Örnsköldsvik

Wednesday, July 25

08.30 Stage 3 Opening, Socialdemokraterna Stage
08.30 Orienteering Stage 3, Arena Backsjö
10.00 MTBO Stage 3, Arena Skyttis
13.00 Trail-O Stage 3, Arena Varvsberget
14.00 Bagheera Maze, O-Ringen Square, Fjällräven Centre
15.00 Sliperiet – fun activity house for kids – opens
16.00 "Strawberry and song" sing-along and dance-along for the whole family (from age 3), stage at O-Ringen Square, Fjällräven Centre
17.00 O-Ringens Executive Director presents "O-Ringen today and in the future" plus Q&A, Aulan Nolaskolan.
17.30 Live entertainment on stage, O-Ringen Square, Fjällräven Centre
18.00 Prizegiving ceremony for Stage 3, stage at O-Ringen Square, Fjällräven Centre
18.50 Speech by Sweden's Social Democratic Party.

Thursday, July 26

08.30 Stage 4 Opening Häggglunds Stage
08.30 Orienteering Stage 4 Arena Backsjö
10.00 MTBO Stage 4, Arena Skyttis
13.00 Trail-O Stage 4, Arena Järved
14.00 Bagheera Maze, O-Ringen Square, Fjällräven Centre
15.00 Sliperiet – fun activity house for kids – opens
17.30 Live entertainment on stage, O-Ringen Square, Fjällräven Centre
18.00 Prizegiving ceremony for Stage 4, stage at O-Ringen Square, Fjällräven Centre

Friday, July 27

08.30 Stage 5 Opening, Örnsköldsviks Kommun Stage
08.30 Orienteering Stage 5, Arena Skyttis
08.30 MTBO Stage 5, Arena Domsjö
10.00 Trail-O Stage 5, Arena Bergsjön
15.30 Live entertainment on stage, O-Ringen Square, Fjällräven Centre
16.00 Prizegiving ceremony for overall champions of O-Ringen Höga Kusten 2018, stage at O-Ringen Square, Fjällräven Centre



Farewell parties

18.00-20.30 Children's disco – kids up to 12 years old, Sliperiet O-Ringen Square
21.00-24.00 Youth disco – youth 13-17 years old, Sliperiet, O-Ringen Square
21.30-02.00 Farewell party for adults 18 and older, Restaurant tent O-Ringen Square

Beginner classes/Inskolning
Everyone receives a prize upon finishing each stage.

U-classes for youngest kids
The U1 and U2 classes for the youngest kids do not have prizes for stage victories. Instead, prizes will be awarded through a drawing on the final day.

PRIZEGIVING

Flower ceremonies for D/H21E take place at the arenas for stages 1-5. Prizegiving ceremonies for stage winners for stages 1-4 in each class take place on the stage at O-Ringen Square every evening. Winners gather according to the grouping listed below at the tent behind the stage. During Friday's prizegiving at 16:00, prizes will be given to the overall winners in each class, as well as 2nd and 3rd (or 2nd-10th) place winners in certain classes – see below. Other prizes can be picked up at Competitor Services, O-Ringen Square Friday 12.00-20.00 and Saturday 9.00-12.00. Prizes that are not picked up will be returned to the organizers.

STAGES 1-4

GROUP 1 Gather at the tent behind the stage at O-Ringen Square at 17.40
Orienteering: HD21E, HD20E, HD18E, HD10, HD11, HD12, HD12K, HD13, HD14, HD14K, HD15, HD16, HD16K, HD17-20K, HD18
MTBO: HD12, HD14, HD16
Trail-O: Pre-Elite

GROUP 2 Gather at the tent behind the stage at O-Ringen Square at 18.00
Orienteering: HD20, H21L-1 and 2, HD21-1 and 2, D21L, HD21K-1 and 2, HD35, HD35K, HD40, H40K-1 and 2, D40K, H45-1 and 2, D45, HD45K-1 and 2
MTBO: HD20, HD21, HD35, HD40
Trail-O: Pre-A, Pre-B, Pre-C

GROUP 3 Gather at the tent behind the stage at O-Ringen Square at 18.20
Orienteering: H50-1 and 2, D50, H50K-1 and 2, D50K, HD55, HD55K, HD60, HD60K, HD65, HD65K, HD70, HD70K, HD75, HD75K, HD80, HD85, HD90, HD95, H100
MTBO: HD50, HD60, HD70

STAGE 5 PRIZE GROUPS

GROUP 1 Gather at the tent behind the stage at O-Ringen Square at 15.40
Places 1-3 Orienteering: HD10, HD11, HD12, HD12K, HD13, HD14, HD14K, HD15, HD16, HD16K
Places 1-3 MTBO: HD12, HD14, HD16

GROUP 2 Gather at the tent behind the stage at O-Ringen Square at 16.00
Place 1 Orienteering: HD 17-20K, HD21K-1 and 2, HD35K, H40K-1 and 2, D40K, HD45K-1 and 2, D50K, HD55K, HD60K, HD65K, HD70K, HD75K
Place 1 MTBO: HD20, HD21, HD35, HD40, HD50, HD60, HD70
Place 1 Trail-O: Pre-A, Pre-B, Pre-C

GROUP 3 Gather at the tent behind the stage at O-Ringen Square at 16.25
Place 1 Orienteering: HD18, HD20, HD21-1 and 2, H21L-1 and 2, D21L, HD35, HD40, H45-1 and 2, D45, H50-1 and 2, D50, HD55, HD60, HD65, HD70, HD75, HD80, HD85, HD90, HD95, H100
GROUP 4 Gather at the tent behind the stage at O-Ringen Square at 16.40
Places 1-3 Orienteering: HD18E, HD20E
Place 1-10 Orienteering: HD21E
Places 1-3 Trail-O: Pre-Elite



GPS units and tracking

The organizers reserve the right to issue GPS trackers to any competitors in the main and elite classes. Runners carrying GPS trackers will be selected the evening before each stage. Carrying a GPS tracker is mandatory for all runners selected by the organizers. All courses will be uploaded to Livelox for GPS route analysis by 14:00 on each competition day. The exceptions are stage 3 of the Elite Tour (Elite Sprint) and stage 5, where GPS tracking will be published live.

ELITE TOUR

O-Ringen High Coast is offering a real orienteering challenge for the elite classes. We are striving to create memorable courses, and the elite classes will get to take advantage of the best – and toughest – terrain furthest away from the arenas.

Additionally, elite classes have a sprint in central Örnsköldsvik on Tuesday evening. You can count on crowds of thousands of spectators lining the streets in what has become one of the best-attended races on the orienteering calendar. Many of Sweden's national team runners are planning on using the sprint as part of their preparations for the World Championships in Latvia in the beginning of August.

Selection

The DH21 Elite classes are limited to 80 competitors, while the DH18-20 Elite classes are limited to 120 competitors each. Selection procedures can be found on O-Ringen's homepage under Competition/Our competitions/Elite Tour.

Cancellations

If you have been selected for an elite class but cannot participate, you must email elit@oringen.se by 15.00 on Saturday, July 21 so that a replacement runner can fill your spot. Cancellations made after that point will not be replaced. In order to be inserted into an elite class due to a cancellation, a runner on the reserve list must confirm his or her interest to elit@oringen.se by 12.00 on Saturday, July 21. It is the competitor's responsibility to confirm his or her interest. Reserve lists will be set up for each elite class and published on oringen.se.

Special information for elite classes will be published on O-Ringen's webpage and in Eventor by Thursday, July 19.

Prize money

DH21E Overall results

- 1st 80 000 SEK
- 2nd 60 000 SEK
- 3rd 20 000 SEK
- 4th 15 000 SEK
- 5th 10 000 SEK
- 6th 6 000 SEK
- 7th 4 000 SEK
- 8th 3 000 SEK
- 9th 2 000 SEK
- 10th 1 000 SEK

Individual stage, stages 1-4

- 1st 4 000 SEK
- 2nd 2 000 SEK
- 3rd 1 000 SEK

DH18E and DH20E

Overall results

- 1st Presentkort 5 000 SEK
Alewards
- 2nd Presentkort 3 000 SEK
Alewards
- 3rd Presentkort 2 000 SEK
Alewards

PROGRAMME ELITE TOUR

STAGE	Date	Distance	Arena
STAGE 1	Sunday July 22	Long distance	Domsjö Arena
STAGE 2	Monday July 23	Middle distance	Domsjö Arena
STAGE 3	Tuesday July 24	Sprint	Main Square Arena
STAGE 4	Thursday July 26	Long distance	Backsjö Arena
STAGE 5	Friday July 27	Long distance	Skyttis Arena

O-RINGEN TRAIL-O

WHAT IS Trail-O?

Trail-O stands for Trail Orienteering. It is a branch of orienteering for everyone, regardless of gender, age, or physical movement ability. Trail-O has mixed classes, separated only by difficulty level. The terrain that is used is easy to get around, and all courses are along trails and roads. Trail-O at O-Ringen is organized as its own 5-day event.

Trail-O STAGE START

At each of the five stages you can take part in the classes Open Trail-O A and Open Trail-O B. You can register right at the arenas. Start is open between 13-15 for stages 1-4 and 10-12 for stage 5.

MAPS

Stages 1-4

Scale 1:3 000
Contour interval 2.5 meters

Stage 5

Scale 1:1 500
Contour interval 2.5 meters
(Scale for the timed control 1:3 000)

All maps are drawn by Nils-Göran Olsson (2018).

GETTING TO THE TRAIL-O ARENAS

Trail-O arenas for each stage can be found on the overview map on page 2. You can also use the following coordinates:

STAGE	Date	Distance	Arena
STAGE 1	Sunday July 22	Long distance	Skyttis Arena
STAGE 2	Monday July 23	Long distance	Varvsberget Arena
STAGE 3	Wednesday July 25	Long distance	Varvsberget Arena
STAGE 4	Thursday July 26	Long distance	Järved Arena
STAGE 5	Friday July 27	Sprint	Bergsjön Arena

Stage 1

La 63 17 42 54" N, Lo 18 44 41 33" E

Stages 2 & 3

La 63 16 58 32" N, Lo 18 41 49 84" E

Stage 4

La 63 16 57 60" N, Lo 18 46 14 82" E

Stage 5

La 63 19 29 312 N, Lo 18 44 14 90" E

O-Ringen is not responsible for transport to the Trail-O stages.

DIRECTIONS AND STAGE DESCRIPTIONS

Stage 1 Sunday, July 22

SKYTTIS ARENA

Long distance. Distance from O-Ringen Square ~3 km. First start 13.00
Distance from parking to arena max 150 meters.
Distance to start 800 meters.

Stages 2 & 3 Monday, July 23 and Wednesday, July 25

VARVSBERGET ARENA

Middle distance. Distance from O-Ringen Square ~4 km. First start 13.00
Parking next to the arena

Distance to start, stage 2: 200 meters.
Distance to start, stage 3: 400 meters.

Stage 4 Thursday, July 26

JÄRVED ARENA

Middle distance. Distance from O-Ringen Square ~5 km. First start 13.00
Distance from parking to arena 350 meters (parking for vehicles with handicapped plates next to the arena)
Distance to start 300 meters.

Stage 5 Friday, July 27

BERGSJÖN ARENA

Middle distance. Distance from O-Ringen Square ~6 km. First start 10.00
Distance from parking to arena ~200 meters.
Distance to start 300 meters.

TERRAIN DESCRIPTION

All stages: Technical terrain that requires reading a lot of contour detail. Occasionally stony. Good visibility throughout. Physically easy terrain. All courses go along larger trails and roads, including paved roads.

Moderate climb, except for stage 3, which has more significant climb.

DETAILED INFORMATION FOR EACH STAGE

Detailed information for each stage will be published on oringen.se and at the arenas.

BIG NUMBERS

Bib numbers can be picked up at Competitor Services, O-Ringen Square by July 21. Bib numbers not picked up by then can be collected at the arena for stage 1.

COMPETITION RULES

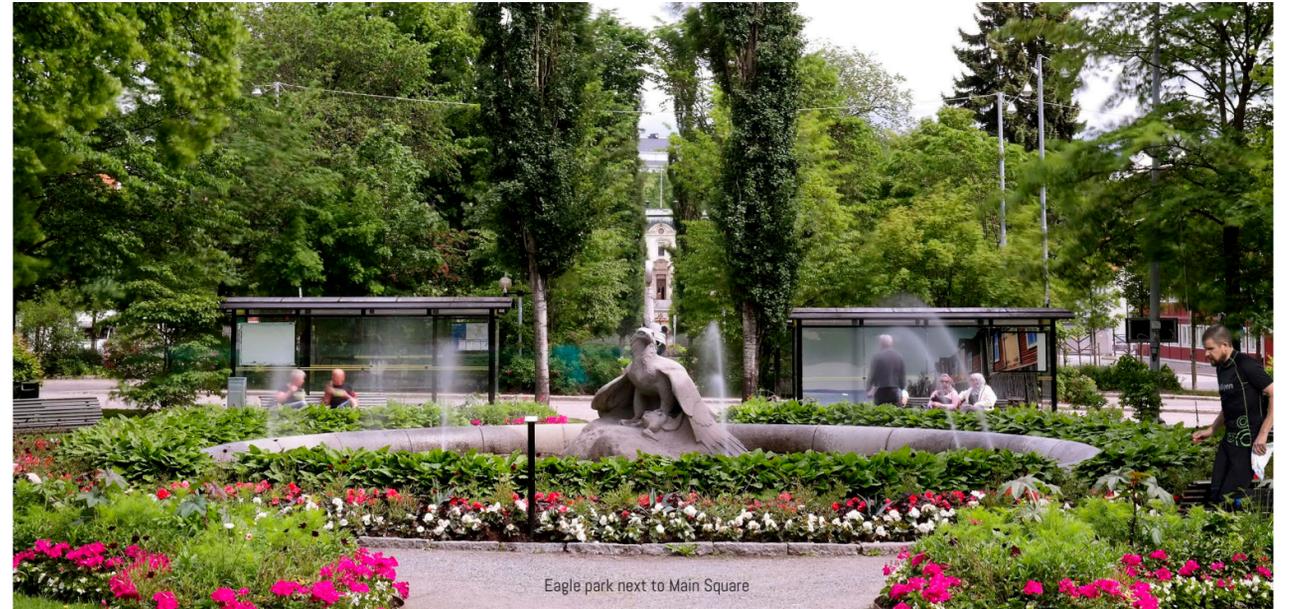
Swedish Orienteering Federation's rules and guidelines for Trail-O apply.

COMPETITION CHIEFS

Jan Söderberg, Lennart Wahlgren (course setter), and Ulf Strömberg.

Try out Trail-O on July 24

Location: Varvsberget Arena
Open start times: 13.00-15.00.
See more info on page 28.



Eagle park next to Main Square

ELITE SPRINT

The Elite Sprint will take place on Tuesday, July 24 in central Örnsköldsvik, with the arena in Main Square. This speedy race is part of the Elite Tour for both the junior and senior elite classes. Junior classes start from 14.45, and senior classes from 17.30.

The Elite Sprint always attracts large crowds of spectators. We recommend that spectators find a variety of different places in the centre of town from which to cheer for the runners. Spectator maps will be published on oringen.se and in the O-Ringen Play app on Tuesday afternoon. Why not get a snack or a cup of coffee in an outdoor restaurant while you spectate the race?

The courses go in urban and park terrain and offer typical sprint challenges. Course setter Ludvig Åhlund has put together challenging and intense sprint courses that will test the runners both physically and technically. The centre of town will be closed to vehicle traffic during the competition, but the outer parts of the competition area will have traffic flowing as usual. Traffic marshals will be placed throughout the area to make it safer for the runners, the traffic, and the spectators to get around. Please be aware of your surroundings

and use caution when crossing streets.

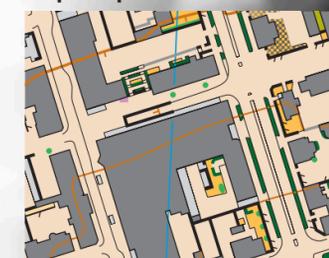
Main Square is only 800 meters away from O-Ringen Square, so take this opportunity to spectate the Elite Sprint and cheer for your favorite runners. This is guaranteed to be a great showcase for orienteering! There are few competitions where orienteers get to experience such massive public support along the course as during O-Ringen's Elite Sprint.

Final information for the Elite Sprint will be published by Monday, July 23. It will include additional information about the quarantine, directions, time cut-offs for entering quarantine, and out-of-bounds areas.

Course setter: Ludvig Åhlund
Course controller: Tom Quayle
Mapper: Ludvig Åhlund



Map sample



BAGHEERA ORIENTEERING SCHOOL

Have you always wanted to try orienteering, but have never been able to try it? Or – have you orienteered in the past, but need to freshen up your orienteering skills a bit?



The orienteering school is free and is meant for anyone, regardless of which orienteering skills you already have. We have the time and desire to help anyone who wants help. You get to decide how much or how little help you want. Our hope is that, after visiting the orienteering school, you will feel inspired to get out into the woods on your own and complete one of the orienteering courses available for direct entry.

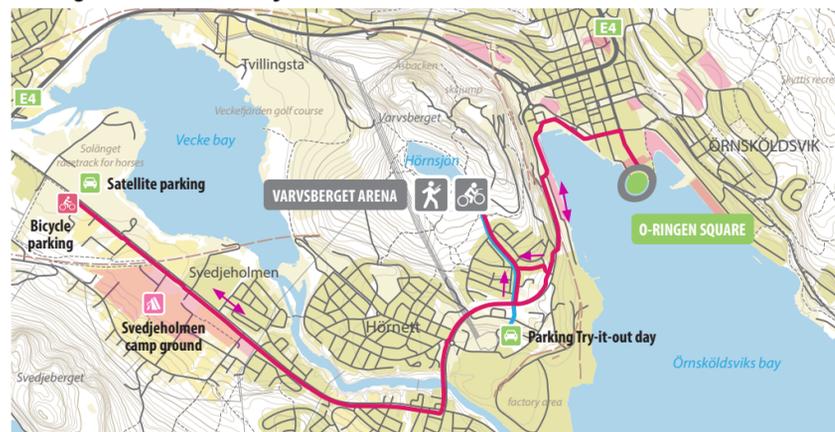
At the orienteering school we can go over orienteering basics, as well as the procedure for starting and completing an orienteering course. We can explain the meaning of map symbols, how to best use that knowledge on the course, and how to use the compass to orient yourself.

If you are interested in going out on a course after taking some lessons, we can help you select an appropriate course with the right difficulty level and length for you. After you run your course, we hope you come back to us and tell us how it went. Perhaps we can give you some tips for developing your orienteering skills for next time.

Bagheera Orienteering school

The orienteering school has a tent at all stages of O-Ringen. The tent is located next to Competitor Services at the arenas. Opening times are from 9-15, but keep in mind that the last start time for regular courses is 13.30.

Biking directions to try-it-out



TRY-IT-OUT: MTBO & Trail-O

Do you want to discover the excitement of combining mountain biking and orienteering? Do you want to challenge yourself or a friend in your understanding of maps? O-Ringen High Coast gives you an opportunity to do just that!

On O-Ringen's Activity Day, Tuesday July 24, you can try out MTBO and Trail-O at the Varvsberget Arena, centrally and strategically located between O-Ringen Square and Svedjeholmen camp ground. Opening times are set up such that you can easily try MTBO in the morning and then Trail-O in the afternoon, before walking or biking into town to spectate and cheer during the Elite Sprint race.

It is easiest to register through oringen.se, but

you can also sign up right at the arena. It is possible to rent a map holder from Nordenmarks at the arena. Several rental bicycles will also be available for rental, including mountain bikes and fat bikes. A small selection of snacks will be available for sale at our kiosk at the arena.

Four different courses are available for the MTBO try-it-out activity, and two different courses for Trail-O. The courses' difficulty levels vary to accommodate both complete beginners and those who had tried the respective sports previously.

We recommend that participants wishing to try MTBO or Trail-O walk or ride bikes to Varvsberget Arena. The distance is only 3km from either O-Ringen Square or Svedjeholmen camp ground. Bike parking is available at the arena. Space for vehicle parking is limited and located about 1000 meters from the arena.

We hope you come and try out the different branches of orienteering!



Try-it-out MTBO and Trail-O during the activity day, July 24

Location: Varvsberget Arena

Open start times for MTBO 09.00-12.00

Open start times for Trail-O 13.00-15.00.

Course setter for try-it-out MTBO: Eero Niemi

Course setter for try-it-out Trail-O: Lennart Wahlgren.

TRAINING MAPS

See the High Coast and get used to the local terrain on our four training maps: three for orienteering and one for MTBO. Each map has 30 controls and course suggestions for different levels of difficulty (yellow, orange, violet, and black). Map scales are 1:10 000. Åsberget is also available at 1:7 500.

ÅSBERGET

This is a very accessible map in the middle of town with trails that go to the top of the mountain that gives the map its name. Parts of the terrain are rarely visited by laypeople, as the mountain is over 200 meters tall and the terrain there is very steep. Those who get to the top will have a stunning panorama of Örnsköldsvik and the sea coast. You can choose this map at 1:10 000 or 1:7 500.

GULLVIK

The terrain covered by this map is made up by two coastal mountains with steep southern slopes and otherwise very runnable terrain with good visibility. Two magical marshes add some exotic beauty to this terrain. The area between the mountains is mostly sandy pine forest. Besides other course options, this training map also has an option for a longer "trail course" with relatively easy orienteering on trails and other linear features. Gullvik has a great sea beach, though parking is limited. Another parking option is just as close to the terrain but is not adjacent to the sea. If you are parking there and would like to swim, we recommend taking a bike with you.

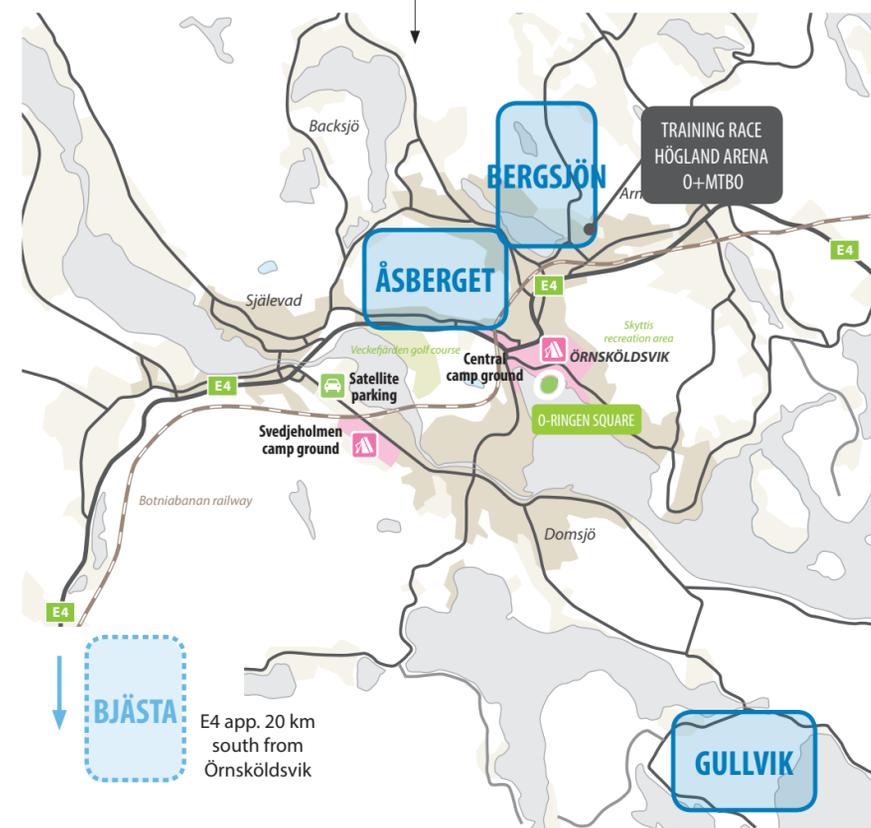
BERGSJÖN

This map covers a 150-meter-tall mountaintop with rough, detailed slopes located just 4km from O-Ringen Square. On top of the mountain you will find a plateau with sparse pine forest, boulder fields, contour detail, and the beautiful lake Bergsjön, where you can take a dip after your race.

Pre-ordered training maps can be picked up from Competitor Service at O-Ringen Square. If you did not pre-order ahead of time, you can purchase training maps at Competitor Service.

BJÄSTAMON MTBO

This area consists of beautiful forests and fast trails that will allow you to find your flow ahead of stage 1. There is also a small mountain that will get your pulse racing on the climbs. Reading ahead and planning your routes is a must on this map, as you will have to make many quick decisions at the numerous trail junctions. This is true jewel in the High Coast's mountain biking crown. Bjästamon is located near the E4 highway, 20km south of O-Ringen Square.



Training race in Orienteering and MTBO

The training race provides you with a great opportunity to train and sharpen your technique ahead of O-Ringen High Coast! Training races for both orienteering and MTBO are organized on Friday, July 20 at Högländ Arena, just four kilometers from O-Ringen Square.

CLASSES

ORIENTEERING	CLASSES MTBO
Very easy 2.0	Easy short 5.0
Easy 2.5	Difficult medium 10.0
Easy 4.0	Difficult long 15.0
Intermediate 3.0	
Intermediate 4.0	
Intermediate 5.0	
Difficult 3.0	
Difficult 5.0	
Difficult 7.5	

REGISTRATION

Pre-register for the training race on oringen.se, at Competitor Services at O-Ringen Square, or directly at the arena.

MAP

Orienteering: Scale 1:10 000, drawn 2017-18 by Nils-Göran Olsson (same mapper as stage 5). Scale 1:7 500 for courses Intermediate 3.0 and Difficult 3.0. MTBO: Scale 1:10 000, drawn 2017 by Fredrik Forsgren (same mapper as MTBO stages 1-5)

START

MTBO open start times between 13.00-15.00
Orienteering open start times between 15.30-18.00
The walk from the arena to the start is 900 meter-salong fields and trails.

ADDITIONAL INFORMATION

Additional information will be published on oringen.se.

DIRECTIONS TO HÖGLÄND ARENA

See the arena overview map on page 2. Control flags show the way from the E4 highway starting at the roundabout Coop Forum, the northern entrance to Örnsköldsvik. From the roundabout, follow orange/white streamers 2.5 km to the arena. The total distance from O-Ringen Square is 4 km. We recommend that you ride your bike to the training race!

SERVICE

Bicycle and vehicle parking, as well as toilets, are located adjacent to Högländ Arena.

TERRAIN

This area is relevant for all five of O-Ringen's stages and shows off appropriate course difficulty levels. The steepness of slopes in the area is between medium to very steep. The terrain is detailed and features mostly good runnability. The vegetation, for the most part, consists of sparse pine forests on the hilltops. Several trails and roads cross the area. The easiest courses follow distinct linear features. MTBO riders will encounter a variety of trail quality, from technical trails with many rocks and roots to fast roads.



STAGE START/ DIRECT ENTRY

If you only want to run one or a couple of days or want the freedom to pick and choose your course from day to day, then the stage start / direct entry format is for you. Each day there will be many different direct entry courses to choose from, from short and easy to long and difficult. If you want to compete and get a total time over three or five stages, you can find the same course selection in the Challenge classes. There difference with direct entry is that you only get a time for a single stage.

REGISTRATION

You can register for direct entry via oringen.se, Competitor Services at O-Ringen Square, or Competitor Services at the arenas. You can register for a course up to 13.00 on that day. If you register via oringen.se, all you need to do is pick up your bib number (and rented SI-chip, if needed) at Competitor Services at the arena before passing through the control station and then on to your start.

COMPETITOR MATERIALS

Before you head to your start, you need to have a bib number and an electronic punching unit (SI-chip). You can pick up your bib number at Competitor Services, either at O-Ringen Square or at the arena. You can either use your own SI-chip or rent one from us. Note that a single SI-chip can only be used once per stage! You will pass through a control station after leaving the arena on the way to the start. At the control station you need to check that the correct SI-chip is registered in your name. You can also check the SI-chip connected to your name in advance by visiting oringen.se/stamlingsbricka.

START

There are several different starts used at each stage of O-Ringen. The start you need to go to is the one that matches the logo printed on your bib number. The same applies to finish: run down the finish chute that matches the logo on your bib number. Competitors on direct entry courses can start any time between 08.30-13.30.

String-O / Miniknat

Opening hours
String-O
08.30-14.30.

String-O Themes

STAGE 1: Outdoor life
STAGE 2: The sea
STAGE 3: Forestry
STAGE 4: Agriculture
STAGE 5: Forest animals

A String-O / Miniknat course for the youngest kids is available next to the arena every day of competition. Each participant gets a chance to complete a marked orienteering course with a map, SI-chip, and bib number. Everyone who completes the course gets a prize.

Each stage's String-O course has its own theme, which becomes apparent during the course. Each day kids can meet Ringo the Moose and other characters connected to each day's theme. Kids can walk/run/be carried at their own pace, and parents/guardians are responsible for their own children on the course.

ASSEMBLY

You can find String-O next to the arena for each stage of O-Ringen, usually in a forested area or a field. Be on the lookout for signs featuring Ringo the Moose or look at arena maps.

REGISTRATION AND COST

The simplest way to register for String-O is via O-Ringen's online booking portal. Registering online allows you to avoid waiting in line once you get to the arena. If you plan to participate in String-O all five days, then we recommend that you register for the whole week for 250 SEK. The cost of String-O is 50 SEK/start. You can also purchase String-O passes from Competitor Services. Pre-registered kids go through their own start chute. You can register at the String-O start as well, paying by card, Swish, or cash.

SPORTIDENT

Whenever possible, please provide your String-O participant with an SI-chip. A parent's SI-chip works perfectly, even if the parent is competing in O-Ringen. There will be a number of SI-chips available for rental each day.



CHILD CARE

Child care is available at all arenas. Your child is welcome here while you are out orienteering. Our goal is to ensure that both children and parents feel comfortable, and that the children will enjoy themselves and have a great time in our beautiful High Coast region.

REGISTRATION

If you did not pre-register your child for child care, you can purchase a ticket via oringen.se, at Competitor Services at O-Ringen Square, or at the arena. You have to show your receipt or confirmation when dropping off your child with us. To make sure you have your receipt, take a screenshot of your confirmation in case the network at the arena becomes overloaded. Neither cards nor cash are accepted at child care.

CHECKING IN

When you check in your child for child care, you fill out a form indicating allergies, medical concerns, etc. You can pick up the form in advance from Competitor Services or fill it out on the spot at child care. After checking in, your child receives a vest with a bib number,

name, and other information. Each child receives his or her own bag for personal items, such as, for example, extra clothes to account for possible weather conditions. A child care official will then come along with the child to the different activity stations and will leave the child with the officials at one of the stations. For everybody's safety, please bring your ID when picking up the child.

ACTIVITIES

The child care area will contain a number of activities and experiences for the children. This year we have puzzle corner, a woodshop, a play tent with dolls, cars and Legos, a quiet tent with fairy tales and rest, and an outdoor playground. This year's child care is tied to five themes: outdoor life, the sea, forestry, agriculture, and forest animals. Every day

children are served a snack and have access to toilets in the child care area.

OTHER INFORMATION

Child care at Arenas Domsjö and Backsjö is going to be outdoors. If you are dropping your child off on a sunny day at one of these arenas, make sure to put sunscreen on your child before dropping them off and provide them with a sun hat. If it is rainy or windy, provide them with rain jackets and pants, a warmer shirt, hat and gloves. Child care at Skyttis Arena is going to be indoors. Take that into consideration when selecting clothes for your child. If your child has dietary restrictions besides lactose-free or gluten-free, please send a snack with them. We will keep their snack separately for them.

Opening hours childcare

Sunday, Monday, Wednesday, Thursday, and Friday 07.00-16.00. Each child's stay in child care is limited to 3 hours per stage, while you are competing.

Ages: 3-8 years **Cost:** 70 SEK/day. Child care can be booked through O-Ringen's website, through Competitor Services at O-Ringen Square, or at the arenas.

O-RINGEN CHALLENGE

NEW FOR 2018!

O-Ringen Challenge is making its premiere at O-Ringen High Coast. You can choose among many courses with a variety of lengths and difficulty levels, on which you can challenge yourself and/or others. Use the function "Tag a friend / Kompistagg" to create your own competition within a competition. Tag your friends, clubmates, or co-workers and participate in a 3- or 5-day Challenge format. If you choose the 3-day option, then you get to compete over the three final days of O-Ringen, July 25-27.

Your Challenge courses have a pre-determined length and difficulty level each day, with the exception of Wednesday's middle distance, when you have a shorter, but more technical, course. The course options are the same as in direct entry classes, but the difference is that you get an overall result and a total time in the Challenge classes.

Challenge classes are not separated by age or gender. In the results list, you can see everyone who ran in your class, but you can also filter results lists by age ranges, clubs, or by friends you tagged using the "Kompistagg" function. "Kompistagg" can be used to challenge friends, clubmates, or colleagues. By using the same tag when registering, you and your friends can easily find and compare your results. Challenge 5-days has 13 classes to choose from, and Challenge 3-days has 5 different classes.

COMPETITOR MATERIALS

Before you head to your start, you need to have a bib number and an electronic punching unit (SI-chip). You can pick up your bib number at Competitor Services, either at O-Ringen Square or at the arena. You can either use your own SI-chip or rent one from us. Note that a single SI-chip can only be used once per stage! You will pass through a control station after leaving the arena on the way to the start. At the control station you need to check that the correct SI-chip is registered in your name. You can also check the SI-chip connected to your name in advance by visiting oringen.se/stamlingsbricka.

START

Competitors in Challenge classes can start any time between 08.30-13.30. There are several different starts used at each stage of O-Ringen. The start you need to go to is the one that matches the logo printed on your bib number. The same applies to finish: run down the finish chute that matches the logo on your bib number. If you have a group of friends racing each other in the same Challenge class, then you can create your own chasing start on the final day of competition.



COMPETITOR SERVICES

Competitor Services at O-Ringen High Coast is located in the Fjällräven Centre at O-Ringen Square from Wednesday, July 18. You can also find us at each of the arenas during competition days.

BOOKING A START PLACE

STAGE START / OPEN COURSES

The simplest way to sign up for Stage Start / open courses is through oringen.se. If you want help with your booking, you can also sign up through the telephone booking service, at Competitor Services in O-Ringen City, or at Direct entry / Köp Start at the arena. See page 30 for more details.

PRE-BOOKED STARTS

If you pre-booked your start place via oringen.se, you can come to the Pre-booked starts / Förbokad Start section of the Competitor Services tent at the arenas. All you need to do is pick up your bib number and your rented SI-chip (if needed). Then you can head straight out to your start.

DIRECT ENTRY

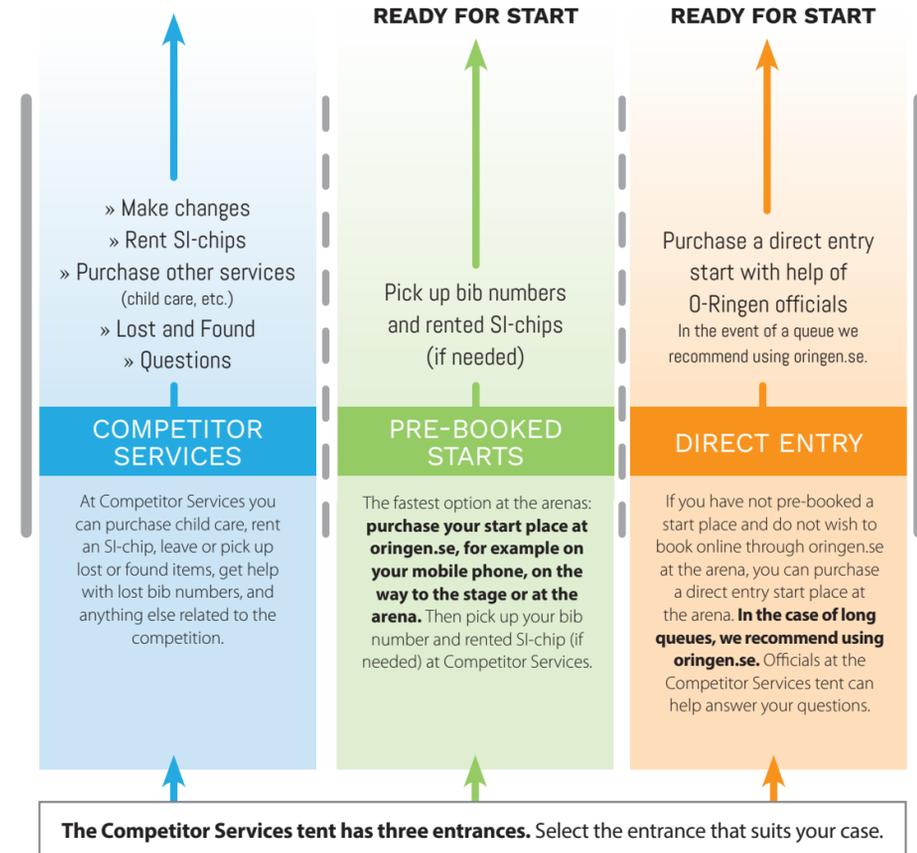
If you do not want to book a start place through oringen.se, you can register for open courses at the arena, at the Köp Start / Direct entry section of the Competitor Services tent.

ORINGEN.SE

You can use oringen.se to register for your courses, sign up for string orienteering and other services, and get additional information about O-Ringen services and activities, course difficulty levels, etc. You can also search for and book accommodations or activities.

We can help you with almost everything related to the competition, including registration, changes to existing bookings, training maps, and entries for the training race. You can also get general information about O-Ringen and submit and collect lost and found items. Competitor Services at the arenas can mostly provide help

with questions related to the competition itself. The Competitor Services tents at the arenas are divided into three sections: Competitor Services / Deltagarservice; Pre-booked starts / Förbokad Start; and Direct entry / Köp Start. (See below.) The Trail-O and MTBO arenas also have officials who can help with competition-related questions.



IMPORTANT!

In order to avoid long queues, we recommend that all pre-registered competitors pick up their bib numbers from **Competitor Services at O-Ringen Square no later than 21:00 on Saturday, July 21.**

NEW PROCEDURES FOR BIB NUMBER PICKUP

For the first time this year, bib numbers will be printed and handed out at the time of pick up. **Pre-registered competitors can pick up their bib numbers (or have someone pick up for them) next to Competitor Services at O-Ringen Square until 21:00 on Saturday, July 21.** It is recommended that competitors staying at the Svedjeholmen camp ground take free shuttle buses to O-Ringen Square since parking possibilities in central Örnsköldsvik are limited. Bib numbers not picked up then can

be, to a certain degree, printed at Competitor Services at the arenas. **Long queues and waiting times can be expected if a lot of people choose to pick up their bib numbers at the arenas. Therefore, we recommend that all pre-registered competitors pick up their bib numbers at O-Ringen Square, if possible.** For competitors who register after 21.00 on

July 21, bib numbers are printed out when competitors go through Competitor Services / Pre-booked starts at the arenas or Competitor Services at O-Ringen Square (see opening hours above). Rented, pre-paid SI-chips can be picked up together with bib numbers. MTBO and Trail-O competitors can also pick up their bib numbers next to Competitor Services at O-Ringen Square by 21.00 on Saturday, July 21. Numbers not picked up by then should be picked up at the respective arenas.

» OPENING TIMES

Competitor Services O-Ringen Square

Wednesday, July 18: 12.00-21.00
Thursday, July 19 – Friday, July 27: 09.00-21.00
Saturday, July 28: 09.00-12.00

Competitor Services at the Arenas

Competition Day: 07.30-14.00

O-RINGEN MTBO

O-Ringen's MTBO competition takes place over five stages at three different arenas. Stages 1-3 are part of the Swedish MTBO Cup. Stages 2 and 3 are also part of the World Master Series (WMS). MTBO competitions take place on trails and roads in forested areas located within comfortable biking distance from O-Ringen Square in central Örnsköldsvik and from Svedjeholmen camp ground.

STAGE START / DIRECT ENTRY

Six open classes are available for direct entry. You can sign up through oringen.se or at Competitor Services at O-Ringen Square until the evening before each stage. On competition days you can register at the arena between 09.00-12.00.

SERVICES AT MTBO ARENAS

A variety of services is available at each competition arena for O-Ringen MTBO. These include registration for open courses, publication of results, distribution of rented SI-chips, sales of food and drinks, map holder service from Nordenmarks, bicycle wash, toilets, showers, and changing areas.

PARKING

Parking is available adjacent to each arena. You can purchase parking passes through oringen.se or at Competitor Services at O-Ringen Square. No organized transport to the arenas is provided by organizers from O-Ringen Square or other locations. Competitors are responsible for their own transport to the arenas. Since all the MTBO arenas are located within a 5km radius from O-Ringen Square and central Örnsköldsvik, we strongly recommend biking to all the stages.

BIB NUMBERS

You can pick up bib numbers at Competitor Services at O-Ringen Square by Saturday evening or on competition

day at Competitor Services in the arena. Bib numbers must be attached to the front of the bicycle. Twist ties are provided at bib number pick-up. For the classes that have a chasing start for stage 5, the first 15 starters in each class will wear bib numbers indicating their class and their overall place after four stages. The exceptions to this are the DH12 classes which do not have a chasing start for stage 5. These new bib numbers can be picked up by competitors at the stage 5 start. Other competitors will wear regular bib numbers.

PRIZEGIVING CEREMONY

Prizes to stage winners will be awarded during prizegiving ceremonies at O-Ringen Square.

COMPETITION RULES

Swedish Orienteering Federation's competition rules from 02/22/2016, updated on 04/23/2018, apply for all races.

PUNCHING

Sportident's electronic punching is used for all races. You can use SI-chip models 5-11. Competitors must have their SI-chip with them during the entire race. The SI-chip cannot be attached to the bicycle.

CONTROL STATIONS

All competitors must pass through a control station on the way to the start for each stage. At the control station you must clear and check your SI-chip and make any name changes, if necessary.

THINGS TO THINK ABOUT

» You are only allowed to ride on trails, roads, and paved and gravel areas that are marked on the map, as well as open areas marked orange on the map and forested areas marked with black dots on the map. You are not allowed to ride or run with the bicycle through forest (white) or open areas marked 100% yellow or 50% yellow, or through clear-cut areas. Event officials will be placed in the terrain to enforce these rules.

» The competitor must have his or her bike with them for the duration of the race. It is not allowed, for example, to leave the bicycle in order to run to a control, punch, and then return to the bike.

» There is a large number of narrow trail and therefore, a high risk for collisions with other riders. Make sure to keep to the right and use caution! Whenever possible, try to let other competitors know that you are approaching. According to competition rules, priority is given to the rider going uphill.

» During stages 1, 3, and 5 the competitors may, depending on route choice, cross a couple of larger roads with vehicle traffic. Note that regular traffic rules apply on the roads! Several road crossing points will be staffed by traffic marshals. Be careful! Keep to the right and follow the traffic marshals' instructions! Forbidden trails and roads are marked with crosses or a zig-zag pattern. Respect forbidden trails and roads.

» Competitors are sharing the forest with hikers and dog owners. Please be considerate in the woods.

» Competitions take place near residential areas. Please be considerate to local residents and be extra cautious around playing children when passing such areas.

» Your bib number must be attached to the front of the bike.

» Required equipment consists of a bicycle (not electric) and helmet. There are no other clothing requirements.

» Competitors in all the classes are called up 2 minutes before their start and receive the map 1 minute before the start. For the stage 5 chasing start, riders are called up 5 minutes before their start and pick up their maps immediately after starting.

» Maps are printed on laser printers and on plastic-coated paper.

» Control codes are printed on the map next to control numbers. No separate control descriptions are provided.

» Rented SI-chips can be picked up from Competitor Services at each MTBO arena on the morning of the competition day. Rented SI-chips must be returned at the finish. See also "Rules for SI-chips" elsewhere in this program booklet.

» Because all stages are located comfortably within cycling distance from O-Ringen Square and from Svedjeholmen camp ground, we recommend that you ride your bike to all the stages.

Final information for each stage will be posted on oringen.se and also at the arena. This will provide detailed information about each stage. For directions to the start for each stage, see final information at the arena. Stages 1, 2, and 5 have toilets available at the start. The stage 5 chasing start applies to competitors with a total time (from stages 1-4) less than 60 minutes behind class leader. Competitors further than 60 minutes behind the class leader after four stages or those who are missing results from at least one stage start at the end of the chasing start with 1-minute intervals.

PROGRAMME MTBO			
STAGE 1	Sunday July 22	Sprint	Domsjö Arena
STAGE 2	Monday July 23	Middle distance	Kempevallen Arena
STAGE 3	Wednesday July 25	Long distance	Skyttis Arena
STAGE 4	Thursday July 26	Sprint	Skyttis Arena
STAGE 5	Friday July 27	Long distance	Domsjö Arena

STAGE 1

Sunday, July 22: Sprint, Domsjö Arena

Assembly: Arena Domsjö. Follow directional signs from O-Ringen Square.

Start: First start at 10.00. Direct entry starts between 10.00 and 13.00.

Direct Entry purchase open: Kl. 09.00-12.00.

Distance to start: 2 000 m on roads

Terrain description: Stage 1, a sprint, goes through terrain that is somewhat unusual for these parts. It includes some open pine forest and a dense network of fast trails, which will allow for some fast trail riding and will require continuous map contact if you want to succeed.

STAGE 2

Monday, July 23: Middle distance, Kempevallen Arena

Assembly: Arena Kempevallen in Hörnert. Follow directional signs from O-Ringen Square.

Start: First start at 10.00. Direct entry starts between 10.00 and 13.00.

Direct entry purchase open: Kl. 09.00-12.00.

Distance to start: 1 000 m on roads and some stairs

Terrain description: The middle distance terrain includes the steep Varsberget ski hills and ski jumps on the north side of the map, towards town centre. The trails will challenge riders with technical riding, including rocks, roots, and mossy areas, though courses will also include some faster trail and road sections. A lot of climb for all classes.

STAGE 3

Wednesday, July 25: long distance, Skyttis Arena

Assembly: Arena Skyttis. Follow directional signs from O-Ringen Square.

Start: First start at 10.00. Direct entry starts between 10.00 and 13.00.

Direct entry purchase open: Kl. 09.00-12.00.

Distance to start: 100 m on roads

Terrain description: Competition terrain consists mostly of a recreational area with many paths, ski trails, and paved rollerski trails. The central part of the map covers a flat plateau with somewhat high slopes dropping off the sides. The longest courses pass an agricultural area with a sparse trail network. Many courses will also come close to residential areas. Pay extra attention to other traffic on the roads in such areas.

MAP SIGNS

- Minor road 100% speed
- Track: fast riding 75-100% speed
- Path: fast riding 75-100% speed
- Track: medium riding 50-75% speed
- Path: medium riding 50-75% speed
- Track: slow riding 25-50% speed
- Path: slow riding 25-50% speed
- Track: difficult to ride 0-25% speed
- Path: difficult to ride 0-25% speed
- Forbidden to cross/uncrossable obstacle
- Forbidden section of road
- Crossable obstacle
- Open land - cycling not allowed
- Rough open land - cycling not allowed
- Open land - cycling allowed
- Forest - cycling not allowed
- Dense forest - cycling not allowed
- Forest - cycling allowed

STAGE 4

Thursday, July 26: Sprint, Skyttis Arena

Assembly: Arena Skyttis. Follow directional signs from O-Ringen Square.

Start: First start at 10.00. Direct entry starts between 10.00 and 13.00.

Direct entry purchase open: Kl. 09.00-12.00.

Distance to start: 50 m on roads

Terrain description: Stage 4 uses the same map as stage 3, but competitors will stay close to the Skyttis IP stadium. The area features many paths, ski trails, and rollerski trails. Climb is medium.

STAGE 5

Friday, July 27: Long distance, Domsjö Arena

Assembly: Arena Domsjö. Follow directional signs from O-Ringen Square.

Start: First start at 08.30. Direct entry classes start between 10.00 and 13.00.

Direct entry purchase open: Kl. 09.00-12.00.

Distance to start: 2 800 m on roads.

Terrain description: We return to Arena Domsjö for the final day's long distance and chasing start. This time MTBO competitors have the arena to themselves, so there will be plenty of space. The terrain is very diverse with residential areas, a dense trail network, ski trails, and roads, as well as a much sparser trail network in the most remote parts of the map. Climb is medium to heavy.

Important information for those interested in doubling up on orienteering and MTBO

Competitors are not allowed to be in an embargoed competition area before start regardless of discipline and class. The only exception to this is participants in the stage start / direct entry classes. However, you are not allowed to participate in direct entry races if you are going to compete in the same area later in the week in any other competition class in any orienteering discipline.

How can I double up orienteering and MTBO races the entire week?

Do as follows: Compete in stage start / direct entry for all the stages in both disciplines.

How can I compete in 5-Days MTBO and also do a little orienteering?

Do as follows: Stage start / direct entry for orienteering stages 3-5. You are not allowed to do stage start / direct entry for orienteering stages 1 and 2 because the same area is used for MTBO stage 5.

How can I compete in 5-Days orienteering and also do a little MTBO?

Do as follows: Direct entry for MTBO stages 2 and 5. You are not allowed to do stage start / direct entry for MTBO stage 1 because the same area is used for orienteering stage 2. You are not allowed to do stage start / direct entry for MTBO stages 3 or 4 because the same area is used for orienteering stage 5.

You are very welcome to double up on orienteering and MTBO under the conditions listed above. You are responsible for figuring out logistics for all the races on your own. Competing in direct entry with open start times for one of the disciplines should allow you to manage to compete in the other discipline even with assigned start times.



Class	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Start S5	Map scale*
To start	2000 m	1000 m	100 m	50 m	2800 m		
D12	2,5	3,3	5,6	2,5	5,2	10:20	1:10 000
D14	3,3	5,0	7,9	3,1	7,8	10:10	1:10 000
D16	4,0	5,4	9,9	3,5	9,5	11:10	1:15 000
D20	4,5	6,9	14,6	4,6	14,3	10:05	1:15 000
D21	5,5	9,0	18,2	5,6	17,5	09:30	1:15 000
D35	4,5	6,9	12,9	4,6	12,8	09:40	1:15 000
D40	4,5	6,9	12,9	4,6	12,8	10:00	1:15 000
D50	4,0	6,0	9,9	4,1	9,5	09:50	1:15 000
D60	3,5	5,0	7,4	3,5	8,1	10:05	1:10 000
D70	3,5	5,0	7,4	3,1	8,1	11:30	1:10 000
H12	2,5	3,3	5,7	2,5	5,2	10:00	1:10 000
H14	3,5	5,0	7,9	3,5	7,8	10:45	1:10 000
H16	4,5	6,9	12,9	4,6	12,8	09:20	1:15 000
H20	5,5	9,0	18,2	5,6	17,5	09:10	1:15 000
H21	6,0	11,0	21,4	6,0	20,3	08:30	1:15 000
H35	5,5	8,3	17,2	5,8	16,8	08:40	1:15 000
H40	5,5	8,3	17,2	5,8	16,8	08:45	1:15 000
H50	5,0	7,4	14,6	5,1	14,3	09:00	1:15 000
H60	4,0	6,0	12,9	4,1	12,8	10:40	1:10 000
H70	3,5	5,0	9,9	3,5	9,5	10:30	1:10 000
Stage start Very easy Short	2,5	3,3	5,6	2,5	5,2	free start time	1:10 000
Stage start Easy Middle	3,8	5,7	9,6	4,2	9,2	free start time	1:10 000
Stage start Easy Long	4,7	7,0	14,8	4,8	13,6	free start time	1:15 000
Stage start Difficult Short	3,3	4,5	6,7	3,3	5,5	free start time	1:10 000
Stage start Difficult Middle	4,5	6,9	9,9	4,1	9,5	free start time	1:10 000
Stage start Difficult Long	5,0	7,3	14,6	5,1	14,3	free start time	1:15 000

Event Officials

Course setters: Sara Forsgren and Fredrik Forsgren

Course controller: Stefan Forsgren

Mapper: Fredrik Forsgren

Map controller: Bo Herderson

Event directors: Per-Johan Josefsson and Christina Josefsson.

Try MTBO during O-Ringen's activity day, July 24

Location: Varsberget Arena
Open start times: 09.00-12.00

See more information on page 28



FINAL COMPETITION INFORMATION FOR ORIENTEERING

O-Ringen's competitions

O-Ringen High Coast 2018 consists of the following foot-orienteering competitions: Elite Tour, 5-Days, Challenge (3 or 5 days), Introduction & Development (Inskolning & Utveckling), Stage Start, Try-it-out, Bagheera Youth Relay, and Training Race. Information for the last three in the above list can be found separately in this booklet. Information for all others is found right here.

COMPETITION ARENAS

Stages 1-2 Domsjö Arena,

approximately 5 km south of O-Ringen Square

Stages 3-4 Backsjö Arena,

approximately 8 km north of O-Ringen Square

Stage 5 Skyttis Arena,

approximately 2 km east of O-Ringen Square

Registration

You can register for the competition through oringen.se or at Competitor Services at O-Ringen Square or at the arenas. You can also call the booking service at 08-409 06 408 during opening hours to make new bookings or make changes to existing bookings. You can save time by pre-registering via oringen.se up until the registration deadline. If you register through oringen.se, you can pick up your bib number and rented SI-chip (if needed) at Pre-booked starts / Competitor Services at the arena before heading out to the start. For more detailed information, see the section on Competitor Services in this booklet.

REGISTRATION DEADLINES FOR EACH COMPETITION:

Elite tour: July 19, 12.00

5-Days: July 20, 21.00

Introduction & Development:

Each competition day 13.00

Stage start / direct entry:

Each competition day 13.00

Competition rules

The latest rules of the International Orienteering Federation (IOF) and the Swedish Orienteering Federation (SÖFT), as well as this information, apply. All competitors participate in O-Ringen at their own risk. O-Ringen has insurance for competitors and spectators related to unforeseen circumstances. Otherwise, O-Ringen is not responsible for any injury that participants or spectators may incur during the event.

First aid

Each arena has a mobile clinic present. Additionally, first aid points are located at the finish and out in the terrain, marked on the map with a violet cross.

Transport and parking

All those driving to O-Ringen's competition arenas must follow general traffic rules and always follow the directions of O-Ringen's traffic and parking officials, as well as the latest information provided in this booklet and on oringen.se. For more detailed information, see the section of this booklet on travel and transport.



PROGRAMME 5-DAYS O			
STAGE 1	Sunday July 22	Long distance	Domsjö Arena
STAGE 2	Monday July 23	Long distance	Domsjö Arena
STAGE 3	Wednesday July 25	Middle distance	Backsjö Arena
STAGE 4	Thursday July 26	Long distance	Backsjö Arena
STAGE 5	Friday July 27	Long distance	Skyttis Arena

Bus transport to the arenas

O-Ringen buses depart for stages 1-5 from the satellite parking lots at Solänget's racecourse and also for stages 1-4 from the bus terminal at Hamnplan, 300m northwest of O-Ringen Square. The bus time tables are designed to accommodate the competitors' expected start times. The highest load on the outbound trips is expected between 8.30-10.30 and on the homebound trips between 13.00-14.30 each competition day. If you are able to travel outside of these times, you are likely to experience shorter waiting times. You can find more detailed information about bus travel and schedules in the travel section of this booklet. Note that bus traffic will have a short break for lunch, so plan your trip accordingly and listen to Radio O-Ringen for updated traffic information.

Biking to the arenas

It is possible to bike to all the arenas. If you are staying at the camp grounds or renting housing in central Örnsköldsvik, the distance to stages 1,2, and 5 is between 2-7km, and 8-9km to stages 3 and 4. Bicycle directions are signposted from the Svedjeholmen camp ground and from the bus terminal at Hamnplan near O-Ringen Square.

Driving to the arenas

If you are driving, we recommend parking at the free satellite parking lots at Solänget. Arenas for stages 1,2, and 5 have a limited number of parking spots that can be reserved, but these are sold out. If you booked one of these parking spots, you need to have a booking confirmation or booking number visible under your windshield. Walking distance from parking to the arena is 100-300 meters for stages 1 and 2, and 500-800 meters for stage 5.

NOTE! You cannot purchase a parking pass at the arenas. It is not possible to drive to stages 3 and 4 with a private vehicle.

Bib numbers

The bib number acts as a competitor's entry confirmation. Bib numbers for each competitor are checked when passing through the control station on the way to the start. Competitors who lost their bib number must purchase a new one at Competitor Services. Pre-registered competitors can pick up their bib numbers from Competitor Services at O-Ringen Square until 21.00 on Saturday, July 21. Bib numbers not picked up then can be, to a certain degree, printed at Competitor Services at the arenas. Long queues and waiting times can be expected if a lot of people choose to pick up their bib numbers at the arenas. **Therefore, we strongly recommend that all pre-registered competitors pick up their bib numbers at O-Ringen Square, if possible.**

Competitors in multi-day competition formats must use the same bib number for all stages, with the exception of the first 15 starters in stage 5 in the classes that have a chasing start. Those competitors get a new number at the stage 5 start. That number corresponds to the competitor's place in the overall standings after four stages. Competitors who purchase individ-

ual entries for each stage get a new number for each stage. For detailed information, see further under the heading Competitor Services.

Clothing and shoes

According to SÖFT's competition rules, all competitors must wear full body cover. Clothing cannot be torn or have gaps. Socks or shin guards must stay up during the entire race. Competitors are personally responsible for their clothing complying with competition rules when they enter the start chute. Start officials have the right to deny start to competitors not following these rules. Control stations on the way to the start have self-service stations for taping torn clothing. Full-length spikes are prohibited for use on racing shoes on all the stages. Breaking this rule leads to disqualification.

Maps

All maps have been drawn between 2016-2018.

All maps are drafted according to ISOM2017 standards and approved for Level 1 national events.

The maps are offset-printed and incased in plastic map cases. Courses are overprinted in violet ink.

MAPPERS

Stages 1 and 2: Per Magnusson

Stages 3 and 4: Lennart Strandberg

Stage 5: Nils-Göran Olsson

Contour interval is 5 meters on all maps. The scale depends on class and course. For detailed information, see the section on Competition Facts. Any last-minute map updates are shown at the affected starts and in affected start chutes. Start chutes for classes Inskolning, U1, and U2 (introductory classes) have extra maps for adults shadowing children.

Classes and courses

A number of classes have been split based on the expected large numbers of entries. These classes are **D21** (into D21-1 and D21-2), **D21K** (into D21K-1 and D21K-2), **D45K** (into D45K-1 and D45K-2), **H21** (into H21-1 and H21-2), **H21L** (into H21L-1 and H21L-2), **H21K** (into H21K-1 and H21K-2), **H40K** (into H40K-1 and H40K-2), **H45** (into H45-1 and H45-2), **H45K** (into H45K-1 and H45K-2), **H50** (into H50-1 and H50-2), and **H50K** (into H50K-1 and H50K-2). Check your registration and class on oringenonline.se. Class and course details, including scales, course lengths, distance to the start, start locations, etc., are shown in the section on Competition Facts.

Terrain

Terrain descriptions are provided with information for each stage.

Start

There are eight different starts. It is the competitor's responsibility to go to the correct start. Information about which start place corresponds to each competitor and class, as well as distances to the starts, can be found in the section on Competition Facts, as well as on the competitor's bib number.

The competitor is responsible for picking up the correct map. Check that the correct class name is printed on your map. The class name is indicated on the front of the map. For classes where competitors do not see the map before the start signal, the map box has a lid with an open corner that allows competitors to easily check the class name on the map before their start.

The organizers are not responsible for returning warm-up clothing from the start.

CONTROL STATIONS ON THE WAY TO THE START

All competitors must pass through control stations on the way to the start. Control stations are located at the edges of the arenas (see the arena maps for each stage). Note that each of stages 2,3, and 4 has two control stations since the starts are located in different directions from the arena. Make sure that you are passing through the correct control station! Control stations have signs indicating the starts they service.

The purpose of the control station is to check that each competitor is assigned the correct SI-chip in the system. Prior to the competition, O-Ringen collects the SI-chip associated with each competitor in SÖFT's competition management system Eventor. You can check the SI-chip number associated with your name in the start list at live.oringenonline.se.

» Competitors who do not have an SI-chip registered in Eventor, or who wish to use a different SI-chip during O-Ringen than the one shown in the start list, can enter a new chip number at oringen.se/bytbricka at no cost.

» You can also provide or change an SI-chip number at the control stations. If you wish to do that, follow signs to the correct chute. Control station officials will help you register a new SI-chip.

» Each competitor is responsible for clearing and checking their SI-chip at the control station. After clearing and checking, each competitor must read off their chip in a designated SI box and verify that the displayed information is correct.

» The control station is also used to check that the competitor is wearing the correct bib numbers and clothing that satisfies SÖFT rules.

Start procedures

O-Ringen's competitions use four different start procedures.

Assigned start times

Assigned start times are used for the Elite Tour, regular/main classes, and short classes HD 12-20 for stages 1-4 of the 5-Days. Assigned start times are published on oringenonline.se. Late starts are allowed up to 30 minutes after the assigned start time. Late competitors must report to the lane marked "Late start / sen start". Race time for late competitors is counted from the regular assigned start time.

Free minute start

Short classes in age categories HD21-75 in the 5-Days competition have free minute start for stages 1-4. This means that a competitor arriving at the start must choose an available start minute by taking a sticker showing a desired start time and attaching it to the bib number. That will show the competitor's call-up time. The start interval in classes with free minute start is, as usual, one minute. In exceptional circumstances start officials can choose to shorten the start interval in particular classes. Start is open between 08.30 and 13.30. Race time begins when the competitor punches the start. It is the competitor's responsibility to punch the start.

Open start

The open start procedure is used for Recreational/Motion, Challenge, Etappstart/Stage start, Inskolning/Introduction, and Utveckling/Development classes for stages 1-5. Open start means that the competitor chooses his/her own start time. No particular start interval is observed in any of these classes.

Chasing start

Chasing start applies to the Elite Tour and main and short classes in the 5-Days on stage 5 only.

The only exception are the DH10 classes that have assigned start times on stage 5, just like the first four stages. The chasing start means that the competitor with the best overall time after four stages starts first. The others in the class start after that, with the start time determined by each competitor's total time behind the leader. Competitors who are more than 90 minutes behind the leader or do not have a total time start after 90 minutes with 15-second intervals. The first 15 starters in each class with a chasing start must wear special bib numbers showing their class and their total placement after four stages. These numbers can be picked up at the starts for stage 5.

Refreshments

Refreshments in the form of water are provided in the competition terrain for stages 1,2,4, and 5, as well as on the way to the start and at the finish for all stages. Refreshment stations passed by elite classes also have sport drink. Refreshment stations in the competition terrain are marked on the maps with a violet cup symbol. Place used cups in designated trash bags or place the cups upside-down on designated poles at the drinks stations.

Control descriptions

Control descriptions are printed on the map and are also available loose at the start. Control descriptions are according to IOF's latest norms.

Controls

Controls are marked with orange-and-white flags and are placed close together in the terrain. Make sure to check your control codes carefully! Control codes are printed on the SI-box on top of the control stand. Controls must be visited in the correct order.

Shadowing

Shadowing and group running are allowed in the Inskolning/Introduction, Utveckling/Development, and Etappstart/Stage start classes. Shadowing before your own race is not allowed for competitors racing in the DH18, DH20, and DH21 classes. Shadowing maps are provided in the Introduction and Development classes, but not in Stage start.

Punching system

O-Ringen uses Sportident's electronic time-keeping and punching system. Any version of SI-chip can be used, but the touch-free function is not available.

NOTE: A single SI-chip can only be used for one start/competitor per stage. This means that you cannot lend your SI-chip to anyone else if you use it yourself. Competitors who use an SI-chip that has already been used for the same stage will be disqualified.

It is the competitor's own responsibility to take an SI-chip to the start. Check that you have to correct SI-chip at the control station located on the way out from the arena to the start. If the number of your SI-chip does not match the number registered in the competition system, a change can be made at the control station. You can check which SI-chip is registered for you in advance at live.oringenonline.se. If you need to change the number of the SI-chip assigned to you in the competition system, you can do that for free at oringen.se/bytbricka or at the control stations on the way to the start.

Punching procedure at controls

It is each competitor's responsibility that a sound- and light signal has been registered by the SI-box at each control. Be especially careful when another competitor punches at the same time at a nearby SI-box, so that you do not interpret their punch as a confirmation of your sound- and light signal. If you do not hear or see sound or light signals from an

SI-box after repeated attempts at punching, use the physical punch on the control stand. Punching with physical punches must be done in the reserve boxes on the map and then shown in the Red Exit after the finish. Remember to punch the last control, which is located near the entrance to the finish chute. The SI-chip must be with you for the duration of the course. If you do not have your SI-chip with you at the finish, you will be subject to disqualification. This applies even if you punched with physical punches at the controls you visited after losing your SI-chip.

Competitor's responsibility when punching

» Punch the correct controls,

in the correct order.

» Wait for the sound and light signals when punching to confirm that the punch registered.

» Use the physical punches in the reserve boxes on the map if no sound or light signals registered.

» Carry the SI-chip with you for the duration of the course regardless of whether you punched in the reserve boxes.

Renting SI-chips

SI-chips rented in advance can be picked up at Competitor Services at O-Ringen Square until 21.00 on Saturday, July 21. After that, rented SI-chips can be picked from Competitor Services at the arenas. SI-chips can also be rented at Competitor Services at O-Ringen Square and at the arenas.

Returning rented SI-chips

Competitors who rent SI-chips are responsible for returning their chips after the last stage on which the rented chip was used. Rented SI-chips should be returned at download.

Unreturned rented SI-chips

Competitors who do not returned their rented SI-chips are charged 600 SEK. Rented SI-chips that are not returned will be added to SportIdent's blocked list and will not be able to be used in future competitions.

Finish

The finish chute is divided into eight different chutes. You must cross the finish line in the chute that corresponds to the one shown on your bib number. Time is stopped when the competitor punches at the finish line, which is located 10-15 meters before the finish tent

Competitor's responsibility at the finish

» To cross the finish line in the correct chute. The name of the chute is printed on the bib number.

» To punch at the end of the chute, regardless of whether or not you completed the course.

» To download your SI-chip, even when not completing the race.

» To return a rented SI-chip.

» To make sure that any punches in the reserve boxes are checked at the Red exit.

Downloading your SI-chip

After punching at the finish line competitors must continue to the SI-chip download. When downloading, competitors receive a split time printout. If data in the SI-chip show that not all controls have been visited, or that a wrong control has been punched, the competitor will be sent to the Red exit to sort out the cause of the punching issues.

Special finish for classes DH80 and older

For competitors in classes DH80 and older, finishing time for stages 1-4 will be taken when punching at the last control. Competitors must then continue down their finish chutes, punch the finish line, and download, but the time from the last control to the finish does not affect the stage time. For stage 5, however, normal chasing start procedures apply the same way as for other competitive classes.

Finish procedure for stage 5 chasing start

For classes with a stage 5 chasing start, overall placing is determined by the order in which competitors cross the finish line. The finish line is placed 15-20 meters in front of the finish tent, and the actual SI-box at the finish is several meters past the line. When multiple competitors are sprinting for the line, finish officials determine the order in which competitors must punch the finish SI-box. Finish chutes for elite classes are divided into two lanes to enable fair finish sprint duels. Runners must choose either the left or right lane and are not allowed to change their lane after that.

Red exit

If data downloaded from an SI-chip show that not all controls have been visited, or that a wrong control was punched, the affected competitor is shown to the Red exit in the finish tent in order to sort out what happened. If you punched with a physical punch in reserve boxes on the map, you should also proceed to the Red exit, where punches will be checked manually. The Red exit is also where you go to report any technical issues with the competition, such as a non-functioning SI-box.

Out-of-bounds areas

All private houses and surrounding areas are out of bounds to competitors. Follow these limitations before, during, and after the races. Additional out-of-bounds areas are marked on the map. They are shown in terrain with blue-and-yellow streamers. If the edge of an out-of-bounds area is shown on the map with a solid, continuous line, then the streamers in terrain will also form a continuous line. If the area is shown on the map with a dashed line, then it will be marked in terrain with shorter, individually hanging streamers. If the edge of an out-of-bounds area is not shown with a line on the map, then no streamers mark it in the terrain. Crossing into out-of-bounds areas is grounds for disqualification. The out-of-bounds rules also apply to non-competitors.

Road crossing stage 2

Competitors starting from the Suzuki, SCA Torik, Holmen, and Ramirent starts will cross a road with regular vehicle traffic during stage 2. The speed limit near the crossing areas is lowered to 30 km/h. Organizers have tried to inform local drivers about the competition and the road crossing and have encouraged drivers to avoid driving on that road if possible. Signs warning passing drivers and urging caution have been set up on the road. Several speed bumps have been placed on the road to limit speed. A large number of O-Ringen traffic officials will be staffing the road crossing. Nonetheless, competitors are asked to take all precautions when crossing the road.

Streamers in terrain

Out-of-bounds areas are streamered in terrain with blue-yellow streamers. Indistinct trails are streamered with white streamers.

Results

Live results are updated on oringenonline.se, where you can follow your and others' results on mobile phone or via computer. Access to the internet in the form of Wi-Fi and 4G networks will be available at the arenas. Additionally, a number of self-service results stations will be located in the finish tent and at Competitor Services at the arenas.

» A list of stage winners for all classes that participate in the prizegiving ceremony will be published around 17.30 each day on the results board at O-Ringen Square.

» Complete results lists will be posted around 19.00 on the results board at O-Ringen Square.

» Results and split times will be published in Eventor and Winsplits online by 20.00 of each competition day.

Prizegiving

See the program on page 25.

Wildlife sightings

Competitors who see wild animals during their race are asked to report sightings to Vitrapport after finishing. This is located next to the Red exit in the finish tent. Wild animals that should be reported are moose, deer, and any predators.

Toilets

Toilets are provided at the arenas and on the way to the start for all stages. For detailed information about toilets on the way to the start, see overview maps under Stage information.

Showers

Outdoor showers can be found at each arena.

See the arena overview maps.

String orienteering / Miniknat

String orienteering / Miniknat offers themed orienteering experiences for the youngest kids (3-8 years old). Cost includes SI-chip rental. The course is streamered; there is no time-keeping; everyone gets a prize. Book through oringen.se or at each arena's Competitor Services.

Child care

Child care is available at all arenas and can be booked through oringen.se or via Competitor Services.

Uncompleted race / DNF

Competitors who do not complete their race must pass through the finish and proceed to download as soon as possible. If a competitor cannot download his or her SI-chip for any reason, such as an accident, then their name/ SI-chip number must be provided to finish personnel as soon as possible. Contact Ingmar Andersson, +46(0)70-636 87 51.

Maximum time

Maximum allowed competition time during stages 1,2, and 4 is 2.5 hours. For stage 3 (middle distance) the maximum allowed time is 2 hours. If you take longer than the maximum time, you will be marked overtime for the stage.

Search and rescue

The competition directorate organizes searches for competitors who did not download or check in with uncompleted races after the end of the official competition time. Family members and clubmates of the missing competitors are asked to come forward to the competition directorate with any relevant information.

Complaints about possible rule violations

Complaints about possible rule violations must be submitted in writing to competition directorate or to the Red exit within two hours after completion of the competition.

Protests

Protests against decisions made by the competition directorate in response to complaints about possible rule violations must be delivered in writing to the Red exit in the finish tent no later than two hours after the original decision. A protest fee of 200 SEK is refunded if the protest is upheld.

Competition jury

Mats Blom (jury chair), **Johan Fröberg** (event director O-Ringen Kolmården 2019) **Bo Strand** (event director O-Ringen Uppsala 2020).

Event directors

Jan Åhlund (event director O-Ringen Höga Kusten) **Kari Pessa** (head of event administration O-Ringen Höga Kusten).

COMPETITION FACTS AND FIGURES

ALEWALDS

Class	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Start S5	Map scale
Distance to start Climb	2200 m 75 m	1350 m 40 m	1000 m 20 m	2700 m 85 m	750 m 0 m		
D18E	6,1	3,4	2,5	6,0	6,2	09:00	1:15 000
D20E	7,4	4,2	2,5	7,5	7,8	10:45	1:15 000
D21E	9,9	4,5	2,9	10,1	10,6	11:30	1:15 000
H18E	7,1	4,0	2,6	7,0	7,5	09:15	1:15 000
H20E	8,9	4,5	2,9	9,1	10,1	10:00	1:15 000
H21E	12,0	5,0	2,9	11,9	12,9	11:45	1:15 000

SUZUKI

Class	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Start S5	Map scale
Distance to start Climb	2050 m 75 m	850 m 15 m	2250 m 155 m	1300 m 40 m	1150 m 0 m		
D21 Short-1	4,6	4,5	3,6	4,4	4,5	09:20	1:15 000
D21 Short-2	4,5	4,5	3,6	4,5	4,6	08:45	1:15 000
D35 Short	3,9	4,4	3,4	3,9	4,3	11:30	1:10 000
D40 Short	3,8	3,7	3,3	3,7	4,0	08:30	1:10 000
D45 Short-1	3,7	3,7	3,1	3,5	3,7	08:31	1:10 000
D45 Short-2	3,7	3,7	3,2	3,6	3,7	11:27	1:10 000
D50 Short	3,5	3,4	3,0	3,4	3,3	10:59	1:10 000
D55 Short	3,2	3,2	2,8	3,2	3,2	08:35	1:10 000
D60 Short	3,0	3,1	2,7	2,9	3,0	08:36	1:7 500
D65 Short	2,8	2,8	2,5	2,8	2,9	11:00	1:7 500
D70 Short	2,3	2,6	2,3	2,4	2,4	11:29	1:7 500
D75 Short	2,2	2,4	2,1	2,4	2,3	10:55	1:7 500
H21 Short-1	6,5	6,5	4,3	6,4	6,5	09:22	1:15 000
H21 Short-2	6,5	6,5	4,2	6,5	6,5	11:05	1:15 000
H35 Short	5,9	5,9	4,1	5,8	5,9	09:00	1:10 000
H40 Short-1	5,3	5,2	4,0	5,1	5,2	11:29	1:10 000
H40 Short-2	5,3	5,2	4,0	5,2	5,1	11:25	1:10 000
H45 Short-1	4,6	4,7	3,8	4,5	4,5	11:34	1:10 000
H45 Short-2	4,6	4,8	3,8	4,6	4,5	08:32	1:10 000
H50 Short-1	4,5	4,5	3,6	4,4	4,5	08:50	1:10 000
H50 Short-2	4,4	4,4	3,6	4,4	4,5	11:20	1:10 000
H55 Short	4,1	4,3	3,4	4,1	4,3	09:15	1:10 000
H60 Short	3,9	4,2	3,2	3,9	4,0	10:40	1:7 500
H65 Short	3,6	3,4	2,9	3,4	3,6	09:20	1:7 500
H70 Short	3,2	3,0	2,7	2,9	3,0	11:10	1:7 500
H75 Short	2,9	2,8	2,3	2,7	2,6	08:45	1:7 500

bagheera®

Class	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Start S5	Map scale
Distance to start Climb	2150 m 75 m	1350 m 40 m	2250 m 155 m	2700 m 85 m	900 m 0 m		
D21-1	6,7	6,5	4,0	6,4	6,9	08:50	1:15 000
D21-2	6,6	6,4	4,1	6,4	7,3	11:30	1:15 000
D21 Long	8,1	7,8	4,6	7,9	8,3	09:30	1:15 000
H20	6,4	6,4	4,0	6,4	7,1	11:47	1:15 000
H21-1	8,5	8,6	4,8	8,4	9,0	10:40	1:15 000
H21-2	8,5	8,4	4,8	8,4	8,9	11:10	1:15 000
H21 Long-1	10,8	10,9	5,4	10,7	11,7	11:30	1:15 000
H21 Long-2	10,7	10,9	5,2	10,8	11,5	08:30	1:15 000
H35	7,6	7,3	4,7	7,2	8,0	08:30	1:10 000
H40	6,9	6,9	4,5	7,0	7,1	08:32	1:10 000
H45-1	6,1	5,8	4,3	6,0	6,8	10:25	1:10 000
H45-2	6,0	5,9	4,4	6,1	6,8	08:30	1:10 000

SIA GLASS

Class	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Start S5	Map scale
Distance to start Climb	2100 m 75 m	1350 m 40 m	2250 m 155 m	2650 m 85 m	1050 m 0 m		
D15	4,5	4,5	3,5	4,4	4,4	08:30	1:15 000
D16	4,6	4,7	3,6	4,5	4,4	08:35	1:15 000
D18	5,2	5,1	3,6	5,0	4,9	08:35	1:15 000
D20	5,6	5,5	3,7	5,4	5,3	10:20	1:15 000
D17-20 Short	4,6	4,6	3,0	4,6	4,8	10:30	1:15 000
D35	6,0	6,2	3,9	5,9	6,1	10:25	1:10 000
D40	5,1	5,2	3,8	4,9	5,1	10:25	1:10 000
D45	4,6	4,5	3,6	4,6	4,7	12:15	1:10 000
D50	4,3	4,2	3,3	4,5	4,4	12:10	1:10 000
D55	3,9	4,2	3,2	4,4	4,0	12:15	1:10 000
H15	5,5	5,3	3,8	5,4	5,4	08:30	1:15 000
H16	5,6	5,5	3,9	5,5	5,6	08:30	1:15 000
H18	5,9	5,9	3,9	6,0	6,5	10:20	1:15 000
H17-20 Short	5,5	5,4	3,5	5,3	5,4	08:35	1:15 000
H50-1	5,8	5,5	4,1	5,5	5,8	10:20	1:10 000
H50-2	5,7	5,5	4,1	5,7	5,9	12:10	1:10 000
H55	5,3	5,3	3,9	5,1	5,5	12:10	1:10 000

ORMSALVA

Class	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Start S5	Map scale
Distance to start Climb	2100 m 75 m	1300 m 40 m	1000 m 50 m	2250 m 155 m	900 m 0 m		
D60	3,5	3,7	3,0	3,7	3,7	08:35	1:7 500
D65	3,3	3,3	2,7	3,5	3,2	10:15	1:7 500
D70	2,8	3,0	2,5	3,0	2,8	10:20	1:7 500
D75	2,5	2,8	2,3	2,8	2,8	10:25	1:7 500
D80	2,4	2,4	1,7	2,4	2,4	10:45	1:7 500
H60	4,8	4,8	3,6	4,8	5,0	09:15	1:7 500
H65	4,4	4,3	3,3	4,4	4,8	09:20	1:7 500
H70	3,8	4,1	3,2	4,0	4,3	11:15	1:7 500
H75	3,4	3,5	2,8	3,5	3,7	11:20	1:7 500
H80	2,9	3,0	2,1	3,0	2,9	11:35	1:7 500

Map Scale

The column "Map Scale" shows the scale used for the maps on the long distance days. The classes that have a scale of 1:15000 for these stages have a 1:10000 scale for the middle distance stage. Other classes have the same scale for all the stages. The Elite Tour has the scale of 1:4000 for stage 3 (Elite Sprint).

Queueing at the Start for Short Classes

In order to streamline the start process for competitors participating in short (Kort) classes, a queueing system will be used. When you come up to the start, make sure to pick up a sticker showing your class and a desired call-up time. Attach the sticker to the designated spot on your bib number and then come to the start line once your call-up time is called. This way you do not need to wait in line and can instead warm up for your race in peace and quiet while you wait for your start time. You can also start immediately if the next start time is available. The volume of competitors at the start is usually busiest between 10.30am and 12.30pm.

Class	START METHOD					Map in the start moment	Run together/shadowing allowed
	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5		
Introduction, U1, U2		open start between 08.30-13.30				no	yes
Stage start		open start between 08.30-13.30				no	yes
Challenge		open start between 08.30-13.30				no	no
Challenge 3-days		open start between 08.30-13.30				no	no
DH21M - DH80M		open start between 08.30-13.30				no	no
DH10		assigned start time				no	no
DH12 Short - DH16 Short		assigned start time			chasing start	no*	no
DH11 - DH16		assigned start time			chasing start	no*	no
DH17-20S		assigned start time			chasing start	yes	no
DH18 - DH100		assigned start time			chasing start	yes	no
DH21Short - DH75 Short		open minute start between 08.30-13.30			chasing start	yes	no
DH18E - DH21E		see separate information				yes	no



TORK

Class	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Start S5	Map scale
Distance to start Climb	1700 m 30 m	1800 m 20 m	550 m 10 m	2250 m 155 m	1150 m 0 m		
D21 Motion	5,1	4,9	3,8	4,9	5,1	free start time	1:10 000
D35 Motion	4,3	4,4	3,3	4,2	4,1	free start time	1:10 000
D40 Motion	4,3	4,4	3,3	4,2	4,1	free start time	1:10 000
D45 Motion	4,3	4,4	3,3	4,2	4,1	free start time	1:10 000
D50 Motion	3,5	3,5	2,8	3,5	3,5	free start time	1:10 000
D55 Motion	3,5	3,5	2,8	3,5	3,5	free start time	1:10 000
D60 Motion	3,6	3,5	2,7	3,4	3,6	free start time	1:7 500
D65 Motion	3,0	2,9	2,4	2,9	3,0	free start time	1:7 500
D70 Motion	3,0	2,9	2,4	2,9	3,0	free start time	1:7 500
D80 Motion	2,2	2,6	2,1	2,4	2,5	free start time	1:7 500
H21 Motion	6,0	6,2	4,1	6,0	6,0	free start time	1:10 000
H35 Motion	6,0	6,2	4,1	6,0	6,0	free start time	1:10 000
H40 Motion	6,0	6,2	4,1	6,0	6,0	free start time	1:10 000
H45 Motion	4,6	4,6	3,6	4,5	4,4	free start time	1:10 000
H50 Motion	4,6	4,6	3,6	4,5	4,4	free start time	1:10 000
H55 Motion	4,3	4,4	3,3	4,2	4,1	free start time	1:10 000
H60 Motion	4,0	3,8	3,1	3,7	3,7	free start time	1:7 500
H65 Motion	4,0	3,8	3,1	3,7	3,7	free start time	1:7 500
H70 Motion	3,6	3,5	2,7	3,4	3,6	free start time	1:7 500
H80 Motion	2,2	2,6	2,1	2,4	2,5	free start time	1:7 500
Easy 5,0	5,1	5,1	3,9	4,9	4,9	free start time	1:10 000
Easy 10,0	7,6	9,6	6,5	9,7	9,6	free start time	1:10 000
Intermediate 2,5	2,2	2,6	2,1	2,4	2,5	free start time	1:7 500
Intermediate 3,3	3,5	3,2	2,6	3,2	3,3	free start time	1:7 500
Intermediate 4,0	4,1	3,9	3,1	4,0	4,2	free start time	1:7 500
Intermediate 5,0	5,1	4,9	3,8	4,9	5,1	free start time	1:10 000
Intermediate 6,0	6,0	6,2	4,1	6,0	6,0	free start time	1:10 000
Difficult 2,5	2,5	2,6	2,2	2,5	2,3	free start time	1:7 500
Difficult 3,5	3,6	3,5	2,8	3,5	3,6	free start time	1:7 500
Difficult 5,0	5,1	5,1	4,0	4,9	5,0	free start time	1:10 000
Difficult 7,5	7,7	7,6	5,1	7,5	7,7	free start time	1:10 000
3-days Easy 5,0	5,1	5,1	3,9	4,9	4,9	free start time	1:10 000
3-days Intermediate 3,3	3,5	3,2	2,6	3,2	3,3	free start time	1:7 500
3-days Intermediate 5,0	5,1	4,9	3,8	4,9	5,1	free start time	1:10 000
3-days Difficult 3,5	3,6	3,5	2,8	3,5	3,6	free start time	1:7 500
3-days Difficult 5,0	5,1	5,1	4,0	4,9	5,0	free start time	1:10 000
Stage start Easy 5,0	5,1	5,1					

O-Ringen

Höga Kusten 2018

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