

: PM

ELITSERIES & SILVA JUNIOR CUP : SPRINT RACE

QUAL/ FINAL

FRAMTIDSDALEN : BORLÄNGE : 25 MAY 2006 : STORA TUNA IK

: EMBARGO OF COMPETITION TERRAIN

The competition area is embargoed from 9.30pm (NB: New time!) Wednesday night 24th May. This is illustrated by the embargoed area map on the web-site.

: ASSEMBLY

Borlänge, sign-posted from roads 50 and 70.

Follow "Elitserien" signs.

: PARKING

Follow parking marshals instructions. No parking charge.

Distance from Parking to Competition-centre (CC): 400 meters. Competitors in the Elite Series and Silva Junior Cup may not visit the CC, or receive information from there before their start.

: ASSEMBLY AREA

Elite Series and Silva Junior Cup competitors assemble in the parking area where there are toilets, chest-numbers, and tents for wind protection.

: WITHDRAWAL

Please let us know if you can not come to the start.

Contact the race secretary!

: START

Qualification-start: 900 m from the assembly area. Marked with orange & white tapes. No toilet at the start.

A-final start, B-final start and Silva Junior Cup:

Pre-start from quarantine area, then 500 m

jogging to start location, no toilet at the start. 30 second start interval for Silva Junior Cup, 1 minute for Elite Series.

B-final start Elite Series: Same as Tuna Sprint, 200m from CC. Orange & white tapes, no toilet at the start.

C-final start: Same as A-final start. Taped from the quarantine area, no pre-start. Free start time and start Sport-Ident punching.

: WARM-UP CLOTHING

There will be transportation of warm-up clothes from qualification start to CC.

: MAP

1:4 000. Contour-interval 2 m. Printed on plastic paper

– no plastic bag. Surveyed 2005–2006 in accordance to the ISSOM 2005 sprint standard under the management of Claes Nideborn.

: CONTROLL DESCRIPTIONS

Printed on the map, and available separately at the start.

Maximum size: 150 x 60mm

: TERRAIN

Park and town environment, approximately: 65% grass, 29% asphalt, 5% gravel, 1% forested

: SHOES AND CLOTHING

Absolutely prohibited to run with metal-dubbed or spiked shoes!
No metal studs on the shoe soles are permitted, run with running shoes. There is no requirement for full body cover.

: TRAFFIC

You will be competing in a town environment, please take care and notice of traffic regulations. Follow traffic wardens instructions. Safety first!

: PROHIBITED AREAS

Olive-green areas on the map are prohibited to run through, as are the park areas marked with blue & yellow tapes that are not marked on the map.

: CAUTION!

Take care on wooden bridges if it's a wet day – they will be slippery (you have no metal spikes under your feet!).

: PUNCHING SYSTEM SPORTIDENT

Reserve punching on the map, there are no specific punching boxes marked on the map.

Finish-line punching!

Sport-Ident pins can be hired for 20 SEK. Rental Sport-Ident pins must be left at the finish after time-download after your finish.

Lost pins will subject to a charge of 300 SEK.

: FIRST AID

Bandaging and patch-up service available at the CC.

: SHOWERS

Indoors. Follow tapes from the CC, 700m.

: TOILETS

At the CC, assembly, shower and quarantine areas.

: FOOD & SNACKS

Well-stocked shop at the CC.

Restaurant Oktaven will serve a lunch buffet inside the Tenoren building at the CC with a view over the finish area. To be recommended!

: CLUB TENTS

In the marked grassed area.

: EXHIBITION

Visit our exhibition area and see what Borlänge, Dalarna's University and Löpex have to offer!

: RESULTS SERVICE

Live results will be published on the web-site throughout the competition.

: PRIZE CEREMONY

Prizes will be presented at 4.45pm:

Silva Junior Cup: five prizes, and Elite Series, five prizes.

: WIRELESS NETWORK

The free wireless network "openblge" has coverage over the main area of the CC. Bring your computer!

: PRESS

Press room in the Tenoren building. Press chief: Peter Löfstedt Ph: 070-636 84 75.

Competition jury

Chairman: Tommy Eriksson, SOFT

Stefan Larsson, Rehns BK

Vacant

Competition manager: *Nils Olsson, 070-575 26 90, olsson.nils@gmail.com*

Course planner: *Sven Lundbäck, 070-724 56 82, sven.lundback@gmail.com*

Competition secretary: *Marcus Wiklund, 070-534 89 34, marwi982@student.liu.se*

Course and competition controller: *Bengt Hamelius, Säterbygdens OK*

Press: *Peter Löfstedt, 070-636 84 75, peter.lofstedt@ericsson.com*

QUALIFICATION RULES

H18: 3 heats, 15 best times to the A-final.

Remaining to the B-final.

D18: 2 heats, 15 best times to the A-final.

Remaining to the B-final.

H20: 2 heats, 10 best times to the A-final.

Remaining to the B-final.

D20: 2 heats, 8 best times to the A-final.

Remaining to the B-final.

H21: 3 heats, 15 best times to the A-final.

Next 15 best times to the B-final.

Remaining to the C-final.

D21: 3 heats, 15 best times to the A-final.

Next 15 best times to the B-final.

Remaining to the B-final.

QUARANTINE for A-final, B-final and Silva Junior Cup competitors.

1.40pm assembly at the CC for departure to the quarantine area.

B-final competitors stay at the CC. C-final competitors are unrestricted.

Quarantine closes at 2pm. Competitors who are not in the quarantine by this time are not permitted to start. Competitors within the quarantine are not permitted to communicate with the outside world, all mobile phones, computers and communication is prohibited. The quarantine facilities include changing rooms, toilets and a simple shop.

TIME SCHEDULE

09.00 Start Elite Series & Silva Junior Cup

12.00 Start Tuna Sprint

13.40 Assembly for quarantine for A-final competitors

(Quarantine closes 14.00)

14.00 Start B-final Elite Series
14.40 Start A-final
16.45 Prize ceremony
17.00 Start B-final Silva Junior Cup
17.15–17.45 C-final, free start times