

## : FOR THE PROGRAMME

ELITE SERIES & SILVA JUNIOR CUP : SPRINT WITH QUALIFICATION/FINAL  
TUNA SPRINT WITH JUNIOR CLASSES & OPEN COURSES : DD-CUP  
FRAMTIDSDALEN : BORLÄNGE : 25th MAY 2006 : STORA TUNA IK



### : SPIKED & DOBB-SPIKED SHOES ARE NOT PERMITTED!

This applies to all competitors.  
Please use running/training shoes.

### : CLOSURE OF COMPETITION AREA

The competition area is closed to all competitors from 9.30 p.m. Wednesday 24th May 2006 until after their respective start time.

### : ELITE SERIES & SILVA JUNIOR CUP

Competitors should congregate in the competitor's assembly area (as specified in the Programme) and may not visit the competition arena before the start.

At the competitor's assembly area there are chestnumbers, tents and toilets. There is no toilet at the start which is approximately 1 km from the competitor's assembly area. Competitors who have qualified to the A or B finals (senior classes) may not leave the competition arena (as specified in the Programme) after the qualification races.

These races are conducted using the Swedish Orienteering Federations rules. See:

[www.orientering.se/t2.asp?p=4351](http://www.orientering.se/t2.asp?p=4351)

[www.orientering.se/t2.asp?p=99093](http://www.orientering.se/t2.asp?p=99093)

All A-final runners are to walk together to the quarantine area at the preliminary time of 1:45 p.m. (The exact time will be presented in the Programme). B-final runners must remain in the competition arena until their start. C-final runners are unrestricted. The quarantine area's gate will close preliminarily at 2.00 p.m.; runners who have not entered this area by this time will not be permitted to start. It is not permitted for persons within the quarantine to receive information from outside of the quarantine area; this includes the use of mobile phones, computers etc.

*Be well prepared!  
Practice makes perfect!*

*Nils Olsson  
Stora Tuna IK  
+46 23 176 81*

### : FOOD DURING THE DAY

There is a restaurant nearby serving lunch, and also the usual cafeteria at the competition arena.

