



Swedish Multisports Federation invites you, at O-Ringen Örebro 2010, to the



Biathlon orienteering competition (air rifles), park sprint

Activity day, Wednesday 28th July 2010

- Competition site:** The Activity square, O-Ringen Town, Örebro.
- Classes:** Men: H13-16, H21, H40-
Women: D13-16, D21, D40-
Minimum age: 13 years old.
- Course length:** Estimated winning time (orienteering+shooting) approx 17-22 minutes.
- Map:** Scale 1:3000. Eqv. 2 m. New map in 2010, (not acc. to the sprint standard).
- Terrain:** Flat park area with gravel paths and playgrounds, connecting on to a housing area and the O-Ringen Town. Very good runnability, but thick hedges and shrubberies exist.
- Weapons:** Air rifles. For loan. Weapons incl. ammunition will be included in the fee. HD13-16 will shoot prone (2 times) with support.
- Punching system:** Sportident. State your SI-card number in your entry.
- Entry:** Latest on Sunday 18th July, to Hans Mandahl, e-mail: hans.mandahl@telia.com .
State SI-card no. and requested start time, plus two extra alt. start times.
Notice limited number of competitors and limited available starting times.
- Entry fee:** Age up to 16 years: 60 SEK, others: 100 SEK. Payment at competition center before your start group. Hire of SI-card 20 SEK.
- Late entry:** Is possible if still free starting times exist, with 50% extra entry fee, at the Activity square, no later than Monday 26th July.
- Start groups:** 09:00, 10:30, 12:00, 14:30, 16:00, 17:30, 19:00.
(7 start groups) Starting times will be put up at the Activity square.
- No. of competit.:** Maximized to 12 competitors in each start group. Maximum 84 competitors.
- Realization:**
1. Competition information at each start group time (payment before).
 2. Adjustment shooting 20 min, runners take their no. bib and control definition.
 3. Individual start (30 sec starting interval) – orienteering 1st course
 4. Prone shooting 5 rounds – penalty loops (one loop for each miss)
 5. New map - Orienteering 2nd course
 6. Standing shooting 5 rounds (HD13-16 prone shooting) – penalty loops (one loop for each miss)
 7. Finish
- Prices:** Price to each class winner, and also drawn prices. Can be collected at the Activity square, Thursday 29th July, up on the price winners number bib.
- Information:** Hans Mandahl, +46 19 18 32 00, +46 70 527 18 32, hans.mandahl@telia.com .
- Web page:** More information about biathlon orienteering at www.biathlonorienteering.se .
- Training:** Shooting practice with air rifles at the Activity square, days before competition.