



Swedish Multisport Federation invites you, at O-Ringen Hälsingland 2011, to



## Biathlon orienteering competition (air rifles), sprint

### Activity day, Tuesday July 26<sup>th</sup> 2011

- Competition site:** Biathlon Orienteering Arena, O-Ringen, Mohed.
- Classes:** Men: H13-16, H21, H40-  
Women: D13-16, D21, D40-  
Minimum age: 13 years old.
- Course length:** Estimated winning time (orienteering+shooting) approx 15-20 minutes.
- Map:** Scale 1:5000. Eqv. 5 m. Map not according to sprint standard.
- Terrain:** Flat forest area near houses, camping site and beach. Lots of buildings, paths and roads. Good runnability. All housing areas are forbidden zones!
- Clothing:** Full cover.
- 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 Tuesday July 19<sup>th</sup>, to Hans Mandahl, e-mail: [hans.mandahl@telia.com](mailto:hans.mandahl@telia.com) . State SI-card no. and requested start time, plus two extra alternative 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 area before your start group. Rent of SI-card 20 SEK.
- Late entry:** Is possible, if still free starting times exists, with 50 % extra entry fee, at the Biathlon Orienteering Arena, no later than Monday July 25<sup>th</sup>.
- 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 Biathlon Orienteering Arena.
- 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, competitors take their number bib.
  3. Individual start (30 sec starting interval). Start punch – orienteering 1<sup>st</sup> course.
  4. Prone shooting 5 rounds – penalty loops (one loop for each missed shot).
  5. New map - Orienteering 2<sup>nd</sup> course.
  6. Standing shooting 5 rounds (HD13-16 prone shooting) – penalty loops (one loop for each missed shot).
  7. Finish.
- Prices:** Price to each class winner, and also drawn prices. Can be collected at the Biathlon Orient. Area, Thursday July 28<sup>th</sup>, up on the price winners number bib.
- Information:** Hans Mandahl, +46 19 18 32 00, +46 70 527 18 32, [hans.mandahl@telia.com](mailto:hans.mandahl@telia.com) .
- Web page:** More information about biathlon orienteering at [www.biathlonorienteering.se](http://www.biathlonorienteering.se) .
- Training:** Shooting practice with air rifles at the Biathlon-O-Arena, days before competition.