



Idrefjällens OK welcomes you to two WC-tests. On Sunday 27 June there will be a middle distance and on Wednesday 30 June a long distance. These competitions will be an opportunity for those who wish to participate in the Swedish team in the Orienteering World Cup Idre Fjäll 12-15 August 2021.

These races are only open for M21E and W21E. For others who want to run on Idre Fjäll during the summer, we refer to Idrefjällveckan Light 2021 and Idrefjällsommaren 2021. See separate invitation for this on IOF Eventor.

The races will be adapted to the pandemic. This means that we will have no arena, no number bibs, no speaker, no shower etc. However, the execution will be as race-like as possible regarding start, courses, finishes etc.

There are many accommodation options at Idre Fjäll and how to book is described in the invitation. Don't forget to register for the races in <u>IOF Eventor</u>.

CORONA INFORMATION

Based on current legislation and recommendations from the Public Health Agency, the following elements have been adapted. In the event of any relaxation of the restrictions, the competition layout may be adjusted.

- No showers.
- No results service at the competition (but on the internet).
- No prize-ceremony.
- No luggage service.
- No number bibs.

INFO CENTER

Race office and info centre during the race days to be located at Idre Fjäll. It will provide all kinds of participant services during the week and will be open from Saturday 26 June.

More detailed information about the competitions and possible relaxation of restrictions will be published in the PM the week before the competitions.

MIDDLE DISTANCE 27 JUNE

An exciting middle distance where participants will be offered a mix of mountain forest as well as some bare mountain. The gradient is moderate to occasionally strong. Both the runability and visibility are good to very good. The ground can be a bit rocky in some areas, very few paths and streams.

H21E 35 min

D21E 35 min

First start 11:00

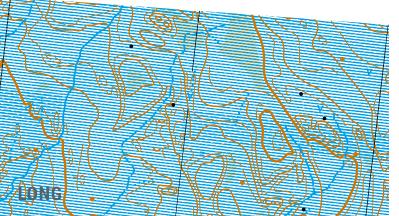
LONG DISTANCE 30 JUNE

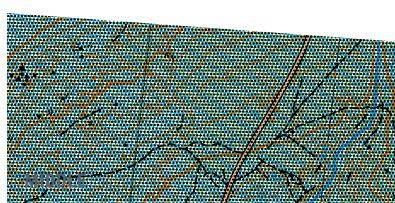
A long distance in a beautiful wilderness area. Here the participants are offered a fantastic nature with both very good runability and visibility. Some areas however with rocky ground. Here you get a feeling of untouched nature and peacefulness. Generally, the terrain is fairly flat with a moderate to hilly terrain.

H21E 95 min

D21E 95 min

First start kl. 10.00







Middle: 1:10 000 produced 2019 – 2021byv Per Forsberg and Kenneth Kaisajuntti according to ISOM 2017.

Long: 1:15 000 produced 2019–2021 by Tord Hederskog and Per Forsberg according to ISOM 2017.

EMBARGOED AREAS

See map in this invitation and **IOF Eventor**.

ACCOMMODATION

Idre Fjäll has several accommodation options for participants during Idrefjällveckan and you can book directly through www.idrefjall.se/boende

PUNCHING SYSTEM

The WC tests will use EmitTag (touchfree) as a punching system. All participants will be able to borrow it for the competitions.

More info about EMIT and how it works will be presented in the PM.

ENTRIES

Entries for all competitions will be done via <u>IOF Eventor</u> by Sunday 20 June at 23.59.

SHOWERS

Dusch finns inte på arenorna utan vi hänvisar till Idre Fjälls anläggningar samt ert egna boende under samtliga tävlingsdagar.

PARTICIPANTS

At the moment we have no participation limit. However, this may change due to restrictions and regulations. In order to register for these competitions, you must be ranked among the top 300 on the Sweden list.

PARTICIPATION FEE

200 SEK/runner/day. Late registration 400 SEK/runner/day. The fee will be invoiced to the club afterwards. Participants from foreign clubs pay in advance

INTERNATIONAL PAYMENTS

Payee: Idrefjallens OK.

Currency SEK, payment is only accepted in Swedish

currency.

IBAN: SE12 8000 0818 7700 4180 3164

BIC: SWEDSESS

Bank (recipient): Swedbank

Enter your club name when paying

COMPETITION RULES

International Orienteering Federation, Swedish Orienteering Federation and thye PM of the competitions.

ORGANISATION/CONTACT

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Per Forsberg Tord Hederskog

Event adviser Henrik Skoglund, Sverige

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