



PM

NATIONELL TÄVLING LÅNGDISTANS

Lördagen den 7 augusti 2021
Toröd



We follow The Swedish Orienteering Foundation and Swedish Health Agency's recommendations and have made adaptations to the competition and arena accordingly.

- ★ Stay at home, even if you only have mild symptoms.
- ★ Maintain distance from other people, especially at the start and after finish.
- ★ Use hand sanitizer that we provide at toilets, the starts and after finish.

Friendly reminders are posted around the arena.

Start

First start at 10.30.

Start 1: M16, W/M18-W/M65, M70, M75, Open Difficult 5 km and 7 km, distance 900m, follow orange-white strips for guidance

Start 2: Open 2-3 km, Easy 5 km. W/M10-W16, W70, W75, W/H80-85, distance <100m, follow orange-blue strips for guidance

Free start between 10.30-12.00 in open courses. Remember to punch Start!

Ströken classes

W35, W80, M20

Map

Scale 1:10 000, 1:7 500 for W/M45 and older..
Equidistance 5 m. Created 2018, revised 2021. Laser printed.

Part magnified 1:5000 for two controls. Applies to M18, M20, M21K, W21, M21, M35, M40, M45, M50 och Difficult 7 km

White strips to guide part of trail for Open Very Easy and W/M14.

Punching

Sportident.

Resultat

No posted results on the arena to avoid crowds. All results online at <https://live.orientering.se>.

	Final results are posted at Eventor.
Water Stations	Three water stations for the longer courses.
Maximum Time	3 hours.
Toilets	There are six toilets in the arena. No toilets at the starts.
Service	Due to Covid-restrictions we offer no shower. No cafeteria is available either. Please bring your own meal.
IMPORTANT!	It is strictly forbidden to enter private properties and forbidden areas marked on the map.

Stenungsunds OK
we wish all of you welcome
HAVE A GREAT DAY IN THE FOREST

We thank our sponsors



Persson
HYRMASKINER

Erbjuder allt du behöver till din arbetsplats.

Hemköp

Hemköp i Stora Höga, handla gärna på väg hem.