

- * HANINGE SOK
- * HELLAS ORIENTERING
- * OK RAVINEN



Invitation

NORDIC OPEN JUNIOR MEETING

May 7 and 8, 2011

Nordic Orienteering competition including Silva Junior Cup and Stockholm OF UP

Classes

May 7 – Long with elite-classes, Silva Junior Cup and UP. Classes and courses according to Swedish Competitions rules 2011.

May 8 – Relay with 4 legs. The teams shall include one runner from each M18, W18, W20, M20. Teams can be set up free between different clubs and organizations.

May 8 – Middle with elite classes for M21 and W21. Classes and courses according to Swedish Competitions rules 2011.

Classes can be merged in accordance with the Swedish rules.

Competition centre

Hammarby Gärd in Haninge. Directions from Dalarövägen, road 227. From there 4 km to the competition centre. Public transportation, bus 339 from Handen terminal to Högstavägen, then 4 km to walk.

Parking

Parking - Competition centre about 200-700 m. Fee SEK 20/vehicle.

Classes and Courses

Long/Middle Class	Difficulty	Length km long/middle	Class	Difficulty	Length km long/middle
W10	White	2,5 /2,1	M10	White	2,5 /2,1
W12	Yellow	2,8 /2,2	M12	Yellow	2,6 /2,2
W14	Orange	3,3 /2,8	M14	Orange	3,9 /2,9
W16	Violet	4,2 /3,6	M16	Violet	5,0 /3,8
W18	Black	4,6 /3,4	M18	Black	6,6 /3,6
W18E	Black	6,5 /--	M18E	Black	8,7 /--
W20	Black	4,6 /3,4	M20	Black	6,6 /3,6
W20E	Black	7,4 /--	M20E	Black	10,8 /--
W21	Black	7,0 /3,6	M21	Black	10,0/ 4,8
W21 Short	Black	5,5 /--	M21 Short	Black	8,1/--
W21E	Black	8,1/4,7	M21E	Black	13,8/5,2
W35	Black	4,6/3,5	M35	Black	6,6 /4,7
W40	Black	4,6/3,5	M40	Black	6,5 /4,2
W45	Black	4,3/3,2	M45	Black	6,1 /4,0
W50	Black	3,6/3,1	M50	Black	5,7 /3,6
W55	Black	3,6/3,1	M55	Black	5,1 /3,5
W60	Black	3,6/2,4	M60	Black	4,6 /3,4
W65	Black	3,6/2,4	M65	Black	4,4 /3,2
W70	Blue	2,8/2,4	M70	Blue	4,4 /3,0
W75	Blue	2,8/2,0	M75	Blue	3,6 /3,0
W80	Blue	2,6/2,0	M80	Blue	2,8 /2,4
W85	Blue	2,6 /2,0	M85	Blue	2,8 /2,4
Inskolning	Green K1	1,5-2,0			
U1	Green	2,0 /2,1			
U2	White	2,4/2,2			
W12 kort	White	2,4 /2,1	M12 kort	White	2,4 /2,1
W14 Kort	Yellow	2,8 /2,2	M14 Kort	Yellow	2,8 /2,2
W16 Kort	Orange	3,3 /3,0	M16 Kort	Orange	3,9 /2,8
W17-20 Short	Violet	4,2 /--	M17-20 Short	Violet	5,0 /--



Open Motion 1	White	2,4/2,2	Open Motion 5	Orange	3,3 /3,6
Open Motion 2	White	3,2/--	Open Motion 6	Red	5,7 /--
Open Motion 3	Yellow	2,82,6	Open Motion 7	Blue	2,8 /3,0
Open Motion 4	Yellow	4,4/--	Open Motion 8	Black	4,3 /--
			Open Motion 9	Black	6,6 /4,8

NOJM Junior Relay

Leg 1	open for M18	6,1 - 6,2
Leg 2	open for W18	4,9 - 5,0
Leg 3	open for W20	4,9 - 5,0
Leg 4	open for M20	6,1 - 6,2

Entering

Via Eventor <http://eventor.orientering.se> at the latest Thursday April 28, at 23.59 or if not possible by e-mail to nojm2011@gmail.com.



Qualification to the Silva Junior Cup according to specific rules, which can be seen at www.orientering.se.

Relay entering via Eventor <http://eventor.orientering.se> or if not possible by e-mail to nojm2011@gmail.com. At the entering it shall be stated if it is a country team, club team or mixed club team, as well as individual names with SI-cards. For foreign clubs the entry fees must be paid cash before start at the competition centre.

Changes of teammates or SI-cards can be done via Eventor <http://eventor.orientering.se> until Tuesday May 3 at 23.59, or if not possible by e-mail to nojm2011@gmail.com. After May 3 it is only possible to change names, not SI-cards, by e-mail or at the competition centre latest one hour before official start time of the relay competition.

Entry fees



Up to 16 years of age SEK 55, elite classes SEK 130, others SEK 100.
Relay teams SEK 520.
Renting of SI-card SEK 25.
Rented lost SI-card will be charged with SEK 350.

Late entering

At the latest May 3, at 23.59. 50 % increase in the entry fees.

On the day entering to the Open classes

At the competition centre
May 7, 9.00-11.30. Free start 10.00-12.00
May 8, 9.00-11.30. Free start 10.00-12.00.
SI card to be rented.

Map

Tyresta - Norrbytorp updated 2010-2011 contour lines 4m.
May 7, Scale 1:15 000 for HD16 - HD35, all other 1:10 000.
May 8, Scale 1:10 000.

Terrain

Terrain: Typical terrain for the southern part of Stockholm. Forrest with few paths. A power line is crossing the area. The vegetation consists mainly of old pine and spruce trees, and small areas with fresh vegetation.

Contours: Middle to heavy climbing.

Runability: Good to very good. Some areas with less runability are marked on the map.

Start

May 7, first start at 10.00
May 8, first start at 10.00
Relay will be announced later.

Free start in U and Open classes between 10.00 to 12.00.

Punching method

SI-card in all classes (up to version 8).

Prices

According to StOF recommendations.

Internet

News , invitation, latest information and more can be found at www.hellasorientering.se/nojm/

Service

We will offer shower outdoors, cafeteria, limited health care, children care, younger children's mini-orientering and sport sales by OL-specialisten.



Event directors

Stefan Hedengren, Haninge SOK, 070-673 13 55, stefan.hedengren@comhem.se

Information: Ola Kåberg, OK Ravinen, 070-323 66 95, ola.kaberg@telia.com

Information: Clas Ström, Hellas Orientering, 070-513 20 20, classe@stroms.eu

Course planners

May 7 Gunnar Nyberg, Hellas Orientering, 070-433 27 18
Kenneth Berglund, Hellas Orientering, 070-406 60 82

May 8 Lars Greilert, Haninge SOK, 070-548 11 60

Please visit Lars Greilerts course planners blogg
<http://klart.blogg.se/category/banlaggartankar.html>



Welcome

Silva Junior Cup

SILVA
The Best Choice

