



# 2010

Welcome to Idre O-Week 2010! – for the 36th year in a row.  
We use Sportident punching system on all competitions.

**N.B.! All SOUNDS ARE TURNED OFF on the Sportident punching units, except for last control and by finish line.**

### O-WEEK EVENT CENTER

is located in conference room Lappspiran in the Main building, Idre Fjäll. Telephone +46-253-41455 or +46-70-7465812.

### CHANGING AND SHOWERS

The competitions take place in a protected area where we are not allowed to let out any waste water. Thus we cannot offer showers and instead suggest you use your accommodations for changing and showers. Or use a wet cloth.

### CONTROLS

All competition controls have stands with a SportIdent unit and a real control flag.

The permanent O-arrangements in terrain instead have plastic control flags of training model.

### MAPS

Maps use scale 1:15.000 (HD16-HD21), 1:10.000 (HD10-HD14, HD35-HD65, U, Ö) and 1:7.500 (HD70-HD85).

On the middle distance, everybody get 1:10.000 except HD70-HD85 who get 1:7.500. Sprint map scale is 1:5.000.

### NATURE RESERVE

Please notice that much of our competition areas take place in the Stådjan-Nipfjället nature reserve, which i.g. means that dogs must be on leash.

### SPORTIDENT CARDS

Please check that your card number is correct in all startlists! Rental cards costs 32 SEK/day.

### NUMBER BIBS

All runners have number bibs except in open classes. Same number bib is used all parts of 3-days.

### START

At the start, control descriptions and maps are handed out separately. Staplers available behind the maps. On 3-days 1st and 3rd day, there are two starts. Classes H10, D10, U1, U2 and Ö1 use a start of their own these two days.

### RESULTS

Results are web-published on [www.kart-bosse.se](http://www.kart-bosse.se)  
Results are also announced at the Event center, where resultlists are handed out, one per cabine/room/club. You can also buy printed splittimes.

**STARTLISTS** can be found on the wall at Event center and on [www.kart-bosse.se](http://www.kart-bosse.se)

### COMPETITION CENTERS (CC) each day

see map on the wall at Event center or [www.kart-bosse.se](http://www.kart-bosse.se) (under "Idreveckan/O-Week").

**MINIOR COURSE** all days but on Fjäll-sprinten.

**CHILD CARE** available all days.

### MAPS AND TRAINING PACKAGES

In the terrain, there are permanent controls on areas Slättvålen and Gränjesåsen. These, and the more easy Naturpasset can be bought in the Sporthall or at the Event center.

### DRAW YOUR ROUTE CHOICES!

We'd love you to drop by the event center and draw your route choices! Your adventures are all interesting, regardless of age, class or performance. A number of courses complete with route choices and Kart-Bosse's comments each year turn up on [www.kart-bosse.se](http://www.kart-bosse.se).

### 27.6 IDRE FJÄLL-OL

Individual start. First start 10 am. CC at summer parking space (where the road ends), Nipfjället, 10km from Idre Fjäll. Distance CC-start is 400m.

### 28.6 FJÄLL-SPRINT

First start 10am. CC at summer parking space (where the road ends), Nipfjället, 10 kms from Idre Fjäll. Distance CC-start 100m. This sprint is solely in the wild, why standard clothing shall be used.

### 29.6 – 30.6 – 1.7 IDRE 3-DAYS

Individual 3-day orienteering. Lotted start day 1 and 2, chasing start according to accumulated time differences day 3. You are allowed to run all days regardless of completing earlier races or not.

CCs are announced on wall at Event center and on [www.kart-bosse.se](http://www.kart-bosse.se). First start 10 am each day.

**Day 1**, CC on the road near nordeastern part of Lake Burusjön, 8 kms from Idre Fjäll. Parking along the way. Distance CC-start 1: 1200m. (All classes but the ones listed below.)

Distance CC-start 2: 300m. (Classes H10, D10, U1, U2, Ö1.)

**Day 2**, CC at foot of Aske ski lift, 1000m from main building, Idre Fjäll. Walk from main building parking space. Distance CC-start 200m.

**Day 3**, CC at the BBQ spot, Lake Burusjön, 8 kms from Idre Fjäll. Distance CC-start 1: 600m (All classes but the ones listed below.) Distance CC-start 2: 300m. (Classes H10, D10, U1, U2, Ö1.)