



Open Nordic Baltic Deaf Orienteering Championships

14 - 16 september 2018 in
Perstorp, Sweden



Bulletin 4

Information about transport

The train from Copenhagen Airport to Helsingborg departs every hour starting at 7:42 until the last departure at 23:42. The timetable is as follows: 7:42, 8:42, 9:42, 10:42, 11:42, 12:42, 13:42, 14:42, 15:42, 16:42, 17:42, 18:42, 19:42; 20:42, 21:42, 22:42, 23:42.

It takes 1 hour 5 minutes by train. A train ticket Copenhagen Airport-Helsingborg costs 205 SEK per person. You can buy the ticket at the ticket machine by the train entrances at the airport before going down to the train.

On Thursday 13 September, our bus picks participants up by Helsingborg train station at the following preliminary times: 13.00, 18.00 and 22.00. On Friday 14 September, we will be able to, by agreement, collect participants at Helsingborg station, preferably before 14.00 if you plan on participating in the sprint event in Perstorp on Friday. You need to tell us your need of transport to Henrik Eklund by e-mail at orientering@dovidrott.se or via Facebook video messenger, Skype or Whatsapp video at +46760282727.

Accommodation at EFS-gården

We have booked accommodation for everyone at EFS-gården, Ånhultsvägen 31, 286 72 Åsljunga, Sweden. We allocate rooms for all participants spread over two buildings.

We have access to EFS-gården from Thursday 13 September at lunch time until the morning of Sunday 16 September. At EFS-gården breakfast, lunch, fruits, dinner and easy evening tea/coffee with bread is served.

Checking out time is at breakfast on Sunday 16 September. All participants need to bring their baggage to the venue. Transport by bus to Helsingborg after the long distance.

General information

For your information, the orienteering club FK Boken in Perstorp arranges the orienteering competitions for both Open Nordic Baltic Deaf Orienteering Championships (Open NBM) and Swedish Master Orienteering Championships (veteran-SM). Open NBM and veteran-SM start at the same time in sprint. In the Middle and Long events, Open NBM start one hour before veteran-SM. In this Bulletin, all the start times are for Open NBM. It means that start times for veteran-SM in middle and long is one hour after Open NBM.

There will be no opening ceremony for Nordic Baltic Championships. No name tags will be handed out. It is a good idea for every participating country from the Nordic and Baltikum to bring their own national flag. The purpose is for team photos.

We have booked transport to the sprint, middle and long events by bus. The bus can receive 60 persons. Since we have around 100 participants we will divide the participants in two groups. The

bus will drive twice to the venue. The first 50 people who has early starting time will go with the first bus. When the driver has left the first group to the venue, the driver drives back to pick up the rest of the runners at EFS-gården.

Training Event

Training is possible from Thursday 13 September until Saturday 15 September in the area around EFS-gården. You can get orienteering maps at EFS-gården.

Program

Thursday 13 September	Arrival Training (Free starting time from Thursday to Saturday) Lunch, coffee, tea and fruits At 19:00 Dinner At 21:00 Easy evening coffee/tea with sandwiches/cookies/fruits
Friday 14 September	At 07:00 Breakfast At 10:00 Information meeting for leaders and coaches (Not obligatory). At 12:00 Lunch At 14:00 Bus to sprint event in Perstorp At 16:00 Sprint At 19:00 Dinner At 21:00 Easy evening coffee/tea with sandwiches/cookies/fruits
Saturday 15 September	At 06:30 Breakfast At 8:00 Bus to middle event in Örahult At 10:00 Middle event starts, after that award ceremony and lunch at venue At 13:00 Bus back to EFS-gården At 15:00 Coffee/tea break with fruits/sandwiches At 19:00 Dinner At 21:00 Easy evening coffee/tea with sandwiches/cookies/fruits

Sunday 16 September	<p>At 06:00 Breakfast</p> <p>At 07:15 Bus to Long event in Örahult</p> <p>At 09:00 Long event starts, award ceremony and lunch at venue</p> <p>About 13:00-14:00 bus to Helsingborg station</p>
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Sprint 14 September

VENUE	Folkets Park (The People's Park) in Perstorp
EMBARGOED AREA	From 15.00 the day of the sprint event, the competition area is embargoed and forbidden for competitors to be in until the event is finished, except from during the race itself of course. Violation to this means disqualification. Before 15.00, participants are free to visit and go around the competition area. Read more in the special embargoed document at Eventor for more information and the map of the competition area.
PARKING	All parking will be at the spot marked with P on the map in the Parking Bulletin, published at Eventor. After parking, follow the red/white stripes to the competition venue. Participants who are not in the venue by 15.00 MUST follow the striped pathway from parking to the venue since this pathway is the only allowed path to go to the venue after 15.00. Violation to this means disqualification. Map and more detailed information can be found in parking bulletin.
START	At 16:00. Distance from venue to start circa 1500 m. Follow orange/white stripes to start. Cover clothes will be transported back from start to the venue.
LATE START	We follow the competition rules set by Swedish Orienteering Federation (SOFT). Contact volunteers at start if you miss your "Go forward time".
PUNCHING SYSTEM	Sport Ident. Runners who have not registered an SI number will be given a rent SI-card. There is a small number of SI-cards for rent for those who have forgotten or lost their SI-card. A rented SI-card costs 50 SEK/day. If you lose your rented SI-card you will be charged 500 SEK.
WARM-UP	Warm-up is only possible in the area between venue and start.
MAP	Perstorp City, partly newly drawn/revised 2018 by Perola Olsson. Map scale 1:4 000, 2 m contour interval. Color printing with Xerox 7100.
LOCAL SIGNS	X Special human-made items.
CONTROL DESCRIPTIONS	Loose copies of the control descriptions will be available in the start lanes. Are also printed on the front side of all competition maps.

OPEN COURSES

Open course 3,5,7. Registration at venue between 16-17. Start between 17-18.

TERRAINS

The sprint event is situated in the central parts of Perstorp. The ground consists of mostly asphalt or paving stone, elements of park areas with grass and gravel walks. The area consists of both residential areas and more urban areas, such as square, streets, stairs, parks and alleys. Small to moderate high differences. Passability/running ability is very good.

COMPETITION RULES SPRINT





Specific rules apply for sprint orienteering, which differs from traditional forest orienteering. The competitor is responsible to learn these rules. Violation means disqualification. In the competition area there are volunteers who control that the runners follow the rules and note eventual violations. Link to document that visualizes the difference between sprint and traditional orienteering as well as map signs that are forbidden to passage. Please read the document so we will have a competition with good sportmanship and avoid unnecessary disqualifications.

PROHIBITED AND BARRED AREAS

The map is drawn according to the sprint norm, which means that:

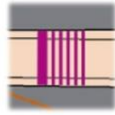
- Walls and fences are not to be crossed, although it is possible in practice, are drawn with thick (0.4 mm) black lines. Passage of wall or fence drawn with thick black dashes leads to disqualification.
- Vegetation drawn with dark green (black-green) color may not be passed, although it is possible in practice. Passing such hedges and bushes causes disqualification.

The following colors illustrate the prohibited area on the map and are thus forbidden to pass.

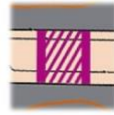
Olivgrön färg:		Tomtmark, blomrabatter och annan förbjuden mark.
Mörk, mörk grön färg:		Häckar och buskage.
Violet:		Uteserveringar och andra tillfälliga byggnadskonstruktioner.
Violet-streckat:		Tillfälligt förbjuden mark. Mark markerad med vertikala violetta streck får inte passeras.

In order to facilitate for the participants, non-passability is also clarified with blue-yellow stripes in some places in the terrain.

In order to raise problems of choice of paths on the courses, the organizer has blocked a number of streets for passability. These blockages are reported as prohibited areas on the map with violet lines. In the terrain, the boundaries of these prohibited areas are marked with crush barriers (with solid yellow blue stripes) towards the direction of running. Where the crush barrier has been placed to mark the boundary, it is shown with a thick solid-purple violet line on the map. See picture A below for how it is shown on the map.

A

Redovisning av förbjudet område när kravallstaket endast är utplacerat i ena änden (mot löpriktningen).



Redovisning av förbjudet område när kravallstaket är utplacerat för att markera gränsen i båda ändarna.

Since we are unable to block these streets for traffic, the crush barrier is only placed on the sidewalk and parking spot along the roadway. Thus there is an opening in the barrier to allow motor traffic to pass. To make it clear on the map, we have chosen to report the full stretch of solid thick violet dash (see figure A) and in the opening, full solid stripes are replaced by the flag guard, which makes the border clearly visible in the terrain. In addition, the surface in front of the crush barrier is free from parked cars, which makes the border visible from distance. See picture B below for how the border is highlighted in the terrain.

B**TRAFFIC**

Note that streets are not off for traffic due to the competition. Competitors DO NOT have priority in traffic even if you cross the street by bypassing the pedestrian crossing. The runners are like any other road users and it is very important to be careful when crossing streets, sidewalks and cycle paths. There will be competition officials in sensitive areas in the competition area, but their task is not to stop traffic to give runners a priority. Their task is only to warn runners and other road users about dangerous situations. There are some narrow passages with obscure visibility. Keep to the right even if it means outer curve. Competitors, officials and spectators participate at their own risk.

CONTROLS

Controls with Sport Ident unit, screen and staple clamp in reserve. The code number is visible on the units. It is the runner's responsibility to check that correct punching is done and that the punching has led to both audio and light signals. Use the staple clamp if the device is not flashing or piping. The checks are monitored.

CLOTHING

No requirement for comprehensive clothing. Spikes and metal studded shoes are prohibited!

**START
NUMBER BIBS**



Runners in competition events shall have number bibs well visible on the chest. Each club needs to pick up the number bibs in the venue expedition from 15.00. Bring your own safety needles.

MAXIMUM TIME

The maximum running time is 40 minutes in all classes.

FINISH	The finish punching is done on the finish line.
START LISTS	Will be published as soon as all post-registrations are done. Start lists will be published at http://nbdcorienteering2018.com , at the venue and at the start area. The names on the start lists are drawn.
SHOWER	Warm shower indoors at the sports hall about 400 metres from the venue, follow red/white stripes. It is marked on the area map.
TOILETS	At the venue and at the start area.
FIRST AID	Simple first aid is available in the venue.
REFRESHMENT	Ordinary market catering with coffee, coffee breads, sandwiches, candy, soda, sausages and pasta salad is available in the venue.
SPORTS SALES	No sports sales on the venue.
SWISH/CASH	It is possible to pay with Swish, a Swedish payment service. We also accept cash (Swedish crown, SEK).
RESULT LISTS	Result lists will be put up in the venue and is also available online at http://live.orientering.se/ . After the competition is finished, results will be published at http://nbdcorienteering2018.com .
ANALYSIS OF ROUTE CHOICES	Directly after the last runner has started, all the classes are available for analysis of route choices at www.livelox.com .
AWARD CEREMONY	As soon as all the classes are finished. Medals to the three first participants in each class.
WINDBREAK	No windbreaks are allowed in the venue due to lack of space.
COMPETITION RULES	Competition rules by Swedish Orienteering Federation (SOFT) supplemented with this bulletin apply.
COMPETITION DIRECTOR	Peter Larsson
Staff from SDI	Frej Fredman and Sofia Lindewall
COURSE SETTER	Leif-Åke Andersson
JURY	OK Pan-Kristianstad.



Middle 15 September

VENUE	About 15 km north of Perstorp. Direction about 4 km east exit 72 E4 Örkelljunga at junction with road 24 / road 108. GPS coordinates N 56° 15' 19.58", E 13° 22' 18.27". From the start of the direction, about 3 km dirty road to the parking. We urge everyone to follow the direction.																								
PARKING	Parking at grassland in connection to the venue. There are toilets and water in connection to the parking.																								
CLASSES AND COURSE LENGTHS	<table border="1"><tr><td>H21</td><td>4,7</td><td>D21</td><td>3,7</td></tr><tr><td>H40</td><td>3,8</td><td>D40</td><td>3,2</td></tr><tr><td>H50</td><td>3,6</td><td>D50</td><td>2,9</td></tr><tr><td>H60</td><td>3,1</td><td>D60</td><td>2,5</td></tr><tr><td>H70</td><td>2,5</td><td>D70</td><td>2,0</td></tr><tr><td>H20</td><td>2,7</td><td>D20</td><td>2,7</td></tr></table>	H21	4,7	D21	3,7	H40	3,8	D40	3,2	H50	3,6	D50	2,9	H60	3,1	D60	2,5	H70	2,5	D70	2,0	H20	2,7	D20	2,7
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H60	3,1	D60	2,5																						
H70	2,5	D70	2,0																						
H20	2,7	D20	2,7																						
FIRST START	Firstly ordinary for Open Nordic Deaf Orienteering championships start at 10.00. Post-registered runners start first in each class.																								
START AREA	Orange/white stripes to start area, distance 500 m. The road to start is dirty road. Observe! No toilets at the start area.																								
LATE START	The competition rules of Swedish Orienteering Federation (SOFT) apply. Contact start staff at missed "Go forward time".																								
PUNCHING SYSTEM	Sport Ident. Runners who have not registered their SI-card will be given rented SI-cards. It is possible to rent a small number of SI-cards for those who have forgotten or lost their SI. Rented SI-cards are charged with 50 SEK per day. Lost SI-card will be charged with 500 SEK.																								
START NUMBER BIBS	All runners in the competition classes shall wear number bibs visible on the chest. Start number bibs are handed out in envelopes at the competition wagon from 9.00. Bring your own safety needles!																								
MAP	For classes DH21 up to DH50, scale 1:10 000 and for classes DH60 up to DH70 scale 1:7500. Contour interval 5 metres. The map is drawn 2018 and follows the new map norm ISOM 2017. Map drawer: Fredrik Nilsson.																								
LOCAL SIGNS	X Hunting pass (black cross)  Earth cellar (Brown triangle)  Distinctive trees (Green, round ring)																								
PROHIBITED AREAS	All landmarks and prohibited areas are marked on the map.																								

CONTROL DESCRIPTIONS	Loose copies of the control descriptions will be available in the start lanes. Also printed on the front side of all competition maps.
OPEN COURSES	Open 5, 7, 8. Registration in the venue between 10-12. First start 11, last start 13. Fee: 130 SEK for adult, 75 SEK for junior.
TERRAINS	Terrain type: Varied, mixed forest to open beech forest, very detailed, hilly hills. Good passability. Weak to moderate high differences.
START LISTS	Start lists will be published as soon as all post-registrations are done at http://nbdcorienteering2018.com , in the venue and at the start area. Names on the start lists are drawn.
CLOTHING	Comprehensive clothing according to the competition rules of Swedish Orienteering Federation.
COVER CLOTHES	Will be transported from start area to venue.
CONTROLS	Controls with Sport Ident unit, screen and staple clamp in reserve. The code number is visible on the units. It is the runner's responsibility to check that correct punching is done and that the punching has led to both audio and light signals. Use the staple clamp if the device is not flashing or piping.
MAXIMUM TIME	2,5 hours.
FINISH	Punching is done on the finish line.
WILD GAME REPORT	Report if you have observed animals like moose and deer.
SHOWER	Heated shower adjacent to venue.
TOILETS	Only in the venue.
FIRST AID	Available in the venue.
REFRESHMENT	Ordinary market catering with coffee, coffee breads, sandwiches, candy, soda, sausages and burgers is available in the venue. Payment with Swish or cash.
SPORTS SALES	Yes, SM Sport.
SWISH/CASH	It is possible to pay with Swish, a Swedish payment service. We also accept cash (Swedish crown, SEK).
CHILD CARE	Will be available.

RESULT LISTS	Result lists will be put up in the venue and is also available online at http://live.orientering.se/ . After the competition is finished, results will be published at http://nbdcorienteering2018.com .
ANALYSIS OF ROUTE CHOICES	Directly after the last runner has started, all the classes are available for analysis of route choices at www.livelox.com .
AWARD CEREMONY	In the venue as soon as all classes are finished. Time will be announced by interpreter. Medals to the three first finishers in each class.
WIND BREAK	May be set up in marked locations and can remain overnight.
COMPETITION RULES	The competition rules of Swedish Orienteering Federation apply.
MAIN VOLUNTEERS	
Event director	Leif-Åke Andersson
Vice Event director	Inge Persson
Staff from Swedish Deaf Sports Federation (SDI)	Frej Fredman och Sofia Lindewall
COMPETITION DIRECTOR	Sören Andersson
VICE COMPETITION DIRECTOR	Krister Österblad
Course setter	Håkan Palm
Assistant course setter	Magnus Larsen
JURY	Håkan Larsson, FK Göingarna

Long 16 September

VENUE	About 15 km north of Perstorp. Direction about 4 km east exit 72 E4 Örkelljunga at junction with road 24 / road 108. GPS coordinates N 56° 15' 19.58", E 13° 22' 18.27". From the start of the direction, about 3 km dirty road to the parking. We urge everyone to follow the direction.																								
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FIRST START	First ordinary start at 9.00. Post-registered runners start first in each class.																								
START	Orange/white stripes to start 1, distance 2000 m. Mostly dirty roads, only a short piece on a smaller path.																								
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CLOTHING	Comprehensive clothing according to the competition rules of Swedish Orienteering Federation.
COVER CLOTHES	Will be transported from start area to venue.
CONTROLS	Controls with Sport Ident unit, screen and staple clamp in reserve. The code number is visible on the units. It is the runner's responsibility to check that correct punching is done and that the punching has led to both audio and light signals. Use the staple clamp if the device is not flashing or piping.
MAXIMUM TIME	2,5 hours.
FINISH	Punching is done on the finish line.
WILD GAME REPORT	Report if you have observed animals like moose and deer.
SHOWER	Heated shower adjacent to venue.
TOILETS	Only in the venue.
FIRST AID	Available in the venue.
REFRESHMENT	Ordinary market catering with coffee, coffee breads, sandwiches, candy, soda, sausages and burgers is available in the venue. Payment with Swish or cash.
SPORTS SALES	Yes, SM Sport.
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MAIN VOLUNTEERS

Event director Leif-Åke Andersson

**Vice Event
director** Inge Persson

**Staff from
Swedish Deaf
Sports
Federation (SDI)** Frej Fredman och Sofia Lindewall

**COMPETITION
DIRECTOR** Krister Österblad

**VICE
COMPETITION
DIRECTOR** Sören Andersson

Course setter Håkan Palm

**Assistant
course setter** Magnus Larsen

JURY Lunds OK

Photos and old map

An old map of the Middle/Long terrain can be found here: [Map](#)

You can see terrain photos here: [Terrängbilder](#) and [Terrängbilder](#)

WELCOME AND GOOD LUCK!

Questions about Bulletin 4? Contact Henrik Eklund at orientering@dovidrott.se or call him via Facebook video messenger, Skype or Whatsapp video at +46 760 28 27 27.

