



Stockholm Indoor Cup 2018

-The World's biggest indoor orienteering event!



Yes! We are back again with the 6th edition of Stockholm Indoor Cup! Once again, we offer a very special orienteering experience in the middle of the Swedish winter. If you have not yet tried indoor-O, now is the time! We offer two completely new maps in two different schools. Welcome to Stockholm 3-4th February for SIC2018.

Competition area stage 1, Saturday 3rd February: Rudbecks Gymnasium, Malla Silfverstolpes Väg 3, Sollentuna. See map: <https://kartor.eniro.se/m/xcfSe>. From Stockholm central station, take the commuter train to Sollentuna station from where buses leave every 20 minutes. Total travel time approx. 30 minutes.

Competition area stage 2, Sunday 4th February: Globala Gymnasiet, Hornsgatan 93, Södermalm: <https://kartor.eniro.se/m/tkbsA>. The metro (red line) stops at Zinkensdamm station, from there 400 metres walk to the arena. Total travel time from Stockholm Central station approx. 15 minutes including walk.

No parking organised on any of the days, if you choose to travel by car, park according to local regulations on nearby streets and parking lots. For stage 2, note that we are in central Stockholm and parking may be very difficult to find.

Competition: Two stages, one on Saturday and one on Sunday. The time from both stages are summed up to give a total result. Shortest total time will be SIC champion 2018!

Categories/ Classes: Shown in the table below. Please note that entry on the day only is available to "SIC Motion"-classes and U2!

Category	Available for	Comments
SIC Herrar (Men)	Everyone	"The original course"- as hard as possible!
SIC Damer (Women)	Women	"The original course"- as hard as possible!
SIC Herrar light (Men)	Everyone	Easier course, but still a competition category
SIC Damer light (Women)	Women	Easier course, but still a competition category
H16 (M16)	Boys 16 yrs or younger	
D16 (W16)	Girls 16 yrs or younger	
H14 (M14)	Boys 14 yrs or younger	
D14 (W14)	Girls 14 yrs or younger	
H12 (M12)	Boys 12 yrs or younger	
D12 (W12)	Girls 12 yrs or younger	
SIC Gubbar (Men veteran)	Men 40 yrs or older	Difficulty same as men's course, but shorter
SIC Tanter (Women veteran)	Women 40 yrs or older	Difficulty same as women's course, but shorter
U2	Youth	For youth (below 16 yrs). Pair running and help allowed. Entry on the day available
SIC Motion lätt (easy)	Everyone	Non-competing category "easy", entry on the day possible
SIC Motion svår (difficult)	Everyone	Non-competing category "difficult", entry on the day possible

We have a limit of 240 competitors per category, and a restriction of 60 starters per start interval. If the number of competitors is high, we may have to restrict the maximum number of competitors in total due to fire regulations.

Start: First start for both days at 10.00 am, last start at 14.00 pm. Allocated start times are applied in all categories except for SIC Motion lätt/svår and U2. You may choose your start time in blocks: block 1 (Swe: "Start time 1"), block 2 ("Start time 2") and so on. One block of start times is one hour long, e.g. Block 1 means a start time will be allocated some time between 10.00 and 11.00. Distance to start maximum 100 m. We do not have a maximum running time, but the finish closes at 15.15 so choose a start time accordingly.

If you need an extra early or late start time any of the days of any reason (for example to catch a flight home), we are happy to help you as much as we can. Send us an e-mail and we will help you!

Entry: Through Eventor (<https://eventor.orientering.se/Events/Show/20784>) (preferably, otherwise by e-mail to info@stockholmindoorcup.se) by Sunday 28th January 23.59. Entry fees per stage are 115 SEK/ adult, 70 SEK/ youth below 16 years. Late entries are allowed until Wednesday 31st January 23.59, 50 % extra fee. If you are not a member of a Swedish orienteering club you MUST pay your entry fee at the arena. Anyone not doing so may be denied start. Payment will be possible by cash or most major cards.

Map and rules: Newly drawn maps 2017/2018. A map from a previous year will be presented so that you can practise the technique before the competition.

The competition has seen a rapid growth in terms of participants, which in many ways is really fun but also brings some difficulties. Finding suitable areas for indoor-O is becoming trickier and although our arenas this year are big it may be quite cramped. If you want a less crowded experience, consider choosing a late start time (start block 4) as experience has shown that most competitors prefer an early start time.

Arena services: Live results, speaker, and of course a great café service (card payments accepted)! Unfortunately, we cannot provide any showers on any of the days.

Extra training: Feel like indoor-O is not enough? Adjacent to Saturday's event, there will be a long run for everyone interested! Free start, choose whether you want to do the long run before or after your SIC race. A mass start will be organised at 13.00 for those who want company. Courses from 5 to 18 km. Refreshments will be available along the route. Entry either by e-mail or through Eventor's "extras" when entering the competition. For this we charge a small fee of 50 SEK.

Enquiries: Either by e-mail to info@stockholmindoorcup.se or by phone to the event director. We are glad to help with any questions you may have!

Main organiser/ event director: Emil Wipp +46 70 525 90 51.

Course setter: Oskar Forsberg & Joakim Skärén (with help from Assar Hellström & David Hector)

We are on Facebook and Instagram, follow us there for the latest news!

www.facebook.com/stockholmindoorcup. Hashtag your Instagram pictures with #sic18! Our official webpage is www.stockholmindoorcup.se.

Welcome!

