

O-Ringen Indoor 2022 IKEA

Final details/bulletin 2

FINALLY we get the chance to welcome you to O-Ringen Indoor at IKEA in Uppsala! This will be something completely unique, to run in an IKEA department store is something few have ever had the chance to do. We look forward to welcoming you to perhaps our most spectacular event ever!

The three most important points in this document:

- All entries are sold out, thus there will be no entry on the day
- The class "Svårast" (most difficult) will be split into two.
- The store is open during the entire competition, meaning an increased risk of incidents. We therefore urge everyone to be careful and understanding towards each other, to avoid any incidents. Anyone showing an unprofessional, disrespectful behaviour will be disqualified and not allowed to finish their course.

Arena: Outside IKEA Uppsala, see map: <https://goo.gl/maps/BJNFP1nRPxKuQ1dHA>. The arena is located outdoors, just South of the main entrance. Walk towards the main entrance and you will see it. Distance from the O-Ringen square is approx. 6 km, bicycle-friendly routes are available.

Parking for bikes can be found at the arena, and plentiful of car parkings as well, utilizing IKEA:s ordinary parking (the same as the satellite parking for the "ordinary" O-Ringen. Several buses also stop at IKEA, check ul.se for your route.

Entries and entries on the spot: All entries are sold out, and there are no more spots to allocate. Therefore, there will be **NO ENTRY ON THE DAY**. Thus, there is no point in coming to the arena and "hoping for the best".

Start times: You choose your start time in the same manner as in O-Ringens "short" classes. This is how it works:

1. Check which course/class you are running. Especially important if you have chosen the most difficult course, as this is split into two categories, see below.
2. Upon arrival to the arena, you pick your start time from a board of stickers. You can only choose stickers within your chosen hourly slot.
3. The sticker indicates your start time and category. You can place it on your shirt, SI-card or control description.

First start will be at 10:15 (NB: not 10:00). Start interval 30 seconds. Final start 17:00.

We know from experience that most people tend to start in the first part of their allocated slot (i.e. 10:00, 11:00...). Please consider starting later in the hour, if possible.

Start: The starting procedure has had to be somewhat adjusted to work in IKEA:s customer flow. Therefore, this is how it will work:

1. Pick a start time according to above.
2. Go to start at the earliest 10-15 minutes before your chosen start time. On the way to the start you will pass through a verification checkpoint, where you will clear your SI-card and where we verify that everything is correct with your entry (in the same way as "ordinary" O-Ringen). If there is something wrong, go to "red start" and we will solve it.
3. The start is located inside the warehouse, with call-up time 3 minutes prior to your start time. The starting procedure is similar to ordinary starts.
4. At your start time, you can walk slowly up a staircase to find your map and punch start. The time is counted from your start punch, so there is no need to stress.
5. Have fun!

Distance to start is approx. 100 m from arena, follow the signs. Wam-up can be done outdoors.

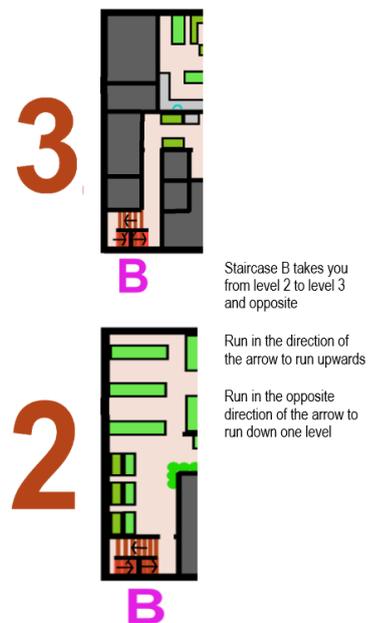
Split category: The category "Svårast" (most difficult) has been split into Svårast 1 and Svårast 2 due to large number of competitors. The courses are very similar. You can find your category on O-Ringens website, at the arena and in the verification station.

Rules: Some rules are adapted to suit indoor-O. They are the same rules as found on many indoor-O competitions in Sweden.

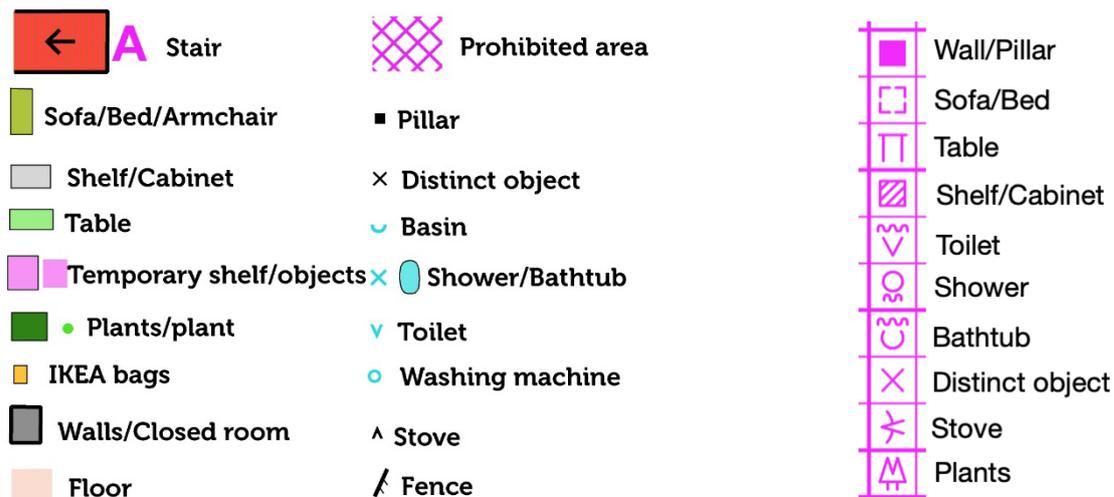
- You may not jump, crawl below or in any other way pass through furniture. You must run around them. Neither is it allowed to move anything
- Naturally, any areas marked as forbidden are not allowed to be crossed.
- All escalators and lifts are marked as out of bounds and may not be used
- You may not open any doors. Any doors that should be open, are already open and marked as an opening in the wall
- Staircases:

Regler: För inomhusorientering gäller lite speciella karttecken, vilka är detsamma som på de flesta andra inomhustävlingar i Sverige. Dessa syns nedan.

- Du får inte hoppa, krypa eller på annat sätt ta dig förbi möbler, utan dessa måste springas runt. Du får heller inte flytta på möbler.
- Givetvis får du heller inte passera förbjudna områden.
- Alla rulltrappor och hissar är markerade som förbjudna områden och får alltså inte beträdas.
- Du får inte öppna några dörrar. Alla dörrar som ska vara öppna är redan det och är markerade som öppen vägg.
- Trappor: Stairs are marked with red colour, an arrow and a letter. The arrow points upwards in the staircase. The letter describes which staircase is the same on the upper/lower floor. Please also refer to the picture on the side.



Map symbols and descriptions:



Controls: The controls are marked with SI-units placed on specially designed IKEA-inspired control markers. An example can be found at the arena. In many instances, controls are very close to each other so check the description and code carefully. Descriptions can be found loose as well as on the map.

The Svårast-courses have more than 30 controls, which therefore requires an SI-card that can handle more than 30 punches. SI-card 5 (the "old" red) and SI-card 8 (numbers 2 000 000- 2 999 999) do NOT work. Borrow from a friend if you need one! Unfortunately we do not have any SI-cards with more than 30 punches to lend.

Medel and Svår also have up to 29 controls, so do not punch too many controls.

Map: Drawn in June 2022, the map is probably in scale 1:1200. The maps are not in plastic pouches and you probably will not need one, but bring your own if you want one. Digital print at BL-Idrottsservice (Stockholm). The map can be a bit detailed at times, so bring a magnifying glass if you want to.

Clothing: Absolutely no shoes with studs (neither metal nor plastic). Otherwise, no restrictions.

NOTE:

The store will be open for business as usual during O-Ringen Indoor. This means that competitors and customers will share the same areas. We urge and require you to show utmost respect towards customers as well as your fellow competitors. Lower your speed significantly and keep a look out during all times. There will be several marshals in the warehouse, and anyone not complying with the aforementioned will be taken of the course and disqualified. This should be a fun event for competitors and IKEA:s customers alike, together we can make this a huge success!

Terrängbeskrivning: Classic Swedish design with mainly furniture, stacks of silverware and shopping bags. Little to no elevation. In some places, the speed will be reduced by

large furniture and other humans in action of doing their shopping. Lots of technical areas!

Words from the course setter: Perhaps the most memorable event ever is about to be realized, indoor at IKEA! This time the difficulties will centre around fast route choice decisions, intense labyrinths and the distinctly different terrains ("the showroom", "the store" and "the large shelves"). All courses start with intense orienteering where low speed is key. The courses will likely not have so many places to increase your speed, which is good as there are many shoppers around you so lower your speed. The winner is likely the one who can adapt its speed best and who dares to make those small stops. Good luck!

Service at the arena: The store offers almost everything you need! Restaurant, Swedish fika, coffee, toilets, child care. No showers though, only on display, so make your way to the O-Ringen campsite if you need one.

Results are published live at liveresultat.orientering.se. Final results will be posted on O-Ringens website and Winsplits Online.

Prizes: No, focus is on the experience.

The final parts:

- In case of evacuation, follow IKEA:s staff to guide you
- It is absolutely prohibited to film at the cashier, which will be passed by all runners. This means that if you cannot pause your camera, you are not allowed to run with cameras.
- There is no need for a compass so leave it at home 😊

Organisers:

Contact: David Hector (david.hector@stockholmindoorcup.se), 070- 437 65 81.

Course setter: Assar Hellström (the most experienced indoor-O course setter in the world?)

Course control: David Hector & Jonas Rinnbäck

Administration: Jonas Rinnbäck

The competition is organized in collaboration between O-Ringen, Stockholm Indoor Orienteers and IKEA Sweden. We look forward to welcoming you to an unforgettable event!

WELCOME!