

HEMAVAN 24

Preliminary Memo – Hemavan 24

Schedule

Thursday 15.00-21.00

Registration and handout of maps, one map per team member.

Thursday 18.00-21.00

Marking of your course from template maps shown on Hemavan Fjällcenter.

Friday 9.00-11.00

Registration and handout of maps, for late arrivals.

Friday 13.00

Time for questions and a few words from the race manager.

Friday 14.00

Mass start for Hemavan 24

Saturday 14.00

Last finish time for Hemavan 24, outside Hemavans Fjällcenter.

Registration

At registration, the team will receive a teambag containing 1 set of maps per team member, SI-card (if you rent it) and 2 number bibs per team member. Before receiving the bag, the team must sign a liability release form. If you will be using your own SI-card, please bring it to the registration for ID crosscheck.

Course marking

The course is to be marked by the team itself. The course is shown on maps on Hemavans Fjällcenter from Thursday evening. Checkpoint definitions will be provided at the course marking. At the course marking we might also be handing out additional course and/or race information. Please make sure you read and understand this information.

Meals/Banquet/Price Ceremony

Saturday night the after race banquet is held at Hemavan Fjällcenter. Price 189 SEK; to be bought in the reception of Hemavans Fjällcenter. Please inform about special diet directly on purchase. The Price Ceremony starts after the dinner with great prizes to the best teams. Furthermore an extensive amount of prizes are drawn by lot to the other racers. Thursday to Saturday Hemavans Fjällcenter will be serving buffet-styled meals, lunch: 99 SEK, dinner: 159 SEK. Hemavans Fjällcenter also serves a great breakfast buffet priced at 85 SEK.

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The Race

The map

Scale **1:50 000**, 20 m vertical intervals. The map is printed on NeverTear paper, a tear and water resistant paper. However, please remember that we cannot guarantee the water proofness of your marker pen. We will also provide one plastic map case per team member.

Checkpoints

The course will have approx. 30 checkpoints that are marked by orienteering checkpoint markers. The checkpoints can be taken in any order. The electronic timing system SportIdent will be used. Wait for sound and light signal when punching. If an electronic checkpoint for some reason does not work, please note the letter written on the checkpoint and provide it to the organizers at finish.

Checkpoint description

The description contains textual descriptions of each checkpoint.

Radio checkpoints

Some of the checkpoints are, as a complement to the ordinary SportIdent checkpoint, equipped with a radio punching unit. First punch the regular SportIdent checkpoint, then the radio unit.

Points

Every checkpoint is worth a certain amount of points dependent of accessibility, difficulty and strategical importance. The team that gathers the most points wins the race. If two teams should reach the same amount of points, the first team who finished wins.

Number bibs

Number bibs should be worn without foldings, and clear sighted on right leg, and on back of rucksack. The absence of a number bib may result in time penalty.

Tent camp

One of the checkpoints will be manned with a tent. Here, the organizers will provide hot water and the possibility to lay down in a ready set tent for a short while. However, please note that in case of many simultaneous teams, we cannot guarantee instant access to neither hot water or free space in the tent. It will not be possible to neither put out equipment or leave behind in the tent camp.

The checkpoint will be manned during the whole night.

Litter

The race area is a nature reserve, which means that it is even more important (if possible) than usual to keep the mountains clean. It is absolutely forbidden to leave anything on the course. In the tent-camp it will be possible to leave litter.

Time limit

If the team hasn't finished after 24 hrs the team will get a penalty. The penalty is the loss of one (1) point per begun five-minute period.

Reindeers

The race takes place in a reindeer pasture area. Please avoid contact with the reindeers.

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Safety

The race area is partly really alpine. The race organization presuppose that no one put them self or any other into unnecessary danger. There are some very steep slopes with and without snow. These areas are very dangerous to cross. The course is planned so there is no need of crossing these areas. Areas marked as glaciers on the map are absolutely forbidden to cross. It is quite much water in the area. Please be careful when crossing streams.

Forbidden area

All areas that obviously put your team in danger is strictly forbidden. Some forbidden areas are marked on the course maps as a red raster. These areas are marked for extra guidance where the map is not clear enough. Accessing forbidden areas might lead to disqualification.

Assistance / Support

It is prohibited to receive any support except from the race organization. The only exception from that is the food that might be served by the organizers at the tent camp. It is also prohibited to place any sort of food or equipment along the course before hand.

Mandatory equipment

All mandatory equipment should be possible to show the organizers (on request) during the whole race and after crossing the finish line.

We recommend barometer based altimeter, but all kinds of GPS-receivers (dedicated GPS-devices, GPS-watches, smartphones, etc) are banned. The mandatory emergency cellphone should be carried inside the backpack, sealed by the organizers prior to the start.

Obviously, we assume that all clothes and equipment have the correct size to fit the owner.

Mandatory Personal Equipment

- Long-armed sweatshirt – fleece or wool (min. 150 grams). Long underwear top does not satisfy this requirement.
- Compass
- Hat
- Backpack
- Long underwear top
- Gloves/mittens
- Water container
- Windproof and rain resistant jacket with hood and taped seams. Ex. Goretex
- Windproof and rain resistant pant with taped seams.
- Sleeping bag
- Whistle

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- Head lamp with battery
- Food for 24 hrs
- Emergency provisions (e.g., energy bar) which must be shown at the finish line.

Mandatory Team Equipment

- Map (provided by race director)
- SI-card (your own, or provided by race director)
- First aid equipment to treat blisters (e.g., Compress) or simple cuts/abrasions.
- Water proof pen
- Bivi bag or tent
- Cell phone with the race directors phone numbers programmed.
Björn: +46(0)706-869 568, Emil: +46(0)705-779 120

The Team's Responsibility

- Teams are not allow to accept outside help.
- Teams are expected to remain together during the entire competition, even in the event of an injury or accident.
- Teams are expected to make corrections/revisions to the course based on directions provided by race volunteers.
- If a team drops out of the competition, they must notify the nearest race volunteer. Single-man teams are not allowed to continue on the course (e.g., following injury to a teammate).
- Teams are expected to assist another team in need of help or in some type of danger.
- Teams are not to expose themselves (or other teams) to unnecessary danger.
- Leaving trash on the course is absolutely forbidden. All items taken on the course must be taken off the course (e.g., food wrappers, gas stove canisters, old socks, etc).
- Teams are expected to read and understand the additional race and/or course information that might be provided in connection to the course marking.

Disqualification or time penalty

A team may be disqualified directly on the course. If so, entry fee or other costs are not reimbursed.

A team may be disqualified/receive time penalty as a result of the following:

- The team does not have all mandatory equipment during the entire competition.
- The team does not stay together during the whole race.

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- The team does not follow directions provided by race volunteers.
- The team does not follow the rules given before and during the race.
- Other events not explicitly anticipated by the race director, but are generally not in the spirit of the competition, can also lead to disqualification. The decision is made at the race director's discretion.

Protest

Protests must be submitted in writing and handed to the race director no later than 30 minutes after crossing the finish line.

Race Director's Authority

The race director has the right to:

- Decide which teams are allowed to participate.
- Disqualify teams.
- Change the course (if necessary and with ample notification/warning).
- Cancel or shorten the course (for example due to weather) and not be required to give money back.
- Receive and deal with protests and, after considering the situation, make a final decision in conjunction with the Race Committee.
- Remove teams from the course even before the maximum time has expired (e.g., teams are moving too slowly or putting themselves or the volunteers in danger).
- Teams should be prepared for random equipment checks at any time during the race.
- Add, change or remove rules and guidelines during the race.

Race organization

Race Director / Course Manager	Björn Rydvall	(+46(0)706-869 568)
Race Director / Course Manager	Emil Ljungdahl	(+46(0)705-779 120)