



Information Baltic Junior Cup long distance 31st of October 2015

Arena: At Tyngelvi, Burseryd (N 57° 11' 54.66", E 13° 16' 36.04"). The arena is indoor with coarse sand underfoot. Tents are therefore not necessary. The arena is located 100 meters from the accommodation.

Parking: Parking next to the arena.

Start: 700 meters from the arena. First start at 9.30 am. On the way to the start, you will pass a place where you can clear your SI card by inserting it into the clear unit, marked "töm". There are no toilets at the start. Warm-up clothes will be transported back to the arena from the start.

Starting routine: When the clock at the start shows your starting time (3 minutes before real time) you enter the first lane and your SI card will be checked. After 1 minute you enter the next lane where you can get the control description. After 1 more minute you enter the lane with the maps. You are not allowed to look at the maps until the start signal sounds.

Starting lists: At the arena and website.

Punching system: SI-card.

Map: Updated 2015, map scale 1:10 000, equidistance 5m.

Course lengths: W16 4,5km M16 5,6km W18 5,5km M18 8,0km W20 6,9km M20 9,3km

Forbidden areas: In the end of the course the runners enter populated areas, it is forbidden to enter private lots.

Terrain: Mostly spruce forest of varying age. A lot of forest roads.

Showers: Showers and changing rooms are located indoor, 100 meters from the arena.

Toilets: Same place as the showers.

Cafeteria: Cafeteria can be found on the arena.

Prize giving ceremony: Will be held at 17.00 (5 pm) at the arena.

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