

Racing Information – Ångaloppet Sprint 2015



Welcome to the third edition of Ångaloppet Sprint! Below is important information regarding the race and we ask you to read all of it.

When: Saturday, August 8, 2015.

Where: Ånga Gård, 14 km northeast of Nyköping, located on road 219 between Nyköping and Vagnhärad. Address: Ånga Gård 611 93 Nyköping.

Parking: The parking lot is located just outside Ånga Gård. Please follow the signs and parking attendants to guide you to the right place. There is also a map description at the bottom of this information.

Pick up the start pouch: Each team can pick their start pouch, including chip, swim caps, tattoos, whistles and information, at the race office which is adjacent to the competition area. The race office will be open Saturday August 8 from 11:00 am to 14:00 am.

The legislative changes: If your team has to change a team member, please contact us at info@angaloppet.se as soon as possible. You can also change the participants in your team until 12:30 am on the race day; this can be done at the race office. Ångaloppet will take an administration fee of 200 sek for changes.

Start groups: There are five different start groups broken down as follows:

- Start group 1 = starts at 14:00 am, seeding has to be done in advance
- Start group 2 = starts at 14:05 am
- Start group 3 = starts at 14:10 am
- Start group 4 = starts at 14:15 am
- Start group 5 = starts at 14:20 am

You will find your start group in the start list, please use the below link:

<http://www.angaloppet.se/competitors/>

Seeding: If your team would like to start in the first start group, please send us an email at info@angaloppet.se and tell us about your earlier merits.

Start pens: The teams in each start group must be in their start pen 10 minutes ahead of starting, at the latest.

Team number: All participants will receive two tattoos with the team number. Those tattoos must be attached visibly on each arm.

Whistle: All participants will each receive a whistle that they must bring with them during the race. The whistle should only be used to summon help by the officials of Ångaloppet. After finishing the race the whistle must be returned to Ångaloppet.

Timing: One member of each team must have a chip around an ankle. The chip records your location and time on one occasion during the race as well as at the finish line. After finishing, the chip must be returned to Ångaloppet. The team is jointly responsible for the chip. If the team does not return the chip they will be billed for 300 sek.

Swimming cap: Your swim cap must be worn on your head during all swims.

Race track description: The course is varied, tough and challenging. Participants will run on gravel roads, trails and in trackless terrain. In total there are 9 swims, which the longest is 190 m. The total track is not measured exactly, but it will add up to around 11 km.

Track and road markings: The track is marked with red&white striped tape as well as cones and signs. Officials will help out in places where it can be hard to find the correct route. On the race's swims the participants will swim against yellow markings. It is each team's responsibility to comply with streamers on land and markings in the water.

Finish: The finish occurs when the participants pass through the finish portal and set the foot on the chip timing mat. Note that both team members must cross the finish line together.

Energy stations: There are three water stops; where participants will be able to fill up with fluid. In addition, one will have lighter snacks. Energy drinks will be served and it is our partner Skip Nutrition that supplies all energy to the energy stations. There will also be water, some drinks and a light meal at the finish line.

Required equipment: Any clothes that are suitable for both running and swimming. Swim cap will be provided by the organizer and are mandatory to use during all swim. One of the team members must also wear the timing chip during the race. Whistles are mandatory.

Other equipment: Goggles, shoes, pull buoy or plate may also be used during the race. Wetsuit is allowed to use at Ångaloppet but is not mandatory.

Accessories: Paddles, fins, leach to pull each others within the team or similar equipment are not allowed to be used during the race.

Trash zones: At the energy stations you will be able to drop garbage. To throw garbage at any other spots along the race is forbidden.

Weather: Ångaloppet has the right to shorten the race due to the weather. For the latest report on the water temperature in the area, please use the link below:

<http://www.klart.se/landsort-häradskär/vattentemperatur.html>

For updated weather forecast, click on the link below:

<http://www.yr.no/sted/Sverige/Södermanland/Rensholmen/>

Sauna: For chilled people there will be sauna available at Ånga. The sauna is reserved for chilled individuals.

Water temperature: The rainy summer has meant that the water temperature right now is 19 degrees C in the lake Ången and 16 degrees C in the Baltic Sea.

Shower and locker room: Adjacent to the competition area will be access to shower and changing room in tents for women and men.

Safety: Livtjänst is medically responsible at Ångaloppet. They have expertise in water rescue and life saving in severe environments. On all longer swims there will be boats with officials that are there for the participants, along the path are also kayaks, and doctors. To attract their attention, make use of your whistle and wave your arms.

Team mate: It is important that you know if your team mate is allergic or has any diseases e.g. diabetes.

Barring times: Ångaloppet has no lockout time after the first lap around the lake. However, if any team does not reach the water station at Leholmen before 18:00 pm, Ångaloppet will have boats that will transport

the team to the mainland. Once on the mainland, the team may then proceed the final 3 km to the finish of Ångaloppet. These teams will be adjusted manually, so that they come last in the list of results after the finish.

Quitting the race: If you want to quit the race you should inform an officer. The officer will contact the competition management, which in turn helps you back to Ånga Gård. In case of illness or injury Ångaloppet will contact the medical officer in place. Remain at the location until help arrives. If a participant chooses to abandon the race, his or her teammates must also do so. It is not allowed, under any circumstances, to complete the race without his/her teammate.

Submission of personal belonging: Before starting you can leave your personal belonging in a plastic bag (will be part of your start pouch) at a selected area. After the race you can, upon presentation of your team number (tattoo on arm), pick up the bag in the same area. The area will be monitored during the race. However, note that Ångaloppet will not be responsible for any personal belongings or other valuables.

Physiotherapist: When participants have done the lap around the lake, there will be the opportunity to consult Ångaloppet's physiotherapist. After the race, you can buy 10 minutes massage for 50 sek.

Competition rules: Ångaloppet refers participants to the Ångaloppet website for full and current contest rules, the most important rules are however as follows:

- Participation in Ångaloppet is at your own risk
- All participants must show respect to other participants, competition management, officials, spectators and to the residents adjacent to the race track
- Each participant is required to the best of their ability to help other participants who have been injured, sick, or needs to get emergency help or assistance
- Participants must not throw trash in nature. If a team throws garbage in nature, the team will be disqualified
- Participants may not dive head first into the water, breaking the rule the team can be disqualified
- The team members must not be longer than 10 m apart during the race

Results: Are available at www.angaloppet.se/live and on the bulletin board at the competition site.

Information: Information provided in your start pouch and on the bulletin board at the competition site.

Follow the race live: People who want to follow the race "live", but are unable to attend, can be referred to www.angaloppet.se/live.

Toilets: Toilets are adjacent to the competition area.

Disease: Ångaloppet is a major effort. Make sure to be perfectly healthy at the start line. Also ensure that your team mate is 100% healthy.

Medics: Medics will be on hand should an accident occur. All officers have information on which paramedic is closest to them.

Food: The participants will receive lighter food at the finish. It is also possible to buy coffee, snacks, etc, at the café available on Ånga Gård during race day.

Awards ceremony: The awards ceremony will take place at 16:30 at the competition site on Ånga Gård.

Prizes: Prizes will be awarded to the top three teams in each class.

Café: Café will be available at Ångaloppet during race day.

Reserve list: We have no reserve list for Ångaloppet. If you for some reason will not start you have to give away or sell your starting place. The new team can come on the race day and make adjustments in the start list for an administration fee of 200 sek. This can be done at the race office.

Accommodation:

Horns camping: <http://www.hornsbatvarv.se/>

Strandstuviken camping: <http://www.strandstuviken.se/>

Visit Nyköping: For more information about Nyköping please go to this link <http://www.nykopingsguiden.se/>

Contact: If you have any questions you can contact us via email info@angaloppet.se

For the latest information about the race:

www.angaloppet.se

www.facebook.com/angaloppet

www.twitter.com/angaloppet

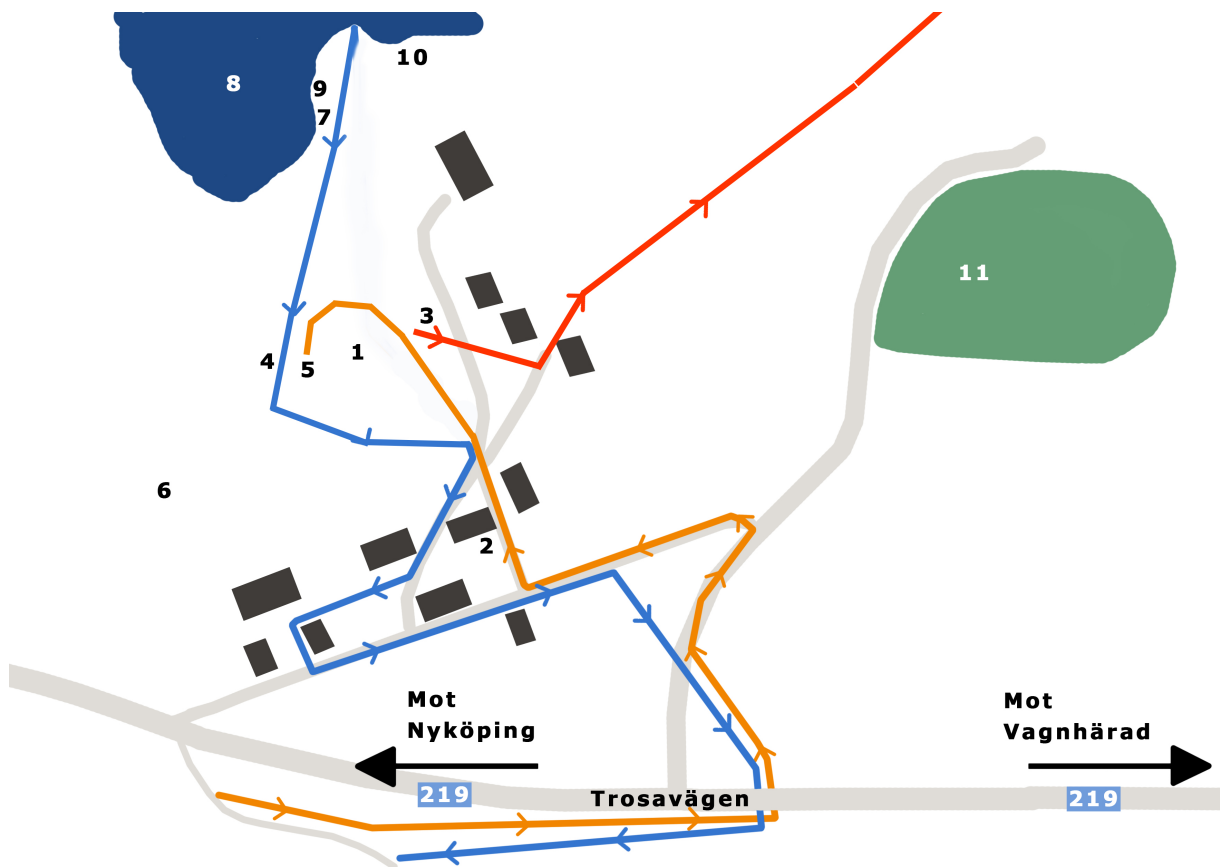
www.instagram.com/angaloppet

Social media: Please use #angaloppet, #ångaloppet or #Ål15

Most important of all! 😊

Have fun with your team mate, brace your competitors and enjoy the nature. Ångaloppet is really looking forward to this day and hope you are too!

See map in next page!



1. Supporters, including
 - a. Café
 - b. Exhibitors
 - c. Medical
 - d. Prizes
 - e. Physiotherapist
2. Race office
 - a. Pick up the start pouch
 - b. Change team member
3. Start
4. Towards second lap to the Baltics
5. Finish
6. Toilets
7. Submission of personal belongings
8. Lake Ången
9. Showers
10. Nearby swim, perfect for audience
11. Parking

Red arrow = start

Blue arrow = Second lap
towards the Baltic

Brown arrow = finish