



Bulletin

NSM 2022

4-6 november in Linköping



Schedule

Friday 4/11

17:30 First start of NSM Night Sprint 2022

18:30 The pub opens

Saturday 5/11

11:00 The first start of NSM Long Distance 2022

15:00 The refreshment control and finish closes

18:30 Banquet

23:00 Night club

Sunday 6/11

10:00 Start of NSM Relay 2022

Links

[Web page](#)

[Instagram](#)

[Facebook Event](#)

[Map over meeting points](#)

[Schedule in Google Calendar](#)

Night sprint



Arena

At [Blå Havet](#), in the middle of Campus Valla.

Embargoed areas

Starting from 14:00, the areas marked in purple on [the map over embargoed areas](#) are forbidden to visit for competitors, with the exception of travels by bus or by car. Those living in Ryd can travel by the bike path going by McDonald's.

Transportation

The bus stop "Universitet" is served by bus 12 from central Linköping and is located 300m from the arena. The organizer won't provide any parking spaces for cars; however, the university has plenty of parking spaces close to the arena.

Participant envelopes

Starting from 16:45 participant envelopes containing tickets to the weekend's parties, as well as optional patches and rental cards, can be picked up at the arena.

Terrain

The sprint will be decided on LiThe Vilse's very own map over our beloved Ryd and Campus Valla. The terrain consists mainly of urban areas with grass and asphalt, but there will be several controls in pure forest. Some sort of headlamp is obviously needed in order to complete the course. Orienteering shoes without metal spikes are recommended. A couple of small and medium sized roads will be passed during the competition, please watch out for cars. Please also respect normal people by not running them over.

Start

First start at 17:30, 1 km to start.

Finish

The finish closes 40 min after last start time.

Map

Ryds legendariska sprintkarta & Linköpings Universitet. Scale 1:4000, contour interval 2m. Mapped by Oskar Svahn, Henrik Eklund and Johan "Junis" Persson at different points in time. Revised during 2022 by Oskar Svahn and Henrik Eklund in order to fulfill the latest sprint norm, as much as possible. Old versions of the maps can be seen [here](#) and [here](#). The vegetation in Rydskogen is drawn as accurately as possible, but it can be noted that the white is still quite trash and that you should not position yourself after how white/green the map says it is.

Local symbols

- O Disc golf basket, large pillar structure, round masonry structure
- X Playground structure, distinctive beach flag

Map examples



Control descriptions

Both on map and “loose”

Classes

Class	Estimated winning time	Course info
Men Elite	14:00 min	3 970 m, 26 controls
Women Elite	14:00 min	3 440 m, 21 controls

Words of advice from the course setter

Welcome to Linköping and NSM 2022! We begin the party with a splendid sprint around Ryd and our University!

In Ryd, you will be served a normal Scandinavian sprint terrain around rental houses and playgrounds in Victoriahems rental area. I hope to give you the opportunity to consider several route choices between the controls, route choices that are not just about left or right around the next house. At the University's grounds, the orienteering will be a bit easier. Here, it will be crucial to keep your head cool and not destroy your race on simple mistakes.

You will also get to experience a tidy bit of our beloved Rydskogen, which during the years has proven excellent in destroying the confidence of acclaimed orienteers. In order to not succumb to Rydskogen, Rydskogen must be treated with respect. Do not think that you can run through Rydskogen using nothing but your compass. Instead try to use safe route choices, and Rydskogen might let you out alive.

I wish you all the best of luck

Jesper Sjöblom



Forbidden areas and temporary barriers

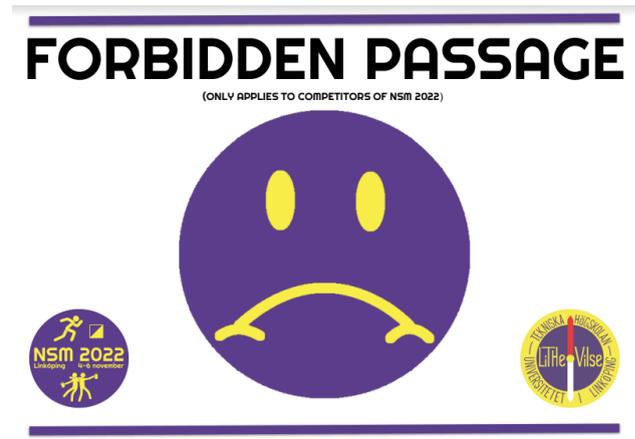
Competitors who run through private areas, or jump over/run through uncrossable vegetation will be disqualified, no matter what jury decisions from previous international sprints this year have concluded. There will be artificial barriers created by the organizer, marked on the map and in the terrain as in the example below. It is the runner's responsibility to not run through an artificial barrier, the signs are just there to help. If a runner runs through an artificial barrier, the runner needs to turn back and run the correct way.

The artificial barriers are marked as follows:

On the map



In the terrain with the following signs



Recap:

Run through private area, uncrossable vegetation or similar: **disqualification.**

Run through an artificial barrier created by the organizer: Ok if you run back and correct your mistake, disqualification if you continue through the barrier.

Toilet and Showers

Toilets will be available at the arena, inside the university buildings. Dressing rooms with showers are available at [Rydshallen](#), approx 2 km from the arena and 200 m from the pub.

Speaker

Emil "BudgetFoppa" Grehn and Jesper "PerunaMertaranta" Sjöblom

NSM Night Sprint 2022 is sponsored by [Victoriahem](#), who allow us to run on their grounds and provide us with tents and water-bottles for every competitor. Big thanks!



Victoriahem

Long distance

Arena

On [the meadow south of Korpvallen](#) in Smedstad.

Transportation

The bus stop Ortgatan is served by bus 17 from central Linköping and is located 750m from the arena. It's also possible to bike to the arena. The organizer won't provide any parking spaces for cars, however there are public parking lots within walking distance from the arena.

Terrain

Recreational outdoor area with a lot of paths. The runnability is mostly good and the terrain is mainly flat. There are electrical fences that need to be crossed, please make sure to not destroy these while passing. There might be electricity in the fences, so make sure that the fences don't destroy you as well. Gates through the fences are marked on the map, but you are free to cross the fences wherever you like, as long as there is no destruction of a) fence b) you.

Start

First start at 11:00, 500 m to the start along asphalt and gravel roads. The way to the start is unmarked, but there will be a warm up-map, which is received in the participant envelope.

Finish

The finish closes at 15:00.

Map

Vidingsjö, issued by LOK in 2007, revised in 2022. Scale 1:10 000, contour interval 5m.w

Map examples



Classes

Class	Est. winning time	Start procedure	Course info	Refreshment point passages
Men Elite	60 min	Individual	10,2 km, 23 controls	3
Women Elite	60 min	Individual	8,1 km, 23 controls	3
Party Animal	30 min	Mass start	4,7 km, 16 controls	4

Men and women elite have only "loose" control descriptions, party animal has the printed on the map

Refreshment point

There will be a refreshment point along the course where you will be served 'fulvin' (self-brewed wine), soft drinks and good vibes. It will be located close to the arena and can be visited after finishing the race. The refreshment point is located in a popular recreational outdoor area, so if you meet any humans, please behave!

Note! It's strictly forbidden to bring glass bottles to the refreshment point!

Hotdogs

At the refreshment point, Vilse's BBQ-master will be selling hotdogs to fill your bellies. There will be vegetarian options as well. Payment is done by card.

Words of advice from the course setters

It is time to put on your orienteering shoes and head out to Linköping's *beloved* Vidingsjö. If you have ever read Joakim Svensk's description of [Malmslättskogen](#) and thought to yourself that all terrain in Linköping is equally bad, you are wrong. Most of the time, at least. Vidingsjö offers you a map that should have been redrawn the day it was finished, where grassland and pathfilled forests seamlessly combine. Our hope is that you will be served a nice long distance where smart route choices and high speed will be crucial in order to acclaim the championship title. Beware of the electric fences! Course setter Johan got a little bit too familiar with them during the test run. Towards the end of the race you will pass the legendary refreshment point several times. Here you can resupply with different drinks, with and without alcohol, in order to make it through to the finish.

We wish you good luck and hope that you get a nice experience in the forest
Johan Hagströmer and Olle Bergstedt

Toilet and Showers

Toilet and shower will be available in [Smedstad Ridsportcenter](#) until 14 o'clock, approx 900 m from the arena. The shower is meant for those who want to freshen up before going to the refreshment point. In other cases we refer you to the shower at your accommodation. There will be other activities going on at the equestrian center simultaneously, it's therefore strictly forbidden to bring alcohol and to visit the dressing rooms if you're noticeably drunk. You can leave your alcohol at the arena when showering.



Relay

Arena

At [Rydskogens Motionscentrum](#).

Transportation

The bus stop Tornhagen is served by bus 14 from central Linköping and is located 400 m from the arena. The organizer won't provide any parking spaces, however there are public parking lots within walking distance from the arena.

Terrain

Urban forest with plenty of paths. The terrain is flat and has good runnability.

Start

Mass start for all classes at the arena at 10:00. The time for a possible restart will be announced at the arena.

Change over

The runner collects their map on their way into the change over-zone. The map is rolled up when received and is not to be unrolled before the change over has taken place. It's the runner's own responsibility to enter the change over-zone with sufficient time to collect their map.

Finish

The finish closes at 12:30.

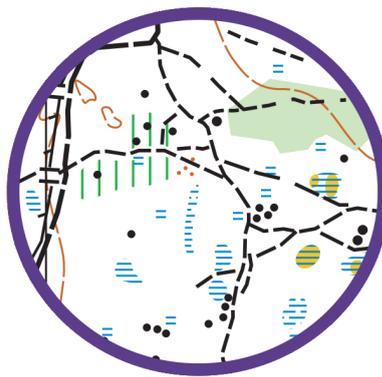
Lineups

To be submitted no later than 9:00 on the day of the relay to the info center at the arena or to nsm_2022@outlook.com

Map

RydValla, issued by LOK in 2003, revised in 2019 with a few minor additional revisions done in 2022. Scale 1:10 000, contour interval 5 m. There are 2 form lines between each contour line, for exotic and unknown reasons.

Map examples



Classes

Class	Estimated winning time	Team composition	Leg info
Men Elite	3×30 min	3 men	5,3 km, 23 controls
Women Elite	3×30 min	3 women	4,7 km, 19 controls
Mixed Elite	3×30 min	At least 1 man and 1 woman	4,7 km, 19 controls

Forking

Yes

Words of advice from the course setters

The day after the banquet you are hopefully fresh and excited for a relay in our beloved Rydskogen. Parts have already been explored during the Night Sprint, but today the full experience will be given. Our hope is that you will get to feel the same kind of joy we feel when running in this amazing terrain. The courses will explore Rydskogen to its fullest extent, the good and the amazing parts. When you run in this forest you might sometimes need a helmet, as there is an 18 hole disc golf course in the woods. In general, the same words of advice that was given at the Night Sprint also apply here.

Welcome!

Olle Bergstedt and Johan Hagströmer

Toilet and Showers

Public toilet and showers are available next to the arena. There's additional toilet and showers booked at [Tornhagsskolans idrottshall](#), approx 700 m from the arena.

Pub

Venue

The pub will be at [Ryds Herrgård \(\[hg\]\)](#), in the middle of Ryd. The entrance will be on the west side of the building.

Transportation

The bus stop Ryds Centrum is served by bus 3 from central Linköping and is located 200m from [hg].

Food and drinks

[hg] has a large selection of food and drinks, at student friendly prices. The menu can be viewed at hg.se/pub

Wardrobe

It will be possible to leave clothes and bags at the entrance, this is however done at your own risk. It's also allowed to bring your clothes and bags into the pub. It is not permitted to bring your own alcohol or food inside [hg]

Ticket

The ticket for the pub is received in the participant envelope, which can be collected at the sprint arena until the finish closes.

Banquet

Venue

The banquet will be held at [Kårhuset Kollektivet \(KK\)](#), in central Linköping. It is not permitted to bring your own alcohol or food. For some reason confetti and **especially feathers** are strictly forbidden. It is also quite relevant to be able to stand on one leg to be allowed in by the security guards.

Transportation

Bus stop Barnhemsgatan is served by bus 3 from Ryd and is located 600m from KK.

Food and drinks

A three-course dinner will be served. Two standard units of drink are included in the meal.

Dresscode

Suit, dress or something similar. It is however not super strict, we understand if the luggage space is limited.

Seating

The seating is predetermined. Due to allergies and other dietary requirements, it's not allowed to switch seats with each other.

Nightclub

Venue

The night club will also take place at [\[hg\]](#). The entrance will be on the west side of the building.

Transportation

The bus stop Ryds Centrum is served by bus 3 from central Linköping and is located 200m from [hg].

Ticket and ID

Bring both or go home and fetch.

Drinks

Yes

Wardrobe

Included

Hotel?

Trivago

General info

Transportation

All activities can be reached via public buses. Travel planning and ticket purchasing is most easily done with the app "Östgötatrafiken": [App-store](#), [Google Play](#). It's possible to pay by card on board the buses.

There are also unfortunately plenty of rental e-scooters within Linköping.

Meeting points

Map of all arenas and venues:

<https://www.google.com/maps/d/u/0/edit?mid=1PhJkLHD47ZfmBDTOKSR5prvQ1h3y-U&usp=sharing>

Accommodation

The organizer won't provide any accommodation, the participants are instead prompted to find their own accommodation.

Punching system

SportIdent will be used on all competitions. If you don't have a SI-card it's possible to rent from the organizer for a small fee. If a rental card isn't returned, a fee of 600 SEK will be charged.

Prices

The prize giving ceremony will be carried out at the banquet for the sprint and long distance. The prize giving ceremony for the relay will be at the arena.

Patch

There will be patches for sale, as a memory from this epic weekend. It'll be perfect to put on your 'ovve' or some other piece of clothing you hold very dear, or just to keep as a fond memory. You can buy it during the weekend as long as there's stock left.

Participant envelope

The participant envelope can be collected at the arenas. It contains e.g your patch and tickets to the pub and nightclub, if ordered.

Anti-vandalism

During the entire weekend there will be zero tolerance towards all forms of vandalism and other ways of trying to sabotage the event. If any such actions occur, the organizer reserves the right to suspend the guilty persons from all remaining events, without any warnings and without any form of economical compensation. If a group of people are suspected, the whole group may be suspended until the guilty persons has been found. All offences will also be reported to the police.

Organizers

Event director: Emil Grehn, +46 729 75 57 50

Course setter sprint: Jesper Sjöblom +46 760 99 12 66

Course setter long och relay: Johan Hagströmer och Olle Bergstedt +46 763 44 49 91

Party organizers: John Larsson och Irmalinn Nilsson +46 703 24 81 24

Course controller: Your mom.

Event controller: Rydsmannen

Contact us

Hemsida - <https://vilse.studorg.liu.se/nsm.php>

Facebook - <https://www.facebook.com/events/537522887935479>

Instagram - @nsm_2k22 https://www.instagram.com/nsm_2k22/

Mail - nsm_2022@outlook.com