

## Invitation for Beer-orienteering Championship 2016-05-20

**Place:** In the forest by Lappis

**Time:** We meet at 18:00 by the sauna at Lappis, Professorsslingan 10

**Start:** ~18:30

**Bring:** Orienteering gear, competition drinks and sauna kit

### Course description:

The course is as usual the same one it has been since the start in 1998. Will you be able to beat the old records? Check out KOTs Öl-ol Hall of Fame at:

<http://www.obasen.nu/winsplits/online/sv/default.asp?page=classes&databaseld=17280>

### IMPORTANT!!!!

You have to bring your own beer (5x33cl in the womens class och 6x33cl in the mens class)

### Course profile (OL=orienteering, Öl=Beer)

Men	Women
START	START
3000m OL	2500m OL
33 cl Öl	33 cl Öl
400 m OL	400 m OL
33 cl Öl	33 cl Öl
400 m OL	400 m OL
33 cl Öl	33 cl Öl
400 m OL	400 m OL
33 cl Öl	33 cl Öl
400 m OL	400 m OL
33 cl Öl	33 cl Öl
400 m OL	400 m OL
33 cl Öl	33 cl Öl
400 m OL	FINISH
33 cl Öl	
FINISH	

Total: 5000 m + 6 x 33cl 4100m + 5 x 33cl

### Rules:

Simultaneous start is used for both classes, and there is no forking on the course.

You have to bring (bottle-) beer. Note that beer is used in the competition. You can join while drinking cider instead, but then you'll not be part of beer-orienteering competition, but we will still record your time.

Since KOT of course doesn't promote drinking alcohol, you can compose your beer selection as you please regarding strength and taste. You could of course drink light beer.

Vomiting is not allowed.

Read through the rules carefully!

**Sign-up:** On Thursday May 19th at the latest. Late sign up is possible on site if there still are enough maps. Sign up by sending an email to [emilhyttinen@gmail.com](mailto:emilhyttinen@gmail.com) .