

# PM Open courses

## OPEN COURSES

Available 3-5 May  
Start and finish 1.9 km from the arena at Kvarnängen Sports Centre (Kvarnängens idrottsplats), Nynäshamn.

## ENTRY

Entry is done at the arena in the Ice Hall.

## OPENING HOURS FOR ENTRY AND DOWNLOAD

Friday 13.00-19.00  
Saturday 10.00-19.00  
Sunday 09.00-12.00

## ENTRY FEE

Up to M/W16: 80 SEK  
From M/W17: 175 SEK

*All controls map:* 100 SEK

*SI card hire:* 50 SEK

*Unreturned rental SI card:* 500 SEK

Runners affiliated with Swedish clubs will be invoiced afterwards. Others pay at the time of entry.

Payment can be made by card or Swish.

As a participant in Tiomila, you can also participate in the Open courses, as these are two different terrain areas.

## START

Distance from the arena to the start 1900 meters (gravel road, paved walkway and meadow), orange/white tapes.

It is also possible to get close to the start by car. Take the road 73 to Nynäshamn. Turn right to Hammarhagen industriområde (Industrial area). At the end of road Hammarhagsvägen, you can see the orange/white tapes to start. From there it is approximately 300 meters to start.

For parking follow the normal parking rules.

The start is unmanned and you get your map at Open courses at the arena (Ice Hall).

**Note!** All who registered/entry via Eventor – please pick up the map at Open courses at the arena (Ice Hall).

Clear and check the SI-card at the start.

## STARTING METHOD

Starting punch.

## PUNCHING SYSTEM

SportIdent. The same SI card may only be used once per day. SI cards used at any of the relays can be used for Open courses.

## CONTROL DESCRIPTIONS

Control descriptions are printed on the map. There are no loose control descriptions.

## CONTROLS

Controls are marked with both kites and a reflective stick.

## FINISH/DOWNLOAD

See opening hours for entry and download. Remote finish (near the start area). Follow the orange/white tapes back to the arena for download. Everyone who has entered and punched the start must download their SI-card after completing the race. It is possible to run at night and download your SI-card the following day.

## MAP

Alhagen. Map scale 1:7 500 for all courses except Difficult 3 which has a scale of 1:10 000 Contours 5m.

Map format A4 (all courses)

## BANOR

The same courses on all three days.

Class	Course length (km)	Level
Very easy	1,4	White
Easy	2,5	Yellow
Medium difficult 1	2,8	Orange
Medium difficult 2	3,9	Orange
Difficult 1	2,3	Blue
Difficult 2	4,4	Black
Difficult 3	7,3	Black

## **TERRAIN DESCRIPTION**

A separate terrain area within walking distance of the arena. The terrain is similar to that of Tiomila.

## **RESULTS**

Live results and Eventor. Online results are only updated during the opening hours for entry and download.

## **TOILETS**

Toilets are not available at the start/finish but only in the arena.

## **SHOWER**

In the arena, indoors, same as for Tiomila. Open to participants on Open courses from Friday afternoon.

## **FIRST AID**

At the arena from Saturday 10.00 to Sunday 14.00.

## **COURSE SETTER**

Mikael Nyberg

## **INFORMATION**

Mikael Nyberg, course setter, 070-787 58 53

Eva Gustavsson, competition organiser,

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