



# Malungs OK Skogsmårdarna



Welcomes you to the 10th edition of

## 3+3 in Sälen 2013

**This year a 3-day competition with a total result in each class.**

### **Bianchi Tour:**

The classes M/W14, M/W16, M/W17-20 Elite and M/W21 Elite are included in the Bianchi Tour with mountain bikes from Bianchi awarded to the winners in each class! Plus 2 more MTB's awarded as random draw prized among all competitors running all three days.

### **Friday 28/6 – Day 1 Shortened middle distance**

Age classes according to Swedish orienteering federation rules (SOFT).  
The lengths of the courses are 75% of the recommendations from SOFT.  
N.B. M/W 18 and M/W20 are combined in class M/W 17-20 Elite.

### **Lördag 29/6 – Day 2 Long distance**

Age classes and course lengths according to SOFT rules.  
N.B. M/W 18 and M/W20 are combined in class M/W 17-20 Elite.

### **Söndag 30/6 – Day 3 Middle distance**

Age classes and course lengths according to SOFT rules.  
N.B. M/W 18 and M/W20 are combined in class M/W 17-20 Elite.

- Arena: Myrflodammen in Sälen. Follow road 66, around 14 km west of Lindvallen
- Parking: Parking – Arena 400-800 m. Parking fee 20 SEK/day.
- Map: Scale 1:7 500 for MW70 and older. Others scale 1:10 000.  
In the long distance (Saturday) scale 1:15 000 for MW16-35  
Offset printed. Contour interval. 5 m.
- Terrain description: The most beautiful O-terrain in Sälen, in general open 'fjäll' terrain with steep slopes and gullies. The runnability is very good. The youth courses are in a flat area with a network of paths.
- Start: First start Friday night at 18.00, Saturday at 11:00 and Sunday at 10.00. Individual start on all days. The last day, the start list is based on the total result with the leader as last starter.
- Entries: Entry before **Monday 10th of June** via Eventor or Malungs OK, Idrottens Hus Torggatan 14 G 78231 Malung or e-mail: [kansli@malungsok.se](mailto:kansli@malungsok.se). The entry fee is invoiced afterwards. When you enter you also accept your name will be published on the internet. Foreign runners pay their entry fees on the competition day.

Late entries:	Last day to enter for the competitions is Monday 24th of June. Via eventor or by email to Malungs OK, <a href="mailto:kansli@malungsok.se">kansli@malungsok.se</a> If space left there is also late entry at the competition center on Friday, 28 <sup>th</sup> June until 16.00.
Entry fees:	Elite 480 SEK, adult 300 SEK, youth 165 SEK. The entry fee includes all three days. Open classes: Adult 100 SEK, youth 55 SEK per day. Late entries are 50 % extra. Late entries at the competition center on Friday, 28 June incur an extra fee of 100% of the original entry fee for adults and 50% for youth entries.
Punching System:	EMIT Touch free. Rent a card for 25 SEK per day.
Services:	Food shop, showers and toilets, child minding, child course, First Aid, and sports shop.
Accommodation	We recommend Myrflodammen 0280-360 30, <a href="http://www.myrflodammen.se">www.myrflodammen.se</a> Lindvallen 0771-84 00 00 eller <a href="http://www.skistar.se">www.skistar.se</a>
Start list and PM Organizer	Available on <a href="http://www.3plus3.se">www.3plus3.se</a> Karl-Erik Sigfrids      070-533 23 47 <a href="mailto:karl-erik@byggteknik.se">karl-erik@byggteknik.se</a>
Course Planner:	Britta och Hans Daniels      070-337 16 85 <a href="mailto:brittad@tele2.se">brittad@tele2.se</a>

# See you in Sälen!

presented by

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