



INVITATION to Swedish Championships MTBO in Karlshamn 2025

OK Skogsfalken warmly welcome you to the Swedish
Championships in Mountain Bike Orienteering in
Blekinge!

The competition are included in Svenska Cupen and Svenska
Veterancupen

Date and disciplines: Friday, August 29, 2025 Sprint

Arena: Jössarinken (56°11'25.776"N 14°45'53.16"E)

Saturday, August 30, 2025: Long Distance

Arena: Vägga Östra (56°09'51.8"N 14°53'05.1"E)

Sunday, August 31, 2025: Middle Distance

Arena: Svängstaparken (56°15'47.8"N 14°46'10.7"E)

Classes:

SM & Svenska Cupen: HD21

JSM & Svenska Cupen: HD 17-20

USM: HD16

VSM & Svenska Veterancupen: HD40, HD45, HD50, HD55,
HD60, HD65, HD70, HD75, HD80

Youth Classes: HD10, HD12, HD14

Open Classes: Short, Middle, Long

Map:

Sprint: Mörrum Östra (1:5 000)

Long Distance: Långakärr-Kollevik (1:10 000 or 1:15 000)

Middle Distance: Danstorp-Ekeberg-Svängsta (1:10 000)

Map size: A3 or A4.

Detailed info in PM.

Start: First start sprint at 16.30, long and middle distance 10.00.
Lotted start times in all competition classes.

Voluntary start time in Open classes between 16.30-18.00 sprint, 10.00-11.30 long and middle distance.

Participation: The competition is open to all participants. To compete for Swedish Championship medals, participants must meet SOFT's competition rule requirements (3.7.7).

Registration: Via Eventor, no later than August 24 2025 kl 23.59
Open classes via Eventor or during the race day at the arena.
Late entry: Eventor by August 27, 2025, with a 50% surcharge
Foreign participants register by mail:
cissi.lingerud@gmail.com

Entry fees: According to SOFT's competition rules for MTBO.
HD21 and HD17-20: 385 SEK
HD16: 275 SEK
HD40 - HD80: 360 SEK
HD10 - HD14: 100 SEK
Open classes: 210 SEK for adults (17 years and older) and 100 SEK for youth (16 years and younger).
Foreign participants pay at the secretariat on the race day

Terrain description: Sprint: Several residential areas and areas with paths. Some hilling terrain occurs.
Long: Trail-rich area with fast cycle gravel roads, technical paths and asphalt roads/bike paths. Moderate hilly terrain with some significant height differences. Forest (beech, rocky areas, pine) and open land. Buildings are present.
Medium: Relatively path-rich area with fast gravel roads, technical paths and asphalt roads. Moderate hills with some significant height differences. Forest and open land, buildings are present.

- Competition rules:** SOFT's competition rules apply. Show consideration for other participants, other cyclists, riders and hikers. Ceep to the right when meeting others. Announce yourself when overtaking. Helmet is mandatory. Cyclilng is only allowed on the paths and roads and rideable areas marked on the map as well as over brown (gravel) and orange areas, see PM for details.
- Punching system:** Electronic punching with Sportident AIR+ touch free is required. Participants who do not register with a SIAC badge will be awarded a rental badge, at a cost of SEK 50/day. Un-returned SIAC will be charged SEK 900.
- Prizes:** Prizes and plaque/medal to the top 3 in all SM, JSM and USM classes, prizes to 4-6th in the USM classes. Medal for the top 3 in the VSM classes and honorary prizes in the youth classes
- PM, Start List:** Published on Eventor a few days before the competition
- Result:** Publish continuously at the arena. Live results will be available during the competition. After the competition, results will be published on Eventor, Winsplits and Livelox.
- Arena Service:**
- Parking:** Parking at the arena (max 300-500m).
- Toilet:** Available at the start and at the arena
- Changing rooms/showers:** Close to the arena
- Bike wash:** Close to the arena
- Map holder:** There is a limited number for rent for 50 SEK/day. Booked as an additional service in Eventor or by mail: cissi.lingerud@gmail.com
- Serving:** Well-stocked serving, payment with cash (SEK) and Swish
- Food and award ceremony:** Saturday evening there will be a Social gathering and prize giving for sprint and long distance at Best Western Hotel, register in Eventor under additional service to the long distance or by mail: cissi.lingerud@gmail.com

Accommodation:



Hotel offer:

We can offer accommodation at special prices at Best Western Hotel in Karlshamn, mention "SM MTBO" when booking

Accommodation per night: Single room 900 SEK/night

Double room 1100 SEK/night

Triple room 1300 SEK/night

Quadruple room 1500 SEK/night

Book directly with the hotel by phone (+46 454-58 87 00) or mail (info@bestwesternkarlshamn.se).

Motorhome pitch: Campervan/caravan parking on Friday and Saturday nights will be available at Skogsfalken's clubhouse for a fee of SEK 150/night. There will be a toilet open all night, there is also access to a shower. Booked as an additional service in Eventor or by mail: cissi.lingerud@gmail.com

Other accommodation: Refer to <http://www.visitkarlshamn.se>

Event Director: Cissi Lingerud, cissi.lingerud@gmail.com, tel +46 70 874 57 31

Asst. Event Director: Cecilia Rönnfjärd

Course Setters: Johan Wennermark and Lars Persson

Organization Coach: Magnus Blåudd

Competition Controller: Magnus Blåudd

Map Controller: Viktor Larsson

Course controller: Tony Larsson

WELCOME!

Main Sponsor:

Sparbanken
i Karlshamn

