

**Invitation 3-days
competition**

**ESKILSTUNA
VECKAN**

Eskilstuna Weekend

10

9-11 JULI

Eskilstuna Weekend 2010

Welcome to enjoy Ärla IF's and IK Standard's three-day-orienteering event with one middle distance and two long distance races.

Main Classes

	Stage 1	Stage 2	Stage 3
H 21 L	5.4 km	11.0 km	11.2 km
D 21 L	4.0 km	6.7 km	6.9 km
H 20 L	4.6 km	8.2 km	7.9 km
D 20 L	3.4 km	5.8 km	5.6 km
H 18 L	3.8 km	7.3 km	7.2 km
H 85	2.4 km	2.7 km	2.8 km
H 80	2.4 km	2.7 km	2.8 km
H 75	2.4 km	3.1 km	3.1 km
H 70	2.7 km	4.0 km	3.8 km
H 65	2.7 km	4.4 km	4.2 km
H 60	2.8 km	4.5 km	4.7 km
H 55	3.3 km	4.9 km	4.9 km
H 50	3.4 km	5.4 km	5.6 km
H 45	3.6 km	6.3 km	6.3 km
H 40	3.8 km	6.3 km	6.3 km
H 35	4.6 km	6.7 km	6.9 km
H 21	4.6 km	8.2 km	7.2 km
D 80	2.3 km	2.7 km	2.8 km
D 75	2.3 km	2.7 km	2.8 km
D 70	2.3 km	2.7 km	2.8 km
D 65	2.3 km	3.1 km	3.1 km
D 60	2.4 km	3.4 km	3.6 km
D 55	2.4 km	3.6 km	3.7 km
D 50	2.7 km	3.6 km	3.8 km
D 45	2.8 km	3.8 km	3.8 km
D 40	3.3 km	4.1 km	4.2 km
D 35	3.4 km	4.5 km	4.7 km
D 21	3.6 km	4.9 km	4.9 km

Youth Classes

H 16	3.6 km	5.3 km	5.2 km
H 14	3.2 km	4.0 km	4.2 km
H 12	2.2 km	2.5 km	3.0 km
H 10	2.1 km	2.2 km	2.1 km
D 16	3.1 km	3.8 km	4.1 km
D 14	2.7 km	3.6 km	3.6 km
D 12	2.2 km	2.5 km	2.8 km
D 10	2.1 km	2.2 km	2.1 km

Exercise Classes

H 55 motion	2.7 km	4.1 km	3.8 km
H 45 motion	3.4 km	4.9 km	4.9 km
H 35 motion	3.6 km	5.4 km	5.0 km
H 21 motion	3.6 km	5.4 km	5.6 km
D 55 motion	2.3 km	2.7 km	2.8 km
D 45 motion	2.7 km	3.6 km	3.6 km
D 35 motion	3.1 km	4.0 km	4.1 km
D 21 motion	3.1 km	4.0 km	4.2 km

Development Classes

U 1	2.0 km	2.2 km	2.1 km
U 2	2.1 km	2.2 km	2.6 km
U 3	2.4 km	2.5 km	3.1 km
U 4	2.7 km	3.6 km	3.6 km

Beginner's Class

2.0 km	2.2 km	2.1 km
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Open Classes

Öppen 1	2.1 km	2.2 km	2.1 km
Öppen 2	2.2 km	2.5 km	2.8 km
Öppen 3	2.7 km	4.0 km	3.6 km
Öppen 4	3.2 km	3.6 km	3.6 km
Öppen 5	3.4 km	3.8 km	4.1 km
Öppen 6	3.6 km	4.9 km	5.2 km
Öppen 7	3.0 km	3.1 km	3.1 km
Öppen 8	4.6 km	5.4 km	5.1 km
Öppen 9	5.4 km	6.7 km	7.2 km

Centre:	Ärla skola, Ärla
Camp site:	Ärla skola. Will be kept open from Friday July 9th 12 noon - Monday July 14th 12 noon. Fee: Caravan 250 SEK/Site, Tent 200 SEK/site. For further information contact Lennart Lund 016-703 44
Other accommodation:	Visit our website www.arlaif.se
Entry:	Enter via Internet by "Eventor" at the latest Tuesday 29th of June at 8 pm
Late entry:	Enter via internet by "Eventor" at the latest Wednesday 7th of July at 8 pm
Entry fees:	Will be sent to the clubs after the competitions. Forigners pay all fees cash.
Punching system:	Electronic (Sportident) for all classes. By the entry you have to mention your SI-number. It is possible to rent a SI-pinne for 75 SEK/competitor for all days. If you don't return it we charge you 400SEK.
Getting here:	To Ärla fom E 20 exit 134 and from way 55 between Malmköping and Strängnäs. Stage 1 Friday evening will take place at the sports ground "Åsborgen" to the southeast of Ärla. The two other stages in Ek längen, 7 Kilometers to the southeast of Ärla.
Parking:	Close to the competition area. You can buy a ticket for three days for 50 SEK. You can buy the ticket at the centre or at the parking place. Without a ticket you pay 20 SEK a day. No caravans are permitted at the competition area
Start:	Between 500 and 1 500 meters from "TC". Chase start at stage 3 for HD14, HD16 and HD21L

Map:	<p>Stage 1: Scale 1:10 000</p> <p>Stage 2 and 3: Scale 1:15 000 för H21L, H20L, H18L, H35, H16, D21L, D20L, D18L, D35, D16 and Öppen 9.</p> <p>All others 1:10 000</p> <p>Scale 1:7500 all days for HD60 and over</p> <p>Equ distance 2,5 m.</p> <p>Map-drawer Roy Fransson, Ärla IF.</p>
Terrain:	<p>Stage 1: Good runnability. Sandy heath with pines and many paths, some stony parts</p> <p>Stage 2 and 3: Finely-cut, rich of details.</p>
Showers:	Outdoor. IP Skogen
Children's activities:	Miniknat and child care
Catering facilities:	Avaliability
Sports Sale:	Letro Sport
Official opening:	At the competition area Stage 1 Friday the 9th July at 5 pm.
Prices:	<p>Stage 1 and 2 to the winners of each class.</p> <p>Stage 3 traditional prizegiving ceremony by classes.</p>
Information:	<p>Leader of competition:</p> <p>Tomas Ljungkvist</p> <p>016- 701 63 070-22 53 706</p> <p>Tommy Ljungkvist</p> <p>016 707 66 070 55 70 766</p> <p>tommy-ljungkvist@spray.se</p>

*You are very welcome to an exiting weekend of orienteering
in Södermanland*

Ärla IF and IK Standard