



3+3 in Sälen 2014

A three day competition by Malungs OK at Hundfjället, Sälen.

Friday June 27th – Stage 1; Shortened middle distance.

Classes according to the recommendation from the Swedish Orienteering association. Courses are approximately 75 % of middle distance recommendations.

Saturday June 28th – Stage 2; Long distance

Classes & courses according to the recommendation from the Swedish Orienteering association.

Sunday June 29th – Stage 3; Middle distance

Classes & courses according to the recommendation from the Swedish Orienteering association.

- Arena: Hundfjället ski resort in Sälen. Signs from road 66 in Sälens By.
Direction to the Arena by [Google Maps](#).
- Parking: Distance from parking to the Arena approx. 200 m.
Parking fee 20 SEK/day.
- Map and scale: Map scale 1:7 500 for M/W 60 and older. Other classes 1:10 000.
Map scale 1:15 000 for M/W 16-35 on Saturdays competition.
Contour interval 5 m.
- Terrain: Friday & Saturday: Mostly mountain terrain with large open areas and ski slopes. Mostly very good visibility and runability.
Sunday: Open pine forest with complex contours and very good runability. The easier courses go through open pine forest and ski resort villages with houses and ski slopes.
- Start: First start on Friday at 6:00 PM. First start on Saturday at 11:00 AM,
First start on Sunday at 10:00 PM. Individual start all days. On Sunday's middle distance the leader of each class starts at the end of the class.
- Normal entry: Normal entry by June 9th via Eventor or by mail to:
Malungs OK Skogsmårdarna
Skolgatan 2
78232 Malung
Or by e-mail to: kansli@malungsok.se. Participants that enter by mail & e-mail pay the entry fee before start on Friday June 27th.
- Late entry: Late entry by Monday June 23th by Eventor or e-mail.
- Super late entry: By June 27th, at least 1 hour prior to the start of the competition.

Entry fees:	<p>Elitclasses (M/W 17-20, 21) 480 SEK, adults (classes 17 years and older) 300 SEK, youths (classes 16 years and younger) 165 SEK.</p> <p>Entry fees are total for all three days.</p> <p>Open classes: Adults 100 SEK/day, youths 55 SEK/day. No extra fee for entry to Open classes on the day of each race.</p> <p>Late entry adds 50% to the entry fee.</p> <p>Super late entry adds 100% to the entry fee for adults. For youths see late entry.</p> <p>For participants that do not have an emiTag there is an extra fee of 25 SEK/day.</p>	
Punching system:	EMIT Touch-Free Pro with emiTag.	
Services on the Arena:	Café with light food and snacks, showers, babysitting, kid's race, medical staff, toilets and sports sales.	
Accommodation:	<p>Skistar offers accommodation at Lindvallen, approx. 16 km from the competition area. Contact them by phone +46771-84 00 00 or http://www.skistar.com/en/</p>	
Start lists and Event info:	<p>All event information will be published on the competitions homepage at Eventor.</p>	
Race Director:	Karl-Erik Sigfrids	+4670-533 23 47
	karl-erik@byggteknik.se	
Course setter:	Stefan Jonsson	+4673-042 86 19
	rr870414@gmail.com	

WELCOME!

Malungs OK Skogsmårdarna