

INVITATION

Middle distance with elite classes

Saturday 19 April

Location	Getå Hultet, Åby. Direction from E4, Strömsfors junction 126, and from road 55/56 at the southern and northern Åby exit. NOTE: No entry from the south via Getå.	Class
Registration	Via Eventor. Registration closes Tuesday 8 April. Foreign runners register via email to kolmardsmedeln@gmail.com. Late entry until Wednesday 16 April 20.00 hours (subject to additional late entry surcharge 50%). Maximum 60 competitors in the elite classes. Limited entry on the day to the beginners and youth classes (ordinary entry fee).	Elite W21E W20E W18E M21E M20E M18E Adult W18 W20 W21 W35 W40 W45 W50 W55 W60 W65 W70 W75 W80 W85 M18 M20 M21 M35 M40 M45 M50 M55 M60 M65 M70 M75 M80 M85 Youth W10 W12K W12 W14K W14 W16K W16 M10
Entry-on-the-day courses	Entry on the day to the open classes.	
Entry fee	Youth up to 16 years 60 SEK, elite classes 140 SEK, remaining classes 100 SEK. An invoice is sent to Swedish clubs after the competition. Foreign runners pay to bank giro account 660-6859 IBAN: SE5880000848069231525339 no later than 16 April. Swift/BIC: SWEDSESS. Bank address: Swedbank 105 34 STOCKHOLM	
Map	Korpklint. 1:10 000, 1:7 5000 for M/W 60 and older, contour interval 5 m. Cartography by Andreas Franzon. Resurveyed 2012 by Andreas Franzon and members of OK Kolmården. Digital print, certified by SOFT.	
Terrain	Mixed forest, a few paths. Moderate climb with some detailed slopes. Mostly good to very good runability. Some rocky areas occur.	
Start	From 11.00 hours onwards. Late entries start before that hour. Beginners and open classes (Insk, U and ÖM) free start time 11.00 – 13.00 hours. Shadowing is allowed in Insk, U and ÖM1 classes before your run (not for competitors in ranking classes and youth classes). Walk to start for all classes is 2000 m on road, path and a limited distance in the terrain.	
Electronic punching	Sportident. Runners not providing an SI- number with their registration will be assigned a hired SI-card (fee 25 SEK). SI-cards for hire are available on the day for entry-on-the-day courses.	

Parking	Next to assembly area. Car parking charge 20 SEK.
Showers	Hot showers outdoors next to assembly.
Catering	Catering will be available.
Sport traders	Letro Sport will have a wide range of goods.
Children activities	Miniknat between 10.30 and 13.00 hours. Fee 10 SEK/participant. Child care available.
Accommodation	We recommend First Camp Kolmården, 10 km from assembly. They provide accommodation in cottages and have caravan sites. To book: +46 (0)11-39 82 50, www.firstcamp.se/kolmarden .
Main officials	<p><i>Competition managers</i> Hans Persson, hans.persson@gmx.com, +46 (0)70-512 74 16 Maria Nordwall, maria.nordwall@zeta.telenordia.se, +46 (0)730-97 69 25</p> <p><i>Course planners</i> Mikael Westerberg Peter Berggren</p> <p><i>Course controller</i> Anders Larsson, IFK Norrköpings OK</p> <p><i>Competition controller</i> Lena Fröberg, GOIF Tjalve</p> <p><i>Press officer</i> Jenny Östlund, jenny.ostlund@edu.norrkoping.se, +46 (0)761- 25 95 11</p>

Participate also in the other competitions in “Superpåskén” www.superpasken.se

Welcome!

M12K
M12
M14K
M14
M16K
M16

Beginners

Insk
U1
U2

Open

ÖM1
ÖM3
ÖM5
ÖM7
ÖM8

Distances as in
SOFT:s
competition rules