

INVITATION

Kolmårdskavlen Relay

Monday 21 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.

Registration Via Eventor. Registration closes Tuesday 8 April. Foreign runners register via email to kolmårdskavlen@gmail.com.
Late registration until Wednesday 16 April 20:00 hours (subject to additional late entry surcharge 50%). Final team composition must be submitted by Sunday 20 April 16:00 hours, either in the assembly area or via Eventor.
Open relay class pre-registration at the same time as other classes.

Individual Entry-on-the-day courses

Individual entry-on-the-day courses with registration at assembly are available.

Classes

Relay

Class	Legs	Distance (km)				
		1	2	3	4	5
M17E	5	9.5 - black	7.5 - black	7.5 - black	9.5 - black	9.5 - black
W17E	3	6.5 - black	4.5 - black	6.5 - black		
M120	3	6.3 - black	6.3 - black	6.3 - black		
M150	3	4.8 - black	4.8 - black	4.8 - black		
M180	3	3.7 - black	3.7 - black	3.7 - black		
W120	3	4.3 - black	4.3 - black	4.3 - black		
W150	3	3.7 - black	3.7 - black	3.7 - black		
M12	3	2.7 - yellow	2.2 - white	2.7 - yellow		
M14	3	3.4 - orange	2.7 - yellow	3.4 - orange		
M16	3	5.4 - violet	3.4 - orange	5.4 - violet		
W12	3	2.7 - yellow	2.2 - white	2.7 - yellow		
W14	3	3.4 - orange	2.7 - yellow	3.4 - orange		
W16	3	4.4 - violet	3.4 - orange	4.4 - violet		
Open	3	4.4 - violet	3.4 - orange	4.8 - black		

In the classes M/W120-150 and M180, the minimum age for each runner is 35 years. All legs are forked except for the middle leg in the youth classes and the Open Class. In the youth classes it is permitted to have up to 3 runners on leg 2, where the runner finishing leg 2 exchanges to the runner for leg 3.

Note! The number of runners on leg 2 in the youth classes must be specified at registration.

Individual Entry-on-the-day courses

Seven courses from Open Class 1, 2.5 km, white to Open Class 9, 7.5 km, black.

Entry fee Relay: M17E 700 SEK, W17E 420 SEK, M/W12-16 180 SEK, M/W120-150 300 SEK, M180 300 SEK, Open 300 SEK. 60 SEK per extra runner in the youth classes.
Individual entry-on-the-day courses: adults 100 SEK, youth 60 SEK.
An invoice will be 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 adress: Swedbank 105 34 STOCKHOLM

Map Korpklint. 1:10 000, contour interval 5 m. Cartography by Andreas Franzon. Resurveyed 2013 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 M17E **9:00** hours, other relay classes from 10:00 hours.
Individual entry-on-the-day courses (ÖM) free start time 9:00 – 12:00 hours.

Electronic punching

Sportident. One SI-card required per runner, i.e. no SI-card may be used more than once in the relay. Runners not providing an SI-number by 16 April, 20:00 hours will be assigned a hired SI-card (fee 25 SEK). SI-cards for hire are available on the day for individual 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 10:00 and 12:30 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

Competition managers

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

Course planners

Mikael Westerberg

Peter Berggren

Course controller

Anders Larsson, IFK Norrköpings OK

Competition controller

Lena Fröberg, GOIF Tjalve

Press officer

Jenny Östlund, jenny.ostlund@edu.norrkoping.se, +46 (0)761- 25 95 11

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