



# Kolmårdsdubbeln 2014

## General information

### Middle distance with elite classes

### Saturday 19 April

<b>Location</b>	Getå Hultet, Åby. Direction from E4, Strömsfors junction 126, and from road 55/56 at the southern and northern Åby exit. From the exits it is about 15 minutes ride on small roads. <b>NOTE:</b> No entry from the south via Getå. See route guidance on <a href="http://www.kolmardsdubbeln.se">www.kolmardsdubbeln.se</a>
<b>Parking</b>	On assigned location max 600 m to assembly area. Car parking charge 20 SEK. If you are considering bringing a coach, kindly contact the organisers +46 (0)730-499 631.
<b>Map</b>	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. Certified digital print by BL-Idrottsservice. Hunting stands are not marked on the map.
<b>Terrain</b>	Mixed forest, a few paths. Moderate climb with some detailed slopes. Mostly good to very good runability. Some rocky areas occur.
<b>Entry on the day to beginners and youth classes</b>	Limited entry on the day to beginners and youth classes (including INSK and U classes) to ordinary entry fee until 10:00 at the information desk.
<b>Class modifications</b>	W20, W85, M85 withdrawn. The following classes have been merged: M20 with M21, W80 with W75, M80 with M75.
<b>Entry-on-the-day courses</b>	Entry from 10:00 onwards. Free start time 10:30 – 13:00 hours. Fees: youths up to 16 years old 60 SEK, others 100 SEK. Rental SI-card 25 SEK.  ÖM1 2.3 km very easy    ÖM3 2.5 km easy    ÖM5 3.3 km moderate ÖM7 3.1 km hard    ÖM8 4.4 km hard
<b>Rented SI-cards</b>	Collected clubwise at the information desk. Lost hired SI-cards will be charged 500 SEK.
<b>Elite classes</b>	Runners who have not qualified for start in M21E-1/W21E-1 will be placed in M21E-2/E-3 and W21E-2 respectively. Foreign runners have been selected for the elite classes based on subjective ranking. In the event of cancellation in M21E-1/W21E-1, runners from the reserve lists will be inserted no later than 10:00 on the competition day. Please announce cancellations in the elite classes as early as possible, even on the competition day, via telephone +46 (0)70-22 37 433.
<b>Start times</b>	From 11:00 hours onwards. Late entries start before that hour. Beginners and open classes (INSK, U and ÖM) free start time 10:30 – 13:00 hours. Competitors in the youth classes will be issued their map one minute before their start time, all other competitors at their start time.

Walk to start is 2000 m. Last 400 m are hilly with poor runability.  
There are marshals at the start with vests ”Jag hjälper barn” (I help children).  
Toilets and collection of clothes at the start. Clothes will be returned at the assembly area.

<b>Shadowing Children</b>	Shadowing in the INSK and U classes is allowed before your own run, but not for runners in youth classes or ranking qualified classes.
<b>Competitor bibs</b>	Competitors in M21-E1, M20E, M18E, W21E-1, W20E, W18E as well as M12 and W12 have been issued bibs. Please pick up your bib at the start.
<b>INSK class</b>	INSK class will follow red-white tape between two control points. The section is printed in violet on all maps.
<b>Electronic Punching</b>	Sportident. If the unit fails, use the reserve control punch on the map.
<b>Control description sheets</b>	Control descriptions will be printed on the competition maps. Additional loose copies will be available at the start.
<b>Collecting maps</b>	Runners keep their maps after finishing. It is not permitted to show the map to runners who have not started yet.
<b>Reporting wild animals</b>	Please report sightings of wild animals after finishing.
<b>Maximum time</b>	2.5 hours.
<b>Prize giving</b>	The number of prizes in each class will be announced at the results board. Prizes in M/W 18E-21E and the youth classes will be awarded in stages, as announced by the speaker. The other classes collect their prizes when the class is done. Entry-on-the-day courses will have a prize draw.
<b>Toilets</b>	At the assembly area and the start.
<b>Showers</b>	Hot showers outdoors next to assembly. Environment friendly shampoo is available at shower.
<b>Catering</b>	Sandwiches, buns and cakes, drinks and sweets. Also pasta salad, potato salad, goulash soup and hotdogs. Cake draw.
<b>Miniknat</b>	Next to assembly area. Start between 10:30 – 13:00 hours. Fee 10 SEK.
<b>Child care</b>	At assembly area. No fee.
<b>Sport traders</b>	Letro Sport will have a wide range of goods.
<b>Live results</b>	Live results will be continuously published to <a href="http://www.kolmardsdubbeln.se">www.kolmardsdubbeln.se</a> during the competition.
<b>Main officials</b>	<i>Competition managers</i> Hans Persson, +46 (0)70-512 74 16, Maria Nordwall, +46 (0)730-97 69 25  <i>Course planners</i> Mikael Westerberg, Peter Berggren <i>Course controller</i> Anders Larsson, IFK Norrköpings OK  <i>Press officer</i> Jenny Östlund, +46 (0) 761- 25 95 11 <i>Competition controller</i> Lena Fröberg, GoIF Tjalve

# Welcome!