



Ringsjö OK invites you to



TrailO in Nyrup Elite serie 1, A-cup

Sunday 29 March

Classes	Pre Elite, A, B, C, Open A, Open B .Course lengths ca 3 km, including a part where the time is paused.
Timekeeping	Sportident. SI cards can be rented for 20 SEK.
Entries	By Eventor before 15 March 24.00.
Late entries	Latest by Eventor 27/ 3 20.00. Entries can also be sent to E-mail: i.ekelov@gmail.com , or Letter: Ingela Ekelöv, Lindvägen 15, 242 72 Ludvigsborg, Sweden. +46 15 51095,+46 768 295 469. NB! If help of any kind is requiered, please inform us when making your entry. You can do this by Eventor/tilläggstjänster
Entry fees	Elite class 170 SEK, A, B C, Open A, Open B 120 SEK. Youth 70 SEK.. Solution maps after the finish included in the fee.
Payment from abroad	Payment from Swift: SWEDSESS, IBAN: SE53 8000 0831 3900 4018 1604 in advance or cash at arrival.
Competition centre	Östra Nyrup, on the road between Munkarp and Hallaröd. Signposted from road 13, Höör-Hasslebro. See the location on the map in Eventor.
Start	First start at 10.00 am. Randomized starting order. Follow orange and white tapes for 700m to get to the starting place.
Timed controls	Pre A and Pre A Open has the timed control on the track. Pre Elit, Pre B and Pre B Open timed control after the finish.
Finish	From the finish to the competition centre it is 1700 m. We can offer transport by car if is needed and if the condition of the forest road allow i.
Map	Frostavallen V, map scale 1:5 000, contour 5 m. Mapped 2014 by Fredrik Nilsson and Andreas Oxenstierna. Color laser printing.
Terrain	The course follows small roads in the forest. Gently sloping. Mostly open beech wood and a part with steepes in fir forest.
Service	<ul style="list-style-type: none">- <i>Help with wheelchairs</i> If need be notified- <i>Babysitting</i> If need be notified- <i>Cafeteria</i> Nyrups Osteria serves coffe, sandwiches and more- <i>Toilet</i> Covered but simple, also for disabled.
Competition leader	Ingela Ekelöv, 0768-29 54 69

Course setter
Controler
Upplysningar

Ingela Ekelöv, 0768-29 54 69

Peter Larsson, FK Boken

Ingela Ekelöv, 0768-29 54 69, i.ekelov@gmail.com

Ringsjö OK hemsida, www.ringsjo.nu, samt EVENTOR

Welcome - Ringsjö OK