

INVITATION

10 - 12 JULY 2015



FK Friskus-Varberg and OK Nackhe invite you to a pleasant orienteering weekend in Åkulla's wonderful beech forest. Three days of races culminating in a pursuit. The same arena will be used all days. Camping will be possible right next to the arena.

Programme

Friday July 10th – Stage 1, middle distance, first ordinary start 16.00

Saturday July 11th – Stage 2, long distance, first ordinary start 10.00

Sunday July 12th – Stage 3, long distance with pursuit, first ordinary start 10.00

Classes och Course length

Course lengths stated for middle and long distance.

Youth classes		Main classes women		Main classes men		Non-competitive classes	
D10	1,8/2,1	D17-20K	3,0/3,8	H17-20K	3,2/4,7	D21M	3,0/4,0
D12	2,3/2,6	D18	3,2/4,3	H18	3,2/5,5	D40M	2,7/3,2
D12K	1,8/2,1	D20	3,2/4,7	H20	3,2/6,4	D50M	2,5/3,0
D14	2,7/3,4	D21L	3,8/7,5	H21L	4,5/10,5	D60M	2,5/3,0
D14K	2,3/2,6	D21	3,5/6,0	H21	4,2/8,5	H21M	3,2/6,4
D16	3,2/3,8	D21K	3,2/4,0	H21K	3,8/6,4	H40M	3,2/5,2
D16K	2,7/3,0	D35	3,2/4,8	H35	3,8/6,4	H50M	3,0/4,0
		D40	3,0/4,0	H40	3,6/6,0	H60M	2,5/3,5
		D45	2,7/3,6	H45	3,6/5,2		
H10	1,8/2,1	D50	2,7/3,2	H50	3,2/4,8	ÖM1	2,5/2,5
H12	2,3/2,6	D55	2,7/3,2	H55	3,2/4,4	ÖM2	-/4,0
H12K	1,8/2,1	D60	2,3/2,8	H60	3,2/4,0	ÖM3	3,0/3,0
H14	2,7/3,4	D65	2,3/2,8	H65	2,7/3,6	ÖM4	-/5,0
H14K	2,3/2,6	D70	2,3/2,7	H70	2,7/3,6	ÖM5	3,5/3,5
H16	3,2/4,7	D75	1,8/2,7	H75	2,7/3,2	ÖM6	-/6,0
H16K	2,7/3,4	D80	1,8/2,3	H80	2,3/2,7	ÖM7	3,0/3,0
		D85	1,8/2,3	H85	2,3/2,7	ÖM8	4,5/4,5
		D90	1,8/2,3	H90	1,8/2,3	ÖM9	-/7,5
Non-competitive youth classes							
Inskolning	1,5/1,5						
U1	1,8/1,8						
U2	2,3/2,3						

Registration

Provided to the organizer no later than Sunday June 28th on Eventor website:

(<http://eventor.orientering.se/Events/Show/9567>) or anmalan@hallands3dagars.se

Include name, class, club and SI-number. Should you have any special requests concerning for example start time, send an e-mail to anmalan@hallands3dagars.se, fee 50 SEK.

Late registration

Is accepted to a 50% higher cost no later than Tuesday July 7th.



Varbergs Sparbank



VATTENFALL

TEAM
SPORTIA



QC TRÄDGÅRDSEKSPERTEN

Registration on competition day

For ÖM-classes and non-competitive youth classes you can register at the arena on the day of competition between 15.00 – 18.00 (Stage 1) and between 09.00 – 11.00 (Stage 2 and 3).

Registration fees

Youth (up to D/H -16): 225 SEK, other: 420 SEK for all stages.

ÖM-classes, Inskolning, U1 and U2: 75 SEK (youth) and 140 SEK (other), per stage.

Fees will be invoiced to Swedish clubs after the competition.

Foreign clubs pay at the time of registration to "OK Nackhe",

BIC (SWIFT): SWEDSESS, IBAN: SE84 8000 0008 3881 3834 2614

Arena

Stegared, between Dagsås and Åkulla. Signs from road 153 approximately 20 km east of Varberg and from road 154 in Köinge.

Parking

Maximum 1000 m from the arena. Fee 20 SEK per day or 50 SEK for all days.

Start

First ordinary start 16.00 (stage 1) and 10.00 (stage 2 and 3).

Late entries start first in respective class.

Free starting time (punch start) will be used for all non-competitive classes, between 15.30 – 18.00 (stage 1) and 9.30 – 12.00 (stage 2 and 3). Distance to start maximum 2000 m.

Pursuit

Pursuit on stage 3 for all classes except HD10 and non-competitive classes.

Punching system

SportIdent. Don't forget to register your SI card-number at registration. Otherwise you will be listed for a rental SI-card for a fee of 30 SEK/stage. Should you lose a rental SI-card you will be charged 600 SEK.

Map

HD60- 1:7 500 all stages, and ÖM7, HD16-21 1:10 000 stage 1, 1:15 000 stage 2 and 3. Other 1:10 000 all stages. Equidistance 5 m on all stages.

Offset printed. New map drawn by Kartsam 2015. The area has not been used for orienteering since 1997.

Terrain

Forest with some cultivated land and marshes. Plenty of roads and trails. Deciduous and coniferous forest with mostly good visibility and possibility of keeping a high speed. Moderately hilly, and in parts very hilly. Large parts of the competition area is a nature preserve and part of Åkulla's famous beech forests.

Miniknat (short marked out course for the youngest)

Will be available at all three stages. Fee 20 SEK per stage made payable in cash at the start.

Service

Well-stocked cafeteria, first aid, hot shower, child care and sport retail.

The fee for child care is 40 SEK per stage or 100 SEK for all stages made payable in cash.



Varbergs Sparbank



VATTENFALL



TEAM
SPORTIA



QC TRÄDGÅRDEXPERTEN

Camping

There will be a camping site adjacent to the competition area. Open from Thursday 12.00 to Sunday 16.00. Registration on Eventor website, no later than June 28th. Fee 450 SEK, to be payed at the time of registration.

Other accommodation

For regular campsites, cabins, hostels, hotels or B&Bs in the area; Varberg tourist office, phone nr 0340-86800, www.visitvarberg.se

Other Information

See www.hallands3dagars.se and Eventor website.

Main officials

Event director	Björn Nilsson N Bengt Johansson F	kontakt@hallands3dagars.se
Camping	Jan Börjesson F	camping@hallands3dagars.se
Press host	Thomas Josarp F	press@hallands3dagars.se
Event secretary	Robert Bengtsson N	anmalan@hallands3dagars.se
Course planner	Björn-Olof Waldermarsson Sebastian Hasselblom Magnus Eliasson Linnea Johnsson	OK Nackhe FK Friskus-Varberg FK Friskus-Varberg OK Nackhe
Event controller	Sven-Erik Dahlberg	IK Trenne Ullared
Course controller	Thomas Georgsson Ralf Vidarsson Ingmar Johansson	OK Nackhe OK Nackhe FK Friskus-Varberg
Information	Björn Nilsson Bengt Johansson kontakt@hallands3dagars.se	070-589 01 84 070-201 14 79



WELCOME !
FK FRISKUS-VARBERG AND OK NACKHE



Varbergs Sparbank



VATTENFALL



**TEAM
SPORTIA**

