

INVITATION

Middle distance with elite classes

Sunday 5 April

| | | | |
|---------------------------------|---|--------------|-----|
| Location | Stubbetorp, Kolmården. Longitude 16,35732, Latitude 58,7223. Direction from E4, Strömsfors junction 126, and Stavsjö junction 127. | Class | Km |
| Registration | Via Eventor. Registration closes Sunday 29 Mars. Foreign runners register via email to kolmardsmedeln@gmail.com. Late entry until Wednesday 1 April (subject to additional late entry surcharge 50%). Maximum 60 competitors in the elite classes. Limited entry on the day to the beginners classes (ordinary entry fee) and youth classes (additional late entry surcharge 50 %). | Elite | |
| | | W21E | 5.1 |
| | | W20E | 4.0 |
| | | W18E | 4.0 |
| | | M21E | 5.7 |
| | | M20E | 4.6 |
| | | M18E | 4.6 |
| | | Adult | |
| | | W18 | 3.8 |
| | | W20 | 3.8 |
| | | W21 | 3.8 |
| | | W35 | 3.5 |
| | | W40 | 3.5 |
| | | W45 | 3.3 |
| | | W50 | 3.3 |
| | | W55 | 3.3 |
| | | W60 | 2.8 |
| | | W65 | 2.8 |
| | | W70 | 2.8 |
| | | W75 | 2.4 |
| | | W80 | 2.4 |
| | | W85 | 2.4 |
| | | M18 | 3.8 |
| | | M20 | 3.8 |
| | | M21 | 4.8 |
| | | M35 | 4.8 |
| | | M40 | 4.4 |
| | | M45 | 4.2 |
| | | M50 | 3.8 |
| | | M55 | 3.6 |
| | | M60 | 3.6 |
| | | M65 | 3.1 |
| | | M70 | 3.1 |
| | | M75 | 3.1 |
| | | M80 | 2.8 |
| | | M85 | 2.8 |
| | | Youth | |
| | | W10 | 2.4 |
| | | W12K | 2.4 |
| | | W12 | 3.1 |
| | | W14K | 3.1 |
| | | W14 | 3.2 |
| | | W16K | 3.2 |
| | | W16 | 3.4 |
| | | M10 | 2.4 |
| Entry-on-the-day courses | Entry on the day to the open classes (ordinary entry fee). | | |
| Entry fee | Youth up to 16 years 70 SEK, elite classes 170 SEK, remaining classes 120 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 1 April. Swift/BIC: SWEDSESS. Bank address: Swedbank 105 34 STOCKHOLM | | |
| Map | Stubbetorp. 1:10 000, 1:7 5000 for MW 60 and older, contour interval 5 m. Resurveyed and mostly newly surveyed 2014 by Andreaz Franzon and Thomas Persson. 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. The visibility in some parts are very good. | | |
| Start | From 11.00 hours onwards. Late entries start before that hour, except in the elite classes, where the late entry will be drawn into the start list. 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 900 m on road. | | |
| Electronic punching | Sportident. Runners not providing an SI- number with their registration will be assigned a hired SI-card (fee 30 SEK). SI-cards for hire are available on the day for entry-on-the-day courses. | | |

Parking In designated areas up to 1500 m from 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 20 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

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Course planners

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Course and Competition controller

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Begin your tour Eastern in Kolmården with Svartnatta 2 April and NAIS-träffen 3-4 April.

Welcome!

| | |
|------------------|-----|
| M12K | 2.4 |
| M12 | 3.1 |
| M14K | 3.1 |
| M14 | 3.2 |
| M16K | 3.2 |
| M16 | 3.5 |
| Beginners | |
| Insk | 2.0 |
| U1 | 2.4 |
| U2 | 2.5 |
| Open | |
| ÖM1 | 2.5 |
| ÖM3 | 3.1 |
| ÖM5 | 3.7 |
| ÖM7 | 3.3 |
| ÖM8 | 5.0 |
| ÖM10 | 4.2 |