



OK Skogsmunken invites to Nordic international ni PreO, tempo, Saturday the 16th of May 2015

- Site:** Mariedal School Lysekil, 58 ° 16'53.5 "N 11 ° 27'29.9" E. Directions from highway 162 at the approach to Lysekil.
- Classes:** Competition classes: Elite, A, B
No open classes.
- Course lengths:** Walking distance 1800 m.
- Registration:** Last day is May 8th 23:59, through Eventor, or valter.gebl@midroc.se. Anyone who signs up via email will receive a confirmation that the notification is received.
- Registration fee:** Elite 180: -, other classes; adults 130: -, youth 75: -. Everything in Swedish kronor. Solution Map to all runners. The registration fee is billed Swedish participants afterwards. Foreign participants pay before race day. Payment in SEK to IBAN account SE7580000836833448147896. Account holder OK Skogsmunken. Cash in foreign value is not valid during competition, only credit card is to be used.
- Late registration:** With a 50% higher fee by May the 14th 18:00, through Eventor, valter.gebl@midroc.se, or (preferably SMS) phone +4670 180 13:40 between the hours of 18.00-20.00.
- Additional services:** Pusher / stamp assistance, SportIdent stick 30 SEK per day, Packed lunches Saturday 30 SEK (sandwich, drink and fruit). Registration via Eventor.
- Starting list, memos, result:** Eventor.
- Parking:** Close by event center, maximum distance 200 m.
- First start:** The start is for contestants, after the finish of long-distance race.
- Map:** Scale 1: 4000, 5 m contour interval, laser scanned, drawn in 2012 by Mats Carlsson.
- Terrain:** Mixed terrain, from open rocks to park and schoolyard environment.
- Service:** Serving and disabled toilet at the event centre. Toilet and packed lunches extradition at the start / finish location.
- Prizes:** Prizes to the top three in all classes.
- Competition Manager:** Tomas Karlsson phone +46524-214 30 or +4673 3373341. Deputy competition manager Valter Gebl phone: +4670 1801340.
- Course Planner:** Bosse Sandström, phone: +4670-5223182.
- Track- and competition-** Michael Johansson Vänersborgs OK.



Controller:

OK Skogsmunken greet all very welcome!