



do you dare? ...



Invitation – Sprint competition the day before 10MILA

King and Queen of Mördarbacken

friday may 13th 2016, Lugnet, Falun

ARENA	"The 10MILA arena", Lugnet, Falun, Signs from E16 / Lugnetleden		
PARKING	Same parking as 10MILA, 50kr fee for the whole weekend. Parking – Arena max 500meters		
ENTRY	Entry primarily using Eventor at the latest Sunday may 8th, 23:59 . Entry also accepted by email to peter@lofas.se Late entries primarily using Eventor, at the latest may 11th 23:59 with 50% higher fee. Late entry also possible by email (peter@lofas.se)		
CLASSES	H16 - 60kr D16 - 60kr	H14 – 60kr D14 – 60kr	Open Men – 90kr Open Women – 90kr
PAYMENT	Entries from swedish clubs invoiced to the club. Runners for non swedish clubs shall pay their entry fee in the information tent on the area <u>BEFORE START</u>		
WINNING TIME	12-15minutes		
10MILA RUNNERS	<u>It is allowed</u> to participate in this competition for runners that are running any of the 10MILA relays.		
START	Individual start with 30 seconds interval on the arena. First start 17:30. For travelers it's possible to apply for "late start time" when entering. This cannot be guaranteed but we will do our best.		
PUNCHING	SPORTIdent, SI-Cards of type 5,6,8,9,10,11,SIAC can be used		
COMPETITION RULES	Competition rules according to SOFT for sprint competitions. The courses are in the forest. No rules regarding clothing.		
RENTAL CARDS	Entries without SI-Card are given rental cards. Rental cards are picked up in the information tent on the arena. A fee of 30kr is taken for rental cards. A fee of 550kr is issued for non returned rental cards.		
MAP	Revised 2016 according to ISSOM, 1:4000, 5 meters contour interval		
TERRAIN	Mixed forest and open ski tracks. Large to very large hills		
MAXIMUM TIME	60minutes		
BIBS	Classes HD16 and HD14 should wear bibs that are picked up at the start		
WC AND SHOWER	See map of arena, 10mila		
SERVICE	Restaurant with buffé on the arena and one kiosk		
BIG SCREEN	Speaker and big screen production for classes HD16 and HD14		
PRICES	Prices to the best in HD14 and HD16		

CONTACT

EVENT DIRECTOR	Peter Löfås, 070-3112688, peter@lofas.se	COURSE SETTER	Team Peter Löfås
EVENT CONTROLLER	Leif Gustafsson, Säterbygdens OK	MEDIA	Anders Hansson, 070-398 70 14
COURSE CONTROLLER	Leif Gustafsson, Säterbygdens OK		