



**Stockholms Mångkampsförbund and IFK
Tumba SOK invites you to Swedish
Championship in relay and classic sprint**



3-5 oktober

**The Sprint and the Classic distance is a part of the World and
Sweish cup.**

Competition center

Hemvärnets stridsskola in Vällinge located on road 580. approximately 20Km from Stockholm city

Map

Lida, Updated 2015, scale 1:10000, Elevation 4 m

Terrain

Moderately hilly forest with many paths and a lots of details, mostly good runability.

Classes and courselengths

The organizer will merge classes if to few partipicents.

Classes	Sprint	Classic	World Cup klass	Difficulty
M/W 21	18-20 min	45-60 min	Yes	Blue
M/W 20	18-20 min	40-55 min	Yes	Blue
M/W 18	18-20 min	35-50 min		Blue
M/W 16	18-20 min	30-40 min		Violett
M/W 14	18-20 min	25-30 min		Orange
M/W 12	18-20 min	20-25 min		Yellow
M/W 10	18-20 min	20-25 min		White
M/W 35	18-20 min	40-55 min		Blue
M/W 40	18-20 min	35-50 min		Blue
M/W 45	18-20 min	35-50 min		Blue
M/W 50	18-20 min	35-50 min		Blue
M/W 55	18-20 min	30-45 min		Blue
M/W 60	18-20 min	30-40 min		Blue
M/W 85	-	-		

Punchingsystem

SportIdent, please state number at registration.

Saturday, Sprint

Adjustment shooting on paper targets starting at 09:00

Sunday, Classic

Adjustment shooting on paper targets starting at . 09:00

Rental Rifle

Rental rifle will be available please state need at registration.

Fee 50 kr/day (Weapon + 50 cartridges)

Banquett

At Harbrostugan in Tumba, preliminary at 17:30. Please state allergies or need of special food in registration. The price will be 150 SEK.

Accommodation

Camping and cottages:

www.flottsbro.com

Hostel:

<http://www.hagaberg.fhsk.se/>

Hotel:

<http://www.slagstamotell.com>

Fees

M/W18 and older Sprint 180 SEK, others 100 SEK

M/W18 and older Classic 180 SEK, others 100 SEK

M/W18 and older Relay 180 SEK, others 100 SEK per runner

SI rent 20SEK/day. (none returned SI card will be charged with 500 kr.)

Swedish clubs will be charged after the competition.

Foreign clubs pay in advance to:

Account: 337840-3

IBAN: SE17 9500 0099 6042 0337 8403

BIC-kod: NDEASESS

Account holder: IFK TUMBA SKID- OCH ORIENTERINGSKLUBB

Information

tmok_olskytte@hotmail.com or telephone +46 72-711 93 81 (Johan Eklöv)

Registration

latest Sunday 20160424.to:

tmok_olskytte@hotmail.com

Late Registration: No later then Wednesday 20160427 at 50 % increase fee to:

tmok_olskytte@hotmail.com.

PM and Startinglist: Will be published at the web and the competition center

Main officials

Competition manger, Johan Eklöv

Course setter, Johan Eklöv Anders Boström Daniel Lind

Course and competition control TMOK