



do you dare? ...



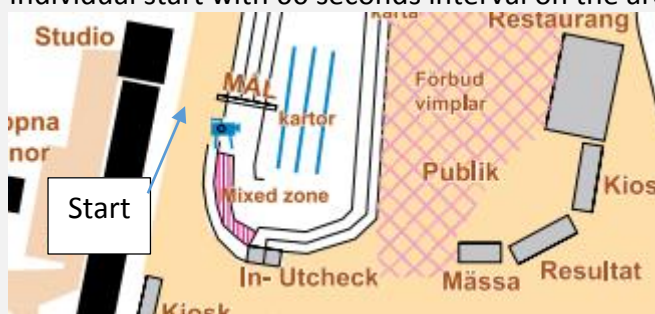
PM – Sprint competition the day before 10MILA

# King and Queen of Mördarbacken

friday may 13th 2016, Lugnet, Falun

<b>ARENA</b>	"The 10MILA arena", Lugnet, Falun, Signs from E16 / Lugnetleden
<b>PARKING</b>	Same parking as 10MILA, 50kr fee for the whole weekend. Parking – Arena max 500meters
<b>DIRECT ENTRY</b>	Not available. You can run Open Courses from 10MILA
<b>GPS TRACKING</b>	The last 10 starters in classes HD14 and HD16 shall carry a GPS Unit that should be collected at least 10 minutes before start at the start
<b>PAYMENT</b>	Runners for non-swedish clubs shall pay their entry fee in the information tent on the area <b><u>BEFORE START</u></b>
<b>WINNING TIME</b>	12-15minutes
<b>FORBIDDEN AREA</b>	<b><u>N.B!</u></b> It is absolutely forbidden to enter the forbidden areas around the map. Runners that do that will be disqualified both from this competition and also from 10MILA.

**START** Individual start with 60 seconds interval on the arena.



**RENTAL CARDS** Rental cards are picked up in the information tent on the arena.

<b>MAP</b>	Revised 2016 according to ISSOM, 1:4000, 2.5 meters contour interval
<b>BIBS</b>	Classes HD16 and HD14 should wear bibs that are picked up at the start
<b>WC AND SHOWER</b>	See map of arena, 10mila
<b>SERVICE</b>	Restaurant with buffé on the arena and one kiosk
<b>PRICE GIVING</b>	A price giving ceremony for the best 3 in HD14 and HD16 will be held at <b><u>18.40</u></b>
<b>COURSE LENGTHS</b>	<b>H14:</b> 2260m <b>D14:</b> 2060m <b>H16:</b> 2420m <b>D16:</b> 2240m

## CONTACT

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