

## INVITATION

### Kolmårdskavlen Relay

### Sunday 1 april 2018

#### Location

Lilla Älgsjön, Kolmården. Longitude 16.32308, Latitud 58.71068. Direction from E4, Strömsfors junction 126.

#### Registration

Via Eventor. Registration closes Sunday 25 March. Foreign teams register by email to kolmardsmedeln@gmail.com.

Late entry until Wednesday 28 March (subject to additional late entry surcharge 50%).

Final team composition must be submitted by Saturday 31 March 18:00 hours, either via Eventor or in the assembly area.

Open relay class pre-registration at the same time as other classes.

#### Individual Entry-on-the-day courses

Individual entry-on-the-day courses with registration at assembly are available.

#### Entry fee

Relay: M17E 850 SEK, W17E 510 SEK, MW12-16 210 SEK, MW120-150 360 SEK, M180 360 SEK, Open 360 SEK. 70 SEK per extra runner in the youth classes.

Individual entry-on-the-day courses: adults 120 SEK, youth 70 SEK.

An invoice will be sent to Swedish clubs after the competition. Foreign runners pay to IBAN: SE5880000848069231525339 no later than 26 March. Swift/BIC: SWEDSESS.

Bank address: Swedbank 105 34 STOCKHOLM

#### Start

H17E 9:30 AM, other relay classes from 10:00 AM.

Individual entry-on-the-day courses (ÖM) free start time between 9:30 AM and 12:00 noon.

#### Classes (preliminary distances):

Class	Legs	Leg 1	Leg 2	Leg 3	Leg 4	Leg 5
H17E	5	10,0 km	8,0 km	8,0 km	10,0 km	10,0 km
D17E	3	8,0	5,5	8,0		
H120	3	6,0	6,0	6,0		
H150	3	5,0	5,0	5,0		
H180	3	3,5	3,5	3,5		
D120	3	4,5	4,5	4,5		
D150	3	3,5	3,5	3,5		
H12	3	3,0 - yellow	2,5 - white	3,0 - yellow		
H14	3	3,5 - orange	3,0 - yellow	3,5 - orange		
H16	3	5,0 - violet	3,5 - orange	5,0 - violet		
D12	3	3,0 - yellow	2,5 - white	3,0 - yellow		
D14	3	3,5 - orange	3,0 - gul	3,5 - orange		
D16	3	4,5 - violet	3,5 - orange	4,5 - violet		
Öppen (Open)	3	5,0 - violet	3,5 - orange	5,0 - black		

(H-classes: for Men, D-classes: for Women.)

In the classes H120-H180 and D120-D150, the minimum age for each runner is 35 years.

All legs are forked except for the middle leg in the youth classes and all legs in the Open Class. In the youth classes it is permitted to have up to 3 runners on leg 2, where the first runner finishing leg 2 exchanges to the runner for leg 3.

**Note! The number of runners on leg 2 in the youth classes must be specified at registration.**

### **Individual Entry-on-the-day courses**

Seven courses from Open Class ÖM1, 2.5 km, white to Open Class ÖM9, 8.5 km, black. Also Open Class ÖM10, green with extra maps available for followers of a child.

### **Competitions rules**

Latest issue of SOFT:s competition rules is valid.

### **PM, starting lists and results**

Are published on Eventor and on the arena on the day of competition.

### **Electronic punching**

Sportident. One SI-card required per runner, i.e. no SI-card may be used more than once in the relay. Runners not providing an SI-number by Saturday 31 March, 18:00 hours will be assigned a hired SI-card (fee 30 SEK). SI-cards for hire are available on the day for individual entry-on-the-day courses

### **Map**

Scale 1:7 500 for HD150, H180 and Open Class ÖM7. Other classes 1:10 000. Contour interval 5 m.

Kolmårdens Tak, resurveyed 2017 by Thomas Persson, TP kartan. Digital print, certified by SOFT.

### **Terrain**

Typical terrain of the Kolmården region with a mixture of open rocky ground areas and more physically demanding areas with marshes and some undervegetation (blueberries). Moderate climb. Mainly good runability.

### **Parking**

In designated areas about 1300 m from the arena. Parking fee 20 SEK.

### **Showers**

Hot showers outdoors about 200 m from the arena.

### **Catering**

Catering will be available.

### **Sport traders**

Letro Sport will have a wide range of goods.

### **Children Activities**

Miniknat between 9.30 AM and 12.30 PM. Fee 20 SEK/participant. Child care available.

### **Accommodation**

We have a few suggestions, see [www.kolmardsdubbeln.se/logi/](http://www.kolmardsdubbeln.se/logi/).

### **Main officials**

Competition managers: Gunnar Melin, [gunnarmelin67@gmail.com](mailto:gunnarmelin67@gmail.com), 0730-64 61 93  
Anna Håkansson, [annalillyemilia@gmail.com](mailto:annalillyemilia@gmail.com), 0730-38 62 75

Course planners: Maria Nordwall, [maria.nordwall@gmail.com](mailto:maria.nordwall@gmail.com), 0730-97 69 25  
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Competition controller: Lena Fröberg, Tjalve IF Norrköping, [lena.froberg@gmail.com](mailto:lena.froberg@gmail.com), 070-736 19 96

Course controller: Göran Brattgård, Tjalve IF Norrköping, [goran@brattgard.se](mailto:goran@brattgard.se)



# Welcome!

# TRIMTEX

Format för råhet