

INVITATION

Middle distance with elite classes

Saturday 06 April 2019

Location

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

Registration

Via Eventor. Registration closes Sunday 31 March. Foreign runners register by email to kolmardsmedeln@gmail.com.

Late entry until Wednesday 3 April (subject to additional late entry surcharge 50%).

Maximum 60 competitors in the elite classes.

Limited entry on the day to the beginner's classes (ordinary entry fee) and youth classes (additional late entry surcharge 50 %).

Entry-on-the-day courses

Entry on the day to the open classes (ordinary entry fee).

Elite classes

Women: D18E, D20E, D21E. Men: H18E, H20E, H21E.

Adult classes

Women: D18, D20, D21, D35, D40, D45, D50, D55, D60, D65, D70, D75, D80, D85.

Men: H18, H20, H21, H35, H40, H45, H50, H55, H60, H65, H70, H75, H80, H85.

Youth classes

Women: D10, D12K, D12, D14K, D14, D16K, D16.

Men: H10, H12K, H12, H14K, H14, H16K, H16.

Beginners classes

INSK, U1, U2.

Open classes (Entry-on-the-day)

ÖM1, ÖM3, ÖM5, ÖM7, ÖM8

Entry fee

Youth up to 16 years 80 SEK, elite classes 200 SEK, remaining classes 150 SEK. An invoice is 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.

Map

Scale 1:10 000, 1:7 500 for H/D60 and older. Contour interval 5 m.

Resurveyed 2016 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. Good runability.

Start

From 11.00 AM onwards. Late entries start before that hour, except in the elite classes, where the late entry will be drawn into the start list.

Beginners and open classes (INSK, U and ÖM) free start time between 10.30 AM and 1.00 PM.

It is allowed for an adult to follow a child in Beginners and ÖM1 classes, also before running oneself (not for competitors in ranking classes and youth classes).

Walking distance to start for all classes is 800 m.

Distances

According to SOFT's recommendation.

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. Runners not providing an SI- number with their registration will be assigned a hired SI-card (fee 30 SEK). SI-cards for hire are available on the day for entry-on-the-day courses.

Parking

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

Showers

Hot showers outdoors.

Catering

Catering will be available.

Sport traders

Letro Sport will have a wide range of goods.

Children Activities

Miniknat between 10.30 AM and 1.00 PM. Fee 20 SEK/participant. Child care available.

Accommodation

We have a few suggestions, see www.kolmardsdubbeln.se/logi/.

Main officials

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

Course planners: Peter Berggren, pberggren@telia.com, 0730-89 82 50

Competition controller: Lena Fröberg, Tjalve IF Norrköping, lena.froberg@gmail.com, 070-736 19 96

Course controller: Göran Brattgård, Tjalve IF Norrköping, goran@brattgard.se, 070-523 15 99

Welcome!



TRIMTEX

Format för råhet