



# INVITATION

## TO RAVINENS TREKVÄLLARS 1-3 JULY 2019



**Arena:** The competition arena is located by the Ravinen club house, at Hellasgården (on the right side of the road from Stockholm C).

**Entry:** Can be made primarily through the Eventor system. If this is not possible, contact us by email.

Ordinary entry until Monday 24 June, or late entry until Thursday 27th June.

**Note!** If you wish to enter only one or two of the days, remember to click which ones when entering.

**Transport:** The simplest way to reach the arena is by bus 401 from Slussen, get off at stop Hellasgården, directly by the arena. Bus departure every 10th minute. 15min ride. See [www.sl.se](http://www.sl.se) for more transport options.

Bike is an excellent option. The bike lane Sickla to Älta is recommended. You may also ride through the competition area if you go directly to the arena.

**Car parking:** At local public parking spaces (may be crowded) Just remember to pay in the ticket machine.

**Classes:** DH10-DH90, DH12K-DH17-20K, Beginner, U1-U4 och ÖM1-ÖM10. Courses according to the guidelines for difficulty and length from the Swedish Orienteering Federation.

**Fees:** Normal entry fee for adults in age-classes and open classes 110 SEK/day and for kids (max 16 yrs) 60 SEK/day.

**Late entry/entry on arena:** Entry to open class is possible on the arena for each stage between 5pm and 7pm. Start between 5.30pm and 7.30pm. Fees: adults 140 SEK and kids 70 SEK.



**Stages:** The competition consists of three stages where the sum of all your times adds up to a total result. Stage 1 and 3 are long distances, while stage 2 is a middle distance.

**Start:** Free start times, on every minute, for all classes between 5.30pm and 7.30 pm. Make sure to finish before 8.45 when it closes.

**Punch/Sl:** Trekvällars competition uses Sportident system. If the runner registers their entry without SI-card number, the runner will be assigned one. Rental SI-card is 30 SEK/day. Change of card is 25 SEK. Failure to return SI-card costs 600 SEK.

**Map:** Newly revised excerpts from the Nackareservatet/Erstavik, according to new ISOM2017-norm. Scale 1:7 500 for HD45 and older. Scale 1:10 000 for the rest. Equidistance 5m. Control description and numbers printed on the map, next to each control.

**Cafeteria:** Both beverages, snacks and food can be bought at the arena.

**Shower:** Locker rooms and showers are accessible at the arena in by the club house.

**Course setter:** Ruslan Glebov

**Competition manager:** Kjell Almgren  
Contact: [kjell68almgren@gmail.com](mailto:kjell68almgren@gmail.com)

Welcome!

