

Middle Distance Club Championships 2019

Bondberget

Meeting – 9:30 Öxnehaga Car Park

Öxnehaga, 561 49 Huskvarna

57.773657, 14.254865

Course lengths – Gentlemen 4.2km

Ladies 3.7km

Middle 3.0km

Kort 1.3km

Map Scale – Gentlemen and Ladies 1:10000 + 1:7500 for older people

Middle and Kort 1:7500

Start – 90sec start interval.

To Start – A short group jog, warm up to the Pre Start area. Jog leaving the car park 9:40.

Punching system – SI for start and finish times only. Punching control = touch. **Livelox is the official verification you visited the control to be confirmed as “Club Champion”**

Map turn over – Only the Gentlemens course has a map turn over. It is *your responsibility* to check that you are looking at Part 1 for the first half of the course. This is printed in big bold letters next to the control description in the bottom left of the page.

Control descriptions – There will be loose descriptions in the - 1min box.

6 and 9 – Ladies please note that control no9 and 6 are close together! I have drawn a line underneath hoping to make this clearer where to run.