

Invitation Middle distance with elite classes 4th April 2020

Location

Hults Bruk, Ågelsjön. Longitude 16.132233, Latitude 58.674203. Directions from road 55, about 10 km north of Norrköping.

Registration

Via Eventor. Registration closes Sunday 29th March. Foreign runners register by email to kolmardsmedeln@gmail.com.

Late entry until Wednesday 1st April 20:00 (subject to an additional 50% surcharge).

Maximum 60 competitors in the elite classes, with selection according to the rules of SOFT.

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

Classes can be combined in the event of not enough registered competitors.

Open classes

Registration for open classes either via Eventor Wednesday 1st April 20:00 at the latest, or on the day at assembly.

Elite classes

D18E, D20E, D21E, H18E, H20E, H21E

Age classes

According to SOFT's new system from H/D10 to H/D85.

Open classes

Six courses from Inskolning 2.0 km to Hard 5.0 km.

Entry fees

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 no later than 1st April to IBAN: SE5880000848069231525339. Swift/BIC: SWEDSESS. Bank address: Swedbank 105 34 STOCKHOLM.

Map

Scale 1:7 500 for H/D14 and younger, H/D45 and older, and all Open classes. Other classes 1:10 000. Contour interval 5 m.

New map created for O-ringen 2019. Digital print by Kartsam, certified by SOFT.

Terrain

The terrain consists of sparse pine forest and rocky open ground on top of the hills, mixed with detailed slopes. An extensive path and road network will be used for the less technical courses. Moderate to steep climb. Good to very good runnability.

Start

At most 1500 m, on roads and paths.

First start 11:00 am. Late entries start before that hour, except in the elite classes, where late entries will be drawn into the start list.

Open classes have free start times between 10:30 – 13:00. Shadowing is allowed in all open classes, with the following restrictions:

- Participants in age classes up to H/D16 may not shadow before their own start.
- Participants in ranking eligible classes may not shadow before their own start.
- Participants in other classes may shadow before their own start only on Inskolning 2.0 km and Very Easy 2.0 km.

Distances

According to SOFT's recommendations.

Competitions rules

The Latest issue of SOFT's competition rules will be in use.

PM, start lists and results

Are published on Eventor and in 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 at most 1000 m from the arena. Parking fee 20 SEK. Please car share if possible.

Showers

Hot showers outdoors.

Catering

Catering will be available. There will be a cake lottery.

Sport traders

Letro Sport will have a wide range of goods.

Children Activities

Miniknat between 10.30 AM and 1.30 PM. Fee 20 SEK/participant.

Child care available (no fee).

Accommodation

We have a few suggestions, please see <http://www.kolmardsdubbeln.se/logi/>.

Main officials

Organisers: Gunnar Melin, gunnarmelin67@gmail.com, 0730-64 61 93
Maria Nordwall, maria.nordwall@gmail.com, 0730-97 69 25

Planner: Magnus Blomgren, mankans@hotmail.com, 070-433 04 86

Competition controller: Håkan Träff, NAIS, htraff@hotmail.com

Course controller: Håkan Träff, NAIS, htraff@hotmail.com

Welcome!



TRIMTEX

Format för råhet