



INVITATION



OK RAVINENS TREKVÄLLARS 3-5 JULY 2023

Arena: The competition center is located by the Ravinen club hut, at Hellasgården (on the right side of Ältavägen when traveling from city).

Entry: Can be made primarily through the Eventor system. If this is not possible, contact us by email. Regular entry until monday 26 june, or late entry until thursday 29th june. Open courses are available for entry on the arena. **Note!** **Make sure to sign up for all three days of the competition!**

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 for more transport options. Bike is also 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.

Parking: At local public parking spaces (may be crowded). Just remember to pay ordinary parking fees.

Classes: WM10-WM90, beginner and many more open courses (length and difficulty according to SOFT guidelines).

Fees: Normal entry fee for adults: 120 SEK/day, and for youths (up to 16 years): 70 SEK/day. Late entry +50%. Non-club-members or foreign participants must pay entry fee before starting.

Open courses and entry on site: Entry on site at the arena can be made at "direktanmälan" between hours 5pm-7pm (and start between 5.30-7.30pm). Fee is 150 SEK for adults, and 70 SEK for youths (up to 16 years) per day.

Days/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 pm when the finish 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 50 SEK/day. Failure to return SI-card costs 600 SEK.

Map: Nackareservatet-Erstavik according to ISOM2017-norm. Scale 1:10 000 for MW16-MW40 and Open 7km, scale 1:7 500 for the rest. Equidistance 5m. Control description is printed on the map, and next to the circles.

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

Shower and changing rooms: Limited facilities are available at Ravinens club hut.

Other info: Miniknat (kids course) will be provided. Training package with more maps in the nearby area can be purchased from OK Ravinen. Please contact us for more information.

Course planner: Vendela Rundström

Competition managers: Ulf Lennheden
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Welcome!

