



# PM



## 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).

**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 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.

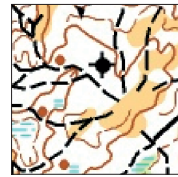
**Classes:** WM10-WM85, U1-U3, Inskolning and open courses: very easy 2km/4km, easy 2,5km/5km, intermediate 3km/5km & hard 3km/5km/7km (no 7km on day 2)

**Entry on site/open courses:** 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.

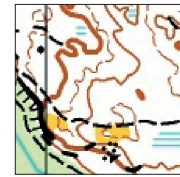
**Days/stages:** The competition consists of three stages where the sum of your times add up to a total result. Stage 1 and 3 are long distance, and stage 2 is middle distance.

**Map:** Nackareservatet-Erstavik, drawn by Fredrik Ahnlén 2018-19, and updated 2023 by Mårten Boström. Scale 1:10 000 for MW16-MW40 & Hard 7km, scale 1:7 500 for the rest. Eq. 5m. Control description printed on map next to the controls. No separate descriptions.

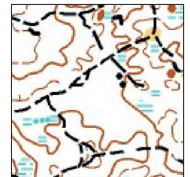
**Terrain:** The terrain is typical of Stockholm, moderately hilly and with good runnability. The longest courses may include areas with steeper terrain and poorer runnability. There is a rich network of paths on all the stages, ranging from large running tracks to small indistinct paths. The rich network of paths can make some areas appear simple, but the paths can easily get confusing so it may be wiser to use other terrain features for orienteering. The forest in Nackareservatet is really nice this time of year, so we can promise you a great experience in the forest and also nice views from viewpoints.



D1 - Ulvsjöbladet



D2 - Dammtorp



D3 - "Masterna"

**Punch/SI:** 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.

**Start:** Free start times, on every minute for all classes, between 5.30 - 7.30 pm. Make sure to finish before 8.45 pm when the finish closes. On day 2 and 3, the finish is located in the forest, in order to create better courses for all classes. See distance below.

Distance to start:

Day 1: 1 600m

Day 2: 1 400m

Day 3: 700m

Distance from finish:

Day 2: 1 500m

Day 3: 700m

**Cafeteria:** Beverages, snacks and food can be bought at the arena. Please pay with cash or Swish. (no card)

**Changing rooms:** Limited areas for changing in the Ravinen club house. Unfortunately we cannot provide showers due to recent damage to the pipes in the club house.

**More info:** Miniknat (kids course) will be provided.

Note! Many courses pass near a golf course on day 2. The golf courses are forbidden areas and marked as forbidden on the map. Please respect this, and DO NOT make shortcuts over the golf course.

**Course planner:** Vendela Rundström  
Course controller: Ruslan Glebov

**Competition leaders:** Mikael Nyström, Ulf Lennheden and Anette Önerud

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