

INVITATION

Kolmårdskavlen Relay

Monday 17 april 2017

Location

Åksjön, Böksjö, Kolmården. Longitude 16.333559, Latitude 58.707996. Direction from E4, Strömsfors junction 126.

Registration

Via Eventor. Registration closes Monday 3 April. Foreign runners register by email to kolmardsmedeln@gmail.com.

Late entry until Wednesday 12 April (subject to additional late entry surcharge 50%).

Final team composition must be submitted by Sunday 16 April 18:00 hours, either via Eventor or in the assembly area.

Open relay class pre-registration at the same time as other classes.

Individual Entry-on-the-day courses

Individual entry-on-the-day courses with registration at assembly are available.

Entry fee

Relay: M17E 850 SEK, W17E 510 SEK, MW12-16 210 SEK, MW120-150 360 SEK, M180 360 SEK, Open 360 SEK. 70 SEK per extra runner in the youth classes.

Individual entry-on-the-day courses: adults 120 SEK, youth 70 SEK.

An invoice will be sent to Swedish clubs after the competition. Foreign runners pay to bank giro account 660-6859 IBAN: SE5880000848069231525339 no later than 12 April. Swift/BIC: SWEDSESS.

Bank adress: Swedbank 105 34 STOCKHOLM

Start

H17E 9:30 AM, other relay classes from 10:00 AM.

Individual entry-on-the-day courses (ÖM) free start time between 9:30 AM and 12:00 noon.

Classes (preliminary distances):

Class	Legs	Leg 1	Leg 2	Leg 3	Leg 4	Leg 5
H17E	5	9,0 km	7,0 km	7,0 km	9,0 km	9,0 km
D17E	3	6,5	4,5	6,5		
H120	3	6,0	6,0	6,0		
H150	3	5,0	5,0	5,0		
H180	3	3,5	3,5	3,5		
D120	3	4,0	4,0	4,0		
D150	3	3,5	3,5	3,5		
H12	3	3,0 - <i>yellow</i>	2,5 - <i>white</i>	3,0 - <i>yellow</i>		
H14	3	3,5 - <i>orange</i>	3,0 - <i>yellow</i>	3,5 - <i>orange</i>		
H16	3	5,0 - <i>violet</i>	3,5 - <i>orange</i>	5,0 - <i>violet</i>		
D12	3	3,0 - <i>yellow</i>	2,5 - <i>white</i>	3,0 - <i>yellow</i>		
D14	3	3,5 - <i>orange</i>	3,0 - <i>gul</i>	3,5 - <i>orange</i>		
D16	3	4,5 - <i>violet</i>	3,5 - <i>orange</i>	4,5 - <i>violet</i>		
Öppen (Open)	3	4,0 - <i>violet</i>	3,5 - <i>orange</i>	5,0 - <i>black</i>		

(H-classes: for Men, D-classes: for Women.)

In the classes H120-H180 and D120-D150, the minimum age for each runner is 35 years.

All legs are forked except for the middle leg in the youth classes and all legs in the Open Class. In the youth classes it is permitted to have up to 3 runners on leg 2, where the first runner finishing leg 2 exchanges to the runner for leg 3.

Note! The number of runners on leg 2 in the youth classes must be specified at registration.

Individual Entry-on-the-day courses

Seven courses from Open Class 1, 2.5 km, white to Open Class 9, 8.5 km, black

Competitions rules

Latest issue of SOFT:s competition rules is valid.

PM, starting lists and results

Are published on Eventor and on the arena on the day of competition.

Electronic punching

Sportident. One SI-card required per runner, i.e. no SI-card may be used more than once in the relay. Runners not providing an SI-number by Sunday 16 April, 18:00 hours will be assigned a hired SI-card (fee 30 SEK). SI-cards for hire are available on the day for individual entry-on-the-day courses

Map

Scale 1:10 000, 1:7 500 for H150, D150 and H180. Contour interval 5 m.

Newly surveyed 2015 and resurveyed 2016 by Thomas Persson, TP kartan. Digital print, certified by SOFT.

Terrain

Mixed forest with a few paths and some marshes. Good to very good runability. On the longer courses there are older felled areas and forests difficult to run. Small to moderate climb, some detailed areas appear.

Parking

In designated areas about 600 m from the arena. Parking fee 20 SEK.

Showers

Hot showers outdoors about 400 m from the arena.

Catering

Catering will be available.

Sport traders

Letro Sport will have a wide range of goods.

Children Activities

Miniknat between 9.30 AM and 12.30 PM. Fee 20 SEK/participant. Child care available.

Accommodation

We have a few suggestions, see www.kolmardsdubbeln.se/logi/.

Main officials

Competition managers: Gunnar Melin, gunnar_melin@spray.se, 0730-64 61 93
Anna Håkansson, annalillyemilia@gmail.com, 0730-38 62 75

Course planners: Mikael Westerberg
Ass. Peter Berggren

Competition controller: Lena Fröberg, Tjalve IF, lena.froberg@gmail.com, 070-736 19 96

Course controller: Thomas Pettersson, NAIS OK, thomaspe@telia.com, 0706 – 98 72 51

Welcome!

