

Invitation Kolmårdskavlen Relay 5th April 2020

Location

Hults Bruk, Ågelsjön. Longitude 16.132233, Latitud e58.674203. Directions from road 55, about 10 km north of Norrköping.

Registration

Via Eventor. Registration closes Sunday 29th March. Foreign teams register by email to kolmardskavlen@gmail.com. Late entry until Wednesday 1st April (subject to an additional 50% surcharge).

Final team composition must be submitted by Saturday 4th April at 18:00 hours via Eventor.

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

Individual open courses

Individual open courses are available, with registration either via Eventor Saturday 4th April 18:00 at the latest, or with entry on the day at assembly.

Entry fees

Relay: H17E 1000 kr, D17E 600 kr, H/D12-16 240 kr, H/D120-150 450 kr, H180 450 kr, Open relay 450 kr. 80 SEK per extra runner in the youth classes.

Individual open courses: adults 150 kr, youth 80 kr (no late entry surcharge).

Foreign runners should pay by the 1st April at the latest to IBAN: SE5880000848069231525339. Swift/BIC: SWEDSESS Bank adress: Swedbank 105 34 STOCKHOLM.

Start times

Relay: H17E 9:30 am, other classes from 10:00 am.

Individual open courses: free start times 09:30 – 12:30.

Classes and number of legs (preliminary distances):

Class	Number of legs	Leg 1	Leg 2	Leg 3	Leg 4	Leg 5
H17E	5	8.0 km	6.0 km	6.0 km	8.0 km	8.0 km
D17E	3	6.0	4.5	6.0		
H120	3	6.0	6.0	6.0		
H150	3	4.8	4.8	4.8		
H180	3	3.5	3.5	3.5		
D120	3	4.8	4.8	4.8		
D150	3	3.5	3.5	3.5		
H12	3	3.0 – yellow	2.5 – white	3.0 - yellow		
H14	3	3.5 – orange	3.0 - yellow	3.5 - orange		
H16	3	5.0 – violet	3.5 - orange	5.0 - violet		
D12	3	3.0 – yellow	2.5 – white	3.0 - yellow		
D14	3	3.5 – orange	3.0 - yellow	3.5 - orange		
D16	3	4.5 – violet	3.5 - orange	4.5 - violet		
Open relay	3	5.0 – violet	3.5 - orange	5.0 - black		

(H classes for men, D classes for women.)

All legs are forked except for the middle leg in the youth classes and all legs in the Open relay class. In the classes H120-H180 and D120-D150, the minimum age for each runner is 35 years. In the youth classes it is permitted to have up to three 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 open courses

Seven individual open courses are available, from Inskolning 2.0 km till Hard 7.0 km.

Competition rules

The latest issue of SOFT's competition rules will be followed.

PM, start lists and results

Are published on Eventor and at 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. Similarly the same SI-card may not be used both in the relay and on an individual open course.

Runners not providing an SI-number by Saturday 4th April at 18:00 hours will be assigned a hired SI-card (fee 30 SEK). SI-cards for hire are available on the day for individual open courses.

Map

Scale 1:7 500 for H/D150, H180, H/D12 och H/D14. Other relay classes 1:10 000. Individual open classes 1:7 500, except for Hard 7.0 km, which uses 1:10 000. Contour interval 5 m.

New map produced 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.

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 9.30 AM and 12.30 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

Planners: Henrik Vuorinen, henrikvuorinen@hotmail.com, 073-321 24 20

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

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

Welcome!



TRIMTEX

Format för råhet