



SÄVEDALENS AIK and LERUMS SOK  
invites to  
National Competition, middle distance  
Day 1, Saturday, April 17 - 2010

Elite Classes				Recreation Classes		Open Courses	U Classes
H21E	D21E	H40	D40	H55M	D55M	INSKOLNG	U1 grön
H20E	D20E	H35	D35	H45M	D45M	Ö1. Vit	U2 vit
H18 E	D18 E	H21	D21	H35M	D35M	Ö2. Gul	U3 gul
Main Classes		H20	D20	H21M	D21M	Ö4. Orange	U4 orange
H80	D80	H16	D16	H20M	D20M	Ö5. Röd	
H75	D75	H14	D14			Ö7. Blå	
H70	D70	H12	D12			Ö8. Svart	Miniknat
H65	D65	H10	D10				
H60	D60						
H55	D55						
H50	D50						
H45	D45						

Course lengths according to SOFT recommendations. For this and for colour codes on open courses, please see: [www.orientering.se/Arrangor/Tavling/Klassutbud-och-distanser/](http://www.orientering.se/Arrangor/Tavling/Klassutbud-och-distanser/)

If there are less than three registrations in any class, these registration will be forwarded to the nearest class.

The number of runners in Elite classes is maximized to appr. 50. If necessary we will offer an "Elite 2 Class", in accordance with suggested new rules of SOFT.

**TWO DAYS AWARD:** The elite classes will have a special, high value voucher for the best runner over two days - seniors SEK 3000, juniors SEK 1000.

**REGISTRATION:** No later than Wednesday April 7 via Eventor, or with e-mail [kansli@lsok.nu](mailto:kansli@lsok.nu) or phone +46736202945. Please observe: There are no preregistrations to open courses! When registered - you will automatically accept that your registration, start time and result will be published on the Internet.

**ENTRY FEES:** Youths up to 16 years SEK 50, Elite Classes SEK 140, others SEK 80. Open Courses SEK 80 (adults), SEK 50 (youths). All fees for Swedish clubs will be invoiced after the competitions. Foreign participants are asked to pay in advance by cash in SEK at the tent for registration of open courses.

**LATE ENTRY:** Until Thursday April 16, at 20.00, with 50% additional fee. Swedish clubs shall register via Eventor, as first choice. Foreigners by e-mail [kansli@lsok.nu](mailto:kansli@lsok.nu)

**E-PUNCH:** SportIdent. Competitors with their own SI-cards must state the card number when entering. Competitors without their own SI-card may hire a card at a rate of SEK 25. Note in your entry if you want to hire. If the SI-card is not returned - you will be charged SEK 300.

**MEETING POINT:** At E20 traffic crossing no 82, "Jonseredsmotet". Guiding in the Jonsered community along "Jonseredsvägen". Link [Eniro kartor.eniro.se/m/MZGIM](http://Eniro.kartor.eniro.se/m/MZGIM)

**PARKING:** Fee SEK 10. Distance to event arena max 500 m. There are several possibilities to reach the event arena by bus or train. The bus stops close to the arena and the train stops close to parking area.

**START:** First start H21E at 10.30 other courses at 11.00. Free start times between 11:00-12:00 for Inskolning-, Recreation- and Open Classes. Late entries will start before 11.00. Distance from event arena to start max 1200 m.

**MAP:** Scale 1:10.000, certified digital print, mapmaker Kartsam (Christer Carlsson).



**TERRAIN  
DESCRIPTION:**

Forest with mixed vegetation, some clearings and areas with different stages of slow running. Quite a lot of small and bigger marshes. Several roads and paths occur in the area. Moderately hilly. Good runability, except in areas marked as reduced runability on the map.

**START- AND  
RESULTS**

See webpage of [Göteborgsdubbelns hemsida](http://Göteborgsdubbelns.hemsida) also linked from [saik.o.se](http://saik.o.se) or [lsok.nu](http://lsok.nu)

**MINIKNAT:**

For young beginners between 10.30-13.00, taped route. Fee SEK 20

**ACCOMODATION:**

At club house of Lerums SOK. See header "Härskogen" at homepage [www.lsok.nu](http://www.lsok.nu)  
Accommodation alternatives:  
Information through "Lerums kommuns medborgarkontor", tel 0302-52 20 00  
Partille youth hostel, phone +4631446501 <http://www.partillevandrarhem.com>  
Kvibergs youth hostel, phone +4631-435055 <http://www.vandrarhem.com/sidor/vandrarhem.shtml>

**SERVICE:**

Crèche and catering will be available at event arena. Warm showers, outdoors. Elite classes are offered showers indoors.

**SPORT SHOP:**

Will be available at event arena, SM Sport [www.smsport.nu](http://www.smsport.nu)

**EVENT DIRECTOR:** Ingemar Gunnarsson tfn +46302-161 54

**COURSE PLANNER:** Christer Carlsson

**COMPETITION**

**CONTROL:** Johan Wedlin

**COURSE CONTROL:** Björn Engström

Mats Kågeson:

**INFORMATION:** Mary-Ann Rosvall tfn +46302-31865

**Welcome!**