



SÄVEDALENS AIK - LERUMS SOK
invites to
National Competition, long distance
Day 2, Sunday April 18 - 2010

Elite Classes				Recreation classes		Open Courses	U Classes
H21E	D21E	H50	D50	H55M	D55M	Ö1. White	U1 Green
H20E	D20E	H45	D45	H45M	D45M	Ö2. Yellow	U2 White
H18E	D18E	H40	D40	H35M	D35M	Ö3. Yellow	U3 Yellow
		H35	D35	H21M	D21M	Ö4. Orange	U4 Orange
Main Classes		H21	D21	H20M	D20M	Ö5. Red	
H80	D80	H20	D20			Ö6. Violette	Inskolning
H75	D75	H18	D18			Ö7. Blue	
H70	D70	H16	D16			Ö8. Black	Miniknat
H65	D65	H14	D14			Ö9. Black	
H60	D60	H12	D12				
H55	D55	H10	D10				

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

The number of runners in Elite classes is maximized to approx. 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 Thursday April 8 via Eventor, or with e-mail tavling@saik.o.se or phone +46736202945. OBS! There are no preregistrations in open courses!!
When registered - you will automatically accept that your registration, start time and result will be published on the Internet.

LATE ENTRY: Until Thursday April 16, at 20.00, with 50% additional fee. Swedish runners shall as first choice register via Eventor. Foreigners by e-mail tavling@saik.o.se

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.

E-PUNCH: 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 9.30 other courses at 10.00. Free start times between 10:00-12:00 for Inskolning-, Recreation- and Open Classes. Late entries will start before 10.00. Distance from event arena to start max 1200 m.



Göteborgs - Dubbeln



- KARTA:** H/D 16-21 skala 1:15.000, övriga skala 1:10.000, certifierad digitalutskrift, kartritare Kartsam (Christer Carlsson). Dispens sökt för digitalutskrift, 15 000-del. Målet är att få med alla revideringar av kartan efter snösmältningen. Mycket god läsbarhet utlovas.
- TERRAIN DESCRIPTION:** Forrest with mixed vegetation, some clearings and areas with different stages of slow running. Quite a lot of small and bigger marshes. Several roads and pathes occurs in the area. Normal/moderately hilly. Good runability, except in areas marked as reduced runability on the map.
- START- OCH RESULTATS** At homepage of Göteborgsdubbeln linked from www.saik.o.se or www.lsok.nu
- MINIKNAT:** For beginners between 09.30 - 12.00, taped route. Fee SEK 20
- ACCOMODATION** At club house of Lerums SOK. See header "Härskogen" at homepage www.lsok.nu.
Accomodation 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. Hot shower outdoors. Elite classes will have indoors.
- SPORT SHOP:** Will be available at event arena, SM Sport www.smsport.nu
- EVENT DIRECTOR:** Hans Carlstedt
COURSE PLANNER: Johan Berglund
COMPETITION CONTROL: Johan Wedlin
COURSE CONTROL: Björn Engström
Mats Kågeson:
INFORMATION: Hans Carlstedt tfn: 0708-204014

Welcome!