



SÄVEDALENS AIK

invites you to National Competition, long distance

Sunday July 6 2008

An event in cooperation with JWOC

CLASSES - COURSE LENGTHS ACCORDING RULES OF SOFT

Main Classes

H80	D80
H75	D75
H70	D70
H65	D65
H60	D60
H55	D55
H50	D50
H45	D45
H40	D40
H35	D35
H21	D21
H20	D20
H18	D18
H16	D16
H14	D14
H13	D13
H12	D12
H10	D10

Inskolning

(Beginners)
INSK

Miniknat

(String Course)

U-klasser

U1 green
U2 white
U3 yellow
U4 orange

Open Courses

Ö1. white
Ö2. yellow
Ö4. orange
Ö5. red
Ö7. blue
Ö8. black (=JWOC Woman)*
Ö9. black (=JWOC Men)*

*/ a course from JWOC Relay

If entries will be to few in some classes - they will be combined with others according to rules of SOFT.

ENTRY:

No later than Thursday June 26 by one of the following possibilities:

Swedish runners make their registrations through Klubben Online.

Foreign runners make registrations by e-mail to entry@gmok.nu. Note that we accept entries to all the preferred spectator races at the same time to the same e-mail address. Note that registration in Open Courses and "Inskolning" can be done at the race arena until 13.30 the event day.

NB! When entering the event you automatically accept that your result is published on the web.

LATE ENTRIES:

By 50% additional payment Friday July 4 at 20.00. Swedish runners shall as first choice register at Klubben Online. Forreigners by phone 0734-122673.

ENTRY FEES:

Youths up to 16 years SEK 50, others SEK 80. Open Courses SEK 80 (adults), SEK 50 (youths). All fees for Swedish clubs will be invoiced after the competitions. Terms of payment is 20 days.

Foreign participants are asked to pay in advance by cash in SEK. Note that we accept payment for all the spectator races you participate in at the same time to the information desk at the first spectator race you visit.

SPORT-Ident:

The Sportident punching system will be used in all classes. 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 20. Note in your entry if you want to hire. If the SI-card is not returned - you will be charged SEK 225.

MEETING POINT:

Road 190 Hjällbo – Gråbo close to Björsared.

PARKING:

Fee SEK 20. Close to race arena.

START:

First start at 13.00, late entries will start on vacancies. Distance from race arena to start max 1000 m.

KARTA:

Tultered 2008

**TERRAIN-
DESCRIPTION**

The majority of the area consists of reasonably undulating pine forest with good runnability on top of the hills. Between the hills the runnability is slightly reduced. In the summer there are also areas with long grass which reduce runnability. The area has many marshes but very few paths. This is the same area as the JWOC relay.

BATH FACILITIES:

Hot shower outdoors max 1000 m from race arenas..

MINIKNAT:

For beginners between 12.00 - 13.00, taped route. Fee SEK 15

CRÈCHE:

Available at race arena.

CATERING:

Available at race arena.

SPORT SHOP:

Available at race arena, SM Sport.

**EVENT DIRECTOR:
COURSE PLANNER:
INFORMATION:**

Hans Carlstedt	phone: 0708-204014
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Johan Berglund	phone: 031- 987594
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WELCOME!