



Stigmännens – Karlshamns OK

invites to competition of

Long distance and Ultra long distance

The Easter Sunday, 4th April, 2010

Classes Long distance (Length according to SOFT:s recommendations):

H80	H45	H16	D80	D45	D16	U4	Ö9
H75	H40	H14	D75	D40	D14	U3	Ö8
H70	H35	H12	D70	D35	D12	U2	Ö7
H65	H21	H10	D65	D21	D10	Insk	Ö5
H60	H20		D60	D20			Ö4
H55	H18		D55	D18			Ö2
H50			D50				Ö1

Classes Ultra long distance (Length according to SOFT:s recommendations):

H75	H60	H45	D75	D60	D45
H70	H55	H40	D70	D55	D40
H65	H50	H35	D65	D50	D35

Ultra long distance are District competition for local competitors but competitors outside Blekinge are also welcome.

Open Classes Open Classes, Learning (U-classes) and Beginner(insk).
Entry possible at event center.

Punching system Sport Ident. SI-card 9 (number series 1 000 000 – 1 900 000) cannot be used! **SI-card 6 is required**. State your SI-number in the entry. If no SI-number in entry, rental SI-card will be needed.
Rental fee of SI-card: 25 SEK.

Entry Through **Eventor** for runners representing a swedish club, latest Saturday 27 of March. Runners representing foreign club can enter by sending an e-mail to asn@stigmannen.se latest Saturday 27 of March.

Late entry Can be done by **Eventor** or **e-mail** until Thursday, 1 of April, at 20.00 PM.

Drop out *Can be announced by email. ????????*

Fees HD17- 100 SEK, HD-16 60 SEK (including bus fee, 10 SEK from /to parking area.

Event Center	Möbel-Form i Blekinge AB, Aplakärr. 5 km east of Karlshamn.
Road guidance	From road E22 at exit 53 (Karlshamn Ö).
Parkering	Hällaryds IP, 3 km from Event centre. Bus from Parking area to Event centre between 08.00 to 10.00 AM. Bus from Event Centre to Parking area between 11.30 AM to 13.30 PM
Start	Ultra long classes: Mass start 09.30 AM Event centre – start: 500 m . Other classes: First start 10.00 AM Late entry starts before 10.00 AM Event centre – start: 1500 m , partially through forest.
Start list	Will be published at www.stigmannen.se
Result list	Will be published at www.stigmannen.se
Map	Svinaryd, scale 1:10000, Contour interval 5m, revised 2010.
Terrain	Lots of details. Slightly hilly. Runability is mostly good
Changing tent	Changing under roof at Event centre.
Shower	Temperated outdoor showers at Event Centre.
Toaletter	At Event Centre and at start.
Service	Child care, string course (knatteknat), Medical care. Small shop offering food, beverage and snacks etc.
Information	www.stigmannen.se
Event Manager	Owe Nilsson, tel +46 454 321254.
Course Manager	Åke Larsson, tel +46 454 147 48.

Welcome !