



Frölunda OL

invites you to take part in a public event, in conjunction with the Junior World Championships, sprint

Monday 30 June 2008

Organized jointly with **GMOK**

at Ruddalen

CLASSES AND COURSES

(H = Men; D = Women)

1 H	1 D	(H 20 final course)
2 H	2 D	(D 20 final course)
3 H	3 D	(youth course)
4 H	4 D	(beginner's course)

ENTRY: To reach the club not later than Thursday 26 June by the following means:

Preferably via Klubben online. Or e-mail entry@gmok.nu

NOTE! Entry implies the competitor's agreement to publication of start and result lists on the Internet and on our websites.

LATE ENTRY: Extra charge 50 %. **Until 6.30 pm on day of event**, via Klubben-online, phone 031-479008 or at assembly area. **NOTE! No open classes.**

ENTRY FEES: Juniors up to and including 16 years SEK 50:-, others SEK 80:-.

All fees will be invoiced after the event, foreign runners pay on the day.

RESULT LISTS: Complete SEK 20:-, club results SEK 10:-. Request when entering.

SI CARD: Hire of SI card SEK 20:- State when entering those who wish to hire.

If using own SI card, state number when entering otherwise you will be allocated a hire card. SEK 225:- will be charged for SI cards not returned.

ASSEMBLY: Ruddalen, Västra Frölunda. Signed from Grimmeredsvägen.

PARKING: Adjacent to assembly area.

START: First start 5 pm. **NOTE!** Free start time with 30 sec intervals, but arranger reserves right to mix starters to avoid club concentrations. Last start 7 pm.

MAP: Ruddalen, scale 1:5 000, contour interval 2.5 m, new revision 2008.

TERRAIN: Type of terrain: Mix of residential areas, park and wooded areas.

DESCRIPTION:

Undulating to fairly hilly.

Runnability: Very good.

SHOWERS: Warm showers indoors, adjacent to assembly area.

REFRESHMENTS: At assembly area.

EVENT ORGANIZER: Anders Lamm tel.: 031-20 28 07

COURSE PLANNER: Stefan Johansson tel.: 0732-29 46 80

EVENT CONTROLLER:

COURSE CONTROL:

INFORMATION: Anders Lamm tel.: 031- 20 28 07