



## Frölunda OL

invites you to take part in a national public event, in conjunction with the  
Junior World Championships, medium-distance

**Thursday 3 July 2008**

Organized jointly with **GMOK**

at Änggårdsbergen

CLASSES AND COURSES

Main classes	(H = Men; D = Women)	Open and H/D U classes	(Swedish colour coding)
H80			
H75	D75	1. White	
H70	D70	2. Yellow	
H65	D65	4. Orange	
H60	D60	5. Red	
H55	D55	7. Blue	
H50	D50	8. Black	
H45	D45	U1 green	
H40	D40	U2 white	
H35	D35	U3 yellow	
H21	D21	U4 orange	
H20	D20		
H18	D18	<b>Novice class</b>	
H16	D16		
H14	D14	H/D	
H12	D12		
H10	D10	<b>String course</b>	

Course lengths as recommended by SOFT.

Classes will be combined if necessary in accordance with SOFT's competition rules.

**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](mailto:entry@gmok.nu)

Foreign competitors to enter by e-mail.

**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 %. **Not later than Tuesday 1 July, 8 pm**, via Klubben-online or phone 031-479008.

**ENTRY FEES:** Juniors up to and including 16 years SEK 50:-, others SEK 80:-. Open classes SEK 80:- (adults), SEK 50:- (juniors). All fees will be invoiced after the event, foreign runners pay on the day.

**START LISTS:** Will be sent if ordered: cost SEK 20:-.

**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:** Högsbo skjutbana [shooting range]. Signed from Dag Hammarskjöldsleden.

**PARKING:** Max walking distance P-Assembly area 1500 m.

**START:** First start 5.30 pm, NOTE! Late entries start afterwards.

**MAP:** Änggårdsbergen, scale 1:10 000, contour interval 5 m, new revision 2008.

**TERRAIN:** Type of terrain: Recreational area with many paths.

**DESCRIPTION:** Undulating to fairly hilly with many features.  
Runnability: mostly good.

**SHOWERS:** Warm showers outdoors, adjacent to assembly area.

**STRING COURSE:** Arranged between 5.30-6.30 pm. Cost SEK 15:-.

**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