



IK UVEN

INVITES YOU TO A

National Orienteering Event JWOC 2008 Public Race MIDDLE DISTANCE FRIDAY THE 4TH OF JULY 2008



Main Classes				Enter-on-Day (Öppen), Novice (Inskolning), Non-competitive (U)		
H10	H40	D10	D40	Öppen 1	vit	2,5 km
H12	H45	D12	D45	Öppen 2	gul	3,5 km
H14	H50	D14	D50	Öppen 4	orange	3,0 km
H16	H55	D16	D55	Öppen 5	röd	4,5 km
H18	H60	D18	D60	Öppen 7	blå	3,3 km
H 20	H65	D20	D65	Öppen 8	svart	5,0 km
H21	H70	D21	D70	Inskolning	Grön	2,5 km
H35	H75	D35	D75	U 1	Grön	2,0 km
	H80		D80	U 2	Vit	2,5 km
				U 3	Gul	3,2 km
				U 4	Orange	3,5 km

ENTRY

For members of Swedish Orienteering Clubs please enter via Klubben On-Line. 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. Entries must be received by midnight June 26. Pre-entry is not available for the Enter-on-Day classes. By entering this event you accept that the start and result lists will be published on our website.

LATE ENTRY

For members of Swedish Orienteering Clubs please enter via Klubben On-Line, otherwise email annika@boquist.net or ring +46 (0) 31 7953416. Late entries will be accepted up to 8pm on July 2.

ENTRY FEES

Juniors (16 and under) 50 SEK, all others 80 SEK. For late entries a surcharge of 50% applies. An invoice will be sent to Swedish entrants. For foreign entrants please pay with cash (SEK or Euro) at the competition.

MAP

Delsjön, updated by Carl-Henry Andersson in 2007, digital printed. Equidistance 5m. Scale 1:10 000 for all classes.

PUNCHING SYSTEM

Sport-Ident, please state your SI-stick number in your entry, otherwise you will be allocated a hire stick at a cost of 20 SEK. Failure to return a hire stick will incur a fee of 299 SEK.

TERRAIN

The terrain consists of forest with a few marshy areas, both open and forested. There are numerous tracks and roads close to the finish. In general the forest is moderately undulating and the runability is good.

RACE ARENA

Assembly at Skatås, sign posted from Delsjövägen in Gothenburg. Distance from parking to the competition arena approx. 300 m. Parking on asphalt, parking fee: 10 SEK.

START

First start at 17:30. Late entries will start before this. Distance from the competition arena to start 700m.

SERVICE

Creche, first aid and warm indoor showers.

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Welcome to a beautiful summer evening in the forest!