



Memo stage 1 – Middle distance - Friday 13 July

Arena Sjögärde, east of Frillesås. See map in Eventor.

Driving directions E6 turnoff 57 Frillesås, from there ca. 6 km.
Directions from the camping, distance ca. 9 km

Parking Distance to the arena max 700 m. Fee 10 SEK. N.B. Campers kan park near the arena. N.B. Follow the signs and the directions of the parking functionaries.

Direct Entry Open classes, Inskolning, U1 and U2 (see below) are sold in the Direct Entry between 3:00 pm and 6:00 pm. Price 110 SEK for adults and 65 SEK for youth.

Inskoln green	1600m	U1 green	1780m
U2 white	2150 m	Open 1 white	2380m
Open 2 white	3390m	Open 3 yellow	2660 m
Open 4 yellow	4130m	Open 5 orange	3370m
Open 6 red	5570m	Open 7 blue	2950m
Open 8 black	4220m	Open 9 black	6110m
Open 10 violett	4470m	Open 11 violet	5370m

green, white, yellow = easy; orange, red, violet = average difficulty; blue, black = difficult

Course lengths for the other courses can be found in the start lists.

Start First regular start 4 pm. Late entries starts before regular start. Late start allowed max 30 min after regular start time.

Inskolning, U-classes, recreational and open classes have free start time between 3:30 pm and 6:30 pm

Start 1: HD18-21 Elite, D18-55, D21 Short, H18-60, H21 Short. Orange/white strips. Distance from the arena 1600 m, easy terrain, ca. 1000 m path.

Start 2: All other classes. Orange/blue stripes. Distance from the arena 900 m, easy terrain.

NB! “Go forward” time is **2 minutes** before given start.

<i>Excess clothing</i>	Is transported from Start 1 .
<i>Race bibs</i>	HD14 and HD18-21 Elite. Self-service at the start. The elite classes keep their race bibs and use them at the second stage as well.
<i>Kontroller</i>	Controls are marked with orange/white control flags.
<i>Stämplingssystem</i>	Punching system Sportident. Needle punch available as a fallback in case the punching unit should not work. Emptying of SI-stick takes place on the way to start. All must check at start. Classes with free start time must punch at start. Hire of SI-stick 30 SEK (stick not returned is charged 600 SEK).
<i>Checking out</i>	All runners – also those who do not finish – must check out at the secretariat.
<i>Terrängbeskrivning</i>	Old fir forest with sparse undergrowth, pine forest with blueberry vegetation. Parts with bare rocks (N.B.: marked in yellow on the map). Few clear cuttings and slow run areas. <i>Hilly</i> : Moderate to large hills for the classes starting at start 1 and the longer courses at start 2. Moderate hills for the other classes. <i>Passability</i> : Mostly good passability. Observe that all courses pass a steep descent close to the finish. Be careful and mind your own and your fellow competitors' safety!
<i>Snitsling</i>	Some indistinct paths are marked with white stripes in the terrain. A number of artificial paths are printed in violet on the map and marked with white stripes på kartan och markerade med vit snitsel in the terrain. It is not mandatory to follow these, but it is recommended for the easier courses, as it makes the navigation considerably easier. Note that the stripes not necessarily take you from one control to the next one.
<i>Karta</i>	Sjögärde. Revised during spring 2012 by Carlsson & Svanberg. Last used at the Snötrampen 2009. Scale 1:10 000 for all classes except DH65-DH 85 which have 1:7 500. Contour interval 5 m. Offset printed map for scale 1:10 000, certified printout for scale 1:7 500.
<i>Forbidden areas</i>	The golf course is in general forbidden area, and to a large extent marked with blue/yellow stripes in the terrain. Excepted from the forbidden area is a small stripe in the northern part of the golf course where an artificial path passes, see map excerpt at start 2 (start 1 is not affected).
<i>Local map sign</i>	x – wooden construction (large wooden box, wooden hut and similar).
<i>Control descriptions</i>	Separate control descriptions available at the start. They are also printed on the map.
<i>Max time</i>	2½ hours for all classes.
<i>Clothing</i>	Full body cover required, but short sleeves are allowed.

<i>Shadowing</i>	Allowed in Inskolning, U1 och U2 and in the open classes. Shadowing map in colour is available in Inskolning, U1 och U2. Runners who run ranking classes are not allowed to shadow before their own start.
<i>Beverages</i>	Water available at the arena and at start 1.
<i>Viltrapport</i>	Ev. iakttagelser rapporteras till sekretariatet.
<i>Reporting game</i>	All observations should be reported to the secretariat.
<i>Serving</i>	Well-supplied serving with coffee, lemonade, sweets, icecream, pasta salad and hamburgers.
<i>Miniknat/String course</i>	Start between 3:30 pm and 6:00 pm. Price 40 SEK
<i>Child care</i>	Available at the arena for children 3-8 years. The children must have stopped wearing nappies. When entry at the arena 50 SEK/day.
<i>Medical treatment</i>	For acute injuries, available at the arena. Defibrillator available in the medical treatment tent.
<i>Toilets</i>	Available at the arena and at start 1.
<i>Shower</i>	Hot shower in connection with the arena. N.B.! We have long transport ways. Be loyal to those who start late. Be economical with the water!!
<i>Startlistor och resultat</i>	Startlistor i Eventor, på arenan och på campingen. Resultat i Eventor samt på arenan och på campingen.
<i>Distribution of prizes</i>	Sunday 15 July after the three-day event is finished!
<i>Camping</i>	Se separate memo.
<i>Sport sales</i>	Team Sportia.
<i>Competition jury</i>	Sven-Erik Dahlberg, IK Trenne, chairman Carina Andersson, FK Friskus Peter Badenfelt, Falkenbergs OK
<i>Competition organization</i>	Competition management: Bengt Hansson, OK Löftan +46705 301502, competition manager Linnéa Carling, Fjärås AIK +46733 100624, ass. competition manager Eric Toftered, IF Rigor +46760 612862, camping manager Press contact: Björn Lekman, IF Rigor 070 9524038

Competition controller: Mats Kågeson, Göteborgs OF
Course planner: Stefan Ring, OK Löftan
Course controller: Steffen Häggström, IF Rigor

