



PM

**Spectator race
Middle distance
Thursday July 3**



Assembly: Högsbo skjutbana [shooting range]. Signed from Dag Hammarskjöldsleden, Marconimotet, then 1,5 km.

Public transport: Bus 58 or 772 to JA Wettergrens gata then 200 m.

Parking: P-Assembly area 1500 m.

Start: Please note that free start time is allowed in all classes except H/D 18, H/D 20 and H/D 21. If start time other than in the startlist is used, start punch shall be used.

Start 1 Orange/white ca 2 700 m, road, Toilets at start.

Start 2 Orange/blue ca. 1000 m, road. OBS! No toilets at the start.

Classes: H14, D14, H12, D12, H10, D10, U1, U2, U3, U4 inskolning, Ö1, Ö2, Ö4, Ö5.

Open courses:

Ö1: 1700 m

Ö2: 2300 m

Ö4: 3200 m

Ö5: 4100 m

Ö7: 3000 m

Ö8: 4100 m

To be sold between 17.00 –18.30, Open start between 17.30 – 19.00. Hire of SI card SEK 20:- SEK 300:- will be charged for SI cards not returned.

String course: Arranged between 5.30-6.30 pm. Cost SEK 15:-.

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.

Start 2: Some indistinct paths are marked with white plastic strips.

Showers: Warm showers outdoors, adjacent to assembly area.

Refreshments: At assembly area.

Prices: According to list at the results when classes are finished.

EVENT ORGANIZER: Anders Lamm

COURSE PLANNER: Stefan Johansson