



PM  
Spectator race  
Sprint  
Monday June 30



**Competition centre:** Ruddalen, signed from Fiskebäcksmotet. Public transport: Tram no. 1 or 7 to Marklandsgatan, then replaced by bus to Musikvägen, from there 500 m.

**Parking:** At the competition centre. Fee: 20 SEK.

**Start 1:** Orange/white 1000m.

**OBS!!!**

**No open courses:** Late entries are to made until 18.30 at the event centre.

120 SEK 18- and 75 SEK -18.

1H/1D Finalcourse men

3H/3D youth

2H/2D Finalcourse women

4H/4D beginner

Hire of SI-card SEK 20. SEK 225:- will be charged for SI cards not returned.

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

**Map:** Ruddalen, new revision 2008 by Ulf Bäckström.  
Scale 1:5 000 contour interval 2.5 m

**Terrain:** Type of terrain: Mix of residential areas, park and wooded areas. Undulating to fairly hilly. Runnability: Very good.

There are houses under construction in the area, it's allowed to pass through and under scaffolding.

**It's prohibited to jump over or pass through any kind of hedges or plantation.**

Please respect that there are both cars and people in the competition area, be careful when passing roads and show respect to people living in the area

**Please observe that no chairs or backpacks with chair are allowed on the arena field.**

**Shower:** Warm showers indoors, adjacent to assembly area.

**Event organizer:** Anders Lamm tel.: 031-20 28 07

**Course planner:** Stefan Johansson tel.: 0732-29 46 80