

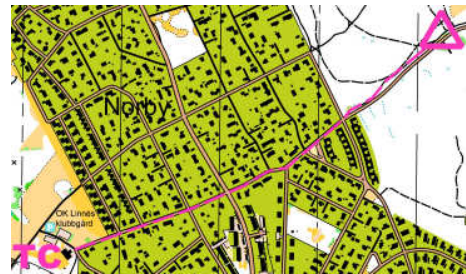


OK LINNÉ

Pre-race info for national competition in Trail-O, long distance Sunday August 16. 2009 Part 4 of the Elite series



Assembly	The club house of OK Linné, Tallbacksvägen 68 in Uppsala.
Parking	At the club house.
Course lengths	1500-1900m.
Maximum time	Approx. 90-140 min. Exact time is given in the upper right corner of the control description.
Map and terrain	Part of Uppsala OL-allians map Södra Uppsala. Scale 1:5 000, contour interval 2m. Revised for Trail-O. Laser printed. Mostly good visibility and moderate contouring.
Forbidden area	NB! It is only allowed to be on paths that are on the map. NB! Forbidden paths can also be crossed over on the map or taped off on site. An exception is made at E19, A18 and B10 where the viewing point is placed 5m to the side of the path and the allowed area is marked with tapes.
Start	First start 10:00. Distance Competition Center (TC) – start: 1100m.
After finish	Follow the directions to get back to the Competition Center (club house) where the control card is handed in. Distance to Competition Center: 1500m.
Service	HC-toilet and smaller kiosk in the club house.
Officials	Director: Martin Fredholm +46 701 73 15 69 Planner: Owe Fredholm +46 70 593 81 41 Eva Fredholm +46 706 39 51 81 Controller: Tage Nilsson +46 70 587 57 17 Nils Wahlberg, Upsala Studenters IF +46 709 42 20 95 Event controller: Ingrid Hansson, OK Rodhen



OK Linné wishes you all welcome