



OK LINNÉ

Pre-race info for international Trail-O event
Sunday September 24. 2006



Assembly	Stadsskogen. A control flag will be located along Dag Hammarskjölds väg 500 m south of Uppsala Castle. For directions, go to kartor.eniro.se and search for "Kåbovägen 20, Uppsala".
Parking	At Skoghall.
Course lengths	Pre-E: 1270m Maximum times Pre-E: 84min Pre-A: 1270m Pre-A: 91min
Map and terrain	Part of Uppsala OL-Allians map Stadsskogen, Scale 1:5.000. Contour interval 1m. Deviation from drawing specifications: Small boulder approx. 0,5m. Modified for Trail-O 2006. Laser printed. NB! Due to the nearness of residential areas there can be small paths that are not on the map. After E2 and A1 only the lighted running track may be used. NB!
Pre-start	9:00 at the competition centre. Follow the trail marked with blue stripes 875m to the start where a new start time will be given. Timed controls will be along the track to the start. Before the Nordic Teams are allowed to pass the timed controls the officials will have a 15min break.
Timed controls	In Pre-E the instructions will only be given in English as follows: There are four control flags. Alfa, Bravo, Charlie, Delta. Time starts now! Or The same four control flags. Time starts now!
After the finish	Follow the trail marked with red and white stripes 900m back to the competition centre. Hand over the control card at the competition centre.
Service	Smaller kiosk and toilet.
Officials	Director: Eva Fredholm 0706-39 51 81. Planner: Tage Nilsson 070-587 57 17. Controller: Thomas Nilsson, Stora Tuna IK Event controller: Nils Wahlberg, Upsala Studenters IF Speaker: Per-Erik Pettersson

OK Linné wishes you all Welcome