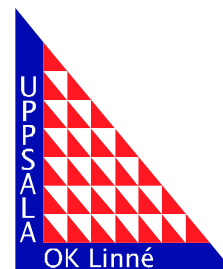




# UPSALA STUDENTERS IF and OK LINNÉ

## Pre-race info for national competition in Trail-O, long distance Saturday August 18. 2007

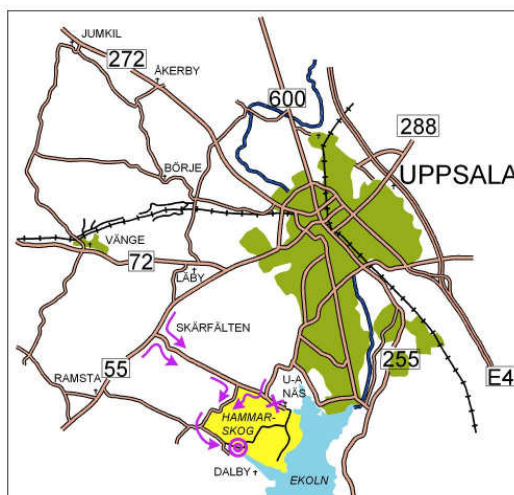


### Assembly

Hammarskog Recreation Area 12km SSV Uppsala center. Follow the existing signposts to Hammarskog located along road 55 between Uppsala and Ramstalund.



For a more detailed map, go to [hitta.se](http://hitta.se) and search for "Hammarskog, Uppsala" in the input field called "Var?".



### Parking

Follow signs to a specially assigned parking located 100m from competition centre.

### Course lengths

Pre-Elite and Pre-A 1600m, Pre-B 1200m.

### Maximum time

Approx. 95 min. Exact time is given in the upper right corner of the control description.

### Map and terrain

Part of Uppsala OL-allians new map Hammarskog. Scale 1:5000, contour interval 2,5m. Revised for Trail-O. Laser printed. Mostly forest terrain with good visibility and moderate contouring.

**NB!** A large part of the course is along a public road. Watch out for traffic. **NB!**

### Start

Mass start 200m from competition centre. Pre-Elite starts at 14:00hrs, all other classes at 14:15hrs. Departure from competition centre at least 10min before start for all competitors.

Pre-Elite: The 4 first controls may be visited in free order.

Pre-A: The 2 first controls may be visited in free order.

**NB!** Make sure to punch the correct control on your control card. **NB!**

### Single flag controls

There will be no viewing point for controls with only one flag.

### After finish

Follow the marked trail back to the competition centre where you hand in your control card. Distance to competition centre: 1700m. Transport can be offered for competitors with difficulty to walk.

### Service

Toilets and smaller kiosk. Toilet for handicapped is located 200m from competition centre, a map will be posted.

### Officials

Director:	Martin Fredholm 0701-73 15 69
Planner:	Nils Wahlberg, Upsala Studenters IF
Controller:	Tage Nilsson 070-587 57 17
Event controller:	Ingrid Hansson, OK Rodhen



## Upsala Studenters IF and OK Linné Wishes you all welcome

