

OK LINNÉ and UPSALA STUDENTERS IF

Pre-race info for national competition in Trail-O, night competition Saturday August 18. 2007 District Champinchip for Dalarna

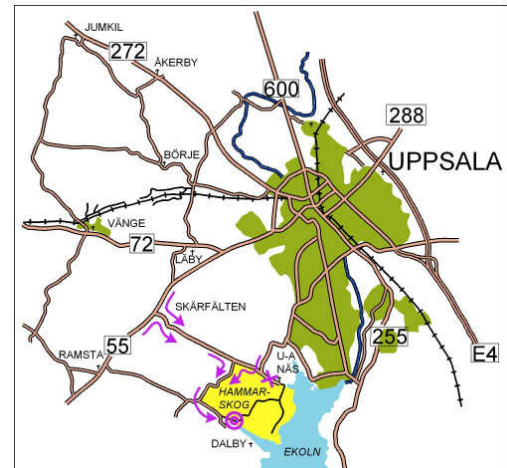


Assembly

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 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 2000m, Pre-B 1500m.

Maximum time

Approx. 130 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.

Start

Mass start 350m from competition centre. All classes starts at 21:00hrs. Departure from competition centre at least 15min before start for all competitors.

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

Pre-A: The 3 first controls may be visited in free order.

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

After finish

Follow the marked trail back to the competition centre where you hand in your control card. Distance to competition centre: 1100m.

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:	Owe Fredholm 070-593 81 41
Controller:	Nils Wahlberg, Upsala Studenters IF
Event controller:	Ingrid Hansson, OK Rodhen



OK Linné and Upsala Studenters IF Wishes you all welcome

