

# OK LINNÉ and UPSALA STUDENTERS IF

## Pre-race info for national competition in Trail-O, middle distance Sunday August 19. 2007

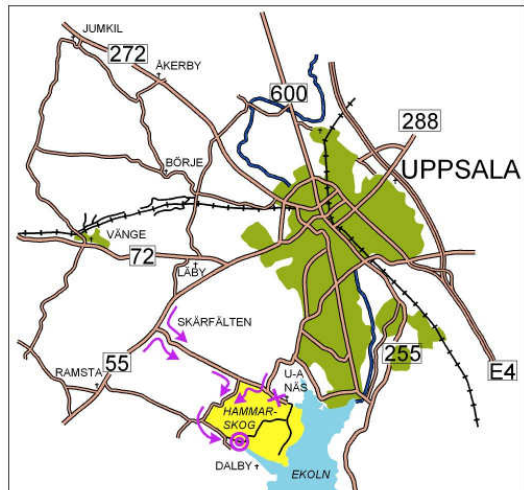


### Assembly

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 1000m, Pre-A 900m and Pre-B 930m.

### Maximum time

Approx. 75 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

First start at 9:00hrs. Queuing start.  
Distance competition centre – start: 700m. Trail marked with orange and white stripes.  
Thereafter 200m to timed start.

### Pre-Elite

There will be no viewing point for controls with only one flag.  
Map exchange and punching control halfway through the course. The controls are located very close to each other, make sure to use the correct viewing point, i.e. pay attention to the directional arrow in column H.

### After finish

Follow the marked trail back to the competition centre where you hand in your control card. Distance to competition centre: 800m. 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:	Tage Nilsson 070-587 57 17
Controller:	Nils Wahlberg, Upsala Studenters IF
Event controller:	Ingrid Hansson, OK Rodhen



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

