

# OK LINNÉ and UPSALA STUDENTERS IF

## Pre-race info for national competition in Trail-O, TEMPO (sprint) Sunday August 19. 2007

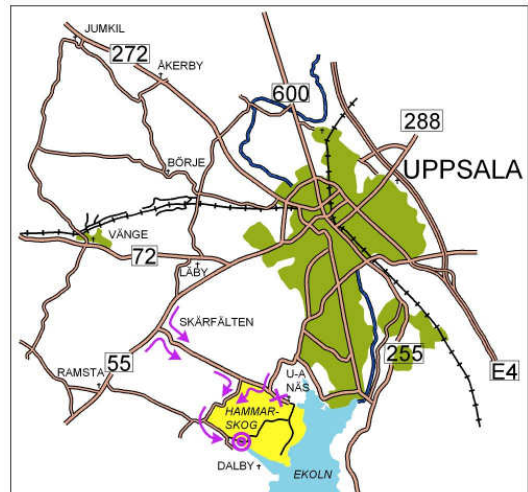


### Assembly

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 and Pre-A 400m.

### Map and terrain

Part of Uppsala OL-allians new map Hammarskog. Scale 1:2500, contour interval 2,5m. The control circles are enlarged, diameter 12mm. Revised for Trail-O. Laser printed. Mostly forest terrain with good visibility and moderate contouring.

First start at 13:00hrs. Queuing start. The whole A-class starts before the Elite-class.

Distance competition centre – start: 500m. Trail marked with orange and white stripes.

### After finish

Follow the marked trail back to the competition centre where you hand in your control card. Distance to competition centre: 900m.

### Knock out

An extra knock out competition will take place for the four (4) best in each class.

### 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:	Tage Nilsson 070-587 57 17
Event controller:	Ingrid Hansson, OK Rodhen



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

