

SMÅLANDSKAVLEN

Tenhult 24-25 October 2009

**Tenhults SOK, IK Hakarpspojkarne and Jönköpings OK
invite to the 57th Smålandskavlen in orienteering
Final race in Sverigeligan**

Classes, registration fees, course lengths and winning times/difficulty

(Fees have been increased because of off-set printing, better speaker service, online reporting and Internet broadcasting)

H21 1000:-/team	D21 800:-/team	H-16 260:-/team	D-16 260:-/team
1 Night 8,0-9,0 km 60 min	1 Night 5,5 km 45 min	1 Night 5,0 km violet	1 Night 4,0 km violet
2 Night 8,0-9,0 km 60 min	2 Day 4,5 km 35 min	2 Day 4,0 km orange	2 Day 3,0 km orange
3 Day 6,0-7,5 km 45 min	3 Day 5,5 km 45 min	3 Day 3,0 km yellow	3 Day 3,0 km yellow
4 Day 9,0-11,0 km 60 min	4 Day 7,5 km 55 min	4 Day 5,0 km violet	4 Day 4,0 km violet
5 Day 12,0-13,5 km 75 min	(Warning! The last leg in H21 will be shortened for slow teams. See the race info!)		
H180 550:-/team	H165 415:-/team	D120 415:-/team	Open 270:-/team
1 Night 6,0 km	1 Day 4,5 km	1 Day 4,0 km	1 Day 4,0 km orange/red
2 Day 5,5 km orange	2 Day 3,0 km orange	2 Day 3,5 km orange	2 Day 3,0 km orange
3 Day 4,5 km orange	3 Day 5,5 km	3 Day 4,0 km	3 Day 4,5 km orange/red
4 Day 6,5 km			
Men and women 40 years and older. Sum of ages must equal at least 180 years	Men and women. Sum of ages must equal at least 165 years.	Women 35 years and older. Sum of ages must equal at least 120 years.	Open class for anyone. Event for those who ran earlier in a different class.

Terrain Description

Terrain type: Forested, with some areas of fields, buildings etc, many paths, and forested marshes in normal amounts.

Hillyness: Moderately to very hilly terrain, with some very detailed hilltops.

Runnability: Partly lowered runnability. Both larger and smaller areas of thick forest exist.

Map

Scale 1:10 000 for all classes, offset printing, 5 m contours. Surveyed 2008-2009 by Ulf Bäckström.

Punching system

Sportident. **Each e-punch may only be used on one leg.** Runners racing in both a competitive class and in the open class must use a different e-punch for each race. Identification numbers for personally owned e-punches must be listed when registering teams. E-punch changes will not be accepted after registration. Any need for rental e-punches should be identified with registration, and these rental e-punches will be handed out at check-in, for a cost of 30 kr/e-punch. If e-punch identification numbers are not listed by the deadline for registration of team runners, then rental e-punches will be assigned to the team at a cost of 30 kr/e-punch.

Registration

Registration must reach us **no later than 20.00 hrs, 7 October**, and should preferably be sent in via the Internet according to directions at the race web www.smalandskavlen.nu. Registration can also be done via Post (using the form found at the web site), sent to the following address: Bo Granstedt, Lönnvägen 21, 561 38 Huskvarna, Sweden or to fax +46 (0) 036-14 09 96. All fees owed must be paid when registering, with payment going made to: Bankgiro 348-3971, Tenhults SOK, Smålandskavlen 2009.

Foreign teams should make payment to: Nordea Bank AB, IBAN SE64 3000 0000 0302 1172 1484,

Swift: NDEASESS.

Warning! Failure to pay registration fees before picking up the race packets means you will not be allowed to start. To prevent any problems from late payment, make sure you have your proof of payment receipt with you.

Late registration

Late registrations will be accepted at a cost of an additional 50% in registration fees, until 20.00 hrs, Thursday 22 October, sent to the addresses as above. Teams registered late in the Open class will automatically be assigned rental e-punches at a cost of 90 kr. Late registration to the Open class may be possible at the race office at the competition center as late as 08.30 hrs, 25 October, as long as there are still available vacant race spots.

Race info and start lists

After the start draw has been done, start lists and preliminary race info will be published at the race website www.smalandkavlen.nu

Check-in

Check-in will take place at the respective accommodations beginning at 11.00 hrs. Directions will be published at the competition website prior to the race. Club packet pick up will take place at the competition center in Tenhult.

Location/Assembly

The sports ground in Tenhult, which is located about 10 km southeast of Jönköping. Directional signs to Tenhult from highways 31/40/47 Jönköping-Nässjö.

Parking

In indicated areas at the industrial area in Tenhult. Maximum distance from parking to the competition center is 1000 m. Parking fees are 20 kr/day. Buses park free. Camping trailers/recreational vehicles will be directed to park at a different area.

Team rosters

Names and e-punch numbers for runners must be sent in no later than **11.00 hrs, Saturday 24 October online via the competition website**. If there are any **emergency** name changes, they must be made at the competition office **no later than 17.00 hrs, Saturday 24 October**. Teams which don't follow the rules concerning age limits in the relevant classes will be disqualified.

Start

Night legs have individual starts with first starts at 19.00 hrs on Saturday. The start area is in the vicinity of the competition center. Classes with night legs continue with chase starts on Sunday morning with the leading team in H21 going out first at 8.00 hrs. Classes with only day legs have a mass start at 09.00 hrs. Start areas for Sunday will be in the vicinity of the competition center.

Warning! During the night between Saturday and Sunday, clocks will switch from Summer time to Normal time.

Changing area and showers

Women will have indoors changing and showers at the competition center, men indoors at Tenhults School about 600 m from the competition center.

Prizes

There will be honorary prizes to the best teams.

Lodging

Accommodations/sleeping space will be available in school halls on hard floor, max distance of 10 kms from the competition center. The fee will be 60 kr/person, to be paid with registration. Participants are responsible for their own transportation between accommodations and the competition center. For alternatives, see the race website www.smalandskavlen.nu

Food

An ample breakfast will be served in indicated local venues on a pre-ordered basis, at a price of 50 kr/person. Pre-ordered picnic lunches will be served in the TSOK-yard Högalund, 150 m from the competition center, for 60 kr/person. **Warning!** All meals must be pre-ordered and paid for with registration. There will also be vendors at the race offering the usual orienteering delicacies and matthew sweets.

Services

First aid as well as sporting goods vendors will be found at the competition center.

Internet

During the race there will be continuous updating of various splits and leg times, as well broadcasting of the race announcing, all to be found at the race homepage. After the competition is over the race results and leg times will be published at the website. Registration to the competition means the runners waive any right to not have this information published. This will be a collaborative effort with www.alternativet.nu

Sverigeligan

Sverigeligan concludes with Smålandskavlen. Point standings, rules etc., can be found at www.alternativet.nu

Head Organizers

Competition chief: Sven-Åke Karlsson 036-13 12 57 Assist. Competition chief: Ingmar Andersson 036-666 03

Course setters: Jan-Olof Nyberg and Göran Öhlund Course controller: Rohnny Andersson, Forserums SOK

Competition controller: Magnus Svensson, Smålands OF Lodging coordinator: Christer Nässlin 036-36 76 74

Map controller: Jan Wingstedt, Smålands OF

Press: Bengt Sörensen 036-608 87

Welcome all!