



**Stockholms Mångkampsförbund and IFK  
Tumba SOK invites you to an Orienteering  
Biathlon weekend 30/4-1/5 in the best part of  
Stockholm!**



**Competition center**

Lida recreation center located approximately 7 km south of Tumba

**Map**

Lida 1:10000 contours 4m latest updated 2015

**Terrain**

Moderately hilly forest with many paths and a lots of details, mostly good runability.

**Classes and course lengths**

The organizer will merge classes if to few participants.

Classes	Sprint	Classic	World Cup class	Difficulty
M/W 21	18-20 min	45-60 min	Yes	Blue
M/W 20	18-20 min	40-55 min	Yes	Blue
M/W 18	18-20 min	35-50 min		Blue
M/W 16	18-20 min	30-40 min		Violett
M/W 14	18-20 min	25-30 min		Orange
M/W 12	18-20 min	20-25 min		Yellow
M/W 10	18-20 min	20-25 min		White
M/W 35	18-20 min	40-55 min		Blue
M/W 40	18-20 min	35-50 min		Blue
M/W 45	18-20 min	35-50 min		Blue
M/W 50	18-20 min	35-50 min		Blue
M/W 55	18-20 min	30-45 min		Blue
M/W 60	18-20 min	30-40 min		Blue
M/W 85	-	-		

## **Punchingsystem**

SportIdent, please state number at registration.

## **30 April, Sprint**

Adjustment shooting on paper targets starting at 09:00

## **1 Maj, Classic**

Adjustment shooting on paper targets starting at . 09:00

## **Rental Rifle**

Rental rifle will be available please state need at registration.

Fee 50 kr/day (Weapon + 50 cartridges)

## **Banquett**

More info later

## **Accommodation**

Camping and cottages:

[www.flottsbro.com](http://www.flottsbro.com)

[www.lida.nu](http://www.lida.nu)

Hostel:

<http://www.hagaberg.fhsk.se/>

Hotel:

<http://www.slagstamotell.com>

## **Fees**

M/W18 and older Sprint 180 SEK, others 100 SEK

M/W18 and older Classic 180 SEK, others 100 SEK

M/W18 and older Relay 180 SEK, others 100 SEK per runner

SI rent 20SEK/day. (none returned SI card will be charged with 500 kr.)

Swedish clubs will be charged after the competition.

Foreign clubs pay in advance to:

Account: 337840-3

IBAN: SE17 9500 0099 6042 0337 8403

BIC-kod: NDEASESS

Account holder: IFK TUMBA SKID- OCH ORIENTERINGSKLUBB

## **Information**

[tmok\\_olskytte@hotmail.com](mailto:tmok_olskytte@hotmail.com) or telephone +46 72-711 93 81 (Johan Eklöv)

**Registration**

latest Sunday 20160424.to:  
[tmok\\_olskytte@hotmail.com](mailto:tmok_olskytte@hotmail.com)

**Late Registration:** No later then Wednesday 20160427 at 50 % increase fee to:  
[tmok\\_olskytte@hotmail.com](mailto:tmok_olskytte@hotmail.com).

**PM and Startinglist:** Will be published on the web and the competition center

**Main officials**

Competition manger, Johan Eklöv  
Course setter, Johan Eklöv, Daniel Lind, Anders Boström  
Course and competition control TMOK