



Instructions

OK ORION

"The Spring race 2010"

**with the same Competition Centre as for
Elitserien and Silva Juniorcup**

3 april 2010

National Middle Distant

5 april 2010

Natinal Long Distance

Competition Centre: Sibbaboda Arena



How to find the competition centre	Sibbaboda Arena, 8 km south east of Jämjö. Jämjö is located 15 km east of Karlskrona in Blekinge. Follow signs from E22 through Jämjö.
Parkering	Distance to TC 0-2000 meters. Busses to be parked at special parking area. Parkering fee: 20 SEK.
Start lists	See OK Orions homepage: www.okorion.com .
Map & terrain	Färskesjön SO: Produced by Kenneth Kaisajuntti, 2010 3 april: 1:10 000 (offset) 5 april: 1:15 000 for HD16 till HD35 (offset) 1:10 000 for others (offset) Technically demanding but quite flat coast terrain. Good runnability.
The arena	The national competition and Elitserien/Juniorcupen have different, clearly seperated, last controls. Be careful to take the right last control. Please study the Arena Map at the competition centre.
First start 3 april	First start 11.00 am
Start 3 april	Start 1, 600 m, orange/white stripes- OBS! No toilets at the start. All classes. U-classes, Inskolning and Open classes use put-and-run and can start anytime between 10:00 and 13:00.
First start 5 april	First start 10:00 am
To start 5 april	Start 1, 1 800 m, orange/white stripes - OBS! All classes. U-classes, Inskolning and Open classes use put-and-run and can start anytime between 09:00 and 12:00.
Showers	Hot showers outdoor
Head of competitions	Per-Ivan Engström, Clas Lindell
Course setters	3 april: Martin Johansson 5 april: Kent Olsson
Information	Clas Lindell clas.lindell11@bredband.net

Welcome!
OK Orion