



OK Orion elite group invites every night runner to **"a night of the stars"** as a preparation for 10-mila and a warm up for Elitserien and Silva Junior Cup.

This will be a quite basic training competition, but a very competitive one that we hope will gather a lot of strong night runners so that a real 10-mila feeling will be created.

Routes

Men 11 km (forked)
Women 7 km (forked)

Basic long 7 km
Basic short 4 km
Basic easy 3 km

Competition Centre

Högasand, follow signs from E22 in Brömsebro, 15 km north of Jämjö.

Start

Check in at 20:00 for information and warm up. Thereafter, mass start.

Terrain

Very fast flat pine forest with a lot of tracks. Some sandy areas as well.

Forking

The routes Men and Women will be forked, not completely fair but almost.

Controls

Controls with just a reflex, no punching. We trust that everyone touches their right controls!

Time

No official time recording, no official result lists.

Entry, please read carefully!

Entry through Eventor, before tuesday 30 march 24:00. Follow the link:

<http://eventor.orientering.se/Events/Show/733?culture=en-US>

Please note: Those of you that already have bought the training map Högasand, do not need to enter via Eventor, just show up with your maps with you!

Starting Fee

30 SEK. Will be invoiced afterwards. Those of you that already have bought the training map do not need to pay anything extra.

Showers and toilets

Not available

Questions?

Will be answered by joan.swartz@lm.se

Welcome!