

**IDRE SPORTKLUBB AND SÄRNA SKIDKLUBB  
INVITES TO**

# **IDRETÄVNINGARNA**

**with Intersport Cup and FIS-competition  
SUNDAY 6<sup>th</sup> DECEMBER 2009**

|                                       |  |
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| <b>Race location:</b>                 | Idre Fjäll   |
| <b>Distances and race categories:</b> | <p><b><u>Idretävlingarna: Interval start – Free technique</u></b><br/>           1 km: H -8 (born 02),D -8 (b 02)<br/>           1,5 km: H10 (b 00),D10 (b 00), H9 (b 01), D9 (b 01)<br/>           2,5 km: H13 (b 97),D13 (b 97),H12 (b 98),D12 (b 98),H11 (b 99), D11(b 99)<br/>           5 km: H16 (b 94),D16 (b 94),H15 (b 95),D15 (b 95),H14 (b 96),D14(b 96)<br/>           10 km. D17-18 (b 92-93), D19-20 (b 90-91)<br/>           15 km: H19-20 (b 90-91), H17-18 (b 92-93)</p> <p><b><u>Intersport Cup Free technique</u></b><br/>           10 km: D21<br/>           15 km: H21</p> |
| <b>Race start:</b>                    | 9.00 a.m. Youth first, followed by DH17-21.  |
| <b>Registration:</b>                  | Registration through Idrotten Online. Entry deadline 1 <sup>st</sup> december.<br>Information: Peter Bodemyr. 0046-706 705 426 or fax 0046-253 49 87 45.<br>Check that you have a valid FIS-license before registration. Starting lists and results will be published on the Internet. If you don't want your name to be published, tell us when registering. Skiers without a FIS-licence in categories DH17-21 are not allowed to start!<br>N.B. No late entries!  |
| <b>Race fees:</b>                     | D/H 21 200SEK/person, D/H 17-20 150SEK/person, D/H 7-16 100SEK/person.<br>International entrants can preferably pay race fee when picking up the bibs. Race fees must be payed before bibs can be picked up.   |
| <b>Awards:</b>                        | Special rules for Intersport Cup. Awards to top 10 in D 21 and top 15 in H21.<br>HD 17-20 awards to 1/3 of the number registered. In HD 8-16 awards to all.  |
| <b>Foods and drinks:</b>              | Idre Fjäll, Vårdshuset (the Inn).  |
| <b>Bibs:</b>                          | Bibs that aren't returned will cost 500 SEK for Intersport Cup, 150 SEK other categories.  |
| <b>Competition rules:</b>             | FIS International Competition Rules and Swedish Ski Association Rules. Entrants and coaches will participate at their own risk. 50 % of the race fee will be refunded if the race is cancelled.  |
| <b>Waxing:</b>                        | If you need wax facilities please contact <a href="mailto:peter.bodemyr@telia.com">peter.bodemyr@telia.com</a><br>Information needed: How many athletes and waxers, and your team name.  |
| <b>Accomodation:</b>                  | Björkhagen, Särna 0046-253 103 08 Turistgården, Särna 0046-253 104 37<br>Särna Camping 0046-253 108 51 Länsmansgården Särna 0046-25310293<br>Idre Turism 0046-253 200 00 Knappgården Pensionat 0046-253 180 60<br>Idre Fjällens Sport 0046-253 203 08 Idregården 0046-253 201 50<br>Sporthotellet i Idre 0046-253 209 00 Hotell Njupeskar 0046-253 105 15<br>Idre Fjäll 0046-253 410 00 Särnahedens bystuga 0046-253 180 04  |

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| <b>Shower:</b>      | Idre Fjäll, Sporthallen (The sports hall)   |
| <b>Race office:</b> | Idre Fjäll, at the ski stadium Sunday 6 <sup>th</sup> dec 7:00 a.m. - end of competition.   |
| <b>Information:</b> | <a href="http://www.sarnask.com">www.sarnask.com</a> , <a href="http://www.idresk.w.se">www.idresk.w.se</a> . Starting list will be available at the homesite from 4 <sup>th</sup> dec and results from 6 <sup>th</sup> dec.<br>Chief of race Sven Larsson 0046-253 104 34 or 0046-73 180 47 51 |

**SNOW MAKING GUARANTEES GOOD CONDITIONS!**