

**IDRE SPORTKLUBB AND SÄRNA SKIDKLUBB
INVITES TO**

IDRETÄVNINGARNA

**with Intersport Cup and FIS-competition
SUNDAY 6th DECEMBER 2009**

Race location:	Idre Fjäll
Distances and race categories:	<p><u>Idretävlingarna: Interval start – Free technique</u> 1 km: H -8 (born 02),D -8 (b 02) 1,5 km: H10 (b 00),D10 (b 00), H9 (b 01), D9 (b 01) 2,5 km: H13 (b 97),D13 (b 97),H12 (b 98),D12 (b 98),H11 (b 99), D11(b 99) 5 km: H16 (b 94),D16 (b 94),H15 (b 95),D15 (b 95),H14 (b 96),D14(b 96) 10 km. D17-18 (b 92-93), D19-20 (b 90-91) 15 km: H19-20 (b 90-91), H17-18 (b 92-93)</p> <p><u>Intersport Cup Free technique</u> 10 km: D21 15 km: H21</p>
Race start:	9.00 a.m. Youth first, followed by DH17-21.
Registration:	Registration through Idrotten Online. Entry deadline 1 st december. Information: Peter Bodemyr. 0046-706 705 426 or fax 0046-253 49 87 45. 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! N.B. No late entries!
Race fees:	D/H 21 200SEK/person, D/H 17-20 150SEK/person, D/H 7-16 100SEK/person. International entrants can preferably pay race fee when picking up the bibs. Race fees must be payed before bibs can be picked up.
Awards:	Special rules for Intersport Cup. Awards to top 10 in D 21 and top 15 in H21. HD 17-20 awards to 1/3 of the number registered. In HD 8-16 awards to all.
Foods and drinks:	Idre Fjäll, Vårdshuset (the Inn).
Bibs:	Bibs that aren't returned will cost 500 SEK for Intersport Cup, 150 SEK other categories.
Competition rules:	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.
Waxing:	If you need wax facilities please contact peter.bodemyr@telia.com Information needed: How many athletes and waxers, and your team name.
Accomodation:	Björkhagen, Särna 0046-253 103 08 Turistgården, Särna 0046-253 104 37 Särna Camping 0046-253 108 51 Länsmansgården Särna 0046-25310293 Idre Turism 0046-253 200 00 Knappgården Pensionat 0046-253 180 60 Idre Fjällens Sport 0046-253 203 08 Idregården 0046-253 201 50 Sporthotellet i Idre 0046-253 209 00 Hotell Njupeskar 0046-253 105 15 Idre Fjäll 0046-253 410 00 Särnahedens bystuga 0046-253 180 04

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

SNOW MAKING GUARANTEES GOOD CONDITIONS!