



## Nordic Masters Cross Country Championships Sunday 7<sup>th</sup> November 2021

Welcome to the Nordic Masters Cross Country Championships at Lida friluftsområde in Tullinge, 30 km south of Stockholm. The course length is approx. 1,5 km. Since it is not a permanent course, measurement will be carried out on the day before the competition.

Start time	Age groups	Distance	Prize ceremony
12.30	Women, Masters 35–65	7,5km (5 laps)	14.30
12.30	Men, Masters 35–65	7,5km (5 laps)	14.30
12.30	Women, Masters 70+	4,5km (3 laps)	14.30
12.30	Men, Masters 70+	4,5km (3 laps)	14.30

### Individual Registration – by 20 October

Registration must be done to the National Masters Federation no later than 20 October. The registration shall include the following information: Name, Country, Age group and Year of birth. Any runner who wants to pre-book Saturday dinner at Scandic Kungens kurva has to notify their National Masters Federation.

### Team Registration – by 29 October

The national Masters Federation must send and pay entries and pre-booked dinners to LOC – [pelle@huddingeais.se](mailto:pelle@huddingeais.se) – by 29 October.

**Entry fee: EUR 30 or SEK 350**

**Dinner: EUR 22 or SEK 250**

- Payments from Sweden: Bankgiro 5617-6712 (Huddinge AIS)
- From other Nordic countries: BIC: SWEDSESS, IBAN: SE3280000832790036089191

### Team uniforms

Participants are expected to compete in National Team uniforms.

### Hotel

Scandic Hotell Kungens Kurva. Tel +46 8 517 346 00.

Ekgårdsvägen 2, 141 75 KUNGENS KURVA

[mice.kungenskurva@scandichotels.com](mailto:mice.kungenskurva@scandichotels.com)

**Information:** [www.huddingeais.se](http://www.huddingeais.se)

Competition Director, Pelle Öhrland +46 70 675 87 99, [pelle@huddingeais.se](mailto:pelle@huddingeais.se)



**BOTKYRKA KOMMUN**

**BAUHAUS** ATGA **CRAFT** cytiva

**Folksam** **Prioritet** Finans **Scandic**