

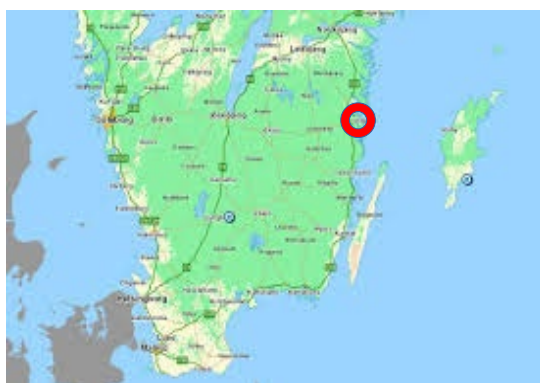
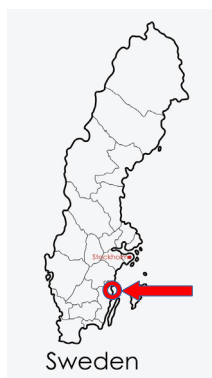


## Västerviks OK and Smålands OF invites competing nations to **Baltic Junior Cup 2024** Friday-Sunday, 25-27th October

**Model event, individual long distance and relay.**

### Location:

Västervik, northeast coast of Småland. 280 km south of Stockholm and 220 km north of Karlskrona. Coordinates: 57.758°N 16.637°E



### Program:

#### Friday 25/10

from 15:30	Model event.
18:00	Check-in at accommodation.
20:00	Team leaders meeting.

#### Saturday 26/10

9:30	First start long distance.
12:30-13:30	Lunch at the arena.
16:00	Last time for team changes, relay.
19:00	Price giving ceremony.
19:30-21:00	Team activities.
19:30	Team leaders meeting.

#### Sunday 27/10

10:00	Start of relay.
12:00-12:30	Lunch at the arena.
13:00	Price giving ceremony.
13:30	Closing of BJC 2024

**Classes:** Individual long distance: W16, M16, W18, M18, W20 and M20.  
Relay: 6 legs in following order:  
First leg: M18 and W18  
Second leg: W16 and M16  
Third leg: W20  
Fourth leg: M20.

M18 change to W16, W18 change to M16, the last one to finish on second leg (W16 and M16) hand over to W20.

Open courses: Easy 2,5 km, Medium 3 km and Advanced 3 km (Saturday and Sunday).

**Fee:** Competing runners and team leaders € 60, the fee includes meals and accommodation on hard floor (bring own sleeping bags and mattress).  
Open courses and model event: € 10 /person (8 € <18 år)

SI rental € 3 SEK (lost SI € 60).

**Entries:** Entries is made in the provided form at the website, send with an e-mail to [kansli@vasterviksok.se](mailto:kansli@vasterviksok.se). Last day of entrie is 16<sup>th</sup> of October.

Payment for participation in BJC must be made in advanced, open courses paid on the site of competition.

**Competition centre:**

Västerviks OK's club house. Address: Vassbäcksvägen 2, 593 32 Västervik.

**Distances from competition center**

Mode levent: 1000 m

Long distance: 8600 m

Relay: 0 m

Accomodation:1100 m

**Accommodation:** Hard floor in Ludvigsborgsskolan. Bring own sleeping bag and mattress. Address: Lektor Berlins väg, 593 50 Västervik.

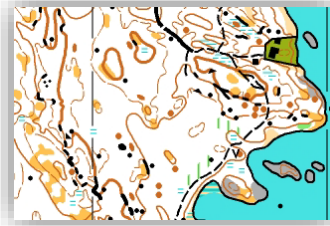
**Meals:** Breakfast and dinner is served in the food court of Ludvigsborgsskolan in same building as accommodation. Lunches will be served at the competition arena both days.

**Transportation:** Teams are responsible for their own transportation during the weekend.

**Terrain:** Mostly forest with some forest roads and paths, otherwise areas of close to sea character terrain where both larger and smaller marshes are interspersed between the, sometimes detailed, height sections. Medium hilly and detailed terrain, close to the sea some areas with sharp elevations will be passed on the long distance.

Parts with open terrain with very good visibility, up to 100 m, and only limited areas with reduced visibility or runnability.

Map sample Long distance



Map sample Relay



**Service:** Showers are offered at the competition centre both days. First aid at competition arena.

**Awards:** Awards for six best in each class at long distance and for six best teams in relay. Team award for best nation where the three best in each class including relay is calculated in the team.

**Event director:** Johan Stark

**Course setter:** Jesper Schüllerqvist  
Arvid Stark  
Jakob Lööf

**Speaker** Pia Östangård

**Event controller:** Annika Ericsson, Smålands OF

**Course controller:** Magnus Svensson, Smålands OF