



# Invitation Trainings Weekend



Do you want to get ready for the Swedish Champs next season and spend some time with the Snättringe family? Then join the trip on the second december weekend **08.12 to 10.12** in Nyköping.



## Accommodation:

Vita Villan, OK Måsen Clubhouse  
hårt underlag -> ta med luftmadrass  
<https://www.svenskalag.se/okmasen-vitavillan>

## Questions to:

Elia Gartmann (trainings)  
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Joschi Schmid (accommodation)  
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PROGRAM	08.12. (fredag)	tid	09.12. (lördag)	tid	10.12. (söndag)	tid
morgon			two-men relay	45	Långpass	90-120
eftermiddag	travel		easy forked massstart	60	cleaning	
kväll	individual night-o	60	social activities		travel	
<b>total time</b>			slow orienteering	4h	fast orienteering	2x15'

Sign up on



for the trip