

EVENT DESCRIPTION

Type of Race, Place and Schedule

Wednesday and Thursday, July 14th and 15th 2010

Ruddalen Track, Göteborg.

- Inline Clinic and Trainings:
 - Wednesday: Training Methods
 - Thursday: Race Techniques

Schedule

Event	Start	Finish
Set up	10:00	10:30
Wednesday (Inline Clinic)	10:30	13:30
Wednesday (Training)	18:00	20:00
Thursday (Inline Clinic)	10:30	13:30
Thursday (Training)	18:00	20:00

General Information

For each day, limit attendance at the Inline Clinic is 50 people.
For the trainings will be no limit of attendance.

Friday, July 16th 2010

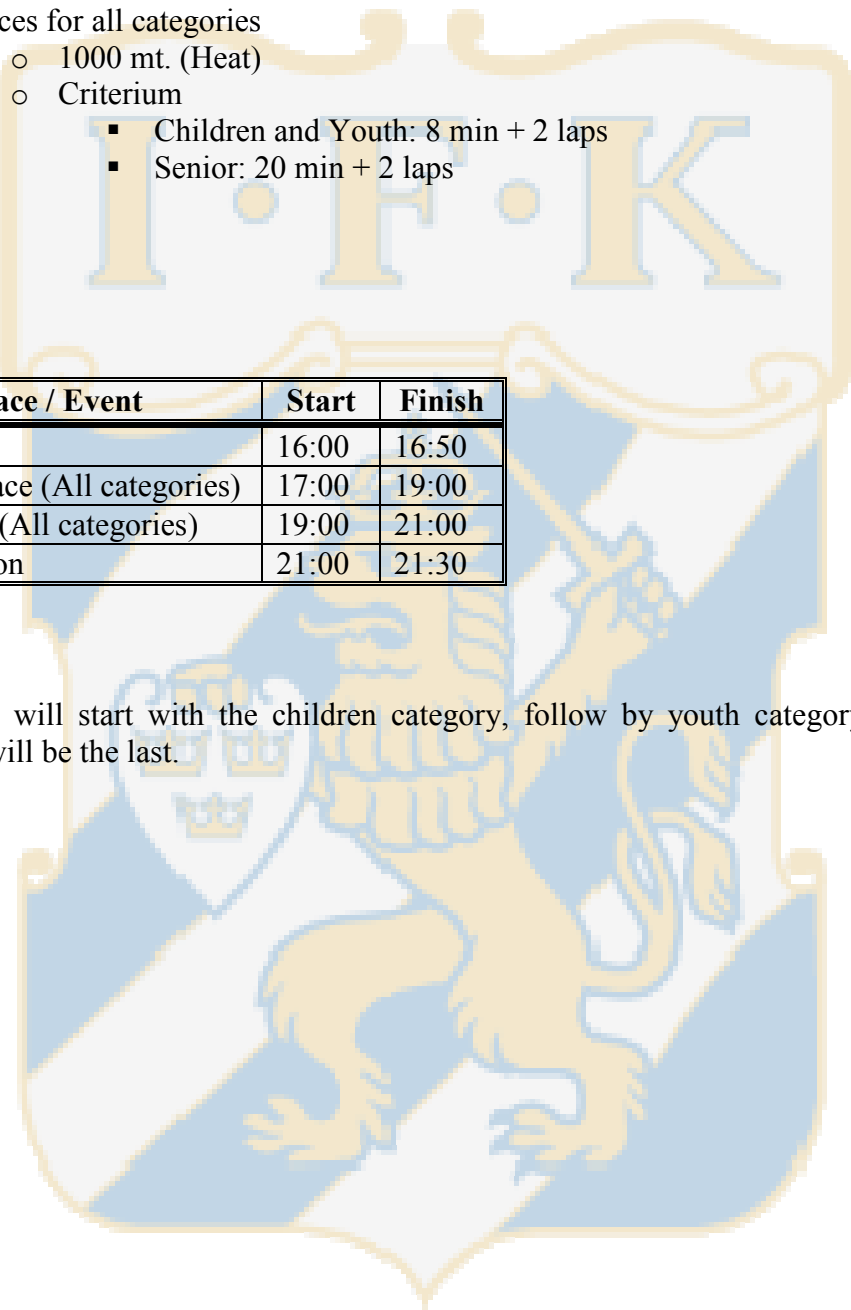
Ruddalen Track, Göteborg.

- Races for all categories
 - 1000 mt. (Heat)
 - Criterium
 - Children and Youth: 8 min + 2 laps
 - Senior: 20 min + 2 laps

Schedule

Race / Event	Start	Finish
Warm up	16:00	16:50
1000 mt race (All categories)	17:00	19:00
Criterium (All categories)	19:00	21:00
Presentation	21:00	21:30

Both tests will start with the children category, follow by youth category and senior category will be the last.



Saturday, July 17th 2010

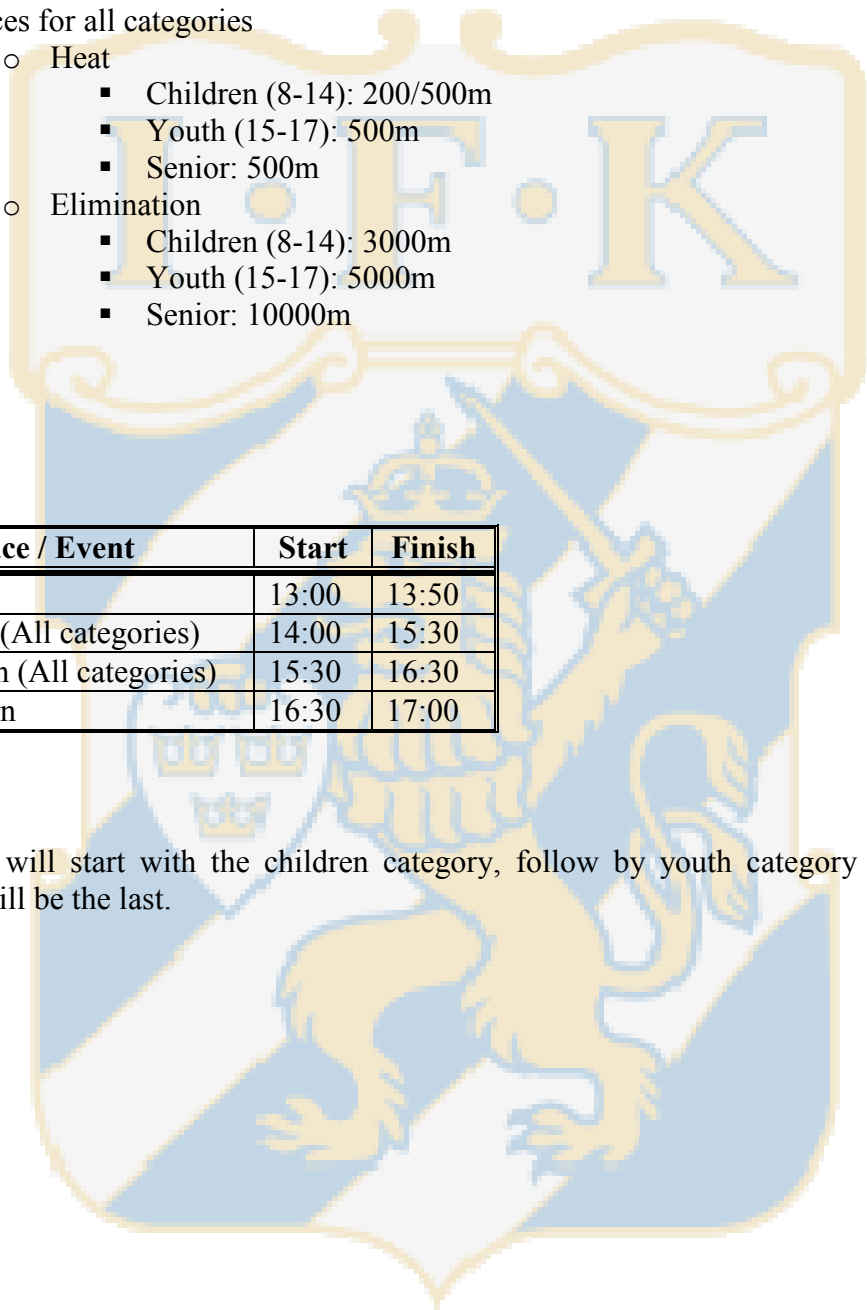
Varberg track, Varberg

- Races for all categories
 - Heat
 - Children (8-14): 200/500m
 - Youth (15-17): 500m
 - Senior: 500m
 - Elimination
 - Children (8-14): 3000m
 - Youth (15-17): 5000m
 - Senior: 10000m

Schedule

Race / Event	Start	Finish
Warm up	13:00	13:50
Heats race (All categories)	14:00	15:30
Elimination (All categories)	15:30	16:30
Presentation	16:30	17:00

Both tests will start with the children category, follow by youth category and senior category will be the last.



Sunday, July 18th 2010

Göteborg, Bike road from Billdal to Slottskogen

- Race for all categories
 - Long distance inline run
 - Children and Beginners (All ages): 3 km.
 - Youth: 10 km.
 - Senior: 30 km.

Schedule

Race / Event	Start	Finish
Warm up	09:00	09:50
Children and Beginners	10:00	11:00
Youth	11:15	12:00
Senior	12:30	13:15
Social gathering	13:15	-

The purpose of this inline run is to enjoy the view of the coastal road in a pleasant and peaceful trip where you can skate side to side with athletes of high level with the relax feeling of no competition. At the end of the trip we will gather at the park to have the time to share experiences, information and knowledge of our sport.

