



**7th – 9th of July**



**2023**

# WELCOME TO ÖRESUNDSSPELEN!

IFK Helsingborg invites to international competitions in athletics for seniors, juniors and youth Friday - Sunday July 7<sup>th</sup>- 9<sup>th</sup> 2023. The competition annually gathers just over 1 000 participants from 8–10 nations who together make about 3 000 starts. The competitions will, as always, be held at our nice arena Hedens Idrottsplats in Helsingborg. Traditionally, the competition starts Friday afternoon.

## REGISTRATION

Made online through the link on [easyrecord.se](https://easyrecord.se) no later than Friday 30/6. Please state annual or personal best in all starts. The entry means that you approve of publication of information and photographs and films on the internet.

## ENTRY FEE

SEK 110 / start for classes 17 years and older.  
SEK 90 / start for classes 15 years and younger.  
The fee is invoiced to Swedish clubs afterwards.  
Foreign clubs pay on the spot with Visa or Mastercard.

## LATE ENTRIES

Accepted only subject to space and at a fee of SEK 200 per participant and start.

## AWARDS

The top three in the classes F / P 12-KS / MS receive awards. All participants 11 years and younger receive a medal for their participation. (Note: Only one medal for each participant)

## ACCOMMODATION IN SCHOOLS AND CAMPING

We are not able to offer accommodation in schools or camping this year. We have some accommodation offers at our website [www.ifkhelsingborg.se](https://www.ifkhelsingborg.se).

## EVENT SCHEDULE

Information regarding what classes we offer and what days they will be on is published on our website [www.ifkhelsingborg.se](https://www.ifkhelsingborg.se)

## ENTRY LIST, TIMETABLE AND PM

The entry list is automatically updated on our website. The days before the start of the competition the timetable and PM will be published on [www.ifkhelsingborg.se](https://www.ifkhelsingborg.se).

## INFORMATION

For more information please contact IFK Helsingborg by e-mail [kansli@ifkhelsingborg.se](mailto:kansli@ifkhelsingborg.se) or by phone +46 42 137295.

**In collaboration with the City of Helsingborg**



**HELSINGBORG**