



**3rd – 5th of July**



**2026**

# WELCOME TO ÖRESUNDSSPELEN!

IFK Helsingborg invites to international competitions in athletics for seniors, juniors and youth Friday - Sunday July 3<sup>rd</sup>- 5<sup>th</sup> 2026. 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 Sunday 21/6. 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

120 SEK / start for classes 17 years and older.  
100 SEK / 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 220 SEK 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

We offer the possibility to stay overnight in a sports hall. The cost is 400 SEK per person for Friday to Sunday. It is also possible to buy breakfast for 100 SEK per person. Email us at [kansli@ifkhelsingborg.se](mailto:kansli@ifkhelsingborg.se) for reservations.

## 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 73 683 74 06.

In collaboration with the City of Helsingborg



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