

4th – 6th of July **2025**

WELCOME TO ÖRESUNDSSPELEN!

IFK Helsingborg invites to international competitions in athletics for seniors, juniors and youth Friday - Sunday July 4th- 6th 2025. 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 no later than Monday 23/6.
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 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

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.

INFORMATION

For more information please contact IFK Helsingborg by e-mail kansli@ifkhelsingborg.se or by phone +46 73 683 74 06.

In collaboration with the City of Helsingborg

HELSINGBORG