

## Invitation to SAMO 2025

### Sollentuna Athletics Masters Open

**Sunday the 7<sup>th</sup> of September**

Turebergs athletics club have the pleasure of inviting you to our open masters event outdoors, **SAMO**. The competition is on the 7<sup>th</sup> of September 2025 at Sollentunavallen in the north of Stockholm. We are offering a **one day event** with all the decathlon and heptathlon events. **All the events** will be **seeded** to give the competitors the best possible competition. You choose the pool that suits you best. The choice is made upon entry online. Men and women will be mixed based on performance and seeding. To encourage even more people to feel the joys of athletics we are opening up the competition to anyone over the age of 35. No club affiliation is needed.

We also wish to challenge the established athletes, and everyone else, to try new events. Therefore there will be **two different Multi-Events** on the programme. Winners will be selected from those that enter any three eligible events and from those that have one event from each of the eligible running/throwing/Jumping events. The calculations will be made automatically so all you have to do is enter a minimum of three events. The women may choose from the heptathlon events and the men from the decathlon.

**It is about time that you tried a new event!**

Time: First event 09.00 with events all day long. (Preliminary schedule on the way).

EVENTS			
	Individual	Multi-Event Women	Multi-Event Men
Running	100m, 200m, 400m, 800m, 1500m, 110/100/80mH, 4 X 100m, 4 X 400m	200m, 800m, 80/100mH	100m, 400m, 1500m, 80/100/110mH
Jumping	High Jump, Long Jump, Pole Vault	High Jump, Long Jump	High Jump, Long Jump, Pole Vault
Throwing	Shot Put, Discus, Javelin	Shot Put, Javelin	Shot Put, Discus, Javelin

**Place:** Sollentunavallen, Strandvägen 65, 191 35 Sollentuna, Sweden.

**Entry fee:** 130Sek/13€ per event. Late entry fee is double.

**Entry** is done via [EasyRecord](https://www.easyrecord.se) by the latest **August 31**.

Swedish athletes will be billed via their clubs. Foreigners and non affiliated participants pay upon entry in the EasyRecord system.

**The final schedule** will be available on the homepage from the **3rd of September**.

Updated info: [www.turebergfriidrott.se](https://www.turebergfriidrott.se), other queries [arrangemang@turebergfriidrott.se](mailto:arrangemang@turebergfriidrott.se)

Non affiliated athletes can not set official records.  
Poles are available to borrow with a deposit.  
All events will be seeded on entered time/distance/height.

