



## Information and event details

### 25manna 6<sup>th</sup> October 2007



#### Information

Website: [www.25manna.nu](http://www.25manna.nu)  
 E-mail: [info@25manna.nu](mailto:info@25manna.nu)  
 At the event: Enquiries



#### Assembly and Parking

Event centre is located at Riksten Friluftstaden south of Tullinge in Botkyrka , approx. 25 km south of Stockholm city.

- For traffic coming from south on E4/E20: Exit 146, road 258 towards Tumba. In Tumba take road 226 towards Huddinge. Follow sign posting in Tullinge.
- For traffic coming from north on E4/E20: Exit 147, road 259 towards Haninge-Huddinge. Follow 259 and turn onto road 226 towards Tumba-Tullinge. Follow sign posting in Tullinge.
- Distance parking to event centre is 200 m - 1 000 m.
- **Due to road works at Riksten – Plan for some extra time!**

#### Public transport

Local train to Tullinge station, from there take bus 721 to Riksten (11 minutes) + 2 km by foot. For time table see [www.sl.se](http://www.sl.se).

#### Late entry

Late entry can be accepted until Saturday the 29<sup>th</sup> of September. Extra charges apply.

#### Payment

**All club entries must be paid prior to the event. Otherwise the teams are not allowed to start.**

#### Payment of entries:

Payments:	<b>All fees must be paid no later than 29th of September.</b>
Receiver:	Mälarhöjden-Tumba Tävlingskonto c/o Bjernevik, Lavretsvägen 22, 147 63 UTTRAN, Sweden
From Sweden:	Plusgirokonto: 41 14 04-7
From other countries:	IBAN-kontonummer: SE 03 9500 0099 6026 0411 4047 SWIFTCOD/BIC: NDEASESS

## Team bag

If all fees are paid each team will get a team bag containing race numbers, programme etc. Each club can collect their bags at the Enquiries from 7 am on the day of the event.

**Note! No safety pins will be provided for the race numbers.**

## Hired SI-cards

Hired SI-cards are to be collected at the Enquiries per team. The SI-cards must be returned to be able to collect the maps after the re-start. Lost SI-card will be charged 300 SEK.

## Team line-up

Team line-ups are to be registered at [www.25manna.nu](http://www.25manna.nu) from now until the 2nd of October 11.00 pm. Changes can later be done on the form which is included in the team bag. The form must be handed into the Enquiries no later than 8:45 am on the day of the event. Only teams which are prioritised by the commentators will be updated during the day. After the event clubs can update team line-ups on the website until the 11th of October. This is to be able to have correct names in the results.

## Shoes and Clothes

Studded shoes are not allowed, but metal studs set into a rubber stud are allowed. Clothing according to SOFT's requirements.

## Race numbers

Numbers must be worn easily readable on the chest and must not be folded.

Note! Use your own safety pins.

## Start and finish

Mass start for first leg is 9.00 am. Runners must be at the start no later than 8.50 am. The winning team is expected to finish at 2.45 pm.

## Tävlingsmetod

Mass start for leg 1. Legs 1 and 2 are run by one competitor per leg and team. Legs 3-7 have four competitors per leg and team. Legs 23 – 25 are run by one competitor per team and leg. The runner on leg 23 must not start until all four runners on leg 7 have reached the changeover area (for further info see "Changeover").

## Team Composition

### Course lengths and rules for team composition:

Leg	Number of runners	Course length in km	Level	Permission to participate
1	1	7,2	Blue	All
2	1	7,2	Blue	All
3	4	4,0	Red	Women
4	4	2,7	White	Not W19-39, M15-54
5	4	6,8	Blue	All
6	4	4,5	Red	Not M17-39
7	4	4,9	Red	All
23	1	3,6	Orange	Not W19-34, M15-49
24	1	8,1/5,4	Blue	All
25	1	4,3	Blue	Women

In each team 9 runners from class M21-39 are the maximum. At least 7 women must participate of which one must be younger than 15 or older than 44, and one must be younger than 19 or older than 34. At least one runner must be younger than 17.

The course lengths above are including about 400 meters for out- and incoming from last checkpoint to the starting point. The leg 24 is shortened to 5,4 km for teams in the restart.

## Map

Map scale 1:10 000, equidistance 4 m and printed 2007. Courses and control descriptions are printed in purple on the map. At the control ring the number of the control and the identification number are printed with dash (-) in between, see below.



**In some areas the controls are very close to each other. Check the identification number thoroughly.**

**Local signs (also printed on the map):**

**Black x = hut / remains of building**

**Black o = the remains of a place where charcoal was made in the old days**

## Terrain description

This year the terrain offers both lightly undulating areas of pine forest on open rock, as well as mature spruce forest and rather flat moraine areas, interrupted by a couple of abrupt rocky ridges and some minor areas of young, dense forest.

The area is intersected by a number of tracks and roads and there is a certain extent of cultivated land. Generally the area is moderately hilly and the runnability good to excellent. In minor parts the runnability is limited due to dense vegetation or stony ground. The amount of detail is immensely varied in the different areas being used.

In the western part is a hill with a number of old mine pits. Around these pits magnetic disturbance occurs, these will significantly disturb the compass. See map issues at assembly areas.

White tape on indistinct path.

## SportIdent

The pre-registered SI-cards are connected to the team and can be used by anyone in the team.

**Note! Each SI-card can only be used once during the relay.**

At the entry to the start / changeover area the SI-card must be reset by 'dibbing' it into the reset unit. To check that SI-card has been reset it must also be checked in the check unit. Each control has at least two units. Punching is correctly done when the unit flashes and beeps. It

is the competitors' responsibility to make sure they have punched correctly. If the unit has failed, used one of the other units. Missed punching results in the team being disqualified. Even if there are witnesses that confirm that the competitor has been at the control.

**Be careful when punching. Experience tells us that it is easy to mistake somebody else's punching as yours. This will result in a missing punch and the team being disqualified.**

### **Start punching**

At the start point each competitor must start punch, but not the competitors on the leg 1 and the ones taking part in the mini mass start. The start point units have no identification number.

### **Changeover**

At the finish after the bridge the competitors must select the lane marked with the leg number and the team number adverts. At the finish line all runners except the ones on leg 25 should 'dib' their SI-card. After punching, there is a map collection in rubbish bags. At changeover the runner should change over to next runner by handing over the map marked with the team number and leg.

The runner on **leg 2** should take four maps and give to the runners on leg 3. To avoid a crowd at the changeover the runners on leg 3 are allowed to divide the maps between themselves before the start point.

When runners on leg 7 arrive to changeover they should pick the map at the top and give to the runner on leg 23, however the first three maps are 'blind maps' in different colours. Only the fourth runner hands over the real map. The runner on leg 23 hands the three 'blind maps' to the staff on their way to start point.

**Changeover closes at 3.45 pm.**

Important

- **Do not forget to reset and check SI-cards when entering the start/ changeover area. Arrive in time!**
- **Do not forget to start, changeover and finish punch.**
- **Make sure to pick the correct map.**

**Only competitors and team leaders with visible team leader pass are allowed in the changeover area.**

### **Finish on leg 25**

The first 25 teams will punch after the finish line. The finish order will be determined by the order in which the runners cross the finish line. Runners must then punch at the finish control in the same order as crossing the finish line. In case of dispute referee decides. Teams with places higher than 25 should punch at the finish line.

### **Download**

Download should be done ASAP after changeover or finish. This is to be able to post correct results on the boards.

### **Mispunch/Red exit/Disqualification**

If download is not approved, the runner must proceed to 'red exit' to be told the reason for not being approved. If competitor has mispunched or disobeyed rules or information in this PM

the team will be disqualified. A written document will be given to the competitor with information that the team is disqualified and also the reason why.

If the team wants to hand in a protest it must be done by the team leader with team leader pass within 30 minutes.

Team which has been disqualified can complete the event under the condition that they are at least 30 minutes behind the leading team. The team will otherwise be kept at changeover until 30 minutes has passed.

### **Wrong map**

Team which has picked another team's map will be disqualified. The team which has lost a map will get a new one by the staff at the end of changeover area, but will not be given any time compensation. Always check the number and leg number on the map. The runners are responsible to changeover with the correct map.

### **Restricted areas**

The assembly area is in north, west and south marked with blue-yellow tape. Please respect the restrictions. Restricted areas in the terrain are taped in blue-yellow tape when bordering the courses.

Inspectors are located in these areas and will report and disqualify all teams entering restricted areas.

### **Mini mass start**

**Changeover closes at 3.45 pm.** For all runners who have not yet started there will be a **mini mass start at 4.00 pm.** Teams which are disqualified or have abandoned may participate. Please arrive well in advance as it will be busy at the reset and check units for SI-cards. Follow instructions from the staff.

Runners which start on leg 24 will be shown to a separate place. Others will start where the maps are located.

All competitors must have finished at 6.00 pm when the courses close.

### **Event rules and guidelines**

Swedish Orienteering Federation's rules and guidelines apply.

One exception will be made at this event. It will be allowed to climb the fence south east of the assembly area. This fence circumferes the old airfield. Climbing is at your own risk. We recommend using one of the several marked passages. These are taped with red-white tape (see Map Issues).

### **Showers and toilets**

Hot showers outdoor located in the eastern part of assembly area. Toilets are located in the north western part, in the changeover area and at the showers.

### **First aid**

First aid and doctor are located just behind the finish.

## Wildlife

Runners who observe wildlife should report this to 'Viltrapporten' between maps and the download.

## Spectator controls

- Leg 23 (2,5 km after start) and leg 24 (4,5 km after start) have a spectator control south of the assembly area in front of the finish.
- Leg 25 have two spectator controls west of the assembly area at 2,8 km and 3,4 km after start.

## Results

During the event provisional results will be posted on the results board. Final results will be posted on the website [www.25manna.nu](http://www.25manna.nu). Correct team line-ups are depending on the clubs registration of team members. (See Team line-up above)

## Hand out of maps / return of hired SI-cards

After the mini mass starts maps are handed out in return of the receipt which can be found in the team bag. Return of hired SI-card (in bags of 25 SI-cards) will be done team by team. A receipt will be given by the staff. Do not forget runners on the mini mass start.

## Prize Giving

This will take place at 4.00 pm.

- 25-manna trophy to winning team.
- Team 1 – 3 - Team plaque, price of honour and 25manna keepsake to all competitors in the team.
- Team 4 – 10 -Team plaque and 25manna keepsake to all competitors in the team.
- Best second team -Team plaque
- Best third team -Team plaque

## Team leader pass

One team leader pass will be in the team bag. This pass must be shown to staff when making a formal complaint and at entry to changeover area.

## Club tents

Club tents may only be pitched on designated and in advance booked place. A map with details about the clubs places will be found at the Info-tent (enquiries) and in the team bag. Make sure to bring a mallet.

## Colour coded courses

Colour coded courses will be available between 8.00 am – 1.00 pm in the eastern part of the assembly area. Start between 8.30 am - 1.30 pm. 50 SEK for up to 16 years and 80 SEK for others. SI-cards available for hire (20 SEK).

Open 1	White-Easy	2 340m
Open 4	Orange-Medium	3 210m
Open 5	Red-Medium	3 880m
Open 7	Blue-Difficult	3 120m
Open 9	Blue-Difficult	5 110m

## String Course

The string course is located in the north east part of the assembly area. Start between 9.00 am-1.00 pm. Fee 10 SEK.

## Traders

Refreshments and food incl. barbeque will be available at the canteen. Jobber Sport will have a mobile shop where you will find a selection of sports and outdoor equipment. Recycle your rubbish in the bins provided by SRV Återvinning.

## Event jury

Magnus Södervall, Västergötlands OF

Ulla Lindell, Södermanlands OF

Ola Kåberg, Stockholms OF

## Officials

Organiser	Lars Stigberg, IFK Tumba SOK
Planner	Per Forsgren, Mälarhöjdens IK
	Pär Ånmark, IFK Tumba SOK
Information	Diana Sarmiala, Mälarhöjdens IK
Controller - event	Hans Edvall, Järfälla OK
Controller - courses	Lennart Stenberg, Stigfinnarna

**IFK Tumba SOK and Mälarhöjdens IK wishes all competitors and spectators a warm welcome to 25manna 2007. We wish you good luck and hope you will have a nice and memorable day!**

