

# Information and event details for 25manna 11 October 2008

## Information

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

## Assembly and Parking

Assembly area: South of the lake Rösjön in Danderyd/Sollentuna, about 10 km North of Stockholm centre.

**Car parking:** Directions from exit 180 on **E18** towards Norrtälje (**by Danderyd church**). 10 minute bus ride from the parking lot to a drop off, 400 m from Competition Centre. First bus departure is 06.45 and the last from Competition Centre is 18.05. Interval between busses is 3 min between 07.00 and 10.00, afterwards a little longer time between departures. Take some extra time

**Bus parking:** The buses can drop off and pick up passengers by the bath in Rösjön (1000 m from competition centre) and then follow the instructions from there to the bus parking lot.

**Caravan parking:** Available at Rösjö Camping, 1000m from the assembly area. For reservations, please call +46 8 96 21 84.

## Public transport

Local train (pendeltåg) to Sollentuna Station and then a 15 min bus ride with bus 607 towards Danderyd.

Alternative is to take the subway, red line nr 14, to Danderyds sjukhus (Danderyd hospital) and then a 15 min bus ride with bus 607 to bus stop Kärrdalsskolan. From there, follow 600 m streamers to the competition centre. For time table see [www.sl.se](http://www.sl.se).

## Late entry

Late entry is accepted until Monday 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:	Payment of all fees shall be done no later than <b>September 30th, 2008</b> . Enter the reference on the payment in the following order "Club, Type of fee.
Receiver:	Järfälla OK
From Sweden:	Bankgiro 227-7283 or Plusgiro 37 76 45-7
From other countries:	IBAN:SE85 5000 0000 0539 2101 7270 SWIFT/BIC:ESSESESS

## 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, and for a fast SI-card 600 SEK.

## Team declaration

Team declarations are to be registered at [www.25manna.nu](http://www.25manna.nu) from now until the 7<sup>th</sup> 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 15<sup>th</sup> October. This is to be able to have correct names in the results.

## Shoes and Clothes

Spike shoes are not allowed, but metal studs set into a rubber stud are allowed. Clothing according to SOFT's requirements. Clothing check will be made at the entrance to the changeover area. Please, fix your clothing before entering.

## 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 1.42 pm.

## Race description

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").

Leg 1-2 are parallel planned with each other. The legs 3 to 7 are planned together within each leg. On leg 23, 24 and 25 all runners run the same course.

## Course length and team composition:

Leg	Start/ change.	No of runners	Course length	Difficulty	Expected time (min)	Who can run this leg
1	9.00	1	7,1-7,2	Blue	34	All
2	9.34	1	7,0-7,2	Blue	33	All
3	10.07	4	4,1-4,2	Red	27	Women
4	10.34	4	3,0-3,2	White	18	No W19-39 or M15-54
5	10.52	4	6,0-6,1	Blue	30	All
6	11.22	4	4,7-4,9	Red	26	No M17-39
7	11.48	4	5,1-5,2	Red	26	All
23	12.14	1	3,7	Orange	20	No W19-34, M15-49
24	12.34	1	4,7	Blue	27	Women
25	13.01	1	8,6	Blue	41	All

The course length includes approximately 500 m long taped route from the last control point to the starting point. For teams that are part of the re-start, leg 25 is shortened to 6,1 km. In the team there is a maximum of nine M21-39s and there must be at least seven women, of which one must be -W14/W45- and one must be -W18/W35-.

## Map

Map scale 1:10 000, equidistance 4 m and printed 2008. Courses and control descriptions are printed in purple on the map.



On the map paths that are fast to run are marked with a yellow background. It applies to prepared running paths and small roads with very good surface. Note – this sign that is normally used for illuminated jogging tracks is in this event used in the way described above. To get a better readability we have decided **not to print the control codes beside the controls**.

Control codes are, as usual, found on the control description printed on the front of the map, according to the OCAD 8.0 standard.

Please respect out of bound areas, marked on the map with purple lines. In the terrain, the areas are marked with blue-yellow streamers. Paths with yellow background are always allowed to use, even if they pass an out of bounds area where the overprint can be indistinct.

Some of the tracks are passing roads in a housing area. It is allowed to run on the roads in the area, but be careful and respect the inhabitants. Forbidden roads are marked with purple cross on the map.

Note, that all settlement areas (gardens etc) are forbidden areas. If you see a competitor or if you yourself come into such an area, notify the organisers in order to follow-up this towards the landowners.

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

## 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 the 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, use 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 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 3.15 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. Check both team number and leg number.**

**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 a 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.

Teams which have 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 the changeover area until 30 minutes has passed.

### **Wrong map**

Teams which have picked another team's map will be disqualified. The team which has lost a map will get a new one by the changeover area staff, 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 garden and grove just north of the finish is private property and may not be entered. The area is marked with blue-yellow stripes. Respect the markings – applies both to spectators and competitors.

Out of bounds areas in the terrain is marked with continuous blue-yellow streamers if they affect the courses.

Inspectors are in the terrain. Entering an out of bounds area leads to an immediate disqualification for the team.

### **Mini mass start**

**Changeover closes at 3.15 pm.** For all runners who have not yet started there will be a **mini mass start at 15.30 pm.** Teams which are disqualified or have abandoned a leg 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 25 will be shown to a separate place. Others will start where the maps are located.

All competitors must have finished at 5.30 pm when the courses close.

### **Event rules and guidelines**

Swedish Orienteering Federation's rules and guidelines apply.

### **Showers and toilets**

Hot showers located outdoor in the North West part of the assembly area. The organiser supply environmental friendly soap. Other soap or shampoo may not be used.

Toilets are located in the West part of the assembly area near the runners' bridge, 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' right after the download of the SI card.

### **Spectator controls**

- Leg 1, 2, 23 and 25 have a spectator control in the East part of the assembly area, behind the finish.

## 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 SI-cards used by the runners on the mini mass start.

## Prize Giving

This will take place at 3.35 pm.

- 25manna trophy to the 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 plots. 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 8.30 am – 1.00 pm in the eastern part of the assembly area. Start between 9.00 am - 1.30 pm. 50 SEK for up to 16 years and 80 SEK for others. SI-cards available for hire (25 SEK).

Open 1	White-Easy	1 770 m
Open 4	Orange-Medium	2 980 m
Open 5	Red-Medium	4 410 m
Open 7	Blue-Difficult	3 010 m
Open 8	Blue-Difficult	4 920 m

## String Course

The string course is located in the North West 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. INTERSPORT will have a mobile shop where you will find a selection of sports and outdoor equipment. Recycle your rubbish in the bins provided by SITA. Different garbage containers are available for organic material, burnable and for return cans.

## Event jury

Sören Jonsson, Nydalen (Norge)  
Magnus Södervall, Västergötland  
Ulla Lindell, Södermanland.

## Officials

Organiser	Hans Edvall, Järfälla OK Per-Åke Carlenstam och Wincent Karlsson, Väsby OK
Course planner	Anders Enström och Kristofer Thorslund, Väsby OK
Assembly area, service	Maria Cole, Väsby OK
Administration	Göran Stråt, Järfälla OK
Press/VIP	Sven-Inge Nylund, Järfälla OK
Controller - event	Bengt Johansson, StOF
Controller - courses	Lars Roos, Turebergs IF

**Järfälla OK, Väsby OK and Enebybergs IF wishes all competitors and spectators a warm welcome to 25manna 2008. We wish you good luck and hope you will have a nice and memorable day.**