

Competition information 25manna

Competition center and parking

- Competition center: Löt recycling center, Vallentuna.
Signposting from E18, exit 189 (Söderhalls trafikplats) 189) between Stockholm and Norrtälje, approximately 40km north of Stockholm.
- Car parking: In several places. Signposting from exit 189 of the E18 motorway. Distance from parking to competition center: 400 - 1700 m.
In order to reduce emissions and avoid us using the parking spaces furthest away we urge you to carpool.
- Bus parking: In several places. Signposting to drop-off point from exit 189 of the E18 motorway.
Distance from drop-off point to competition center, max. 900 m. Some buses have to park approximately 3km from the drop-off point. **Buses may not be called to the drop-off/pick-up point until all team members are ready to get on the bus.**
- Public transport: Bus 639 or bus 676 from Danderyds hospital to bus-stop Söderhall. Timetables are available from www.sl.se.
Distance from bus-stop to competition area is 2,5km

Radio on the competition center

Radio 25manna will broadcast during the entire competition on the FM-band. The frequency will be announced on the homepage and by the speaker.

Club tents

Club tents may only be placed in designated areas. Place for club tent must be booked and paid in advance. A map with assigned tent-places can be found at the tent-areas, at the information-tent and in the team-bags.

Team-bags

Team bags containing number-bibs, rental SI-cards and other information can be picked up at the information tent from 07.00 on the day of the competition.

Team leader-card

A team leader card per team can be found in the team bag. The card should be shown by the team leader when entering the changeover area and when raising a complaint. The team leader card is also necessary to show to get hold of the maps after the competition.

Team setup

The team setup can be changed on www.25manna.nu until 21.00 on the 8th of October. Changes after that should be made on the team change form available in the team bag. The form should be handed in to the information tent as soon as possible, latest at 08.30 on the day of the competition. After the competition

the team setup can be changed until the 15th of October. This will make it possible to create an as accurate result list as possible.

Rental SI-cards

Teams that have ordered rental SI-cards will receive these in the team bag. All rental SI-cards for the team should be handed in at the same time when collecting the competition maps. Loss of a rented SI-card will result in a fee of 350 SEK (600 SEK for a fast SI-card). All other questions regarding rental SI-cards should be directed to the secretariat (Red Exit).

Number bibs

The number bib should be placed clearly visible on the chest. It may not be folded. For environmental reasons no safety pins will be provided. **Bring your own safety pins.**

Shoes and clothing

Spiked shoes may not be used. As per the SOFT competition rules all competitors have to have clothes covering the entire body, except the head, neck, arms and hands.

The competition

On the first leg all teams start at once. Leg 1 and 2 are run by one competitor per team and leg. On legs 3-7, four competitors per leg and team run. Legs 23-23 are run by one competitor per leg and team. The competitor on leg 23 may not start until all four competitors on leg 7 have come to the changeover (read more under "Changeover")

Team assembly

Teams can include a maximum of 9 H21-39 and at least 7 ladies shall be included. Of the ladies at least one should be -D14/D45- and at least one -D18/D35-. Furthermore must at least one HD-16 or younger be included in the team. Reserve competitors from the team setup may be chosen freely during the competition, as long as the demands listed above are met.

Leg information

Leg	Start	Calculated time	Changeover /Goal	Length	Difficulty	Right to participate
1	09,00	36 min	09,36	6,2-6,4	Blue	All
2	09,36	36 min	10,12	6,2-6,4	Blue	All
3	10,12	25 min	10,37	3,4-3,5	Red	Ladies
4	10,37	16 min	10.53	2,3-2,4	White	Not D19-39, H15-54
5	10,53	36 min	11,29	5,5-5,7	Blue	All
6	11,29	25 min	11,54	3,7-3,8	Red	Not H17-39
7	11,54	25 min	12,19	3,9-4,0	Red	All
23	12,19	21 min	12,40	2,9	Orange	Not D19-34, H15-49
24	12,40	35 min	13,13	4,6	Blue	Ladies
25	13,13	43 min	13,56	8,0	Blue	All

For restarting teams leg 25 is shortened to 6,8 km with blue difficulty. To the above mentioned course lengths an additional 400m of marked path should be added.

Legs 1 and 2 are forked with each other and legs 3-7 are forked within each leg. Legs 23-25 are not forked.

Start and finish

All teams start at 09.00. The starting area opens at 8.30. Teams will be allowed to enter the area containing the maps at 08.56. The winning team is expected to reach the finish line at approximately 13.56.

Map

The map scale is 1:10 000, contour interval 4 meter. The map is revised and offset printed in 2010.

Control description

Control description is printed on all competition maps.

Forbidden areas

Forbidden areas on the map are marked with blue and yellow band in the terrain.

Spectator control

On leg 25 the competitors will pass a spectator control close to the competition area.

Terrain

Type of terrain: All courses are set in the woods with only a few paths and roads. The beginning of leg 4 will be in an area with fields. The shorter courses will come in contact with some newly made paths. These will be marked with white hanging band. These paths are marked as ordinary paths on the competition map.

The area is slightly too moderately hilly. On the more difficult courses, there are large areas with high amount of detail on the map.

Pass ability: Good pass ability. The vegetation is for the most part coniferous forest of varying age. A few areas with thick forest and some deforested areas exist in the competition area and are marked on the map. In some areas affected by forestry, there are twigs and branches on the ground that affect running speed.

Electronic punching system – Sportident

The registered SI-cards are connected to the team and may be used on any leg within the team.

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

Note! SI-Card 9 cannot be used.

While entering the starting area, the SI-card must be emptied. This is done by punching in the unit marked with "Töm" . To check that the SI-card is empty, punch the SI-card in the unit marked "Check".

Start punch

At the starting point all competitors must start punch, except competitors running the first leg and competitors participating in the restart. The starting points punching units do not have a number code.

Control punching and changeover/finish-punching

When punching with SI-card it is the competitor's responsibility to ensure that he/she gets confirmation via light and/or sound signal from the punching unit. The punching has been done correctly when the punching unit indicates with a flashing red light signal and a beep. If a unit is not functional, the competitor should punch on another unit at the same control. Missing a punch will lead to disqualification, even if there are witnesses verifying that the competitor has visited the control.

Take it easy and be careful at each control. Experience shows that it is easy to perceive another competitors sound signal as your own with missing punch and disqualification as a consequence

Experience also shows that most missing punches occur at the spectator control, the last control and the changeover punch because of extra stress and the sound of the speaker making it hard to hear the sound signal from the control. Pay extra attention at these controls.

Each control has at least two punching units.

Changeover

After punching the last control the competitor should run in the lane corresponding to the sponsor on the number bib and the correct leg. At the finish line, a changeover punch should be made for all legs except leg 25. After the punching the map should be left in large plastic bags before proceeding to the changeover area. The changeover is then done by giving the next team member the map marked with the correct team number and leg number.

The competitor running the second leg should take four maps and distribute these to the competitors running the third leg. To reduce congestion, it is allowed for the competitors on the third leg to distribute the maps within the team on the way to the starting point.

Watch out for situations when it is easy to take the wrong map! This can happen for example when the first competitor in the team on leg 4 comes in for changeover when the last competitor on leg 3 is still out in the woods. The competitor on leg 4 should then changeover with the first map for leg 5, which is not the top map at the changeover area.

When the competitors on leg 7 arrive to the changeover area, the three first runners will take the top map as usual and hand over to the competitor on leg 23. These are however "blind maps" in different colors. The competitor on leg 23 will get the real map from the last person to changeover from leg 7. The competitor on leg 23 leaves the three blind maps to the organizers on the way to the starting point.

The changeover closes at 15.45.

Competitors heading for the start point

For the competitors heading for the starting point there will be a specially marked area next to the maps. Please leave this area free for the competitors heading towards the starting point. The area is marked with plastic band on the ground.

Important

- **Remember to empty and check the SI-card when entering the starting area. Make sure you have enough time!**
- **Remember to punch at the starting point and on the finish line.**
- **Make sure you receive light and sound signal when punching.**
- **Take the correct map on changeover.**

Finish on leg 25

For the first 50 teams the goal-punching will be after the finish-line. It is the position at the finish-line that determines the result and the teams must punch the goal punching unit in the same order they passed the finish-line. A goal judge will decide in unclear cases.

Checkout

Should be done as soon as possible after changeover. The checkout is done by reading the contents of the SI-card into the computer systems. It is important to get accurate results as fast as possible. It is the responsibility of the competitor that the checkout is completed.

Wrong punch/Red exit/Disqualification

If a competitor is not approved he/she is directed to the "Red exit" to get information about the reason. If the competitor has a wrong or missing punch, has broken the competition rules or the instructions in this document the team will be disqualified. **Note! A missed starting-, changeover- or finish-punch leads to disqualification.**

An information letter containing information on why the team has been disqualified will be given to the competitor involved.

If the team wishes to protest against the decision the team leader with the team-leader card should hand in a written protest within 30 minutes.

A disqualified team may complete the competition provided it is at least 30 minutes after the leading team. If this is not the case, the team will be withheld at the changeover until 30 minutes after the leading team. The withholding will take place after the protest time has run out and an eventual protest has been disapproved.

Wrong map

A team that takes a map belonging to another team is disqualified. The affected team will receive a new map from personnel in the changeover area, but will not receive any time compensation. Always check that the team number and leg number on the map. It is the competitors responsibility to changeover with the correct map.

Restart

The changeover closes at 15.45. For the competitors who have not started there will be a **common restart at 16.00.** Also competitors from teams that are disqualified or that have retired are allowed to start in the restart. Because of risk of congestion all competitors are requested to empty and check their SI-card well ahead of the starting time. Follow the instructions from the start personnel. Restart for competitors on leg 25 is in the same place as the start of the first leg. All other legs start at the changeover area.

Last time to reach the finish line

The finish closes at 18.00. All competitors should have reached the finish at this time.

Shower and toilettes

A warm outdoor shower is located east of the competition center. Preserve the environment by turning off the shower when you aren't using it. Toilettes are located in the northeast part of the competition area. There are also a few toilettes in the changeover area.

First aid

A first aid center is located adjacent to the finish area.

Results

During the competition preliminary results will be posted. Final results will be available on the competition homepage: www.25manna.nu. Correct team setup is dependent on the clubs submitting the correct data (see Team setup above).

Competition maps/Return of rental SI-cards at Info-tent

Competition maps will be handed out after the restart. Competitors reaching the finish after the restart at 16.00 are allowed to keep their map. To help preserve the environment, the maps used for the competition will be handed out to the teams. Handing out of the maps will be done to team leaders in exchange for the team leader card. Return of rented SI-cards should be confirmed by the organizers. Do not forget the rental cards for the restarting competitors.

Prize giving ceremony

The prize giving ceremony starts at 16.05.

- Lag 1 – 3: Team plaque, honorary prize and 25manna-plaque to all team members.
- Team 4 – 10: Team plaque and 25manna-plaque to all team members
- Team 11-25: Team plaque
- Best 2nd team: Team plaque
- Best 3rd team: Team plaque

Open courses (Direct entry)

Direct entry to the open courses is done at the direct entry tent located 500m north of the competition center. Entry is allowed between 08.30 and 12.30 and

you are allowed to start between 09.00 and 13.00. The fee is 50 SEK for participants 16 years old or younger. For participants aged 17 and above the fee is 90 SEK. You can rent an SI-card for an additional 25 SEK. Further information can be found at the direct entry tent.

Course	Difficulty	Course length
Open 1	White / Easy	2 210 meters
Open 4	Orange / Medium difficulty	3 080 meters
Open 5	Red / Medium difficulty	3 460 meters
Open 7	Blue / Difficult	3 570 meters
Open 8	Blue / Difficult	4 570 meters

Children's course / Minitoddle

The children's course is located north of the competition center. Start between 09.00 – 13.00. Fee: 10 SEK.

Arena service and the environment

Well assorted restaurant with grill. Sport equipment is sold by INTERSPORT. 25manna is environmentally certified by the organization "Håll Sverige Rent". It is important that you sort your garbage. There will be containers for non-burnable, burnable and aluminum cans.

Competition rules

The rules of the Swedish Orienteering Federation (SOFT) apply.

Information

Homepage: www.25manna.nu

email: info@25manna.nu

On the competition day direct your questions to the information tent.

Competition jury

Announced on the day of the competition.

Competition organization

Head of competition	Patrik Ahlgren, Täby OK Peter Brunnberg, Vallentuna-Össeby OL
Course setting	Björn Thorén, Täby OK
Arena/service	Peter Brunnberg, Vallentuna-Össeby OL
Press/VIP	Göran Hansson, Täby OK
Competition controller	Bengt Johansson, StOF
Course controller	Lars Håkan Sandvik Täby OK

Täby OK and Vallentuna-Össeby OL welcome all of you to 25manna 2010. We hope you will have a lovely and memorable day in the forest. Good luck!