



PM

25manna relay 2011

Saturday October 8th at Almnäs, Södertälje

Information:

Information tent at the assembly area.

Website: www.25manna.nu

Questions: info@25manna.nu

Event location:

Almnäs south-west of Södertälje, GPS: N 59° 10.04', E 17° 32.08', 45 km south of Stockholm city. Leave high-way E20 at traffic junction Nykvarn, exit 140. Head north, sign-posted 25manna and then east-wards for 3,5 km. Turn right and go south-wards 2 km to the assembly area.

Car parking:

At two different parking areas, 800-1200 m from the assembly area. When approaching the assembly area you will get instructions on exact parking lot.

Bus parking:

Buses are divided into the following two categories:

- Buses which stay and parks at the event centre during the day. These buses shall have a sign in the front window with the text **Stannar/Staying**. The parking place for these buses is 400 m from the assembly area.
- Buses which only drop of the passenger and leaves the event centre during the day. The drop of place for these buses is 400 m from the assembly area.

Public transports:

Commuter train from Stockholm C (central station) to Södertälje Hamn and get off at Östertälje station, see time table <http://sl.se/ficktid/vinter/v37.pdf>. From Östertälje station take the local bus 780 to Nykvarn (Sandtorp), see time table <http://sl.se/ficktid/vinter/v780.pdf>. Get off the bus at bus stop Almnäs fork (Almnäs vägskäl), from their 3 km walk to the assembly area.

Late entry:

Registration of a late entry can be made until the **1 of October** on the website at an extended entry fee. Rental of SI-cards type 5 and type 6, are offered on the website but can only be made for whole teams. Since there is a limit number of SI-cards type 6 for rental, it is first come first served. See chapter *Entry fees*.

Does your club have problem making a full team? Then register a team in combination with another club according to SOFT's rules and experience the atmosphere of the 25manna relay.

Accommodation:

Accommodation on hard surface can be booked until the **1 of October** on the website at an extended fee. See chapter *Entry fee*.

We offer accommodation on hard surface and breakfast service at Rosenborg school and Igelstavikens high-school in Södertälje. Booking can be made with the entry on the website, see PM for lodging under www.25manna.nu. Information and questions on accommodation will be handled via logi@25manna.nu.

We also have an agreement with Park hotel in Södertälje which will give a reduced price for participants in the 25-manna competition, see PM for hotel. Booking can be done directly with the hotel by phone. +46-8-55026504/05, where **25manna** must be stated.

Entry fees:

Ordinary entry fee	3100 SEK/team	Parking fee 350 SEK included (car/bus)
Entry fee after 1 September 2011	4100 SEK/team	Parking fee 350 SEK included (car/bus)
Wind shelter fee	250 SEK/spot	Area 6x4 m
Rent of SI-cards	750 SEK/team 1200 SEK/team	Team package of SI-cards type 5. Team package of SI-cards type 6.
Accommodation on hard surface	80 SEK/night 110 SEK/night	For bookings made until 1 September. For bookings made after 1 September.
Breakfast	60 SEK/breakfast	The booking is made with the entry.

Payment of fees:

Payment	Payment of all type of fees shall be made at the latest 3 of October 2011 . Make also a note at the payment stating: Club, type of fee
From Sweden	Plusgiro: 55 51 22-1 (OK Södertörn)
All other countries	IBAN: SE52 9500 0099 6034 0555 1221 SWIFT/BIC: NDEASESS Payee: OK Södertörn

Payment:

All entry fees for a club must be available on the above bank account at the latest **October 3rd**, otherwise are no teams from the club allowed to participate.

Note: No cash payment can be made on the competition day.

Radio broadcasting on the event centre:

Radio **25manna** will broadcast the speaker sound during the hole competition at FM 107,9 MHz and streamed on the internet, see www.25manna.nu.

(Bring with you a radio because the speaker might not be heard at the club tents.)

Club tents:

Club tents are only allowed to be raised on assigned spots which have being booked in advance. A map showing the location for each club is included within the team bag. The map will also be posted at the information tent, at the club tent areas and on the website www.25manna.nu.

Note: Remember that all kind of open fire and barbeques is prohibited at the assembly area. The roadways must be kept clear at all times to allow access for emergency vehicles.

Team bags:

Team bags with race bibs, programme, etc, shall be fetched club wise at the information tent from 07:30 am on the competition day.

Team leader card:

One team leader card for each team is included within the team bag. The card shall be shown by the team leader at the complaints and at the entry to the changeover area. The team leader card is also used to retrieve the competition maps after the re-mass start.

Rented SI-cards:

Teams that have rented SI-cards will receive them within the team bag. All rented SI-cards shall be returned team-wise when the competition maps are being fetched, i.e. after the re-mass start. Lost SI-cards will be charged 400 SEK for SI-card type 5 and 650 SEK for SI-card type 6. All other question regarding SI-cards should be addressed to the Administration, i.e. at **Red exit**.

Registration of own SI-cards:

Teams that uses their own SI-cards shall at latest **18:00 (6 pm) the 7 of October** at www.25manna.nu under registration, have registered all 25 SI-cards that the team want to use at the competition. Later changes can only be made on the team change form which is included within the team bag. The team change form shall be handed over at the information tent at latest 08:30 am on the competition day. If registration of private SI-cards is not made, the team can then be disqualified.

Note: Not applicable for rented SI-cards, because they are already registered.

Team line-up:

Team line-up can be changed at www.25manna.nu until **18:00 (6 pm) the 7 of October**. Later changes can only be made on the team change form which is included within the team bag. The team change form shall then be handed over at the information tent at latest 08:30 am on the competition day. Until October 11th is it possible to update the team line-up on the web site to get correct names in the result list.

Shoes and clothing:

Spike shoes are not allowed, but metal studded shoes are allowed. The clothing must cover the torso, entire legs and feet. Clothing check will be made when the runners enter the changeover area, i.e. at the same time the runners clear and check there SI-card.

Race bib:

The race bib shall be worn on the chest and may not be folded. Because of environmental considerations there will not be any safety pins included in the team bags.

Note: You have to bring your own safety pins.

Competition method:

The first leg starts with a mass start. Leg 1 and 2 shall be run with one runner from each team and leg. Leg 3 to 7 shall each be run using four runners from each team. The runner on leg 23 is not allowed to start until all four runners on leg 7 have arrived for changeover. Leg 23, 24 and 25 shall be run with only one runner from each team, see chapter Changeover.

Team composition:

The team is allowed to use a maximum of 9 men of M21-M39 and must include at least 7 women. Out of these women, at least one must be -W14/W45- and one must be -W18/W35-. Additionally, the team must have at least one MW16 or younger.

Start and calculated finish:

The mass start for the first leg is at 09:00 am. The runners are allowed to enter the starting area at 08:30 am and approach the competition maps at 08:56 am. The finish time for the winning team is calculated to 14:17 hours.

Course length and team composition:

Leg	Start/ Changeover	Calculated time	Changeover/ Finish	Leg length	Difficulty	Right to participate:
1	09:00	35 min	09:35	7,1 km	Blue	All
2	09:35	35 min	10:10	7,1 km	Blue	All
3	10:10	32 min	10:42	4,3-4,4 km	Red	Woman
4	10:42	16 min	10:58	2,6 km	White	Neither W19-39 nor M15-54
5	10:58	36 min	11:34	6,3 km	Blue	All
6	11:34	27 min	12:01	4,6-4,7 km	Red	Not M17-39
7	12:01	31 min	12:32	5,4-5,5 km	Red	All
23	12:32	23 min	12:55	3,9 km	Orange	Neither W19-34 nor M15-49
24	12:55	45 min	13:40	8,6 km	Blue	Alla
25	13:40	37 min	14:17	6,1 km	Blue	Woman

Calculated changeover time for leg 3-7 is the time when all 4 runners have finished the leg. At the re-mass start leg 24 is shortened to 6,3 km with blue difficulty. The above course lengths include 550 m of taped route to the starting point and from the last control point to the finish line.

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

Map:

The map scale is 1:10000 with contour interval 5 m. The map is revised in 2011.

Control description:

The control description is printed on all maps. The control code is also printed on the map at each control point.

Out of bounds:

Forbidden areas shown on the map are marked with blue/yellow taping within the terrain. A railway with high speed trains are definitely forbidden area and may only be passed at marked underpasses. Close to the finish are many of the courses passing a steep cliff. This steep cliff is marked in the terrain with blue/yellow taping on the brink, to inform the runners to be careful.

Trafficated road and railway:

A road open for traffic will be passed twice on leg 7 and in connection with the railway underpass for leg 5 and 7, the runners will then run alongside the road.

Note: Take caution while crossing the road. Marshals will be placed along the road and it is compulsory to follow their instructions. It's also absolutely prohibited to cross or run along the railway embankment.

Spectator controls:

A spectator control close to the assembly area will be passed on leg 1, 2, 24, and 25.

Terrain description:

The terrain elevation is small to modest. The terrain is mostly fast running mixed with areas holding plenty of detail features. All the longer legs reach into an area of wilderness character with quite a few marsh and exposed rocks but few paths. All other legs will go in pine/coniferous forest with a complex network of paths and some cultivated areas.

The competition area is divided by a high speed railway which will affect two of the legs.

Electronic punching system – Sportident:

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

Note: Each SI-card may only be used once during the competition.

While entering the start and changeover area, the SI-card must be cleared. This is done by punching in the unit marked with **Töm/Clear**. To check that the SI-card is properly cleared, a check can be made by punching in the unit marked **Check**.

Start punching:

On the way to the starting point shall all runners start punch, except for the first leg runners and all the runners within the re-mass start.

Note: The starting point punch units don't have any control code.

Control punching and start/changeover/finish punching:

When punching with SI-card it is the runner'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 malfunction, the runner shall then punch on another unit at the same control point. All control points have at least two punching units. A missing punch will lead to disqualification, even if there are witnesses verifying that the runner has visited the control point.

Important:

- **The control points are very close to each other within the competition area, so carefully check the control code.**
- **Take it easy at each control point. Experience shows that it is easy to perceive another runners 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 point, the last control point 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 unit. Pay extra attention at these control points.**

Changeover:

After punching the last control point the runner should run in the lane corresponding to the sponsor on the race bib and the correct leg. At the finish line, a changeover punch should be made for all legs except for leg 25. After the punching the map shall 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 runner on the second leg should take four maps and distribute these to the team members running the third leg. To reduce congestion, it is allowed for the runner's 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 runner in the team on leg 4 comes in for changeover when the last runner on leg 3 is still out in the woods. The runner on leg 4 should then changeover with the first map for leg 5, and that is not the top map at the changeover area.

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

Runners heading for the starting point:

For the runners heading off from the changeover, there will be a specially marked pathway next to the maps. Please leave this area free while waiting for changeover, so changeover runners have free way towards the starting point. This area is marked with plastic band on the ground.

Important:

- **Remember to clear and check the SI-card when entering the start and changeover area. Make sure you have enough time!**
- **Remember to punch at the starting point and changeover point/finish line.**
- **Make sure you receive light and sound signal when punching.**
- **Take the correct map when changing over and check the leg id when receiving the map.**

Finish on leg 25:

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

Checkout:

The checkout is done by downloading the contents of the SI-card into the computer systems. The downloading shall be done as soon as possible after changeover as it is important to get accurate results as fast as possible. It is the responsibility of the runner to complete the downloading.

Mispunching/Red exit/Disqualification:

If a runner is not approved at downloading he/she is then directed to the **Red exit** to get information of the reason. If the runner has a faulty punch, missing punch or has violated the competition rules or the instructions within this document, the team will be disqualified.

Note: A missing 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 runner involved. If the team wishes to file a protest against the decision, the leader having the team leader card shall hand over a written protest within 30 minutes.

A disqualified team may complete the competition providing it is running 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 a protest, if any, 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 runner's responsibility to changeover with the correct map.

Re-mass start:

The changeover closes at 15.30 pm. Runners not having started may participate in a **re-mass start at 15.45 pm.** Also runners from teams that are disqualified or discontinued are allowed to start in the re-mass start. Due to risk of congestion all runners are requested to empty and check their SI-card well ahead of the starting time. Follow the instructions from the start personnel. Leg 24 is shortened for restarting teams and the map for this leg will be positioned in front of the board of maps.

The goal closes:

All runners shall have finished at latest 18:00 hours when the goal closes.

Showers:

Warm water outdoor showers will be available in the northern part of the assembly area. Due to environmental considerations, the organizer will provide biological decomposable shower soap.

Toilets:

Toilets will be available in the northern part of the assembly area and a limit number of toilets will also be available within the changeover area.

First aid:

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

Observation of wildlife:

All observation of wildlife shall be left to personnel at **Viltrapper/Wild life** located adjacent to the checkout.

Results:

During the competition preliminary results will be posted. Final results will be available on the competition homepage www.25manna.nu. Correct team line-up is dependent on the clubs having submitted the correct data, see chapter team line-up. The courses will also be published on www.mapandcoach.se where the runners can plot their own choice of path.

Competition maps and return of rented SI-cards:

Competition maps will be handed out after the re-mass start at tent adjacent to the Administration. Runners reaching the finish after the re-mass start at 16.00 are allowed to keep their map.

Due to environmental considerations, the maps used for the competition will be handed back 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 shall be confirmed by the organizers or there will be a penalty for lost SI-cards.

Note: Don't forget the rented SI-cards for the runners within the re-mass start.

Prize ceremony:

The prize ceremony starts at 15.00 hours.

- Challenge prize to the winning team.
- Team 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, which can be fetched at the information tent.
- Best 2nd team, Team plaque, which can be fetched at the information tent.
- Best 3rd team, Team plaque, which can be fetched at the information tent.

Colour coded courses:

Pre-entry to the open courses can be made on <http://eventor.orientering.se/Events/Show/3207>, until the 2nd of October. After that can entry only be made at the entry on the day tent in the north-eastern part of the assembly area. Entries on the day (EOD) can be made between 8.30 am - 0.30 pm with free start between 9.00 am – 1.00 pm. Distance to the start, i.e. Start 2, from the EOD tent is 550 m. The goal is displaced and the distance to the downloading at the EOD tent is 250 m. The entry fees up to MW16 is, 60 SEK, and for all others 100 SEK. The hire of a SI-card is 30 SEK. Further information can be acquired at the EOD tent.

Course:	Difficulty level:	Course length:
ÖM 1, White	Easy	2,1 km
ÖM 4, Orange	Medium	3,5 km
ÖM 5, Red	Medium difficult	3,8 km
ÖM 7, Blue	Difficult	3,0 km
ÖM 8, Blue	Difficult	4,9 km

Children's taped course:

A children's taped mini course (string course without a string) can be found in the western part of the assembly area, with start between 9.30 am - 2.00 pm. A medal will be given to the 500 first runners together with something to drink and a packet of raisin. The entry fee is 30 SEK.

Services:

A well assorted catering with meals and grill. Sports equipment is sold by INTERSPORT at arena. Due to environmental considerations shall all garbage be pre-separated at source. There will be containers for non-burnable, burnable and aluminium cans.

Competition rules:

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

Competition jury:

Ola Kåberg, OK Ravinen, co-ordinator
 Sören Jonsson, Nydalens SK (Norge)
 Björn Karlsson, OK Denseln (Östergötland)
 Kerstin Tjernlund, OK Vilse (Blekinge)

Competition organization:

Event co-ordinator: Claes Andersson, Roger Larsson Snättringe SK
Course setting: Ulf Eskilsson, Per Franzén, Anders Jacobsson OK Södertörn
Competition controller: Ola Kåberg OK Ravinen
Corse controller: Göran Nilsson, Rune Rådeström Snättringe SK

**Snättringe SK and OK Södertörn welcome all of you to
 25manna 2011. We hope you will have a lovely and
 memorable day in the forest.**

Good luck!

