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# Event Details

## 25manna 2016

Saturday the 8th of October



### Information

Homepage: [www.25manna.se](http://www.25manna.se)

Inquiries: [info@25manna.se](mailto:info@25manna.se)

At the competition arena: The information tent

There are special memos for traffic and accommodation, see [www.25manna.se](http://www.25manna.se) and Eventor. The final version of the event details will be published at the arena on the day of the event. It is the responsibility of each runner to read through the event details.

## EVENT INFORMATION

### Competition arena

Kungens Kurva approximately 15 km south of Stockholm City.

### Parking

On the assigned parking areas, ca 2500m - 3 000 m from the arena. Route guidance in the traffic-memo. We have only a limited number of parking spaces. Please use public transportations or car pool if possible. For more details, see the traffic-memo.

### Buses

The getting off the buses will be ca 400m from the arena on the assigned places according to the traffic-memo. The buses will be boarded at the same spot. The pathway to the arena is on sidewalks/bicycle paths.

### Bus parking

At the spot announced in special traffic-memo.

The traffic-memo will be published approximately two weeks before the competition.

### Public transportations

Subway red line number 13 to Skärholmens C. From there it is a 2000 m stroller friendly walk. Alternatively take a bus to Kungens Kurva and get off at "Toyota". Please, refer to [www.sl.se](http://www.sl.se) for more information on how to purchase tickets and travel suggestions.



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### **Team envelopes**

**If the given fee is paid**, each team receives a team envelope containing bibs, program etc. The envelopes are picked up club-wise at the Info tent at the competition arena starting at 07:00 am on the competition day.

If you want to get the competition maps back, you will have to hand in the envelope at the info tent after the competition.

**NOTE! You need to have your own safety pins for your number bibs.**

### **Wind shelters/club tents**

Wind shelters/club tents may only be placed in designated and pre-reserved areas. Details of club tent places can be found on the website, on info boards and at the Info tent.

### **Rented SI-cards**

Hired SI-cards are to be collected team-wise at the Info tent. 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 600 SEK.

### **Team line-up**

Team line-up can be registered on [eventor.orientering.se](http://eventor.orientering.se) until Friday October 7th 21.00. Later changes can only be made on the team change form which is included in the team envelope and it shall be handed over at the Info tent on the day for the competition by 8.30 am at the latest.

### **Shoes and clothing**

Spike shoes are not allowed, but metal studded shoes are allowed. The clothing must cover the torso, entire legs and feet (according to SOFT's competition rules). Clothing check will be made when the runners enter the changeover area.

### **Number bibs**

The number bib should be placed clearly visible on the chest and it may not be folded. For environmental reasons no safety pins will be provided. **Note! Bring your own safety pins. It is important that the runners use the number bib that matches their place in the team line-up.**

### **Start and finish**

The mass start for the first leg is at 9.00 am. The runners shall be in the start area by 8:45. **All runners must enter the start area through check-in before the start.**

All runners must enter the start area through check-in, where SI-cards are emptied and allocated to the right runner. **Arrive in good time to avoid queuing!** The winning team is expected to reach the finish line at approximately 14.08.



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### Competition method

The first leg starts with a mass start, where only women can participate. On leg 2, where everyone is allowed to start. Legs 1 and 2 are run by one competitor per leg and team. 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 at the changeover. Leg 23, 24 and 25 shall be run with only one runner from each team. See further info in section "Changeover".

### Contest determined by men

This year the women will start and the men will determine the finish of the relay by running the last leg.

### Team composition

The team is allowed to use a maximum of 9 men M21-39 and must include at least 7 women. Out of those women, at least one must be W14 or younger or W45 or older and one must be W18 or younger or W35 or older. Additionally, the team must also have at least one MW16 or younger. Combined teams are allowed according to the rules of SOFT.

### Course lengths and team composition

Leg	No of runners	Right to participate	Difficulty	Course length km	Calculated time [min]	Change over	Forked
1	1	Women	Difficult	5,8	34	9:00	Yes
2	1	All	Difficult	6,5	35	9:34	Yes
3	4	Women	Intermediate	4,3	32	10:09	Yes
4	4	Not D19-39, H15-54	Easy	2,3	14	10:41	Yes
5	4	All	Difficult	6,1	37	10:55	Yes
6	4	Not H17-39	Intermediate	4,1	24	11:32	Yes
7	4	All	Intermediate	4,9	29	11:56	Yes
23	1	Not D19-34, H15-49	Intermediate	3,7	26	12:25	No
24	1	Women	Difficult	5,3	33	12:51	No
25	1	All	Difficult	8,2	44	13:24	No
						14:08 =	Finish

*In the courses above there are about 350-800 m of taped route.*

*Runners who participate in the re-mass start on leg 25 will run a shorter course on 6km.*

### Map

Scale 1:10 000, newly drawn by Lars Nord 2015, equidistance 5 m, Offset.

The course and control description are printed in violet on the map. The code number will also be printed on the map beside the control number, **for example 4-109**. On the back of the map the team number and leg are printed.



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### **Terrain**

The terrain consists mainly of moderately hilly woodland with easily crossed hills. The larger part of the terrain is highly passable, but part of the area is flat with limited visibility and accessibility. The area is crossed by numerous paths. The easier courses will be in an area with many paths. Within the area there is a number of archery boards. These are not shown on the map.

### **Emergency vehicle road through the competition area**

The competition area is crossed by a road for emergency vehicle, to make it possible for them to get from Huddinge to Kungens Kurva.

During the competition days, the road may be used by emergency vehicles. They will have their sirens and emergency vehicle lighting on.

It is strictly prohibited for runners to cross the road when the emergency vehicle are coming. Stay at the roadside and clearly indicate that you are waiting for them to pass.

### **Electronic punching system – SportIdent (without "touch-free" function)**

SIAC "Touch-free" can be used, but not with its touch free function. You have to punch it as you do with the other SI-cards. That is, you can use any SI-cards.

### **Barcode for check-in**

No pre-registration of the SI-number. SI-cards are individually linked to team and course at the check-in procedure. All runners entering the start area or the changeover area must go through the check-in, situated north of the changeover area. There, the SI-card is first cleared by punching the emptying device. After that, the barcode on the bib is scanned and the SI-card is linked to the team and course in question. Only runners with a bib and a SI-card are allowed to enter the check-in area.

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

Team leaders will also walk through the check-in.

### **Controls and punching**

#### **Runners do not have to punch at start!**

Each control has at least two punching units. The punching has been done correctly when the punching unit indicates a flashing red signal and a beep. It is the runner's responsibility to check that the SI-card punch has been registered. If any device is not working, the runner punches in another unit at the controls. Failing to punch means disqualification, even if there are witnesses verifying that the runner was at the control.

Take it easy and be careful at every control. Experience shows that it is easy to perceive and hear another runner punching as your own! Watch the light signal. In some areas the controls are very close to each other. Check the code number carefully before you punch.



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### **Changeover**

On the home stretch, 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 (see Finish). After the punching the map shall be left to the organizers.

At the map stand the runner will take the top map marked with the number of the team and leg. After that you will proceed to the barrier of the changeover. There you will give next team member the map.

**Second leg** runners should take four maps and distribute these freely to the team members running the third leg. To reduce crowding, it is allowed for the runners on the third leg to distribute the maps within the team before the starting point.

Watch out for situations in which -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 runners 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 colours. 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.

**The changeover closes at 15.45.**

### **Important**

- **Remember to clear and check the SI-card at the entrance to check in, where the bib is scanned and linked to the SI-card. Arrive in good time!**
- **Remember to punch at the finish line at the changeover. Punch at the finish line for leg 25 according to the rules down below.**
- **Take the correct map when changing over and check the leg id when receiving the map.**

**Only runners and leaders may stay in changeover area.**

### **Finish on leg 25**

To facilitate close sprint finishes of the 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. Teams with a **higher position than 50** shall goal punch at the finish line.



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### **Checkout**

The downloading checkout shall be done as soon as possible after changeover or finish. It is important because we want to get accurate results as fast as possible. It is the responsibility of the runner to complete the downloading. Runners who have not finished the course must also go through checkout for registration.

### **Mispunching/Red exit/Disqualification**

If a runner is not approved at downloading the runner is then directed to "the Red exit" to get informed about the reason. If the runner has a faulty punch, or has violated the competition rules or the instructions within this document, the team will be disqualified. An information note 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, they have to hand over a written protest to the "Red exit" within 30 minutes after the time indicated on the above mentioned information note. A competitions jury will process the protest.

A disqualified team may complete the competition providing it is running at least 30 minutes behind the leading team. If this is not the case, the team will be withheld at the changeover until 30 minutes after the leading team has passed. 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, at the end of the map stand, but will not receive any time compensation. Always check that the correct team number and leg number is printed on the map. It is the runner's responsibility to changeover with the correct map.

### **Tapes**

Some unclear paths are marked with white tapes in the forest. This affects mostly leg 4.

**Close to one control there is a steep unpassable precipice downwards (dangerous). A red/white tape is put up in the terrain. It is leg 5 that is affected.**

### **Forbidden areas**

Forbidden areas are marked with violet stripes on the map. In the terrain the forbidden areas are marked with blue/yellow tapes around the runners' tracks. Outside these areas or where the forbidden area is bordered to a fence or road there are not always tapes.

There are passages through one of the forbidden areas where it is allowed to run. These passages are clearly marked on the map. It is strictly forbidden so climb over sheep fences close by the forbidden areas. The road north of the competition area is forbidden to tread. There are inspectors out in the terrain. Entering the forbidden areas unconditionally means disqualification.



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### **Re-mass start**

**The changeover closes at 15.45.** Runners not having started may participate in a **re-mass start at 16.00.** Also runners from teams that are disqualified or discontinued are allowed to participate in the re-mass start. All runners have to pass through the check-in in order to empty and check their SI-card as well as well link their SI-card to the bib. Due to a risk of crowding all runners are requested to be well ahead of their starting time. Follow the instructions from the start personnel.

Runners who participate in the re-mass start on leg 25 will run a shorter course. A new map will be distributed before the re-mass start.

**The start will be at the board of maps.**

### **The goal closes**

All runners must have finished at the latest by 18.00, at which time the finish closes.

### **Competition rules**

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

## **SERVICES**

### **Payment**

On the arena you can pay in cash with SEK, with a card and Swish. If you do not have SEK, then you can exchange money from NKR and Euro to SEK at the information tent.

The Swish numbers are:

Miniknat and open courses use Swish-nr: 123 667 47 58.

The café uses Swish-nr 123 418 39 01

### **Shower and toilets**

A warm outdoor shower is located northwest of the competition arena, ca 300 m away. Toilets are to be found in the western part of the competition arena close to sports sales tent, as well as in the changeover area, and at the showers.

### **First aid**

A first aid centre is located just south of the Info tent.

### **Observation of wildlife**

All observation of wildlife shall be reported to personnel at "Viltrapport" (Wild life report) after the checkout.

### **Arena passage**

Leg 1,2, 24 and 25 will pass through the eastern part of the arena on their courses.

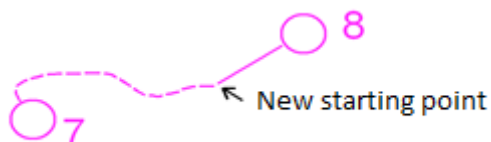
The runners follow the tapes from the control down to the arena and further to a new starting point. That part is shown on the map with violet line and which the runners have to follow. At the new starting point there will be a control flag. On the map a straight line will start to the next control, at which the runners are free to choose a path.



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NOTE! The new starting point is not printed with a triangle. Instead the starting point is at the beginning of the straight line. See below for details.



### Results

During the competition preliminary results will be posted. The results will also be published on [liveresultat.25manna.se](http://liveresultat.25manna.se). Final results will be available on Eventor and at the competition webpage: [www.25manna.se](http://www.25manna.se).

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

Competition maps will be handed out after the re-mass start at the info tent in exchange for the team envelope. Return of rented SI-cards (bags of all rented SI-cards) should be handed over team wise at the map delivery. Do not forget the re-start runners SI-cards!

### Livelox

**Maps and courses will be published at Livelox at 16.05. We should highly appreciate you downloading you GPS tracks here.**

### Prize ceremony

The prize ceremony starts at 15.00 at the ceremony place north of the finish line close to the stable.

- Challenge prize to the winning team
- Team 1–3, Team plaque, honorary prize, 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)

Courses that are offered:

Courses	Length km	Difficulty
ÖM1	2,4	Easy
ÖM3	2,8	Half-easy
ÖM5	3,3	Intermediate
ÖM7	3,0	Difficult
ÖM8	4,2	Difficult





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The Open courses have their own starting place and finish. They are 300m SW of the arena along the paved path. Follow the signs.

Direct entry to the open courses is done between the hours 8.30 and 13.30. You are allowed to start between 9:15 and 14:00.

The fee is 70 SEK for participants 16 years old or younger, and 115 SEK for others.

Renting a SI-card costs 50 SEK.

If you lose a SI-card you will be charged 600 SEK.

Fees are invoiced the clubs (only Swedish clubs) or are paid in cash in SEK, with a card or Swish with no 123 667 47 58.

### **String course ("Miniknat")**

String course ("Miniknat") is located at the northern part of the competition arena with start between the hours of 9:30-14:00. The fee is 20 SEK per participant. The fee can be paid i cash (SEK), card and Swish with no 123 667 47 58. Included in the fee is a prize which each participant receives upon finishing. If you have a SI-card, please bring it with you.

### **Café**

A well assorted café with sandwiches salads, food and a barbecue. The menu and prices will be published on our website. News this year is an extended menu with more vegetarian food alternatives. The café is also designed as a food court. Decide what you want to buy and take it to the register, where you can pay with cash in SEK, with a card or Swish. On Saturday we open at 7 am.

You can find us in a big café tent and two smaller kiosks. The Swish no is: 123 418 39 01

### **Sport equipment sales**

Jobber Sport provides a big assortment of equipment for different sports and orienteering. They have everything from compasses and shoes to clothes for running and sports drink.

### **Exhibition**

Kajaksidan are showing and selling kayaks and equipment for an active life at sea. They have special offers for 25manna.

SAR Sweden is a voluntary organization, which helps for example the police to look for missing people, when needed. During 25manna SAR will help us, if necessary, to get injured runners from the forest. They will also show and describe their work/organization.

Nordic Green Energy delivers renewable energy from the sun, the wind and the water. They are cooperative partners with The Swedish Orienteering Federation. During Saturday Nordic Green Energy will organize competitions for individuals and for the club. You can win nice prizes.

Nordic Native is an Internet store and an inspiration for outdoor living and adventures. They will during 25manna show parts of their activities and assortment.



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Dahlgren Drakenby Hälsufrisk will provide massage. Educated Chiropractors are on site Saturday, indoors just south of the sales tents.

JWOC: "The Junior Orienteering Championship 2017 is held in Tampere, Finland. The organizers will be present and inform you about the event and the public races."

O-travel is an established travel agency with trips to Spain, Portugal and France for training. They will present more information at the exhibition area.

Please visit our exhibitions and sales representatives during the weekend.

#### **Head of competition**

Björn Nyqvist, OK Södertörn  
Olle Blomgren, OK Södertörn  
[info@25manna.se](mailto:info@25manna.se)

#### **Course planners**

Per Kallhauge, Snättringe SK

#### **Information**

Nadja Dahlström, Snättringe SK  
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#### **Press**

Stefan Svensson Gelius, Snättringe SK  
[press@25manna.se](mailto:press@25manna.se)

#### **Announcer**

Ola Jodal

#### **Course controller**

Rune Rådeström, Snättringe SK

#### **Competition admin**

Katarina Lindbärg, OK Södertörn  
Per Franzén, OK Södertörn

#### **Competition technology**

Göran Nilsson, Snättringe SK  
Anders Karlsson, Snättringe SK

#### **Competition arena & services**

Sven Setterqvist, OK Södertörn  
Sune Sisell, OK Södertörn

#### **Competition controller**

Olof Hernander, Haninge SOK

#### **Competition jury**

Anders Eriksson Uppland (president) (OK Linné)  
Kerstin Tjärnlund Blekinge (OK Vilse 87)  
Leif Gustavsson Dalarna (Säterbygdens OK)

# Welcome to 25manna 2016

