



Inbjudan  
**25manna**  
**Middle Distance**



Sunday October 8, 2017

**Competition venue**

Ensta Gård, Vårsta, Botkyrka  
GPS - 59.175901, 17.767317

**Map**

Newly drawn in 2016-2017 by Roger Åsberg. Scale 1:10 000, equidistance 5 m.  
W/M 60- and Open class 7 has scale 1:7500. Laser print.

The current map is available for purchase for 50 SEK. Contact Roland Gustafsson,  
email address [8666gustafsson@telia.com](mailto:8666gustafsson@telia.com), ph. +46 70-556 62 48.

**Terrain**

The terrain is a nature reserve consisting of moderately hilly woodland, which for the most part is easily traversed. The area contains many open, intricate and runnable hills and is rich in paths.

**Start**

First start at 9.00, no start later than 12.00. At the time of entry, please choose **Early, Mediate** or **Late** start group.  
U-classes, inskolning and open courses have free start from between 9.00-12.00.  
The distance to the start is about 700 meter for the younger and elderly participants, and 2500 for everyone else.

**Bulletin/PM**

Will be published at [www.25manna.se](http://www.25manna.se) and at Eventor by Monday October 2 and at the arena.

**Entry**

Entry via Eventor. <https://eventor.orientering.se/Events/Show/15464>  
Choose between **Early, Mediate** or **Late** start group for all classes except Elite classes and Open classes.  
Entries can be made to standard pricing until October 1<sup>st</sup> at 23.59. Late entries can be made until October 4<sup>th</sup> at 23.59 for an increased fee.

**Start groups**

Everyone (except Elite classes) may choose his or her start group. You may choose **Early, Mediate** or **Late** start.

For example, if you enter for D16, you choose one of the classes D16 Early, D16 Mediate or D16 Late. All three classes make up the total D16 class.

The exact time for **Early, Mediate** or **Late** start groups may vary in different age classes.

If more than 90 runners enter for the same start group in the same age class, the organiser may prioritise runners from clubs with long home journey. Classes with more than 180 entries will be divided into two classes.

## Open classes/Motionsorientering

Pre-entry is possible as well as entry on the day for all Open classes and for U1 and U2. Entry on the day is open 8.30 -11.30. Free starting times 9.00 – 12.00

## Sportident

All versions of SI-cards are allowed.

SI-cards can also be rented via Eventor. If the card is not returned, the club will be charged a 600 SEK fee.

## Competition Rules

The rules of the Swedish Orienteering Federation and the Bulletin/PM will

## Preliminary course lengths

Inskolning and U-classes		Elite classes		Senior classes			
<i>Class</i>	<i>Length</i>	<i>Class</i>	<i>Length</i>	<i>Class</i>	<i>Length</i>	<i>Class</i>	<i>Length</i>
Inskolning	1,8	W21E	5,1	W21	3,8	M21	4,9
U1	1,9	W20E	4,0	W20	3,8	M20	3,8
U2	2,5	W18E	3,6	W18	3,5	M18	3,6
		M21E	5,9	W35	3,8	M35	4,4
<b>Junior classes</b>		M20E	4,7	W40	3,5	M40	4,2
<i>Class</i>	<i>Length</i>	M18E	4,2	W45	3,1	M45	4,0
W16	3,5			W50	3,0	M50	3,7
W16 short	3,0			W55	3,0	M55	3,6
W14	3,0	<b>Open classes</b>		W65	2,5	M60	3,6
W14 short	2,5	<i>Class</i>	<i>Length</i>	W70	2,4	M65	3,0
W12	2,5	OM1	2,5	W75	2,4	M70	3,1
W12 short	1,9	OM3	3,0	W80	2,1	M75	3,1
W10	1,9	OM5	3,4	W85	2,1	M80	2,4
		OM7	2,8			M85	2,1
		OM8	4,5				
M16	3,6						
M16 short	3,0						
M14	3,0						
M14 short	2,5						
M12	2,5						
M12Short	1,9						
M10	1,9						

## String course (“Miniknat”)

A string course will be offered at the arena with start between 9.00 and 12.00. Entry fee 20 SEK per participant.

## Parking

In the assigned parking areas, 200-400 meters from the arena. Parking ticket costs 40 SEK. The ticket shall be bought at the arena and displayed upon departure. When the ticket is missing upon departure, 100 SEK must be paid.

## Busses

The busses will stop to drop passengers off 1500-2500 meters from the arena.

## Public transport

Commuter train to Tumba. From Tumba bus to either Vårsta or Bremora. Please refer to [www.sl.se](http://www.sl.se). From the bus it is a 2500 meter walk from Vårsta or a 2000 meter walk from Bremora.

## Accommodation

We offer accommodation on the floor in Malmsjö Skola (School of Malmsjö), Vårsta, at a 2500 m walking distance from the arena. Breakfast is included and reservations can be made in Eventor. On Saturday, dinner will be offered. More detailed information will be published on [www.25manna.se](http://www.25manna.se). Questions regarding accommodation should be sent to [logi@25manna.se](mailto:logi@25manna.se)

## Entry fee until 1<sup>st</sup> of October (standard fees)

Competition class elite	205 SEK
Competition class adults	155 SEK
Competition class junior up to, and incl. MW16	75 SEK
Open classes adults	130 SEK
Open classes juniors up to and incl. MW16	75 SEK
Rental of SI-Card	50 SEK

## Entry fees 2<sup>nd</sup> – 4<sup>th</sup> of October (late entry)

Competition class elite	315 SEK
Competition class adults	240 SEK
Competition class junior up to, and incl. MW16	112 SEK
Open classes adults	130 SEK
Open classes juniors up to and incl. MW16	75 SEK
Rental of SI-card	60 SEK

## Payment of fees

Swedish clubs will be charged after the event. Participants in open classes who are not members of a SOFT-registered club pay in connection to making their entry in the arena (cash, card or Swish).

Foreign participants should pay their entry fee in advance to the bank below:

## Payment information

From Sweden	Plusgiro: 41 14 04-7 Bankgiro: 5152-9139 Payment recipient: 25manna Tullinge Tumba
From other countries	IBAN SE03 9500 0099 6026 0411 4047 BIC: NDEASESS Payment recipient: 25manna Tullinge Tumba

## Showers

Warm showers outdoors in the arena.

## Food Service

Well assorted food service with hot food and a grill. The serving concept will be the same as at 25manna 2016, with a “supermarket”- concept, where you get your food and pay at a cashier at the exit. Menu and prices will be published on [www.25manna.se](http://www.25manna.se)

## Sport's equipment

Jobber Sport will have a large, well assorted selection of sport's equipment at the arena.

## Competition directors

Lennart Agén, Tullinge SK and Per Ånmark, IFK Tumba SOK

## Course planner

Kennet Olander, Tullinge SK and Mats Käll, IFK Tumba SOK

## Controller- event

Henrik Skoglund, Södertälje Nykvarn Orientering

## Controller- courses

Göran Nilsson, Snättringe SK

## Queries

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

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

With reservation for changes. All changes will be published on [www.25manna.se](http://www.25manna.se)

# Welcome!



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Nordic Green Energy



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sign yourself

