



Bulletin

25manna- Open courses

Saturday October 7th 2017



Competition venue

Ensta Gård, Vårsta, Botkyrka

GPS - 59.175901, 17.767317

Traffic guidance and parking

See separate Traffic memo. Parking on assigned areas, 200-400 meters from the arena.

Parking is included in the entry fee.

Start and finish

The open courses have their own entry and finish in the north-east part of the arena. The start is in the north-west part of the arena (close to the showers).

Free start between 9.15 and 14.00. The distance to the start is ca 200 meters. All participants must check out at the finish for the open courses (Motionsorienteringens mål), even if they have not followed the race through. This is important, as we will search for anyone who has not checked out.

Offered courses:

| Class | Course length (km) | Difficulty | Scale |
|-------|--------------------|-----------------------|----------|
| ÖM1 | 2,4 | White – easy | 1:10 000 |
| ÖM3 | 2,9 | Yellow – easy | 1:10 000 |
| ÖM5 | 3,2 | Orange - intermediate | 1:10 000 |
| ÖM7 | 3,5 | Blue - difficult | 1: 7 500 |
| ÖM8 | 4,9 | Black- difficult | 1:10 000 |
| ÖM10 | 6,2 | Black - difficult | 1:10 000 |

Entry and fees

Entries can be made on the arena between 8.30 and 13.30. The fee is 75 SEK up to and including MW16 and 145 for others. Rental of an SI-card is 50 SEK. Failure to return a rented SI-card results in a 600 SEK fee. Participants from Swedish clubs can have the entry fee billed afterward. Participants and foreign runners pay on site. Payment can be made using cash (SEK), debit card or Swish (123 595 21 63).

Pre-entries can be made through Eventor <https://eventor.orientering.se/Events/Show/18154>

The event is called Motionsorientering-25manna.

Map

Scale 1:10 000 (1: 7500 for ÖM8), equidistance 5 m, drawn 2016-2017 by Roger Åsberg. Offset print.

The course and control description are printed in violet on the map. Separate control descriptions will also be available.

Local signs

X = hut

O = Charcoal burning ground

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.

Marked paths

A new path is printed on the map with violet and marked in the terrain with red/white tape. Another path which appears indistinct is enhanced using white tape.

Areas out-of-bounds

Areas out-of-bounds are marked on the map with violet vertical stripes. In the terrain, in the runner's tracks, restricted areas are marked with blue/yellow tape. Outside the runner's tracks or where the areas out-of-bounds are boarded off by fences or roads, there may be no tape.

It is prohibited to enter on the roads north of the competition area. There will be inspectors in the terrain. Entering restricted areas will result in unconditional disqualification

Competition rules

The rules of the Swedish orienteering federation (Svenska Orienteringsförbundet) as well as the competition's bulletin abide.

Results

The results will be put up on a messenger board at the arena, and be shown live at www.25manna.se/live. During the competition, preliminary results will be given. Final results will be available at Eventor.

Livelox

The courses will be put up on Livelox after the competition.

String course ("Miniknat")

A string course will be offered at the arena with start between 9.00 and 14.00. Entry fee 20 kr per participant. The fee can be paid in cash using SEK or Swish (123 023 69 01) Feel free to bring your own SI-card (SI-card used in the 25-manna relay can be used).

Services at the arena

Hot showers outdoors will be available in connection to the arena. First aid is located adjacent to the finish line. Exchanges can be made in the information tent. There is no childcare service on the event.

Well assorted food service with warm food and a grill. The serving will have a "supermarket"-concept, where you get your food and pay at a cashier at the exit. The food court is located in a large circus tent, with plenty of room for dining. Menu and prices will be published on www.25manna.se. Payments can be made using cash, debit card or Swish (123 221 26 29)

A large, well assorted selection of sport's equipment by Jobber Sports will be available in the arena.

There are also several exhibitors at the arena with good information and offers. You can also try OL-skytte (the orienteering version of a biathlon) for a fee of 20 SEK.

Lost and found

Found items are handed in at the information tent. Lost items will be given back upon description.

After the event, queries regarding missing items can be sent to info@25manna.se. The items will first-hand be brought to upcoming events.

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- courses

Göran Nilsson, Snättringe SK

Controller- event

Henrik Skoglund, Södertälje Nykvarn Orientering

Queries

Homepage: www.25manna.se

Queries: info@25manna.se

At the arena: By the information tent

Välkomna!

TULLINGE SK
BOTKYRKA



SHH

SHH Bostad



O-Ringen **stro**

KAJAKSIDAN^{SE}



HAKI



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Mila

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de gröna**

