

The world's best club wins



Bulletin

25manna-relay

Saturday October 7th 2017

Competition venue

Ensta Gård, Vårsta, Botkyrka
GPS - 59.175901, 17.767317

Traffic guidance and parking

See separate Traffic memo

Shelters/ club tents

Shelters/club tents may only be put up on pre-booked spots. Information on place assignments is published at www.35manna.se and at the information tent at the arena.

Team line-up

Registration of team line-up is obligatory and should be made in Eventor no later than Friday October 6th at 21.00. Should the team line-up be registered any later than this, a 500 SEK fee will be taken. If no team line-up is registered, the team will have no permission to enter.

Change in team line-up

An already registered team line-up may be changed during the whole day of competition. The form to change this enclosed in the team envelope. Turn in the form at the information tent.

Team envelopes

Envelopes containing number bibs, form to change team line-up, card for team leaders and any rented SI-cards, can be picked up in the information tent at the arena from 7.00 on the day of competition.

All fees must be paid in order for the team envelope to be handed out. If any fees remain, these must be payed using debit card, cash or Swish.

OBS! Bring your own safety pins for the number bibs. Safety pins are available for purchase in the information tent.

Times for the competition

First leg starts 9.00

Estimated finish for the winning team is 14.11

Restart at 16.10.. The changeover area closes at 16.00

Map

Scale 1:10 000, equidistance 5 m. Drawn in 2016-2017 by Roger Åsberg. Offset print.

The course and control description is printed in violet on the map. The control code is also printed on the map next to the control's number, for example: 4-109 for control nr. 4. The team number is printed on the back of the map.

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. This mostly affects leg 4.

Areas out-of-bounds

Areas out-of-bounds are marked on the map with violet vertical stripes. In the terrain, in the runners' tracks, restricted areas are marked with blue/yellow tape. Outside the runners' tracks or where the restricted areas 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 areas out-of-bounds will result in unconditional disqualification

Fire hose through the competition area

In the Southern part of the competition area there is a fire hose going through the forest to supply the shower with water. Please avoid stepping on the hose.

Competition rules

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

Method of competition

Mass start on leg 1. Leg 1 and 2 is run by one participant per team and leg. Leg 3-7, is run by four participants per team and leg. Leg 23-25 is run by one participant per team and leg. The runner of leg 23 is not allowed to start until all four runners on leg 7 have come in for changeover (see more under the headline "Changeover")

The women settle the competition this year!

This year, everyone regardless of age or gender, is allowed to run the first leg, and it's the women's turn to take on the last leg.

Legs and team line-up

The team should consist of a maximum of 9 H21-39 and include at least 7 women. Out of these women, at least one should be W14 or younger, or older than W45. And at least one W18 or younger, or W35 or older. In addition to this, there should be at least one MW16 or younger on the team. Combined teams may enter in accordance with SOFT's regulations.

Number bibs

All participants are required to wear a number bib. This is to be worn in clear view on the chest and cannot be folded. Bring your own safety pins. It is important that the runners use the number bib corresponding to their spot in the registered team line-up. The advertisement on the number bib is the same as that on the changeover lane.

Start

Mass start at 9.00 for the first leg. The participants should be in the starting area no later than 8.45. All participants must pass by the check-in for registration before the start; there, the SI-

card will be linked to the number bibs via a barcode. Make sure to be early to avoid lines. The participants will be given access the numbered starting positions ca 5 minutes before start. The maps will be distributed 1 minute before start. It is not allowed to open the map before the starting signal.

Team leaders

One team leader per team will have access to the changeover area, by showing the team leader card enclosed in the team envelope. Team leaders enter through the check-in.

Leg information

Leg	No. of runners	Right to participate	Difficulty	Course length	Time [min]	Start time (leaders)	Forked
1	1	All	Blue	6,7	39	9.00	Yes
2	1	Women	Blue	5,1	34	9.39	Yes
3	4	Not M17-39	Red	4,1	23	10.13	Yes
4	4	not W19-39, M15-54	White	2,7	14	10.36	Yes
5	4	All	Blue	6,6	39	10.50	Yes
6	4	Women	Red	4,1	29	11.29	Yes
7	4	All	Red	4,9	28	11.58	Yes
23	1	Not W19-34, M15-49	Orange	3,3	21	12.26	No
24	1	All	Blue	8,2	48	12.47	No
25	1	Women	Blue	5,9	36	13.35	No

Included in all course lengths is a route of circa 350-550 meters marked by tape.
Estimated finish time at 14.11

Changeover lanes

Lane SHH Bostad – leg 1, 5 and 24

Lane SRV – leg 2 and 6

Lane O-Ringen – leg 3 and 7

Lane STR8 – leg 4 and 23

Lane Botkyrka kommun – leg 25

SI-cards and check-in

All versions of SI-cards are allowed. The touch-free function is not activated, and if such an SI-card is used, you must use traditional punching. Every SI-card must only be used once during the competition. Failure to return a rented SI-card will result in a 600 SEK fee.

The SI-cards will be linked to team and leg in connection to the check-in to the changeover area. The SI-card is first cleared, after which the barcode on the number bib is scanned and the SI-card is connected to the right team and leg.

Only participants with a number bib and SI-card is allowed through check-in, as well as team leaders with a team leader card.

Controls and punching

There is no punching at the starting point.

Every control has at least two punching units. In some areas, controls are very close to each other. Carefully check the control code before punching.

The punching unit will indicate a correct punch with a red light and a beep. It is the runner's responsibility to make sure that the punch is registered. If a unit does not work, the runner should punch in another unit at the control. A missing punch is cause for disqualification, even if there are witnesses verifying that the runner has been at the control.

Stay calm and be thorough at every control. Experience shows that another runner's punch is easily mistaken for one's own! Check the red light!

Changeover

In the finish lane, the participants will run in the lane corresponding to their leg number and the advertisement on the number bib. When crossing the finish line, a changeover punch should be made by every leg except the 25th (see Finish). After punching, the map is handed to the personnel on site.

At the map stands, the participant takes the topmost map marked with the team's number and leg number, and then continues to the barrier of the changeover, where the map is handed over to the next team member.

The runner of the second leg should take four maps to hand to the third leg runners. To avoid crowding the changeover area, the third leg runners may allot the map before the starting point.

Watch out for map mix-ups! This is a risk when, for example, the first runner of leg four in the team comes in for changeover before the last runner of leg three has made their changeover. The runner of leg four should make the changeover using the first map of leg five: meaning, not the topmost map on the map stand.

When leg seven comes in for changeover, the first three runners take the topmost, coloured "blind map" and gives it to the runner of leg 23. The runner of leg 23 is finally given the real map by the runner of leg 7 who is last to make the changeover. The runner of the 23d leg gives the three blind maps to personnel on the way to the starting point.

The changeover closes at 16.00. Runners who have not started at 16.00 will participate in the restart at 16.10

Important

- Come in good time to the check-in
- Make a changeover punch at the finish line
- Take the right map, and watch out for mix-ups

Leg 25 finish

To facilitate close sprint finishes of the race, the goal punch for the first 50 teams will be made after the finish line. The passing of the finish line determines the team's placement and the runners then make the goal punch in the same order as they passed the finish line. In case of dispute, a goal judge will make the call. Teams with a position higher than 50 punches at the finish line.

Check-out

After changeover/race finish, all participants are encouraged to go to check-out without delay for download of the SI-card information. This is important to acquire lists of the results as quickly as possible. It is the runner's responsibility to ensure download of the SI-card content. Participants who have not followed their race through must also go through the check-out at the finish for registration.

Observances of wildlife

Participants who see wildlife (for example deer and moose) should report this to the wildlife report at the information tent after check-out.

Mispunching, Red exit and disqualification

Should a participant not be approved at check-out, they are asked to go to the tent for "Red exit", in order to know the reason. If the participant has mispunched or broken the competition rules, the team will be disqualified. An information form concerning the team's disqualification is given to the runner.

Should the team wish to file a protest, the team leader must leave a written protest at "Red exit" within 30 minutes of the time given on the above mentioned information form. The decision of the competition directors can be overruled by the competition jury.

A team who has mispunched can continue the competition on the condition of being at least 30 minutes behind the leading team. Otherwise, the team will be held at changeover until 30 minutes has passed. This will transpire when the time of protest has run out and any protest has been overruled.

Problems with Sportident

At the Swedish Championships recently, some problems with the Sportident system were highlighted. Therefore, we will, if necessary, read off control units in the forest during the competition. Decisions reading this are taken by "red exit" if the organizer judges that it is required for investigative cases. Upon completion of the competition, all control units will be collected for analysis.

During an investigation, the runner's results will be declared as "dnf" (according to the Competition Rules version 4.0, §5.7.7). Following the investigation, the organizer (according to the competition instructions §5.6) decides whether the result will be changed to "approved".

The goal is to keep the results list as current as possible, but if the number of investigative cases becomes a lot, some waiting time may arise. We ask for an understanding of any delays that may arise in the results.

Wrong map

A team who grabs another team's map is disqualified. The affected team will be given a new map at the end of the map stands, but gets no compensation of time. Always check to ensure map's team- and leg number are correct! It is the runners' responsibility to make the changeover with the right map.

Restart

The changeover closes 16.00. Any runners who have not yet started at this point will take part in a mass restart at 16.10. The restart will be held at the map stands.

In the restart, runners from teams who have broken off the competition or been disqualified are allowed to participate. All participants of the restart must go through check-in to clear, check and connect their SI-cards to the number bib. Due to the risk of crowding the runners are asked to be out in good time before the restart. Follow the start personnel's instructions.

Closing of the finish

All participants must have finished their race no later than 18.00, when the finish closes.

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.

Speaker sound

The speaker can be heard in the radio on FM 95.7 MHz within the arena.

Map distribution

After the restart, maps are given out team-wise following show of a team leader card. Any team renting SI-cards should return these team-wise: this is a requirement for acquiring the maps. Remember the SI-cards used by the participants of the restart!

Livelox

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

Award ceremony

The award ceremony will begin at 16.15 at the ceremony venue. Str8 is sponsoring the prizes. A challenge prize is given to the winning team.

Team 1-3: each team member is given an honorary award, team plaque and a 25manna plaque

Team 4-10: each team member is given a team plaque and a 25manna plaque

Team 11-25: acquires a team plaque

Best second team: acquires a team plaque

Best third team: acquires a team plaque

Open courses with direct entry

Open courses with course lengths between 2,4-6,2 km and various levels of difficulty are offered. Entry fees up to and including MW16, 75 SEK, others 145 SEK, parking included.

The open courses have their own entry/finish and start in the north-east part of the arena. Entries can be made on the arena from between 8.30 to 13.30 and there's free start from between 9.15 to 14.00. Participants from Swedish clubs can have the bill sent afterward. Participants without a club and foreign participants pay on site. Payment methods include cash, debit card or Swish (123 595 21 63)

Pre-entry can be made through Eventor, <https://eventor.orientering.se/Events/Show/18154>
The event is called Motionsorientering-25manna.

Offered courses:

Class	Course length in km	Difficulty	Scale
M1	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

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. Currency exchanges can be made in the information tent. There are no childcare services 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 Jober 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

Head announcer

Ola Jodal

Controller- event

Henrik Skoglund, Södertälje Nykvarn Orientering

Controller- courses

Göran Nilsson, Snättringe SK

Competition jury

Anders Eriksson, Uppland/OK Linné (president)

Kerstin Tjernlund, Blekinge/OK Vilse

Leif Gustavsson, Dalarna/Säterbygdens OK

Queries

Homepage: www.25manna.se

Queries: info@25manna.se

At the arena: By the information tent

Welcome!

TULLINGE SK
BOTKYRKA

TUMBA
ORIENTERING

SHH

SHH Bostad

O-Ringen

KAJAKSIDAN^{SE}

HAKI

Mila

SIGN
sign yourself

BOTKYRKA
LÅNGT
IFRÅN LAGOM
BOTKYRKA

SRV

Gröna gårdar



Nordic Green Energy

miljöpartiet
de gröna



SVENSK
ORIENTERING
STOCKHOLM

10
MILA

Jobermax

SÖDERTÄJNS HÖGSKOLA | STOCKHOLM