



Invitation
25manna
Middle Distance
Sunday October 7th 2018
Arena Hägerstalund



Competition Arena

Hägerstalund, Järvafältet
GPS 59.42333 N 17.90195 E

Map

Revised map 2017-2018 by Ulf Radler. Scale 1:10 000, 5m contour interval. Offset printing. HD60 and older, as well as OM7, will have 1:7 500.

Terrain

The competition area is a nature reserve with mainly runnable and moderately undulating terrain. There are some areas of windblown which can slow down runnability.

Start

Starts are between 9.00 and 12.00. Please choose **Early, Middle or Late** when entering.

Open classes along with youth courses that allow shadowing (U-klass and inskolning) have open start times between 9.00 and 12.00.

Competition Rules

The Swedish Orienteering Federation's rules apply along with information given in the final details.

Final Details

Final Details will be published at 25manna.se and on Eventor latest the Sunday before the competition, as well as at the arena.

Car Parking and Bus Drop-off

On Barkarby's old airfield approximately 600 metres from the arena. The cost is 40kr per car on arrival.

Public Transport

It's easy to get to the arena using Stockholm's Public Transport system (SL). Akalla is the closest bus and underground station. Check sl.se for routes and times. The route from Akalla will be signed and is 1400 metres.

Registration

Registration is via Eventor. Please choose **Early, Middle or Late** when entering, with the exception of Elite and Open classes.

Entries need to be registered via Eventor latest Sunday 30th September. Late entries until 3rd October will incur an increased fee.

Start Groups

We will continue last year's system where everyone (except HD18-21 Elite) can choose their start group. You can choose start group Early, Middle or Late. For example, if you are entering D16 choose either start group D16 Early, D16 Middle or D16 Late. Start times will be given randomly within each start group. The time span for each start group will vary per class. If more than 90 runners register in one start group in one class then runners from clubs further away may be prioritized. Classes with more than 180 entries will be split.

Preliminary Course Lengths

Preliminary Course Lengths 25manna 2018							
Class	Lenght (km)	Class	Lenght (km)	Class	Lenght (km)	Class	Lenght (km)
W35	3,5	M35	4,5	U1	2	M18 Elit	5,2
W40	3,5	M40	4,1	U2	2,5	W18 elit	4,5
W45	3,1	M45	4,1	Inskolning	1,5	M20 elit	5,8
W50	3	M50	3,7	M10	2	W20 elit	5,2
W55	2,9	M55	3,6	W10	2	M21 elit	6,5
W60	2,5	M60	3,5	M12	2,5	W21 elit	5,8
W65	2,4	M65	3	M12 Short	2	Class	Lenght (km)
W70	2,4	M70	3	W12	2,5	OM1	2,5
W75	2	M75	3	W12 Short	2	OM3	3
W80	2	M80	2,5	M14	3	OM5	3,5
W85	2	M85	2	M14 Short	2,5	OM7	3
				W14	3	OM8	4,5
				W14 Short	2,5		
				M16	3,5		
				M16 Short	3		
				W16	3,5		
				W16 Short	3		

Sportident

All versions of sportident are permitted.

Sportident can be hired when registering via Eventor. The club will be charged 600kr for any that are not returned.

Fees Until 30th September (normal fees)

Competition Class Elite	205 kr
Competition Class Adult	155 kr
Competition Class Youth up to 16 year	75 kr
Open Class Adult	130 kr
Open Class Youth up to 16 year	75 kr
Sportident hire	50 kr

Fees 1st - 3rd October (late entries)

Competition Class Elite	315 kr
Competition Class Adult	240 kr
Competition Class Youth up to 16 year	112 kr
Open Class Adult	130 kr
Open Class Youth up to 16 year	75 kr
Sportident hire	60 kr

Payment of Fees

Swedish clubs will be charged after the competition. Competitors in the Open classes who aren't members of a Swedish Orienteering Club pay when registering (cash, card or Swish). Foreign competitors shall pay their fees in advance as below:

Payment Information

From Sweden	Plusgiro: 104 65 65-6 Account information: VÄSBY ORIENTERINGSKLUBB EGNA TÄVLINGAR
From other countries	IBAN SE38 9500 0099 6026 1046 5656 BIC: NDEASESS Payment Recipient: VÄSBY ORIENTERINGSKLUBB EGNA TÄVLINGAR

Accommodation

Floor accommodation, including breakfast, is offered. Booking is via Eventor. Detailed information will be published on 25manna.se. Any questions regarding accommodation please mail logi@25manna.se.

String Course

A string course is offered at the arena from 9.00 - 12.00. Cost - 20kr per participant.

Shower

Warm, outside showers will be situated in the arena.

Catering

There will be a variety of warm food, sandwiches, pasta salad, fruit, sweets, drinks, coffee/tea etc offered. The menu and prices will be posted at 25manna.se

Sports Shop

A sports shop with a large assortment will be in the arena.

Organisers

Ingegerd Carlsson, Sundbybergs IK och Håkan Redtzer, Attunda OK.

Planner

Daniel Roos och Oskar Daniels, Attunda OK.

Competition Controller

Björn Nyqvist, OK Södertörn

Course Controller

Göran Reinholdsson, Järfälla OK.

Information

Homepage: 25manna.se

Questions: info@25manna.se

With reservation for changes. All changes will be published at 25manna.se

Welcome to 25manna Middle Distance 2018!

