



Final Details

25mannas

Middle distance

Sunday, 7th October 2018

Competition Arena

Hägerstalund, Järvafältet
GPS: 59.42333 N 17.90195 E

Directions and Parking

The nearest underground station is at Akalla and it is 1 400 m to walk to the Arena (signposted). The nearest bus stop is 800 m from the Arena. The bus/coach drop off is 800 m from the Arena and the bus parking is 800-1 700 m away. Car parking is 1 100-2 300 m from the arena.

More information is available in the final details for public transport and bicycle, bus and car.

Warning – Unexploded ammunition!

The competition takes place in an old military area. Do not touch any ammunition remains in the terrain. Be careful when putting something into the ground in the Arena as there may be ammunition remains under the ground. Do not put anything more than a maximum of 10 cm into the ground.

Map

Revised map 2017-2018 by Ulf Radler. Scale 1:7 500 from MW 60-. All other has scale 1:10 000, contour interval 5 m, digital printing. The course and control descriptions are printed on the map.

Terrain description

The competition area is a nature reserve which is moderately hilly and has mostly good runnability. In some areas, to the area north of the Arena, there are many fallen trees which limits runnability.

Local characters

Värn ○ A concrete shooting range bunker

Taped paths

Some unclear paths are marked with white tape.

Out of Bounds

The area has several out of bounds areas with the aim of protecting animals and sensitive plants. On the map they are marked with diagonal purple lines and on the ground they are marked with a solid blue/yellow tape where routes cross these

areas. If the forbidden area is not on a direct route choice, or if there is a fence, then the area isn't always taped.

In one place we have been allowed to pass through a protected deciduous forest. Runners pass through using a footbridge made for the competition and then approximately 80 m along a wooden walkway. All competitors must use the footbridge and walkway.

Start

First start at. 9.00.

Youth (U-classes), beginner's classes and open classes have free start times between 9.00-12.00.

Classes with free start time will have a punching start.

Please note that the different starts are in opposite directions – make sure you know which start to go to and check the signs.

Start 1:

Distance: 1 000 meters gravel road – orange/white tape

All Elite classes, H16, D16, H18, D18, H20, D20, H21-1, H21-2, D21

H35, D35, H40, D40, H45-1, H45-2, H50-1, H50-2 and ÖM8

Note! - no toilet at start 1 – Use the toilets in the arena!

Start 2:

Distance: 1 700 meters through the forest and paths – Blue/White tape

Inskolning (beginner's), U1, U2, H10, D10, H12, H12K, D12, D12K, H14, H14K, D14, D14K, H16K, D16K,

D45, D50, H55, D55, H60, D60, H65, D65, H70, D70, H75, D75, H80, D80, H85 and D85

ÖM1, ÖM3, ÖM5 and ÖM7

There are toilets on the way to start 2

Inskolning (beginner's) and U classes

Maps for shadowing can be found at the start.

On the "inskolning" course there are happy and sad faces.

Sportident

If an SI number was not given when entering, a hire sport ident has been assigned.

The cost is 50 SEK for regular registration and 60 KR at late registration. Hired sport idents can be collected at "Motionsorientering".

All versions of Sport Ident are allowed. The touch free feature is not activated so if such a sport ident is used you have to punch in the traditional way. Punching is completed when the control unit shows a red light signal and a beep. It is the responsibility of the runner to check that the punch has been registered.

Take it easy and be careful at every control. Experience shows that it is easy to perceive and hear another runner's punching as their own! Look for the red light signal. In some areas, controls are very close to each other. Please check the code carefully before punching.

Runners who have retired must go to the finish and download.

Clothing Transfer

Clothing will be transported back to the arena. Please collect from the information tent.

Numbers

For all elite classes – self-service at the start. Safety pins are available.

Elite Classes

The number of participants in elite classes is limited to a maximum of 85, of which 5 places are vacant. If the number of registered is more than 80 then some runners will be placed in a lower class.

In the senior classes we use both the World rankings and the Swedish ranking list so that half of the runners are taken from the respective ranking lists.

In the junior classes we will use the Swedish ranking list and have 20 seats reserved for foreign runners. If the number of foreign runners is less than 20, we will complement with runners from the Swedish list.

Reserves will be added on the day of the competition at the information tent at 8.15.

Reserve runners must either be at the information tent or be represented by a leader, otherwise the reserve place will go to the next person on the list.

Cancellation Elite Classes

Cancellation in elite classes can be notified through

Email to info@25manna.se until Sunday morning at. 8.00

Registration at the information tent in the arena on Saturday until 17.00 or on Sunday at 7.30-8.00.

Deleted classes

In case of too few registered in a class, the class may be deleted and participants moved to another class.

Open courses with entry on the day

Open courses with the following course lengths and difficulty are offered.

Class	Runway	Difficulty	Scale
ÖM1	2.2 km	White	1:10 000
ÖM3	2.8 km	Yellow	1:10 000
ÖM5	3.3 km	Red	1:10 000
ÖM7	2.9 km	Blue	1:7 500
ÖM8	5.0 km	Black	1:10 000

Classes inskolning (beginner's), U1, U2 are also open for registration in the arena.

Registration can be done at the arena between 8.30-11.30. Free start time between 9.00-12.00.

The fee is 75 kr up to and including 16 years and 130 SEK for others. Renting a sport ident costs 50 kr. If not returned there is a fee of SEK 600 charged to the club.

For runners with Swedish club affiliation, the starting fee can be invoiced afterwards. Non-club members and foreign runners pay the fee on site. Payment can be made in cash (SEK), card.

Wildlife

Runners who see any wildlife (e.g. deer and elk) must report this at the information tent after download.

Results and Livelox

Results will be posted on the boards in the arena and shown live on 25manna.se/live. Preliminary results are reported during the competition. Final results will be available on Eventor. After the competition, maps with courses will be posted in Livelox.

Prizes

All prizes will be giftcards and will be sent out after the competition.

This is because participants who have chosen the early start group will probably leave the competition early and therefore cannot attend the prize-giving. The number of prizes will be posted on the results board and is shown on 25manna.se. Prize winners must send their email address and mobile phone number to info@25manna.se by 11/10.

Prizes for all in "inskolning" (beginner's) and U-classes are awarded at the finish.

Following prizes will be sent to the clubs:

- Top three in HD18, HD20 and HD 21-
- Winner in HD18, HD20 & HD21-
- Top three in HD10-16

Competition rules

The competition is run under the Swedish Orienteering Federation's rules and those outlined in the final details.

Max time

Two hours

Protest

Written protest against the decision of the competition management after a complaint is submitted at the red exit no later than two hours after the decision has been notified to the interested parties.

String course (Miniknat)

A string course is offered at the arena between 9.30-13.30. There is a fee of 20 SEK per child. The fee can be paid in cash or with Swish 123 019 92 40. Please bring your own Sport ident (sport idents used in the 25 middle can be used).

Services

Hot outside showers are adjacent to the arena. First aid is close to the finish. Child care is not available.

There will be a well-stocked café with hot food, barbeque, sandwiches, pasta salad, fruit, sweets, drinks, coffee/tea and cakes etc. We will have many checkouts to reduce the queues. Menu and prices will be posted at 25manna.se.

A large and well-stocked sports shop, Jober Max, will be in the arena.

There will also be several exhibitors with good information and offers.

Lost and Found

Lost items should be handed in at the information tent. Lost items can be reclaimed through a description. After the competition enquires about lost items should be sent to info@25manna.se. Items will be taken to up coming competitions.

Competition Organisers

Ingerd Carlsson, Sundbybergs IK and Håkan Redtzer, Attunda OK.

Planner

Daniel Roos and Oskar Daniels, Attunda OK

Commentator

Ola Jodal

Competition controller

Björn Nyqvist, OK Södertörn

Course controller

Göran Reinholdsson, Järfälla OK

Competition jury

Jan Kihl, Sundbybergs IK (ordf)

Mats Lundbäck, Järfälla OK

Lena Buhre, Attunda OK

Information

Website: 25manna.se

Inquiries: info@25manna.se

In the Arena: Information tent

With reservation for changes. All changes are published on 25manna.se.

Welcome to 25manna 2018!

