



The world's best club wins



Final Details

25manna Relay

Saturday, October 6th, 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.

Club Tents

Cub tents can only be set up at the pre-booked pitch. Information about pitch numbers is published on 25manna.se and will be at the information tent in the Arena.

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.

Team declaration (line up)

Registering the team line up is mandatory and must be registered in Eventor by Friday 5th October at 21.00, otherwise there will be a fee of 500 kr. Thereafter registered lineups can be changed throughout the race day. The form for changes is available in the team envelope and should be submitted at the information tent. Teams that haven't registered their line up will not be allowed to start.

Team Envelope

The team envelope containing numbers, team change form, team leader card and any hired Sport Ident cards, is to be collected at the information tent in the arena from 7.00 o'clock on the day of the race. All fees must be paid before the team envelope is collected. Any outstanding fees must be paid at the arena by card, swish or cash. Safety pins for the numbers are not included – bring your own or buy at the information tent.

Times for the competition

The mass-start for the first leg is at 9.00 o'clock.

The estimated finish time for the winning team is 14.15.

The changeover closes at 15.45 and the mini mass-start takes place at 16.00.

The finish closes at 18.00.

Map

Revised map 2017-2018 by Ulf Radler. Scale 1:10 000, contour interval 5 m, digital printing. The course and control descriptions are printed on the map. The control code is also printed on the map next to the control's number, e.g. 4-109 for control 4. On the back of the map the team number and leg is printed.

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.

Special symbol

Värn ○ A concrete shooting range bunker

Taped paths

The area has an unclear path which is marked with white tape, which mainly affects runners on leg 4.

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.

Competition rules

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

Competition method

There is a mass start for all first leg runners. Legs 1 and 2 are run by single competitors. Legs 3 - 7 have 4 runners per team and leg. Legs 23-25 are run by single competitors. The runner on leg 23 must not start until all four runners on leg 7 have come into the changeover (see further under the heading "Changeover").

Team composition

This year, women run the first leg and the last leg is open to everyone. The team can have a maximum of 9 runners who are H21-39 and a minimum of 7 women. Of the women, at least one should be D14 or younger; or D45 and older. At least another should be D18 or younger; or D35 and older. In addition, at least one HD16 or younger must be included in the team. Combination teams are allowed to participate in accordance with SOFT's competition rules.

Numbers

All runners must wear a number. It should be worn visibly on the chest and must not be folded. Bring your own safety pins. It is important that runners use the number that matches their leg in the submitted team lineup. The sponsor on the number is the same as above the entrance to the run-in lane.

Start

There is a mass start for all first leg runners at 9.00. Please pass into the pre-start area latest 8.45. All runners must pass through the check-in for registration before the start, where the SI-card is connected to the number via a barcode. Allow plenty of time to avoid queues. About 5 minutes before the start, runners will be allowed to move into their start position. 1 minute before the start maps will be handed out. It is not allowed to open the map before the start signal.

Team Leader

A leader per team has access to the exchange area on presentation of the team leaders card found in the team envelope. The team leader enters via check-in.

Leg information

Leg	Number of runners	Right to participate	Distance	Difficulty	Duration min	Start time for the lead	Forking
1	1	Ladies	5.9	Blue	36	09.00	Yes
2	1	All	7.9	Blue	41	09.36	Yes
3	4	Not H17-39	4.6	Red	29	10.17	Yes
4	4	Not D19-39, H15-54	3.1	White	16	10.46	Yes
5	4	All	6.6	Blue	35	11.02	Yes
6	4	Ladies	4.5	Red	25	11.37	Yes
7	4	All	5.5	Red	30	12.02	Yes
23	1	Not D19-34, H15-49	4.1	Orange	24	12.32	No
24	1	Ladies	5.3	Blue	31	12.56	No
25	1	All	9.0 *	Blue	46	13.27	No

The course lengths include a 600 m taped route between the change-over and the start triangle.

* The last Leg is shortened to 6.1 km for those in the mini mass-start.

Estimated finish time for the leading team is 14.13.

Changeover

Lane for legs 1, 5 and 23: O-Ringen

Lane for legs 2, 6 and 24: Flowlife

Lane for legs 3 and 25: Barkarby Quality Outlet

Lane for legs 4 and 7: HAKI

Sport ident and check-in

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. Each Sport ident may only be used once during the race. SEK 600 will be charged for any hired sport ident card that isn't returned. Each sport ident is connected to the team number and leg when checking into the changeover. The sport ident is cleared and then the barcode on the number is scanned to connect to the correct team and leg. Only runners with a number and sport ident will be admitted through the check-in, along with team leaders with the team leader card.

Controls and punching

Competitors do not need to punch at the start point.

Each control has at least two punching units. In some areas, controls are very close to each other. Please check the control code carefully before punching. 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. If any unit is not working, the runner should punch in another unit at the control. Missing punches means disqualification, even if there are witnesses that the runner has been at the control.

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.

Changeover

When finishing the runner enters the lane that corresponds to the leg number and the sponsor on their number. On the finish line all legs should punch except for leg 25 (see Finish). After punching give your map to the officials.

At the map board, the runner takes the top map marked with the team number and leg and then continues up to the fence where the map is handed over to the next runner.

Second leg runners should take four maps and hand them over to the third leg runners. In order to reduce the congestion at the changeover point, third-leg runners are allowed to distribute the maps within the team anytime before the start triangle.

Watch out for being lapped! This is a risk, for example, when the first runner in the team from leg four comes into the changeover before the last runner on leg three. The runner on leg four shall then hand over the first map on leg five, i.e. not the top map that is attached to the map board.

When leg seven arrives at the changeover, the first three runners will take the top coloured "blank map" and leave it to the runner on leg 23. The runner on leg 23 finally gets the real map from the fourth runner on leg 7. The runner of the 23rd leg leaves the three blank maps to the official on the way to the start triangle.

The changeover closes at 15.45. There will be a mini mass-start at 16.00 for all remaining runners.

Important

- Please check-in in good time
- Punch on the finish line
- Hand over the correct map and watch out for being lapped.

Finish for Leg 25

To facilitate a sprint finish, finish punching for the first 25 teams will take place after the finish line. Passing the finish line determines the position of the team and the runners should then punch in the same order as they crossed the finish line. In case of dispute, the judge decides. Teams outside the top 25 will punch on the finish line.

Download

After the changeover or finishing, runners are asked to go directly to download. It is important to have up-to-date results as quickly as possible. It is the runner's responsibility that the sport ident is downloaded! Even runners who have retired must go to download.

Wildlife

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

Mispunching, red exit and disqualification

If there is a problem at download then the runner is directed to the tent for "red exit" to be informed of the reason. If the runner has mispunched or violated the rules, the team is disqualified. An information sheet that the team has been disqualified, and the reason for this, is given to the runner.

If the team wants to protest, the team leader must hand in a written protest to the "red exit" within 30 minutes of the time specified on the above-mentioned information sheet. The decision can be appealed to the competition jury.

Teams that have mispunched may continue to run provided that the team is at least 30 minutes after leading team. The team will otherwise be detained when changing over until 30 minutes have passed. The detainment will take place once the 30 minute appeal time has elapsed and if the appeal has not been approved.

Wrong map

Teams that take another team's map will be disqualified. Teams affected will get a new map from an official at the end of the map board, but will not receive any time compensation. Always make sure that the map's team number and leg are correct! It is runner's responsibility to hand over the right map.

Mini mass-start

The changeover closes at 15.45. For those runners who have not yet started, there will be a joint mini mass-start at 16.00 by the map board.

The mini mass-start also allows runners from teams that have retired or been disqualified to participate. All runners in the mini mass-start must go through the check-in to clear, check and connect their Sport idents to their number. Due to the

risk of congestion, runners are asked to go through in good time and to follow the instructions of the starting officials.

Closing the Finish

All competitors must be in the finish by 18.00, when the finish closes.

Results Service

Results will be posted on the bulletin board in the arena and shown live on 25manna.se/live. Preliminary results are reported during the competition. Final results will be available on Eventor.

Map Reclaim

After the mini mass-start, maps will be handed out per team on presentation of the team leader cards. Teams that have rented SI cards should return them, team wise, as a requirement for map reclaim. Also remember the sport ident cards used by mini mass-start runners.

Livelox

After the competition, maps with courses will be posted in Livelox.

Prize-giving

The prize-giving ceremony starts at. 16.15.

A trophy is given to the winning team.

Teams 1-3 receive a special prize, a team plaque, and 25manna plaque for all members of the team.

Teams 4-10 receive a team plaque and a 25manna plaque to all members of the team.

Teams 11-25 receive a team plaque.

Best 2nd Team receives a team plaque.

Best 3rd team receives a team plaque.

Accommodation

Information about pre-booked accommodation is published at www.25manna.se. Information and questions about the accommodation will be answered via logi@25manna.se.

Open courses with entry on the day

Open courses with on the day registration are offered.

Fees - up to HD16 SEK 75, everyone else SEK 145, this includes a parking fee.

Registration in the arena is open between 8.30-13.30 and free start times are between 9.15-14.00. Pre-registration can also be done via eventor, the competition is called "Motionsorientering 25manna".

Courses offered

Class	length km	Difficulty	Scale
ÖM1	1.7	White	1:10 000
ÖM3	2.9	Yellow	1:10 000
ÖM5	3.3	Orange	1:10 000
ÖM7	3.6	Blue	1:7 500
ÖM8	4.8	Black	1:10 000
ÖM10	5.9	Black	1:10 000

String Course

A string course is offered at the arena between 9.30-14.00. Starting fee is 20 SEK per child. The fee can be paid in cash or with swish 123 019 92 40.

Please bring your own SI card (Sport idents used in the 25manna-relay 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

Jonathan Alm, Järfälla OK and Torgny Rundlöf Väsby OK

Planner

Stefan Sundelius and Per Lindh, Järfälla OK

Commentator

Ola Jodal

Competition Controller

Björn Nyqvist, OK Södertörn

Course Controller

Lars Roos, Attunda OK

Competition jury

Anders Eriksson, Uppland/OK Linnaeus (Chairman)

Leif Gustavsson, Dalarna/Säterbygdens OK

Titti Bergendahl, Södermanlands OF/OK Seagull

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!

