



# PM 25manna-relay

Saturday 12 October 2019, arena at Nytorps ängar, Haninge

## Competition arena

Nytorps ängar, Västerhaninge. GPS-coordinates 59.139644, 18.104416

## Public transport

Please make an effort to go by public transport both for the environment and it gets you nearer the arena! Commuter train (Pendeltåg) to Jordbro station, then approx 1.5 km walk. See [sl.se](http://sl.se) for timetable. Please alight at Jordbro and follow the taped route to the arena to avoid crossing the routes of runner. The train company MTR is putting on a special fast train just for 25-manna with the following timetable:

Station	Departure
Ulriksdal	07:18
Solna	07:19
Stockholm Odenplan	07:23
Stockholm City	07:25
Stockholms södra	07:27
Årstaberget	07:30
Älvsjö	07:32
Jordbro	07:44

Make use of the car-parking at the commuter train station entrances, for example at Farsta Strand (although note that the special fast train does not stop there) or Älvsjö. See

<https://www.stockholmparkering.se/Pages/Infartsparkering.aspx> &  
<https://sl.se/sv/info/resa/pendelparkering/pendelparkeringar/>.

## Cycling and bike parking

Do take your bike to the competition! You're allowed your bike on the commuter train but not when alighting or departing at Stockholm City. There will be spacious bike parking built at the arena.

## Car parking and bus drop-off

Car parking in Jordbro industrial area, 1-4km from the arena. Bus drop-off about 1km from the arena. Please refer to the separate traffic information.

## Team declaration

Registration of team line-up is obligatory and should be done on Eventor at the latest Friday 11 October at 21:00, otherwise a 500 SEK fee will be due. Changes to team line-up eg due to sickness or injury shall be changed at the latest by 8:30 on competition day to ensure we have time to update the system. If the team is forced to make a

change during the competition, there will be this opportunity as it is important to get the results right. There will be a form to fill in for these changes at the information tent.

NB: no team line-up = no start! I.e. no number bibs will be given out

### **Team envelope**

Team envelopes which contain number bibs, team leader cards and any hired SI cards are collected at the information tent in the arena from 7.00 on competition day. All fees must be paid in order to get the envelope. If any fees are outstanding, they can be settled on the day by cash or Swish. Safety pins are not included – take your own!

### **Map**

Scale 1:10 000, contours 4m, offset-print.

### **Course printing**

Course printing and control descriptions are printed in colour on the map. Control codes are also on the map by the course number, eg 4-106 for the 4<sup>th</sup> control. On the back of the map is the team number and leg number. On the map there is also an emergency telephone number.

### **Terrain description Nytorps ängar**

Fine-detailed Södertörn terrain of varying hilliness, mostly gentle to moderate. The terrain is mostly of good runnability, particularly on the higher ground. There are some areas of denser vegetation, thinning and matured felling. There are a couple of large paths through the area and a few smaller tracks. The courses offer varied orienteering and quick changes into different technical challenges.

### **Non-standard features**

On the map there will be the symbol "X". This represents a man-made object (ex. hides and troughs).

### **Telephone line**

In the terrain there is a telephone line which is easy to mix up with a power line as it is not on the map. This affects all legs.

### **Taped paths**

In the terrain there are a few unclear paths that are marked with white tapes. This affects mainly leg 4.

### **Out of bounds**

There are several out of bounds areas in the terrain, marked as out of bounds on the map and with blue and yellow tapes in the forest. Several courses go near private land – these are marked with blue and yellow tapes unless clear in the terrain.

### **Competition rules**

Swedish Orienteering Federation rules plus these competition final details apply.

### **Competition method**

Mass start on leg 1. Leg 1 and 2 are run by one team member per leg. Legs 3-7 are run by four team members per leg. Legs 23-25 are run by one team member per leg. Runners on leg 23 may not start until all four runners on leg 7 have come through the changeover (see more info under Changeover).

### **Start and estimated finish**

Mass start 09.00 and winning team expected in the finish 14.14.

Mini mass start approx 16.00. Leg 24 shortened.

### **Legs and team line-up**

This year the women run the last leg and the first leg is open to all. One 25manna team shall comprise:

- At least 8 men of which at least 1 is M16 or younger

- At least 8 women of which at least 1 is W16 or younger
- maximum 8 M21 (previously 9 M21-39)

Leg	Difficulty	Course length km	Running time (min)	Start time	Gaffled	Who is allowed to run
1	Blue	7,5	37	9.00	Yes	All
2	Blue	5,5	34	9.37	Yes	Women
3	Orange	3,7	24	10.11	Yes	-M16/M50-, Women, four parallel runners
4	White	3,1	19	10.35	Yes	-M14/M60-, -D18/D45, four parallel runners
5	Blue	6,1	34	10.54	Yes	All, four parallel runners
6	Red	4,7	34	11.28	Yes	Women, four parallel runners
7	Red	5,2	30	12.02	Yes	All, four parallel runners
23	Orange	3,7	22	12.32	No	-M16/M55, -W20/W40-
24	Blue	8,6 (mini mass-start 6,2)	43	12.54	No	All
25	Blue	6,2	37	13.37	No	Women

In addition to the above lengths there will be a taped route of approx 500-800 m. Estimated finish time 14.14.

### Number bibs

All runners shall wear number bibs. They should be worn visibly on the chest and may not be folded. Take your own safety pins! It is important that runners wear the correct number bibs for their relay leg and team. The advert logo on the number bib matches that on the run-in lane.

### Start

Mass start for first legs at 9.00. Runners shall be in the start area by 8.45. All runners must go through check-in for registration before starting, where SI-cards are linked to the bar-code on the number bib. Allow enough time as there may be queues. About 5 minutes before the start, runners will be allowed to take their start places. Maps will be given out about 2 minutes before the start. Is it not allowed to look at the maps before the start signal is given.

### Team coaches

One coach per team is allowed in the changeover area – they need to show the team coach card "lagledarkort" from the team envelope. Coaches enter via the check-in.

### Sportident and check-in

All versions of SI cards are allowed. Note that the SI Air function will NOT be enabled in the units. SI numbers are not given when entries are made, rather they are linked to the runners on entry to the changeover area. Each SI card may only be used once during the competition. Extra SI cards are available to hire in the Information tent. If you do not return a hired SI card, your club will be charged 600 SEK.

## **Changeover lanes / Finish**

Lane leg 1 and 6: Haki

Lane leg 2 and 7: O-ringen

Lane leg 3 and 23: Nacka Kommun

Lane leg 4 and 24: Haninge Kommun

Lane leg 5 and 25: Nicks

## **Controls and punching**

No punch at the start. Every control has at least two punching units. In certain areas, controls are very near close together. Check your codes! Punching is verified when the unit flashes a red light and beeps. It is the runner's responsibility to ensure that punching has occurred. If a unit does not work, the runner shall punch another unit at that control. A missing punch means disqualification, even if there is evidence that the runner has been to the control. Make sure you punch! Experience has shown that it is easy to hear someone else's punch and think it is your own! Look at the flashing light too.

## **Arena passage**

Spectator-friendly control & run-through for legs 1,2,5,24 and 25. There is a control before a taped route, then a control at the end of the taped route – remember to punch both controls!

## **Changeover**

On the run-in, runners run down the lane that matches the leg number and the advert logo on the number bib. At the finish line, there is a changeover punch for all legs other than leg 25 (see "Finish"). After punching, your map is given to a race official.

At the map boards, the incoming runner takes the topmost map marked with the team name and leg and continues to the changeover line and there hands the map over to the next team member. The 2<sup>nd</sup> leg runner takes four maps and hands over to the 3<sup>rd</sup> leg runners. To reduce congestion in the changeover area, the 3<sup>rd</sup> leg runner is allowed to give out the maps amongst the team on the way to the start kite.

Along the changeover fence there is a run-out passage to be kept clear for outgoing runners. It is marked with plastic on the ground.

Mind you take the right map! Eg when the 1<sup>st</sup> runner from leg 4 comes into the changeover before the last runner on leg 3 has come in. The leg 4 runner should in that case NOT take the first map on the map board but should take the first leg 5 map.

When leg 7 comes in to change over, the first 3 incoming runners take the topmost, coloured "blank maps" and leave these to the runners on leg 23. The runners on leg 23 only get the real maps when the team's last leg 7 runner changes over. Leg 23 runners leave the 3 blank maps to race officials on the way to the start kite.

The changeover closes at 15.45. Runners who haven't changed over by then take part in the mini mass-start approx. 16.00.

## **Wrong map**

Teams who take another team's map are disqualified. Teams who have their maps incorrectly taken get a new map from the race officials at the end of the map boards but do not get any time compensation. Always check that the team number and the leg number on the map are correct! It is the runner's responsibility to change over with the correct map.

## **Important**

- Arrive at the check-in in good time
- Punch the changeover control on the finish line
- Take the correct map!

### **Finish, leg 25**

Finish punches for the first 25 teams will occur after the finish line. Placing is decided by crossing the finish line; thereafter runners punch in the same order that they crossed the line. Any dispute is taken to the Finish jury. Teams placed after the top 25 punch on the finish line.

### **Download**

After changeover runners should download as soon as possible as it's important to keep results lists up to date. It is the runner's responsibility to download! Runners who have retired or been timed out must also download at the finish.

### **Wildlife observation**

Runners who spot wildlife (eg reindeer or moose) should report these to the wildlife observation tent ("viltrapporten") which is after download.

### **Mispunching, red exit and disqualification**

If an incoming runner is registered as mispunched at download, they are referred to the "Red exit" ("Röd utgång") to confirm the reason. If the runner has indeed mispunched or broken competition rules then the team is disqualified. The runner will be provided with an information sheet confirming disqualification and the reason why.

If the team wishes to protest, the team coach shall submit a written protest at the Red exit within 30 minutes of the time given on the information sheet. Protests about the competition organiser's decision can be made to the competition jury.

Teams who have mispunched continue to run the competition as long as they are at least 30 minutes after the leading team, otherwise they will be held at changeover until 30 minutes has passed. The holding back of teams is effected when the protest time has elapsed and any potential protest has not been approved.

### **Mini mass-start**

The changeover closes at 15.45. There is a mini mass-start around 16.00 for runners who haven't yet started. It takes place at the map boards. Even runners from disqualified or retired teams can take part. All runners in the mini mass-start must go through check-in to clear, check and link their SI-cars to their numbers. To avoid congestion, arrive in plenty of time and follow start officials' instructions

### **Finish closure**

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

### **Result service**

Results are displayed on the results board in the arena and live on [25manna.se/live](https://25manna.se/live). During the competition there will be preliminary results. Final results will be on Eventor.

### **Speaker service and radio**

As well as the speaker team at the arena and at forest controls, there will be a running forest-speaker who will mainly report on legs 1, 2, 23, 24 och 25. It's also on the radio on frequency 98,1 MHz.

### **Map return**

After the mini mass-start, maps will be returned when you show your team coach card. Teams who have hired SI-cards shall return them for the whole club together – this is required to get your maps returned. Don't forget the SI-cards used in the mini mass-start. Lost SI-cards are charged to the clubs at 600 SEK.

### **Livelox**

After the competition, maps and courses will be uploaded on Livelox.

### **Prize-giving**

The prize-giving ceremony will be after the mini mass-start, approx. 16.10 at the ceremony area. The winning team receives a trophy. Top 3 teams get prizes, team plaque and 25-manna plaques to all team members. Teams 4-10 get

team plaques and 25-manna plaques to all team members. Teams 11-25 get team plaques. The best 2<sup>nd</sup> team gets a team plaque as does the best 3<sup>rd</sup> team.

### **Individual courses including Entry on the day**

Individual courses with lengths 2.5 – 6.0km with varying levels of technical difficulty available. See separate invitation. Entries and starts open between 9.00 and 13.00. Pre-entry available on Eventor – the event is called Motionsorientering 25manna.

### **Kids' course (Miniknat)**

Available at the arena 9.30-14.00. Fee 20 SEK per participant.

### **Shower**

Warm outdoor showers available at the arena.

### **Refreshments**

Hot food with bbq, sandwiches, fruit, sweets, drinks, coffee/tea and biscuits etc. Lots of check-outs to minimise queuing. Menu and prices will be on 25manna.se.

### **Sports traders**

Alewalds will be at the arena.

### **Lost and found**

Lost and found items will be at the information tent where they will be returned on description of the item. After the competition, you can contact us about lost items at [info@25manna.se](mailto:info@25manna.se). We will take items to the next orienteering competitions.

### **Competition organiser**

Olof Hernander, Haninge SOK

### **Planner**

Assar Hellström, OK Ravinen

### **Controller**

Erik Berggren, Tullinge SK

### **Jury**

Ordf Magnus Södervall, Västergötland

Leif Gustavsson, Dalarna

Titti Bergendahl, Södermanland

### **Disclosures**

Website: [25manna.se](http://25manna.se)

Inquiries: [info@25manna.se](mailto:info@25manna.se)

We reserve the right to make amendments to this information. All changes will be publicised on 25manna.se.

*Welcome to 25-manna from organising clubs Haninge SOK & OK Ravinen*

