



OK SÖDERTÖRN AND SNÄTTRINGE SK INVITES TO



PHOTO: ULF LUNDIN

Open courses at 25manna

SATURDAY 10TH OCTOBER 2020 - VISÄTTRA SPORTCENTER, HUDDINGE

Open individual courses	
Class	Difficulty level
Very easy 2 km	White
Easy 2,5 km	Yellow
Moderate difficulty 3 km	Orange
Difficult 3 km	Blue
Difficult 5 km	Black
Difficult 7 km	Black

ENTRY AND FEES

Ordinary entries in Eventor by 23.59 on Sunday 4th October at the latest. Fee SEK 150 for adults and SEK 80 for children 16 years and under.

Late entries in Eventor by 23.59 on Wednesday 7th October at the latest, or on the day at the arena. Fee SEK 180 for adults and SEK 80 for children 16 years and under

COMPETITION RULES

The Swedish Orienteering Federation rules and the competition final details apply.

COMPETITION ARENA

Visättra Sportcenter in Huddinge municipality.
GPS: 59.216715, 17.966771

START AND FINISH

Start next to the arena. Start times are available between 09:00 and 13:00.

Please note that Open individual courses have their own finish next to registration and start. The finish closes at 15:00

TERRAIN DESCRIPTION

Flemingsbergsskogen nature reserve has moderately hilly terrain with mostly good runnability. There are some steep and detailed areas. There are many paths and some open land in the areas closest to the arena. Longer courses will pass through an area with bare rock and very good runnability. In some parts of the courses occasional fallen trees may reduce the running speed.

MAP

Scale 1: 7 500 except for difficult 7 km which uses scale 1:10 000, contour interval 5m.

PUBLIC TRANSPORT

Excellent possibilities to travel to the arena by train or bus. Take the commuter train or regional train to Flemingsberg station, then approx 1 km walk. Bus 704 to Visättra or 713 to Visättra Sportcenter, then approx 500 m/300 m walk. Check sl.se for timetables.

CAR PARKING & BUS DROP-OFF

Car parking spaces are limited so we encourage you to use public transport wherever possible. If you do need to bring the car, please try to lift share where possible. Car parking in Flemingsberg industrial area, 1200 -2500 m from the arena. Bus drop-off about 500 m from the arena

CAFÈ AND HOT FOOD

Hot food, salads, sandwiches, fruit, sweets, cold drinks, coffee/tea, etc available at the arena. Menu and prices will be up on 25manna.se.

SPORTS TRADERS

Large & well-stocked sports shop at the arena

SHOWERS

Hot showers will be available at the arena

MAIN OFFICIALS

Competition organiser: Mats Bern, Snättringe SK

Course setter: Per Franzén, OK Södertörn

Competition controller: Göran Reinholdsson, Järfälla OK

Course controller: Rune Rådeström, Snättringe SK



PAYMENT

Swedish clubs will be invoiced after the race. Participants in open classes who are not members of SOFT-registered clubs must pay when they enter at the arena (cash, card or Swish). Foreign competitors pay on the day at the arena (cash or card). If you pre-register, the entry fee is paid in advance as follows:

Payment info from Sweden:
Bankgiro: 62 23 54-9 (25MANNA)

Payment info from abroad:
IBAN: SE67 9500 0099 6034 0622 3549
BIC: NDEASESS
Payment recipient: 25MANNA
Bank and adress: Nordea, 105 71
STOCKHOLM, SVERIGE

Please note that payment must be made in Swedish Crowns (SEK) and that any transaction fees are paid by the registered club

HIRING AN SI-CARD

All versions of SI-cards are allowed. However, please note that the Air function will not be activated on control units. SI-cards can be hired when you make entries in Eventor. Each unreturned SI-card results in a 600 SEK charge to your club

CONTACT

Website: 25manna.se

Questions about accommodation:
boende@25manna.se

Other questions: info@25manna.se

