

Final Details 25-manna

Information:

Website: www.25manna.nu

Questions prior to the event: info@25manna.nu

At the arena: [Info-tent](#)

Competition arena

Nytorp's Fields in Västerhaninge, about 25 km south of Central Stockholm. (We have finally clarified that the name is Nytorp's Fields (Nytorps ängar) and nothing else.

Assembly

Signed from the roundabout where Nynäsvägen and Haningeleden meet, Regional Road (länsväg) 259 between Huddinge and Haninge. Parking in Jordbro industrial estate area - follow signs.



GPS coordinates

Start of direction signing: Latitude N 59° 09.203', Longitude E 018° 08.180'

Car parking: Latitude N 59° 08.613', Longitude E 018° 07.514'

Bus parking: Latitude N 59° 08.317', Longitude E 018° 07.417'.

Walk from Parking – Competition arena 500 – 2000 m.

Public Transport:

Commuter Train (Pendeltåg) to Västerhaninge station (30 minute journey from Central Stockholm Station). Thereafter walk about 2,5 km or it is a 2km walk from Jordbro commuter train station.

Late Entry

Latest by Tuesday **29th September**.

Payment

A club's total fees must be paid for before the club is allowed to start.

Fees for 25manna:

Ordinary competition fee	3 000	SEK/team	Car park fee of 300 SEK included
Late entry price	4 000	SEK/team	Car park fee of 300 SEK included
Wind shelter/tent fee	250	SEK/space	Area 5 x 5 m
Hire of SI-cards	750	SEK/lag	Normal SI-cards; you can use your own
	20	SEK/each	Extra fee for each fast SI-card ordered.
Accommodation on hard floor.	75	SEK/night	For bookings to the 15 September
	110	SEK/night	After the 15th September and if there is space.
Breakfast	50	SEK/breakfast	Book together with your registration.

Payment of fees:

Payment	Payment of total fees should be made by 29th September 2009 at the latest . Enter payment reference when paying in the following format: "club, type of fee"
From Sweden	Plusgiro 87 91 42-8 or bankgiro 415-5271(account holder Haninge SOK)
From other countries	IBAN:SE85 9500 0099 6042 0879 1428 Nordea Bank AB SWIFT/BIC:NDEASESS

Radio broadcast at the competition area

During 25manna the arena commentary will be broadcast on 107.9 MHz. In order to make it easier for the public to hear the commentary even if you're situated in the shelter tent area which are out of ear shot of the speakers.

Online reports and streaming of commentary

Results will be put on the internet and updated regularly during the competition. Even the arena commentary will be streamed on the net. See link at www.25manna.nu

Team bags

If you have paid all your club's fees, then your club bag will contain number bibs, programs and more. Bags can be collected by a club representative at the Info-tent in the arena from 07.00 on competition day.

Please help save the environment by using your own safety pins for your numbers. There will be a limited number of safety pins available for those who need them.

Team leader card

There will be a team leader card in the team bag. The team leader shows the card at the entrance to the changeover area and if required at the complaints desk.

Wind shelters/Club tents

Maps with the club tent spaces and the different tent areas are found at the Info-tent and in the team bags.

Registration of own SI-cards

Teams that use their own SI-cards should have registered on the registration website all the SI-card numbers that the team will use by 23.00 on 7 October. At least 25 SI-cards should be registered but a further 5 SI-cards may be registered (total 30 SI-cards) if there is some uncertainty about which SI-card will be used. If registration is not completed, the team risks disqualification on competition day.

Team declaration

Please complete team declaration by 23.00 7 October on www.25manna.nu. Any changes after this must be declared on the team changes form found in the team bag and left at the Info-tent on competition day at 08.30 at the latest. After the competition, team declarations can be changed on the website up until 15 October. This is so we get the results list as correct as possible.

SI-card rental

Rented SI-cards can be picked up from the Info-tent by a club representative. SI-cards should be returned at the same time as maps are collected after the mass start. Lost SI-cards will be charged at 300 SEK or 600 SEK for fast SI-cards.

Shoes and clothing

Cross-country spikes are forbidden but dobb spikes are allowed. Full body cover is required in line with SOFT's competition rules.

Number bibs

Number bibs should be shown clearly on the chest and should not be folded in any way. To help save the environment, please reuse safety pins where possible. Safety pins are provided for those who need them.

Competition format

Common start (mass start) on leg 1. When the first runner has finished leg 1 he/she changes over to the runner of leg 2. Leg 1 and 2 are run by 1 runner per team per leg. Legs 3 - 7 are run by 4 runners per team on each leg. Legs 23, 24 and 25 are run by 1 runner per team on each leg. The runner on leg 23 cannot start until all 4 runners on leg 7 have finished. The last runner finishing the 7th leg changes over to the runner of leg 23 (see more details in section "**Changeover**").

Team composition

Each team must have a maximum of 9 M21-39s and at least 7 women. Out of the women, at least 1 must be W14-/W45+ and at least 1 must be W18-/W35+.

In addition, teams must have at least one M/W16 or younger.

Substitute runners, from the list given to the competition administration can be used in the relay team as long as the rules of the relay are complied with.

Leg information

Leg	Changeover	Expected time	Finish time	Course length	Difficulty	Öppen för
1	09,00	38 min	09,38	7,2-7,4	Blue	All
2	09,38	38 min	10,16	7,2-7,4	Blue	All
3	10,16	30 min	10,46	4,2-4,3	Red	Women
4	10,46	18 min	11,04	3,2-3,3	White	Not W19-39, M15-54
5	11,04	37 min	11,41	6,4-6,5	Blue	All
6	11,41	26 min	12,07	4,6-4,7	Red	Not M17-39
7	12,07	26 min	12,33	4,7-4,8	Red	Alla
23	12,33	22 min	12,55	3,9	Orange	Not W19-34, M15-49
24	12,55	45 min	13,40	8,3	Blue	All
25	13,40	34 min	14,14	5,3	Blue	Woman

When leg 24 is run in the mini-mass start, it is 6,0 km (difficulty blue).

710 metres of taped route is included in the course lengths above.

Legs 1 and 2 are gaffled with each other and legs 3-7 are gaffled in their respective legs. Legs 23-25 are not gaffled.

Start and finish

Mass start for first leg at 09.00. The start area opens at 08.30. Issuing of maps at 08.56. Winning team expected to finish at 14.14.

Maps

Map scale is 1:10 000, contour interval 4 metre. The map has been revised and offset printed in 2009.

Because of recent felling in the area, all competition maps have an overprinted map correction. A new vegetation boundary goes straight through a previously green area.

See map extract. North East of the vegetation boundary there is a new felled area and South West of the vegetation boundary it is still dense forest.



Paths on the new felling which are used in the competition is marked with red-white band about 0.1 meter above the ground. In the exchange area there are maps showing the marked paths.

At a control that is going to be used by some legs there is a North line over the control feature itself, a dot/small knoll- see map extract.



Control descriptions

Control descriptions are printed on all competition maps but they are small because of limited space on the map. Control numbers are printed on the maps by the control circles.

Out of Bounds

In the competition area there is a number of out of bounds areas. These are marked on the competitions maps with diagonally drawn purple lines. The out of bounds areas are not marked in the terrain.

Some courses pass through a residential area. You are allowed to run on the roads and pavements. Take care and shown consideration to the local residents. All private land is, as normal, out of bounds.

Spectator controls

There are two spectator controls (take care!) Spectator controls are found on legs 1, 2, 24 and 25.

Terrain description

Terrain type: All courses go into forest with many large and small paths. There are a few forest vehicle/extraction lanes and power lines. There are also very small amounts of cultivated land.

Hilliness: Moderately hilly. Some of the edges of the upper parts of the hills and very detailed. There are only a few very steep areas but these are relatively detail poor.

Runnability: Good. The vegetation consists mostly of pine/coniferous forest of varying ages.

Felled areas and low visibility forest are found occasionally. These areas are marked on the map. Additionally, there are a few areas of felling with brashings on the forest floor with extraction lanes where brashings remain on the ground. as well as a small place where trees have been felled by storms.

Electronic punching system – SportIdent

Pre-registered SI-cards are connected to the team and can be used in whatever leg you choose in the team.

Note! Each brick can only be used once on the competition day.

At the entrance to the start / changeover area, clear SI-cards by punching the clear stations provided. To check your SI-card is cleared, punch the check station.

Control punching and start/changeover/finish punching

When punching with an SI-card, it is the competitor's responsibility to make sure that light and/or sound is emitted from the control unit to confirm that a punch has been registered.

Punching has been registered when the control unit indicates with a red flash and a beep. If a unit does not work, the runner should punch another unit at the control. Missing a punch will lead to disqualification, even if the runner was seen at the control.

Take it easy and be careful at each control. Experience shows that it is easy to think that another runner's punch is your own and a non-punch will result in disqualification.

Experience also shows that many mispunches occur at the spectator control, last control and changeover punch due to the extra stress as well as the speaker noise which can make it harder to hear the beep from the SI unit. Take extra care at these controls.

Each control has at least two punching units.

Start punch

All runners should punch at the start, except first leg runners and those in the mini-mass start. The start punch units have no control codes.

Changeover

On call-up, runners should go into the changeover area according to their leg number and the sponsor displayed on their number bib. All legs punch the changeover punch (**växlingsstämpling**) when they cross the finish line except leg 25. After punching, leave maps in the rubbish bag provided. Incoming runner's changeover by giving the next leg runner the correct map marked with the team's number and leg number. Maps are found on the map boards.

Second leg runners take 4 maps and give them out to the third leg runners. To minimise overcrowding 1 runner is allowed to take all 4 maps and share them out before the start punch.

Be careful that you take the maps in the right order! There is a risk, for example, that the first runner back from the 4th leg comes into the changeover before the last runner of the 3rd leg. The runner back from the 4th leg should, at changeover, take the 1st map for the 5th leg, which is not the map highest up on the map board.

When **leg 7** runners come in to change they take the next available map as normal and hand over to the leg 23 runner. These maps are "blind maps" in different colours. The leg 23 runner gets the final, proper map from the team's last leg 7 runner to come into the changeover. The leg 23 runner hands in the 3 blind maps to an official on the way to the start punch.

Changeover closes 15.45.

Outgoing runners

There is a run-out lane for outgoing runners from the end of the map boards to the start punch. Please leave this area free for outgoing runners. The lane is marked by plastic markers on the ground.

Important

- **Don't forget to clear and check your SI-card at the entrance to the changeover area. Come in good time!**
- **Don't forget to punch at the start, changeover and finish.**
- **Take the correct map and get the maps in the correct order.**

Finish on leg 25

To allow the first 50 teams a sprint finish, the finish punch will be after the finish line. The position when the last runner crosses the finish line determines the team's position and teams should punch in the order that they cross the finish line. Judge's decision is final in the event of uncertainty.

Teams placed higher than 50th punch at the unit on the finish line.

Download

Please download as soon as possible after changing over/finishing. It is important to get the most up to date results up as quickly as possible! It is the competitor's responsibility to ensure they download.

Mis-punching/Red Exit/Disqualification

If a downloaded competitor is not 'OKed', they will be directed to the 'Red Exit' to get a decision on the reason. If the competitor has mis-punched, broken a competition rule or something highlighted in the Final Details, the team will be disqualified. **Note! Failure to download or punch the finish is treated the same as mis-punching.**

An information sheet saying that the team has been disqualified and the reason(s) will be given to the runner concerned.

If a disqualified team wishes to protest, the team leader should leave a written protest to the complaints desk/wall (klagomuren) within 30 minutes.

Teams which have mis-punched are able to continue in the race as long as the team are at least 30 minutes after the leading team. If the team is within 30 minutes of the leaders, they will be held at the changeover until they are 30 minutes after, so they do not affect the results of the top teams.

Taking the wrong map

Teams which take another team's map will be disqualified. Teams which are affected by not having their map will be given a new map by changeover officials, but will not get any time compensation. Always check that the team number on the map and the leg number are correct. It is the competitor's responsibility to make sure they have the right map.

Mini-mass Start

The changeover closes at 1545hrs. For those competitors who have not started, a **mini-mass start will take place at 1600hrs.** Competitors from teams which have retired or disqualified can also take part in the mini-mass start. In order to avoid congestion, please clear and check your SI-card in good time. Please follow the start official's instructions.

Finish Closing Time

All competitors must be in the finish by 1745hrs at the latest.

Showers and Toilets

Warm outdoor showers can be found in the north-east part of the arena. In the showers the organisers will provide shower gel/shampoo which is biodegradable. Consider the environment and turn off the showers when not in use to conserve water. Toilets can be found in the southern part of the arena, and a limited number in the changeover area.

First Aid

First Aid can be found south of the finish.

Wild Animal Reporting

Competitors who observe wild animals eg moose, deer, game, should report this to 'Viltrapport' at the Competition Secretary after download.

Results

During the competition, preliminary results will be displayed in the arena. Final results will be found on the website as soon as is possible: www.25manna.nu . The correct team declaration is dependent on individual clubs inputting the correct names (see Team Declaration above).

Map Collection/Returning hire SI-cards at the Info-tent

After the mini-mass start a new set of maps will be handed out to each team in exchange for the map ticket which can be found in the Klubb bag. Returning of hire SI-cards (bag of 25 SI-cards) is done on a club basis in exchange for a receipt from the organiser at the map collection point. Don't forget any mini-mass-started competitors who may be out running with a hired SI-card!

submitted a new set of maps out per team to identify the token in lagpåsen. Return of hyrbrickor (bag with 25 SI-cards) will be teamwise against receipt of an official at the map delivery.

Prize Ceremony

The Prize Ceremony starts at 1605hrs.

- 'Vandrings' prize to the winning team.
- Teams 1 – 3 Team Plaque, prizes and 25manna plaque to all competitors.
- Teams 4 – 10 Team Plaque and 25manna plaque to all competitors
- Teams 11 - 25 Team Plaque
- Best 2nd Team: Team Plaque
- Best 3rd Team: Team Plaque

Open courses

Direct entry on the day for Open Courses can be done at the Direct Entries Tent south of the finish between 0900 and 1300hrs. Starts between 09.00 and 13.00. The fee is 50 SEK for those up to and including 16 years old and 90 SEK for others. Hire of SI-cards cost 25 SEK. More information available at the Direct Entries Tent.

Course	Difficulty	Course Length
Open 1	White / Easy	2 530 metres
Open 4	Orange /Moderately hard	2 940 metres

Open 5	Red / Moderately hard	4 420 metres
Open 7	Blue / hard	3 110 metres
Open 8	Blue / hard	5 410 metres

Children's Course

A Children's Course 'Miniknat' is located in the southern part of the arena. Starts between 09.00 – 13.00. Fee 10 SEK.

Arena Services & the Environment

Well stocked food outlets and grill. Sports shop: INTERSPORT.
As the competition is Environment Certified by 'Håll Sverige Rent', it is important that you sort your rubbish. Rubbish containers for Non-burnable, burnable and recyclable cans/bottles will be found in the arena.

Competition Rules

Swedish Orienteering Federation (SOFT) rules apply to this competition.

Competition Jury

Sören Jonsson, Nydalen (Norway)
Bengt Hamelius, Dalarna (Sweden)
Ulla Lindell, Södermanland (Sweden)

Main Officials

Competition Co-ordinator	Ola Kåberg, OK Ravinen
Co-ordinators Assistant	Gunnar Johansson Falk, OK Ravinen
Planner	Lars Greilert, Haninge SOK
Arena/service	Leif Ericsson/Lars-Erik Almroth, Haninge SOK
Press/VIP	Jenny Tiren-Berg/Camilla Engel, OK Ravinen
Competition Controller	Bengt Johansson, StOF
Course Controller	Henrik Nord, Väsby OK

(Note: In case of translation inaccuracy or misunderstanding, please refer to the Swedish version as the definitive PM).

...and finally,

Haninge SOK and OK Ravinen wish everyone a hearty welcome to 25manna 2009. We hope that you have a fine and memorable day in the 25manna forest. Good Luck!