OK Södertörn and Snättringe SK invites to

# Open Courses at 25manna Flemingsberg

Saturday 8th of October 2022 at arena 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	

# **Competition arena**

Visättra Sportcenter in Huddinge, GPS coordinates 59.216715, 17.966771

# Map

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

# **Terrain Description**

Flemingsbergsskogen nature reserve has moderately hilly terrain with mostly good running conditions. There are some steep and highly 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 running conditions. In some parts of the courses occasional fallen trees may worsen the running conditions.

# **Competition rules**

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

# **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. For heavy material, there will be transport possibilities from the station. 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

The number of parking spots are limited, please consider travel with public transport or fully occupy your car. Car parking, 500 - 1200 m from the arena. Bus drop-off about 500 m from the arena. Parking fee 40 SEK per car to be paid at the arena.

#### Start and Finish

Distance to start and finish for the Open individual courses is approx. 1000 – 1500 m from the arena. Start times are available between 09:00 and 13:00. Please note that Open individual courses have their own finish. The finish closes at 15:00.

# **Entry and Fees**

Ordinary entries in Eventor by 23.59 on Sunday 2<sup>nd</sup> of 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 5th of October at the latest, or on the day at the arena. Fee SEK 225 for adults and SEK 80 for children 16 years and under

# **Timing System**

SPORTident. 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.

#### **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	
Plusgiro:	62 23 54-9
Account Owner:	25MANNA

Payment info from Abroad		
IBAN:	SE67 9500 0099 6034 0622 3549	
BIC:	NDEASESS	
Payee name:	25MANNA	
Bank and address:	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.

#### **Showers**

Hot showers will be available at the arena.

# Café and hot food

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

## **Sports traders**

Large and well-stocked sports shop at the arena.

#### Main officials

<b>Competition organiser</b>	Mats Bern, Snättringe SK
Course setter	Per Franzén, OK Södertörn
<b>Competition controller</b>	Göran Reinholdsson, Järfälla OK
Course controller	Rune Rådeström, Snättringe SK

## Contact

Website: 25manna.se

Questions about accomodation: boende@25manna.se

Other questions: info@25manna.se

Subject to change. All changes published on 25manna.se.

Welcome to Open Courses at 25manna Flemingsberg from organising clubs

OK Södertörn and Snättringe SK with sponsors





# Flemingsberg % Fabege





