



Världens bästa klubb vinner

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.

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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. Walking distance from parking to arena is approx. 2500m. For more information, please visit Car & Parking at 25manna.se. Walking distance from bus drop-off to the arena is approx. 1800m. For more information, please visit Traffic information Buses at 25manna.se

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 2nd 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

Punch-card system (Sportident)

All versions of Sportident (SI)-cards are allowed. However, please note that the Air function will not be activated on control units. Include your SI-card number when registering. Rental SI-cards will be given to runners that register without SI-card number. Runners that register on the day can use their own SI-card or a rental card. Fee for the rental card is 50kr. Each unreturned SI-card results in a 600 SEK charge.

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.

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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

Competition organiser	Mats Bern, Snättringe SK
Course setter	Per Franzén, OK Södertörn
Competition controller	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*



Main sponsor

Flemingsberg c/o **Fabege**

and partners



Huddinge



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