

# INVITATION

## 10MILA Weekend May 2-4, 2014

On behalf of the Tiomilakavlen Association, the organizing clubs would like to welcome all athletes, team leaders, officials and spectators to 10MILA 2014, the first 10MILA ever held in Småland.

### VENUE/ARENA

10MILA 2014 will be held on the Swedish Armed Forces training grounds, Ränneslätt, immediately west of Eksjö. Directions from Highway 32 by Eksjö's northern entrance.

### CATEGORIES

#### YOUTH RELAY

**Start:** Saturday, May 3rd at 11:30

**Finish:** Approximately at 13:30.

**Restart:** Approximately at 14:45.

- Ages up to and including HD 16.
- At least two legs should be run by girls only.
- Two runners are permitted on leg 2 and leg 3.

Leg	Forking	Difficulty	Course length*
1	Yes	Orange	5.5 km
2	No	Yellow	3.6 km
3	Yes	Orange	4.3 km
4	Yes	Violet	6.8 km

\*Approximately 250 meters marked route is included in the course length.

#### WOMEN'S RELAY

**Start:** Saturday, May 3rd at 14:30.

**Finish:** Approximately at 18:00.

**Restart:** Approximately at 19:00.

Leg	Course length*	Forking	Other
1	8.0 km	Yes	
2	8.0 km	Yes	
3	5.0 km	No	Middle distance character
4	7.6 km	Yes	
5	9.2 km	Yes	

\*Approximately 250 meters marked route is included in the course length.

#### 10MILA RELAY

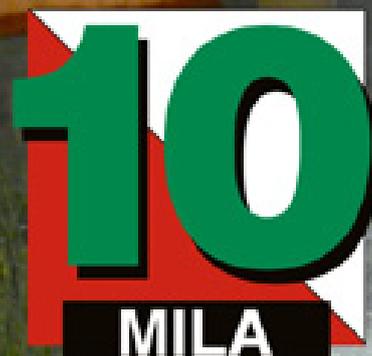
**Start:** Saturday, May 3rd at 19:30.

**Finish:** Approximately 06:30, Sunday.

**Restart:** 09:00, Sunday.

Leg	Course length*	Forking	Other
1	8.6 km	Yes	Day
2	8.6 km	Yes	Day/Dusk
3	13.0 km	No	Night
4	11.6 km	Yes	Night
5	11.6 km	Yes	Night
6	17.1 km	No	Night
7	8.7 km	Yes	Night
8	12.9 km	Yes	Night
9	15.6 km	Yes	Dawn/Day
10	8.5 km	Yes	Day

\* Approximately 400 meters marked route is included in the course length for legs 6 and 10, and approximately 250 meters marked route is included in the course length for all other legs.



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## PARTICIPATION IN MULTIPLE CATEGORIES

- Girls who run the Youth relay are permitted to also participate in the Women's relay and 10MILA Relay.
- Boys who run the Youth relay are permitted to also participate in the 10MILA Relay.
- Women who run the Women's relay are permitted to participate in the 10MILA Relay.
- Participants are NOT allowed to race more than once in the same category.

## 10MILA OPEN RECREATIONAL COURSES

Open recreational courses have a separate start and finish, 850 meters from the 10MILA arena. Courses are in a different terrain than the 10MILA relays.

NOTE: No pre-registration to 10MILA open recreational courses.

### Start times

Friday, May 2nd at 10:00 to 13:00, 19:00 to 23:00, day and night.

Saturday, May 3rd at 09:00 to 18:00.

Sunday, May 4th at 09:00 to 12:00.

### Categories Open recreational courses

Eight different courses are offered:

ÖM1, ÖM3, ÖM5, ÖM6, ÖM7, ÖM8, ÖM9, ÖM10.

Course lengths according to SOFT-guide TA 301.

Almost completely different courses, which means it is possible to run several courses during the competition.

## MAP

Scale 1:10 000 for all relays and open recreational courses.

Open recreational course 7 is also offered in scale 1:7 500.

Contour interval 5 m. Offset printed in 2014.

Revised 2013-2014 by P-O Derebrant and Håkan Svensson.

## TERRAIN DESCRIPTION

### Relays

The competition area is the same as used for the O-Ringen in 2009. The area is mainly covering a military training area. The training area is crisscrossed by a dense trail system with several detailed sections. Within the area there are also traces of motorcycling tracks that are so small that they are not mapped. All courses will to some extent get to the ridge Soåsen, a substantial hill that is next to the arena.

Normal abundance of marshes, cultivated land and areas with thicker vegetation.

Runnability is good to very good. The forest consists of mixed forest.

Women's and youth's relay courses as well as some of the men's shorter courses in addition to the Soåsen ridge will also go through relatively flat terrain, while the longer men's courses will reach more hilly terrain.

### Open recreational courses

Forest with several logging roads and very densely developed trail network. The area is a military training area used by motorized vehicles. The area is flat to moderately hilly. Runnability is generally very good, except areas marked on the map with green. The vegetation consists mostly of coniferous forests of different ages. In areas with younger trees, as well as in marshes, some deciduous vegetation can be found.



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## TRAINING PACKAGES

Several different training packages are available until race day. For information and booking, see the website, 10MILA.se.

## TEAM CHANGES

Team members should be entered via Eventor. Deadline for change through Eventor is May 2nd at 21:00. Applies to all categories.

## STARTING POSITION

The bib number reflects the result at 10MILA 2013 for the top 100 teams in the Youth relay and the 150 best teams in the Women's relay and 10MILA Relay. Early registration provides lower bib (starting) number.

## REGISTRATION AND PAYMENT

Registration is done through Eventor no later than Monday, March 17th, 2014. Late entry fees will apply beyond that date, see below. This applies to team registrations, rental of SI cards, and accommodation (tents, military tents, hard surface, top tents and club tents).

NOTE: No pre-registration to Open recreational courses.

Entry is finalized only after all fees have been paid and can be confirmed by the organizer. Fees paid too late or any outstanding fees will be treated as a late registration. All registration is done through Eventor.

## LATE ENTRY

- Fees are increased by 50 % (see fee chart below) for registration and payment from March 18th to April 14th.
- Fees are increased by 100 % (see fee chart below) for registration and payment from April 15th to April 30th.

## PAYMENT

Payment in Sweden:

Payee: OL Småland

Giro: 5117-2229

Payment from abroad:

Payee: OL Småland, c/o SmOF, Box 485, S-551 16 Jönköping  
Currency SEK, payment is accepted only in Swedish currency  
IBAN SE45 8000 0841 7807 4726 8209

BIC SWEDSESS

Bank Swedbank

Include club name with payment

Race packages cannot be obtained until full payment is made. For payment(s) made between April 25th and May 2nd, club leader must provide receipt to be eligible for picking up race package.

## 10MILA ARENA

10MILA is best experienced on-site at the venue. We offer a venue with very good service and great hospitality. The 10MILA arena is spectator-friendly, includes two giant screens on which the entire races can be followed, and a very advanced arena production in general. Per Forsberg's speaker team is a guarantee of first-class entertainment.

## SERVICE AT ARENA

Kiosks and food tents with hot food and refreshments, hot showers, toilets, sauna, sports vendors, health care and big screens are available at the venue.

Access to the Arena will be possible starting Thursday when the hygiene stations (toilets) open. Shower facilities are available from Friday. All service functions including food tents open Saturday.

## TENT AND ACCOMMODATION SERVICE

Lodging and tent options are offered at 10MILA arena and can be ordered through Eventor (see fee chart below for cost):

### Hard surface (Thursday - Sunday)

In schools and gymnasiums up to 3 km from the arena.

### Tent (Thursday - Sunday)

Heated tents in sections with or without floor approximately 500 meters from the arena. 3x5 meters, about 10 people/section (can be booked in one or more sections).

### Military Tent (Thursday - Sunday)

Traditional military tents set up approximately 500 meters from the arena with no stove or heating. Fires are not allowed.

### Tent sites (Thursday - Sunday)

10x10 meters, about 500 meters from the arena.

### Club Tents

5x5 meters at the arena.

### Top Tent

5x5 meters at the arena.

Floors, propane heaters and benches as an option.

### RV's and camper trailer sites (Thursday - Sunday)

On hard surfaces approximately 800 meters from the arena.

### Booking

Accommodation, tents and tent sites booked in conjunction with registration via Eventor (see fee chart below for cost).

## ACCOMMODATION INQUIRES

For all questions concerning accommodation during 10MILA week, e-mail [logi2014@10MILA.se](mailto:logi2014@10MILA.se)

## CAR PARKING

Car parking in the designated place, max 500 meters from the arena.



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## 10MILA TV

Entire 10MILA will be broadcasted on web TV. Sign up via the website [10MILA.se](http://10MILA.se) and follow 10MILA from your living room or on your mobile phone. Price: 150 SEK.

## COME AS A SPECTATOR

Opportunities for spectators to park their car, RV and camper trailer next to the arena. See fee chart below for parking rates.

## FOOD SERVICE

The 10MILA arena's kiosks and food tents open Saturday morning. Food service is also offered in the sports arena Snäckan with the following opening hours:

Thursday: dinner is served 17:00-19:00.

Friday: breakfast is served from 7:00-9:00, dinner 17:00-20:00.

Saturday: breakfast is served from 7:00-9:00.

All meals at Snäckan should be pre-ordered through Eventor.

## PRESS/MEDIA

Registration for press accreditation and other requests, e-mail [press2014@10MILA.se](mailto:press2014@10MILA.se) before April 25.

Press contact: Ola Gustafsson, +46-(0)380-462 77.

## MAIN OFFICIALS

### Secretary General

Göran Nilsson [info2014@10MILA.se](mailto:info2014@10MILA.se) +46-(0)70-372 20 34

### Event Director

Sven-Åke Karlsson [tavling2014@10MILA.se](mailto:tavling2014@10MILA.se) +46-(0)70-2462230

### Assistant Event Director

Carina Bergander [bac@eksjo.se](mailto:bac@eksjo.se) +46-(0)70-200 98 90

### Event Controller

Åke Bjorklund, Västervik +46-(0)490-138 72

### Course Setters

Magnus Svensson, Nässjö OK

Stefan Djurstedt, Eksjö SOK

## MORE INFORMATION

For more information, news about the competition, and current 10MILA discussions, see website [10MILA.se](http://10MILA.se). Same site will also publish further race information with additional information for athletes, coaches and spectators.

## FEES (SWEDISH CROWNS/SEK)

	Registration before March 17th	Late registration (+50%) before April 14th	Late registration (100%) before April 30th	Registration on site
Youth Relay**	420 SEK	630 SEK	840 SEK	---*
Women's Relay	1 900 SEK	2 850 SEK	3 800 SEK	---*
10MILA Relay	3 800 SEK	5 700 SEK	7 600 SEK	---
Open recreational courses HD-16	---	---	---	50 SEK
Open recreational courses HD 17-	---	---	---	100 SEK
Team changes/modifications, fee per team				100 SEK
SI-card, relay teams	40 SEK	50 SEK	50 SEK	---*
SI-card, open recreational course				50 SEK
Army Barracks (beds), Saturday-Sunday*	500 SEK	750 SEK	1000 SEK	---
Hard surface, Saturday-Sunday	200 SEK	300 SEK	400 SEK	---*
<i>Additional night(s)</i>	150 SEK	150 SEK	150 SEK	---*
Tent 3x5m, Saturday-Sunday	3 000 SEK	4 000 SEK	---	---*
<i>Additional night(s)</i>	1 200 SEK	1 200 SEK	1 200 SEK	1 200 SEK
<i>Tent with wood floor</i>	1 500 SEK	2 500 SEK	---	---*
Military Tent, Thursday-Sunday	2 000 SEK	3 000 SEK	4 000 SEK	---*
Tent sites 10x10 m	800 SEK	1 200 SEK	1 600 SEK	1 600 SEK
Club Tents area, 5x5 m	500 SEK	750 SEK	1 000 SEK	---*
Top tent 5x5m, Saturday-Sunday	6 500 SEK	7 500 SEK	---	---*
<i>Additional night(s)</i>	1 200 SEK	1 200 SEK	1 200 SEK	1 200 SEK
<i>Wood floor 5x5 m</i>	2 000 SEK	3 000 SEK	---	---*
<i>Benches</i>	300 SEK	450 SEK	---	---*
<i>Propane tank</i>	2 000 SEK	3 000 SEK	---	---*
<i>Extra propane tank</i>	1 000 SEK	2 000 SEK	---	---*
RV/Camper trailer	100 SEK/night	100 SEK/night	100 SEK/night	100 SEK/night
Large bus	300 SEK	300 SEK	300 SEK	300 SEK
Parking, car	50 SEK	50 SEK	50 SEK	50 SEK
Live streaming to computer/TV				150 SEK

\* *If still available*

\*\* *No extra charge for second runner on leg 2-3 in Youth relay.*



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# WELCOME!

## Orienteering Småland

Annebergs GIF • Bodafors OK • Eksjö SOK • Forserums SOK • Grännabygdens OK  
 IFK Stockaryd • IK Hakarpspojarna • IK Vista • Jönköpings OK • Kexholms SK  
 Nässjö OK • OK Bävren • OK Gränsen • OK Njudung • Skillingaryds FK • SOK Aneby  
 SOL Tranås • Tenhults SOK • Vaggeryds OK • Varend GN