

# 10MILA 2014

## MAY 3-4 – PM

Updated version : 2014-05-01

PM will be posted on the 10MILA Arena, but not printed in whole. PM is available via web, mobile, and tablet. Anyone who is in need of printed PM are asked to arrange this on your own by printing out this PDF version.

As in the PM cited website provided: [www.10MILA.se](http://www.10MILA.se)

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.

### Distance to venue

From the parking 300-700 m.

Parking fee 50 SEK/car. Caravan/RV 100 SEK/night.

From accommodation tent 700 m.

From military tent 700 m.

From caravans 700 m.

### ARENA MAP

See the last page of this document.

### EXPEDITION LOGI

Expedition Logi is available at the entrance to the Arena 10MILA, directly after the exit from Highway 32, see Arena Map.

All clubs who have booked through Service 10MILA as listed below, shall upon arrival pass Expedition Logi to check in and pick up tickets and information regarding:

- Beds Ing 2.
- Accommodation on hard surface at Ing 2 or in other facilities (schools, etc.).
- Pre-booked food tickets.
- Ordered parking tickets.
- Ordered campsites for caravans/campers.
- All VIP guests.

### Opening Expedition Logi

Expedition Logi is available directly after the exit from Road 32, see Arena Map.

Opening hours:	Thursday	15:00 to 19:00
	Friday	12:00 to 21:00
	Saturday	08:00 to 20:00

Information about accommodation will be published on the website. There will be limited signage to residents on a hard surface. Take a look



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on our accommodation map before you arrive. The map will be available by link from our website.

### Tent

For clubs that have only booked tent/campground: Clubs with pre-booked pitches running directly into the Arena 10MILA. Allocation of seats for booked accommodation tents, top tent, military tents, shelters and campgrounds is published on the website.

### TEAM BAGS

Team bags distributed in the competition office from Saturday May 3 at 08:00 to 19:00. Team bags containing bibs, hired SI-cards, map tickets, and form to make team changing. Note that the team bags do not contain racing PM or safety pins. PM's on 10MILA's website and posted notices at the arena.

Teams who have not paid all fees must pay them before the team bags distributed. Payment by SEK or short in the competition office.

### TEAM COMPOSITION

Team composition must be reported on Eventor last Friday, May 2nd at 21:00. Note that the number of SI-cards will not be given since this is done at check-in. Changes in team composition can then be made only in the competition office on form for team changing for a fee of SEK 100 per team/ changing time. This can be done no later than two hours before the start of each relay. Combination teams, according to the competition rules, allowed.

### Reserves

Reserve may be deployed in case of illness or injury during the competition and disposal of registered runners will then change. Modification must be notified to the competition office as soon as possible and before the affected leg starts.

### PARTICIPATION IN MULTIPLE CATEGORIES

- It is permissible for girls who run Youth relay to participate in the Women's relay and 10MILA Relay.
- It is permissible for boys who run Youth relay attending 10MILA Relay.
- It is permissible for women who run Women's relay to participate in 10MILA Relay.
- It is not allowed to participate more than once in the same relay.

Open courses may run both before and after participation in 10MILA. For information on Open courses, see separate PM.

### RELAY BANK, ALL RELAY'S

Via address [Kavlebank2014@10MILA.se](mailto:Kavlebank2014@10MILA.se) given the opportunity to advertise for runners/team. During the race, there is also the possibility to advertise on the bulletin board at the competition office.

### STARTING ORDER

For the first 20 teams in the Youth relay and the first 150 teams in the Women's relay and 10MILA Relay corresponds act startnumber law's placement at 10MILA 2013.

### BIBS

The bib must be visible on the chest of all runners. Advertising must not be folded or otherwise rendered unreadable. Participating teams arrange themselves with safety pins.



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Safety pins limited available at the race office.

Start with no bib number is not allowed .

Number should be attached as shown.

### CONTROL OF CLOTHING

In connection with the admission of the start and changeover pens occurs attire control. It is the runner's responsibility to cover is correct and upholstery follows the Swedish Orienteering Federation, SOFT, dress codes, [www.orientering.se](http://www.orientering.se). If the dress does not meet contest rules demands placed runner not in the starting and switching pens. Error must be corrected prior to admission.

Spiked shoes are not allowed. Cleats with metal stud is allowed.

### START

Start time relay

Youth relay 11:30

Women's relay 14:30

10MILA Relay 19:30

### CHECK-IN FIRST LEG

Check to start occurring in connection with the exchange pens starting about 30 minutes before the start. Entry must have been made later than 15 minutes before the start. Runners are responsible for emptying the SI card is removed before check-in. At check-on knotted SI card to runners, leg, and team number using a barcode on the bib. All runners must therefore bear bib. Following entry, follow the runner marked path to the starting location. Runners whose SI card is not tied to team number will be excluded from the competition.

After entering the starting area gets the runner does not leave the starting area. Five (5) minutes before the start, the runner be in position by the selected number corresponding team's starting number. The runners line up in rows of 20 runners/row.

### Check-in before changing over

Runners are responsible for emptying the SI card is removed before check-in. At check knotted SI card to runners, leg, and team number using a barcode on the bib. All runners must therefore bear bib. Following entry, follow the runner marked path to the exchange area. Runners whose SI card is not tied to team number is excluded from the competition.

Runners are encouraged to check in well in advance, especially young people on stage 2 and 3 where many runners going in a short time.

After entering the transition area may not leave the runner exchange area.

## TERRAIN DESCRIPTION

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.

## MAP

Scale 1:10 000 for all relays. Contour interval 5 m. Offset printed: Affärstryckeriet, Västerås.

Revised 2013-2014 by P-O Derebrant and Håkan Svensson. Symbols according to IOF standards. Control descriptions are printed on the map.

Local map symbols: Blue line = trench.

The railroad that runs east-west direction in the map's southern part is closed to traffic during the entire race day and is therefore permitted to cross and run along.

### Map adjustment

There will be a map with some adjustment into the changeover area. Valid for leg 5 on Women's relay.

## FIRING GROUND INFORMATION

10MILA 2014 implemented Eksjoe Garrison exercise and firing range. The Armed Forces will always do their utmost not to leave any dangerous ordnance effects. But the field is large and sometimes it happens that dangerous objects are left. It is therefore important that you as a runner is extra careful and never to touch any unidentified object.

If you find something that could be ammunition or else you are unsure – DO NOT TOUCH! Contact the competition office as soon as you come into the finish.

### Exceptions to the warning and stop signs

The signs warning of military activities in the area can be ignored. During 10MILA going no shootings or exercises in the competition area.

### Fire ban

It is absolutely forbidden to light fires in the arena and in the tent area – applicants for security reasons. There are fire extinguishers exhibited in many places in the area. Participants and audience upon arrival ascertain the location of the nearest fire extinguisher is located. If fire occurs call 112 and contact the nearest official.

## CONTROLS

The controls are marked with orange/white flags and with a reflex at night controls. At each control are at least two punching units. Control code number is marked with black text on a white background. The height of the control stands is approximately 60 cm. In some areas it is extremely tight between controls, check code numbers very carefully.

At the TV passes before multiple controls to create different run directions to TV positions. Check code numbers very



EKSJÖ 2014 | SMÅLAND

carefully as the controls are placed very close together. Some controls are manned and/or watched by the media during the competition. Fixed and mobile TV-teams is working in the competition area. Even so-called running camera will be used in some legs, which means that runners can be "persecuted" during the competitive aspect.

## PUNCHING SYSTEM

SportIdent. An SI card may only be used once in any of the relays. However, the SI card used in the relay even used once on an open course. Rented SI-cards are returned complete for each team at the competition office in connection with the extradition of maps. Not returned SI card will be charged with 580 SEK/SI card.

SI-card of type (5) 6, (8), 9, 10, and 11 are allowed but with the exception of leg 6, 8 and 9 in 10MILA Relay.

**NOTE:** The use of types SI5 or SI8 on routes 6, 8 and 9 of 10MILA Relay is not permitted and will result in disqualification, in most cases when the number of controls on the leg is more than what the SI card is capable of storing.

## PUNCHING CONFIRMATION

When punching with SI card is the runner's responsibility to ensure that light and sound signal from the SI unit is working to confirm a correct punching.

## OUT-OF-BOUNDS AT THE ARENA

Out-of-bounds area may not be entered and are considered to be competition area. Violation will result in disqualification of the team. Applies to both runners, coaches and spectators.

*Warming up area adjacent to the start, starting area and changeover area is cordoned off and may only be visited by runners, officials, people from coming organizers, jury members and others who need to study start and changeover procedure. Runners who need to talk with the coaches get to do it along the barricades against club tents.*

## PUBLIC CONTROL – LONG NIGHT

In the long night, leg 6, it is possible for the public and leaders to visit audience control, about 1.2 km walk from the arena. Car traffic to control is prohibited. The control is located at mid-race (about 8.5 km), so there is sufficient time to get back to the stadium after his team's passing. Marshalls show the way from the arena to the control. Was torches begins announced by speaker when the lead team went out on the long night leg. Public control is staffed with speaker and fluid for the runners.

## COURSE INFORMATION AND CHANGE OVER TIMES

### YOUTH RELAY

**Start:** 11.30. **Finish:** Approximately 13.49  
At least two legs an entirely filled by girls.

Leg	Forking	Type	Length (m)*	Running time	Change over	Map
1	Yes	Day	5500	36	12.06	A4
2**	No	Day	3600	26	12.32	A4
3**	Yes	Day	4300	32	13.04	A4
4	Yes	Day	6800	45	13.49	A4

\*) In course length includes marked stripes for in- and outcoming runners with 400-650 meters.

\*\*) Leg 2 and 3 are allowed to run with dual runners. Leg 3 both runners have the same fork. First runner to change over counts in the team's results. Applies to both leg 2 and leg 3. Route 2 and 3 are the dual maps of all the team's in plastic bags. The teams that have only one runner on leg 2 and / or leg 3 takes out one map and leave it on the way to the starting point.

### WOMEN'S RELAY

**Start:** 14.30. **Finish:** Approximately 18.36

Leg	Forking	Type	Length (m)*	Running time	Change over	Map
1	Yes	Day	8000	51	15.21	A3
2	Yes	Day	8000	52	16.13	A3
3	No	Day	5000	33	16.46	A4
4	Yes	Day	7600	49	17.37	A3
5**	Yes	Day	9200	59	18.36	A3

\*) In course length includes marked stripes for in- and outcoming runners with 400-650 meters.

\*\*) Same course length for all runners, including those who take part in the re-start.

### 10MILA RELAY

**Start:** 19.30. **Finish:** Approximately 06.46

Leg	Forking	Type	Length (m)*	Running time	Change over	Map
1	Yes	Day	8600	48	20.18	A3
2	Yes	Day/ nightfall	8600	49	21.07	A3
3	No	Nightfall/ night	13000	76	22.24	A2
4	Yes	Night	11600	69	23.33	A2
5	Yes	Night	11600	68	00.41	A2
6	No	Night	17000	101	02.22	A2
7	Yes	Night	8700	51	03.13	A3
8	Yes	Night/ dawn	13000	77	04.30	A2
9	Yes	Dawn/ day	15400	87	05.57	A2
10**	Yes	Day	8500	49	06.46	A3

\*) In course length includes marked stripes for in- and outcoming runners with 400-650 meters.

\*\*) Same course length for all runners, including those who take part in the re-start.

### LIGHT CONDITIONS IN 10MILA

**Saturday:** The sun sets at 20:50 .

**Sunday:** The sun rises at 05:00.

### TERMINAL FOR PASSING TIMES

There is the opportunity for runners to follow the team's in the forest by terminals for passing times in the changeover area. To see the time and location when a team has passed, enter the team's starting number or stop by the team's SI in SI unit.

### TRACKING WITH GPS

It is mandatory to wear GPS tracking devices for runners in selected teams in the Women's relay and 10MILA Relay. If the team refuses to wear the transmitter under the organizer's rule, excluded the team immediately from the competition. GPS unit picked up at the changeover area 20 minutes prior to the start or estimated changing time and should be worn in the vest provided by the organizers and in the prescribed manner. Staff will help runners put on the equipment. The GPS unit must be returned immediately after the leg. The return shall be made to officials at the check-out from the changeover area.

GPS tracking is used on all legs of the Women's relay and 10MILA Relay. In Women's relay and 10MILA Relay worn GPS equipment of the teams listed below. GPS equipment worn on all legs. Additional teams may be selected for each leg for wearing GPS equipments during the leg. Teams in addition to those listed below announced by the speaker and on notices at the check-in area.

### GPS – Youth relay

In Youth relay used the GPS only on the last leg. 15 teams will be selected when the runners are out on leg 2 and which teams are selected announced by the speaker.

### Women's relay team which will carry GPS equipments

501. Domnarvets GoIF
502. Halden SK, NOR
503. OK Tisaren
504. Hellas Orientering
505. Tampereen Pyrintö, FIN
506. IFK Lidingö SOK
507. OK Pan Århus, DEN
508. Göteborg-Majorna OK
509. Södertälje-Nykvarn OF
510. Paimion Rasti, FIN
511. Linköpings OK
512. Kalevan Rasti, FIN
514. Stora Tuna OK
515. Tullinge SK
516. SK Pohjantähti, FIN
517. MS Parma, FIN
518. Lillomarka OL, NOR
520. Kangasala SK, FIN
521. IFK Moras OK
522. Fredrikstad SK, NOR
523. NTNUI, NOR
524. OK Linné
525. KooVee, FIN
526. Sävedalens AIK
527. OK Kolmården

### 10MILA Relay, team which will carry GPS equipments

1. Kalevan Rasti, FIN
2. Halden SK, NOR
3. IFK Göteborg
4. Södertälje-Nykvarn OF
5. Hiidenkiertäjät, FIN
6. Järä Orientering
7. OK Denseln
8. IFK Moras OK
9. IFK Lidingö SOK
10. Vajakosken Terä, FIN
11. NTNUI, NOR
12. OK Tisaren
13. Malungs OK Skogsmårdarna
14. Angelnienin Ankkuri, FIN
15. MS Parma, FIN
16. OK Linné
17. OK Orion
18. Turun Metsänkävijät, FIN
19. Vehkalahden Veikot, FIN
20. Rajamäen Rykmentti, FIN
21. IK Hakarpspojkarne
22. Kristiansands OK, NOR
23. Lillomarka OL, NOR

24. Göteborg-Majorna OK
25. OK Pan-Kristianstad

### 10MILA Relay, GPS equipments only for leg 1

26. Stora Tuna OK
27. IL Tyrving, NOR
68. Baekkelagets SK, NOR

## LIQUID

Liquid in the form of heated water and Enervit sport drink available on the longer courses. Fluid locations are marked on the map. In warm weather provided after the finish.



## INCOMING RUNNER TO EXCHANGE

In this year's competition is the number of pens in towards the finish changed. There are only three pens, look at image above.

**Pen 1: Finish pen.** In this pen, which is furthest to the left in the direction of running, just running the last leg runner in the respective relays. Marked by: **MÅL/FINISH/MAALI**

**Pens 2: Changeover pen, current leading leg.** Middle pen.

Here runs the lead and all the teams that are on the same leg until the lead approaching the next changing. This pens rebranded continuously during the competition with the existing leg of the pen (arrow at image above). Be aware of the signs and the leg that apply.

Marked by: **VÄXEL/CHANGE OVER**

**Pens 2: Changeover pen, others.** In this pen, which is furthest to the right in the direction of running, runs all runners whose team is one or more leg behind the lead of the relay.

Marked by: **VÄXEL ÖVRIGA/CHANGE OVER OTHERS**

The runner punching at the finish line. Failure punching results in disqualification. After punching on the finish line provided map to the staff. Map for the next leg taken at the map stand. Changing by map forwarded to the next runner standing by change over fence. The runners are responsible for the correct map submitted by changing. Missing map can be picked up in construction container located to the right in the direction of running between map stand and change over fence.

In Youth relay's second and third leg two maps on the map stands. Maps is packed in the same plastic bags. Outgoing runner advantages additional map to the team's extra runner if not made in connection with the change over. Extra map not used by the team is left to staff in the space between the change over fence and the starting point.

Incoming runner goes after changing to the SI card check-out.

### Changing Youth relay leg 2 and 3

Description of changing teams with dual runners on leg 2-3.

**Changing 1:** Runners leg one enters into change over area. At the map stand hangs the two maps into a single plastic bag. The runner will hand over the maps to runners 2A and/or 2B, which runs out at the same time.

**Changing 2:** The first runner from leg 2 comes to changing. At

the map stand hangs the two maps into a single plastic bag. The runner will hand over the maps to runners 3A and/or 3B, which runs out at the same time.

**Changing 3:** The first runner from leg 3 enter into the map stand and give the map to runners fourth.

The runner who first comes to changing on leg 2 and 3 count towards the team's results. If punching are correct, the team will be accepted. Have the first runner on each leg punched wrong, the team will be disqualified, even if the other runner on the same leg has punched correctly.

## FINISH

Incoming runner runs into the corral to the left which is marked with MÅL/FINISH. For the last leg runners, it is prohibited to change the corral. If the wrong corral is used, the runner must turn back and choose the correct corral.

If necessary, determined placement of the finish judges when passing the finish line. The runner punching then in the SI unit which is a few meters after the finish line.

## PEN COUNTER

Also this year, you can see your team's position when running into changing. The first pen counter is tied to finish pen while the other four are labeled with respectively leg number.

## WILD ANIMALS REPORT

Report on primarily ungulates (moose, deer, etc.) are notified to the wild animals report at the competition office.

## NOT APPROVED TEAMS

Teams registered as "not approved" will be informed of this at check out and refer to the Red Output for investigation. Unauthorized teams reported on the scoreboard as soon as possible after changing. The team may continue the race out of competition. The team will be detained by officials at the map stand until it has gone at least 30 minutes after leading team. This prevents the team will affect the outcome of the contest. Team leaders who want to bring an action against a non-approved race turns to the competition office no later than 60 minutes after finish for the leg concerned.

## RESTART

Youth relay Saturday at 14:45  
Women's relay Saturday at 19:00. Small lamp is recommended  
10MILA Relay Sunday at 09:00

**Note:** Shortened distances do not occur.

- Changeover lane closes 20 minutes before the above times.
- Restart runner must run the leg set together with the entry. The teams participating in the restart is placed in the result list after the teams completed the race without any involvement in the restart.
- Teams that have retired or been disqualified earlier may participate in the restart.

## MAX TIME

Maximum time is 3 hours after restart in each relay.

## RUNNERS RETIRED

Runners who have retired or otherwise not crossed the finish line and the check-out must go to for check-out the SI card. Runner will otherwise be recorded as "still in the forest" and unnecessary search started.



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## CONTEST RULES

Swedish Orienteering Federation, SOFT, contest rules and regulations apply to the competition. Following are some of the most important rules:

- It is the competitor's responsibility to know the rules of the competition. Lack of knowledge does not excuse anyone from any penalty.
- Participants must respect the prohibited areas that are marked on the map.
- Participants must follow taped stretching all the way.
- Participants must use its best efforts to help other shooters who injured themselves.

## TOILETS

Toilets and urinals for spectators and runners are adjacent to the arena. Runners in starting area refers to the toilets and urinals in the warming up area.

## DRESSING, SHOWER AND SAUNA

Hot shower 500 meters from the finish area.

Sauna is available for a fee of SEK 20. Tickets purchased at the kiosk at the sauna. Only eco-labeled products may be used in the shower. The organizer provides shower gel.

## HEALTHCARE

Medical assistance at the arena starting at 11:00 am on May 3rd and end of the competition. Nursing at the arena are primarily for competitors. Attendance and the accompanying refer to regular medical care at the local hospital. There is no health care place in the competition area. However, all control staff and fluid stations equipped with first aid equipment and related resources.

*Note: For all foreign participants, we recommend that you bring your European Health Insurance Card. If an accident happens it's good for both you and us to have that information available.*

## LOST PROPERTY

Coveralls are handled by the respective teams. Lost equipment can be sought at the competition office during the competition. After the competition is the name of person who can answer questions about to be taken equipment on the website. Recovered equipment can be claimed up to 15 June 2014. Any freight costs are receiver.

## WEB TV

On 10MILAs website is a link to a web TV site where you can sign up to watch the TV broadcast through the web. Web TV shows basically the same transmission as shown on the big screen in the arena. Price for the webcast SEK 150.

## INTERNET

On 10MILAs website is a link to web radio. There are two transmissions, one in Swedish and one Finnish. The service is free. The link is made available by Friday, May 3.

## FM RADIO

Sound from the speaker is broadcast on the FM network and can be heard locally around Arena 10MILA.

- Swedish speaker = 107.9 MHz
- Finnish speaker = 88.7 MHz

## PUBLIC WIFI

Cell phone service at the venue is limited and needs to be prioritized for GPS tracking. Therefore invites the audience to the extent possible, limit the use of cell phones and mobile internet. In the arena is an extensive wifi network as participants instead invited to use for internet access. The network is free to use, without any charge.

## PRIZE CEREMONY

The first ten teams in each relay receives prize. Award ceremony conducted at the scene at times as below:

Youth relay Saturday 14:35

Women's relay Saturday 19:30, after starting 10MILA Relay

10MILA Relay Sunday 08:00

## MAP DISTRIBUTION

Delivery of competition maps are made for all classes of competition office after restart in 10MILA Relay and until 13.00. Distribution is only on presentation of maps ticket (in the team envelope) and after the submission of hired SI cards.

Teams that left the competition before the maps are out to get them by mail for a fee of 100 SEK. Address details and payment left in the competition office .

## FRESHWATER/ELECTRICITY

For filling of drinking water there is water taps marked at the arena.

It is prohibited to connect electrical devices in the switchboard which is for the arena's electricity supply.

## WASTE DISPOSAL

Help us to keep track of the Arena 10MILA. Place the waste in spaced bins. Because we sell recyclable PET bottles, we ask that these are laid in labeled bins.

## SECURITY

Everyone should help each other to watch for unauthorized persons. Respond if you see something suspicious. We recommend that no valuables left unattended. Unlock cars and caravans. If any victim of theft, call the police in tel: 114 14 or emergency 112.

## BUS SERVICE TO SCHOOL CENTERS

The organizer provides free bus service to the school centers. The bus service runs continuously from Saturday at 16.00 and Sunday at 09.00. For drive and schedule, see separate PM on the bus line on the website.



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## CONTROLLERS

Event Controller: Åke Björklund, Västerviks OK  
Course controllers: Lars Roos ( 10MILA )  
Jan Johansson, Gamleby OK  
Map controller: Stefan Larsson, OK Njudung

## ORGANIZATION

General Secretary Göran Nilsson, Eksjö SOK  
Event director Sven-Åke Karlsson, IK Hakarpspojarna  
Ass event director Carina Bergander, Eksjö SOK  
Course planner Magnus Svensson, Nässjö OK  
Stefan N Djurstedt, Eksjö SOK  
Open courses Måns Lennermo, Nässjö OK  
Market Nils-Åke Blom, Annebergs GIF  
Information/Press Ola Gustafsson, SOK Aneby  
Economy Göran Carnander, IK Hakarpspojarna  
Security Jonas Frohlund, Eksjö SOK  
IT Per Fransson, OK Njudung  
Arena Thore Bäckman, Eksjö SOK  
Staff Vivianne Lindstam, SOL Tranas  
Speaker Per Forsberg, Idre

## JURY

### Convener:

Stefan Gustafsson, Tiomila Association

### Youth relay

Sören Eriksson, Länna IF  
Leif Åkerblom, Stora Tuna OK  
His Carlstedt, Sävedalens AIK

### Women's relay

Katarina Bengtsson, Långhundra IF  
Leif Gustafsson, Säterbygdens OK  
Olle Olofsson, Kungälv's OK

### 10MILA Relay

Sture Larsson, Länna IF  
Leif Åkerblom, Stora Tuna OK  
Ingemar Gunnarsson, Lerum SOK

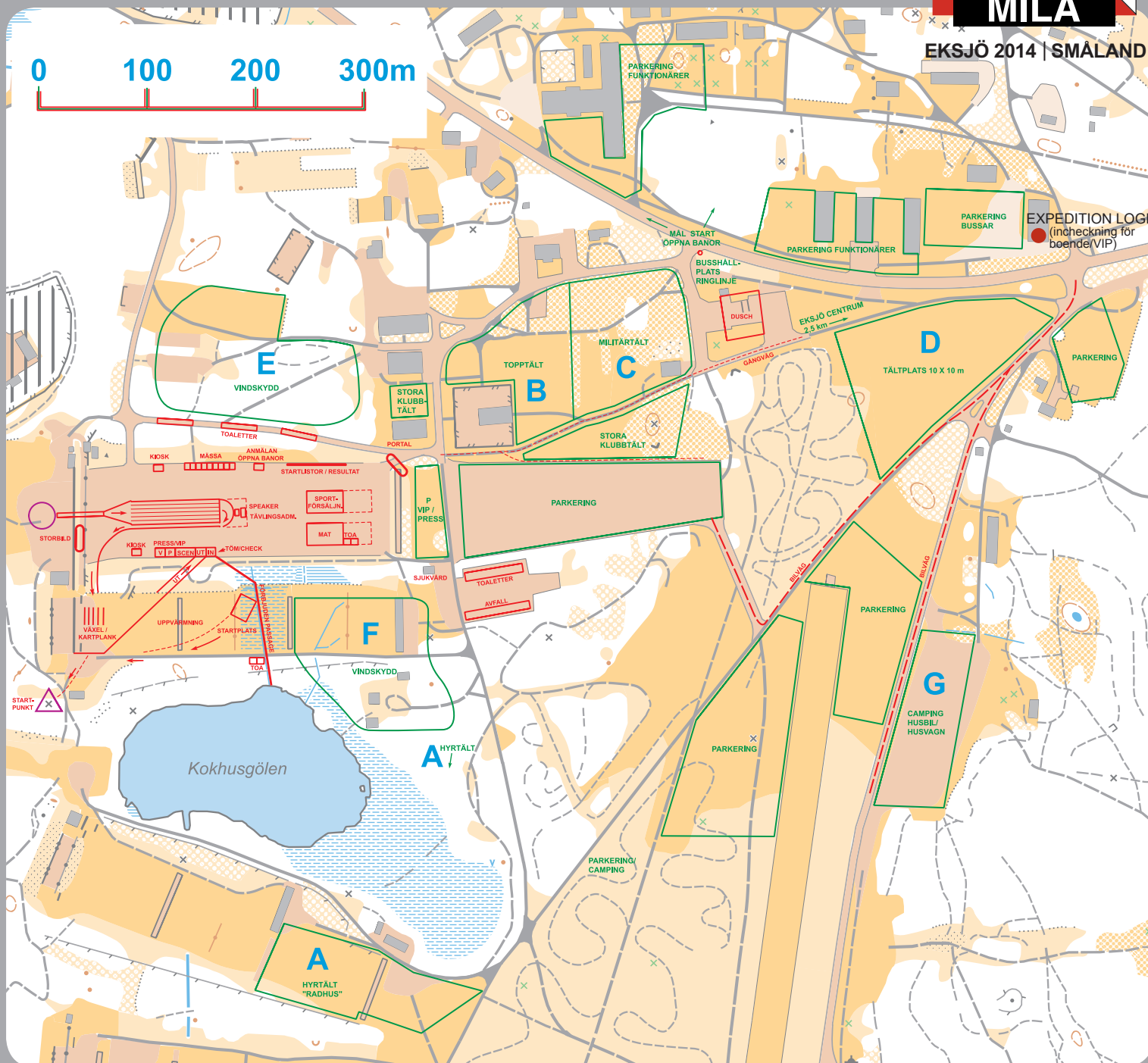
## CONTACT INFORMATION E-MAIL

Event Management: info2014@10MILA.se  
Marketing/Sponsorship: marknad2014@10MILA.se  
Accommodation questions: logi2014@10MILA.se

# ARENA MAP

**10**  
MILA

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**10**  
MILA

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## WELCOME!

Föreningen Orientering Småland

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



# ARENA CENTER

# 10

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