



10MILA 2015

10MILA OPEN COURSES 8-10 MAY

Event Programme for Open Courses

On behalf of the Association Tiomilakavlen we greet all welcome to 10MILA OPEN 2015

EVENT CENTRE/ARENA

10MILA 2015 takes place in Skepptuna with the arena located at Ekbacken Motor Speedway.

The open courses on Friday and Saturday have a separate Start and Finish around 1200 m NW of the Arena and are in an area other than the relays. 10MILA-runners are therefore welcome to run open courses.

REGISTRATION

Friday and Saturday: Register on the arena,

NOTE: No pre-registration

Sunday: Register on Eventor and can even be done at the Arena subject to availability of maps

FEE

Friday and Saturday: HD -16 fee 70 SEK, HD 17- fee 120 SEK

Sunday: HD -16 fee 100 SEK, the HD 17 fee 240 SEK
Rent of SI card 50 SEK. Cost for non-return of SI card 580 SEK.

Runners affiliated with Swedish clubs will be invoiced after the event, others pay cash.

Opening hours for notification and start:

Entry

Start

Friday: 14:30 to 22:30 15:00 to 23:00

Saturday: 09:00 to 17:30 09:30 to 18:00

Sunday: Registration through Eventor until Wednesday 29 April, then at the Arena Friday, May 8th 14:30 to 22:30, Saturday, May 9th 09:00-17:30 and Sunday, May 10th 07:30 to 08:30

PUNCHING SYSTEM

SPORTident. SI card may only be used once per day. SI cards used in one of the relay races can also be used.

CONTROLS

All controls have reflective materials for night runners.

MAP

Scale 1:10 000. Contour interval 2.5 m. Drawn in 2013, revised 2014-15 by Cartwrite. Laser printed. Course Open 7 is also offered in scale 1: 7 500.

Map and loose control description are handed out at the start.

Note1! Respect out-of-bounds areas marked on the map.

Note 2! Paths marked violet on the map are marked with white streamers in the terrain.

TERRAIN

Friday and Saturday: Forest with some cultivated land with few roads and paths. Courses Open 1 and Open 3 are, however, mainly in a path-rich area. Elevation variability is weak to moderate. Generally good runnability. The vegetation consists mostly of coniferous forest of varying age.

Sunday: See Event Programme for 10MILA2015.

TO START/FINISH

Friday and Saturday: Start and finish are located outside the Arena. Follow orange/white streamers 1200 meters. The route is mostly on arable land. The streamers start at the exit of the Arena close to the wind shelters.

Sunday: The start takes place with the mass start of 10MILA Relay, tentatively at 09:00 for runners last leg of 10MILA Relay and 09:10 for other runners. Exact start time will be announced at the Arena.

MAX TIME

Friday and Saturday: 2 hours

Sunday: 4 hours

START METHOD

Start punch.

FINISH/READ OUT

Finish punch. NOTE! Read out after the finish is made at the Registration for Open Courses at the Arena. (See stadium map on www.tiomila.se)

RESULT

Posted on 10MILA's results board and on Eventor.

TOILET

Toilets are available at the arena and at the start.

SHOWER

Shower on the stadium (see stadium map at www.tiomila.se)



FIRST AID/MEDICAL

First Aid will be available in the stadium from 11.00 on 9 May until the end of the competition. Medical services at the arena are primarily for athletes. Spectators and others are referred to regular medical care at Närakuten Löwet Löwenströmska hospital, where the reception is open every day from 08:00 a.m. to 22:00. Phone: 08-586210 00. The nearest emergency room is Danderyd hospital.

COURSE PLANNER

Berth-Arne Bengtsson, L-100IF

INFORMATION

Lennart Jacobsson, L-100 IF +46 70-949 23 28

Berth-Arne Bengtsson, L-100 IF + 46 76-721 60 14

OPEN COURSES (Friday-Saturday) - LENGTH AND LEVELS

Course	Course length (m)	Difficulty	Target
OM1	2 950	White	Beginner
OM3	3 090	Yellow	Light path for young people and adults
OM5	3 790	Orange	Medium difficulty
OM7	3 460	Blue	Difficult course for the elderly adults
OM8	4 760	Black	Difficult course for adults (or training course for 10MILA-runners)
OM9	8 330	Black	Difficult course for adults (or training course for 10MILA-runners)
OM11	5 840	Red / Violet	Medium course for older youth and adults

OPEN COURSES (Sunday) - 10MILA COURSES

USTR1 = Youth relay leg 1, DSTR1 = Women's relay leg 1, 10STR1 = 10MILA relay leg 1, etc.

Course	Course length (m)	Difficulty
USTR1	4 800	Orange
USTR2	3 800	Yellow
USTR3	4 800	Orange
USTR4	6 300	Orange
DSTR1	7 300	Black
DSTR2	6 000	Black
DSTR3	7 200	Black
DSTR4	10 500	Black
DSTR5	8 600	Black
10STR1	13 100	Black
10STR2	10 400	Black
10STR3	16 500	Black
10STR4	8 600	Black
10STR5	11 400	Black
10STR6	7 500	Black
10STR7	10 200	Black
10STR8	12 600	Black
10STR9	8 500	Black
10STR10	17 500	Black