



Haninge SOK och OK Ravinen

# Final Details 25manna



**Saturday 12th October 2024 at Arena: Rudan, Haninge**

## Competition Area

Rudans Outdoor Activity Area, Haninge.  
GPS-coordinates 59.162636, 18.120255

## Getting to the Arena

Public Transport - We recommend the commuter train (pendeltåg) to Handen Station and 600m walk to the arena. (There are also bus options to this station. See [www.sl.se](http://www.sl.se))

Car - From the car parking areas there will be c. 2 – 3.5km walk to the arena.

Bus/Coach drop off will be c. 800 – 1600m to the arena.

See separate Traffic Final Details (PM) for more information.

## Map

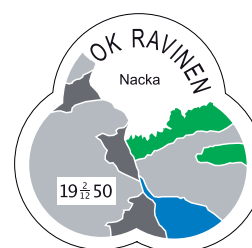
Scale 1:7 500, contour interval 5m for all.

## Course Printing

The course and control descriptions are printed in purple on the map. The control codes will also be printed on the map beside the control numbers, e.g. 4-109 for control #4. Printed on the back of the map is the team number and leg number. There is also an emergency telephone number printed on the map.

## Terrain – Rudan Outdoor Activity Area

Forest terrain with moderate hilliness. Some areas of steep hills may be encountered. Generally good runnability but there are some areas of poorer runnability and visibility. The area is detail rich, and some hills are broken up by many crags. The area contains many tracks, some large, some small. Some of the tracks are wide and used for skiing in winter. Some tracks in the area are even used for mountain biking. Fields occur only near the arena. The competition area consists mainly of coniferous forest.





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## Out of Bounds / Forbidden Areas

Forbidden areas with a continuous solid red line on the map are marked in the terrain by continuous blue/yellow tape in the terrain. There are also forbidden areas in the terrain which are marked on the map but not marked with tape in the terrain.

## Competition Form

Leg 1 is mass-start at 0900hrs. Leg 1 and 2 is run by individual runners. For legs 3-7, four runners per team run each of these forked legs. Legs 23-25 are run by one runner per team, per leg. The leg 23 runner is not allowed to start on their leg until all 4 runners on leg 7 have finished. (See also – Changeover section below.)

## Start and estimated Finish

Mass start at 0900hrs and the winning team is expected in the finish around 1430hrs. The mini-mass start is 16:00 for Leg 25 and 16:05 for all other legs. Leg 25 will be shortened for those starting in the mini-mass start. (Note sunset is 1748hrs)

## Late Entries

Available to 29th September 23:59hrs. See below for fees.

## Combination Team

Is your team having difficulty completing a team? Combination teams according to SOFT's rules are

welcome and can be registered in Eventor. In the registration guide under 'Help and Support' on Eventor's first page, it explains how to register a combination team.

## SPORTident

All versions of SI-card are allowed. Note that the 'Touch-free' function is **NOT** enabled. No need to register your SI-numbers at registration. Every SI-card must only be used **ONCE** during the competition. SI-cards can be rented through Eventor. Non-returned SI-cards will be charged for - 600 SEK.

## Club tent pitches

Booking of a place for your Club tent / wind shelter can be done in Eventor. Each tent pitch is 5x5m. See section on Fees and registration dates.

## Camping

Camping is not allowed at the arena. Please use the official camping locations in the area, or accommodation options – see below.

## Accommodation

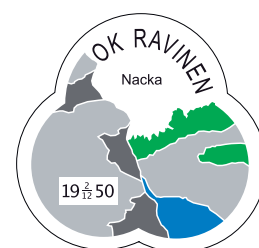
Hard floor accommodation with breakfast is available within walking distance to the arena. Book through Eventor. See below for fees and deadlines. Information and questions on accommodation: [boende@25manna.se](mailto:boende@25manna.se).

## Fees and Registration Dates

<b>Fees 16th – 29th September</b>	<b>11 000kr</b>	<b>Parking fee 700 kr</b>
<b>Entry fee per team</b>		<b>including car/bus</b>
Hire SI-card / person **	70 kr	
Rent a tent *	800 kr	Yta 5x5 metres
Accommodation on hard floor, per night and person	350 kr	Incl. breakfast

\* while places remain available

\*\* if available





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## Payment of fees

After entry an invoice is created including any services ordered and fees such as for SI card hire, tent pitches and accommodation. Enter the Invoice number when paying. Entry fees for late entries and services should be made immediately and should have arrived in our account by 8th October at the latest. Enter club and type of fee as a reference.

**Club envelopes will only be handed out when all fees have been paid.**

<b>Payment information: From Sweden</b>	Bankgiro 131-2149 Account: HANINGE SOKTÄVLINGSKONTO
<b>From overseas:</b>	IBAN SE 03 6000 0000 0009 9622 8608 BIC: HANDSESS Receiving Account name: HANINGE SOKTÄVLINGSKONTO

*Note that payment should be in SEK and any transaction fees are to be paid by the entering club.*

## Team Declaration

Registration of team names is obligatory and should be done in Eventor by Friday 11th October at 1800hrs. A fee of 500 SEK will be charged if this is not completed in time. **NOTE!** Undeclared teams do not have permission to start, and no Team Bag (with number bibs) will be given out.

Late changes of team line-ups following team member withdrawal due to sickness or injury can be done via a 'Team Changes Form' by 0830hrs on the day of the competition, so the changes can be made before the competition starts. Team changes via e-mail are not accepted.

A form for team changes can be found in the Team Bag and completed forms can be left at the Competitor Service desk 'Deltagarservice'. Emergency changes during the competition itself can be made direct to the red exit "Röd utgång" which can be

found at download. It is important to do this, so we get correct final results.

## Team Bag

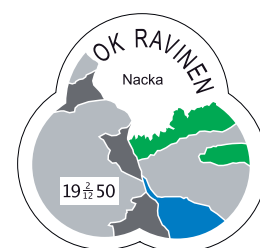
The Team Bag containing number bibs, Team Leader Card, team change form, and any rented SI-cards can be collected from Competitor Services at the arena from 0700. All fees must be paid for before the Bag is handed over.

Safety pins for the numbers are not included – please bring your own.

**NOTE!** Teams with unpaid fees do not have permission to start, and no Team Bag will be given out.

## Opening Ceremony

This will take place at 0830hrs at the Ceremony Stage in the Rudan Arena.



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## COMPETITION INSTRUCTIONS

### Competition Rules

This competition is held under the Swedish Orienteering Federation (SOFT) competition rules.

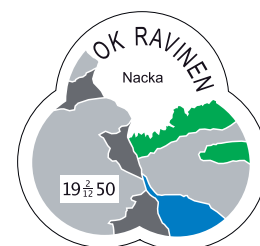
### Leg and Team Composition

This year the ladies will run first leg and the last leg is open to everyone. A 25person relay team comprises of

- At least 9 men of which 1 must be M16 or younger
- At least 9 women of which 1 must be W16 or younger
- max 8 x M21s

Leg	Difficulty	Length in km	Forking	Number of runners	Who can run?
1	Blue	5-5,2	Yes	1	Women
2	Blue	6,6-6,7	Yes	1	All
3	Orange	4,4	Yes	4	-H16/H50-, Women
4	White	2,6-2,7	Yes	4	-H14/H60-, -D18/D45-
5	Blue	5,4-5,6	Yes	4	All
6	Red	3,7	Yes	4	Women
7	Red	4,6	Yes	4	All
23	Orange	3,4	No	1	-H16/H55-, -D20/D40-
24	Blue	5	No	1	Women
25	Blue	8,8 (mini mass-start 5,8)	No	1	All

Courses lengths include 650m of taped route for leg 1.  
For all other legs it is only 150m.





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### Spectator Run-through

Legs 1, 2, 24 and 25 have a run-through in the arena. **NOTE!** It is important to punch both controls on this run-through. One at the start and one at the end. **TAKE CARE!**

### Running Commentators

There will be running commentators in the terrain on legs 1, 2, 23, 24 & 25.

### Number Bibs

All runners must wear a number bib. It should be worn clearly visible on the chest. Do not fold / decrease its size in any way. Bring your own safety pins. It is important that competitors use the correct number bib for where they are registered in the team declaration.

Leg	Sponsor
1	Pölder sport
2	Lumonite
3	Agima
4	Novatron
5	Haninge sprintstafett
6	Ullmax
7	O-Ringen
23	Ramirent
24	Trekvällars
25	Haninge åkeri

### Team Leaders

One Team Leader from each team is allowed entry to the changeover area upon showing their Team Leader Card – found in your Team Bag. Team Leaders enter the changeover area via the Check-In entrance.

### Check-In

Your SI-card number will be connected to the runners' number bib at the entrance to the changeover area. Please go to the Check-In in good time in case there is a queue. Every SI-card can only be used once during the competition.

It is the competitor's responsibility to go through Check-In – this applies to all legs.

### Controls and punching

Check your control codes before punching. In some areas, there are many controls very close to each other.

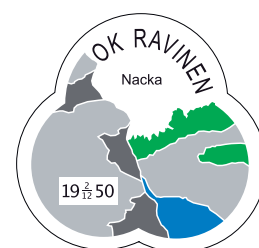
Punching is completed when the control unit indicates with a red flashing light and an audible beep.

Be extra careful when punching at the spectator run-through, the last control and changeover, as loud spectators and commentary noise may mean it is difficult to hear the beep from the SI-Unit.

It is the competitor's responsibility to check that the punch has registered.

If one unit does not work, punch one of the others at the control. Every control has at least 2 SI-units. Please inform download when you download of any failed units on the course so they can be replaced immediately.

Missing punches will result in disqualification, even if there are witnesses that a runner has been to the control.





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## START

Mass-start for the first leg is 0900hrs.  
Use the ordinary Check-In tent, and from there it is 500m to the start. Check-in opens at 0835hrs.

All runners must pass through the check-in to the changeover area for registration into the timing/ results system before they start, where your SI-card number will be connected to your number bib via the scanning of a barcode on your number bib. After these have been connected, runners proceed to the start area. Please be there in good time.

About 5 minutes before the start, the competitors will be allowed to move forwards to their respective starting positions. Two minutes before the start, maps are handed out. It is forbidden to look at the maps or try to look at the maps in any way before the start signal. There is no SI-unit to punch upon starting / at the start control.

## CHANGEOVER

### Pre-warning

There will be several pre-warnings. From the changeover area runners waiting to start should be able to see the last control and parts of the run-in.

### Finish Lanes and Legs

On the final run-in to the finish line there are several lanes – please get in the correct one depending on which leg you have run.

## Change-over Punching

Change-over punching happens at the finish line for all except the final Leg 25 (see Finish). After punching here, leave your map with the officials standing beside the lane on your way to the map boards.

## Map Boards and Change-over

At the Map Boards an incoming runner takes the uppermost map which will clearly show the team number and the leg. Take this to the next team member who will be waiting (hopefully) for you at the changeover fence. Outgoing runners should check the map, so they have the right team number and leg. It is the competitor's responsibility to take the correct map!

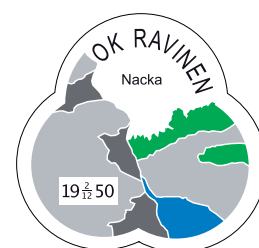
## Change-over Leg 2 to Leg 3

Leg 2's runner needs to collect 4 maps for all four leg 3 runners and hand them over at the Change-over fence. To reduce crowding, one of the Leg 3 runners can stand at the fence, and the others can be further away. Distribution of the teams' maps can happen anywhere before the start kite. However, avoid standing / waiting at the start kite please.

## Leg 3 to Leg 6 Change-over

When an incoming runner on a Leg comes to the map boards, they should take the uppermost map and hand it over to the next leg runner, and so on, until all four runners on leg 7 are out.

Haninge kommun	Ramirent	Nacka kommun	O-Ringen
	Leg 1	Leg 2	Leg 3
Leg 4	Leg 5	Leg 6	Leg 7
Leg 25	Leg 23	Leg 24	





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## Lapping of Legs

Be careful not to get 'map lapped'! There is a risk that the first runner on a leg comes back to the finish before the last runner (of four) has started on that same leg. The inbound runner therefore must NOT take the uppermost map. Instead, they must take the first map of the next leg. Take care to hand over the correct map to the correct person.

## Leg 7 to Leg 23 Change-over

When leg 7 comes in to change-over, the three first runners will collect a coloured 'blank map' which they hand over to the waiting leg 23 runner. The 4th and final map the leg 23 runner gets passed will be the real race map and they then know to start their leg. The leg 23 runner leaves the 3 blank maps to officials on the way to the start point.

## Closing of the Change-over

The Change-over closes at 15:50hrs. Runners who have not changed-over by then will start in the mini-mass start.

## Wrong map

Teams who compete with another team's map will be disqualified. Teams who have had a map taken by another team will get a new map from officials at the end of the map boards but the team will not get any time compensation. Please always check that the maps team number and leg is correct. It is a competitor's responsibility to change-over with the correct map.

## Important:

- Please get into the change-over area in good time.
- Check your control codes before punching as the controls sit close together in places.

- Take it easy and be careful at each control. Experience tells us that it is easy to hear a control beep and think it is yours, when it is actually the runner next to you. Look for the light signal on the SI-unit.
- Don't forget to punch at the finish.
- Take the correct map and be careful of being lapped.

## FINISH

### Leg 25 Finish

To make it easier to judge the order of finishing for any sprint finishes on leg 25, the finish punch will be placed after the finish line for the first 25 teams. The order teams pass the finish line will decide the team's finish position. After crossing the line, please punch the finish unit in the order you crossed it. A judge will be present to decide any close sprint finishes. Teams finishing after 25th place will punch on the finish line.

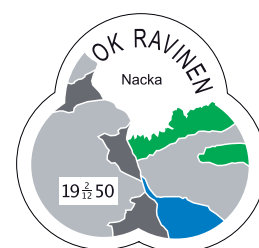
### Finish Closing Time

All competitors should be in the finish by 1800hrs, after which time the Finish will be closed.

## AFTER CHANGE-OVER AND FINISH

### Download

After you have handed over to your next runner / finished, please do not dawdle and move forward to download without delay. It is important to get the current results as soon as possible. It is a competitor's responsibility to get their SI-card downloaded. Even competitors who have not completed the course or retired for whatever reason, must still pass through the Download Tent.





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## Wildlife Reporting

Competitors who see wild animals in the forest such as deer and moose, should report where and what they have seen to the officials beside download.

## Mispunching, Red Exit and Disqualification

If a competitor downloads and has come up as disqualified, they should proceed to the 'red exit' table to get a reason why. If a competitor has mispunched or retired, then according to the competition rules, the team will be disqualified. An information sheet on why the team has been disqualified will be given to the competitor. If the team would like to complain, then the team leader should declare this verbally to the Red Exit table within 30 minutes of getting the aforementioned information sheet. And thereafter the team has a further 60 minutes to leave a written complaint to the Red Exit. The Competition Organisers decision, if rejected by the team, can then be considered as a protest by the Competition Jury.

A team that has mispunched is allowed to continue to run in 25manna as long as the team is 30 minutes or more after the leading team. If the team is within 30 minutes of the leaders, the team will be held back until it is 30 minutes behind. The stopping of a team until it is 30+ minutes behind the leaders will only occur after the complaint / protest period has expired and any protest has been rejected.

## Mini Mass-start

The Changeover will close at 1550hrs. Runners who have not yet started will be mass started. First, there will be a mass-start for all leg 25 runners at 1600hrs. These runners will get a shortened leg 25 course, and they will start from a separate location in the changeover area. All other legs will mass-start at 1605hrs from their

respective map board locations. Even runners from teams that have been disqualified, retired or incomplete, may start in these mini-mass-starts. All runners will still need to pass through the check-in to clear, check and connect SI-card to number bib. It is quite possible there will be many runners in these mini mass-starts so please come in good time to check-in.

Please listen carefully and follow the instructions of the start officials.

## COMPETITION SERVICES

### Results Service and Livelox

Preliminary live results will be shown during the Competition at [www.25manna.se/liveresultat](http://www.25manna.se/liveresultat) and complete detailed results after the competition on Eventor with splits on Winsplits. After the competition, the maps with courses will go live on Livelox.

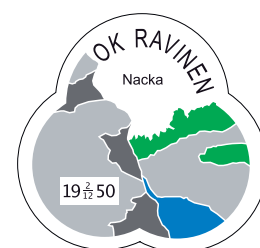
### Commentary and Radio Broadcasting

During the competition the 25manna commentary team will be in action in the arena. The commentary will be broadcast on the Radio at 91.9 MHz

The event commentary will also be available online – see link on Eventor event pages and on [25manna.se](http://25manna.se)

### Map Collection

After the mini mass-starts, maps can be collected for each team by showing the respective team-leaders' card from Competitor Services. Teams who have hired SI-cards should return them all here – this must be done before maps will be handed over. Don't forget you may have runners in the mini mass-start who are using a rental SI-card. Lost SI-cards will be charge for at 600 SEK per card.







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## Prize Ceremony

Prize-giving will take place directly after the mini mass-starts, at around 1615hrs. The 25manna Trophy will be awarded to the winning team. Teams 1 – 3 get a Team plaque, prizes and 25manna plaque to all team members. Teams 4 – 10 get a Team plaque and 25manna plaque to all team members. Teams 11-25 get a Team plaque.

## Runners Bank

At [www.25manna.se](http://www.25manna.se) there is the opportunity to network and match available runners to teams who need runners. Contact is handled by the runners and clubs themselves. Consider including the following information:

- Looking for/Available for...
- Leg (for clubs: the leg you need filling, for runners: the Leg(s) you want to run)
- Age/class (e.g. M16 or W21)
- Contact information: telephone number (including country code) and/or e-mail.

**NOTE!** For your post to be visible, you need to write it on the Swedish pages of [25manna.se](http://25manna.se).

## Motions Orienteering / Entry on the Day

Open Entry on the Day courses of varying distances and difficulty are available, See separate Invitation and Final Details. You will also be able to pre-register for these courses via Eventor. The Event is called 'Motionsorientering 25manna'.

## Press

Media representatives who would like to follow the competition at the arena should contact [info@25manna.se](mailto:info@25manna.se) at the latest Tuesday 8th October for the best possible service. Any questions can be sent to this e-mail address too. See also Press at [25manna.se](http://25manna.se).

## OTHER

### Wind Shelters/Club Tents

Wind Shelters/Club Tents should only be erected in your marked pitch which has been booked in advance. A map of pitch numbers showing shelter / tent locations will be available at [25manna.se](http://25manna.se) and posted up in the arena.

### Rubbish

Containers for rubbish can be found in the arena. Every club will be issued with a rubbish bag in their Club Bag. Please leave your used rubbish bag with top tied at the designated locations in the Shelter / Tent areas.

### Drinking Water

Taps for filling water bottles can be found near the showers – see arena map.

### Showers

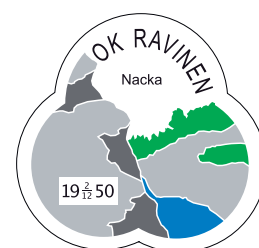
Warm outdoor showers available at the arena.

### Toilets

Toilets will be placed in the arena (see arena map). A small number will be found in the changeover area and in the shower changing area.

### First Aid

First Aid can be found in a central location in the arena – see Arena Map. A heart defibrillator can be found there and at the finish. The emergency telephone to the Organising Team is (+46) 076-0272356. If in need of hospital treatment, Handen Hospital has a minor injuries A&E 2km away, open 0800 – 2200hrs every day. Outside of these times and for major illness, go to Stora Akuten / Major A&E at Karolinska in Huddinge. (Blickagången 11, 141 52 Huddinge – 19km by car)





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## Sports Shops

Pölder Sport AB will be present in the arena with a variety of O/Sports equipment.

Open times: Saturday 0730 – 1730, Sunday 0730 – 1430. Visit their website [www.polder.se](http://www.polder.se)

## Food & Drink

### We are cash free!

Our food and drink offerings will be available from a large tent, centrally located in the arena. We will offer 3 different hot meals, sausages, various sandwiches, sweets, fruit, hot and cold drinks, amongst other things. Various vegetarian and non-vegetarian options are available. For hot food you choose a queue depending on the meal you want, after which you can pick up other items in the tent itself before going to check-out. If you don't want hot food, you can just go straight into the tent to pick up cold food, snacks, drinks etc.

A simpler kiosk can be found near the run-in. Payment by card or Swish.

## Kids Course

A children's 'Miniknat' string style course is available in the arena from 0900-1400 hrs. No pre-registration necessary. Prize for everyone. 40 sek fee per competitor. Payment by card or Swish.

## Lost and Found items

Found items can be left at Competitor Services. There, lost items can be collected if you describe the item lost. After the competition has concluded,

questions about lost items can be made to [info@25manna.se](mailto:info@25manna.se). In the first instance, lost items will be taken to upcoming competitions.

## Competition Jury

Will be displayed in the arena and on the website.

## Competition Leaders

Ola Käberg, OK Ravinen, Peter Haglund and Susanne Hartley, Haninge SOK

## Planner

Joakim Skärlén, Haninge SOK

## Competition Controller

Anders Hänström, Täby OK

## Course Controller

Lars Greilert, Haninge SOK

## Information

Website: [25manna.se](http://25manna.se)

Accommodation: [boende@25manna.se](mailto:boende@25manna.se)

Questions? [info@25manna.se](mailto:info@25manna.se)

Changes to the above information may occur.

Any changes will be published on [25manna.se](http://25manna.se).

Instagram:

<https://www.instagram.com/25manna2024/>

Facebook:

<https://www.facebook.com/25manna>

The organising clubs of  
**Haninge SOK & OK Ravinen**  
warmly welcome you all to 25manna!

