



'Motion' Orienteering 25manna

Saturday 12th October 2024 at Arena: Rudan, Haninge

'Motion' Orienteering 25manna

Final Details - Motion Orienteering 25manna
These Final Details (PM) contain specific information for Motions Orienteering at 25manna.

For information which is common to the main 25manna relay, such as services in the arena, public transport, parking and more, please see the Final Details for the 25manna Relay.

Competition Area

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

Map

Scale 1:7 500, contour interval 5m, offset-litho printed.

Terrain – Rudan Outdoor Activity Area

Finely detailed Södertörn terrain with varied hilliness, mainly flattish to moderate. The terrain is mainly easily runnable, especially up on the hills. Areas of more dense vegetation, forest thinning/felling and regenerating felled areas are present. A number of large running/ski-tracks meander through the area along with many smaller tracks. The courses will offer varying technical orienting challenges with rapid shifts between different types.

Start and Finish

Starts between 0900 – 1400hrs. Motion Orienteering has a Start & Finish in the northern part of the arena, separate and away from the main 25manna Relay.

The maximum time allowed for each course is 120 minutes for all course and the Finish will close at 1600hrs.

The start happens upon punching the start unit. The unit gives a beep and a flash from a red LED light. The start punch is confirmation that you have started. It is the competitor's responsibility to start punch. After you have finished (i.e. punched at the finish), go to download to read out your SI-card at the registration tent, just after the finish. Even if you have not finished your course, it is vitally important to download and read out your SI-card, otherwise we will think you are still in the forest and may well start a search for you!

Competition Rules

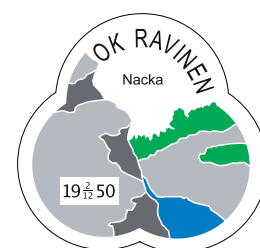
This competition is held under the Swedish Orienteering Federation (SOFT) competition rules.

Registration

Ordinary registration via Eventor until Sunday 6th October 2359hrs. Late registration via Eventor to Wednesday 9th October 2359hrs, and thereafter, enter on the day at the arena on competition day

Classes

Open classes	Difficulty
Very Easy 2 km	White
Easy 2,5 km	Yellow
Medium 3 km	Orange
Hard 3 km	Blue





Haninge SOK och OK Ravinen

'Motion' Orienteering 25manna



Saturday 12th October 2024 at Arena: Rudan, Haninge

0830-1330hrs. Enter on the Day is located next to the start and finish for motions orienteering in the northern part of the arena.

Punching System

SPORTident. All versions of SI-card are allowed. Note that the 'Touch-free' function is NOT enabled. Register your SI-numbers at registration.

Competitors registering at the arena on race day can use their own SI-card or rent one. The rental fee is 60 SEK. Non-returned SI-cards will be charged for - 600 SEK.

Fees

Adult pre-registered 180 SEK, enter on the day 230 SEK.

Juniors pre-registered 90 SEK, enter on the day 90 SEK.

Payment of Fees

Swedish clubs are invoiced after the Competition weekend. Competitors in open classes who are not members of a Swedish Orienteering Federation registered club pay when entering at the arena (card or Swish). Overseas runners should also pay at the arena.

Map Collection

After your race you can keep your map, but remember it is forbidden to show your map to other runners who are competing in the 25manna relay. Fair Play rules apply.

Results and LiveloX

Preliminary results will be shown during the competition at www.25manna.se/liveresultat/ and final results on Eventor after the competition has ended. After the competition, the maps with courses will be displayed in LiveloX.

Competition Leaders

Ola Kåberg, 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

Questions? info@25manna.se

Changes to the above information may occur. Any changes will be published on 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!

