



Joy, Fellowship, Excitement!
40-years jubilee!

Event Details

25manna 2013



Saturday 12th October in Brunna, Upplands-Bro County

Information

Web site: www.25manna.nu
Inquiries: info@25manna.nu
At the event venue: The information tent

Special PMs exist for Traffic/Parking and Accommodation, see www.25manna.nu.

EVENT INFORMATION

Event venue

Brunna, Kungsängen in Upplands-Bro County about 30 km northwest central Stockholm.

Parking

Follow sign posts from exit 150. Distance P – event venue 800-2500m, pushchair friendly route.

Public transport

Commuter trains from Stockholm Central Station to Kungsängen station, then bus 557 to Marknadsstigen. There will be extra buses on the bus route in the morning of the event. Distance bus stop – event venue 700m. Alternatively walk from the train station to the event venue – 3 km.

Team bags

If all club fees are paid, each team receives a plastic bag containing bibs, program, coach card etc. The bags are picked up club-wise at the Info tent at the event venue starting at 07:00 on the competition day.

NOTE! No safety pins for the bibs will be distributed.

Team leader card

A team leader card (coach card) per team is included within the team bag. The card must be shown by the team leader at the entrance to the changeover area, at the complaints, and to retrieve the competition maps after the re-mass start at 16:00.

Wind shelters/club tents

Wind shelters/club tents may only be placed in designated and pre-reserved areas. Details of club tent-places can be found on the website, on info boards, at the Info tent and in the team bags.

Rented SI-cards

Hired SI-cards are to be collected team-wise at the Info tent. All rented SI-cards shall be returned team-wise when the competition maps are being fetched, i.e. after the re-mass start. Lost SI-cards will be charged 600 SEK.

Team line-up

Team line-up can be registered on eventor.orientering.se until **October 10th 23:59**. Later changes can only be made on the team change form which is included within the team bag.

The team change form shall then be handed over at the Info tent at the latest at **08:30** on the competition day. **N.B: Runners on parallel routes are to be registered in the order they to go out on their course.**



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Shoes and clothing

Spike shoes are not allowed, but metal studded shoes are allowed. The clothing must cover the torso, entire legs and feet (according to SOFT's competition rules). Clothing check will be made when the runners enter the changeover area.

Number bibs

The number bib should be placed clearly visible on the chest and it may not be folded. For environmental reasons no safety pins will be provided. **N.B. Bring your own safety pins.**

It is important that the runners use the number bib that matches their place in the team line-up (the order they go out on parallel legs).

Start and calculated finish

The mass start for the first leg is at 09:00 am. The runners shall be in the start area by 8:45. All runners must enter the start area through check-in, where SI-cards are emptied and allocated to the right runner.

Arrive in good time to avoid queuing!

The winning team is expected to reach the finish line at approximately 14:06.

Competition method

The first leg starts with a mass start, where all can participate. On leg 2 only women are allowed to start. Legs 1 and 2 are run by one competitor per leg and team. Leg 3 to 7 shall each be run using four runners from each team. The runner on leg 23 is not allowed to start until all four runners on leg 7 have arrived at the changeover. Leg 23, 24 and 25 shall be run with only one runner from each team. See further info in section "Changeover".

The ladies conclude

This year the men will start and for the first time the ladies will run the second leg. The ladies will also conclude the competition since it is their turn to run the last leg.

Team composition

Teams can include a maximum of 9 M21-39 and at least 7 ladies shall be included. Of the ladies at least one should be -W14/W45- and at least one -W18/W35-. Furthermore at least one MW-16 or younger must be included in the team. Joint teams are allowed to compete as lined out in SOFT's completion rules.

Leg information

Leg	No of runners	Length	Start	Calculated time	Change-Over	Forbidden	Difficulty	Who can run this leg
1	1	6,4	9:00	36 min	9:36	Yes	Blue	All
2	1	4,9	9:36	33 min	10:09	Yes	Blue	Ladies
3	4	4,0	10:09	27 min	10:36	Yes	Red	Ladies
4	4	3,1	10:36	19 min	10:55	Yes	White	No W19-39, M15-54
5	4	6,2	10:55	35 min	11:30	Yes	Blue	All
6	4	4,2	11:30	26 min	11:56	Yes	Red	No M17-39
7	4	5,5	11:56	31 min	12:27	Yes	Red	All
23	1	3,8	12:27	22 min	12:49	No	Orange	No W19-34, M15-49
24	1	7,8	12:49	43 min	13:32	No	Blue	All
25	1	5,5	13:32	34 min	14:06	No	Blue	Ladies



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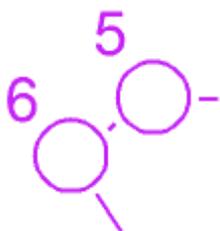
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The above course lengths exclude ca 250 m of taped route to the starting point. The first leg has ca 350 m to the starting point, which is also excluded from the course length.

Map

The map scale is 1:10 000 with a contour interval of 2,5 m. The map is revised in 2013 and offset printed in 2013. Courses and control descriptions are printed in violet colour on the map. At the control ring only the sequence number of the control is printed, see below. Some of the longer courses have a control which is visited several times, with loops, be careful to take the controls in the correct order!



In some areas, the controls are close to each other. Check the code number carefully!

Terrain description

Terrain type: Woodland with mostly old spruce and some deciduous forest. There is an area where there was a fire many years ago. In this area there is dense forest and small marshes between the hill tops, which are open and can have a lot of details on them.

A small number of bigger and smaller paths and trails occur mainly in the area which is used by legs 4 and 23. Open ground close to the arena. A small road runs across the area.

Height variation: For the most part moderate height variation and detailed terrain, mixed with some low, open ridges.

Runnability: Mostly good runnability. Areas with forest which was felled several years ago occur, where runnability is not affected. In part of the area there was a fire several years ago, making the area very interesting from an orienteering point of view. In the fire area there are fine stretches of open ridges mixed with very dense, deciduous forest. In the northern part of the fire area the forest was felled about one year ago and there are small trees on the ground and wooden stumps sticking up reducing runnability. In the same area there are stretches which are easier to run on, which should be utilized by the competitors. We ask the runners to be careful in the felled area to avoid injuries!

Tip offs from the Planners

Runnability is well represented on the map, including the fire area southeast of the event venue, where yellow colour indicates very runnable and open terrain. Usually this terrain is found on top of the ridges. Different nuances of green colour represent young, dense forest which can be difficult to pass through. These areas are generally found in between the ridges. Green stripes represent areas where felling took place fairly recently and where small trees lie on the ground together with dense under growth giving severely restricted runnability. A tactical competitor can save strength and time by utilizing the yellow parts and take their own route choice and not risk getting stuck behind other runners in the same dense area.

Electronic punching system – SportIdent

Barcode for check-in

No pre-registration of the SI-number. SI-cards are individually linked to team and course at the check-in procedure. All runners entering the start area or the changeover area must go through the check-in, situated north of the changeover area. There, the SI-card first is cleared by punching the emptying device. Then, to verify that the SI-card is empty - "check" at the special check unit. After that, the barcode on the bib is scanned and the SI-card is linked to the team and course in question. Only runners with a bib and a SI-card are allowed to enter the check-in area.



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NOTE: Each SI-card may only be used once during the competition.

Team leaders have a separate entrance to the changeover area and should not pass through check-in.

Runners do not have to punch at start!

Each control has at least two punching units. The punching has been done correctly when the punching unit indicates a flashing red signal and a beep. It is the runner's responsibility to check that the SI-card has been registered. If any device is not working, the runner punches in another unit at the controls. Missing to punch means disqualification, even if there are witnesses verifying that the runner was at the control. Take it easy and be careful at every control. Experience shows that it is easy to perceive and hear another runner punching as your own! Watch the light signal. **Missing punch means disqualification!**

Changeover

After punching the last control point the runner should run in the lane corresponding to the sponsor on the race bib and the correct leg. At the finish line, a changeover punch should be made for all legs except for leg 25 (see Finish on leg 25). After the punching the map shall be left in large plastic bags before proceeding to the changeover area. The changeover is then done by giving the next team member the map marked with the correct team number and leg number.

Second leg runners should take four maps and distribute these to the team members running the third leg. To reduce congestion, it is allowed for the runner's on the third leg to distribute the maps within the team on the way to the starting point.

Watch out for situations when it is easy to take the wrong map! This can happen for example when the first runner in the team on leg 4 comes in for changeover when the last runner on leg 3 is still out in the woods. The runner on leg 4 should then changeover with the first map for leg 5, and that is not the top map at the changeover area.

When the runners on **leg 7** arrive to the changeover area, the three first runners will take the top map as usual and hand it over to the runner on leg 23. These maps are however blind maps in different colours. The runner on leg 23 will get the real map from the last person to changeover from leg 7. The runner on leg 23 leaves the three blind maps to the organizers on the way to the starting point.

The changeover closes at 15.45.

Important

- Remember to clear and check the SI-card at the entrance to check in, where the bib is scanned and linked to the SI-card. Come early!
- Remember to punch at the finish line.
- Take the correct map when changing over and check the leg id when receiving the map.

Only runners and leaders with visible coach card may stay in changeover area.

Finish on leg 25

To facilitate close sprint finishes of the race, the goal-punching will be after the finish line for the first 50 teams. It is the position at the finish line that determines the result and the teams must goal punch on the unit in the same order they passed the finish line. A goal judge will decide in unclear cases. Teams with a lower position than 50 shall goal punch at the finish line.

Checkout

The downloading checkout shall be done as soon as possible after changeover as it is important to get accurate results as fast as possible. It is the responsibility of the runner to complete the downloading.



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Mispunching/Red exit/Disqualification

If a runner is not approved at downloading the runner is then directed to "the Red exit" to get information of the reason. If the runner has a faulty punch, or has violated the competition rules or the instructions within this document, the team will be disqualified. An information note containing information on why the team has been disqualified will be given to the runner involved.

If the team wishes to file a protest against the decision, the leader having the team leader card shall hand over a written protest within 30 minutes after the time indicated on the above mentioned information note.

A disqualified team may complete the competition providing it is running at least 30 minutes after the leading team. If this is not the case, the team will be withheld at the changeover until 30 minutes after the leading team. The withholding will take place after the protest time has run out and a protest, if any, has been disapproved.

Wrong map

A team that takes a map belonging to another team is disqualified. The affected team will receive a new map from personnel in the changeover area, but will not receive any time compensation. Always check that the correct team number and leg number is printed on the map. It is the runner's responsibility to changeover with the correct map.

Tapes

On the map there is a path added with violet print, in the terrain it is marked with red-and-white tapes.

Forbidden areas

Forbidden areas are marked with violet stripes on the map and private ground is marked with olive green colour. In the north part of the terrain there is a large forbidden area, which is marked in the terrain with blue-and-yellow hanging tapes. Other forbidden areas are not marked in the terrain as there are natural boundaries in the form of paths and roads.

The event venue is in the north and east cordoned off by solid blue-and-yellow tapes. Please respect the boundary - this applies to both runners and spectators.

There are inspectors out in the terrain. Entering the forbidden areas unconditionally means disqualification.

Re-mass start

The changeover closes at 15.45. Runners not having started may participate in a re-mass start at 16.00. Also runners from teams that are disqualified or discontinued are allowed to start in the re-mass start. All runners have to pass through the check-in in order to empty and check their SI-card as well as well link their SI-card to the bib. Due to a risk of congestion all runners are requested to be well ahead of their starting time. Follow the instructions from the start personnel.

The start will be at the board of maps.

The goal closes

All runners must have finished at the latest by 18:00 when the finish closes.

Competition rules

The rules of the Swedish Orienteering Federation (SOFT) apply.



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SERVICES

Shower and toilets

A warm outdoor shower is located at the southern part of the event venue. Toilets are to be found south of the sports sales tent, as well as in the changeover area, and at the showers.

First aid

A first aid centre, with a doctor, is located just behind the finish area.

Observation of wildlife

All observation of wildlife shall be reported to personnel at "Viltrapport" (Wild life report) after the checkout.

Spectator control

All legs, with the exception of leg 6, pass the spectator control north of the finish area.

Radio

The speaker sound will be broadcast over the FM band at 107,9 MHz.

Results

During the competition preliminary results will be posted. Final results will be available on Eventor and at the competition webpage: www.25manna.nu. Correct team setup is dependent on the clubs submitting correct data at the latest on the competition day.

Competition maps/Return of rental SI-cards at Info-tent

Competition maps will be handed out after the re-mass start at the info tent in exchange for the team leader card found in the team bag. Return of rented SI-cards (bags of all rented SI-cards) should be confirmed with a receipt team wise at the map delivery. Do not forget the re-start runners!

Prize ceremony

The prize ceremony starts at 15.00 at the ceremony place by the finish line.

- Challenge prize to the winning team
- Team 1–3, Team plaque, honorary prize, 25manna-plaque to all team members
- Team 4–10, Team plaque and 25manna-plaque to all team members
- Team 11–25, Team plaque
- Best 2nd team, Team plaque
- Best 3rd team, Team plaque

Open courses (Direct entry)

Courses that are offered:

ÖM1	2,5 km	white
ÖM4	5,1 km	yellow
ÖM5	3,4 km	orange
ÖM7	3,1 km	blue
ÖM8	4,6 km	black

Direct entry to the Open courses is done at the north side of the event venue between the hours 8.30 and 13.30. You are allowed to start between 9:15 and 14:00. The fee is 60 SEK for participants 16 years old or younger, and 110 SEK for others. Renting an SI-card costs 50 SEK. If you lose an SI-card you will be charged 600 SEK.

Pre-entry is possible via Eventor.

Fees are invoiced the clubs (only Swedish clubs) or are paid in cash.



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String course ("Miniknat")

String course ("Miniknat") is located at the west side of the event venue with starts between the hours 9:30-14:00. The fee is 20 SEK per participant. Included in the fee is a prize which each participant receives when they finish.

Catering

A well assorted café with food and a barbecue is located on the northern side of the event venue, close to the finish area. There is also a separate kiosk close to the last control. Menu and prizes will be published on the webpage.

New: Pre-ordering of food parcels to clubs for their own preparation is offered. The parcels are collected by the café between the hours 7:30-9:30.

Money change

At the info tent it will be possible to change from EUR to SEK (to a limited extent).

Sports sales

Jobber Sports have a well-stocked assortment of sports equipment at the event venue.

COMPETITION ORGANIZATION

MAIN ORGANIZATION

Head of competition	Jonathan Alm, Järfälla OK and Maria Cole, Väsby OK
Competition admin	Gunnar Eriksson, Järfälla OK
Competition technology	Erik Reinholdsson, Järfälla OK
Event venue & services	Henrik Nord, Väsby OK
Information	Lina Berglund, Järfälla OK
Course planners	Birgitta Billstam, Järfälla OK, Anders Enström and Kristofer Thorslund, Väsby OK
Competition controller	Claes Andersson, Snättringe SK
Course controller	Göran Nilsson, Snättringe SK
Competition jury	
Kerstin Tjernlund,	Blekinge
Leif Gustafsson,	Dalarna
Anders Eriksson,	Uppland

Welcome to the 25manna weekend 2013!

