

The world's best club wins!



Final Details

25manna 2014



Saturday 11 October at Rudan, Haninge

Information

Website: www.25manna.nu
Inquiries: info@25manna.nu
At the arena: Contact the info tent

Special Final Details for driving/parking and for accommodation can be found at: www.25manna.nu

COMPETITION INFO

Competition arena

Rudan in Haninge district about 25 km south of central Stockholm.

Parking

Follow the signs from junction "Jordbro" on road 73 or from road 259. Distance from parking to the arena is 1000m-4000m and is pram-friendly.

As it can be a long walk from the car-park, travel via commuter train is recommended. You can, for example, park at Farsta and Alvsjö stations and take the train. See driving Final Details for caravan info.

Using public transport

Commuter train from Stockholm Central towards Västerhaninge, get off at Handen (about 500m walk from here). See www.reseplanerare.sl.se for online route-planner.

Team envelopes

Clubs that have already paid all entry fees will get one envelope per team containing number bibs, programme, team leader cards (see below).

Envelopes can be collected per club at the info tent in the arena from 07:00 on competition day. **Bring your own safety pins - none provided!**

Team Leader cards

One team leader card per team - these are to be shown by team leaders for:

- Entry to changeover area
- Visiting the complaints area
- Map return after the mini mass-start at 16.00 (**team leader cards required to get maps back!**)

Club tents / wind shelters

Club tents and wind shelters are only to be set up in the indicated areas and in **pre-booked** spaces. Information about allocated club spaces is on the website, on the information boards and at the info tent.



Hired SI-cards

Hired SI-cards are collected per team at the info tent. They are to be handed back when you collect team maps after the mini mass-start. There will be a charge of 600 SEK for lost SI-cards.

Team declarations

Team declarations can be made at www.eventor.orientering.se until 21.00 on 10 October. After this, changes can be made on a team-change form found at the info tent and which must be submitted at the info tent no later than 08:30 on competition day. Competitors on parallel legs shall be declared in the order in which they shall run out on their legs.

Shoes and clothing

Long cross-country / running spikes are forbidden but standard orienteering metal dob spikes are fine. Full body-cover required in line with SOFT's Competition Rules and checks are made when runners check-in.

Number bibs

Number bibs shall be worn clearly on the chest and shall not be folded / otherwise made smaller. To be environmentally friendly, no safety pins provided - **bring your own safety pins!**

Runners must use the correct number bib for their place in the team that has been declared.

Start and Finish

Mass start for the first leg at 09:00. First-leg runners need to be checked through into the start area no later than 08.45. All runners must go into the start area via check-in as SI-cards are cleared and linked in the system to the right runner. Arrive in plenty of time to avoid queues!

Finish time for the winning time is estimated as 14:19.

Competition format

Mass start on leg 1 - women-only. One runner per team for leg 1 and one runner for leg 2. Then for legs 3 - 7, four runners per team run each leg. One runner per team per leg for legs 23 - 25.

The leg 23 runner may not start until all four runners on leg 7 have arrived back at changeover (see more in the "Changeover" section")

The men run anchor leg

This year the ladies will start the competition on first leg and the men will anchor their teams home as it's their turn on last leg.

Preliminary leg lengths and team composition

Leg	Runners	Length km	Difficulty	Who is allowed to run:
1	1	5,0-5,1	Blue	Women
2	1	6,8-6,9	Blue	All
3	4	3,8-3,9	Red	Women
4	4	2,7-2,9	White	Not W19-39, M15-54
5	4	5,7-5,8	Blue	All



6	4	4,7-4,8	Red	Not M17-39
7	4	4,8-4,9	Red	All
23	1	3,8	Orange	Not W19-34, M15-49
24	1	5,1	Blue	Women
25	1	8,2	Blue	All

Teams that run in the mini mass-start for leg 25 will get a shortened last leg of 6,9 km.

Team composition

Included in the above leg lengths is 300m taped route to the start kite.

In a team, no more than 9 M21-39s are allowed and each team must have at least 7 women in it, at least one being W14-/W45+ and another being W18-/W35+. Furthermore each team shall have at least one MW16 or younger in it.

Map

Scale 1:10 000, updated 2014. Contours 4 m.

Course overprinting and control descriptions are printed in purple on the map.

In some areas there are many controls nearby one another - check your codes!

Terrain description

Forested with moderate relief. Some hillier areas. Generally good runnability but some areas with more limited runnability and visibility. The area is detail-rich and certain hills are broken up by several crags. Some of the paths are broad and used as ski-tracks in winter. There are also some tracks used for mountain-biking. Cultivated land found only near the finish area. The competition area mainly comprises coniferous forest.

You can follow the course-planning at <http://klart.blogg.se/category/banlaggartankar.html>

Electronich punching – Sportident

Bar-code at check-in

There is no pre-registration of SI numbers. SI-cards are linked to teams and legs at check-in. Runners going to the start or changeover area must go through check-in - to the east of the changeover area. First, clear your SI-card by punching at the clear station. Then the bar-code on your number bib is scanned and your SI-card linked to your team and leg. Only runners with number bibs and SI-cards are admitted through check-in.

Important: Each SI-card may only be used once throughout the competition.

Team leaders have their own entrance to the changeover area and do not go through check-in.

No legs punch at the start!

Every control has at least two punch units. Punching is registered correctly when the unit gives out a blinking red light and a beep. It is the runner's responsibility to ensure the punch has registered. If a unit does not work, the runner shall punch another unit at the control. A missed punch means disqualification, even if it is witnessed that the runner has visited the control.

Be careful to check that your punch has registered. Experience shows that it is easy to interpret another competitor's punch as your own. Look out for the red light. No punch registered leads to disqualification.



Changeover

On the run-in, make sure you run down the correct lane for your leg number and the sponsor on your number bib. At the finish line, punch the changeover punch (for every leg except leg 25 - see "Finish"). After punching, maps are collected. Changeover occurs when the incoming runner takes the next leg's map from the map boards and hands it to the outgoing runner. Incoming runners should take the uppermost map (*normally* - see below) on the map board, which is marked the team and leg numbers.

Second leg runners take four maps and hand these to the third leg runners (it doesn't matter which of these four maps go to which of the third leg runners). To avoid overcrowding at changeover, third leg runners can allocate their maps among their teammates on the way to the start kite (but not afterwards).

Watch out for lapping! This can happen when, for example, the first of the four leg 4 runners returns when one or more of the four leg 3 runners is still out. This means that they need to change over with the first leg 5 map *which will not be the uppermost map* on the map board.

When the first three incoming runners on **leg 7** comes in to the changeover area they take from the map boards the uppermost "blind map" and hand it to the single outgoing runner on leg 23. Eventually, once the fourth leg 7 runner is in, the leg 23 runner gets their proper map and leaves the three blind maps with competition officials as they run out to the start kite.

Changeover closes at 15.45.

Important :

- **Clear your SI-card on entry to check-in, where your number bib is scanned and linked to your SI-card. Arrive in plenty of time!**
- **Punch the finish punch after leg 25.**
- **Take the correct map and watch out for lapping.**
- **Remember to punch after you finish.**

Only competitors and coaches with clearly displayed team leader cards are allowed in the changeover area.

Finish leg 25

To allow for sprint finishes for the first 50 teams, punching the finish occurs after the finish line. The order runners cross the finish line determines the team's placing - please punch the finish in the same order as you cross the line. In the event of any dispute, the finish official's decision is final.

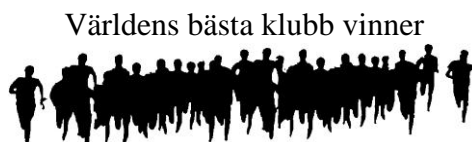
Teams outside of the top 50 punch at the finish line.

Download

Please download as soon as possible after you finish to enable us to update the results boards. It is the competitor's responsibility to ensure their SI-card is downloaded.

Mis-punching / Red exit / Disqualification

If there is a problem at download, the competitor is referred to the "Red exit" ("Röd utgång") to determine what has gone wrong. If the runner has mis-punched, broken competition rules or rules as per these final details, the team is disqualified. An info-sheet will be given to the competitor confirming disqualification and explaining the grounds for this.



If the team wants to protest, the team leader with the team leader card must submit a written complaint to the "wailing wall" ("klagomuren") within 30 minutes of the time as stated on the disqualification info-sheet.

Team that have mis-punched may continue the competition as long as they are at least 30 minutes behind the leading team, otherwise they will be held back at changeover until 30 minutes behind the leading team has passed.

The time that the team has been held back will be included in their team time after the protest time has elapsed and any protest not approved.

Incorrect maps

A team that takes another team's map is disqualified. The affected team (whose map has been taken) can get a new map from a competition official at the end of the map boards but will receive no compensation for lost time. Please check that the number and leg on your map is correct - it is the responsibility of the competitors to changeover with the correct map.

Out of Bounds

Out of bounds areas are marked on the map with red striped overprint and private land is marked in olive green. In the competition terrain, some forbidden areas are marked with blue/yellow tapes (also marked on the map).

All terrain around the arena is competition area and out of bounds to all apart from those currently competing on their leg.

You will pass through the competition area on the way to and from the car park and train station. You are only allowed to walk on the road - please respect the signs. Also, there will be competitors crossing the road so please look out for them and give them priority.

There will be marshals in the area and those who go out of bounds will have their team disqualified.

Mini mass-start

The changeover closes at 15.45. There will be a **mini mass start at 16.00** for runners who haven't changed over before 15.45. Runners from disqualified/retired teams may also take part. All runners running in the mini mass start must go through check-in to clear, check and have their SI-cards linked to their number bibs. It can get crowded so please arrive in plenty of time and follow officials' instructions.

The start is from the map boards.

Finish closing time

Finish closes at 18.00 - all competitors should be at the finish no later than 18.00.

Competition Rules

The competition is run in accordance with the Swedish Orienteering Federation (SOFT) rules.

SERVICE

Showers and Toilets

Warm outdoor showers are located in the southern part of the arena. There are toilets in the arena, and also within the changeover area and shower area.

First Aid

First Aid responders, including a doctor, can be found just beyond download at the finish.



Wildlife sightings

Competitors who see wild animals in the terrain can report sightings to the wildlife reporting area "viltrapporten" after download.

Spectator Control

Legs 1, 2, 24 & 25 pass through the arena approximately 150 metres south east of the finish.

Radio

The Arena Commentary will be broadcast over FM radio at 101,9 MHz

Results

During the competition preliminary results will be produced. Final results will be posted on Eventor and on www.25manna.nu. Teams reported in the results will be as per teams entered before the competition.

Map return / SI-card return at the info-tent

After the mini mass-start, maps will be returned per team when the team leader card (from the team envelope) is shown. Teams with hired SI-cards should return all hired SI-cards for their team together to an official - SI-card return is required to get maps back. Don't forget any SI-cards used by runners in the mini mass-start.

Prize-giving ceremony

Prize-giving will start at 16.05 at the ceremony area by the finish.

- 25manna Trophy to the winning team.
- Teams 1 – 3 Team plaque, leaders' prizes and 25manna plaque to all team members
- Teams 4 – 10 Team plaque and 25manna plaque to all team members
- Teams 11-25 Team plaque
- Best 2nd team Team plaque
- Best 3rd team Team plaque

Entry on the day

Available courses (increasing in length and difficulty):

ÖM1	2,3 km	white
ÖM3	3,8 km	yellow
ÖM5	3,7 km	orange
ÖM7	3,4 km	blue
ÖM8	4,4 km	blue

For entry on the day courses, registration is in the southern part of the arena, open between 08.30 and 12.30. Starts between 09.15 and 13.00. Entry is 60 SEK for juniors up to and including 16 years old and 110 SEK for others. Hiring an SI-card costs 50 SEK. Losing an SI-card incurs a charge of 600 SEK. You can pay by cash or if you are a member of a Swedish club, an invoice can be sent to your club.

Childrens' string course

The children's string course is at the northern end of the arena. Starts between 09.30 and 14.00. Cost 20 SEK per participant. Included in this price is a map and a prize for every participants awarded at the finish.



Världens bästa klubb vinner



Food and drink

A nice selection of food, drink, coffee and bbq is available. Menu and prices will be on the website. Clubs are able to order in advance on Eventor or at the food stalls on competition day. Available from 10.00.

Sport sales

Jobber Sports will be selling a selection of wares in the arena.

Officials

Organiser	Olof Hernander, Ola Kåberg
Secretary	Gunnar Skärlén, Haninge SOK
Technical Manager	Ola Kåberg, OK Ravinen
Arena Manager	Leif Eriksson, Haninge SOK
Information	Ulrika Forsberg, OK Ravinen
Planner	Lasse Greilert, Haninge SOK
Competition coach	Bengt Johansson
Controller	Lars Forsberg, OK Ravinen
Competition Jury	Anders Eriksson, Uppland Leif Gustavsson, Dalarna Kerstin Tjernlund, Blekinge

Welcome to 25manna 2014!

