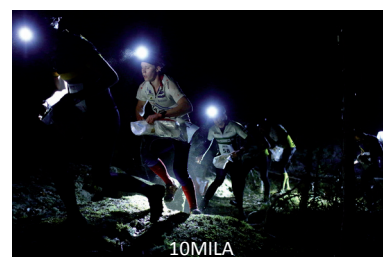




INVITATION

10MILA 2015

Skepptuna Uppland



Orienteering relay classic

Jubilee 70th 10MILA relay

On behalf of the 10MILA Association the organizing clubs welcome the athletes, team leaders, officials and spectators to 10MILA weekend, 8-10 May 2015.

Jubilee relay with the 70th men's relay, 39th women's relay and 24th youth relay to be held at Skepptuna motor stadium Ekbacken, 15 km north of Arlanda Airport. A new competition area. The first 10MILA was in 1945 and it has since then been a sport classic.

A VIRGIN AREA, never before mapped for orienteering. Cultural landscape and woodland with limited climb and detailed elevated areas. Courses with the classic 'long night', and and one long leg in the other relays.

www.10mila.se

twitter  #tio15

ARENA

10MILA 2015 will be held in Skepptuna at the Ekbacken motor stadium 15 km north of Arlanda. Directions from Road 273, as well as from Road 77 at the intersection with Road 273.

RIGHT TO PARTICIPATE

We also allow teams to include competitors that are not members of orienteering clubs. The inclusion of such competitors is at the discretion of the club.

COMBINATION TEAM and "KAVLEBANK"

We want to remind you that if your club can't form your own team you can create a combination team according to SOFT rules. A relay forum will exist on www.10mila.se where runners can search for teams and teams search for runners.

Swedish 15 kilometers northeast of Stockholm-Arlanda airport



CLASSES

YOUTH RELAY

Start: Saturday, May 9 at 11:00.

Finish: Approx. 13:00.

Restart: Preliminary 14:00.

- Age up to and including HD 16.
- At least two legs to be entirely filled by girls.
- On leg 2 and leg 3 it is allowed to have two runners.

We remind you of the possibility to have a combined team with other clubs if you cannot have a team of your own. There will also be a "clearing house" ("kavlebank" in Swedish) for competitors lacking a team and teams lacking competitors at www.10mila.se

Leg	Forking	Difficulty	Prel. length *
1	Yes	Orange	4,9 km
2	No	Yellow	3,7 km
3	Yes	Orange	4,8 km
4	Yes	Orange	6,2 km

* Approximately 250 metres of marked trail is included in the course length.

WOMEN'S RELAY

Start: Saturday, May 9 at 14:30.

Finish: Around 18:30.

Restart: Preliminary 19:00

Leg	Prel. length *	Forking
1	7,5 km	Yes
2	6,0 km	Yes
3	7,0 km	Yes
4	10,5 km	No
5	8,5 km	Yes

* Approximately 500 metres of marked trail is included in the course length.

10MILA RELAY

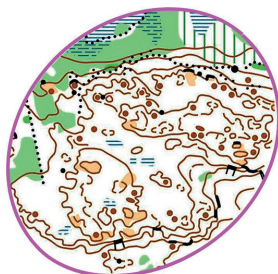
Start: Saturday, May 9 at 21:30.

Finish: Around 07:45 Sunday.

Restart: Preliminary 09:00.

Leg	Prel. length *	Forking	Other
1	13,0 km	Yes	Dusk/Night Sun down 21:02
2	10,5 km	Yes	Night
3	16,5 km	No	Night
4	8,5 km	Yes	Night
5	11,0 km	Yes	Night
6	7,5 km	No	Night
7	10,5 km	Yes	Dusk/Day Sun up 04:25
8	12,5 km	Yes	Day
9	8,5 km	No	Day
10	17,5 km	Yes	Day

* Approximately 500m marked trail is included in the course length.



PARTICIPATION IN MORE THAN ONE CLASS

- It is allowed for girls who ran the Youth relay to participate in the Women's relay and 10MILA relay.
- It is allowed for boys who ran the Youth relay to participate in the 10MILA relay.
- It is allowed for women who ran the Women's relay to participate in the 10MILA relay.
- It is NOT allowed to participate more than once in the same class.

10MILA OPEN ENTRY COURSES

Friday and Saturday

Registration only at the 10MILA Arena.

NOTE! No pre-registration.

The courses are in a different area than 10MILA and starts and finishes about 1000 meters from the Arena.

Start times

Friday, May 8 15:00-23:00, day and night.

Saturday, May 9 09:00-18:00

Courses

Seven different courses offered during the competition:

Open 1, Open 3, Open 5, Open 7, Open 8, Open 9, Open 11. Course lengths and difficulties according to the SOFT-instruction TA 301. Youth and adult courses will be in partly different areas.

Sunday:

Registration via Eventor or at the 10MILA Arena (for as long as there are maps available).

Start time

Together with the restart of the 10MILA RELAY (tentative 09:00)

Selection of course

You can choose any leg of the Youth relay, Women's relay or the 10MILA relay. For the legs that are forked in each relay only one alternative will be available.

MAPS

Scale 1:10 000 for all relays. Contour interval 2.5 m. Offset printed 2015. Drawn 2013-2015 by Per Bengtsson and Kenneth Kaisajuntti.

Open entry courses

Scale 1:10 000. Contour interval 2.5 m.

Drawn 2013. Revised 2014-2015 by Christer Eriksson.

TERRAIN DESCRIPTION

Relays Terrain: :

Terrain: Forest with a small number of roads and trails that are not contiguous. Cultivated areas occurs mainly on the edge of the competition area with plenty of open land. The area is actively managed forest with elements of thinning forests, young forest and clearings throughout the competition area. Detail rich high areas although level of detail varies considerably throughout the area.

Slopes: Slightly hilly terrain.

Accessibility: Good accessibility other than in the areas of dense forest shown on the map. The area has only a few minor marshes. Ridges and hill tops are typically easy-running rock surface.

Open entry courses

Forest land with few roads and paths. Climb is weak to moderate. Accessibility is generally good, except in the areas marked green. The vegetation consists mostly of coniferous forest of varying age.

TRAINING PACKAGES

Several different training packages are available prior to the race. For more information and booking, visit our website www.10mila.se

TEAM COMPOSITION

Team composition shall be notified via Eventor. Latest time for changes through Eventor is May 8 at 21:00. This applies to all classes.

STARTING POSITION

Start numbers follow the result in 10MILA 2014 for the 100 best teams in the Youth relay and the 150 best teams in the Women's relay and 10MILA relay. Otherwise, an early entry results in a lower start number.

PUNCHING SYSTEM

Sportident will be used in all relays and on Open entry courses. **NOTE!** It is not allowed to use SI5 or SI8 cards for leg 3 and 10 of the 10MILA relay. This will result in disqualification since the number of check points is more than what those units can handle.

REGISTRATION AND PAYMENT TO 10MILA

Registration shall be done through Eventor not later than Monday March 16 2015. Registrations made after that date will be subject to an additional fee as outlined below. This applies to both registration of teams, rental of SI cards and accommodation.

Entry is registered only after all fee payments have reached the organizer.

Late payment or non-payment) is treated as a late entry and will hence be subject to an additional fee. Nonpayment will lead to the team not being allowed to start. Registration is considered binding one week after the regular notification ends.

LATE ENTRY

Entry and payments in the period March 17 to April 13 will result in a 50% fee increase (see table "Fees" below)
Entry and payments in the period April 14 to April 29 will result in a 100% fee increase (see table "Fees" below)

PAYMENT

Payment in Sweden

Payee: O-RINGEN in Uppland
Bankgirocentralen (BG): : 205-8014

Enter the club name on payment

Payment from abroad

Payee:
O-RINGEN in Uppland c/o C-A Malmberg,
Runmästarvägen 5, S-18772 Täby
IBAN: SE 64 6000 0000 0008 4113 8478

BIC: HANDSESS

Bank: Svenska Handelsbanken

Enter club name upon payment.

Currency SEK, payment is accepted only in Swedish currency. Any currency transaction/payment difference is charged to the payer.

If payment has been made during the period April 24 to May 7, original bank receipt for the payment can be asked for before you can have your club bibs and other material needed to start; a copy of the payment order is not accepted. In exceptional cases, the club bids and other material can be retrieved in return for an increased fee of 100% in cash.

10MILA ARENA

10MILA is best experienced on site at the arena. We offer an arena with superior service and great hospitality. The 10MILA arena is visitor-friendly and equipped with a big screen where the whole race can be followed. Ola Jodal's speaker team guarantees first class entertainment.

SERVICE AT THE ARENA

Kiosks and food tents with hot food. Hot showers, toilets, sauna, sports shop, first aid and big screen are available at the venue.

The arena camping area opens Friday 13:00 at which time the toilets open. Shower facilities are available from Friday. All support services including news stand and food tents will open on a limited basis from Friday and full service opens from Saturday.

TENT AND HOUSING SERVICES

Living and campground options offered at 10MILA Arena and ordered via Eventor (prices, see below):

Accommodation Tents (Friday-Sunday)

Heated tent in sections with or without floor about 300 meters from the stadium. 3x5 meters, about 10 people / section (can be booked in one or more sections).

Windbreaks area

5x5 meters at the arena.

Campervan and tent / caravan sites (Friday-Sunday)

On the grassy area about 600 metres from the stadium.

ACCOMMODATION QUESTIONS

For all questions concerning accommodation during the 10MILA weekend, contact via email:
logi2015@10MILA.se

PARKING CAR AND BUS

Car parking in designated area, 500-900 meters from the arena. Buses wishing to park adjacent to the stadium (5 km) must pre-register via rune.thuren@telia.com
+ 46 70 6395765

10MILA TV

Full 10MILA broadcast on web TV. Book transmission via the website www.10MILA.se and follow 10MILA at home in your living room or on your mobile phone.
Price 195 SEK.



REGISTRATION FEES AND MORE (SWEDISH CROWNS /SEK)

	Payment Date last			
	Mars 16	April 13	April 29	After April 29
Team composition changes				200
10MILA-relay	4200	6300	8400	
Women's relay	2100	3150	4200	
Youth relay **	450	675	900	
Open entry courses adults				120
Open entry courses Youth				70
Open entry courses restart 10MILA Sunday	200	240	240	240*
SI cards relay teams (per card)	50	75	100	100
SI cards open path (per card)				50
Windbreak Location 5x5 m	550	775	1100	1100
Mobile home Location 5x5 m	400	600	800	
Tent / caravan + car park 10x10m	800	1200	1600	
Tent 5x5 m	550	775	1100	
Accommodation Tent approximately 15 m2 Saturday-Sunday	4500	5500	5500	
Extra night Friday-Saturday	1500	1500	1500*	
Floor decking	1500	1500	1500*	
Accommodation Location tent "dormitory" per night	650	650	650*	
Streaming TV at home				195
Car and eventual bus parking is included in the registration fee				

* Can be met if there is anything left

** No extra charge for duplication of runners on leg 2-3 in Youth relay.

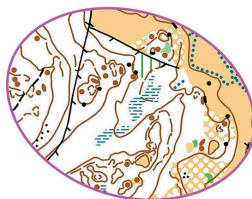
PRESS/MEDIA

Registration for press accreditation and other requests made on press2015@10MILA.se latest 25 April.
Press contact: Per-Olof Svensson 070-5682320

MORE INFORMATION

For further information, news about the competition and current 10MILA issues, see the website 10MILA.se. There is also published a PM with additional information for athletes, coaches and audience in advance of the race weekend.

Registration and office is open and staffed Wednesdays at 14:00 to 19:00 in Golf4Golfers premises (Vallentuna Golf Club) up until April telephone +468514 30 560. The competition office then moves to the 10MILA Arena.



www.10mila.se

 #tio15

WELCOME!

O-ringen federation in Uppland



L-100 IF, Länna IF
OK Borgen, OK Enen
OK Linné, OK Rodhen
OK Roslagen, Rånäs OK
Sigtuna OK
Vallentuna-Össeby OL

MAIN OFFICIALS

Secretary general Gerhard Lilliestierna
info2015@10MILA.se 070-2868676

Event director Sören Eriksson
tavling2015@10MILA.se 076-1178455

Assistant event director Peter Brunnberg
Peter.brunnberg@tele2.se 070-3235727

Finance Carl-Arne Malmberg
ekonomi2015@10MILA.se 070-6706917

Event controller Helena Dominique, OK Enen

Course setter

Boris Andersson, Rånäs OK

Roger Tynell, Rånäs OK

Gunnar Högberg, Rånäs OK

Course controller

Bert-Arne Bengtsson, Långhundra IF

Lars Roos, 10MILA-föreningen

Representatives compound Tiomilakavlen

Lars Gerhardsson, lars.gerhardsson@10mila.se

Per-Arne Forsberg, per-arne.forsberg@10mila.se

Martina Sundberg, martina.sundberg@10mila.se

Jury

Chairman / Convener:

Per-Arne Forsberg, 10MILA-föreningen

Youth Relay

Representant från 10MILA 2016 Falun/Borlänge

Hans Carlstedt, Sävedalens AIK

Maria Von Schmalensee, Attunda OK

Women's Relay

Representant från 10MILA 2016 Falun/Borlänge

Olle Olofsson, Kungälv OK

Monica Roos, Attunda OK

10MILA Relay

Representant från 10MILA 2016 Falun/Borlänge

Ingemar Gunnarsson, Lerums SOK

Per-Ove Melinder, Tullinge SK

Otherwise, you will find contact details of responsible functionaries via the website 10MILA.se.