



10MILA 2015

EVENT PROGRAMME

Updated version 2015-04-30

This Event Programme is divided into two parts where all competition related content is in part A (this document) and transport, accommodation and service information is in Part B.

The Event Programme is available through the web, mobile, and tablet and will be posted at the 10MILA arena, but will not otherwise be printed and distributed. Anyone who is in need of printed version are asked arrange this on your own by printing the PDF version.

Where the text refers to the 'website' it refers to: www.10MILA.se

On behalf of the 10MILA Association the organizing clubs welcome contestants, leaders, officials and spectators to 10MILA 2015.

TEAM ENVELOPES

Team envelopes can be collected from the Information office on Saturday May 9 at 8:00 to 21:00. Team envelopes include bibs, hired SPORTident (SI) cards and map-tickets. Note that the team envelopes do not contain the Competition Programme, which instead is posted on the website and at the arena.

An association which has not paid all fees must pay them before the envelope is received. Payment can be made with SEK or by credit card to the cashier.

TEAM COMPOSITION

Team composition shall be notified on Eventor by Friday, May 8 at 21:00. Note that the numbers of the SI cards will not be given as this is done at check-in. Changes in team composition can then only be made at Information using the amendment form (available at Information) for a fee of SEK 200 per team/occasion. This can be done not later than two hours before the start of each relay. Combination teams, according to SOFT's competition rules, are allowed.

Reserves

If a competitor who hasn't yet started becomes sick or injured, the reserve may compete in his/her place. Changes shall be notified to the Information as soon as possible and before the runners start on the affected leg.

PARTICIPATION IN MULTIPLE RELAYS

- Women who run the Youth relay may participate in the Women's relay and the 10MILA relay.
- Men who run the Youth relay may participate in the 10MILA relay.
- Women who have run the Women's relay may participate in the 10MILA relay.
- It is not allowed to participate more than once in the same relay.

Open-entry courses can run both before and after participation in 10MILA. For information on Open-entry courses, see separate memo.

COMPETITION 'CLEARING BANK', ALL RELAYS

On the website www.10mila.se there is a 'clearing bank' which allows teams to advertise for runners and for runners to find space in a team. During the competition there is also the opportunity to advertise on the bulletin board at the Information.

START NUMBER

For the first 20 teams in the Youth relay and the first 150 teams in the Women's relay and 10MILA Relay the team's start number refers to their place in 10MILA 2014.

RACE NUMBER

A race number must be worn visibly on the chest of all runners. Advertisements may not be folded, or otherwise made unreadable. The race number is the sticky kind, no safety pins required. Start without a race number is not allowed.

CLOTHING CONTROL

Clothing control occurs with the admission to the start and changeover pens. It is the competitor's responsibility to ensure clothing is correct and follows the dress code of the Swedish Orienteering Federation, SOFT, (www.orientering.se). If clothing does not meet the contest rules, a runner will not be allowed into the starting and switching pens. Spiked shoes are not allowed. Shoes with metal studs are allowed.

START

Relay	Start
Youth relay	11:00
Women's relay	14:30
10MILA relay	21:30

Check in first leg

Check in to the start happens at the changeover pens starting approximately 30 minutes before the start. Entry must have been made no later than 15 minutes before the start. Runners are responsible for emptying their SI card occurs before check-in. At check in, SI



cards are assigned to runners, distance, and team number using a bar code on the race number. All runners must therefore wear a race number. Runners whose SI card is not linked to a team number will be excluded from the competition. After entry to the start area, competitors in the youth relay follow a marked path to the transition area where the youth relay will start. After checking in, runners in the women's relay and 10MILA relay make their own way to the starting area located in a different part of the stadium area, marked on the arena map. Five (5) minutes before the start, the runner must be positioned at the marked number corresponding to the team's start number. Runners line up in rows of 20 runners/row.

Check in before changeover

Runners are responsible for emptying their SI card before check in. At check in, SI cards are linked to runners, distance, and team number using a barcode on the race number. All runners must therefore bear a race number. Following entry, follow the marked path to the transition area. Runners whose SI card is not linked to a team number will be disqualified. Runners are asked to check in early, especially runners in the youth relay on stage 2 and 3 where many runners will arrive in a short time. After entering the changeover area the runner is not allowed to did not leave the changeover area.

TERRAIN

Forested area with a small number of roads and trails which are not contiguous. Cultivated land occurs primarily on the edge of the competition area with plenty of open land. The area is actively forested so elements of thinning forests, young trees and clearings are present in the competition area. Elevated areas are detail-rich, although the amount of detail varies throughout the competition area.

Climb: Slightly hilly terrain.

Runnability: Good runnability, except in those areas with dense forest marked on the map. The area has only a few small marshes. Elevated areas are often very fast-run smooth rock.

There is some barbed wire in the area, especially in connection to the field margins. Be careful.

MAP

Map scale for all classes of 1:10 000. Contour interval 2.5 m. Offset printing: Affärstryckeriet Vasteras. Drawn 2013 - 2015 by Per Bengtsson and Kaisa Kenneth Juntintie. Symbols according to IOF standards. Control descriptions are printed on the map. Local map symbols: X (black) = hut/small lookout tower, x (brown) = underground cellar.

CONTROLS

Controls are marked with orange/white flags and a reflective pole at night controls. There are at least two stamping units at each control. Control code number

is marked with black text on a white background. The height of the control settings is approximately 60 cm. In some areas it is extremely tight between the controls, check the code numbers very carefully. When the TV transitions there are a number of controls to create different directions of approach to the TV cameras.

Some controls are manned, and/or visited by the media during the competition. Fixed and mobile TV teams will be in the competition area.

PUNCHING SYSTEM

SPORTIdent (SI) punching system is used. An SI card may only be used once in any of the relays, i.e. you can not use the same tray in e.g. the women's relay and 10MilaRelay. However, SI cards used in the relay classes can also be used once on an 'open' course. Rented SI cards are returned as a set for each team at the Information in conjunction with map collection. SI cards not returned will be charged at 580 SEK/card. SI cards type 5 (6), (8), 9, 10, and 11 are allowed but with the exception of legs 3, 8 and 10 of the 10MILA relay, see information below.

NOTE: The use of SI card types SI5 or SI8 on sections 3, 8 and 10 of the 10MILA relay is not permitted and will result in disqualification in most cases as the number of controls on these legs exceeds the capacity of these cards.

PUNCHING CONFIRMATION

When punching with the SI card it is the runner's responsibility to ensure that the light and sound signal from the controller confirm that the punch is approved.

ROPED-OFF AREAS AT THE ARENA

Roped-off areas may not be entered and are considered to be competition area. Violation will result in disqualification of the team. Applies to runners, coaches and spectators.

Warm up area adjacent to the starting/changeover area is cordoned off and can only be entered by runners, volunteers, people from the future organizers, jury members and others who need to study start and changeover procedure.

PUBLIC CONTROL

At the stadium there is a public control that will be visited by runners on several legs during 10MILA relay and the women's relay.

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COURSE INFORMATION AND CHANGING TIMES

Youth relay

Start:11:00 **Finish:** Approximately 12:57

At least two legs to be entirely filled with women.

Leg	Forked	Type	Length (m)*	Running time	Changeover time	Map size
1	Yes	Day	4800	26	11:26	A4
2**	No	Day	3800	25	11:51	A4
3**	Yes	Day	4800	30	12:21	A4
4	Yes	Day	6300	36	12:57	A4

*) Course length includes 400-500 metres marked by streamers.

**) Legs 2 and 3 are allowed to be run with dual runners. Leg 3 is forked. The first runner to finish counts in the team's results. Applies to both legs 2 and leg 3. There are two maps in each team's plastic pouch on legs 2 and 3. The teams that have only one runner on leg 2 and/or leg 3 takes out the map, leaving it on the way to the starting point.

Women's relay

Start:14:30. **Finish:**Approximately 18:29

Leg	Forked	Type	Length (m)*	Running time	Changeover time	Map size
1	Yes	Day	7300	44	15:14	C3
2	Yes	Day	6000	38	15:52	C3
3	Yes	Day	7200	45	16:36	C3
4	No	Day	10500	63	17:39	C3
5 **	Yes	Day	8600	49	18:29	C3

*) The course length includes 650-750 metres marked by streamers.

**) The same course length for all runners, including those participating in the restart.

10MILA Relay

Start: 21:30 **Finish:** Approximately 07:31

Leg	Bracket	Type	Length (m) *	Running time	Changeover time	Map size
1	Yes	Dusk/Night	13100	69	22:39	C3
2	Yes	Night	10400	57	23:36	C3
3	No	Night	16500	87	01:03	C3
4	Yes	Night	8600	47	01:50	C3
5	Yes	Night	11400	63	02:53	C3
6	No	Night	7500	39	03:32	C3
7	Yes	Night/Day	10200	51	04:23	C3
8	Yes	Day	12600	63	05:26	C3
9	No	Day	8500	43	06:08	C3
10 **	Yes	Day	17500	83	07:31	C3

*) The course length includes 650-750 metres marked by streamers.

**) The same course length for all runners, including those participating in the restart.

LIGHT CONDITIONS DURING 10MILA

Saturday: The sun goes down at 21:04.

Sunday: The sun rises at 4:23.

GPS TRACKING

It is mandatory to wear a GPS transmitter for runners in selected teams in the Women's relay and 10MILA relay. If the team refuses to wear the transmitter according to the organizer's regulations, the team will be immediately excluded from the race. The GPS unit is to be collected at the changeover area not later than 20 minutes prior to the start or calculated changeover time and should be carried in the vest provided by the organizers and in the prescribed manner. Staff can help the runners put on the equipment. The GPS unit must be returned immediately after the leg. The return shall be made to officials at the end of the changeover area. GPS tracking is used at all stages of the Women's relay and 10MILA relay. In the Women's relay and 10MILA Relay GPS tracking will be used by the teams listed below. Additional teams may be selected for each leg to carry a GPS transmitter during that leg. Teams in addition to those listed below will be announced by the announcer and will be posted at the entrance to the changeover area.

GPS - Youth relay

The Youth relay GPS is used only on the last leg. 15 teams will be selected when the runners are out on leg 2 and the teams in question will be announced by the speaker.

Women's relay:

Teams that will carry GPS transmitters

- 501. OK Pan Århus, DEN
- 502. Göteborg-Majorna OK
- 503. OK Tisaren
- 504. Järla Orientering
- 505. SK Pohjantähti, FIN
- 506. OK Linné
- 507. IFK Lidingö SOK
- 508. Halden SK, NOR
- 509. Hiidenkiertäjät, FIN
- 510. MS Parma, FIN
- 511. Paimion Rasti, FIN
- 512. Leksands OK
- 514. Hellas Orientering
- 515. Tampereen Pyrintö
- 516. Domnarvets GOIF
- 517. Stora Tuna OK
- 518. IFK Lidingö SOK 2
- 520. Kalevan Rasti, FIN
- 521. Linköpings OK
- 522. IFK Mora OK
- 523. OK Orion
- 524. Nydalens SK, NOR
- 525. Hiisirasti, FIN
- 526. IFK Göteborg
- 527. OK Linné 2

534 Tullinge SK

535 Sävedalens AIK 1

539 Södertälje-Nykvarn OF 1

545 OK Kåre

659 Alfta-Ösa OK 1

10MILA Relay:

Teams that will carry GPS transmitters

- 1. Kalevan Rasti, FIN
- 2. IFK Lidingö SOK
- 3. Södertälje-Nykvarn OF
- 4. IFK Mora OK
- 5. Vaajakosken Terä , FIN
- 6. IFK Göteborg
- 7. Hiidenkiertäjät, FIN
- 8. OK Denseln
- 9. OK Linné
- 10. Järla Orientering
- 11. Halden SK, NOR
- 12. Lillomarka OL, NOR
- 13. Kristiansand OK, NOR
- 14. IL Tyrving, NOR
- 15. Stora Tuna OK
- 16. Göteborg-Majorna OK
- 17. Malungs OK Skogsmårdarna
- 18. NTNUI, NOR
- 19. Ärla IF
- 20. OK Ravinen
- 21. MS Parma
- 22. OK Pan-Kristianstad
- 23. Tampereen Pyrintö, FIN
- 24. Turun Metsänkävijät, FIN
- 25. OK Tisaren
- 28. IK Hakarpspojkarna
- 36 OK Pan Århus
- 39. Koovee
- 74. OK Orion
- 64. Paimion Rasti 1
- 329. Nightfoxes International

LIQUID

Liquid in the form of water and sport drinks are provided on longer courses. Sites are marked on the competition map. In warm weather liquids will also be provided at the finish.

RUNNERS APPROACHING THE CHANGEOVER

There are 3 'pens' at the finish of the legs.

Pen 1: Finish pen. In this pen, which is located to the left of the direction of running, should be used by only the last leg runner in the respective relays. The sign will read: MÅL/FINISH/MAALI

Pen 2: The changeover pen, for leading teams. This pen is in the middle. The team(s) in the lead and all the teams that are on the same leg, until the team(s) in the lead are approaching the changeover for the next leg. This pen is renumbered continuously during the

competition as the leading teams change leg. Be aware of the signs and the leg that applies. The sign will read: **VÄXEL/CHANGE OVER**

Pen 3: The changeover pen, for other teams. This pen is to the right and is for all the teams that are one or more legs from the lead. The sign will read: **VÄXEL ÖVRIGA/CHANGE OVER OTHERS**

The runner punches at the finish line. Failure to punch means disqualification. After punching at the finish the map is handed to the official. The map of the next leg is taken at the map stand. The changeover takes place by the map being handed over to the next runner who stands at the changeover fence. Runners are responsible for the correct map being handed over at the changeover. A missing map can be retrieved in the caravan on the right side in the running direction between map stand and the changeover fence.

At the changeover fence there are signs for each hundredth team to help show the approximate position for the outgoing runner. From the perspective of the runner handing over the map, the lowest number is furthest to the left at the changeover fence in the Youth relay and furthest to the right in the Women's and 10MILA relays.

The Youth relay's second and third leg twin maps will be on the map stand. The extra map lies folded in the plastic pocket of the suspended map. The outgoing runner hands the additional map to the team's extra runner if it has not taken place in conjunction with the changeover. Extra maps not used are handed to an official between the changeover fence and the start point.

Changeover Youth relay leg 2 and 3

Description of changeover with double runners on leg 2-3. Signs adjusted for the current leg.

Changeover 1: Runner leg 1 enters into exchange. At the map stands two maps hang in a single map pouch. The runner will hand over the maps to runners 2A and/or 2B, who run out at the same time.

Changeover 2: The first runner of leg 2 comes to the changeover. At the map stands two maps hang in a single map pouch. The runner will hand over the maps to runners 3A and/or 3B, who run out at the same time.

Changeover 3: The first runner of leg 3 comes to the map stand and gives the map to runner 4. The runner who first comes to changeover on leg 2 and 3 are included in the team's results. If punching is correct, the team will be accepted. If the first runner on the leg punched incorrectly, the team will be disqualified, even if the other competitor on the same leg has been stamped correctly.

FINISH

Inbound runners run into the chute furthest to the left marked MÅL/FINISH. For the last leg runners, it is forbidden to change chute. If the wrong chute is chosen the runner must return to the beginning of the chutes and select the correct lane. If necessary, a goal judge will be placed at the finish line. The runner then punches at the finish station that stands a few metres after the finish line.

PLACE COUNTER

This year one can see one's position location when running into the finish.

WILDLIFE REPORT

Please report sightings of first-and-foremost ungulates (moose, deer etc) to Information.

TEAM DISQUALIFICATION

A team recorded as "disqualified" will be informed of this upon checkout. Disqualified teams will be reported on the scoreboard as soon as possible after changeover. The team may continue the event out of competition. The team will be detained by officials at the map stand until at least 30 minutes have passed after the leading team, so that this team will not affect the outcome of the contest. Coaches who wish to bring protest against a disqualification should report to Information no later than 60 minutes after the finish of the affected leg.

MASS START

Relay/Preliminary restart time/Note

Youth relay	Saturday 14:00
Women's relay	Saturday 19:00
10MILA relay	Sunday 09:00
	Mass start for final leg runners
	Sunday 09:10
	Mass start for other legs

(can be different times for different legs)

Exact times to be announced by the speaker. Mass start does not occur earlier than the provisional time above.

Note: Shortened distances do not exist.

- The changeover lane closes 20 minutes prior to the above times.
- Mass start runners have to run the distance that was specified with the entry. The teams participating in the mass start will be placed in the results list after the teams that completed the race without the participation of the mass start.
- Teams which have retired or been disqualified earlier may take part in the mass start.

MAXIMUM TIME

Maximum time is 4 hours after the mass starting in each relay. For 10MILA Relay the count is from the first restart, which means that the finish closes at 13:00.

EXPIRED RUNNERS

Runners who have retired or otherwise not crossed the finish line must report to the checkout to have their SI card read. The runner will otherwise be registered as "still in the forest" and an unnecessary search may be started.

CONTEST RULES

Swedish Orienteering Federation competition rules and conditions apply for the competition. The following are some of the most important rules:

- It is the competitor's responsibility to know the rules of the contest. Lack of knowledge does not release anyone from any penalty.
- Competitors are obliged to respect the prohibited areas marked on maps.
- Contestants must follow taped route all the way.
- Contestants are required to the best of their ability to help another competitor who has injured him/herself.
- Competitors may not gather information on the race course or the competition map, other than that supplied by the competition management, nor provide information on the race course or the competition map before the end of the competition.

TOILETS

Toilets and urinals for the public and runners are in the arena. Runners in the starting area and the changeover area are referred to toilets and urinals in the warm up area.

CHANGING AREA, SHOWER AND SAUNA

Warm shower 500 metres from the finish. Sauna available for a fee of 20 SEK. Tickets purchased in the kiosk at the sauna. Only eco-labeled products may be used in the shower. The organizer provides shower gel.

HEALTHCARE/FIRST AID

First Aid will be available in the stadium from 11.00 on 9 May until the end of the competition. Medical services at the arena are primarily for athletes. Spectators and others are referred to regular medical care at Närakuten Löwet Löwenströmska hospital, where the reception is open every day from 08:00 a.m. to 22:00. Phone: 08-586210 00. The nearest emergency room is Danderyd hospital.

There is no medical spot in the competition area. However, all control guard stations, marked on the map and fluid stations are equipped with first aid and related funds.

OVERALLS/LOST PROPERTY

Training overalls should be handled by the respective teams. Lost equipment etc, can be requested at Information during the competition. After the competition the website will list the names of people who can answer questions about equipment left on site. Recovered equipment can be claimed up to 1 June 2015. Any shipping cost is borne by the receiver. Thereafter it will be donated to the Red Cross.

WEB TV

ON 10MILA's website there is a link to a Web-TV site where you can register to watch the TV broadcast via the Web. Web TV shows basically the same transmission as shown on the big screen in the arena. Price for the webcast 195 SEK.

WEB RADIO

On 10MILA's website there is a link to the web radio broadcast. There are two broadcasts, one in Swedish and one Finnish. The service is free. The link will be made available latest Friday, May 8. FM radio sound from the speaker is broadcast on the FM network and can be heard locally around the Arena 10MILA.

- Swedish speaker = 94,4 MHz
- Finnish speaker = 107,5X MHz

PUBLIC WIFI

Mobile Coverage in the stadium is limited and needs to be prioritized for GPS tracking. The audience is asked to restrict the use of mobile phones and mobile internet to the greatest extent possible. There is a broad WiFi net throughout the arena that participants are encouraged to use to access the internet. The network is free to use, without any charge.

AWARD CEREMONY

The first ten teams in each relay awarded a prize. The award ceremony conducted at the stage at times as below: Youth relay Saturday, 14.10; Women's relay Saturday 19:30; 10MILA Relay Sunday, 9.30. Prize winners gather 15 minutes before at the stage.

MAP COLLECTION

Collection of competition maps are made for all classes at Information after the mass start for the 10MILA Relay and up until 13.00. Collection is on presentation of the map ticket (in team envelope) and after submission of hired SI cards. Teams that have left the competition before the maps are released can get them by mail for a fee of 100 SEK. Address details and payment must be given at Information.

VERIFIERS

Competition Controller:

Helena Dominique, OK Enen

Course Controllers:

Lars Roos, Föreningen Tiomilakavlen

Bert-Arne Bengtsson, Långhundra IF

Map Controller:

Technical chart control: Christer Carlsson, SOFTs map group

Field Control: Jonas Eklund

Competition Management

General Secretary

Gerhard Lilliestierna, OK Roslagen

Event Director

Sören Eriksson, Länna IF

Assistant event director

Peter Brunnberg, Vallentuna-Össeby OL

Course planner

Boris Andersson, Rånäs OK, Youth relay

Roger Tynell, Rånäs OK, 10MILA- and women's relay

Gunnar Högberg, Rånäs OK

Open courses Bert-Arne Bengtsson, Långhundra IF

Market Börje Lindblom

Information/press Sture Larsson, Länna IF

Economics Carl-Arne Malmberg, Vallentuna-Össeby OL

Security Bo Eriksson, OK Roslagen

IT Henrik Bengtsson, O-Ringen AB

Arena Hasse Eriksson, Rånäs OK

Staff Gerhard Lilliestierna, OK Roslagen

Speaker Ola Jodal

JURY

Convener:

Per-Arne Forsberg, Föreningen Tiomilakavlen

Youth relay

Leif Åkerblom, Stora Tuna OK

Olle Olofsson, Kungälv OK

Maria von Schmalensée, Attunda OK

Women's relay

Leif Gustafsson, Säterbygdens OK

Olle Olofsson, Kungälv OK

Monica Roos, Attunda OK

10MILA Relay

Leif Åkerblom, Stora Tuna OK

Hans Carlstedt, Sävedalens AIK

Per-Ove Melinder, Tullinge SK

CONTACT INFORMATION E-POST

Competition leadership: info2015@10MILA.se

Marketing/sponsorship: marknad2015@10MILA.se

Accommodation: logi2015@10MILA.se

WELCOME!

Association O-ring in Uppland

Långhundra IF • Länna IF • OK Borgen • OK Enen

OK Linné • OK Rodhen • OK Roslagen

Rånäs OK • Sigtuna OK • Vallentuna-Össeby OL

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1. Team Sportia sport shop
2. Food service
3. VIP/Press
4. Results
5. Exhibition
6. Kiosks
7. Canteen / Grill
8. Competition exp
9. Information
10. Open entry courses
11. Stage
12. First aid
13. Big screen
14. Check in and out for runners

