

Världens bästa klubb vinner



# Event Details

## 25manna 2015



Saturday the 10th of October

### Information

Homepage: [www.25manna.nu](http://www.25manna.nu)

Inquiries: [info@25manna.se](mailto:info@25manna.se)

At the event venue: The information tent

Special PMs exist for Traffic/Parking, Catering and Accommodation, see [www.25manna.nu](http://www.25manna.nu) and Eventor.

The final version of the Event Details will be published at the arena on the day of the event. It is the responsibility of each runner to read through the Event Details.

## EVENT INFORMATION

### Event Venue

Lövsättra in Vallentuna kommun about 25 km north of central Stockholm.

### Parking

Distance P – event venue 100-1 000 m.

### Bus drop-off

At the spot announced in special PM for traffic/parking, 2 500-2 800 m from the arena. The walking path to the arena goes through forest, fields and on a gravel road. Not entirely suitable for baby strollers.

### Bus parking

At the spot announced in special PM for traffic/parking.

### Public transport

Subway from T-centralen at 9:03 red line towards Mörby centrum, change at Danderyds sjukhus to bus 626 towards Linanäs and change again at Kundvägen to bus 615 towards Ullna and alighting from the bus at Lövsättra vägsäl at 9:58. Then a short walk on a road 1,2km – 1,5km. More information at [www.sl.se](http://www.sl.se). Look out for changes in the autumn timetable.

See also special PM for traffic about possible extra departures.

At the moment there is only one bus per day to Lövsättra vägsäl in the morning. Note that the timetable might be changed.

### Team envelopes

If all club fees are paid, each team receives a team envelope containing bibs, program etc. The envelopes are picked up club-wise at the Info tent at the event venue starting at 07:00 on the competition day. The envelopes need to be handed in at the info tent after the competition in order to get the competition maps back.

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

### 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 and at the Info tent.



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### 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](http://eventor.orientering.se) until October 9th 21.00. 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. Runners on parallel routes are to be registered in the order they go out on their course.

### 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 9.00 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 14.12.

### 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 determine

This year the men will start and the ladies will determine the finish of the relay by running the last leg.

### Team composition

The team is allowed to use a maximum of 9 men M21-39 and must include at least 7 women. Out of those women, at least one must be W14 or younger or W45 or older and one must be W18 or younger or W35 or older. Additionally, the team must also have at least one MW16 or younger.



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### Course lengths and team composition

Leg	No of runners	Course length km	Start	Calculated time	Change over	Forked	Difficulty	Right to participate
1	1	7,6	09:00	40 min	09:40	Yes	Blue	All
2	1	5,1	09:40	32 min	10:12	Yes	Blue	Ladies
3	4	4,3	10:12	29 min	10:41	Yes	Red	Ladies
4	4	2,5	10:41	15 min	10:56	Yes	White	No W19-39, M15-54
5	4	6,1	10:56	35 min	11:31	Yes	Blue	Alla
6	4	4,3	11:31	25 min	11:56	Yes	Red	No M17-39
7	4	5,3	11:56	34 min	12:30	Yes	Red	All
23	1	3,9	12:30	21 min	12:51	No	Orange	No W19-34, M15-49
24	1	9,0	12:51	46 min	13:37	No	Blue	All
25	1	6,0	13:37	35 min	14:12	No	Blue	Ladies

The above course length includes about 300 meters of taped route.

### Map

Scale 1:10 000, drawn by Ia Lillstrand 2014-2015, equidistance 5 m. Offset, Affärstryckeriet.

The course and control description are printed in violet on the map.

**In some areas the controls are very close to each other Check the code number carefully.**

### Terrain

Woodland with moderate height variation and mostly very good passability. Cultured ground and a number of bigger and smaller paths and trails occurs. The level of detail is moderate.

### Electronic punching system – SportIdent

SIAC "Touch-free" are not allowed.

### 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 is first cleared by punching the emptying device. 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.

**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 punch has been registered. If any device is not working, the runner punches in another unit at the controls. Failing 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.



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### 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, at the end of the changeover area.

**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.

### 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.



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A disqualified team may complete the competition providing it is running at least 30 minutes behind 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 has been cleared and is marked with red-and-white tapes (most relevant for leg 4). At the end all courses will pass through an area with some off-road motorcycle tracks. In this area new paths/track might emerge just before the competition. If that happens, the paths that are marked on the map and used on leg 4 will be marked with white tapes in the terrain.

### Forbidden areas

Forbidden areas are marked with violet stripes on the map and private ground is marked with olive green colour. 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 (SOF) apply.

## SERVICES

### Shower and toilets

A warm outdoor shower is located southeast of the event venue, 750 away. Toilets are to be found in the northern part of the event venue east of the sports sales tent, as well as in the changeover area, and at the showers.

### First aid

A first aid centre 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.



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### Arena passage

Leg 1 and 24 will pass through the arena on their courses.

### Results

During the competition preliminary results will be posted. Final results will be available on Eventor and at the competition webpage: [www.25manna.nu](http://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 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 east of 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	2,1 km	white
ÖM3	2,5 km	yellow
ÖM5	3,4 km	orange
ÖM7	3,0 km	blue
ÖM8	4,7 km	black

Direct entry to the Open courses is done at the south 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 70 SEK for participants 16 years old or younger, and 115 SEK for others. Renting an SI-card costs 50 SEK. If you lose a SI-card you will be charged 600 SEK.

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

### String course ("Miniknat")

String course ("Miniknat") is located at the southeast side of the event venue with start between the hours 9:30–14:00. The fee is 30 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. There is also a separate kiosk in the south part of the event venue. Menu and prizes will be published on the webpage.

Pre-ordering of food parcels to clubs for their own preparation is offered, they are ordered through Eventor up until 4<sup>th</sup> of October. The parcels are collected by the café between the hours 7:30–9:30.



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### Sports sales

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

### Massage

Dala Massage Team will be at 25manna and they offer sports massage and sports rehab taping. They will have a tent at the arena and are open Saturday 8.00-17.00 and Sunday 9.00-15.00.

### Head of competition

Åsa Bergström Täby OK  
Marianne Carlberg Vallentuna-Össeby OL  
My Rönnols Täby OK  
[info@25manna.se](mailto:info@25manna.se)

### Course planners

Peter Nordström, Täby OK  
Pelle Carlberg, Vallentuna-Össeby OL

### Information

My Rönnols, Täby OK  
[info@25manna.se](mailto:info@25manna.se)

### Press

Petra Ljungdell, Täby OK  
Niklas Bergström, Täby OK  
[press@25manna.se](mailto:press@25manna.se)

### Announcer

Ola Jodal

### Course controller

Lars-Håkan Sandvik, Attunda OK

### Competition admin

Johan Hofstedt, Vallentuna-Össeby OL

### Competition technology

PerÅke Carlenstam Väsby OK  
Bengt Eriksson Väsby OK

### Event venue & services

Lena Granér, Järfälla OK

### Competition controller

Ola Kåberg, OK Ravinen

### Competition jury

Anders Eriksson Uppland(president)  
Kerstin Tjämlund Blekinge  
Leif Gustavsson Dalarna

# Welcome to 25manna 2015

Ver 2015-10-01

