




Competition Programme
10MILA 2016
 14 – 15 May
 Falun - Borlänge
*unforgettable
 experience*



Foto: Lars Rönnols



Updated 12th May 2016

On behalf of the Tiomilakavlen Association, the organizing clubs: Stora Tuna OK, Grycksbo IF, Korsnäs IF OK, Kvarnsvedens OK, OK Kåre, Säterbygdens OK and Bjursås OK, welcome athletes, leaders, officials and spectators to 10MILA 2016, when the competition will be for the first time conducted north of Dalälven – in Falun, Borlange.

ARENA

10MILA 2016 will be held in the national skiing arena at Lugnet in Falun. Sign posting from the E16 Lugnetleden for all modes of transportation.

Parking

The entrance to the parking and the drop-off zone is at the Lugnet arena roundabout.

Parking ticket: SEK 50 (valid for the whole weekend).

Buses may drop off passengers on the road Lugnetvägen following officials' instructions. Buses that plan to stay at the arena, (Only if pre-ordered) must follow the organizer's instructions to the bus parking.

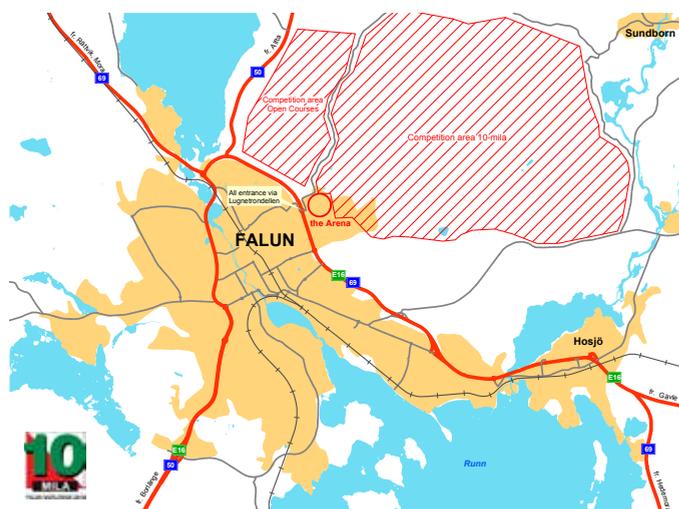
Distances to the arena

From the parking: 300–800m. Parking charge 50 SEK/vehicle or 400 SEK/bus

From the sports-hall: 150m

From the tent village: 500m

From the caravan/campervan parking: 200m. Parking charge 500 SEK/caravan or campervan.



ARENA MAP

Please see the last page in this programme.

INFORMATION OFFICE

The information office is located in the same place as the competition office. It is open 2pm –10pm on Friday 13th May and from 8am Saturday, May 14 until the end of the competition.

ACCOMMODATION

Caravans/Campervans

Available from Friday, May 13th at 1pm. Follow the signs to the Lugnet campsite, please register at the reception. Pre-registered bookings must show their booking confirmation upon arrival. Un-registered caravan/campervans should follow the directions given by the traffic wardens.

Tents and tent-sites

Available from Thursday, May 12 at 6pm. Drop-off of tent equipment will be at designated areas, before parking vehicles at the regular parking. Allocation of places for competition area tents will be published on the website and also posted at the arena and as well as at the tent village. Vehicle traffic is not permitted in the tent areas.

Accommodation in schools and sports-hall

Pre-ordered places will be confirmed before the competition with information regarding which assigned school or hall and room number. In each location there will be a reception where specific information regarding the accommodation can be obtained. Receptions open Friday May 13 at 6pm. Additional information can be obtained from the information office at the arena.

This programme will be displayed at the 10MILA arena, but not otherwise published. It is available on the web-site, mobile phone, and tablet. Anyone who requires a printed programme are advised to arrange this themselves by printing the PDF version.

References in this programme to the web-site imply: www.10MILA.se

RESTAURANG 10 MILA

The 10MILA restaurant at the arena sells meals, soup and breakfasts. Payment can be made using bank or credit cards or with cash.

Open times:

Friday 5pm–10pm

Breakfast Saturday 7am–10am

Lunch/dinner Saturday 11am–Midnight

Breakfast Sunday 6am–9am

Lunch Sunday 10am–1pm

Menu:

Friday

- Taco-buffet with mincemeat sauce, fajitas.

Please pre-order via Eventor.

Saturday

- Lasagne
- Meatballs in a cream-sauce with boiled potatoes.
- A vegetarian meal.

Sunday

- Lasagne
- Beef stroganoff.
- A vegetarian meal.

All meals include:

- Salad
- Swedish cracker-bread and butter.

Soup

(Served Saturday 6pm - midnight)

- Vegetable soup

Breakfast:

- Yoghurt or Swedish fil-milk.
- Muesli
- Bread with topping.
- Coffee and tea.

Please pre-order via Eventor.

Prices

Lunch/dinner: 90 kr.

Soup: 65 kr.

Breakfast: 50 kr.

Catering

Clubs are offered pre-ordered main courses with a salad, to be collected from the restaurant. They will be supplied in polystyrene boxes with cutlery and napkins.

Orders can be placed in Eventor regarding the number of servings of each dish and the time of collection. Orders must be placed by April 30th. Payment must be made in advance.

Price: Main course 75 kr.

FOOD KIOSK

At the arena there is a well-stocked kiosk with hamburgers, hotdogs and sandwiches, cinnamon buns, soft-drinks, coffee, tea, muffins, chocolate cookies, sweets and fruit.

Open times: Friday 13th May 4pm – 9pm and from 9am Saturday the 14th May.

SPORTS SHOPS

Team Sportia will be on site at the Arena.

Open times:

Friday 2 - 8pm

Saturday 9am - Midnight

Sunday 7am – 12pm.

TEAM ENVELOPE

Team envelopes can be collected from the competition office Saturday, May 14th from 8pm to 8pm. It will include number bibs, rented SI-cards, access passes for coaches to enter the change-over area and vouchers for collecting maps post-race. Please note that the envelope does NOT contain a copy of this programme. This programme is only available on the 10MILA website and posted on notice-boards at the arena.

Clubs or teams which have not paid all fees must pay them before team envelopes will be released. Payment by SEK cash or bank/ credit card at the race office.

Team line up

Team members must be registered on their correct legs on the Eventor website by Friday May 13th, by 9pm. This applies to all classes. Note that the SI-card number registration is not necessary at this time as this is done at runner check-in before they start. After 9pm Friday, any team runner changes may be made up until 1 hour before the start and then only for approved reasons. Application for a team member change must be made in writing and will be approved or rejected by the organizers. Change of team composition can be made only at the race office by submitting a team amendment form, these forms are available at the race office.

Teams that are not members of SOFT, e.g. business teams, are permitted to participate. If in such teams there are runners who are members of a SOFT club, they must have permission from their club to compete in such a team.

Reserves

Reserves may run in case of illness or injury during the competition. Changes must be reported to the competition office as soon as possible and before the appropriate leg.

PARTICIPATION IN MORE THAN ONE RELAY

- It is permitted for girls who have run the Youth relay to participate in the Women's relay and the 10MILA relay.
- It is permitted for the boys who run the youth relay to participate in the 10MILA relay.
- It is permitted for women who run the Women's relay to participate in the 10MILA relay.
- It is not permitted to run more than one leg of any given relay.

Open courses can be run both before and after participation in the 10MILA relays. For information on Open courses, please see the separate programme.

RUNNERS BANK (all relays)

Runners can advertise their availability or request runners for their team by emailing their requests to info2016@10mila.se. During the competition there is also the opportunity to advertise availability or vacancies on the bulletin board at the Information office.

TEAM LEADERS

Each team has the right to have one team leader in the change-over and warm-up area during the relays. Entrance to this area is through the check-in lanes after showing a valid entrance card. Team leaders are encouraged not to stand in the run-out area from the map exchange, so runners are not hindered. Team leaders may not enter the start area for the first leg runners.

START POSITIONS

For the first 150 teams in the Youth relay and the first 150 teams in the Women's relay and 10MILA Relay, the start number is determined from the finish position at 10MILA 2015. Any vacant positions within these places will be filled randomly.

NUMBER BIBS

Race numbers are self-adhesive and must be worn visibly on the chest of all runners. Advertisements on the numbers may not be folded or otherwise hidden. **Starting without a number bib is not permitted.**

CLOTHING QUALITY CONTROL

At the entrance to the start and changeover area there will be a clothing quality control station. It is the competitor's responsibility that their clothing is in good order, and that it follows the Swedish Orienteering Federation, SOFT, dress code (www.orientering.se). If it does not comply with the specified standards then the runner may not enter the start and changeover area. Repairs must be made prior to admission.

Spiked shoes are not permitted. Dobb-spiked shoes with metal studs are allowed.

START

Relay start times

Youth relay 11.15am
Women's relay 2.15pm
10MILA-relay 8.30pm

Leg 1 Check-in

Check-in to the start area is beside the change-over area, it will open approximately 60 minutes before the start. Entry must be no later than 15 minutes before the start. Runners are responsible for clearing their SI cards before check-in. The distance from the check-in to the start is 400m.

At check-in, SI cards will be linked to runners, their leg, and the team number, using the barcode on the number bib. All runners must therefore be wearing their number bib at this time. After entering, the runners should make their way past the change-over area to the starting area. Runners whose SI card is not linked to a team will be removed from the competition results.

After check-in the runner may not leave the start and change-over area. At the latest five (5) minutes before the start, the runner **must** be at their specified team number position.



Check-in for all other legs

Runners are responsible for clearing their SI card before the check-in. At check-in the SI card is linked to a runner, leg, and team, using a barcode on the number bib. All runners must therefore be wearing their bib at check-in. Runners with SI cards not linked to a team will be disqualified.

Runners are advised to check-in well in advance, especially for legs 2 and 3 in the youth relay where many runners need to change-over in a short space of time.

After entering the change-over area, the runner may not leave before commencing their course. Runners are recommended to be at the check-in with plenty of time to spare in order to not miss their change-over. After entering the change-over area, runners may not leave by any means other than starting their course. Runners on legs 2 and 3 in the youth relay may register their Sport-Ident at the check-in then return later to enter the change-over area. This is recommended to minimize the congestion when many runners need to enter in a short space of time.

TERRAIN DESCRIPTION

The competition area is partly the same as used at O'Ringen 1985 and EOC 2012. The area is largely a military training area dissected by a significant road and track network. Near to the arena there is a network of ski trails as well as fields with many small copses of trees and stone cairns.

The area is moderately to very hilly, much more so than is normal for 10MILA. The vegetation consists mostly of coniferous forest of varying age with predominantly good visibility and accessibility. Areas of forest regeneration occur with poorer run-ability. Depending on the winter snow conditions and spring weather it is possible that marshes may be very wet and relatively heavy going, and that icy artificial snow may still exist along some ski trails.

Extra openings have been made in the fences in the fields around the arena, runners are advised to take care when passing them.

There exists other reflective material in the competition area which may be distracting at night.

There are several fixed and mobile cameras in the area to televise the competition. TV towers and masts are not marked on the map as their placement may vary during the competition. There will be cameramen, running and following runners in the terrain during the competition.

MAP

Scale 1:10 000, contour interval 5 m for all courses.

Offset printed 2016 by Kartsam AB. Mapped 2015-2016 by Kartsam AB (Håkan Holmberg). Control descriptions are printed on the map and control code numbers are printed beside the control circle too. Radio controls, manned controls and TV controls are not indicated on the control descriptions.

Containers (used as underpasses for ski trails) are not drawn on the map.

Charcoal burning pits are drawn on the map.

Local map symbols

Shooting trench.		
Ski-trail, can look like a road.		
Ski trail with a track, often a mountain bike trail.		
Ski trail without a track, usually grassy.		
Charcoal burning circle		
Ruined building, larger military articles, sponsorship signs.		
Small tower, hunting tower, children's play-house		

MAP CHANGES

Forestry extraction tracks are drawn on the map.

Since the map was printed some **small** areas of forest have been thinned and felled. In conjunction with these there are some new forestry extraction tracks too, these are not drawn on the map.

The **most significant changes** are presented below.

Work at a building site has not been completed which has led to a new out-of-bounds area.

The competition maps for legs 1, 3 and 4 of the Youth Relay have been re-printed so the following map changes are included. These maps have been printed using a certified laser printer. Leg 2 of the Youth relay is unaffected by these changes and have thus not been re-printed. The competition maps for the Women's relay and 10MILA have not been re-printed, competitors are advised to take note of the changes in the map excerpts below.

These map changes can also be viewed in the start and change-over areas.

Map Changes	Competition map
Fence around building site and a newly felled area.	
Two new felled areas.	
Building burnt down	

OUT-OF-BOUNDS AREAS

Any out-of-bounds areas on the map are drawn in accordance to SOFT's competition rules. Areas of private property drawn with the standard olive green map symbol are also out-of-bounds. The crossing of any out-of-bounds area will lead to disqualification.

SHOOTING RANGE INFORMATION

10MILA 2016 will be held partly with the Dalarna Regiment's exercise and firing range. The regiment always do their utmost to not leave any hazardous munitions in the area. But the area is large, and sometimes it can occur that dangerous objects are left. It is therefore important that you, the runners are extra careful, and do not touch any unknown object.

If you see something that could be ammunition or you are unsure – DO NOT TOUCH! Please inform the competition office as soon as you return to the finish.

EXEMPTIONS TO WARNING AND STOP SIGNS

All signs warning of military activity in the area can be ignored. During 10MILA there will be no shooting or exercises in or near the competition area.

FIRE BAN

It is absolutely forbidden to light fires in the arena and within camping areas for safety reasons. Likewise cooking in the sports hall and school accommodation is also NOT permitted. Fire extinguishers are available in each tent area and the arena. Participants and spectators are encouraged to locate the position of the nearest fire extinguisher upon arrival in the arena for safety precautions. These locations are marked on the overview map. Upon arrival at the accommodation areas in school or sports halls, persons are advised to take note of the relevant evacuation plans for the building. If a fire occurs, act appropriately, ring 112, and contact the nearest official.

CONTROLS

The controls are marked with orange/white flags and with a reflective marker on night controls. At every control there will be at least two SI punching units. There are no old clip-style punches at any control.

Control codes are marked with black text on a white background on each SI unit. The height of the control is approximately 60 cm. In some areas the distance between controls is very small, so check the code numbers very carefully.

In TV areas there may be many controls to create specific passages in to TV camera positions.

Some controls are manned, and/or visited by media personal during the competition.

PUNCHING SYSTEM

SportIdent (SI) is to be used. A SI card can only be used once in any of the relays. However, SI cards used in a relay may also be used once on the open courses. Rented SI-cards are to be returned to the competition office in conjunction with the map release after the relays. Unreturned SI cards will be charged at 580 SEK per SI card.

NOTE! The use of SI cards SI5 and SI8 on leg 10 of the 10MILA relay is not permitted and will result in disqualification. This is because the number of controls is more than what these cards can handle.

PUNCHING CONFIRMATION

When punching a control it is the runner's responsibility to ensure that the light and sound signals from the SI unit are observed to confirm the control registration on their SI card. If the light and sound signals from the SI unit are missing runners should use another SI unit at the same control.

OUT OF BOUNDS AREAS WITHIN THE ARENA

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

The warm-up area is adjacent to the start and change-over area. It is cordoned off and may only be entered by runners, accredited coaches, and officials, persons from the future organizers, jury members, and accredited photographers.

Please watch for outgoing runners when in the change-over area so as to not affect the competition!

SUNSET AND SUNRISE TIMES

Saturday: The sunset is at 9:32pm.

Sunday: The sunrise is at 4:12am



COURSE INFORMATION AND CHANGE-OVER TIMES

YOUTH RELAY

Start: 11.15am. **Finish:** Approximately 1.02pm

At least two legs must be run entirely by girls.

Leg	Forked	Type	Length (km)*	Time (mins)	Change- over time	Map size	Difficulty ***
1	Yes	Day	4,3	26	11.41am	A4	Orange
2**	No	Day	2,9	20	12.01pm	A4	Yellow
3**	Yes	Day	4,2	29	12.30pm	A4	Orange
4	Yes	Day	5,0-5,1	32	1.02pm	A4	Orange

* Includes taped sections of 750 meters.

** Legs 2 and 3 are allowed to be run with pairs of runners. The first runner to finish will perform the change-over, this applies to both legs 2 and 3. For these legs there will be 2 maps in the map-bag for the runner(s). The teams that have only one runner on leg 2 and/or 3 should remove one map, and leave it on the way to the start point. On the forked leg 3 both runners will have exactly the same course.

*** Please refer to SOFT's web-site for information regarding difficulty information.

WOMEN'S RELAY

Start: 2.15pm. **Finish:** Approximately 6.29pm

Leg	Forked	Type	Length (km)*	Time (mins)	Change- over time	Map size	Notes
1	Yes	Day	7,7-8,0	49	3.04pm	A3	
2	Yes	Day	7,7-8,0	52	3.56pm	A3	
3	Yes	Day	8,6-8,8	58	4.54pm	A3	
4	Yes	Day	4,7-4,8	31	5.25pm	A3	Middle distance style course
5	Yes	Day	9,7	64	6.29pm	A3	

* Includes taped sections of 750 meters.

10MILA-KAVLEN

Start: 8.30pm. **Finish:** Approximately 7am Sunday

Leg	Forked	Type	Length (km)*	Time (mins)	Change- over time	Map size	Notes
1	Yes	Day/twilight	13,6-13,8	76	9.46pm	A3L**	
2	Yes	Twilight/night	13,4-13,6	80	11.06pm	A3L**	
3	Yes	Night	11,9-12,0	70	12.16am	A3L**	
4	No	Night	16,6	100	1.56am	A3L**	
5	Yes	Night	5,8-6,0	33	2.29am	A3	Middle distance style course
6	Yes	Night	6,0-6,2	34	3.03am	A3	Middle distance style course
7	Yes	Night/dawn	5,8-6,0	31	3.34am	A3	Middle distance style course
8	Yes	Dawn/day	12,7-12,8	70	4.44am	A3L**	
9	Yes	Day	8,9-9,0	48	5.32am	A3	
10	Yes	Day	15,9-16,0	88	7.00am	A3L**	

* Includes taped sections of 750 meters.

** Map size A3L is 594 x 297 mm

GPS TRACKING

It is mandatory for selected runners in certain teams to wear a GPS transmitter in the Women's and 10MILA relays. If a team or runner refuses to carry the transmitter in accordance with the organizer's rules, then that team will be disqualified from the official race results. The GPS unit is collected at the changeover area not later than 20 minutes before the start or calculated change-over time. It should be carried in the vest provided by the organizers. Personal at the collection point will help runners to put on the vests and units.

The GPS unit must be returned to officials at the end of the changeover area immediately after the leg. Tracking is used on all legs in the Women's and 10MILA relays. Teams that will be required to carry a transmitter will be listed in the GPS list in Eventor to be published by the 8th May. This list will also be available at the entrance to the change-over area. Additional teams to carry GPS a transmitter during a specific leg may be selected throughout the relay. These teams will be notified by the speaker as well as when they enter the change-over area.

GPS – Youth Relay

Only 15 last leg runners in the Youth relay will be required to run with a GPS transmitter. The teams to carry these will be decided during leg 2 of the relay and announced by the speaker and a list posted at the entrance to the change-over area.

REFRESHMENTS

Water and Enervit sports-drink will be available on the following relays and legs. Women's relay legs 1,2,3 & 5; 10MILA RELAY legs 1-4 & 8-10. The locations of these drinks will be marked by a cup on the map or control descriptions. There will also be water available at the finish.



FINISH LANES

There are 3 lanes leading from the last control to the finish. Runners are advised to be aware of this so they run in the correct lane.

Lane 1: Finish lane. Only last leg runners in all relays should use this lane. It is located to the right in the running direction. Signed with: **MÅL/FINISH**

Lane 2: Change-over lane for leading teams. All leading teams should run in this middle lane. When there is soon to be a new leg coming to the finish this lane will be re-signed with a new leg number. Only runners for the indicated leg should run in this lane, it will be continually changing throughout the competition.

Signed with: **VÄXEL STRÄCKA X/CHANGE OVER LEG X**

Lane 3: Change-over lane for other teams. All teams which are almost 1 leg or more behind the leaders will use this lane. It is on the left side in the running direction.

Signed with: **VÄXEL ÖVRIGA/CHANGE OVER OTHERS**

All runners must punch at the finish line (or immediately after for last leg runners). Failure to punch will lead to disqualification. After punching runners should give their map to an official before continuing to the change-over area. The map for the next leg should then be taken from the map board and handed over to the next runner in the team. Runners are responsible for handing over the correct map at the change-over. Replacements for missing maps can be retrieved from a tent on the right side in the running direction between the map board and fence.

In the change-over area there are team number signs indicating the approximate position of a team's maps, by hundreds.

In the Youth relay, the extra maps for the second and third leg runners will also be on the map board. The outgoing runner should distribute any extra map to their other runners if it has not already occurred at the change-over. Extra maps not used by the team are to be left with an official at a special place between the change-over and start point.

After change-over all runners should continue to the exit of the change-over area and download the data from their SI card.

Change-over Youth Relay legs 2 and 3

The following is a description of the change-over procedure for these 2 legs.

Change-over 1: The leg 1 runner enters the change-over area. At the map board there will be a bag with 2 maps. The runner will hand over the maps to runners 2A and/or 2B, who both then run out at the same time.

Change-over 2: The first runner from leg 2 comes to the change-over. On the map board there are two maps in a single map bag. The runner will hand over both of the maps to runners 3A and/or 3B, who both run out at the same time.

Change-over 3: The first runner from leg 3 arriving to the change-over area will hand over the map to the fourth leg runner.

The runner who comes first to the change-over on legs 2 and 3 will be registered in the team's result. If the first runner to arrive at the change-over has a missing or incorrect punch then the team will be disqualified, even if the other runner on the same leg has punched correctly.

FINISH

Runners on the last leg must run in the lane to the right, signed with MÅL/FINISH. **Last legs runners are not permitted to change finish lane.** If a runner selects the incorrect lane they must turn around, return to the start of the lane and select the correct one.

If necessary a finish judge will be at the finish line to decide on close finishes. Runners will then punch their SI cards one last time a few meters after the finish line.

Please note that only runners of the winning teams and specific officials are permitted in the area between the finish line and the photo area. Coaches and club-members must wait until after the check-out before meeting their finishing runners.

WILDLIFE

Please report any sightings of elk, deer etc. to the tent at the Red exit when leaving the finish area.

DISQUALIFIED TEAMS

Disqualified teams will be informed of this at check-out and referred to the Red exit for further investigation. These teams will be notified on the results board as soon as possible after change-over. The team may continue the competition un-officially. The team may be detained by officials at the map board until at least 30 minutes have passed since the leading team left. This is so that these teams will not affect the outcome of the competition.

Coaches who wish to protest a disqualification must do so to the race office no later than 60 minutes after the affected runner has crossed the finish line for their respective leg.

MASS START

Youth Relay Saturday 2.40pm

Women's Relay Saturday 7.15pm

10MILA Relay Sunday 9.30am

Note: There are no shortened legs for the mass start.

- The change-over area will be closed 15 minutes before the times published above.
- Mass start runners must run the correct leg as specified in the team entry. Those teams partaking in the mass start will be ranked after all other teams who have not been in the mass start and who have correctly completed the relay.
- Runners of teams who have retired or been disqualified may partake in the mass start.

MAXIMUM TIME

The maximum time for completion of all legs is 3 hours after the mass start time in each respective relay.

RETIRING RUNNERS

Runners who have retired or otherwise not crossed the finish line must go the check-out to register their SI cards. The runner will otherwise be registered as "still in the forest" and could thus lead to an unnecessary search.

COMPETITION RULES

The rules of the Swedish Orienteering Federation apply. The following are some of the most important rules:

- It is the competitor's responsibility to know the rules of the competition. Lack of knowledge does not exempt anyone from any penalty or disqualification.
- Competitors are required to respect the prohibited areas marked or over-printed on the map.
- Competitors are obliged to follow marked routes in their entirety.
- Competitors are obliged to help any other injured competitor.
- Competitors may not gather information regarding the competition or race maps, other than that provided by the organizers before the race is completed
- Competitors may not provide information regarding the race or competition maps to others before the end of the competition.

INSURANCE

Runners who are not members of a SOFT connected association participate at their own risk and are advised to check their insurance coverage for participation in 10MILA.



OPEN COURSES

Entry to open courses can be done at the specific office for open courses. For more information on open courses, please see the separate programme in Eventor for "Tiomila Open Individual".

Registration times for entry to open courses:

Friday: 2.30–10pm

Saturday: 9am–5.30pm

Sunday: 8.30–10.30am

Start times for open courses:

Friday: 3–10:30pm

Saturday: 9:30am–6pm

Sunday: 9–11am

MINIMILA - STRING COURSE

A course for small children is available on the western side of the arena. Start Saturday May 14th 10am–3pm. Fee: 20 SEK (cash only). Please bring your own SI-card if you have one. The SI-card can be used in both the regular relay competition, and in Minimila. Participants will receive a small prize at the finish.

TOILETS

Toilets and urinals for spectators and runners are in the arena and camping areas. Runners in the change-over area should use toilets and urinals in the warm-up area.

CHANGING ROOMS AND SHOWERS

Hot indoor showers are available in the Lugnet sports hall about 250 m from the arena, please follow the signs to the correct changing rooms. Only ecologically labelled products may be used in the shower. The organizer will provide approved shower gel/shampoo.

FIRST AID

May 14th until to the end of the competition. First aid in the arena is primarily for athletes. Spectators and public should go to the regular medical care in the accident and emergency department at Falun Hospital. The First Aid services at the arena are equipped with a defibrillator. There are no specific first aid points within the competition area. However, all control guards and refreshment controls/stations are equipped with first aid equipment.

WARM-UP CLOTHING

Warm-up clothes are the responsibility of teams. Enquiries regarding lost property can be made at the information office during the competition. Contact persons for the retrieval of lost property after the competition will be published on the website. Lost property will be kept until 1st June 2016. Any shipping costs for the return of property will be the responsibility of the owner. Any items not claimed after 1st June will be donated to charity.

WEB-TV

Web-TV will be broadcast on <http://webbtv.10mila.se/> The Youth Sprint and studio 10MILA can be followed without charge on Friday, May 13th between 5:30pm and 8pm. Regular broadcasting will commence Saturday May 14th at 10:30am and continue until Sunday morning. The price for this webcast is 150 SEK.

It is possible to choose between two channels:

- Swedish commentators (Per Forsberg and Fredrik Löwegren)
- Finnish and English commentators (Anti Örn and guests)

FM RADIO

The web radio production will also be broadcast on the FM radio band locally within the 10MILA arena.

- Swedish commentary: 97.0 MHz
- Finnish / English commentary: 104.2 MHz

PUBLIC WI-FI

Spectators are invited to use the extensive Wi-Fi network within the arena area, rather than their mobile phone network. The Wi-Fi is called *10mila*, has no password, and is free to use. This will free up the local mobile internet network for more important tasks.

FLAG FREE ZONE

To maximize the spectator experience in the arena, there will be a flag free zone where club flags and the like are not permitted. This is to improve the view-ability of the big screen and finish chute. Please respect this.

PRIZE CEREMONY

The first ten teams in each relay get an honorary award. The award ceremony will be commence at the stage, at the times below:

Youth Relay: Saturday 1:40pm.

Women's Relay: Saturday 7:30pm.

10MILA Relay: Sunday 8:30am.

Prize recipients are required to congregate at the stage area at least 10 minutes before the scheduled ceremony time.

POST RACE MAP RELEASE

The release of all maps will be after the mass start on Sunday May 15th. The maps will be available at the competition office until 2pm. They will only be released on return of all rented SI-cards and receipt of the map-ticket which each team will receive in their team envelope.

Teams that leave the competition early without retrieving their maps can get them by mail for a fee of 100 SEK. The recipient address details and payment should be left at the competition office.

PAYMENTS IN THE ARENA

Purchases within the arena can be made with cash or most bank and credit cards. The Information office will also be able to exchange Euro notes for Swedish kronor.

DRINKING WATER & ELECTRICITY

Drinking water will be available at various places in tanks near the tent areas.

It is absolutely not permitted to connect electrical devices to any electricity distribution station within the arena. Connection points for charging mobile phones will be available for a small fee in the arena.

RUBBISH

Help us to keep the arena clean and tidy by placing rubbish in the provided bins. Please sort your waste and place it in the appropriate bin for each type of rubbish.

SECURITY

Everyone should help maintain the security within the arena. Please respond if you see anything suspicious. We recommend that valuables are not left unattended and to lock cars and caravans. Victims of theft should call the police phone number 114 14, or 112 if it is an emergency.

COMMS RADIOS/WALKIE-TALKIE NOT PERMITTED

The use of communications radios and walkie-talkies is not permitted in the arena.

CONTROLLERS

Competition controller

Kjell Lidholm, IFK Hedemora OK

Course controllers

Roger Larsson OK Kåre
Lars Roos (Tiomilaföreningen)

Map controller

Kalle Östgren, OK Kåre

COMPETITION MANAGEMENT

Secretary General

Mats Bayard, Stora Tuna OK
Stig Wiklund, Stora Tuna OK

Competition Manager

Tomas Löfgren, Stora Tuna OK

Assistant Manager

Sture Sjödin, Stora Tuna OK

Course Setters

Lars Sjökvist, Stora Tuna OK
Thomas Norgren, Stora Tuna OK
Claes Nideborn, Stora Tuna OK
Johan Israelsson, Stora Tuna OK

Competition Administration

Niklas Aldin, Stora Tuna OK

Arena Production

Peter Löfås, Stora Tuna OK

Open Courses

Erik Stigsmark, Kvarnsvedens GoIF OK

Shop Liaison

Håkan Rystedt, Stora Tuna OK

Information/Press

Anders Hansson, Stora Tuna OK

Financial Administration

Bengt Hansson, Säterbygdens OK &
Inge Norberg Stora Tuna OK

Arena

Torbjörn Larsson, Stora Tuna OK

Personal

Mari-Louise Lundgren, Stora Tuna OK

COMPETITION JURY

Chairman

Christer Nordström, Tiomilaföreningen

Youth Relay

Hans Carlstedt, Sävedalens AIK
Tommy Ljusenius, Skogsluffarnas OK
Håkan Axelsson, FK Göingarna

Women's Relay

Mats Kågeson, Göteborg-Majorna OK
Tommy Ljusenius, Skogsluffarnas OK
Jesper Håkansson, FK Göingarna

10MILA Relay

Ingemar Gunarsson, Lerums SOK
Per-Ove Mellinder, Tullinge SK
Henrik Larsson, FK Göingarna

CONTACT EMAIL ADDRESSES

Competition management: tavling2016@10MILA.se

Information: info2016@10MILA.se

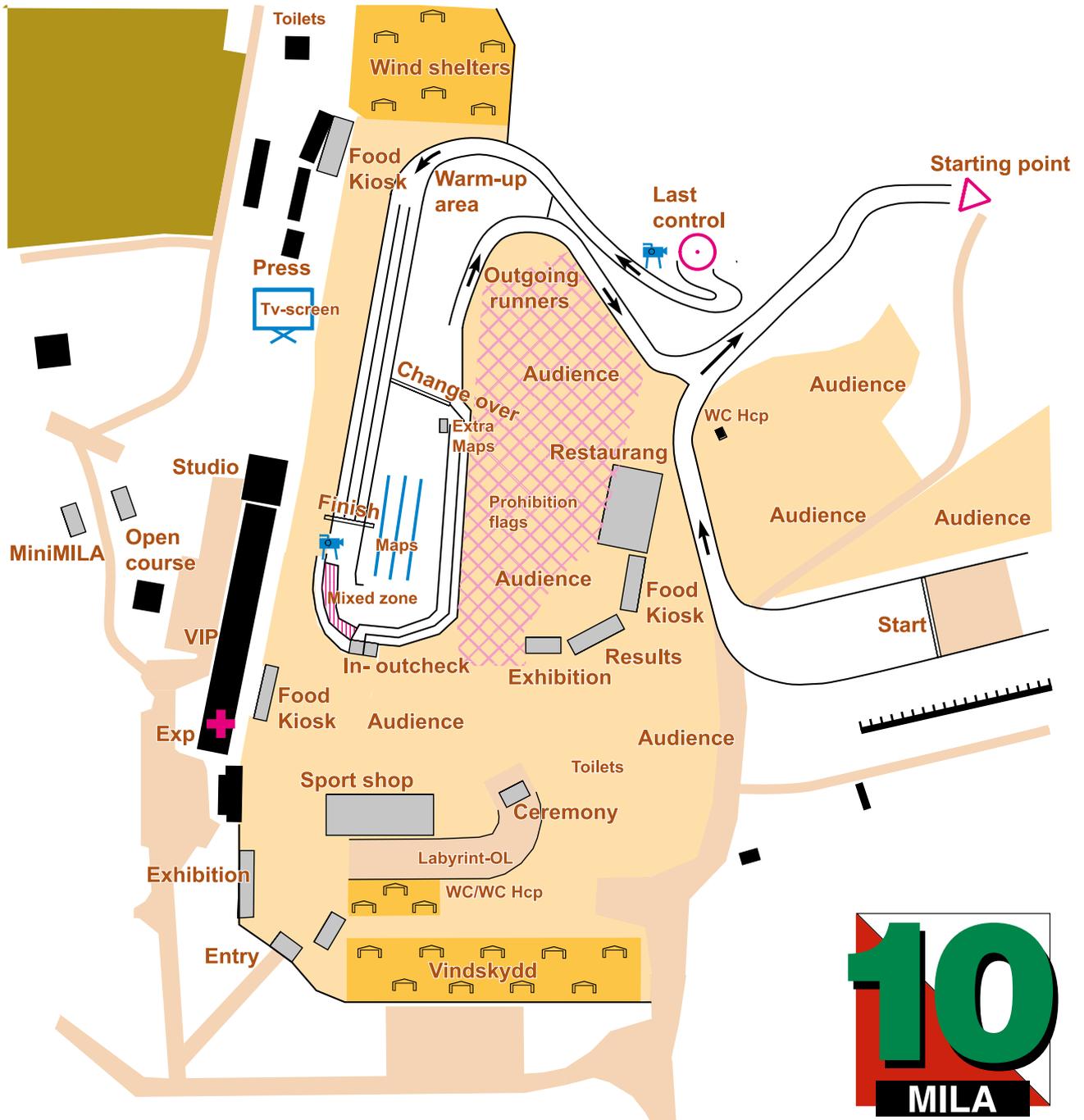
Shops/sponsorship: marknad2016@10MILA.se

Accommodation: logi2016@10MILA.se

OUTER ARENA



ARENA MAP



FALUN BORLÄNGE 2016

Welcome to Falun and Borlänge!

VÄLKOMMEN TILL FALUN OCH BORLÄNGE!

Tervetuloa Falun ja Borlänge!

En del av Falun Borlänge-regionen med 165 000 invånare. Vi är Dalarnas motor med högteknologisk industri, ett blomstrande näringsliv, fantastiska naturområden och kulturella upplevelser.

FALUN

Borlänge



FALUN BORLÄNGE 2016

För mer information:
www.10mila.se

Arrangerande klubbar: Stora Tuna OK, OK Kåre, Säterbygdens OK, Kvarnsvedens Golf OK, Korsnäs IF OK, Grycksbo IF OK, mfl.