

Arena

The arena is at the Archery course in Tibro. There are road signs from road 49 between Skövde and Karlsborg at the western entrance to Tibro and also from road 201 between Hjo and Tibro at the Kyrkefalla church.

Number bibs

All runners wear number bib. The number bib shall be pasted on the front of the competition shirt. It is very important to make sure that all runners have got correct bib. The bib has a code which is scanned and paired with the SI-card of the runner at check-in.

How to run in the arena

Before the start of HD12 the procedure of the exchange will be shown in the arena. Young runners from the organizers do a "know-how-show".

Parallel legs

Leg 3 in HD-12 and D-18 and leg 5 in HD-18 can be run by 1–3 runners. Incoming runner picks up the envelope where the three maps are and hand over it to the outgoing runners. All outgoing runners run out together and the envelope and extra maps if any are thrown in a garbage bag on the way to the starting point. The first runner on the parallel leg who comes to the exchange makes the handover of the map to the next leg. All runners are member of the team but the time is only counted for the first of the three runners on the parallel leg. The first runner must have correct punches otherwise the team is disqualified.

Finish

The team has finished when the finish line is passed by the last leg. Make the finish punch in the order decided by the judges.

Restart

There will be a restart app. 30 minutes after the winning team finish in each class.

Disqualified teams

Disqualified teams will not be allowed to continue the competition but following runners can participate in the restart. Runner that does not complete his/her leg must return the map and punch out at the finish.

Maximum time

2 hours after the restart in each class.

Prize giving ceremony

Prizes will be given to each member in the first 10 teams in HD12 and the first 7 teams in HD18 and D18. The members in the winning teams will also receive a plaque. Prize giving ceremony will take place in the arena app. one hour after the first finisher. Runners going to the prize giving ceremony shall be by the podium at least 5 minutes before the ceremony starts. More information is given by the speaker.

Forest friends

During the HD12 relay there are organisers in the forest to help runners who have problems.

Spectators

Spectators and competitors may stay only in allowed areas. It is not allowed for the spectators to go out in competition area, including the last control and starting point. It is not allowed to go into the competition area before the competition. Respect all signs and use roads and paths recommended by the organizers to and from the camping and parking. Violation of these rules will result in disqualification.

Rules

The rules of Swedish Orienteering Federation apply.

Waste sorting

On the arena there are several bins for sorting of waste like:

- Metal cans and PET bottles
- Combustible waste

Behind the food shop you can leave:

- Corrugated paper and cartons
- Glass packaging (Bottles and cans)
- Metal packaging (Food cans, aluminium foil etc.)

Toilets

At the arena.

Shower

Shower with tempered water close to the arena.

Health care

At the arena.

Maps

Maps are handed out Saturday morning at the competition office. Show your map ticket provided in the team envelope. Clubs only participating in HD12 can get their maps after the competition is over on Friday. Respect fair play and do not show the maps to runners in other classes. Rented SI-cards must be returned when maps are handed out. Lost SI-cards cost 400kr.

Food and sport shop

Pre ordered meals are served in the food tent. More information about the menu is available at u10mila.se and in the food tent. A small number of food tickets are for sale during competition. Hamburgers, pizza, sandwiches and much more can be bought in the shop during the whole weekend.

Löpex has a Sport shop open during the weekend.



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www.u10mila.se

PM ENGLISH

Grilling/firing

All grilling and firing in the area is prohibited.

Lost and found

Found items can be handed in to the competition office. Lost items can be asked for at info@u10mila.se.

Organizers

Competition manager: Anders Eriksson IF Hagen 070-171 91 17

Ass. competition manager: Bo Klamfelt Tibro OK 070-394 27 01

Course setter: Uno Magnusson IF Hagen 070-569 03 62 and

Karl-Evert Svensson IF Hagen 070-320 97 61

Competition control: Hans G Bernhard Mariestads FK 070-694 47 12

Course control: Håkan Lööf Mariestads FK 073-517 29 76

Jury

Bo Klamfelt Tibro OK

Anders Eriksson IF Hagen

Styrbjörn Jansson IF Hagen

Homepage: www.u10mila.se

E-mail: info@u10mila.se

Address: U10mila2016, c/o Lena Carlsson Tell, Forsby Karstorp 2, 54192 Skövde

Good luck in the forest!