



Bulletin

# 25manna middle distance

Sunday October 8th 2017



### Competition venue

Ensta Gård, Vårsta, Botkyrka  
GPS - 59.175901, 17.767317

### Traffic guidance and parking

See separate Traffic memo

Parking is 40 SEK. The ticket is bought in the food service tent and shown upon exit. The ticket can also be bought when exiting the parking area, to a fee of 100 SEK. The parking ticket may be purchased as early as Saturday

### Shelters/ club tents

Shelters/club tents may only be put up on pre-booked spots. Information on place assignments is published at [www.25manna.se](http://www.25manna.se) and at the information tent at the arena.

### Eliminated classes

In the event of too few participants entering a class, the class in question may be eliminated and the participants moved to another class. This will be shown in the starting lists.

### Elite classes – selection and reserves

The number of participants in the elite classes is limited to 85 runners, five of these spots are vacancy spots. Should the number of entries be over 80 there will be a screening process. Those runners not selected are placed in lower classes. There are lists reserves, consisting of 15 runners per elite class.

The runners in senior classes will be selected using both World ranking and Sverigelistan, meaning half of the runners are selected from either list.

The junior classes will be selected through Sverigelistan and have 20 spots reserved for foreign runners. If the number of foreign runners are below 20, the spots are filled in accordance to Sverigelistan.

The reserves will be put in on the day of competition at the information tent at 8.15. Runners aspiring to get one of the spots must either be there themselves, or be represented by a leader, otherwise the spot will be given to the next person on the list.

### Withdrawing from elite classes

Use either of following methods to withdraw from an elite class

- Email to [info@25manna.se](mailto:info@25manna.se), until Sunday morning 8.00
- Report in the information tent at the arena on Saturday up until 17.00, or on Sunday from 7.30 to 8.00

### Map

Scale 1:10 000, equidistance 5 m. Newly drawn in 2016-2017 by Roger Åsberg.. digital print by SOFT certified printer. MW60 and older, as well as ÖM7 has scale 1:7500

### Local signs

X = hut

O = Charcoal burning ground

## **Supplement maps**

Black and white supplement maps for inskolning and U-classes are available at the start.

## **Terrain**

The terrain is a nature reserve consisting of moderately hilly woodland, which for the most part is easily traversed. The area contains many open, intricate and runnable hills and is rich in paths.

Some classes pass a dangerous, steep cliff/hillside at the end of their courses (the last hill before the finish). This is cordoned off in the terrain using red/white tape.

## **Marked paths**

A new path is printed on the map with violet and marked in the terrain with red/white tape. Another path which appears indistinct is enhanced using white tape.

## **Out-of-bounds areas**

Out-of-bounds areas are marked on the map with violet vertical stripes. In the terrain, in the runner's tracks, restricted areas are marked with blue/yellow tape. Outside the runner's tracks or where the restricted areas are boarded off by fences or roads, there may be no tape.

It is prohibited to enter on the roads north of the competition area. There will be inspectors in the terrain. Entering restricted areas will result in unconditional disqualification

## **Competition rules**

The rules of the Swedish orienteering federation (Svenska Orienteringsförbundet) as well as the competition's bulletin abide.

## **Open courses and direct entries**

Open courses ÖM1, ÖM3, ÖM5, ÖM7, ÖM8 with course lengths between 2,5-4,5 km and various levels of difficulty are offered. Classes inskolning, U1 and U2 are also open for entry at the arena.

Entries can be made in the arena 8.30-11.30. Free start between 9.00 and 12.00.

Entry fees up to and including MW16, 75 SEK, others 130 SEK. SI-cards can be rented for a 50 SEK fee. Failure to return a rented SI-card results in a 600 SEK fee.

Participants from Swedish clubs can have the bill sent afterwards. Participants without a club and foreign participants pay on site. Payment methods include cash, debit card or Swish (1123 595 21 63)

## **String course ("Miniknat")**

A string course will be offered at the arena with start between 9.30 and 14.00. Entry fee 20 kr per participant. The fee can be paid in cash using SEK or Swish (123 023 69 01) Feel free to bring your own SI-card (SI-card used in the 25-manna relay can be used).

## **Start**

First start at 9.00

U-classes, inskolning and open courses have free start between 9.00 and 12.00.

Classes with free start time should punch at the start.

**Start 1** Orange-white tape 2600m.

Classes: all elite classes, W21, W20, W18, W16, W35, W40, W45, W50, W55, M21-1, M21-2, M20, M18, M16, M35, M40, M45-1, M45-2, M50-1, M50-2, M55, M60, M65

Toilets are available on the way to start 1.

**Start 2** Orange-blue tape 850 m.

Classes: W16K, W14, W14K, W12, W12K, W10, W60, W65, W70, W75, W80, W85

M16K, M14, M14K, M12, M12K, M10, M70, M75, M80, M85

Inskolning, U1, U2, ÖM1, ÖM3, ÖM5, ÖM7, ÖM8

No toilets on the way to start 2.

### **Extra clothing**

Extra clothing can be left at start 1 for transportation back to the arena. The clothing will be available for pick up on the way to the showers.

OBS! no clothing can be left at start 2.

### **Number bibs**

Number bibs must be worn by the elite classes. Self-service at the start. Safety pins available.

### **Sportident, punching and participants not finishing their race**

If no SI-card number has been given in connection to the entry, a rental SI-card is provided.

The fee is 50 SEK and 60 SEK when making a late entry. Rented SI-cards can be picked up at Open courses ("Motionsorienteringen") in the arena.

All versions of SI-cards are allowed. The touch-free function is not activated, and if such a SI-card is used, you must use traditional punching. The punching unit will indicate a correct punch with a red light and a beep. It is the runners' responsibility to make sure that the punch is registered. Stay calm and be thorough at every control. Experience shows that another runner's punch is easily mistaken for one's own! Check the red light!

In some areas, controls are very close together. Check the control code carefully before punching. Runners not following through their race must pass the finish for check out.

### **Maximum time**

Two hours

### **Protests**

To protest a decision made by the competition directors, a written protest must be handed in at the Red exit. The protest must be filed no later than two hours after the participant having been informed of the decision.

### **Observances of wildlife**

Participants who see wildlife (for example deer and moose) should report this to the wildlife report at the information tent after check-out

### **Livelox**

The courses will be put up on Livelox after the competition.

### **Prizes**

Prizes to the three top runners in the elite classes (not E2-classes). Award ceremony in the arena at 13.30 to 13.50.

Prizes in HD10-HD16 will be sent out afterwards via text or email. This due to the participants with an early start being likely to have left the event. They may therefore be unable to attend the award ceremony. The number of prizes will be announced at the board of results, as well as [www.25manna.se](http://www.25manna.se). The prize-winners should send their email address and cell phone number to [info@25manna.se](mailto:info@25manna.se) no later than October the 12<sup>th</sup>.

Prizes will be given to all participants of inskolning and u-classes at the finish.

## **Results**

The results will be put up on a messenger board at the arena, and be shown live at [www.25manna.se/live](http://www.25manna.se/live). During the competition, preliminary results will be given. Final results will be available on Eventor.

## **Services at the arena**

Hot showers outdoors will be available in connection to the arena. First aid is located adjacent to the finish line. Exchanges can be made in the information tent. There are no childcare services at the event.

Well assorted food service with warm food and a grill. The serving will have a “supermarket”-concept, where you get your food and pay at a cashier at the exit. The food court is located in a large circus tent, with plenty of room for dining. Menu and prices will be published on [www.25manna.se](http://www.25manna.se). Payments can be made using cash, debit card or Swish (123 221 26 29)

A large, well assorted selection of sport’s equipment by Jobber Sports will be available in the arena.

There are also several exhibitors at the arena with good information and offers. You can also try OL-skytte (the orienteering version of a biathlon) for a fee of 20 SEK.

## **Lost and found**

Found items are handed in at the information tent. Lost items will be given back upon description.

After the event, queries regarding missing items can be sent to [info@25manna.se](mailto:info@25manna.se). The items will first-hand be brought to upcoming events.

## **Competition directors**

Lennart Agén, Tullinge SK and Per Ånmark, IFK Tumba SOK

## **Course planner**

Kennet Olander, Tullinge SK and Mats Käll, IFK Tumba SOK

## **Head announcer**

Ola Jodal

## **Controller- event**

Henrik Skoglund, Södertälje Nykvarn Orientering

## **Controller- courses**

Göran Nilsson, Snättringe SK

## **Competition jury**

Anders Eriksson, Uppland/OK Linné (president)  
Kerstin Tjernlund, Blekinge/OK Vilse  
Leif Gustavsson, Dalarna/Säterbygdens OK

## **Queries**

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

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

At the arena: At the information tent

Reservation for changes. Changes will be published on [www.25manna.se](http://www.25manna.se)

Welcome!

TULLINGE SK  
BOTKYRKA



SHH

SHH Bostad



O-Ringen stro

KAJAKSIDAN<sup>SE</sup>

Gröna gårdar

10  
MILA

HAKI<sup>®</sup>



Nordic Green Energy

Jobbermax

Mila<sup>™</sup>

SIGN  
sign yourself

miljöpartiet  
de gröna

