



Invitation 10MILA April 28–29, 2018

Nynäshamn

On behalf of Föreningen Tiomilakavlen, the organising clubs welcome all competitors, coaches, officials and audience member to 10MILA 2018 as the competition returns to Södertörn and Nynäshamn.

LOCATION/ARENA

10MILA 2018 takes place north-west of Nynäshamn, with Kvarnängens IP as its arena. The route is signposted from road 73 north of Nynäshamn. You can also get to the arena by taking the commuter train towards Nynäshamn, get off at Nynäsgård station and following the marked route for approximately 1,500 km. For timetables, see www.sl.se.

CLASSES

UNGDOMSKAVLEN

Start: Saturday April 28 at 10:30

Finish: Approximately 12:00

- Ages up to 16, mixed gender.
- At least two legs must be completely run by girls.
- Legs 2 and 3 may have two runners each.

| Leg | Distance* | Forking | Difficulty |
|-----|-----------|---------|------------|
| 1 | 3.7 km | Yes | Orange |
| 2 | 3.9 km | Yes | Orange |
| 3 | 2.8 km | Yes | Yellow |
| 4 | 3.5 km | Yes | Orange |

*The track distance includes in/outgoing marked lanes of 400–650 meters.

DAMKAVLEN

Start: Saturday April 28 at 13:15

Finish: Approximately 18:00

| Leg | Distance* | Forking |
|-----|-----------|---------|
| 1 | 5.5 km | Yes |
| 2 | 6.9 km | Yes |
| 3 | 10.9 km | No |
| 4 | 7.7 km | Yes |
| 5 | 8.8 km | Yes |

*The track distance includes in/outgoing marked lanes of 400–650 meters.

TIOMILAKAVLEN

Start: Saturday April 28 at 20:30

Finish: Approximately 07:30 Sunday

| Leg | Distance* | Forking | Other |
|-----|-----------|---------|--------------------|
| 1 | 12.1 km | Yes | Day/Dusk/ Night |
| 2 | 11.5 km | Yes | Night |
| 3 | 8.1 km | Yes | Night |
| 4 | 15.3 km | No | Night |
| 5 | 7.5 km | Yes | Night |
| 6 | 7.6 km | Yes | Night |
| 7 | 9.8 km | No | Night/Dawn |
| 8 | 10.9 km | Yes | Dawn/Day |
| 9 | 9.0 km | Yes | Day |
| 10 | 15.4 km | Yes | Day |

*The track distance includes in/outgoing marked lanes of 400–650 meters.

WOMEN'S TEAM TIOMILA

To be able to follow up on teams consisting of only women, we ask that you e-mail: tavling2018@10mila.se when signing up in Eventor.

RIGHT TO PARTICIPATE

We allow teams to participate even if they are not registered in Swedish Orienteering Federation, SOFT, such as corporate teams, nostalgia teams etc. If such a team includes one or more members of a SOFT-registered club, they must have their club's permission to participate.

COMBINATION TEAMS AND RELAY BANK

SOFT's rules allow for combination teams with members from several clubs if they do not have enough participants for a full team on their own. A relay bank will be available at www.10mila.se, where runners can look for teams and vice versa.

PARTICIPATION IN MULTIPLE CLASSES

- Girls who have run Ungdomskavlen may participate in Damkavlen and Tiomilakavlen.
- Boys who have run Ungdomskavlen may participate in Tiomilakavlen.
- Women who have run Damkavlen may participate in Tiomilakavlen.
- Runners may **NOT** participate more than once in the same class.

COACHES

Each team may have a coach present in the exchange zone during the race. A entry card will be enclosed in each team envelope.

MAP

Offset printed map with scale for all classes and distances 1:10,000, contour interval 5 meters. The map is printed by Kartsam.

Drawn 2017 by Roger Åsberg. Drawn from laser-scanned base material according to the new map standard ISOM2017.

TERRAIN DESCRIPTION

Terrain type

The area is characterised by its proximity to the coast, archipelago and influence from the last ice age. There are a number of significant heights where the terrain has wilderness-like properties with numerous steep slopes and detailed, at times complicated curves. Between the heights is mainly flat land with more or less overgrown farmland. A small number of roads and paths are scattered throughout the area. Close to the arena, where Ungdomskavlen is located, there are more frequent paths. Small marshes and swamp forests can be found throughout the area, which mainly consists of mixed forest.

Hills

The area is moderately to highly hilly, broken ground with distinct heights and plenty of steep slopes. The lowest areas often consist of uninterrupted, formerly farmed land.

Passability

The passability is generally good but there are many sections with rocky terrain, which affects running conditions. Many slopes feature frequent larger and smaller rocks. A few smaller vegetation areas limit the passability somewhat. Visibility is overall good, by the white areas of the map include areas with partially limited visibility.

TRAINING PACKAGE

Several different training packages are available leading up to the competition. For more information and booking, visit www.10mila.se. Lodging suggestions can be found under "Lodging" on the website.

OLD MAP

An older map of the area can be downloaded from www.10mila.se.

LINEUP CHANGES

Team line-ups must be submitted via Eventor. The deadline for submitting line-ups via Eventor is Friday April 27 at 21:00 for all classes. After this point, changes can be made at the competition office up to one hour before the start of the race, but only if there are valid reasons for the change. Line-up changes must be justified in writing and are approved or rejected by the organiser.

STARTING POSITION

Start numbers are allocated based on placement in 10MILA 2018 for the 100 best teams in Ungdomskavlen and the 150 best teams in Damkavlen and Tiomilakavlen. Additional start numbers are allocated on a first come, first served basis.

PUNCHING SYSTEM

Sportident will be used for all races as well as Open Course.

PLEASE NOTE! Leg 10 of Tiomilakavlen has **over** 30 controls which means that SI5 and SI8 cannot be used as they only store 30 punches. PLEASE NOTE! An SI card can only be used once in one of the three races.

TIOMILA OPEN COURSES

Open courses are available on Friday April 27 and Saturday April 28. Applications for the open courses can be submitted at the arena. The start and finish is approximately 900 meters from the arena and located in a separate terrain area.

Application

Applications are submitted at the arena.

PLEASE NOTE! No advance applications.

Fee

Age 16 and below: SEK 70. Age 17 and up, SEK 120. SI card rental: SEK 50. Cost of non-returned SI card: SEK 580.

Runners registered with Swedish clubs are invoiced after the event. Others pay when applying.

Application hours

Friday 14:00–21:00

Saturday 10:00–17:00

Start times

Friday 15:00 to Saturday 18:00

Start method

Starting punch

Finish/Reading

Finishing punch. Cards are read at the arena in connection with the application. However, the reading is closed between 23:00 on Friday and 10:00 on Saturday.

Reading closes 2 hours after the last starting time.

Classification Open Exercise courses

Seven courses are available:

ÖM1 2.4 km White

ÖM3 2.8 km Yellow

ÖM5 3.4 km Orange

ÖM6 5.8 km Red

ÖM7 2.8 km Blue

ÖM8 4.7 km Black

ÖM9 7.4 km Black

Map

The map has been produced in 2017 by Roger Åsberg and is part of the Tiomila map which is not used during the races.

Terrain description

The area is characterised by its proximity to the coast, archipelago and influence from the latest ice age. There are a number of significant heights where the terrain has wilderness-like properties with numerous steep slopes and detailed, partially complicated contour lines. Between the heights the terrain is mostly easily passable and with small elevation differences. A small number of roads and paths are scattered throughout the area. A few small marshes can be found throughout the area, which mainly consists of mixed forest. There are a few areas of rocky terrain and blockfields. There is no farmed land.

APPLICATION AND PAYMENT FOR TIOMILA

Applications are submitted via Eventor no later than Wednesday March 7 2018 at 23:59. After this point, late applications are accepted as outlined below. This applies to team applications, renting of SI cards, wind shelter spots and lodging (indoor lodging, space for tents, camper vans and caravan spaces). Applications are only registered after all fees have been received by the organiser. Failure to pay fees on time, or at all, results in applications being treated as if they were submitted late. All applications are done via Eventor.

LATE APPLICATION

- Applications and payments between March 8 and April 3 result in a fee increase of 50 per cent.
- Applications and payments between March 4 and April 19 result in a fee increase of 100 per cent. Any late applications are only accepted if there are open spots.

PAYMENT

Payment in Sweden

Recipient: 10MILA 2018

Plusgiro: 82 65 16-7

State club name when paying.

Payment from abroad

Recipient: 10MILA 2018

Currency SEK, payment is only accepted in Swedish currency

IBAN: SE98 9500 0099 6018 0826 5167

BIC: NDEASESS

Bank: Nordea

State club name when paying.

Club envelopes cannot be obtained until payment has been made. If payment is made between April 24 and April 27, a receipt of the payment must be presented when the club leader collects the envelope.

THE TIOMILA ARENA

Tiomila is best experienced on location at the arena. We offer an arena with a high degree of service and good hospitality. The arena is well-suited for audiences with good overview of the competitors along with big screens where you can follow the entire competition. We provide top of the line arena production to guarantee first rate entertainment. The Tiomila arena is centred on Kvarnågens IP, which has mostly hard surfaces and close proximity to all services.

Flag-free zone

To give audience at the arena the best possible experience, a flag-free zone will exist in the stands where club flags and similar items are prohibited, in order to not obstruct the view of the finish line and big screens. Please respect this. The area will be shown on the arena map.

SERVICE AT THE ARENA

Kiosks and food served indoors, with hot food and snacks, hot showers, sauna, toilets, sport sales, first aid and big screen available at the arena. The arena opens at 14:00 on Friday. The check-in for facilities including tent sites, camper vans and caravans is open between 16:00 and 21:00 on Friday and from 07:00 on Saturday. Showers are available from Friday until the arena closes on Sunday at 14:00.

TENT AND LIVING SERVICES

Housing and tent site alternatives are offered at the Tiomila arena and ordered via Eventor. Prices can be found under "Application fees and other prices".

HARD SURFACE by the arena

(Friday 16:00–Sunday 12:00)

Next to the arena is a sports hall where clubs can book a space of 6x3 metres. The spaces will be delimited but not by walls. The number of spots is limited and are offered on a first come, first served basis.

HARD SURFACE by the arena

(Saturday 10:00–Sunday 12:00)

Next to the arena is a sports hall where clubs can book a space of 6x3 metres. The spaces will be delimited but not by walls. The number of spots is limited and are offered on a first come, first served basis.

HARD SURFACE approx 1.5–2.5 km from the arena

(Saturday 10:00–Sunday 12:00)

Accommodation on hard surface in a sports hall approx 1.5–2.5 km from the arena. The number of spots is limited and are offered on a first come, first served basis.

TENTS

(Friday 16:00–Sunday 12:00)

Tent in quieter area in sections with flooring, 300–500 metres from the arena. 3x6 metres, up to 10 persons/section. Booked in single or multiple sections.

SITES FOR OWN TENTS

(Friday 16:00–Sunday 12:00)

In quieter area, 5x5 metres, approx 500 metres from the arena. State number of squares when booking.

SITES FOR OWN WIND SHELTERS

(Friday 14:00–Sunday 12:00)

5x5 metres, 0–200 metres from the arena. State number of squares when booking.

HIGH PEAK TENTS

5x5 metres, 0–200 metres from the arena.

Floor, bench set and heating (1 gas canister) can be booked separately in Eventor. Electricity not available.

CARAVAN SITES

(Friday 14:00–Sunday 12:00)

On gravel approx. 600 metres from the arena, limited number.

CAMPER VAN

(Friday 14:00–Sunday 12:00)

On gravel approx. 600 metres from the arena, limited number.

BOOKING

Housing, tents and tent sites are booked when applying via Eventor, see “Application fees”.

OTHER HOUSING

Access to other housing in Nynäshamn is very limited.

LODGING QUESTIONS

Any questions about lodging during the Tiomila weekend should be sent by e-mail to: logi2018@10mila.se

CAR PARKING

Car parking (max. 3 tons, 5 metres without trailer) at designated spot, 1,200–1,800 metres from the arena. Camper vans and caravans are not allowed in the parking area.

BUS PARKING

Clubs wishing to park their own buses must report this beforehand. Bus parking fees are included in the application fee.

TIOMILA-TV

All of 10MILA 2018 is broadcast online. Order the broadcast at www.10mila.se to keep up with the race at home or on your mobile. Price SEK 150.

COME WATCH IN PERSON

The arena is easily accessible by commuter train to Nynäsgrård station at the Nynäshamn line or by car. A marked route will run from Nynäsgrård to the arena, approx. 1,500 metres. Audience members can park at a parking arena 1,200–1,800 metres from the arena. The parking is free of charge.

FOOD

Hot foot and breakfast is served in the restaurant in the ice hall at the Tiomila arena. The restaurant and kiosks in the arena are open between 14:00 and 21:00 on Friday and between 07:00 on Saturday and the end of the competition at 14:00 on Sunday.

More information about the arena restaurant’s opening hours and offers will be published in a memo and at www.10mila.se

PRESS/MEDIA

Applications for press accreditation and other requests should be sent to media2018@10mila.se no later than Wednesday April 25. Press information can be found at www.10mila.se under the Press heading. Press officer: Michael Thulin, telephone +46 (0)73-828 15 80.

APPLICATION FEES AND OTHER PRICES

| | Application no later than March 7 | Late application (+50 %) no later than April 3 | Late application (+100%) no later than April 19 | On-site application |
|---|--|---|--|----------------------------|
| Ungdomskavlen** | SEK 550 | SEK 825 | SEK 1,110 | ---* |
| Damkavlen | SEK 2,400 | SEK 3,600 | SEK 4,800 | ---* |
| Tiomilakavlen | SEK 4,800 | SEK 7,200 | SEK 9,600 | ---* |
| SI cards, 10-pack | SEK 320 | SEK 320 | Not available | |
| SI cards, 5-pack | SEK 160 | SEK 160 | Not available | |
| SI card Open course | | | | SEK 50 |
| Open course, ages 16 and below | | | | SEK 70 |
| Open course, ages 17 and up | | | | SEK 120 |
| Site for wind shelter 5x5 m | SEK 550 | SEK 750 | SEK 850 | ---* |
| Tent 6x3 m, with floor and heating, 1 night | SEK 5,500 | SEK 6,300 | SEK 6,700 | ---* |
| Tent 6x3 m, with floor and heating, 2 nights | SEK 7,000 | SEK 7,800 | SEK 8,700 | ---* |
| Lodging in sports hall next to arena, 6x3 m, 1 night | SEK 2,900 | SEK 3,300 | SEK 3,500 | ---* |
| Lodging in sports hall next to arena, 6x3 m, 2 nights | SEK 3,900 | SEK 4,500 | SEK 4,800 | ---* |
| Lodging on hard surface, 1.5–2.5 km from the arena. 1 night/person | SEK 200 | SEK 300 | SEK 350 | ---* |
| Lodging on hard surface, 1.5–2.5 km from the arena. 2 nights/person | SEK 350 | SEK 400 | SEK 450 | ---* |
| High peak tent, 5x5 m, without floor | SEK 5,800 | SEK 6,500 | SEK 7,500 | ---* |
| High peak tent, 5x5 m, with floor | SEK 8,600 | SEK 9,500 | SEK 10,800 | ---* |
| Bench set | SEK 200 | SEK 200 | SEK 200 | ---* |
| Gas heater, 1 canister | SEK 1,700 | SEK 1,900 | SEK 2,000 | ---* |
| Site for tent 6x6 m | SEK 500 | SEK 700 | SEK 750 | ---* |
| Site for caravan | SEK 250 | SEK 350 | SEK 400 | ---* |
| Site for camper van | SEK 250 | SEK 350 | SEK 400 | ---* |
| Parking space for bus, per day | SEK 0 | | | |
| Streaming for computer/TV/mobile | | | | SEK 150 |

* May be accommodated if there are available spaces/products

** No additional cost for doubling runners on legs 2–3 of Ungdomskavlen. There is an error in Eventor. The fee in the invitation is the correct.

MAIN OFFICIALS

Competition coordinator

Christer Nordström, telephone: +46 (0)76-115 25 70, e-mail: tavling2018@10mila.se

Housing and arena coordinator

Stefan Nordström, telephone: +46 (0)73-513 89 54, e-mail: logi2018@10mila.se

Economy

Martina Sundberg, telephone: +46 (0)70-670 37 50, e-mail: ekonomi2018@10mila.se

Press

Michael Thulin, telephone: +46 (0)73-828 15 80, e-mail: media2018@10mila.se

Arena production

Peter Löfås

Per Forsberg

Competition inspector

Per-Ove Melinder, Tullinge SK

Course planners

Magnus Falkenström

Mats Björkman

Tommy Ljusenius

Course inspectors

Lennart Bjursäter, Snättringe SK

Rune Rådeström, Snättringe SK

Competition coaches

Stefan Gustafsson, Föreningen Tiomilakavlen

Samuel Henriksson, Föreningen Tiomilakavlen

MORE INFORMATION

For more information, news about the competition and other matters relating to Tiomila, see www.10mila.se. The website will publish a memo with additional information for competitors, coaches and audience members.

Organisers



IFK Enskede – Skogsluffarnas OK – OK Älvsjö Örby

Host municipality

NYNÄSHAMN

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