



Competition Bulletin

This bulletin only includes information about the competition. For other information, please refer to the separate bulletins:

- **Traffic**
- **Accommodation/Lodging**
- **Facilities**

MEETING/ARENA

10MILA 2018 takes place to the north and west of Nynäshamn based in the arena at Kvarnängens IP sports centre. Directions from Road 73 North Nynäshamn It is also possible to arrive at the arena by taking the SL commuter train to Nynäshamn, get off at Nynäsgård, from there follow the route marked with tape of approximately 1,500 metres to the arena, for timetables please visit www.sl.se

INFORMATION - COMPETITION OFFICE

The Competition Office and Information Desk in the arena is open on Friday 27 April at 2 p.m. - 10 p.m. and from Saturday 28 April from 8 a.m. until the end of the competition. This is where the team envelopes are given out and you can get answers about general questions and information about the competition.

TEAM ENVELOPE

The team envelope contains race bibs, rented SI cards, passes for coaches to the changeover area and map tickets. Please note that the team envelope does not contain the complete competition bulletin. There is an abbreviated bulletin and a map of the arena in the 10MILA newspaper. The complete competition bulletins are available from www.10mila.se under the heading Competition and posted in the arena.

The team envelope also includes a refuse bag to put rubbish in. When the refuse bags are full or when you leave the arena, take your bags with you to the nearest rubbish collection point in the arena.

Associations that have not paid all fees to the organisers must pay for this before the team envelope is handed out. Payment can be made using Swish and the most common credit and debit cards.

TEAM COMPOSITION

For all classes, the team members must be registered through Eventor no later than Friday April 27 at 9 p.m. Please note that the number on the SI cards should not be entered as this is done at the check-in to the start/changeover pen.

After this, team changes can be made at the Competition Office up to 1 hour before the start of each race only if there are approved reasons. The team change must be justified in writing and approved or rejected by the organisers.

We also allow teams that are not registered with SOFT (Swedish Orienteering Federation), such as company teams, nostalgia teams etc. If these teams have any participants who are members of a club registered with SOFT, they must have permission from their club to participate.

SUBSTITUTES

Substitutes may be used in the event of illness or injury during the ongoing competition and in this case registered runners can take different positions. The change must be notified to the Competition Office as soon as possible and before the affected leg.

PARTICIPATING IN MORE THAN ONE RELAY

- Girls who have run in the Junior relay are permitted to participate in the Women's relay and the Tiomila relay
- Boys who have run in the Junior relay are permitted to participate in the Tiomila relay.
- Women who have run in the Women's relay are permitted to participate in the Tiomila relay.
- It is NOT permitted to participate more than once in the same class.

Open Courses can be run both before and after participating in Tiomila relays. For information about Open Courses, see the separate bulletin.

RELAY BANK, ALL RELAYS

If you do not have enough participants for your own club team, it is possible to have a combined team under SOFT rules. There is a relay bank at www.10mila.se under Competition, Relay Bank. Runners can search for a team and teams can search for runners.

COACHES

Every team is entitled to have one coach present in the changeover pen during the race. There is a pass in every team envelope.

START NUMBER

For the first 100 teams in the Junior relay and the first 150 teams in the Women's relay and the Tiomila relay, the team's start number corresponds to the team's placing in 10MILA 2017. If there are empty number places between those already allocated, new teams will be inserted. Otherwise, the earlier the notification, the lower the start number.

RACE BIBS

Race bibs are self-adhesive and must be completely visible during the entire race.

The barcode on the race bib must be undamaged when entering the start and changeover area.

The race bib provides a surface to publicise the organiser's sponsors and affiliates and therefore represents significant commercial value, not least in the main locations in each relay, for example at the changeover point and the finish. If the race number is deliberately removed by a runner while running this may lead to the team being disqualified.

Junior relay	Nos. 1001-1375
Women's relay	Nos. 501-875
Tiomila relay	Nos. 1-375

CLOTHING

It is the runners' responsibility to ensure that they wear the right clothes and that the clothes comply with SOFT (Swedish Orienteering Federation) rules on clothing (www.svenskorientering.se).

Spikes are not permitted. Shoes with metal studs are permitted.

START

Check-in first leg

Relay	Start time
Junior relay	10.30 a.m.
Women's relay	1.15 p.m.
Tiomila relay	8.30 p.m.

Check-in to the start takes place next to the changeover pens beginning approximately 60 minutes before the start. Participants must pass through check-in at least 15 minutes before the start. Runners must ensure that their SI card has been cleared before they check-in.

At the check-in, the SI card is linked to the runner, leg and team number with a barcode on the race number. Runners with an SI card that is not linked to a team number will be excluded from the competition. After check-in, the runners must not leave the starting and changeover area.

The distance from check-in to the start location is 150 metres. The pen to the start field area will open approximately 10 minutes before the start. After that, runners must not leave this area.

No later than five (5) minutes before start, runners must be ready at the marked number corresponding to their team number, follow the starting speaker's instructions.

CHECK-IN BEFORE CHANGEOVER

Runners must ensure that their SI card has been cleared before they check-in. At the check-in, the SI card is linked to the runner, leg and team number with a barcode on the race number. Runners with an SI card that is not linked to a team number will be excluded from the competition.

The runners are asked to ensure they have plenty of time to check in so they do not risk missing their changeover. Once they have entered the changeover area, the runners must not leave the changeover area. For juniors on legs 2 and 3, where there are a lot of runners coming in over a short period of time, it is possible to check-in in advance and then enter the changeover area. Runners must ensure that they have checked in before changeover.

CHANGEOVER AREA/WARM-UP AREA

Only runners who are changing over can remain in the warm-up area. This applies to all legs. There is limited space in the changeover area, so please show consideration and make space for the outgoing runners!

There are toilets and early warning information/entry terminals in the warm-up area. Changeover runners receive information about incoming runners from the early warning.

TERRAIN DESCRIPTION

Terrain type

The race area is characterised by its proximity to the coast, the archipelago and the influence of the last ice age. There are several significant high areas where the terrain resembles wilderness with many hills and detailed, sometimes complicated curves. Between the high areas it is mainly flat with more or less overgrown cultivated land. There are a small number of paths and trails distributed throughout the race area. In the area closest to the arena, on the route of the junior relays, the trails are more frequent. There are small areas of wetland and swamp in the race area, but it is mainly mixed forest.

Hills

The race area has moderate to significant hills on felled terrain with distinct high areas and very steep elevations. The lowest areas are usually linked previously cultivated land.

Passability

Passability is mainly good, but there are many parts with rocky terrain which affects the runnability. In particular, many of the slopes have a high frequency of large and small rocks. A small number of green areas slightly restrict passability. Overall, the visibility is good but even where there is white on the map, there are areas where the visibility is worse in parts.

MAP

Offset printed map with a scale for all classes and legs of 1:10,000, equidistance 5 metres. The map is printed by Kartsam.

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

Control descriptions are printed on the map. Control numbers are both in the control description and on the map next to the control rings.

Radio controls, manned controls and TV controls are not specifically shown in the control description.

PROHIBITED AREAS

Prohibited areas printed on the map are marked according to the SOFT competition rules. It is prohibited to enter private property shown in olive green on the map. A few plots of land will be marked with tape to show clearly where the land border is.

Entering prohibited areas will mean disqualification.

CONTROLS

The controls are marked with an orange/white canopy and with a reflecting post at night controls. There are at least two punching units. There are no pin terminals. The code number for the control is marked on each SI card. The height of the control stands is approximately 60 cm.

In some areas, the controls are extremely close to each other, check the code numbers very carefully.

Some controls are manned with officials and/or visited by the media during the competition. There will also be a VIP group in the forest during some of the first legs of the Tiomila relay.

PUNCHING SYSTEM

Sportident is used in all relays.

NB! Leg 10 in the Tiomila relay has more than 30 controls, which means that SI5 and SI8 cannot be used because they only store 30 punches. Please also note that legs 1 and 4 have more than 25 controls, which means that there are small margins for incorrect punches in terms of memory capacity in the SI card.

NB! One SI card may only be used once in any of the three relays.

PUNCH CONFIRMATION

When punching with an SI card, it is the runner's responsibility to ensure that there is a light and audio signal from the control unit to confirm that the punch has been approved. If there is no light and audio signal, a different unit should be used at the control.

FENCED AREA IN THE ARENA

Fenced areas must not be entered and should be regarded as part of the race area. If they are entered, the team will be disqualified. This applies to runners, coaches and spectators.

The warm-up area next to the start and changeover as well as the start area and the changeover area are fenced off and may only be entered by runners and accredited coaches.

Be aware of outgoing runners if you are in the changeover area so that you do not obstruct the competitors!

DAYLIGHT CONDITIONS DURING TIOMILA

Saturday: Sunset is at 8.49 p.m.

Sunday: Sunrise is at 4.53 a.m.

COURSE INFORMATION AND CHANGEOVER TIMES

JUNIOR RELAY

Start: Saturday 28 April at 10 a.m.

Finish: approximately 12 noon.

- Age up to and including 16.
- At least two legs must be completed fully by girls.
- It is permitted to have two runners on legs 2 and 3. The result with the fastest time counts.

Leg	Course length*	Gaffling	Difficulty	Running time	Changeover time	Type	Map size
1	3.7 km	Yes	Orange	24 minutes	10.54	Day	A4
2	3.9 km	Yes	Orange	26 minutes	11.20	Day	A4
3	2.8 km	Yes	Yellow	18 minutes	11.38	Day	A4
4	3.5 km	Yes	Orange	22 minutes	12.00	Day	A4

*The course length includes ingoing/outgoing funnels of 400-650 metres.

WOMEN'S RELAY

Start: Saturday 28 April at 1.15 p.m.

Finish: Approximately 6 p.m.

Leg	Course length*	Gaffling	Running time	Changeover time	Type	Map size
1	5.5	Yes	38 minutes	13.53	Day	A3
2	6.9	Yes	47 minutes	14.40	Day	A3
3	10.9	No	79 minutes	15.59	Day	A3
4	7.7	Yes	55 minutes	16.54	Day	A3
5	8.8	Yes	62 minutes	17.56	Day	A3

*The course length includes ingoing/outgoing funnels of 400-650 metres.

TIOMILA RELAY

Start: Saturday 28 April at 8.30 p.m.

Finish: Approximately 7.30 a.m. on Sunday

Leg	Course length*	Gaffling	Running time	Changeover time	Type	Map size
1	12.1 km	Yes	72 minutes	21.42	Day/Dusk/Night	A2
2	11.5 km	Yes	71 minutes	22.53	Night	A2
3	8.1 km	Yes	49 minutes	23.42	Night	A2
4	15.3 km	No	99 minutes	01.21	Night	A2
5	7.5 km	Yes	47 minutes	02.08	Night	A3
6	7.6 km	Yes	48 minutes	02.56	Night	A2
7	9.8 km	No	60 minutes	03.56	Night/Dawn	A2
8	10.9 km	Yes	68 minutes	05.04	Dawn/Day	A2
9	9.0 km	Yes	54 minutes	05.58	Day	A3
10	15.4 km	Yes	94 minutes	07.32	Day	A2

*The course length includes ingoing/outgoing funnels of 400-650 metres.

TRACKING WITH GPS TRANSMITTERS

GPS tracking is used on all sections of the Women's relay and the Tiomila relay.

In the Women's relay and the Tiomila relay, GPS transmitters are carried by the teams listed at www.10mila.se during the Competition, in the appendix to the bulletin in Eventor and posted at the entrance to the changeover pen in the arena. Other teams may be selected for each leg to carry GPS transmitters during the leg. These teams will be announced by the speaker and posted at the entrance to the changeover pen.

It is compulsory for runners in the selected team to carry the GPS transmitter, and if the team refuses to carry the transmitter in accordance with the organiser's rules, that team will be immediately excluded from the competition. The GPS device can be collected at the check-in to the changeover pen no later than 20 minutes before the start or the estimated changeover time and must be carried in the vest provided by the organisers in the prescribed manner. Staff will help the runner to put the device on.

The GPS device must be returned immediately after completion of the leg to the official at the exit of the changeover pen.

GPS - Junior relay

In the Junior relay, GPS devices will not be used by any runners. On leg four, there will be camera runners equipped with GPS devices.

FLUIDS

Fluids in the form of water and Enervit sports drink are available on the Women's relay on legs 2 - 5. On the Tiomila relay on legs 1 - 4 and legs 7 - 10. Fluid stations are marked on the competition map or on the control description.

INCOMING RUNNERS TO CHANGEOVER

There are two pens into the finish.

Pen 1: Closed pen. This pen, which is on the far right in the running direction, is only for the first runners on each leg and all runners to the finish.

Pen 2: Changeover pen. This pen is for all changeovers, with the exception of frontrunners on each leg and the finish. Officials/signs indicate which pen to use. As the pens are in the form of a U-turn, it is PROHIBITED TO CHANGE PENS, this will lead to disqualification.

Runners must punch at the finish. If runners do not punch, they will be disqualified. After punching at the finish, give the card to an official and the map for the next leg can be taken from the map board. The map for the lowest team number is hanging furthest away on the board.

The changeover takes place by the map being handed over to the next runner who is standing at the changeover fence. The runners are individually responsible for ensuring that the correct map is handed over at changeover. Missing maps can be collected from the "Emergency maps" desk to the right in the running direction from the map board.

At the changeover fence there are signs for every hundredth team to help show the approximate position for outgoing runners. Seen from the person that is handing over the map, the lost number is on the far right of the changeover fence.

JUNIOR RELAY CHANGEOVER LEGS 2 AND 3

For coaches: Read this carefully and explain to your runners how it works!



In the Junior relay there are two maps for the second and third legs, irrespective of whether one or two runners have been registered. There is a plastic wallet hanging on the map board for each leg containing two maps. If the team only has one runner, the additional map should be given to an official on the way out of the changeover pen.

Changeover 1: Leg 1 runner comes in to change over. Two maps are hanging on the map board in the same plastic wallet. The runner hands over the maps to runners 2A and/or 2B, who run out at the same time.

Changeover 2: The first runner from leg 2 comes in to change over. Two maps are hanging on the map board in the same plastic wallet. The runner hands over the maps to runners 3A and/or 3B, who run out at the same time. The second runner on the leg does not take a map!

Changeover 3: The first runner from leg 3 comes to the map board and gives the map to runner 4.

The runner who comes to the finish punch first on legs 2 and 3 is included in the team's results. If the punches are accurate, the team will be approved. If the first runner on each leg has punched incorrectly, the team will be disqualified even if the second runner on the same leg has punched correctly.

FINISH

Incoming runners run into the pen on the far right. It is prohibited to change pens. If the wrong pen has been taken, the runner must turn around and go to the entrance of the pen and then take the correct pen.

If necessary, the placing will be determined by the finish judge when the finish line is passed. The runner must punch at the finish and then in the finish station, which is a few metres after the finish line.

Please note that the area between the finish line and the photo area can ONLY be entered by runners in the current front team and selected officials. Coaches and other club members can meet their team after they have passed through the check-out.

WILDLIFE REPORTING

Reports of mainly cloven-hoofed wildlife (elk, deer, wild boar) must be recorded in the wildlife report at the Red exit.

NOT APPROVED TEAMS

Teams that are recorded as “not approved” will be informed of this at the check-out and referred to the Red Exit for investigation. Teams that are not approved are reported on the scoreboard as soon as possible after the changeover. However, the team may continue in the competition without competing. The team may be held at the map board by officials until at least 30 minutes after the leading team. This is to ensure that the team will not affect the outcome of the competition.

Coaches who want to appeal against a not approved run should contact the Competition Office as soon as possible, but no later than 60 minutes after the finish of the relevant leg.

RUNNERS WHO PULL OUT

Runners that pull out or otherwise do not pass through the finish line and punch station must go to check-out for their SI card to be recorded. Otherwise those runners will be recorded as “Still in the forest” and an unnecessary search will begin.

RESTART

Junior relay Saturday 12.45 p.m.

Women's relay Saturday 7 p.m.

Tiomila relay Sunday 10 a.m. The restart takes place in two stages, starting with leg 10.

Please note: There will be no shortened legs.

The changeover pen closes 15 minutes before the above times.

Restarted runners must run the leg entered when the team registered. Teams that take place in the restart will be placed in the results list after the teams that completed the competition without participating in the restart.

Teams that have pulled out or have previously been disqualified may not participate in the restart.

CUT-OFF TIME

The cut-off time is three hours after the restart in the Junior and Women's relays. The cut-off time in the Tiomila relay is 4 hours.

COMPETITION RULES

The Swedish Orienteering Federation's competition rules and regulations apply to this competition. The following are some of the most important rules:

It is the responsibility of the competitor to know the competition rules. Ignorance of the rules does not exempt anyone from sanctions.

- Competitors are required to respect the prohibited areas, which are marked on the map and/or course print out.
- Competitors are required to follow the route marked in tape all the way.
- Competitors are required to the best of their ability to assist other competitors who are injured.
- Competitors must not obtain information about the race course or the race map, other than that provided by the competition managers, before the close of the competition.
- Competitors must not provide information about the race course or race map before the close of the competition.

INSURANCE

Runners who are not members of SOFT registered clubs participate at their own risk and are recommended to check their insurance cover before participating in the Tiomila.

OPEN COURSES

The sale and registration for open courses takes place in the competition office for open courses. For more information about open courses, see the separate bulletin at www.10mila.se, in Eventor and in the arena.

Opening hours for registration for open courses

Friday 2 p.m. - 9 p.m.

Saturday 10 a.m. - 5 p.m.

START TIMES FOR OPEN COURSES

Friday 3 p.m. until Saturday 6 p.m.

FIRST AID

First aid is available in the arena from 3 p.m. until 11 p.m. on Friday and from 9 a.m. on Saturday until the end of the competition on Sunday and is primarily for competitors. First aid in the arena is equipped with an EAD.

There is no medical centre in the competition area. However, all control marshals and fluid stations are equipped with a first aid kit and means of communication.

SAUNA

The traditional Tiomila wood-fired sauna is located next to the changing rooms and showers.

TRACK SUITS/LOST PROPERTY

Track suits should be managed by each team. If you have lost equipment etc., ask at the Competition Office during the competition days. After the competition, the name of the person who can respond to questions about found equipment will be on the website. Found equipment can be returned on or after 1 June 2018.

Any shipping costs must be paid by the recipient. After this date, lost property will be donated to charities.

RESULT

These will be displayed on TV screens and posted in the arena.

Online results are available at <http://online.10mila.se/>

In addition, you can follow your team using apps for Android and iPhone.

Android app: 10MILA – Team Tracker

iPhone app: 10MILA

FOOD SERVICE AND KIOSK

There is indoor food service with hot food, snacks and large screens.

Opening hours are Friday from 5 p.m. - 9 p.m. and from Saturday at 11 a.m. until Sunday at noon.

Payment can be made at special payment stations with cash, SEK, using SWISH or with the most common credit and debit cards.

There will also be a kiosk in the arena serving hamburgers and kiosk items.

Opening hours are Friday 5 p.m. - 9 p.m. and from Saturday at 7 a.m. until Sunday at noon.

WEB TV

At <http://webbtv.10mila.se/> you can subscribe to watch the TV broadcast via the web. On Friday 27 April from 6 p.m. - 7.30 p.m., Studio 10Mila will broadcast. Standard broadcast from Saturday 28 April at 10 a.m. until Sunday morning. The price of the webcast is SEK 150.

You can choose from three broadcasts:

- Swedish commentary (Per Forsberg and Fredrik Löwegren)
- Finnish commentary (Antti Örn and Kalle Rantala)
- English commentary (Boris Granovski and Mark Nixon)

FM RADIO

The audio from the arena production is also broadcast on the FM network and you can listen locally in Nynäshamn.

- 90.4 MHz – Swedish
- 98.1 MHz - Finnish
- 102.1 MHz - English

PUBLIC WIFI

The public is requested to restrict the use of mobile phones and the mobile internet as much as possible to minimise the load on the mobile network.

There is a well-developed WiFi network with high bandwidth in the arena covering the area of the finish, shelter, ice rink and camps in the arena at Kvarnägens IP.

Participants are requested to use this free WiFi network internet access. It is free of charge.

The name of the WiFi network is 10mila and requires no password.

It will not be possible to access video streaming services such as YouTube, Netflix, Cmore, etc. using the free WiFi network. We do this in order to give priority to competition information for participants.

PRIZE-GIVING CEREMONY

The first ten teams in each relay are awarded special prizes. The prize-giving ceremony takes place on the stage at the following times:

Junior relay Saturday 12.40 p.m.

Women's relay Saturday 7.30 p.m.

Tiomila relay Sunday 8.30 a.m.

The teams receiving prizes are requested to gather by the stage at least 10 minutes before the time for the prize-giving ceremony.

MAP DISTRIBUTION

Map distribution will take place for all classes in the Competition Office on Sunday 29 April after the restart in the Tiomila relay and until 2 p.m. Maps will only be handed out on presentation of a map ticket (in the team envelope) and after handing in the rented SI cards.

Separate maps are distributed for the three classes with the gaffling scheme printed on the maps.

Teams that have left the competition before the maps are handed out can obtain their maps by post on payment of a fee of SEK 100. Please leave address information and payment at the Competition Office.

BAN ON TWO-WAY RADIOS/WALKIE-TALKIES

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

FLAG-FREE ZONE

To ensure that the audience in the arena can have as enjoyable an experience as possible, there will be a flag-free zone where club banners and similar are not permitted so that they do not obstruct the large screen and the home straight. Similarly, the service area at the start is a flag-free zone.

NB! It is STRICTLY forbidden to make any kind of holes in the synthetic grass where the finish is located.

ADVERTISING

In the arena, only the organisers' advertising signs are allowed.

DRONES

There is a general ban on flying drones over or next to the competition arena and over the closed competition area.

The TV company will use drones to link and boost signals in the competition area. If you have any questions, please contact media2018@10mila.se.

COMPETITION MANAGEMENT

Competition Director

Christer Nordström, phone: +46 76-115 25 70, email: tavling2018@10mila.se

Course Setters

Magnus Falkenström

Mats Björkman

Tommy Ljusenius

Competition Administration

Mats Larsson. Phone for Competition Administration during the 10MILA: +46 76-610 7818

Accommodation and Arena Manager

Stefan Nordström, phone: +46 73-513 89 54, email: logi2018@10mila.se

Arena Production

Peter Löfås & Per Forsberg

Open Courses

Håkan Sjunnestrand, Solna OK, phone: +46 73-726 6030

Media/press

Michael Thulin, phone: +46 73-828 15 80, email: media2018@10mila.se

Finance

Martina Sundberg, phone: +46 70-670 37 50, email: ekonomi2018@10mila.se

CONTROLLERS

Competition controller

Per-Ove Melinder, Tullinge SK

Bank controller

Lennart Bjursäter, Snättringe SK

Rune Rådeström, Snättringe SK

Competition coaches

Stefan Gustafsson, Föreningen Tiomilakavlen

Samuel Henriksson, Föreningen Tiomilakavlen

COMPETITION JURY

Jury president and convenor

Stefan Gustafsson, Skarpnäcks OL and Föreningen Tiomilakavlen

Junior relay

Jesper Håkansson, FK Göingarna

Monica Roos, Turebergs IF

Björn Karlsson, OK Dellen

Women's relay

Magnus Granqvist, FK Göingarna

Lars Gerhardsson, Rotebro IS

Björn Karlsson, OK Denseln

Tiomila

Magnus Larsson, FK Göingarna

Lars Gerhardsson, Rotebro IS

Björn Karlsson, OK Denseln

MORE INFORMATION

For further information, news about the race and questions about the Tiomila, go to www.10mila.se.