



UNGDOMSSTAFETT NATIONELLA TÄVLINGAR

www.u10mila.se

WELCOME TO THE 38th INTERNATIONAL YOUTH 10MILA RELAY FRIDAY 3rd of AUGUST – SATURDAY 4th of AUGUST 2018 NEAR GÖTENE

HD12	HD18	D18
1 2,7 km yellow 2 2,3 km white 3 2,3 km white (parallel) 4 2,4 km yellow Start Friday 3 rd of August 18:00. Finish appr.19:00. No Forking Open for boys and girls born 2006 and later	1 6,9 km night purple 2 6,9 km night purple 3 3,5km dawn orange 4 7,1 km gryning violett 5 2,9 km day yellow(parallel) 6 3,2 km day yellow 7 3,2 km day yellow 8 3,4 km day orange 9 3,3 km day orange 10 7,5 km day purple Start Saturday 4 th of August 03:00. Finish appr. 08:30. Forking on leg 1-2, 6-9. Lap on leg1, 2, 4 and 10 Open for boys and girls born 2000 and later.	1 5,0 km day purple 2 5,0 km day purple 3 2,8 km day yellow (parallel) 4 3,4 km day orange 5 5,5 km day purple Start Saturday 4 th of August 05:30. Finish appr. 08:00. Forking on leg. 2. Lap on leg 1, 2 and 5 Open for girls born 2000 and later.

Parallel legs can be run by 1-3 runners. First runner sends the next leg out and all counts in the team.

Terrain

Mainly forest with various levels of details.
Forest roads and trails in the whole area.
Restricted number of swamps. Slightly undulating. The accessibility is mostly good.
Areas of compact forests and cutting areas exist

Map

Scale 1:10 000, equidistant 2,5 meter. Map produced by GP kartor, Sten Olsson 2018

Punching system

Sportident. SI-card 5, 6, 8, 9, 10, 11 can be used. Each SI-card can only be used once in the competition. You can not use the same card in different classes. The SI-card number does not have to be included in the registration. The number is connected to the runner at the check in to the exchange area. SI-card can be rented.

Teams

Combined teams from different clubs are allowed to participate, according to rules of the Swedish orienteering federation. The rule is created with the intention that all youth-runners should be able to participate, not for clubs who want to create a winning team. Read more about combined teams at www.u10mila.se (swedish). Runners in HD12 can also run in one of the other two relays.

Competition center

Tisslarödjan, Götene. Signs from road 26, than 15 km and E20/44, 9 km.

Competition office and information

At competition centre. Open from Friday 3rd of August 13.00

Parking

Parking for cars 200-700 meters from competition centre.

Buses

There will be an area for bus parking.
Application at the latest on Thursday 2nd of August, at eventor. Bus drop will be possible at the competition area.

Registration

Ordinary registration at the latest Friday 13th of July. All registration (teams, tents, food etc) are made in Eventor (eventor.orientering.se). The registration are valid when the payment is registered. Late entry, 50% higher rate, until the 29th of July. Note that all teams should add the service "Team entry" because Eventor does not support the team fee that U10mila uses.

Names of runners

In Eventor at the latest Thursday 2nd of August. It is also possible to hand in the names at the competition centre, at the latest Friday 16:00 for HD12 and 21:00 for HD18 and D18

Number bibs

Number bibs and other competition material can be collected at the competition centre from Friday 14:00. All payments have to be registered.

Camping

Camping is open from Friday 3rd of August 12:00. Camping closes Sunday 5th of August 14:00. Camping rates, see last page. One camping square is approx. 8x8 meter. Caravans, RV and tents are in the same camping site at the competition centre. Toilets and water at the camping site. Military tents, for maximum 20 people can be rented, raised and ready to be used. The military tents are at the competition centre. Club tents at the competition centre, one square is 5x5 meter. Registration for all camping and club tents in Eventor at registration. The booking is valid when the payment is registered.

Services

Shower at the competition centre. Breakfast, lunch and dinner is served in the restaurant. Menu can be found at www.u10mila.se. Sandwiches, hot dogs, pizza and more is available during the whole competition. SM Sport has a sport shop Friday-Sunday. Health care at the competition centre.

Food

Food coupons can be ordered in Eventor and will be included in the club envelope with the number bibs. A small number of coupons can be bought on the competition centre, at a slightly higher price. Breakfast, lunch and dinner are served during the whole weekend.

Payment

From Sweden: Bankgiro (BG): 5219-0584
U10mila Norra Skaraborg. Enter reference when paying in the following format: Club and type of fee.

Foreign payment:

IBAN: SE59 8000 0828 9102 3558 9090

BIC (SWIFT-adr): SWEDSESS.

Organizers

Competition manager:	Oskar Dalström	OK Klyftamo	+46 72 742 11 18
ass. Comp. manager:	Arne Tengvall	Mariestads FK	+46 70 728 29 58
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Competition control:	Maria Sahlén	IF Hagen	+46 70 488 86 50
Course control:	Uno Magnusson	IF Hagen	+46 70 569 03 62

Homepage: www.u10mila.se

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Address: U10mila Norra Skaraborg c/o Lars-Inge Bly, Holmestad Ekedalen, 533 91 Götene, Sweden

BEST YOUTH-CLUB IN THE WORLD if the club has teams in all three relays you can win the title "The best Youth-club in the world". The best club according to all three relays wins the title and free registration for one team in Ungdomens 10mila 2019. Be the best- beat the rest

Ungdomens 10mila 2018 – services and fees

Type	Fee	Note
Team HD12	500 SEK/team	
Team HD18	1450 SEK/team	
Team D18	850 SEK/team	
SI-card rent	25 SEK	
Printed results	50 SEK	
Campingsquare	650 SEK	8 x 8 m, same for caravan, RV and tent
Military tent, max. 20 people	1500 SEK	Square and raise included in the price
Area for club tent	500 SEK	8 x 8 m
Parking for bus	100 SEK	
Dinner Friday	70 SEK	
Nightfood	60 SEK	
Breakfast Saturday	50 SEK	
Lunch Saturday	70 SEK	
Dinner Saturday	70 SEK	
Breakfast Sunday	50 SEK	
Lunch Sunday	70 SEK	

Stay the weekend!

After Ungdomens 10mila you can participate in two individual races Saturday and Sunday. Camping with full service is open Friday-Sunday.