



INVITATION

10MILA 27–28 April 2019 in Östra Göinge

On behalf of Föreningen Tiomilakavlen, the organising club FK Göingarna will welcome all competitors, coaches, officials and audience member to 10MILA 2019, which is held in Glimåkra in Östra Göinge municipality in northeastern Skåne.

LOCATION/ARENA

10Mila 2019 will be arranged at Trollacenter in Glimåkra, Östra Göinge, 35 km north of Kristianstad, Skåne (N 56° 18.8182', E 14° 8.7190'). The route is signposted from roads 19, 23 and 119. A bus stop is located in Glimåkra 1,000 m from the arena. The nearest railway station is in Osby for regional and local trains and Hässleholm for long distance trains. The nearest airport is Kristianstad Österlen Airport.

CLASSES

UNGDOMSKAVLEN

Start: Saturday April 27 at 10:15

Finish: Approximately at 12:15

Restart: Approximately at 13:30

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

Leg	Distance	Forking	Difficulty
1	4.7 km	Yes	Orange
2	4.9 km	Yes	Orange
3	3.2 km	No	Yellow
4	4.5 km	Yes	Orange

DAMKAVLEN

Start: Saturday April 27 at 13:15

Finish: Approximately at 17:10

Restart: Approximately at 19:00

Leg	Distance	Forking
1	7.3 km	Yes
2	6.2 km	Yes
3	9.8 km	No
4	4.2 km	Yes
5	8.5 km	Yes

TIOMILAKAVLEN

Start: Saturday, April 27 at 20:30

Finish: Approximately at 07:00 Sunday

Restart: Approximately at 09:00 in two rounds

Leg	Distance	Forking	Other
1	12.2 km	Yes	Day/Dusk/ Night
2	11.7 km	Yes	Night
3	5.9 km	Yes	Night
4	17.7 km	No	Night
5	11.1 km	Yes	Night
6	10.2 km	Yes	Night
7	8.7 km	Yes	Night/Dawn
8	11.9 km	Yes	Dawn/Day
9	5.1 km	Yes	Day
10	13.8 km	Yes	Day

WOMEN'S TEAM TIOMILA

To be able to follow up on teams consisting of only women, we ask that you e-mail tavling@10mila2019.se when signing up in Eventor.

RIGHT TO PARTICIPATE

We allow teams to participate even if they are not registered with the 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 is 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. An 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 metres.

Survey and cartography 2018 by Br Kartrit from laser-scanned base material according to the new map standard ISOM2017.

TERRAIN DESCRIPTION

TERRAIN TYPE

The competition area is very varied. There are both deciduous forests, pine forests, mixed forests, young forests and cultural landmarks. Marshes occur to the normal extent. A few (wide) streams flow through the area. The streams have sand or a rock bottom and they can even be passed next to the bridges. The amount of detail is normal. However, there are some areas of rocky terrain resembling the old quarries that were in operation earlier. A quarry is still in operation. Around the old quarries, the level of detail is high. Linear features such as roads, paths, stone walls, streams, vegetation boundaries, etc. are present throughout the competition area to a normal extent.

HILLS

The competition area is moderately hilly. The northeast of the arena, "Trollabackarna", is especially hilly.

RUNNABILITY

The runnability is generally good, but there are some areas of forest of varying age that decrease the speed of the runners. Even in the rocky areas, the runnability is worse. The visibility is good, but one and another smaller spruce can sometimes obscure visibility as well as some fallen trees.

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 MAPS

Relevant earlier maps and autogenerated maps of the area can be found at www.10mila.se.

LINE-UP CHANGES

Team line-ups must be submitted via Eventor. The deadline for submitting line-ups via Eventor is Friday, April 26 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. PLEASE NOTE! An SI card can only be used once in one of the three races.

APPLICATION

Applications are submitted via Eventor no later than March 4, 2019 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, will result in applications being treated as if they were submitted late. All applications are done via Eventor.

LATE APPLICATION

Applications and payments between March 5 and March 31 result in a fee increase of 50 percent. Applications and payments between April 1 and April 14 result in a fee increase of 100 percent. Any late applications are only accepted if there are open spots.

PAYMENT

Payment in Sweden

Recipient: FK Göingarna, 10Mila 2019 Östra Göinge
Bankgiro: 5287-8931
State club name when paying.

Payment from abroad

Recipient: FK Göingarna, 10Mila 2019 Östra Göinge
Currency SEK, payment is only accepted in Swedish currency.
IBAN: SE95 8000 0831 3952 4370 9085
BIC: SWEDSESS
Bank: Sparbanken Skåne
State club name when paying.

Club envelopes cannot be obtained until payment has been made. If payment is made after April 22, a receipt for the payment must be presented when the club leader collects the envelope.



THE 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 Trollcenter and all facilities are within a few minutes' walk of the runway.

Check-in at the arena are available from Friday at 14:00.

FLAGG-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.

FOOD

Hot foot and breakfast are served in the restaurant in the ice hall at the Tiomila arena. More information about the arena restaurant's opening hours and offers will be published in a memo at www.10mila.se

SHOWERS

Showers are available from Friday at 14:00 until the arena closes on Sunday at 14:00.

WIFI

Free Wi-fi at the arena.

SPORT SALES

Available in the ice hall at the arena.

OPEN COURSES

Open courses are available on Friday April 26 and Saturday April 27. Applications for the open courses can be submitted at the arena.

PLEASE NOTE! No advance applications.

The start and the finish are located near the arena. The courses are in a separate terrain area. Sportident will be used as a punching system.

Fee open courses

Age 16 and below: SEK 70. Age 17 and up, SEK 130. 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 with card, swish or cash in SEK.

Application hours open courses

Friday 14:00 – 21:00.

Saturday 10:00 – 19:00.

Start times open courses

Friday 14:00 to Saturday 20:00.

Start method open courses

Starting punch.

Finish/Reading open courses

Finishing punch. Cards are read at the arena in connection with the application. However, the reading is closed between 21:00 on Friday and 10:00 on Saturday.

Reading closes two hours after the last starting time.

Classification open courses

Seven courses are available:

ÖM1 - White, ÖM3 - Yellow, ÖM5 - Orange, ÖM6 - Red, ÖM7 - Blue, ÖM8 - Black, ÖM9 - Black.

Map open courses

Offset printed map with scale 1:10,000, contour interval 5 metres, and is part of the Tiomila map, which is not used during the races.

For course ÖM7, scale 1:7,500 is also available.

Terrain description

Terrain type

The competition area is very varied. There are both deciduous forests, pine forests, mixed forests, young forests and cultural landmarks. Marshes occur to the normal extent.

Hills

The competition area is moderately hilly.

Runnability

The runnability is generally good.

TENT AND LIVING SERVICES

Accommodation is offered from Friday at 14:00 to Sunday at 14:00. See different options below.

Breakfast can be bought at the arena; no breakfast is served at the schools.

HARD SURFACES

In schools and sports halls max 20 km from the arena. Bus transfer to the arena is included in the registration fee. No cooking for oneself is allowed.

TENTS

Tent in quieter area in sections with flooring, 3x6 metres, up to 10 persons/section. Booked in single or multiple sections.

SITES FOR OWN TENTS

In quieter area, 6x6 metres. State number of squares when booking.

CARAVAN / CAMPER VAN

On the gravel about 1,200 metres from the arena in limited numbers.

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. Not intended for overnight stay.

SITES FOR OWN WIND SHELTERS

5x5 metres, 0–200 metres from the arena. State number of squares when booking. Not intended for overnight stay.

BUS TRANSPORT

Bus will circulate between schools and the arena. Other bus transfer arrangements can be arranged by order.

BOOKING

Housing, tents and tent sites are booked when applying via Eventor.

OTHER ACCOMMODATION

Access to other accommodation in Östra Göinge is very limited. Cities and larger villages near the Arena are Osby (14 minutes), Älmhult (26 minutes), Kristianstad (35 minutes), Hässleholm (32 minutes).

ACCOMMODATION ISSUES

Any questions about accommodation during the Tiomila weekend should be sent by e-mail to: logi@10mila2019.se.

CAR PARKING

Car parking (max. 3 tons, 5 metres without trailer) at designated spot, 600–1,500 metres from the arena. Camper vans and caravans are not allowed in the parking area. No parking fees.

BUS PARKING

Clubs wishing to park their own buses must report this beforehand. Bus parking fees are included in the application fee. Bus parking is 6 km from the arena. Shuttle service to/from the arena is available. The reloading and loading of buses take place at the arena. Be quick and follow the organisers' directives.

TIOMILA WEB-TV

The full competition 10MILA 2019 is broadcast online. The broadcast will begin on Friday night with interviews with your favourite teams and more. Order the broadcast via the website www.10mila.se and follow the competition at home via computer or mobile. Price 175 SEK.

PUBLIC

The stadium is easily accessible to the public. There are possibilities for parking near the stadium, a maximum of 1,500 metres away. It will be signposts to the arena. No parking fees.

PRESS/MEDIA

Applications for press accreditation and other requests should be sent by e-mail to media@10mila2019.se no later than Wednesday April 24. Press information can be found at www.10mila.se under the Press heading.

Press officer:

Håkan Axelsson, phone +46 (0)72 377 88 01.

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 the public.

REGISTRATION FEES

The following services are booked through Eventor (<https://eventor.orientering.se>)

Prices in SEK.	Application no later than March 4	Late application (+50%) no later than March 31	Late application (+100%) no later than April 14	On-site application
Ungdomskavlen**	590	885	1 180	---*
Damkavlen	2 450	3 675	4 900	---*
Tiomilakavlen	4 900	7 350	9 800	---*
Hire SI card, 1 pc.	50	50	50 *	50
Open course, ages 16 and below				70
Open course, ages 17 and up				130
Site for wind shelter 5x5 m	570	800	800 *	---*
Tent 3x6 m, 10 pers., heating, with floor. Specify the number of sections.	5 600	6 000	6 000 *	---*
Extra night	1 200	1 200	1 200 *	
Accommodation on hard surfaces incl. bus. 1 night/person	250	300	300 *	---*
Extra night	150	150	150 *	
High peak tent, 5x5 m, without floor	6 700	7 700	7 700 *	---*
High peak tent, 5x5 m, with floor	8 700	9 700	9 700 *	---*
Bench set	300	300	300 *	---*
Gas heater, 1 canister	2 100	2 100	2 100 *	---*
Extra canister	1 000	1 000	1 000 *	
Site for own tent 6x6 m	500	600	600 *	---*
Site for caravan or camping van	500	600	600 *	---*
Bag with breakfast	60	60	60*	
Web-TV (Friday at 19.00 to Sunday at 12.00). Order the broadcast via the website, www.tomila.se				175

* May be accommodated if there are available spaces/products

** No additional cost for doubling runners on legs 2–3 of Ungdomskavlen



Photo: Peter Holgersson

MAIN OFFICIALS

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Competition inspectors

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Course inspectors

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Competition coaches

Per Arne Forsberg, Föreningen Tiomilakavlen
Martina Sundberg, Föreningen Tiomilakavlen

Course coaches

Lars Roos, Föreningen Tiomilakavlen
Göran Reinholdsson, Föreningen Tiomilakavlen



Photo: Peter Holgersson



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Welcome to Glimåkra and Östra Göinge municipality!

Organiser:



Host municipality:



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