



# Invitation 25manna-relay

Saturday 12 October 2019. Arena: Amfibieregementet, Berga, Haninge

## Competition arena

Amfibieregementet 1, Berga, Haninge. GPS: 59°04'53.1"N 18°07'17.2"E

## Map

Scale 1:10 000, contour interval 5m, offset litho.

## Terrain description

Fine-detailed Södertörn terrain of varying hilliness, mostly gentle to moderate. Very technically challenging forest in places with parts of faster running and low detail areas. The terrain is mostly of good runnability, particularly on the higher ground, and there are very few green areas, although some cleared areas between the hills can reduce your speed. There are a couple of large paths through the area and a few smaller tracks. The courses offer varied orienteering and quick changes into different technical challenges.

## Start and expected finish time

Mass start 09:00. Winning team expected in the finish around 14:30. Mini-mass start 16:00. Last leg may be shortened.

## Legs and team composition

This year the women run the last leg and the first leg is open to all. One 25manna team shall comprise:

- At least 8 men of which at least 1 is M16 or younger
- At least 8 women of which at least 1 is W16 or younger
- maximum 8 M21 (previously 9 M21-39)
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Leg	Difficulty	Prel. length in km	Who is allowed to run
1	Blue	7,5	All
2	Blue	5,5	Women
3	Orange	3,5	-M16/M50-, Women
4	White	3,0	-M14/M60-, -D18/D45
5	Blue	6	All
6	Red	4,5	Women
7	Red	5,5	All
23	Orange	3,5	-M16/M55, -W20/W40-
24	Blue	8	All
25	Blue	6	Women

In addition to the above lengths there will be a taped route of approx 400-600 m.

## **New! Open relay with 10 legs**

For company teams, groups of friends or clubs who don't have 25 runners. Separate invitation on Eventor.

### **Competition rules**

The Swedish Orienteering Federation rules and the competition final details apply.

### **Final details**

The final details will be published on 25manna.se and on Eventor by the Sunday before the event as well as at the arena.

### **Car-parking and bus drop-off**

Bus drop-off is by the arena. Parking is 1-3km from the arena.

### **Public transport**

Bus from Västerhaninge station, stops walking distance from the arena. Check sl.se for travel times.

### **Entries**

Entries using Eventor. Ordinary entries open until midnight on 1 September. Team names submitted later, see final details.

### **Late entries**

Until midnight on 16 September, +50% of the normal entry fee. Until midnight on 30 September, +100% of the normal entry fee.

### **Combined team**

Does your club have difficulty getting a full team together? Combined teams according to SOFTs rules are welcome. Combined teams are entered on Eventor. In the entry guide under Help & Support ("Hjälp och support") on Eventor's homepage there are instructions for how to enter.

### **Sportident**

All versions of SI-cards are allowed. Please note that SI-Air functionality will not be activated in the units. SI-numbers are not given when you do your entries. SI-numbers are linked to the runner as they go into the changeover area. Each SI-card may only be used once during the competition.

SI-cards can be hired when you do your entries in Eventor. Not returning an SI-card results in a 600SEK charge to your club.

### **Club tents**

Booking of a pitch for your club tent/wind shelter is made through Eventor by 1 September at normal price – after this, the fee increases.

### **Hire a tent**

We offer the opportunity to hire a tent which is set-up and ready to use. Book through Eventor latest 1 September.

### **Camping**

Camping at the arena is not allowed. We refer you to the official campsites in the nearby area or accommodation as per below.

### **Accommodation**

Hard-floor accommodation including breakfast is offered. Booking through Eventor. Detailed information will be published on 25manna.se. For information or questions about accommodation, email [logi@25manna.se](mailto:logi@25manna.se)

## Fees

<b>Fees until 1 September (ordinary fees)</b>		
Entry per team	5 430 SEK	Parking fee 600 SEK included (car/bus)
Hired SI-card per person	50 SEK	50 SEK
Club tent pitch	400 SEK	Area 4,5x6 metres
Hired tent 4x4m	7 500 SEK	
Hard floor accommodation, per night and person	150 SEK	Incl. breakfast

<b>Fees 2-16 September</b>		
Entry per team	7 845 SEK	Parking fee 600 SEK included (car/bus)
Hired SI-card per person	60 SEK	50 SEK
Club tent pitch	600 SEK	Area 4,5x6 metres
Hired tent 4x4m	9 000 SEK	
Hard floor accommodation, per night and person *)	200 SEK	Incl. breakfast

<b>Fees 17-30 September</b>		
Entry per team	10 260 SEK	Parking fee 600 SEK included (car/bus)
Hired SI-card per person	75 SEK	50 SEK
Club tent pitch	800 SEK	Area 4,5x6 metres
Hard floor accommodation, per night and person *)	250 SEK	Incl. breakfast

\*) where available

## Payment

Payment for normal entry fees and fees for other services shall reach us **no later than 12 September**. Write club and type of fee as payment reference. Fees for late entries are to be paid immediately on entry and are to reach us **no later than 8 October**. Club bags are only handed out after all entry fees are paid.

## Payment information

From Sweden	Bankgiro 131-2149 Account owner: HANINGE SOK TÄVLINGSKONTO
From other countries	IBAN SE 03 6000 0000 0009 9622 8608 BIC: HANDSESS Payee name: HANINGE SOK TÄVLINGSKONTO

## Individual / Entry on the Day courses

Individual / Entry on the day courses, lengths 2,5–6,0 km and different technical difficulties on offer. See separate invitation (out later). Pre-entry will be available via Eventor; the event will be called "Motionsorientering 25manna".

## Children's course

Children's course offered at the arena 9:30-14:00. Start fee 20 SEK per entry.

## Showers

Hot outdoor showers will be at the arena.

## Refreshments

Hot food, bbq, sandwiches, fruit, sweets, drinks, coffee/tea, biscuits etc available. We will have plenty of check-outs to minimise queuing. Menu and prices will be up on 25manna.se.

## Sports traders

Large and well-stocked sports shops at the arena.

**Competition organiser**

Olof Hernander, Haninge SOK

**Planner**

Assar Hellström, OK Ravinen (25-manna) and Joakim Skärlén, Haninge SOK (middle distance)

**Competition controller**

To be nominated at a later date by the 25manna organisation

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To be nominated at a later date by the 25manna organisation

**Information**

Webpage: [25manna.se](http://25manna.se)

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

Subject to change. All changes published on [25manna.se](http://25manna.se).

*Welcome to 25-manna from organising clubs Haninge SOK and OK Ravinen*

