



Memorandum

OPEN COURSES

Open courses are held Friday 26/4, Saturday 27/4 and Sunday 27/4. Start and finish are broken off from the arena and are in a separate terrain area.

REGISTRATION

Registration is done at the arena at the competition office in the ice rink. The map will be distributed at registration.

FEE

HD -16: SEK 70

HD 17-: SEK 130.

Rental of SI card: SEK 50

Unreturned card: SEK 580

Runners affiliated with Swedish clubs will be invoiced retrospectively. Others pay in connection with registration. Payment can be made by card, Swish or in cash (SEK).

REGISTRATION OPENING HOURS

Friday	From 14.00 – 19.30
Saturday	From 08.00 – 19.30
Sunday	From 07.00 – 09.00

START

Distance from the arena to start 1,700 metres.

Start open:

Friday	From 14:00 – 20:00
Saturday	From 08:00 – 20:00
Sunday	From 07:00 – 09.30

STARTING METHOD

Starting punch

PUNCHING SYSTEM

Sportident. An SI card may only be used once per day. SI cards that are used in any of the Tiomila relays can also be used.

CONTROL DESCRIPTIONS

Control descriptions are only printed on the map. There are no loose control descriptions available.

FINISH/READ

Finish closes:

Friday	At 21:30
Saturday	At 21:30
Sunday	At 12:00

Check out after the finish punch is done in the same place as the registration, at the competition centre in the ice rink, 900 m from the finish. All those who registered and start punched must read their SI card at the check out in the ice rink. Tracking due to carelessness will be charged to the club.

CLASSIFICATION

ÖM1 2.6 km White,	Beginner's Course
ÖM3 2.7 km Yellow,	Easy course for young people and adults
ÖM5 3.2 km Orange,	Intermediate Course
ÖM6 5.5 km Red,	Intermediate Course
ÖM7 2.7 km Blue,	Difficult course for older adults
ÖM8 4.4 km Black,	Difficult course for adults
ÖM9 6.7 km Black	Difficult course for adults

CONTROLS

There are no reflexes available at the controls.

MAP

Offset printed map and newly produced in 2018 by Br Kartrit and is an excerpt from the Tiomila map that is not used during the relays. Scale of 1:10 000, contour interval 5 m. Classification ÖM7 also offers scale of 1:7 500.

TERRAIN DESCRIPTION

Terrain type

The competition area is highly varied. There is deciduous forest, spruce forest, mixed forest, young forests and cultural landmarks. Marshes occur to the normal extent.

Hills

The competition area is moderately hilly.

Runability

Runability and visibility are generally good.

RESULTS

Posted at the arena and live results during the competition (<http://liveresultat.orientering.se/>) and after the competitions at Eventor.

TOILETS

Toilets are not available at start/finish for open courses but only in connection with the arena.

SHOWER AND FIRST AID

Available in the arena (see Contest Memorandum at www.10mila.se).

COURSE PLANNERS

Håkan Larsson, FK Göingarna

INFORMATION

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ADDITIONAL INFORMATION

For further information, competition news and frequently asked questions about the Tiomila, see www.10mila.se