



MEMORANDUM COMPETITION

This Memorandum contains only information relating to the competition itself. For other information, please refer to special memorandum: Traffic, accommodation/lodging, service, open courses and arena map.

ARENA

Trollcenter in Glimåkra, Östra Göinge, 35 km north of Kristianstad, Skåne. (N 56 ° 18.8182 ', E 14 ° 8.7190 '). Directions from Roads 19, 23 and 119. Bus stop is located in Glimåkra 1,000 m from the arena. The nearest railway station is Osby for regional and local trains and Hässleholm for intercity. The nearest airport is Kristianstad Österlen Airport.

INFORMATION/COMPETITION OFFICE

The competition office in the arena is located in the ice rink and is open on Friday 26 April from 14.00-21.00 and on Saturday 27 April at 08.00 until Sunday 28 April at 14. General information about competition etc. can be answered here. Late legislative changes due to special circumstances will also be posted here as well as any protests. Team envelopes can be picked up here on Friday and Saturday. After the restart on Sunday, maps will be distributed at the competition office.

TEAM ENVELOPE

The team envelope contains number tags, rented SI cards, team leader cards for coach to exchange area, memorandum, starting list. The team envelope is in a club bag and collected per relay and club in the competition office. The team leader card is also used to pick up maps on the Sunday. The memorandum is also available at www.10mila.se under the heading "Competition" and will be posted at the arena.

There is also a rubbish bag for waste disposal included in the team bag. When the rubbish bags are full or when you leave the arena, bring your bags to the nearest rubbish station in the arena.

Associations that have not paid fees in full to the organiser before the competition must pay these before the team envelope is distributed. Payment can be made in cash, with Swish or with usual debit and credit cards.

TEAM COMPOSITION

For all classes, the lineup must be notified via Eventor no later than Friday, 26 April at 21.00. Please note that the numbers on SI cards are not to be indicated as this will be done at check-in for the start/changeover area.

After this, team changes can be made to the competition office until 1 hour before each start only if there are approved reasons. Legislative changes must then be justified in writing and approved or will be rejected by the organiser.

We also allow teams that are not SOFT-affiliated, such as teams from companies, nostalgia-teams and others. If such a team contains some participants who are members of a SOFT-affiliated association, they must have permission from their club to participate.

RESERVES

A reserve may be entered in the event of sickness or injury during a race and the organisation of registered runners may change. The change must be notified to the competition office as soon as possible and before the leg concerned.

PARTICIPATION IN SEVERAL RELAYS

- Girls who have run the Ungdomskavlen are permitted to participate in the Damkavlen and Tiomilakavlen
- Boys who have run the Ungdomskavlen are permitted to participate in the Tiomilakavlen
- Women who have run in the Damkavlen are permitted to participate in the Tiomilakavlen.
- It is NOT permitted to participate more than once in the same class.

Open courses may be run both before and after participation in the Tiomila relays. For information on Open Courses, see separate Memorandum.

RUNNING BANK

If you do not get your own teams together within the club, there is the possibility for combination teams according to the SOFT rules. A running bank is available at www.10mila.se during the Competition, Running Bank where the runners can apply for teams and teams can search for runners.

COACHES

Each team has the right to have a coach on site in the exchange area during the current relay. A team leader card is available in each team envelope.

STARTING NUMBER

For the first 100 teams in Ungdomskavlen and the first 150 teams in Damkavlen and Tiomilakavlen the team starting number corresponds to the starting number for the placing of the team in 10MILA 2018. In the event of vacant numbers among these, new teams will be added.

NUMBER TAG

The number tag is self-adhesive and should be visible in its entirety throughout the whole competition.

The barcode on the number tag must be undamaged at the entrance to the starting and exchange area.

The number tag is an exposure area for the sponsors and partners of the organiser and therefore holds a significant commercial value, not least with respect to the main teams in respective relays, for example when exchanging and finishing. If the number tag has been deliberately removed by a runner during running, this may result in the team being disqualified.

Ungdomskavlen [Youth Team Relay]	No. 1001-1375
Damkavlen [Women's Relay]	No. 501-875
Tiomilakavlen [100 Kilometre Relay]	No. 1-375

ATTIRE

It is the responsibility of the runner to be correctly attired and that the attire complies with the Swedish Orienteering Federation SOFT, dress codes (www.svenskorientering.se).

Track shoes must not be used. Shoes with metal studs are permitted.

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. Some larger (wide) streams flow through the area. The streams have sand or stone bottoms and they can also be passed next to the bridges. The richness of detail is normal. However, there are a few lots with very stone-bound terrain that is reminiscent of the old quarries that were previously in operation. One quarry is still operating. The richness of detail around the old quarries is high. Rails such as roads, paths, stone walls, streams, stock boundaries etc. are found throughout the competition area to the normal extent.

HILLS

The competition area is moderately hilly. Northeast of the arena is "Trollabackarna". There are very high hills there.

RUNABILITY

Runability is generally good, but there are some parts that are young forests, which reduces the running speed. Also in the stone-bound areas, the runability is worse. Visibility in the competition area is good.

TEMPORARY

There are several fixed cameras in the area that monitor the competition. TV towers and masts for TV production are not marked out on the map, as they are temporarily set up in places that vary during the day of the competition. There are running camera men with cameras that can run with/follow runners on the terrain and film.

MAP

Offset print map in scale of 1:10 000, contour interval 5 metres.

Drawn in 2018 by Br Kartrit from laser scanned material in accordance with the new ISOM2017 mapping standard.

Hunting towers are not shown on the map. Local characters: (x) tar pit.

The control descriptions are printed on the map. Code numbers are in both the control description and on the map next to the control rings. Radio controls, manned controls and TV controls are not specifically indicated in the control description.

Harvesting and thinning have been carried out in the competition area after the map was printed. Maps with map adjustments are available in the exchange area.

PROHIBITED AREAS

Prohibited areas are printed on the map and marked according to the SOFT competition rules. It is prohibited to enter land marked in olive green on the map. Markers will be set up at a few of the plots to clarify where the plot boundaries are. Entry into prohibited areas means disqualification.

CONTROLS

The controls are marked out with orange/white screens and a reflex rod on night controls. Each control has at least two punching units. No pin clamps available. The code number for the control is marked on each SI unit. The height of the control positions is approximately 60 cm. In some areas it is tight between the controls, check the code numbers very carefully.

Some controls are manned by officials and/or visited by the media during the competition. There will also be a VIP group at one or some of the controls during one of the first legs of the Tiomilakavlen.

PUNCHING SYSTEM

Sportident is used in all classes.

NB! Leg 8 and Leg 10 of the Tiomilakavlen have more than 30 controls, which means that the SI5 and SI8 cannot be used as these only store 30 punches.

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

When punching with SI card it is the runner's responsibility to ensure that the light and audio signals are obtained from the control unit to confirm that the punch has been approved. In the event that the light and audio signals are not obtained, the other unit at the control is to be used.

LIGHTING CONDITIONS DURING TIOMILA

The sun goes down at 20.35 on Saturday evening and is up again at 05.26 on Sunday.

COURSE INFORMATION AND EXCHANGE TIMES

UNGDOMSKAVLEN

Start: Saturday 27 April at 10.15

Finish: approx.12.04

Restart: at 13.30

- Ages up to and including 16 (males and females).
- At least two legs will have only girls competing.
- It is permitted to have two runners for legs 2 and 3. Results with the fastest time are counted.
- Only girls can run in Leg 4.

Leg	Course length*	Different courses	Difficulty	Running time	Exchange time	Type	Map size	Lapping
1	4.7 km	Yes	Orange	28 min	10.43	Day	A4	No
2	4.5 km	Yes	Orange	29 min	11.12	Day	A4	No
3	3.2 km	No	Yellow	21 min	11.33	Day	A4	No
4	4.5 km	Yes	Orange	31 min	12.04	Day	A4	No

*The distance includes incoming and outgoing markers for approximately 700-900 metres.

DAMKAVLEN

Start: Saturday 27 April at 13.15

Finish: Approximately 17.15

Restart: at 19.00

Leg	Course length*	Different courses	Running time	Exchange time	Type	Map size	Lapping
1	7.3 km	Yes	48 min	14.03	Day	A3	No
2	6.2 km	Yes	41 min	14.44	Day	A3	No
3	9.8 km	No	65 min	15.49	Day	A3	Yes
4	4.1 km	Yes	30 min	16.19	Day	A4	No
5	8.7 km	Yes	56 min	17.15	Day	A3	Yes

*The distance includes incoming and outgoing markers for approximately 700-1,300 metres.

TIOMILAKAVLEN

Start: Saturday 27 April at 20.30

Finish: Approximately 07.20 Sunday

Restart: Sunday at 09.00 for Leg 10, 9:10 for Leg 2-9

Leg	Course length*	Different courses	Running time	Exchange time	Type	Map size	Lapping
1	12.0 km	Yes	72 min	21.42	Dusk/Night	A2	No
2	11.6 km	Yes	73 min	22.55	Night	A2	No
3	6.1 km	Yes	40 min	23.35	Night	A3	No
4	17.8 km	No	105 min	01.20	Night	A2	Yes
5	11.0 km	Yes	67 min	02.27	Night	A2	No
6	10.1 km	Yes	63 min	03.30	Night	A3	No
7	8.6 km	Yes	54 min	04.24	Night/Dawn	A3	No
8**	12.0 km	Yes	69 min	05.33	Dawn/Day	A3	Yes
9	5.2 km	Yes	32 min	06.05	Day	A4	No
10**	14.0 km	Yes	78 min	07.23	Day	A2	Yes

*The distance includes incoming and outgoing markers for approximately 700-1,300 metres.

**Leg 8 and Leg 10 of the Tiomilakavlen have more than 30 controls, which means that the SI5 and SI8 cannot be used as these only store 30 punches.

TRACKING WITH GPS TRANSMITTER

GPS tracking is used on all legs in Damkavlen and Tiomilakavlen but not in Ungdomskavlen.

It is mandatory to carry GPS transmitters for runners in selected teams and if teams refuse to carry the transmitter in accordance with instructions from the organiser, the team will be immediately excluded from the competition.

List of teams that will carry GPS is available on www.10mila.se under heading competition/GPS and will be posted at the entrance to the exchange area, as well as at the GPS tent in the arena. The list of specified teams that will carry GPS can change during the competition. Updating the specified teams will be announced by speaker and posted at the entrance to the exchange pen, at the GPS tent and on the website under the heading competition/GPS.

GPS units and vests are collected from the GPS tent no later than 20 minutes before the start or estimated exchange time. The GPS unit and the vest must be returned immediately after completion of the leg after reading the SI card. Returns can be done at the designated check-out area. Officials will assist with both the distribution and return of GPS vests and units

GPS devices will not be used by any runners in the Ungdomskavlen. However, in leg four there will be officials with GPS units and cameras that will follow and film the runners.

FLUIDS

Fluids in the form of temperate water and UMARA sports drinks are available in the Damkavlen on legs 1-3 and 5. In the Tiomilakavlen in legs 1-8 and leg 10. The fluid locations are marked out on the competition map and on the control description. In addition, there is fluid at the lapping for the alternating legs and there is possibility of passing fluids from hand-to-hand for the club leader at the designated location. Fluids will also be served after the finish.

START

Check-in leg 1

<u>Relay</u>	<u>Start time</u>	<u>Check-in</u>
Ungdomskavlen	At 10.15	Opens 09.15
Damkavlen	At 13.15	Opens 12.15
Tiomilakavlen	At 20.30	Opens 19.30

Check-in for the start is done adjacent to the exchange area, starting approximately 60 minutes before the start. Entry through check-in must be made no later than 15 minutes before the start. The runner is responsible for emptying the SI card before check-in.

At check-in, the SI card will be linked to the runner, leg and starting number using a barcode on the number tag. Runners whose SI card is not linked to the starting number may be excluded from the competition. After check-in, the runner must not leave the start and exchange area.

Distance from check-in to starting point is 300 m. The pen towards the starting field area opens around 15 minutes before the start. Runners must not leave this area.

No later than five (5) minutes before the start, the runner should be set up at the marked number corresponding to the starting number for the team. Follow the instructions of the starting speaker.

EXCHANGE

At check-in, the SI card will be linked to the runner, leg and starting number using a barcode on the number tag. Runners whose SI card is not linked to the starting number may be excluded from the competition. After check-in, the runner must not leave the start and exchange area. The runners are encouraged to be out in good time for check-in so as not to risk missing their exchange.

Only upcoming runners in the leg will be allowed to stay in the exchange area with team leaders. Show consideration and make room for outbound runners!

Toilets, screenings with pre-warmed teams and terminals for passing times are in the exchange area. Outbound runners receive information about incoming runners from the advance warning.

Overalls are handled by the respective teams.

INCOMING RUNNERS FOR EXCHANGE

There are two pens towards the finish. Signs indicate which pen the runners will run into. Officials will have signs during the competition.

Pen 1: Close and Finish pen. In this pen towards the far right of the running direction, the leading team runner will run when exchanging and when all teams are at the finish.

Pen 2: Exchange pen. In this pen, all teams are running with the exception of the closing and leading team runners. See above.

The runner punches at the finish line. Failure to punch means disqualification. After punching at the finish line, the map is given to the official and you will continue on to the map stands where the map for the next leg is located. The map for the lowest starting number will be hanging farthest away on the stand. Pull off the next leg map from the map stand. The plastic pocket is perforated to facilitate this. Carefully check that it is the correct starting number and leg.

The exchange is done by handing the map to the next runner that is standing at the exchange fence. The runners are responsible for the correct map being handed over when exchanging. If a map is missing, a new map can be retrieved in "Map Emergency" which is on the right side of the running direction at the

end of the map stand.

UNGDOMSKAVLE ALTERNATING LEGS 2 AND 3

For those of you who are coaches: Read this carefully and explain how it works to your runners!

In Ungdomskavlen there are two maps for the second and third legs for all teams. For each team and leg, 1 plastic folder is hanging on the map stand, which contains 2 maps. If the team has only one runner left, submit the extra map to the official at the exit to the exchange pen.



Exchange 1: Runner leg 1 comes in to exchange. At the map stand there are two maps in a shared plastic folder marked STR 2. The runner hands over the maps to outgoing runners on legs 2, 2-1 and/or 2-2, who are running out at the same time.

Exchange 2: The first runner from leg 2 comes to exchange. At the map stand there are two maps in a shared plastic folder marked STR 3. The runner hands over the maps to outgoing runners on legs 3, 3-1 and/or 3-2, who are running out at the same time. The second runner in leg 2 will not take a map! If it says STR 4, the exchange has already occurred.

Exchange 3: The first runner from leg 3 comes to the map stand and gives the map marked with STR 4 to the outbound runner in leg 4. The second runner in leg 3 will not have a map to handover.

The runner that comes in to the finish punch first on legs 2 and 3 is included in the team's result. If the punches are correct, the team will be approved. If the first runner on respective legs has punched incorrectly, the team will be disqualified, even if the other runner on the same leg has punched correctly.

FINISH

Incoming runners run into the pen on the far right. If necessary, the placement of the finish referee is determined when passing the finish line. The runner then finish punches in the finishing units that are a few meters after the finish line.

Please note that the area after the finish line can only be accessed by runners in the current close team and selected officials. Leaders and other club members are allowed to receive their team after it has passed out of the check-out and interview zone.

WILDLIFE REPORTING

Observation about primarily cloven (elk, deer, wild boar) is reported to the wildlife report at the "Red Exit". In the event of damage to the fence and stone wall, this should also be reported.

UNAPPROVED TEAM

Teams registered as "unapproved" will be notified of this at check-out and referred to the "Red Exit" for investigation. Unapproved teams are reported on the scoreboard as soon as possible after exchange. However, the team may continue the competition but without competing. The team may be detained by officials at the map stand for at least 30 minutes after leading team. This is so that the team will not affect the outcome of the competition. The team leader who wants to bring an action against an unapproved race will be directed to the competition office but no later than 60 minutes after the finish on the leg concerned.

DISCONTINUED RUNNERS

Runners who have discontinued or otherwise have not crossed the finish line and reading must go to the check-out for SI card reading. The runner will otherwise be registered as "Still in the woods" and

unnecessary tracking may be started.

RESTART

Ungdomskavlen Saturday at. 13.30,

Damkavlen Saturday at. 19.00

Tiomilakavlen, Sunday 09.00. The restart takes place in two rounds with leg 10 first.

Note: Shortened legs do not exist. The exchange pen closes 15 minutes before the above times. Restarting runners must run the distance specified at team registration. The teams participating in the restart are placed in the results list after the teams that have completed the competition without participation in the restart. Teams that discontinued earlier or disqualified teams may participate in the restart.

MAX TIME

Maximum time is 3 hours after restarting in the Ungdoms- and Damkavlarna. In Tiomilakavlen, the maximum time is 4 hours.

COMPETITION RULES

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

It is the responsibility of the competitor to know the competition rules. Lack of knowledge does not absolve anyone from any sanction.

- Competitors are under an obligation to respect the prohibited areas marked on the map and/or the track imprint.
- Competitors are required to follow marked legs all the way.
- Competitors are required to help other competitors who have injured themselves to the best of their abilities.
- Competitors must not collect information about the courses or competition map, other than that provided by competition management before the competition is completed.
- Competitors must not provide information about the courses or competition map before the competition is completed.

INSURANCE

Runners who are not members of the SOFT-affiliated associations will participate at their own risk and are advised to check their insurance coverage prior to participation in Tiomila.

OPEN COURSES

Sales and registration for open courses takes place in the office for open courses. For more information on open courses see separate memorandum at www.10mila.se, in Eventor and in the arena.

FIRST AID

First aid is available at the stadium from 14.00-22.00 on Friday and from 09.00 on Saturday, until the end of the competition on Sunday and is first aid for competitors. First aid in the arena is equipped with a defibrillator.

There is no medical site in the competition area. However, all control guards and fluid stations are equipped with first aid and means of liaison.

SHOWERING AND DRESSING

Showers and dressing are available indoors in the ice rink and in the low yellow wooden building.

TOILETS

Toilets are available both outdoors and indoors adjacent to the showers and dressing rooms.

LEFT BEHIND

Lost equipment can be requested at the information or competition office during the day of the competition. You can also send an email to info@10mila2019.se. Recovered equipment can be picked up until 31 May 2019. Any shipping cost is to be paid by the recipient. After this date, any materials left behind will be donated to charity organisations.

RESULTS

Will be available in the ice rink on TV screens and posted on the board.

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

In addition, you can follow your teams through apps for Android and iPhone.

- Android: 10MILA – Team Tracker
- iPhone: 10MILA

FOOD SERVICE AND KIOSK

Food service is available indoors with hot food, coffee and big screens.

Food tickets can be purchased in the ice rink at special pay stations for SEK 90. Payment can be made with cash, debit and credit cards or through Swish. Payment is made in SEK.

There will also be two kiosks serving burgers and kiosk items, one out on the football field and one outside the ice rink. See separate memorandum for more information.

WEB TV

On <http://webbtv.10mila.se/> you can register to watch the TV broadcast via the web. On Friday, 26 April from 18:00 - 19:00 the studio will broadcast 10MILA. Regular broadcasts from Saturday, 27 April at 09.45 to Sunday, 28 April at 12. Price for the webcast is SEK 175.

It is possible to choose from three broadcasts:

- Swedish commentators (Per Forsberg and Fredrik Löwegren)
- Finnish commentators (Antti Örn and Kalle Rantala)
- English commentators (Boris Granovski and Christina Luis)

FM - RADIO

The audio from the arena production will also be broadcast on the FM network and can be heard locally in Glimåkra.

- 88.4 MHz - Swedish
- 99.1 MHz - Finnish
- 104.6 MHz - English

PUBLIC WIFI

The audience is encouraged to limit the use of mobile phones and mobile internet as much as possible to minimise the burden on the mobile network.

There is a WiFi network in the arena that covers the area for finishing, wind protection, ice rink and to which the participants are invited to connect. There is no cost. The name of the WiFi network is **1omila** and the password is **1omila2019**.

It will not be possible to access streaming services such as YouTube, Netflix, NFL and others in the free WiFi network. We do this to prioritise competition information for the participants.

PRIZE CEREMONY

The first ten teams in each relay will receive an honorary prize. The prize ceremony is performed on stage at the following times:

Ungdomskavlen, Saturday at 12.30,

Damkavlen Saturday at 18.30,

Tiomilakavlen, Sunday at 08.30

Prize winning teams are asked to gather at the stage at least 10 minutes before the time of the prize ceremony.

MAP DISTRIBUTION

The distribution of maps takes place for all classes in the competition office on Sunday 28 April after restarting in Tiomilakavlen and until 14.00. Distribution is only upon presentation of the team leader card (available in the team envelope) and after the submission of rented SI cards.

Teams that have left the arena before the maps are distributed can get their maps by post for a fee of SEK 100. Contact details and payment is made at the competition office.

PROHIBITION OF COMMS RADIO//WALKIE-TALKIE

Use of comms radio and walkie-talkies in the arena is not allowed.

FLAG FREE ZONE

For the spectator experience to be as good as possible, there will be a flag free zone where club ensigns and similar are not permitted so as to not obscure the big screen and the action. Similarly, the service area at the start is a flag free zone.

NB! It is ABSOLUTELY prohibited to make any kind of hole in the artificial turf where the finish is located.

ADVERTISING

Only the organiser's advertising signage is allowed in the arena.

DRONES

There is a general ban on flying drones over or adjacent to the competition arena, as well as over the competition area. TV production will use drone aircraft for linking and amplification of signals in the competition area.

COMPETITON MANAGEMENT

Competition Director

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Deputy Competition Director

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Press, media

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Live production

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Peter Löfås and Per Forsberg

Information

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Officials

Karin Johansson, phone: + 46 730 525185
Email: funktionar@10mila2019.se

Course planners

Magnus Larsson
Jesper Håkansson

CONTROLLERS

Competition controller

Kerstin Tjernlund, OK Vilse 87

Bank controllers

Niklas Edvardsson, Hästveda OK

Competition coaches

Per Arne Forsberg, Tiomilakavlen Association
Martina Sundberg, Tiomilakavlen Association

Course coaches

Lars Roos, Tiomilakavlen Association
Göran Reinholdsson, Tiomilakavlen Association

Sparbanken
Skåne



COMPETITION JURY

Jury chairperson and Convener:

Martina Sundberg, Tiomilakavlen Association, +46 70 670 37 50

Ungdomskavlen

Monica Roos Attunda OK
Anna Kullberg Hagaby GoIF
Björn Alpberg Almby IK

Damkavlen

Per-Åke Carlenstam Väsby OK
Arne Andersson OK Denseln
Björn Alpberg Almby IK

Tiomilakavlen

Ingegerd Carlsson Sundbybergs IK
Björn Karlsson OK Denseln
Stefan Blomgren Hagaby GoIF

HOSTING DESTINATION:

skåne

MORE INFORMATION

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

VÄLKOMMEN TILL GLIMÅKRA OCH ÖSTRA GÖINGE KOMMUN!

Welcome to Glimåkra and Östra Göinge municipality!

Tervetuloa Glimåkra and Östra Göinge Municipality!

Organiser



Host Municipality



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