

PM

Arena

Ljunga Örby

Traffic information

Signs from road 156, than 100-400m to parking, camping and arena.

Parking

Distance Parking - Arena 400-600 meters. Distance camping - arena max 250 m. Distance bus unload - military tents 950 meters. Help with large/heavy luggage will be arranged. No parking fee for cars. Buses see traffic information.

Accommodation

The accommodation is open from Friday, August 2 at 12:00. The campsite is closed Sunday, August 4th at 14:00. Check-in at the entrance to the campsite. Distance camping - arena max 250 meters. Any orders at competitions regarding tents and caravans are made directly upon check-in. Map of camping and military tent area will be posted on eventor. Camping sites and shelter sites must be cleaned and the waste in designated trash cans and containers. Each team coach is responsible for the cleanliness of its camping and club tent location. Rented military tents should not be picked down.

Competition office and information

At the arena, open from Friday, August 2nd at 13:00

Team envelopes

Collect your team envelope including PM and number tags at the competition office from Friday 13:00. All fees must be paid before the team envelope is handed out. The organizers recommend all clubs to registrate runners in Eventor before arrival. If any adjustment in then team needs to be done this shall be stated on the specific blanket handed out in the envelop. Team envelope must be collected before Friday 16.00 for HD12 and Friday 21.00 for teams in HD18 och D18. The team envelope contain number tags, startlist, PM, rented SI-cards, food coupons and map ticket. Note: No pins provided, bring your own. A team leader sign is also included in the envelope. This have to be worn to get into the handover area.

Teams

Combined teams are allowed according to SOFT rules. Use combined teams to open up for everyone to join Ungdomens 10mila, not to create a winning team. Runners participating in HD12 can also run in HD18 or D18

Number tags

All runners wear number tag. The number tag shall be pasted on the front of the competition shirt. It is very important to make sure that all runners have got correct tag. The tag is scanned and paired with the SI-card of the runner at check-in.

Introduction

Before start of HD12 an introduction will be held to present how to run in the Start/Goal area and how the exchange of maps are done.

Electronic punching

SportIdent. SI-card 5, 6, 8, 9, 10 and 11 and SIAC (SIAC without touch free) can be used. Each SI-card can only be used once per race. An SI- card used in HD12 can be used again in HD18 or D 18. An SI-card used in HD18 can not be used in D18. See more in the special PM for punching.

Prize giving ceremony

Prizes for each member in the first 10 teams in HD12 and the first 7 teams in HD18 and D18. The members in the winning teams will also receive a plaque. Prize giving ceremony in the arena approx one(1) hour after the winning teams final time. Runners going to the prize giving ceremony shall be by the podium at least 5 minutes before the ceremony starts. More information is given by the speaker.

The best youth club in the world

To participate in the competition "The best youth club in the world" a club must participate in all three classes. The place number in HD18 and D18 adds together. For every team in HD12 the club gets -10. The more teams in HD12 the better chance to win. The best club is awarded free start in Ungdomens 10mila 2020.

Spectators

Spectators only in areas allowed for spectators. It is not allowed to go out in the forest or up to the spectator control. The competition area is forbidden area before and during the competition. Respect all signs and use roads and paths recommended by the organizers to and from the camping and parking. Violation of these rules will result in disqualification.

Rules

The rules of Swedish Orienteering Federation applies.

Waste sorting

On the arena there are several bins for sorting of waste like:

- Metal cans and PET bottles
- Combustible waste
- Corrugated paper and cartons · Glass packaging (Bottles and cans)
- Metal packaging (Food cans, aluminum foil etc)

Toilets

At the arena

Shower

Shower with tempered water close to the arena (200 m).

Health care

At the arena

Maps

Maps are handed out Saturday morning at the competition office. Show your map ticket provided in the team envelope. Clubs only participating in HD12 can get their maps after the competition is over on Friday. Respect fair play and do not show the maps to runners in other classes. Rented SI-cards must be returned when maps are handed out. Lost SI-cards cost 500kr.

Food and sport shop

Pre ordered meals are served in the food tent. More information about the menu at eventor and in the food tent. A small number of food tickets are for sale during competition. Hamburgers, pizza, sandwiches and much more can be bought in the shop during the whole weekend. SM Sport has a Sport shop open during the weekend.

Lost and found

Found items can be handed in to the competition office. Lost items can be asked for at info@u10mila.se.

Organizers

Competition manager:	Urban Sörqvist	OK Räven	+4673-8063103
ass. Comp. manager:	Arne Tengvall	Mariestads FK	070-728 29 58
Course setter:	Bertil Åkesson	Skene SolS	
Competition control:	Fredrik Odelberg	IK Ymer	
Course control:	Kenneth Johansson	OK Tranan	
	Tomas Andersson	OK Tranan	
Camping	Ingemar Gustavsson		070-6201632
Food	Marita Larsson		073-0576112
Jury	Homepage:		
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Good luck!