



OK SÖDERTÖRN AND SNÄTTRINGE SK INVITES TO



PHOTO: ULFLUNDIN

25manna Relay 2020

SATURDAY 10TH OCTOBER 2020 - VISÄTTRA SPORTCENTER, HUDDINGE

COMPETITION ARENA

Visättra Sportcenter in Huddinge municipality, GPS-koordinater 59.216715, 17.966771

PUBLIC TRANSPORT

Excellent possibilities to travel to the arena by train or bus. Take the commuter train or regional train to Flemingsberg station, then approx 1 km walk. Bus 704 to Visättra or 713 to Visättra Sportcenter, then approx 500 m/300 m walk. Check sl.se for timetables.

CAR PARKING & BUS DROP-OFF

The number of parking spots are limited, please consider travel with public transport or fill your car.

Car parking in Flemingsberg industrial area, 1.2-2.5 km from the arena. Bus drop-off about 500 m from the arena.

FINAL DETAILS

The final details will be published on 25manna.se and on Eventor.

COMPETITION RULES

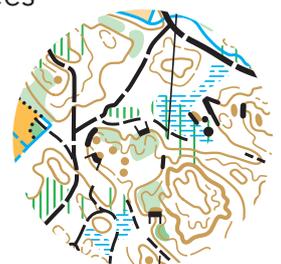
The Swedish Orienteering Federation rules and the competition final details apply.

START AND EXPECTED FINISH TIME

Mass start at 09.00. The winning team is expected to finish around 14.30. Mini mass-start at 16.00. The last leg will be shortened for teams in the mini mass start.

TERRAIN DESCRIPTION

Flemingsbergsskogen nature reserve has moderately hilly terrain with mostly good runnability. There are some steep and detailed areas. There are many paths and some open land in the areas closest to the arena. Longer legs will pass through an area with bare rock and very good runnability. In some parts of the courses occasional fallen trees may reduce the running speed.



MAP

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

Drawn 2019 by Nils-Göran Olsson and Fredrik Ahnlén

LEGS AND TEAM COMPOSITION

This year the women run the first leg and the last leg is open to all. Each 25manna team must consist of:

- 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 runners

Leg	Difficulty	Leg in km	Forking	Tillåtet för
1	Blue/difficult	5.0	Yes	Damer
2	Blue/difficult	7.5	Yes	All
3	Orange/medium	3.8	Yes	-M16/M50-, Women. (4 parallel runners)
4	Blue/difficult	3.1	Yes	-M14/M60- -W18/W45- (4 parallel runners)
5	Blue/difficult	6.4	Yes	All (4 parallel runners)
6	Red/medium	4.2	Yes	Women (4 parallel runners)
7	Red/medium	5.3	Yes	All (4 parallel runners)
23	Orange/medium	3.6	No	-M16/M55-, -W20/W40-
24	Blue/difficult	6.0	No	Women
25	Blue/difficult	8.6 (6.1)	No	All

The above lengths include a taped route of approx 700 - 1100 m.

ENTRIES

Entries using Eventor. Ordinary entries are open until 23:59 on 30th August. The names of the runners in the team may be submitted later, see final details.

Late entries with an increased fee are possible until 23:59 on 27th September.

SPORTIDENT PUNCHING SYSTEM

All versions of SI-cards are allowed. Please note that SI-Air functionality will not be activated in the units. SI-numbers are not submitted when entering. SI-numbers are linked to each 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 make entries in Eventor. Each unreturned SI-card results in a 600 SEK charge to your club.

CLUB TENTS

You can book of a pitch for your club tent/ wind shelter through Eventor by 30th August at normal price - after this, the fee increases.

ACCOMMODATION

Hard-floor accommodation including breakfast is offered. Dinner reservation is also possible this year. Booking through Eventor. Detailed information will be published on 25manna.se. For information or questions about accommodation, please e-mail boende@25manna.se

COMBINATION TEAMS

Does your club find it hard to get a full team together? Combination teams according to The Swedish Orienteering Federation rules are welcome. Combination teams enter through Eventor. See guide in the [Help & Support-section \("Hjälp och support"\) on Eventor](#) for instructions on how to enter combination teams.

FEES (REGISTRATION IN EVENTOR)

	Regular fee until 30th August 23:59	Late entries until 13th Sept 23:59	Late entries until 27th Sept 23:59
Participation fee per team*	6 225 SEK	7 400 SEK	9 000 SEK
SI-card rental / person	50 SEK	60 SEK	60 SEK
Club tent pitch (4x6 m)	450 SEK	550 SEK	550 SEK
Hard floor accommodation including breakfast, per night & person	200 SEK	200 SEK	250 SEK

* Mandatory parking fee included

PAYMENTS

Payment for regular participation fees as well as fees for SI-cards, tent pitches and accommodations must be delivered to us by Friday 4th September at the latest. Write the club name and type of fee as payment reference. Fees for late entries as well as fees for SI-cards, tent pitches and accommodations are to be paid in connection with the registration and must be delivered to us by Friday 2th October at the latest.

Club bags are only handed out after all entry fees are paid.

PAYMENT INFO FROM SWEDEN

Plusgiro: 62 23 54-9
Account owner: 25MANNA

PAYMENT INFO FROM ABROAD

IBAN: SE67 9500 0099 6034 0622 3549
BIC: NDEASESS
Payee name: 25MANNA
Bank and address: Nordea, 105 71
STOCKHOLM, SVERIGE

Please note that payment must be made in Swedish Crowns (SEK) and that any transaction fees are paid by the registered club.



CAFÉ AND HOT FOOD

Hot food, salads, sandwiches, fruit, sweets, cold drinks, coffee/tea, etc are available at the arena. Menu and prices will be published on 25manna.se.

CHILDREN'S COURSE

Children's course offered at the arena. Start fee 20 SEK per entry.

SPORTS TRADERS

Large and well-stocked sports shop at the arena.

25MANNA MIDDLE DISTANCE

As usual there is a middle distance on Sunday 11:th of October, see separate invitation for "25mannamedeln" in Eventor.

MAIN OFFICIALS

Competition organiser: Mats Bern, Snättringe SK

Course setter: Per Franzén, OK Södertörn

Competition controller: Göran Reinholdsson, Järfälla OK

Course controller: Rune Rådeström, Snättringe SK

OPEN INDIVIDUAL COURSES

Open individual courses, lengths 2,0–6,5 km and offering different technical difficulties. See separate invitation in Eventor ("Motionsorientering 25manna")

SHOWERS

Hot outdoor showers will be available at the arena.

CAMPING

Camping at the arena is not allowed. We refer you to the official campsites in the nearby area or accommodation (see page 2)

TRAINING PACKET

There are two training packets just outside the embargoed area. You can find more information on the website.

CONTACT

Website: 25manna.se

Questions about accommodation: boende@25manna.se

Other questions: info@25manna.se

*Subject to change. All changes published on 25manna.se.
Please note that the maps in the invitation is not made to scale.*



World's best club wins