



OK SÖDERTÖRN AND SNÄTTRINGE SK INVITES TO



PHOTO: ULF LUNDIN

# 25manna Middle

SUNDAY 11TH OCTOBER 2020 - VISÄTTRA SPORTCENTER, HUDDINGE

## COMPETITION ARENA

Visättra Sportcenter in Huddinge municipality,  
GPS: 59.216715, 17.966771

## PUBLIC TRANSPORT

Excellent possibilities to travel with train or bus to the arena. 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

Car parking spaces are limited so we encourage you to use public transport wherever possible. If you do need to bring the car, please try to lift share where possible. Car parking in Flemingsberg industrial area,

1200 -2500 m from the arena. Bus drop-off about 500 m from the arena. Parking fee SEK 40 per car paid at the arena.

## COMPETITION RULES

Swedish Orienteering Federation (SOFT) competition rules and the final details apply.

## START

First start 9.00, last start 12.00. When entering (not classes DH 18-21 Elite) choose between Early, Middle or Late start groups. Children's classes (U1-4), Induction class and Open classes have open start times between 9.00 and 12.00

## 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 courses 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

Age classes DH16-DH40:  
scale 1:10 000  
Other classes including  
Open classes: scale 1:7 500

Contour interval 5 m in all classes



## CLASSES

Age classes						Open classes
Youth classes		Elite classes		Adult classes		
W10	M10	W21E	M21E	W21	M21	Induction 2 km
W12	M12	W20E	M20E	W20	M20	Very easy 2 km
W14	M14	W18E	M18E	W18	M18	Easy 2,5 km
W16	M16			W35	M35	Easy 5 km

Course lengths and difficulty level according to SOFT recommendations.

## ENTRIES

Entries via Eventor. Choose between Early, Middle or Late start in all classes apart from Elite, Induction, Children's classes (U1-4) and Open classes. Ordinary entries until Sunday 4th October 23.59.

Late entries until Wednesday 7th October 23.59 with an increased fee. Open classes and U-classes can be entered on the day at the arena. Entries 8:30 – 11:30. Free start times between 9:00 and 12:00.

## START GROUPS (NOT W/M 18-21 ELITE)

You can choose an **Early**, **Middle** or **Late** start. For example, if you enter **D16** you can choose between start groups **D16 Early**, **D16 Middle** and **D16 Late**. Start times are given at random in each group and the three groups are then put together to make D16. **The first and last start times for each group may vary from class to class.**

If more than 90 competitors enter one start group, the organisers may prioritise competitors from clubs with longer homeward journeys. Classes with more than 180 entries will be split

## SPORTIDENT

All versions of SI-cards are allowed. However, please note that the Air function will not be activated on control units. SI-cards can be hired when you make entries in Eventor. Each unreturned SI-card results in a 600 SEK charge to your club.

W40	M40	Moderate difficulty 3 km
W45	M45	Difficult 3 km
W50	M50	Difficult 5 km
W55	M55	U1
W60	M60	U2
W65	M65	U3
W70	M70	U4
W75	M75	
W80	M80	
W85	M85	

## FINAL DETAILS

Final details will be published on [25manna.se](https://25manna.se) and on Eventor.

## CAFÉ AND HOT FOOD

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

## STRING COURSE AND CHILD CARE

There will be a Children's string course and childcare at the arena. No preregistration needed - cash payment. String course SEK 20, childcare SEK 30.

## SPORTS TRADERS

Large & well-stocked sports shop at the arena

## SHOWERS

Hot showers will be available at the arena



FEES	Regular fee until 4 October 23:59	Late entries until 7 October 23:59	Entry on the day 11 October 8:30-11:30
Competition class Elite	SEK 230	SEK 345	N/A
Competition class Adult	SEK 180	SEK 270	N/A
Competition class Children (-16)	SEK 80	SEK 120	N/A
Open class Adult	SEK 150	SEK 180	SEK 180
Open class Children (-16)	SEK 80	SEK 80	SEK 80
SI-card hire/person	SEK 50	SEK 50	SEK 50

## PAYMENT

Swedish clubs will be invoiced after the race. Participants in open classes who are not members of SOFT-registered clubs must pay when they enter at the arena (cash, card or Swish). Foreign competitors pay on the day at the arena (cash or card). If you pre-register, the entry fee is paid in advance as follows:

Payment info from Sweden:  
Bankgiro: 62 23 54-9 (25MANNA)

Payment info from abroad:  
IBAN: SE67 9500 0099 6034 0622 3549  
BIC: NDEASESS  
Payment recipient: 25MANNA  
Bank and adress: 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*

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



## 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

## CONTACT

**Website:** [25manna.se](https://25manna.se)

**Questions about accommodation:**  
[boende@25manna.se](mailto:boende@25manna.se)

**Other questions:** [info@25manna.se](mailto:info@25manna.se)

GRAPHIC FORM: OSKAR FORSBERG



PHOTO: ULF LUNDIN