

PM - 25mannakorten 2011

Individual middle distance competition

Sunday, October 9

Information	Website: www.25manna.nu Email: 25mannakorten@25manna.nu . Information tent, close to the goal
Competition Arena	Almnäs, Södertälje, approximately 45 km south of Stockholm city. Leave high-way E20 at traffic junction Nykvarn, exit 140. Approximately 5 km to the event centre. GPS: N59 10.04', E17 32.08'.
Car parking	At assigned area a maximum of 1400 m from the event centre. Parking fee SEK 20.
Bus parking	Buses are divided into the following two categories: <ul style="list-style-type: none">• Buses which stay and parks at the event centre during the day. These buses shall have a sign in the front window with the text <i>Stannar</i>. The parking place for these buses is approximately 400 m from the competition centre. Parking fee SEK 100.• Buses which only drop of the passenger and leaves the event centre during the day. The drop of place for these buses is approximately 400 m from the competition centre.
Public transport	Commuter train from Stockholm C (Central Station) to Södertälje Hamn, get off at Östertälje station. From Östertälje station take the local bus 780 to Nykvarn (Sandtorp). Get off the bus at bus stop Almnäs crossroads (Almnäs vägsäl). Walk 3 km to the assembly area.
Startlist	Presented at Eventor, http://eventor.orientering.se and www.25manna.nu . Updated entry list with reserves will be presented October 8.
Drop out	Drop out of the elite classes by Friday October 7 at 20:00 to 25mannakorten@25manna.nu or Helen Törnros on +4676 774 16 32.
Entry	Until Tuesday, September 27, 11.59 pm via Eventor, http://eventor.orientering.se . Do you have any questions? Please send Email to 25mannakorten@25manna.nu .
Late entry	Late entry: Until Tuesday October 4, 23.59.
Entry on the day	Entry on the day: Available for open courses, entries at 08:45 – 11:30. Free start between 09:00 and 12:00.
Late entry on the day in regular classes	It is possible that on Oct. 8 sign up on the vacancy position in the regular classes to increased start-up fee.

Fees	Juniors up to 16 years SEK 60, adults SEK 100, elite SEK 140. Late entry incurs 50% increase. Late entry on the day, youth 90 SEK, adults 200 SEK.
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Hired SI-cards	Disclosed at the information tent close to the goal. Fee to hire SI-card is SEK 30. Runner not returning hired SI-card will be charged SEK 400.
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Start Individual start, first ordinary from 09:30, late entry before.
Learning, follow up and open courses: Free start time between 09.00 and 12.00.

Three different starts. The way to start is partly along the busy road.
Use caution. Common way to Start 2 & 3.

Toilets at the Start 1 and on the way to Start 2 & 3, after about 1600 m.

Start 1: Orange-White taping 2040 m, eastbound from the arena.
H18-H45, H80-H95, D18-D40, D60-D95, ÖM8

Start 2: Orange-Blue taping 2160 m, westbound from the arena.
HD14, HD16, HD16 Kort, H50-H75, D45-D55, ÖM5, ÖM7

Start 3: Orange-Green taping 2030 m, westbound from the arena.
HD10, HD12, HD12 Kort, HD14 Kort, Inskolning, U1, U2, ÖM1,
ÖM3

Course lengths

Learning and follow up classes		Elite		Adult			
<i>Class</i>	<i>Length</i>	<i>Class</i>	<i>Length</i>	<i>Class</i>	<i>Length</i>	<i>Class</i>	<i>Length</i>
Insk	2,0	D18E	3,7	D18	3,6	H18	3,5
U1	2,0	D20E	3,9	D20	3,6	H20	3,5
U2	2,4	D21E	4,6	D21	3,6	H21	4,5
Youth		H18E	4,0	D35	3,5	H35	4,5
<i>Class</i>	<i>Length</i>	H20E	4,5	D40	3,5	H40	4,2
D10	2,1	H21E	5,2	D45	3,1	H45	4,3
D12 Kort	2,0	Open courses		D50	3,2	H50	3,7
D12	2,6			D55	3,1	H55	3,7
D14 Kort	2,6			D60	2,7	H60	3,6
D14	3,1			D65	2,7	H65	3,2
D16 Kort	3,0	<i>Class</i>	<i>Length</i>	D70	2,7	H70	3,1
D16	3,6	ÖM1	2,4	D75	2,2	H75	3,1
H10	2,0	ÖM3	3,1			H80	2,7
H12 Kort	2,1	ÖM5	3,5	Course lengths in kilometre. Technical difficulty in accordance with SOFT's recommendations			
H12	2,6	ÖM7	3,2				
H14 Kort	2,6	ÖM8	4,4				
H14	3,0	D=Women, H=Men, E=Elite, ÖM=Open, U1-U2 = Follow up classes, Insk = Learning class, Kort = Short. Elite classes are limited to 60 runners per class. Excess or non-qualifying runners will be moved to closest matching class.					
H16 Kort	3,1						
H16	3,6						

Canceled classes	Canceled classes due to few runners: D80, D85, D90, D95, H85, H90, H95
Cover	Transported from all starts to the arena.
Race bib in elite classes	Selfservice at start. H21E: 1-99 H20E: 201-299 H18E: 401-499 D21E: 101-199 D20E: 301-399 D18E: 501-599
Map and terrain description:	Scale 1:10000, revised 2011. Equidistance 5 m. The terrain elevation is small to modest. The terrain is mostly fast running. Some new and old clearings occur. Smaller areas with dense forest are found and marked on the map. The courses are in the woodland with a fairly large trail and road network with elements of agricultural land.
Maps for shadowing	Black/White maps available at start for learning and follow up classes.
Smiley Faces	In the wood for learning class. (Insk)
Out of bounds	In those cases, continuous stripes are used in the terrain in order to clarify the boundary of the forbidden areas, this is shown on the map with a solid purple line.
Railway	Train tracks can not be entered. Passage can only occur through the over / under passes.
Control description	Not printed on the map. Loose copies at start.
Local character	Local map character: x = Rest Area
Punching system	SportIdent. Enter your SI-card number when registering. If you give no SI-Card number you will be given a hire SI-card. If the SI unit of the control does not work, make a manual punch on the map. Runners who broke must pass goal for registration.
Result	Result will be published on Eventor and www.25manna.nu .
MapAndCoach	The courses will be published on MapAndCoach.
Max time	2 hours
Prizes	Prizes in HD10 – HD21. One prizes will be drawn for the other adult classes. Prizes to all in learning and follow-up classes. One prize will be drawn in open classes.

Toilets	<ul style="list-style-type: none"> • Northern part of the arena • At start 1 • On the way to start 2 & 3
Shower	Warm water outdoor showers will be available in the northern part of the assembly area. Due to environmental considerations, the organizer will provide biological decomposable shower soap.
First aid	First aid tent is located adjacent to the finish area.
Wildlife report	Tent behind the goal., “Viltrapport”.
Babysitting	Northern part of the arena. Open between 8.30 och 14.00. Fee: SEK 20.
Taped (String) course	Taped course in the jungle east of the sports trader. Fee: SEK 30. Start between 9:30 and 13:00.
Catering	Catering with Grill/Barbeque
Sports trader	Intersport.
Competition rules	The rules of the Swedish Orienteering Federation (SOFT) apply.
Organization	Co-ordinators: Jörgen Persson 070-266 19 30 Anders Karlsson 073-041 58 40 Course planners: Mats Käll and Thomas Eriksson Course adviser: Anders Runander, Trosabygdens OK Event adviser: Ola Kåberg, OK Ravinen

Welcome to 25mannakorten

25mannakorten – the Sunday after the relay



IFK Tumba SOK and Mälarhöjdens IK