



INVITATION 10MILA 2012

On behalf of the Association Tiomilakavlen, the 10MILA-association in Östergötland 2012 greets runners and spectators to the 67th relay competition for men, the 36th relay competition for women and the 21st relay competition for youth.

■ **THE COMPETITION** will take place Saturday – Sunday May 5 – 6, 2012, close to the military training establishment P4 Kvarn north of Borensberg in Östergötland, Sweden. The competition weekend will start with a sprint competition in the centre of Linköping Friday May 4, Silva League. Already on Friday, also individual, EOD courses are available.

Thus we will meet in the forests in the northern part of the Östergötland. It is the third time the 10MILA competition is arranged by clubs in Östergötland and we dare promise an equally successful event as at Timmergata, Kolmården 2004 and Finspång 2010.

The area you will run in has seen two 43-kavlen and one National Youth Championship (USM). This has not gone unnoticed, many lost minutes have been spent in this terrain and many have exclaimed “why was I so careless with that last sure position” after a less than perfect race. The problem is not that the terrain is extremely complicated, rather that it varies from the easily read to very detailed with slopes and marshes, placing great demand on orienteering skills, not least at night.

The motto for this year's 10MILA is

TOUGH - TECHNICAL - CHALLENGING

Tough: since the courses are longer than normal.

Technical: since some areas demands a very good orienteering technique to avoid mistakes.

Challenging: due to the variation between the fast and simple to the detailed and difficult, finding the balance.

NEWS IN 2012

This year, we can offer accommodation in beds in barracks rooms in the military camp in Kvarn.

THE SPRINT COMPETITION

The sprint competition of Silva League will take place Friday May 4 in the centre of Linköping. Silva League will replace the former Elit Series och Silva Junior Cup.

DIRECTIONS/ARENA

The arena is situated at the military establishment Kvarn north of Borensberg in Motala. Directions from road number 211 and road number 34 north of Borensberg. Coordinates N 58° 38' 28" E 15° 18' 58"

CLASSES AND PRELIMINARY COURSE LENGTHS

Youth relay

Start Saturday May 5 at 11.30. Estimated finishing time 13.45. Restart preliminarily at 14.45. Age up to and including HD 16 (MW 16). At least two legs must be entirely filled by girls. It is permitted to have two runners on leg 2.

Leg	Forking	Difficulty	Course length (km)
1	yes	orange	5
2	no	yellow	3,5
3	yes	orange	5
4	yes	violet	6,5

Approx. 500m marked trail is part of the course length.

Women's relay

Start Saturday May 5 at 14.15. Estimated finishing time 18.00. Restart preliminarily at 19.00.

Leg	Forking	Course length (km)
1	yes	7,5
2	yes	7,5
3	no	5,5
4	yes	7
5	yes	10,5*

* Shortened course length for restarting teams.

Approx. 900m marked trail is part of the course length.



Men's relay

Start Saturday May 5 at 21.30. Estimated finishing time 08.30. Restart preliminarily at 10.30.

Leg	Forking	Course length (km)
1	yes	14
2	yes	8
3	yes	14
4	no	17,5
5	yes	9,5
6	yes	9,5
7	no	7
8	yes	13
9	yes	9
10	yes	18*

* Shortened course length for restarting teams.

Approx. 500m marked trail is part of the course length.

Individual Entry-on-the-Day courses

Course	Difficulty	Course length (km)	Target group
ÖM1	White	2.4	Beginners
ÖM3	Yellow	2.9	Easy course youth and adults
ÖM4	Yellow	4.9	Easy course adults
ÖM5	Orange	3.3	Medium difficulty
ÖM6	Red	5.1	Medium difficulty
ÖM7	Blue	3.1	Older experienced runners
ÖM8	Black	4.3	Training course, 10-mila runners
ÖM9	Black	7.2	Training course, 10-mila runners

The EOD courses have separate start and finish about 1000 m west of the event centre, and are in an area different from the relay courses.

Registration on the arena. No pre registration. Participants in 10MILA may run EOD courses.

Starting times for the EOD courses:

Friday 4/5 at 15.00 – 18.00
Saturday 5/5 at 09.00 – 18.00
Sunday 6/5 at 08.00 – 11.00

Also see separate invitation.

COMPETITION INFORMATION

Maps

Scale for all classes 1: 10 000

Equidistance 5 m.

Offset print 2012

Drawn 2011 by Thorbjörn Gustafsson and Urban Åberg, who also have drawn the maps for Night-SM 2010 and USM 2005.

EOD courses, scale 1:10 000, equidistance 3 – 5 m, drawn 2011 by Nils-Erik Åberg

Terrain description

Type of terrain: Woodland, mainly fur trees of varying age, partly with good visibility, crossed by minor roads and occasional trails. There are both open and forested marshes. There are some cultivated grounds for the youth relay courses and in the first part of the women's and men's relay courses.

Height variation: Little to moderate height variation including areas with small heights normally shown with one or two contours and one very detailed slope.

Passability: Plenty of rock surfaces and marshes together with dense vegetation make the terrain alternately easy and heavy to run in.

For EOD classes, see separate invitation.

Punching system

Sportident

- Own SI cards may be used. SI cards 5, 6 and 9 can be used on all routes except leg 10 in the men's relay, where only the SI cards 6 and 9 can be used..
- No SI card may be used more than once during the relay competition
- The SI card may also be used for the EOD courses, however, only once.
- The SI card number need not be given in advance. The number will be connected to the runner at check in.

GPS tracking

GPS tracking will be used during several legs in the women's and men's relays. Which legs will be stated in the competition memorandum and on www.10mila.se. Equipment for GPS tracking will be provided by the organizer. The competition management will decide not later than one hour before start which teams will be involved. For the teams selected it is mandatory to carry the GPS tracking equipment.



Team combinations

Combined teams are permitted according to the SOFT competition rules.

Temporary combined teams

In temporary combined teams, participants not representing a club associated with SOFT or other IOF federations may participate. Members of a SOFT club participating in such a team must have permission from his/her SOFT club.

Participation in several relay competitions

- Women who have run in the youth relay may participate in women's or men's relays.
- Men who have run in the youth relay may participate in the men's relay.
- Women who have run in the women's relay may participate in men's relay.
- It is prohibited to participate more than once in the same relay.

Training packages

Four different training packages will be available. More information and registration on www.10mila.se.

SERVICES

Parking – car

Parking fee is included in the registration fee. The distance between parking and arena is maximum 1000 meters.

Parking – bus

Bus parking must be booked. Bus passenger disembarking and embarking close to the arena.

Indoor accommodation

- There will be hard floor sleeping accommodation in the school buildings in Tjällmo and Borensberg.
- Beds in barracks close to the arena will be available in limited numbers.

Prices and reservations, see below under Registration and booking

Other accommodations can be booked through www.sveciatravels.se.

Tents and caravans

Assembled and raised military tents may be rented. Lots for own tents and caravans/campers may be rented. Space for own club tents on the arena may be rented. Tents of different sizes may be rented.

Services on the arena

Canteen, hot showers, toilets, sauna, Intersport sport shop, medical treatment, Radio 10MILA, web broadcasting, large screen, public stands etc

PRESS/MEDIA

Registration for accreditation shall be made on www.10mila.se. Registration will open in January.

REGISTRATION AND BOOKING

Registration

Registration shall be made on:

<http://eventor.orientering.se/?culture=en-GB>

not later than March 20, 2012.

This applies to registration of teams, rental of SI-cards, booking of accommodation on hard surface, hiring of military tents, caravans, tents locations, but not registration in the EOD classes. The application is registered only after all fees have been paid to the organizer.

Fees paid too late or non-payment means that the notification will be treated as a late registration. Registration to the event is scheduled to open on December 1, 2011.

Last time to add the No. 2 runner on the parallel leg (leg 2) in the youth relay online is May 3 at 24:00. The last time for team changes online in all classes is May 4 at 21:00.

Booking of accommodation, military tents, club tents etc shall be made on <http://eventor.orientering.se/> (Eventor) not later than March 20, 2012.

Late registration

Registrations between March 21 and April 20 means a 50% higher fee.

Registrations between April 21 and May 3 means a 100% higher fee (see table Fees below).

Starting positions/start numbers

Start numbers will be according to last year's finishing position for the 100 best in the youth relay and 150 best in the women's and men's relays. Furthermore, early notification gives a lower start number.



Fees (SEK)

Fee	Registration <i>Latest March 20</i>	Late registration (+50%) <i>Latest April 20</i>	Late registration (+100%) <i>Latest May 3</i>
Youth team	380/475 ¹	570/712,50 ¹	760/950 ¹
Women's team	1600	2400	3200
Men's team	3200	4800	6400
SI card	30	30	30
Space for club tents 5x5 m	450	675	675
Rental tent	Quotation		
Military tent, assembled	2200	3300	3300
Tent space 10x10 m	800	1200	1200
Space for caravan or camper	600	900	900
Hard floor accommodation (Friday - Sunday)	160	240	240
Accommodation in barrack room (Friday - Sunday)	450	675	675
EOD course, adult	100	100	100
EOD course, youth	50	50	50

Payment

Enter the club name. Payment will be confirmed by e-mail.

The fees shall have been paid for the team to pick up the team envelope. Has payment been made April 30 to May 3, a receipt of the payment shall be shown upon team envelope pick up.

Payment in Sweden:

Payee: 10-Mila 2012 Östergötland

Bankgiro: 640-6714

Payment outside Sweden:

Payee: 10-Mila 2012 Östergötland

Currency: SEK. Payment is only accepted in Swedish currency.

IBAN: SE62 8000 0848 0691 4903 9183

BIC/Swift: SWEDSESS

Bank: Swedbank, 10534 Stockholm

MAIN OFFICIALS

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Welcome to 10MILA 2012

TOUGH – TECHNICAL – CHALLENGING

Tjällmo-Godegårds OK, Linköpings OK, Motala AIF OL, OK Motala, IFK Linköping and Association Tiomilakavlen.

The 67th relay competition for men, the 36th relay competition for women and the 21st relay competition for youth.

10MILA 2012 SPONSORS:



SWEDISH ARMED FORCES



Linköpings
kommun



FORTIFIKATIONSVERKET

