



**2021** 1-2 MAJ  
**VALDEMARSVIK**  
*Utmaning i skärgårdsmiljö*



# INVITATION

10MILA in Valdemarsvik May 1 – 2, 2021

On behalf of the Tiomila Association, Björkfors Golf, Gamleby OK, Hammarkinds OK, NAIS Orientering, Skogspojkarnas OK och Västerviks OK welcome competitors, coaches, volunteers and public to 10MILA 2021 which will take place in Valdemarsvik in southeast Östergötland. The event will offer both excitement and beauty – a challenge in an archipelago environment.



## ASSEMBLY AND EVENT CENTRE

Grännäs recreation and camping area just south of Valdemarsvik. Driving directions from route E22. There is a terminal for regional busses in the center of Valdemarsvik, 1,7 km walking distance from the arena. Nearest railroad station is Norrköping 55 km from Valdemarsvik. Nearest airport is Linköping City Airport 80 km from Valdemarsvik.

## COMPETITION

### YOUTH RELAY

**Start:** Saturday May 1<sup>st</sup> at 10.30

**Finish:** Circa 11.55

**Restart:** Circa 13.00

- Age up to and including 16 years.
- At least two legs shall be run entirely by girls.
- On legs 2 and 3 two runners are allowed.
- Boys and girls on the final leg.

Leg	Distance	Ideal time	Gaffled	Difficulty
1	3,3 km	21 minutes	Yes	Orange
2	3,3 km	21 min	Yes	Orange
3	2,5 km	16 min	No	Yellow
4	4,0 km	26 min	Yes	Orange

### WOMEN'S RELAY

**Start:** Saturday May 1<sup>st</sup> at 13.30

**Finish:** Circa 17.55

**Restart:** Circa 19.00

Leg	Distance	Ideal time	Gaffled
1	7,3 km	46 minutes	Yes
2	5,3 km	33 min	Yes
3	9,8 km	66 min	No
4	6,1 km	40 min	Yes
5	9,5 km	61 min	Yes

### 10MILA RELAY

**Start:** Saturday May 1<sup>st</sup> at 20.00

**Finish:** Sunday circa 06.00

**Restart:** Circa 09.00 in two turns

Leg	Distance	Ideal time	Gaffled	Remark
1	9,7 km	54 minutes	Yes	Day/dusk
2	9,7 km	58 min	Yes	Dusk/night
3	7,6 km	45 min	No	Night
4	12,3 km	76 min	Yes	Night
5	8,6 km	53 min	Yes	Night
6	15,8 km	97 min	No	Night
7	6,4 km	38 min	Yes	Night
8	11,8 km	68 min	Yes	Night/dawn
9	6,7 km	37 min	Yes	Dawn/day
10	13,4 km	75 min	Yes	Day

## COMPETITION INFORMATION

### WOMEN'S TEAMS IN 10MILA

To be able to follow up teams only consisting of women, we want you to at the same time as registering in Eventor also send an e-mail to [tavling2021@10mila.se](mailto:tavling2021@10mila.se).

### THE RIGHT TO PARTICIPATE

We permit teams not SOFT registered, such as corporate teams, nostalgia teams etcetera. If there are runners who are members of a SOFT registered club, they must have their club's permission to participate.

### COMBINATION TEAMS AND RELAY POOL

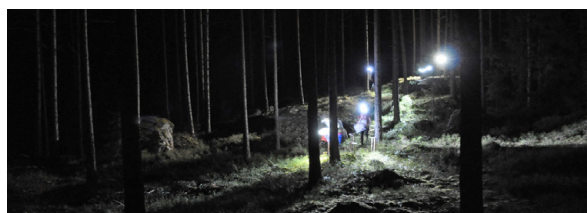
If there are difficulties putting a team together within the club there is a possibility for combination teams. A relay pool will be available on [www.10mila.se](http://www.10mila.se) where runners can search a team and vice versa.

### TEMPORARY TEAMS

In temporary teams members not representing clubs SOFT registered or any other IOF association, are permitted. Members in a SOFT club, participating in such a team must have permission from their SOFT club.

### PARTICIPATING IN SEVERAL CLASSES

- Girls who have participated in the youth relay are permitted to participate in the women's relay and in the 10mila relay.
- Boys who have participated in the youth relay are permitted to participate in the 10mila relay.
- Women who have participated in the women's relay are permitted to participate in the 10mila relay.
- It is not permitted to participate more than once in the same class.





## TEAM COACHES

Every team has the right to have a coach present in the exchange zone during the race. An access card will be enclosed in the team envelop.

## GPS TRACKING

GPS tracking will be used on all legs in the Women's relay and the 10MILA relay but not in the youth relay. It is mandatory to wear the GPS tracker for members in selected teams and if a team refuses to wear a tracker according to the organizer's directions, the team will immediately be excluded from the competition.

## LINE-UP

The line-up shall be submitted via Eventor. Deadline for submitting a line-up via Eventor is Friday April 30<sup>th</sup> at 21.00, which goes for all classes. After that line-up changes can be made in the competition office up until one hour before start of the race only if there are approved reasons. The line-up shall be motivated in writing and will be accepted or rejected by the organizers.

## STARTING ORDER

Starting order will follow the result in 10MILA 2019 for the 100 best teams in the youth relay and the 150 best teams in the women's relay and the 10MILA relay. For other teams an early registration will give a lower starting number.

## PUNCHING SYSTEM

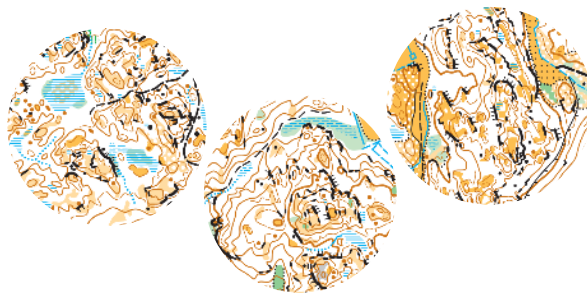
Sportident will be used in all relays. Please note that a SI card may only be used once in any of the three relays.

## PRICE GIVING CEREMONY

Preliminary time for the prize ceremony is one hour after passing the goal in each class.

## MAP

Maps with scale 1:7500 for youth and 1:10 000 for all other classes. Contour interval 5 meters. The map is drawn 2019 – 2020 by Thomas Persson from laser scanned and basic material from PO Derebrant according to the map standard ISOM2017.



## TERRAIN DESCRIPTION

### TYPE OF TERRAIN

The competition area consists of one large and several small forest areas interspaced with cultivated land and agriculture fields. The area is crossed by a few small paths. The map contours are detailed with many cliffs of varying heights..

### Broken ground

Somewhat broken ground with occasional steep cliffs.

### Runnability

Good runnability. The vegetation consists mainly of coniferous forests with many bare bedrock parts.



## TRAINING PACKAGES

In eight areas there will be a large number of training packages available until start of the competition. For more information and booking, go to the website [www.10mila.se](http://www.10mila.se), tab "Träningspaket" (Training packages).

## REGISTRATION

Registration is opened December 15, 2020 and shall be made via Eventor not later than March 1st at 23.59. After that late entries, see below. This concerns registration of teams, SI card rental, windshield lots as well accommodation (hard floor, tent lots, camper and caravan lots). Registration will be fulfilled only when all fees have reached the organizer. Fees paid too late or defaulted payment will result in a registration being considered a late entry. All registration via Eventor.

### LATE ENTRY

- Registration and payment in the period March 2<sup>nd</sup> to March 31<sup>st</sup>, 50% increased fee.
- Registration and payment in the period April 1<sup>st</sup> to April 15<sup>th</sup>, 100% increased fee. Later registration are only accepted if starting positions remain.

### CHANGED EVENT

The organizer continuously follows the directives and recommendations given by The Public Health Agency of Sweden, which may lead to changes to the content of this invitation according to changed directives. Information about these changes will continuously be given on our website.

In case classes must be moved or cancelled due to the Corona pandemic or other extraordinary circumstances, 10MILA has no duty to repay registration fees or pay damages or other compensations. If the event is shifted to another time 2021 the registration will be shifted along. If the event is cancelled 10MILA aims to repay part of paid fees. Read the complete rules in the document

**WHAT IF 10MILA MUST CANCEL OR POSTPONE?**  
on [www.10mila.se](http://www.10mila.se).

## EVENT CENTER

**10MILA is best experienced on site in the event centre.** We offer a beautifully situated event centre with a very high degree of service and hospitality. The event centre is spectator friendly with a good overview of the runners together with a jumbo screen on which the competition can be followed. The 10MILA event centre is concentrated around Grännäs with all facilities within a few minutes walking distance from the start/finish area. A few examples:

- Parking 400–700 meters.
- Camping 200–350 meters.
- Valdemarsvik center 1 300 meters.
- Bus stop 600 meters.

The event centre will open on Friday at 12.00 o'clock. We will have an advanced event centre production giving a guarantee of supreme entertainment and with Per Forsberg as commentator. Jumbo screen production will also be broadcasted as web-TV. Booking web-TV broadcast can be made on the 10MILA website where the event can be followed on computer or smartphone.



*The Arena Center of Grännäs is named the finest sports field in Sweden. To the right is the competition center and the other two soccer fields will be for tents.*



The event is public and there will be filming and photography with cameras and drones for open publication. Only the organizer is permitted to use drones.

## FLAG FREE ZONE

To make the experience for the public on the event center as good as possible, there will be a flag free zone in the spectator area where club pennants or similar will not be permitted not to obscure the finish and jumbo screens. Please adhere to that. That area will be shown on the event center map.

## FOOD

On the event center there will be a canteen and kiosks serving simple dishes, sandwiches, coffee, beverages and sweets. Warm food can be ordered in readymade portion packages for pickup on the event center. Orders shall be made separately on our website or in Eventor beginning mid February.. Further information about canteen opening hours and offers will be published in a PM on the 10MILA website.

## SHOWERS

Showers will be available from Friday 10.00 until the event center closes Sunday at 14.00.

## SPORTS EQUIPMENT SHOP

There will be a sports equipment shop.

# SERVICES

## ACCOMMODATION SERVICE

Accommodation is offered from Friday at 14.00 until Sunday at 14.00, see the different alternatives below. All can be booked via Eventor preliminarily from mid December.

### Hard floor lodging

This will be available in schools and gymnasia max 5 km from the event centre. Bus transportation to and from the event centre is included in the registration fee. No cooking is allowed in schools or gymnasia. As far as possible space can be booked according to club desire.

### Large tents

There will be large tents provided by the organizer close to the event centre, divided into 3 x 6 meters floor sections accommodating up to ten people. To be booked in one or more sections for two nights.

## Camp site

In the event centre vicinity, up to 1,5 km distant, there will be a camp site for own tents with 6 x 6 meters lots. Please state the number of lots in your booking.

## Space for caravans and campers

On gravel, space for a limited number of caravans and campers, circa 1 200 meters from the event centre.

## High peak tents (or similar)

There will be 5 x 5 meters high peak tents at the event centre. Benches, heating (1 gas tube) shall be separately booked in Eventor. There will be no electricity. Not for overnight sleeping.

## Sites for own wind shelters

There will be 5 x 5 meters lots for own wind shelters 0 – 200 meters from the event centre. State the required number of lots in your registration. Not intended for overnight sleeping.

## Bus transportation

Busses will circulate between schools, gymnasia and the event centre. Other bus transportations can be arranged if requested.

## Other accommodations

The availability of other accommodations in Valdemarsvik is very limited. Towns and cities in the region are Gamleby (25 minutes), Söderköping (30 min), Norrköping (45 min) and Västervik (45 min). We will convey information about private accommodation alternatives on our website [www.10mila.se](http://www.10mila.se) starting December 2020. Not to be booked via Eventor.

**Please note. The Grännäs Campsite is fully booked by the organizer for the event and its officers and volunteers.**

## Accommodation issues

For all questions concerning accommodation during the 10MILA weekend, use e-mail: [logi2021@10mila.se](mailto:logi2021@10mila.se).

## PARKING

### Cars

Car parking 400 – 700 meters south of the event center. No fees. This parking lot shall also be used by press, invited guests, the public etcetera. Caravans and campers are not allowed on the car parking.

## Campers and caravans

Campers and Caravans shall be parked on a designated area south of the car park circa 1 200 meters from the event centre. Cost according to "Fees" below.

## Buses

Clubs wanting parking space for own buses shall declare that in advance. No fee for bus parking. Bus parking is circa 1,6 km from the event center. If this parking gets full, buses shall be parked at Valdemarsvik hockey arena, 6 km from the event center, from where transport by bus will be available.

Offloading and loading buses will be at the event center until Saturday at 09.45 and after Sunday at 10.00. During the time in between competitions will be ongoing and possible offloading and loading will be at the bus stop 600 meters from the event center. Please be quick and follow the directions of the officials.

## 10MILA WEBB- TV

The whole 10MILA 2021 will be broadcasted on web-TV. The broadcast will begin already Friday evening with introductions and interviews with favourite teams and much more. Book the broadcast via the website [www.10mila.se](http://www.10mila.se) and follow the competition at home on your computer or smartphone. Price SEK 190.

## Press and media

Registration for press accreditation and other requests shall be made with e-mail [media2021@10mila.se](mailto:media2021@10mila.se) not later than Wednesday April 24. Press information can be found on [www.10mila.se](http://www.10mila.se), see tab "Press".

## OPEN COURSES

### Friday April 30<sup>th</sup> – Saturday May 1<sup>st</sup>

Open courses are in a separate area with separate start and finish, circa 1 500 meters walk from the 10MILA event centre. Registration and readout on the 10MILA event centre. There will be six courses with different difficulty levels and with the opportunity to run in darkness.

## FEES

D/H – 16 pays SEK 70, D/H 17 – pays SEK 130. SI card rental SEK 50. For a non returned SI card

SEK 600 will be charged. Competitors belonging to Swedish clubs will be invoiced after the event. Other participants shall pay when registering with credit card, Swish or SEK cash.

## REGISTRATION

- Friday 12.00 to 21.00
- Saturday 09.00 to 17.00

## START TIMES

- Friday 14.00 to 22.00
- Saturday 10.00 to 19.00

## START – FINISH – READING

Start and finish punching.

Reading the SI cards will take place on the arena at registration. However, reading will be closed from Friday 22.30 until Saturday 09.00. Reading will close Saturday at 22.00.

## CLASSES

Class	Distance	Level
Easy	2,5 km	Yellow
Intermediate	3,0 km	Orange
Intermediate	5,0 km	Red
Difficult	3,0 km	Blue
Difficult	4,5 km	Black
Difficult	7,0 km	Black

## MAP

The map is digitally printed and newly produced 2020 by Tord Hederskog and Per Bengtsson. Map scale is 1:10 000 for Difficult 7,0 km, others in scale 1:7 500. Map size is A4.

## TERRAIN DESCRIPTION

The competition area consists of large and a few small forest areas interspaced with cultivated land and agriculture fields. The area is crossed by a few small and large roads, be careful when passing these. A few paths.

Map contours are detailed with many cliffs of varying heights. There are cutting areas and green areas to some extent.

## Broken ground

Somewhat broken ground with some steep cliffs.

## Runnability

Good runnability with mainly good visibility.



# 2021

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## PAYMENT

### PAYMENT IN SWEDEN

**Payment recipient:** The Association Tiomila 2021

**Bank giro:** 126-0124

Please state your club name when paying.

### PAYMENT FROM ABROAD

**Payment recipient:** The Association Tiomila 2021.

Payment is only accepted in Swedish currency,

SEK. Bank fees shall be paid by the sender.

**IBAN:** SE64 8000 0838 4000 3010 1737

**BIC:** SWEDSESS

**Bank:** Valdemarsviks Sparbank.

Please state your club name when paying.

Club envelopes will not be handed over before full payment is received. If payment has been made in the week before the event, a receipt of the payment shall be shown when the club coach picks up the envelope.

## MORE INFORMATION

For more information, news about the event and questions about 10MILA, see [www.10mila.se](http://www.10mila.se). On the website will be published PM:s with supplemental information for competitors, coaches and public well in advance of the event weekend.



## FEES

Services shown below shall be booked via Eventor (<https://eventor.orientering.se>)

All prices are in Swedish krona (SEK).	Registration up until March 1 <sup>st</sup>	Late entry Up until March 31	Late entry Up until April 14	Entry on site
		(+50%)	(+100%)	
Youth relay**	625 SEK	938 SEK	1 250 SEK	—*
Women's relay	2 650 SEK	3 975 SEK	5 300 SEK	—*
10MILA relay	5 300 SEK	7 950 SEK	10 600 SEK	—*
Rental of one SI card	50 SEK	50 SEK	50 SEK	50 SEK
Open course D/H –16				70 SEK
Open course D/H 17–				130 SEK
Wind shelter lot 5x5 m	600 SEK	800 SEK	800 SEK	—*
Tent lot 6x6 m	600 SEK	800 SEK	800 SEK	—*
Caravan and camper lot	600 SEK	800 SEK	800 SEK	—*
Large tent 3x6 m, 10 pers, heated. Friday - Sunday. With floor. State number of sections	7 200 SEK	8 200 SEK *	8 200 SEK*	—*
Hard floor accommodation including bus roundtrip, 1 night/person	300 SEK	300 SEK	300 SEK*	—*
Extra night	150 SEK	150 SEK	150 SEK*	
High peak tent 5x5 m, with floor	9 100 SEK	10 100 SEK	10 100 SEK*	—*
Gas heater, 1 gas tube, bench set	2 500 SEK	2 500 SEK	2 500 SEK*	—*
Extra gas tube	1 000 SEK	1 000 SEK	1 000 SEK*	

\* may be provided if there are positions/products left

\*\* no extra cost if two runners on leg 2 and 3 in the youth relay



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## MAIN OFFICIALS

### SECRETARY-GENERAL

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### COMPETITION

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### COURSE SETTERS

Thomas Persson, OK Denseln

Björn Karlsson, OK Denseln

### EVENT CENTER

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E-mail: [arena2021@10mila.se](mailto:arena2021@10mila.se)

### TRAFFIC AND PARKING

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### SECURITY

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E-mail: [sakerhet2021@10mila.se](mailto:sakerhet2021@10mila.se)

### LOCAL AUTHORITY CONTACT

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### ACCOMMODATION

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### MARKETING

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### LIVE PRODUCTION

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### DATA, NETWORK

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### OFFICERS AND VOLUNTEERS

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### COMPETITION CONTROLLER

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### COURSE CONTROLLER

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E-mail: [baxelsson@gmail.com](mailto:baxelsson@gmail.com)

### COMPETITION COACHES

Göran Reinholdsson, Tiomilaföreningen

Christer Nordström, Tiomilaföreningen

### COURSE COACH

Tommy Eriksson, Tiomilaföreningen





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**WELCOME TO VALDEMARSVIK!**

**VÄLKOMMEN TILL VALDEMARSVIK!**

**TERVETULOA VALDEMARSVIKSI!**

## ORGANIZERS



Björkfors Golf



Gamleby OK



Hammarkinds OK



NAIS OL



Skogspojkarnas OK



Västerviks OK

## HOST MUNICIPALITY



**VALDEMARSVIKS  
KOMMUN**

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