

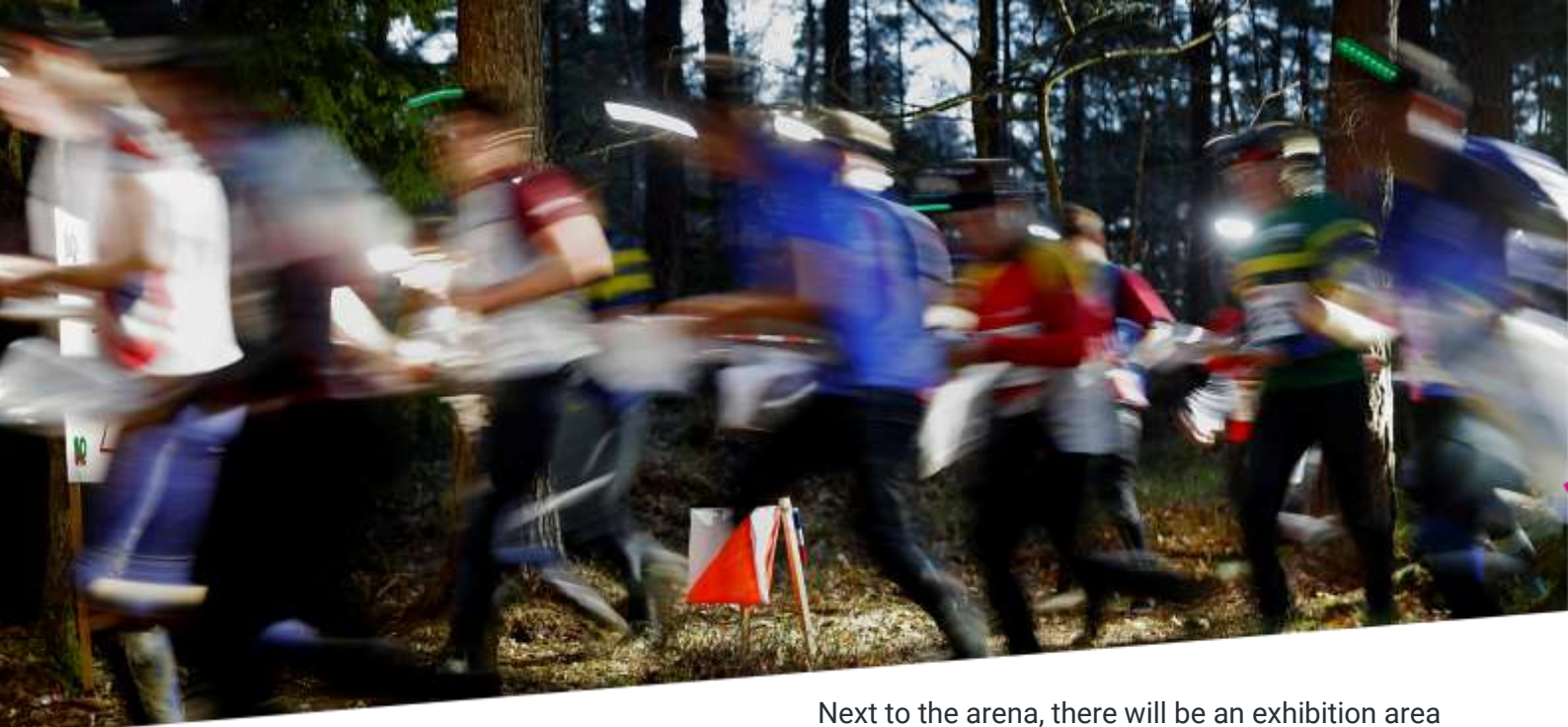


Invitation (Bulletin-4)



Foto: Peter Holgersson

Örebro May 7-8 2022



Welcome!

On behalf of the association Tiomilakavlen, the organisers Almby IK and Hagaby GoIF welcome all competitors, coaches, officials, and spectators to 10MILA 2022 in Örebro.

After two years without the opportunity to compete due to the COVID-19 pandemic, it is now time to experience the 10MILA weekend once again with its magical atmosphere and exciting competitions.

We are aiming to do our utmost to ensure that you will experience some very memorable days in Örebro and the beautiful mountains of Kilsbergen between May 6-8, 2022.

Many of you perhaps have already visited this area and run in the demanding Kilsbergen terrain. Several competitions have been held in the area, such as World Cup 1992, O-ringen 2000 and the Swedish Relay Championships 2017.

Our ambition with Tiomila 2022 is to offer both exciting and fair competitions for all participants - from elite to youth and also a pleasant stay in the Örebro County.

The arena in Ånnaboda will provide a pleasant atmosphere, good food and also a well-stocked sports tent with a selection exclusively for orienteers.

Next to the arena, there will be an exhibition area where our partners will display their products and services.

Leave your cash home. 10MILA 2022 will be cash free. Credit and bank card are accepted for payment along with national and international online services (Swedish Swish or PayPal)

Warm welcome to Örebro and Ånnaboda in May 2022

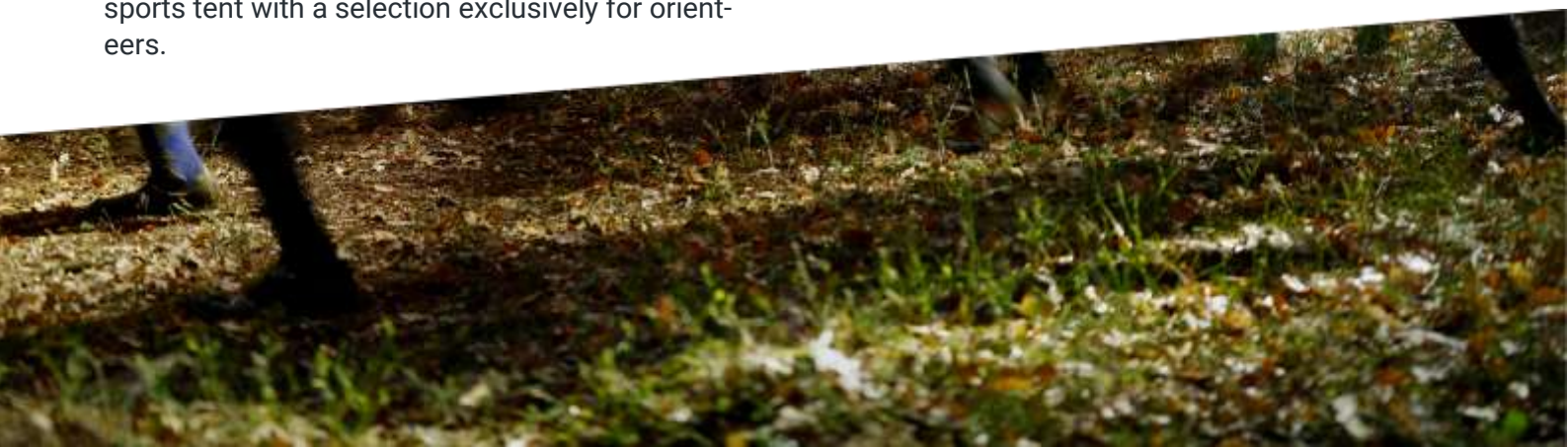
Lasse Lundberg, Event director

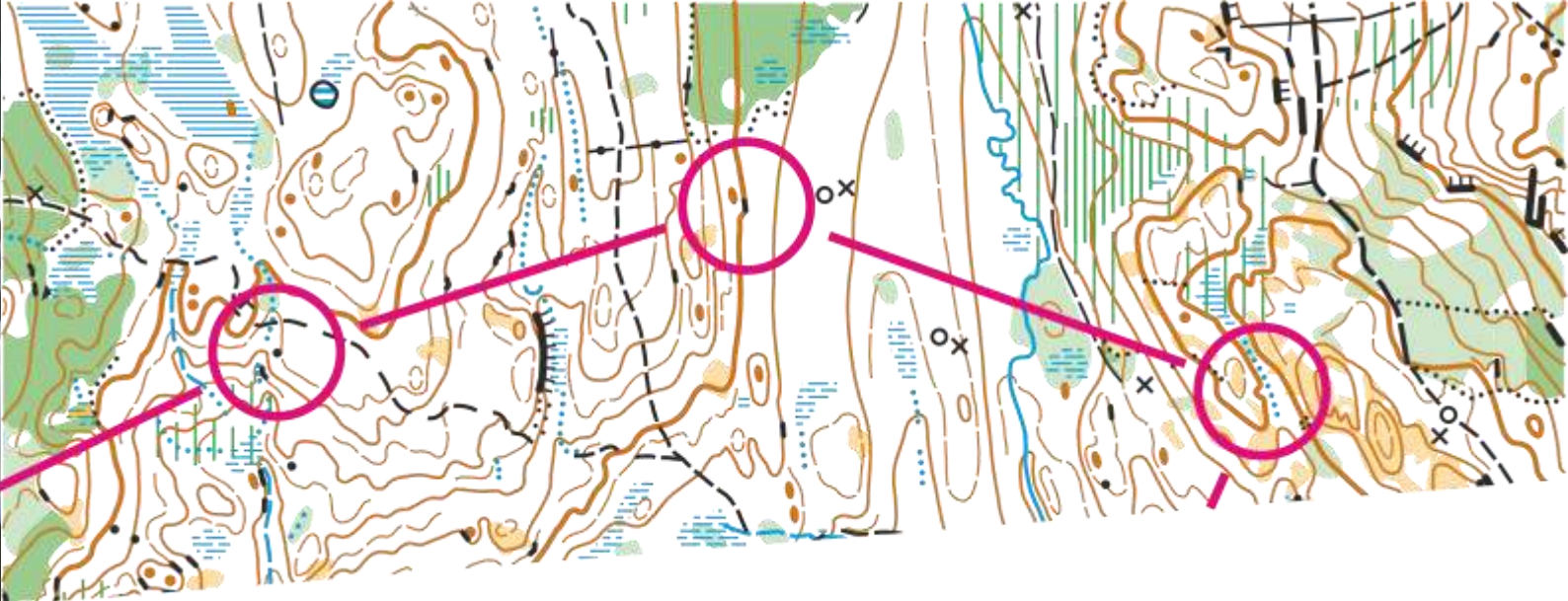
Direction and arena position

Ånnaboda, 22 km northwest of Örebro, Närke. (N 59°20.286', E 14°56.175'). Nearest railway station is Örebro C. Nearest bus stop is in Garphyttan, 4.5 km from the arena. Nearest airport is Stockholm Arlanda.

Restrictions if the COVID-19 situation continues

Unfortunately, the pandemic is not over and if the spread of infection develops in a way that makes the authorities tighten the requirements for larger events, the organizer has the right to demand full vaccination for runners, coaches and spectators.





Interview with course setters

Our goal with the course construction for Tiomila is to offer all participants both challenging and sportingly fair courses regardless of which class they run, say course setters Lars "Peno" Persson and Johan Persson, Hagaby Golf.

A challenge we have in Kilsbergen is to calculate the running times for the courses correctly because these are affected by how early or late the snowmelt is in the area in relation to the time of the competition. If the vegetation, which consists mainly of heather, has risen, the terrain is not as easily accessible as before.

A tip for everyone who wants to succeed well during the Tiomila weekend is to test run the terrain during the last weeks before the competition to be able to make an assessment of the runnability in forests and marshes and based on that adapt their strategy in the terrain.

The demanding Kilsbergen terrain will likely also have a large impact in separating runners who are used to run in terrain with high ground vegetation from those who are not, so feel free to train in this type of terrain already now.

However, many of you readers have probably already run in Kilsbergen at some point before and then the terrain type should not mean any major surprises even if different parts of Kilsbergen have their own characteristics.

Even though the terrain closest to the arena means a great experience for those who run medium-distance courses and for all young people, the feeling of wilderness increases with increasing distance from the arena. The longest courses therefore enter areas with very few paths.

This means that terrain varies between moderately and very hilly the further away the runners are from the arena. In addition, the number of marshes decreases. Regardless of which, connections between paths and roads are few with a few lakes and water courses in between. There is almost no cultivated land and the age of the forest varies. If ground vegetation could be removed, the majority of the courses would be situated in forests with high runnability.

The courses have also had to be adjusted in part due to some attacks by European spruce bark beetles, but we hope that this will not affect the course construction further.



Map and terrain description

Terrain description

Moderately hilly forest with instances of very hilly terrain. The visibility is mainly good or very good. Runnability is generally affected by ground vegetation height and how wet the marshes are. There are some new and old felled areas and cultivated land is rare. A few roads cross the area which, except the area close to the arena, has few paths.

Map

Map with scale 1:7500 for youth and 1:10000 for all other classes. Contour interval 5 meters.

The map is drawn 2019–2021 by Olle Olofsson from laser scanned material and according to the map standard ISOM2017.

NB. The map examples on this and the following two pages are from the competition map. They are not necessarily indicative for the specific relay.



Ungdomskavlen



Ungdomskavlen (Youth Relay)

Start: Saturday May 7th approx. 10.30

Finish: approx. 12.05

Restart: approx. 13.00

- Ages up to 16 years old.
- At least two legs must be completely run by girls.
- Leg 2 and 3 may have dual runners.

Course lengths including markers for 900 meters.

Leg	Length	Time	Forking	Difficulty
1	3.7 km	22 min	Yes	Orange
2	3 km	20 min	No	Yellow
3	3.7 km	24 min	Yes	Orange
4	4.6 km	28 min	Yes	Orange

At Ungdomskavlen, it is possible to double the number of runners on leg 2 and 3 so that more young people can participate. The first runner in the finish switches to the next distance, which means that it does not affect the position if someone is a little behind on these distances.

The difficulty levels **Orange** and **Yellow** fit both younger and more experienced runners.

For Ungdomskavlen, we have chosen an area that is relatively close to the arena, and the visibility in this terrain is mainly good.

The area includes several larger paths, skiing trails, marshes and a few larger landforms (knolls) which means that it is never far to safe attack points.



Damkavlen



Damkavlen (Women's Relay)

Start: Saturday May 7th approx. 13.15

Finish: approx. 17.15

Restart: approx. 19.00

Course lengths including markers for 900 meters.

Leg	Length	Time	Forking
1	6.9 km	47 min	Yes
2	6 km	41 min	Yes
3	9.3 km	64 min	No
4	5.3 km	34 min	Yes
5	8.1 km	55 min	Yes

Damkavlen is a mix of normal length and a bit shorter forked legs, as well as a longer, non-forked leg in the middle. We believe that there are legs suitable for most runners.

On the first leg, running strength is important to not lose contact with the top runners due to the high ground vegetation. At the same time, it is necessary to stay focused on the orienteering since there are many forks on this leg.

Leg 2 and 4 are a bit shorter with passages suiting middle distance specialists well.

“Långa dagen” (the long day - leg 3) is one of the most important legs, where both the elite and other teams are challenged. Therefore, Långa dagen includes several controls with larger distances. A large part of the leg is located in wilderness terrain.

World elite typically run the last leg. They will be challenged by orienteering challenges of varying character.



Tiomilakavlen



Tiomilakavlen (10MILA Relay)

Start: Saturday May 7th approx. 21.30

Finish: approx. 07.20

Restart: approx. 09.00

Light conditions during Tiomila

Sunset: 21.06

Sunrise: 04.40

Course lengths including markers for 900 meters.

Also Tiomilakavlen has legs with different characters, ranging from shorter legs of middle distance characters to the non-forked and challenging "Långa natten" (the long-night - leg 5).

The relay starts with four forked night legs of varying length meaning that the teams who want to succeed at Tiomila must have several runners that can perform well on night legs.

The key to a good result at Tiomilakavlen is often to be part of an as good as possible group of runners during Långa natten. To make it a bit more challenging, we have decided that "Långa natten" is leg five. This makes it a bit harder to tactically decide how to distribute the runners in the team.

Leg 6 and 7 are designed with middle distance character in mind. Therefore, also runners with such strengths are needed in the team.

Leg	Length	Time	Forking	Type
1	11.3 km	72 min	Yes	Night
2	7 km	44 min	Yes	Night
3	11.3 km	74 min	Yes	Night
4	7 km	45 min	Yes	Night
5	15.5 km	100 min	No	Night
6	6 km	40 min	Yes	Night/Dawn
7	6 km	38 min	Yes	Dawn/Day
8	7 km	43 min	No	Day
9	9.6 km	58 min	Yes	Day
10	12.2 km	74 min	Yes	Day

On the non-forked 8th leg, it is time to create good conditions for the last two legs. The runners need to balance between trusting themselves and the runners around them.

Tiomilakavlen ends with two relatively tough legs in wilderness terrain and require two long distance specialists.

Good luck with the preparations!



Competition Information



Women's teams in 10MILA

To be able to follow up on teams consisting of only women, we want you to inform us about the registered team by sending an e-mail to tavling2022@10mila.se on April 30th or earlier.

Right to participate

We welcome all teams to Tiomila such as corporate teams, nostalgia teams etc. If you are a runner who also is a member of a club associated to the Swedish Orienteering Federation (SOFT), you also need to have that club's permission to participate.

Combination teams and relay pool

If there are difficulties putting together a team within the club, there is the possibility for combination teams. Information on a relay pool allowing runners to search for teams and teams to search for runners will be made available on www.10mila.se

Temporarily composed teams

For temporarily composed teams, it is allowed for all participants to participate regardless of affiliation with any orienteering club.

Participation in several classes

Girls who have run Ungdomskavlen may participate in Damkavlen and Tiomilakavlen.

Boys who have run Ungdomskavlen may participate in Tiomilakavlen.

Women who have run Damkavlen may participate in Tiomilakavlen.


Runners may NOT participate more than once in the same class.

Team composition

For all classes, the team lineups must be entered into Eventor no later than Friday May 6 at 21.00. After this, changes to team lineups can be made at the information center until 1 hour before each start only if there are approved reasons. Legislative changes must then be justified in writing and approved or rejected by the organisers.

Starting number

For the first 100 teams in Ungdomskavlen and the first 150 teams in Damkavlen and Tiomilakavlen, a team's starting number corresponds to the placing of the team in 10MILA 2019. In the event of vacant numbers among these, new teams will be added. Additional numbers are allocated on a first come, first served basis.





Punching system

SPORTident will be used in all relays. Please note that an SI-card may only be used once, i.e., may not be used in more than one (1) relay.

Arena

We will offer an arena with a high degree of service and hospitality. The arena is spectator friendly and giving a good overview of the competitors together with a jumbo screen on which the relays can be followed from start to finish.

The compact arena offers food tents, kiosks, a sports equipment shop, exhibitors and areas for team wind shelters.

Traffic

The traffic situation in Ånnaboda will require parking at a bit of a distance from the arena. We will create possibilities to drop-off runners, tents and heavier equipment in proximity to the arena. We recommend travelling together when possible. More information will be presented in a special "Traffic-PM".

Press and Media

We welcome press and media to 10MILA 2022 in Ånnaboda.

Accreditation is required and is acquired by contacting media2022@10mila.se

COVID-19 Restrictions

Our assessment is that the situation for COVID-19 will improve in society thanks to the general vaccinations carried out by large groups, and we therefore believe that it will mean relatively normal conditions in May 2022.

However, restrictions can still be announced by authorities for participation in large events and we will of course follow such.

This may involve a requirement to be able to present proof of vaccination or a history of infection, and it is therefore important that you as a participant understand that in connection with registration for 10MILA 2022, you undertake to follow any guidelines given by the organisers and decided by Swedish authorities

Contact address : COVID-19@10mila.se

Outdoor fair

On May 6-8, there will be an Outdoor fair held in direct proximity to the arena. Qualitative exhibitors will help visitors find the right equipment, and adventure, for maximizing each exhibitors adventure. The possibility to try different experiences connected to outdoor will be offered.

Opening hours:

- Friday 12-18
- Saturday 10-18
- Sunday 10-16



Open Courses

Friday May 6 – Saturday May 7

The open classes are carried out in a separate terrain area with start and finish approx. 1000 m from the arena. Pre-register in Eventor by Friday 22 April 23.59.

It is possible to register at a higher fee (see “Fees and Costs”) on the arena. Runners representing Swedish clubs are invoiced after the event.

Runners not representing Swedish clubs pay the fees using a Credit och bank card at the arena. Read-out of the SI-cards is also made at the arena.

Start times

Friday: 14.00-19.00

Saturday: 10.00-19.00

Courses

The following courses will be offered. The difficult courses are suitable as training courses for 10MILA. No possibility to run open courses in darkness will be offered.

Map

Map with scale 1: 10 000 for course “Difficult-3” and scale 1: 7 500 for the other courses.

Contour interval 5 meters.

Map size: A4. Mapper: Olle Olofsson.

Revised during 2019-2021.

Terrain description

Forest area with instances of paths and forest roads.

Hills

Moderately to very hilly terrain. The longer courses are more hilly.

Runnability

Good runnability. The vegetation consists of mainly coniferous forest of varying age with smaller instances of felled areas and more dense forest.

The terrain is partly stone-bound and there are some areas with ground vegetation (blueberry bushes and heather) reducing the runnability

Course	Length	Level
Very easy	2.0 km	White
Easy	2.5 km	Yellow
Intermediate	3.0 km	Orange
Difficult-1	3.0 km	Blue
Difficult-2	5.0 km	Black
Difficult-3	7.0 km	Black



Training packages

Welcome to train in the same terrain as the one that will be offered for 10MILA 2022.

Currently, seven training packages are available. Each of them offers several course alternatives.

Maps and courses can be ordered online and picked up at **First Camp Ånnaboda** in Örebro, which is also the competition arena for 10MILA 2022.

When preparing for Tiomila, there are several accommodation offers. You find these in "Invitation Training Packages" on www.10mila.se.

Keep yourself updated via www.10mila.se and social media. We will inform you when new training packages are available.

Follow us at social media

Stay updated about 10MILA 2022 in Örebro by following us on social media and on the event's website: www.10mila.se.



@10mila.se



@Tiomilakavlen



@Tiomilakavlen

Contact Us

Feel free to contact us if you have any further questions or concerns at:

info2022@10mila.se

Organisers





Accommodation

All accommodation products are booked via Eventor. Information on fees and deadlines is provided in "Fees and Costs". Questions are answered via e-mail logi2022@10mila.se.

Accommodation on hard surface

In schools or sports halls, max 25 km from the arena. To the extent possible, rooms are distributed per club. No cooking is allowed at schools or sports halls. Check-in preliminary from Friday at 17.00. Accommodation closes at Sunday 12.00. The organisers **DO NOT PROVIDE** transportation to the arena.

Site for caravan/camper van (RV)

Max 500 m from the arena on the existing camping, electricity is included. Check-in from Friday 15.00, checkout Sunday 12.00. Extra nights other than Friday-Sunday can be booked on request to logi2022@10mila.se

Sites for own tents

6x6 meters. Max 500 m from the arena on the existing camping, electricity is included. Check-in from Friday 15.00, checkout Sunday 12.00. Extra nights other than Friday-Sunday can be booked on request to logi2022@10mila.se

Arena-tent (Pagoda tent)

5x5 meters with floor are available at the arena. Electricity is not available. Bench set and gas heating can be added in Eventor.

Wind shelter site, 5x5 m

Place for wind protection or tent close to the arena.

Hotels

Several options are available through our partners. Use the value booking code: "10MILA" for the best price. Please, find contact details below.

- **Scandic Örebro Väst**
Questions and booking via e-mail: orebrovast@scandichotels.com or phone: +46-19-767 44 00.
- **Scandic Grand Örebro**
Questions and booking via e-mail: orebrogrand@scandichotels.com or phone:+46-19-767 43 00.
- **Best Western Eurostop, Örebro**
Questions and booking via e-mail: info@eurostoporebro.se or phone: +46-19-777 12 10.



TV & Web Production



New TV & Web Production 2022

We are now taking the next step in the development of **10MILA TV** and as always we will follow the competitions for +24 hours.

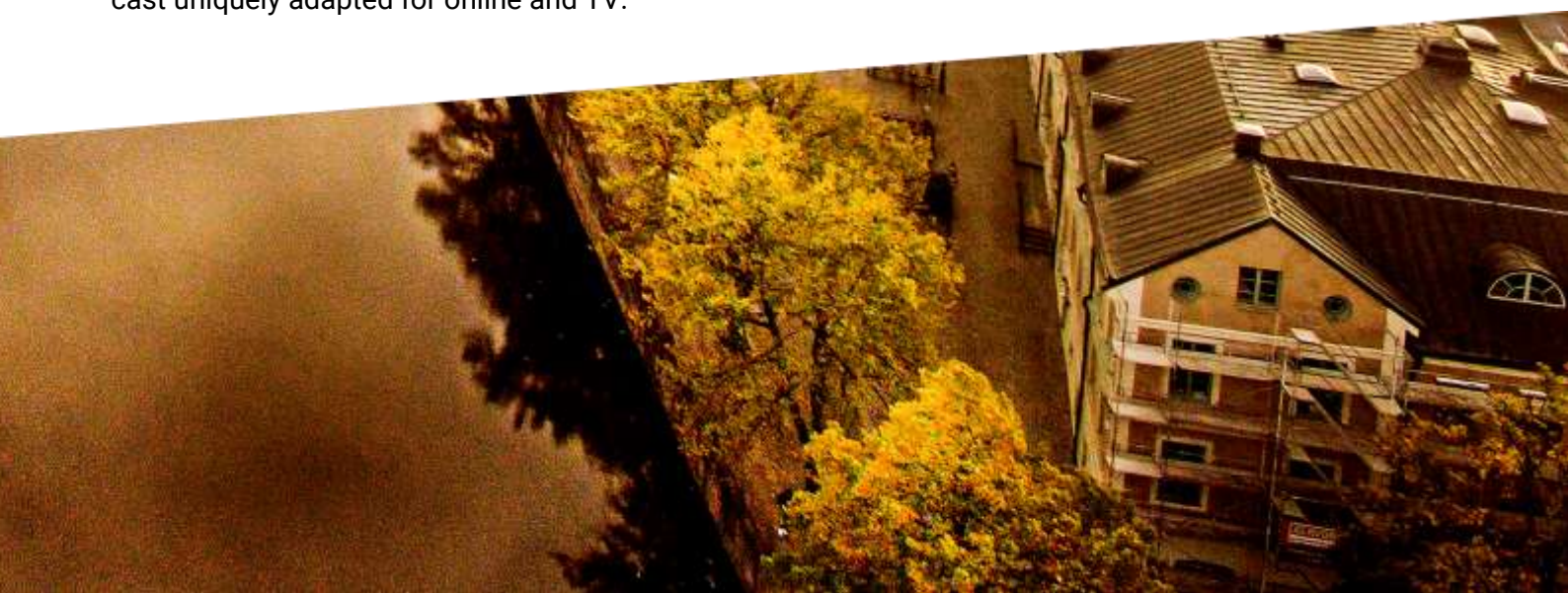
For 10MILA 2022 in Ånnaboda, we adapt the concept to meet some of the requests we have received in recent years and we believe that this will lead to an improved experience regardless of whether you are at the arena in Ånnaboda or follow 10MILA online via TV, computer or mobile.



The difference compared to recent years 10MILA (2016 - 2019) is that the arena will now live its own life in a much clearer way and that visitors will be able to follow the competition better while **10MILA TV** will offer a pure commentary broadcast uniquely adapted for online and TV.

What will be offered

- **Dedicated arena speakers** which means that the experience for both teams and spectators on the arena is further enhanced and the speakers can focus entirely on the competition. They will also follow what is happening behind the elite teams and other things that happen on and around the arena.
- **10MILA TV** – broadcast with commentators and commercial breaks for about 5-7 min per hour, which largely corresponds to previous years broadcasts between year 2016 and 2019.
Price: SEK 175
- **10MILA TV Plus** – a new channel that is basically the same broadcast as 10MILA TV but the Plus channel continues with in-depth content (analyses, more following the competition and interviews) when 10MILA TV shows advertisement.
Price: SEK 299
- **Studio Tiomila** with interviews and analyses before, during and after the competitions will be offered to those who choose a TV subscription and will not be shown on the big LED-screen.
- **As usual, 10MILA TV** will be offered in three different languages; Swedish, English and Finnish and is offered in both 10MILA TV and 10MILA TV Plus.



Fees and Costs

Registration fees and supplements	Normal registration by Mars 11	Late entry -1 by 8 April	Late entry -2 by 22 April	Registration/ purchase on site
Ungdomskavlen (Youth Relay)	630	945	1 250	
Damkavlen (Women's Relay)	2 650	3 975	5 300	
Tiomilakavlen (10MILA Relay)	5 300	7 950	10 600	
Rental of one SI card	50	50	50	75
Open course D/H - 16	75	80	85	90
Open course D/H 17-	130	140	150	160
Wind shelter site, 5x5 m	600	900	900	
Lodging on hard surface (per night/person)	300	450	450	
Camping site, RV/Caravan incl. electricity	900	1 200	1 500	
Camping site, Tent 6x6m incl. electricity	900	1 200	1 500	
Pagoda tent 5x5 m incl. hard floor	9 100	10 100	10 100	
Bench set for Pagoda tent	400	400	400	
Gas heater incl. 1 gas tube for Pagoda tent	2 500	2 500	2 500	
Extra gas tube (1 container)	1 000	1 000	1 000	
10MILA-TV (commercial breaks)				175
10MILA-TV Plus (No commercial breaks, enhanced content)				299

All fees are in Swedish krona (SEK)

Note: The number of sites for caravans/camper vans/tents, pagoda tents and wind shelters surface are limited. First come, first served principle on booking.

Registration / Payment



Registration

Registration for 10MILA 2022 opens in Swedish Eventor on 15 Dec 2021 and must be completed no later than Friday 11 March at 23.59.

Thereafter, late registration applies to an increased fee. This applies to team registration, booking of accommodation, wind shelter sites, etc. (see "Fees and Costs")

Please note that the registration is completed after all fees have been paid. Late payment or non-payment means that the application is treated as late registration or is cancelled.

Registrations and orders are made via Swedish Eventor [\[HERE\]](#)

Late entry

Registration and payments between March 12 and April 8 means an increased registration fee by 50%.

Registration and payments between April 9 and April 22 means an increased fee of 100%

Later registration is only subject to availability .



+50%

+100%

Payment from within Sweden

Payment Recipient: Almby IK

Bankgiro: 5732-0830

Please state your club name on payment.

Payment from outside Sweden

Payment receipt: Almby IK

Payment is only accepted in Swedish currency (SEK). Bank fees shall be paid by the sender.

IBAN: SE88 8000 0816 4600 4261 4529

BIC: SWEDSESS

Bank: Lekebergs Sparbank

Please state your club name when paying.

NB! Club envelopes will not be handed over before full payment has been received. If payments have been made during the week before the competition, a receipt of the payment shall be shown when the club coach picks up the envelope.

Lekebergs
Sparbank



rebro



ÖREBRO 2022

Officials

Management

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Stefan Blomgren
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Lars Persson
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Course setters

Lars Persson
Johan Persson

Mapper

Olle Olofsson

Event controller

Mats Nylin

Course controller

Albin Arlebo

Map controller

C-G Garpenlund

Event coaches

Joel Ahlqvist
Christer Nordström

IT coach

Samuel Henriksson

Course coach

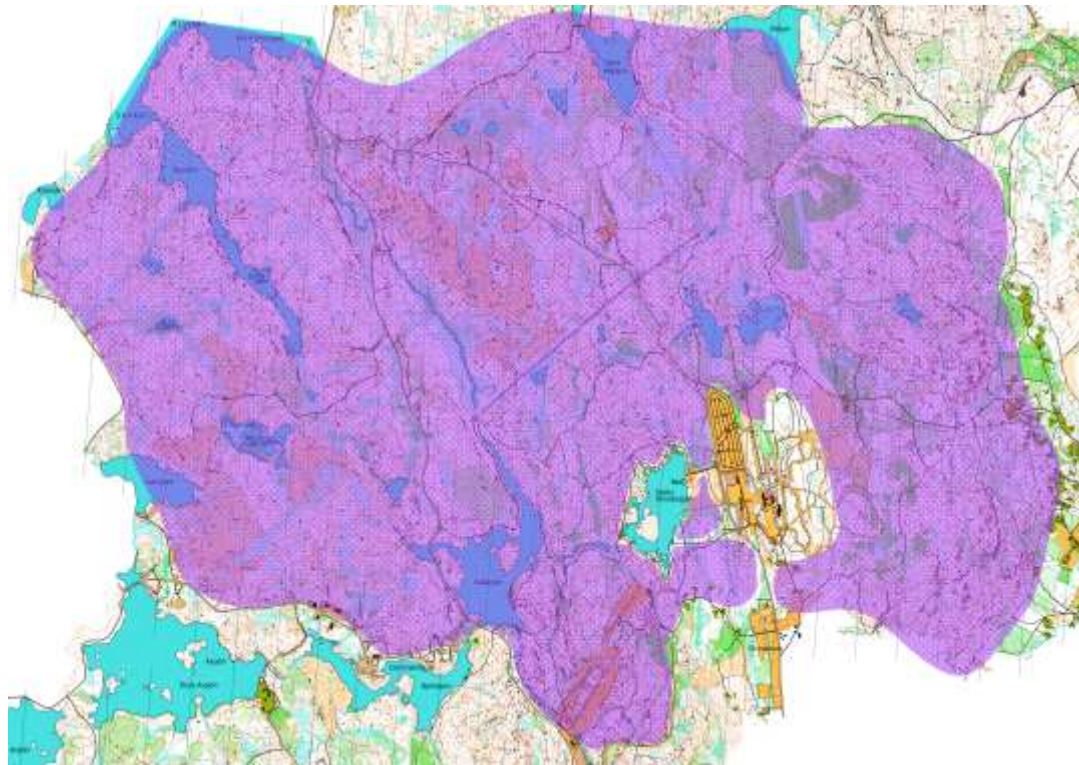
Tommy Eriksson



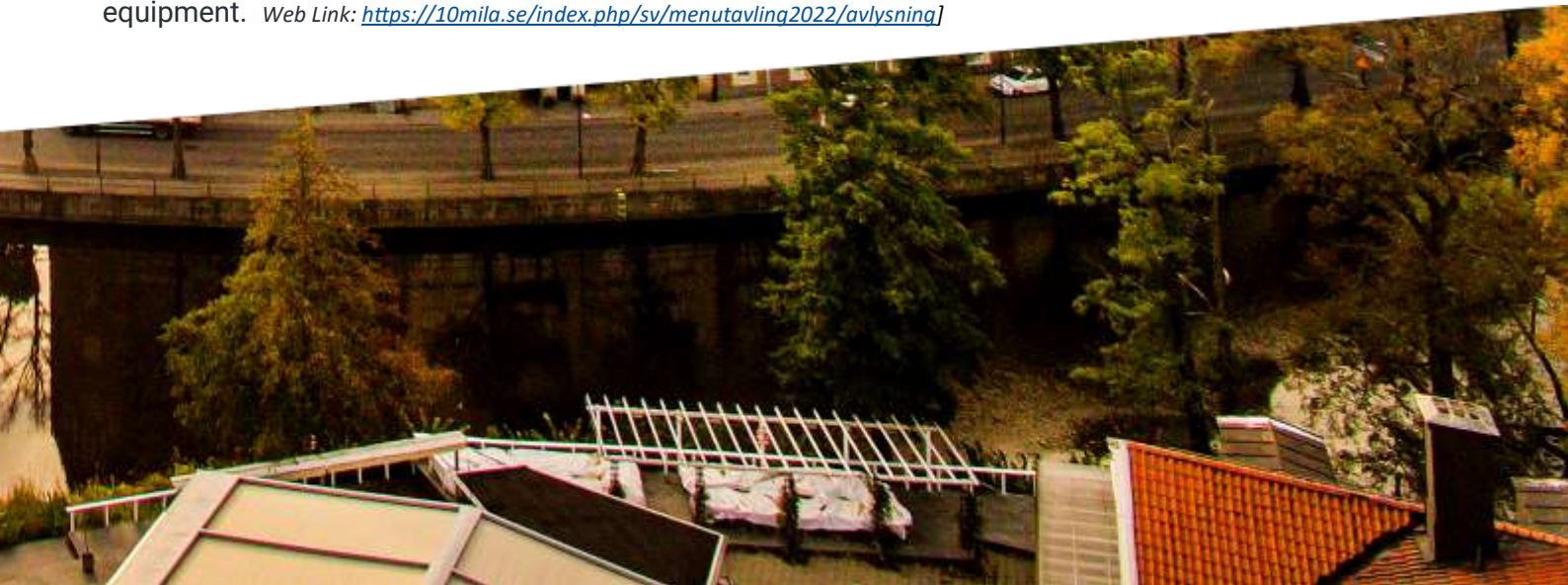
Embargoed Area

Embargoed area for 10MILA 2022

In accordance with the competition rules declared by the Swedish Orienteering Federation, the marked competition area has been embargoed from training and competition from November 10, 2020 until May 8, 2022.



Training in the area with a map or other equivalent equipment for route selection training is not allowed at any occasion until the competition days. The embargo applies to all persons who, through their knowledge of the area, can influence the results of the competitions. It also means that those who do not participate in the competitions, may not train in the area, if they later transfer such knowledge to one of the participants in the competition. It is allowed to stay in, and pass through, the area on public roads and Bergslagsleden all year round, and also to use prepared ski trails without the use of a map or equivalent equipment. Web Link: <https://10mila.se/index.php/sv/menutavling2022/avlysning>



10MILA Partners



ÖREBRO



Lekebergs
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rebrokekmpaniet

Välkommen till

Örebro
*Outdoor*mässa

i samband med 10-MILA

6-8 maj 2022