



Världens bästa klubb vinner

OK Södertörn and Snättringe SK invites to

25manna Flemingsberg Relay

Saturday 8th of October 2022
at arena Visättra Sportcenter, Huddinge

Competition arena

Visättra Sportcenter in Huddinge, GPS coordinates 59.216715, 17.966771

Terrain Description

Flemingsbergsskogen nature reserve has moderately hilly terrain with mostly good running conditions. There are some steep and highly 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 running conditions. In some parts of the courses occasional fallen trees may worsen the running conditions.

Map

Scale 1:10 000, contour interval 5 m, offset litho printed. Drawn 2019 by Nils-Göran Olsson and Fredrik Ahnlén, revised 2022.

Start and expected Finish time

Mass start at 09.00. The winning team is expected to finish at around 14.30. Mini mass-start at 16.00. The last leg will be shortened for teams in the mini mass-start.

Competition rules

The Swedish Orienteering Federation rules and the competition final details apply.

Final Details

The final details will be published on 25manna.se and on Eventor.

Entries

Regular entries using Eventor until 23:59 on 28th August. The names of the runners in the team may be submitted later, see final details. Late entries with an increased fee are possible until 23:59 on 25th September.

Flemingsberg – a forum for knowledge and creativity!

Legs and team composition

This year the women run the first leg and the last leg is open to all.

Each 25manna team must consist of:

- At least 8 men of which at least 1 is M16 or younger
- At least 8 women of which at least 1 is W16 or younger
- Maximum 8 M21 runners

Leg	Difficulty	Leg in km ¹	Forking	Allowed for
1	Blue/difficult	5,0	Yes	Women
2	Blue/difficult	7,5	Yes	All
3	Orange/medium	3,8	Yes	-M16/M50-, Women. 4 parallel runners.
4	White/easy	3,1	Yes	-M14/M60-, -W18/W45-. 4 parallel runners.
5	Blue/difficult	6,5	Yes	All. 4 parallel runners.
6	Red/medium	4,1	Yes	Women. 4 parallel runners.
7	Red/medium	5,4	Yes	All. 4 parallel runners.
23	Orange/medium	3,6	No	-M16/M55-, -W20/W40-
24	Blue/difficult	6,0	No	Women
25	Blue/difficult	8,5 ²	No	All

(1) The above lengths includes a taped route of 700 - 1100 m

(2) The last leg at the mini mass-starts is 6,1 km

Public Transport

Excellent possibilities to travel to the arena by train or bus. Take the commuter train or regional train to Flemingsberg station, then approx 1 km walk. For heavy material, there will be transport possibilities from the station. 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

The number of parking spots are limited, please consider travel with public transport or fully occupy your car. For more information, please visit Car & Parking at 25manna.se. Walking distance from bus drop-off to the arena is approx. 1800m. For more information, please visit Traffic information Buses at 25manna.se

Combination teams

If your club finds it hard to get a full team together then Combination teams are welcome according to The Swedish Orienteering Federation rules. Combination teams enter via Eventor. See the guide in the Help & Support-section ("Hjälp och support") on Eventor for instructions on how to enter combination teams.

Sportident punching system

All versions of SI-cards are allowed. Please note that SI-Air functionality will not be activated in the units. SI-numbers are not submitted when entering. SI-numbers are linked to each runner as they go into the changeover area. Each SI-card may only be used once during the competition. SI-cards can be hired when you make entries in Eventor. Each unreturned SI-card results in a 600 SEK charge to your club.

Club tents

You can book of a pitch for your club tent/wind shelter via Eventor by 28th August at regular price. Late entries with an increased fee are possible until 23:59 on 25th September.

Camping

Camping at the arena is not allowed. We refer you to the official campsites in the nearby area or accommodation (see below)

Accommodation

Hard-floor accommodation including breakfast is offered. Booking via Eventor. Detailed information will be published on 25manna.se. Limited number of beds.

Fees (Registration in Eventor)

	Regular fee until Sun 28th Aug	Late Entries 1 until Sun 11th Sep	Late Entries 2 until Sun 25th Sep
Participation fee per team including mandatory parking fee	6 255 SEK	7 400 SEK	9 000 SEK
SI-card rental / person	50 SEK	60 SEK	60 SEK
Club tent pitsch (4 x 6 meter)	450 SEK	550 SEK	550 SEK
Hard floor accommodation including breakfast, per night and person	250 SEK	250 SEK	300 SEK

Payments

Payment for regular participation fees as well as fees for SI-cards, tent pitches and accommodations must be delivered to us by Friday 2th September at the latest. Write the club name and type of fee as payment reference. Fees for late entries as well as fees for SI-cards, tent pitches and accommodations are to be paid in connection with the registration and must be delivered to us by Friday 30th September at the latest.

Club bags are only handed out after all entry fees are paid.

Payment info from Sweden

Plusgiro:	62 23 54-9
Account Owner:	25MANNA

Payment info from Abroad

IBAN:	SE67 9500 0099 6034 0622 3549
BIC:	NDEASESS
Payee name:	25MANNA
Bank and address:	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.

Open individual Courses

Open individual courses, lengths 2,0–6,5 km and offering different technical difficulties. See separate invitation in Eventor ("Motionsorientering 25manna")

Children's course

Children's course offered at the arena. Start fee 20 SEK per entry.

Showers

Hot showers will be available at the arena.

Café and hot food

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

Sports traders

Large and well-stocked sports shop at the arena.

Main officials

Competition organiser	Mats Bern, Snättringe SK
Course setter	Per Franzén, OK Södertörn
Competition controller	Göran Reinholdsson, Järfälla OK
Cours controller	Rune Rådeström, Snättringe SK

Contact

Website: 25manna.se

Questions about accomodation: boende@25manna.se

Other questions: info@25manna.se

Subject to change. All changes published on 25manna.se.

Welcome to 25manna Flemingsberg Relay from organising clubs

OK Södertörn and Snättringe SK with partners



Flemingsberg c/o **Fabege**



Huddinge



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