



Världens bästa klubb vinner

# Bulletin 2

## 25manna Flemingsberg relay

Saturday 8 October, 2022  
Arena Visättra Sportcenter, Huddinge

### Competition arena

Visättra Sportcenter in Huddinge County, GPS-coordinates 59.216715, 17.966771

### Public transport

It's easy to travel with the commuter train to 25manna Flemingsberg!

Travel with the commuter train (pendeltåg) or regional train services to "Flemingsbergs station". From the station you have a short 10-minute walk to the arena. If required, there is a possibility to get help with transport of heavy luggage from the station to the arena.

[Plan your journey at sl.se.](#)

For more information, please visit [Public Transport at 25manna.se.](#)

### Car Park and Bus Drop-Off

There is only a limited amount of parking available. The main parking is located on a field, which can get soft and muddy in case of rain. Please consider travel by train if at all possible. The distance from the parking to the arena is approx. 2500 m. The parking fee is included in the starting fee on the Saturday. On Sunday the parking fee is 40 SEK (to be paid by cash at the arena or Swish 1236674758). 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.](#)

### Bicycles and Bicycle Parking

You are welcome to take your bike to 25 manna! It's allowed to bring bikes on the commuter train (Pendeltåg) except that you are not allowed to get on or off with your bike at the Stockholm City station. We'll offer plenty of bike parking space at the arena.

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Flemingsberg – a forum for knowledge and creativity!

### Team declaration

It's mandatory to register the team line-up in Eventor, latest by Friday 7th October at 18:00. An additional fee of 500 SEK will be charged to any team that have not completed their registration in time.

Any changes to team line-up due to sickness, injury or other unforeseen reasons must be done latest by 8:30 on the day of competition or otherwise it will be too late to update the system before the competition starts.

It is possible to make changes during the competition. A form to be used to report changes is included in the team envelope. The change request form should be submitted at the Information tent. Please report any changes to ensure a correct competition result. **PLEASE NOTE:** Without a fully registered team, the team will not be allowed to start – no bibs will be provided!

### Team Envelope

Each team shall pick up their team envelope, containing number bibs, team coach card, change request form, and, if applicable, rented SI-cards, at the Information tent at the arena from 07:00 on the day of competition. All fees must have been settled before collecting the team envelope. If any fees are still outstanding, those must be paid on site either by credit card or Swish. Safety pins for the bibs are not included – please remember to bring your own.

## Map and terrain

### Map

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

### Course printing

Course printing and control descriptions are printed in colour on the map. Control codes are also on the map by the course number, e.g. 4-109 for the 4th control. Team number and leg number are printed at the back of the map. An emergency telephone number is also printed on the map.

### Terrain description

The competition area held is part of the Flemingsbergs nature reserve. This is also a popular recreation area. The area closest to the arena is criss-crossed by several paths, both small and wide, as well as open land. Apart from this, the terrain is mostly "wilderness", despite the close proximity to the city. The terrain is largely moderately hilly, with some some steep and highly detailed areas. Longer courses will pass through an area with bare rock and very good running conditions. The forest is mostly pine and fir. On the rocky hills there are sparse amount of pine trees and the visibility is good. In the valleys the forest is denser and visibility lower. There are areas with fallen trees and those are marked on the map.

### Non-standard features



Larger obstacle, fallen tree

### Taped paths

There are some unclear paths in the terrain which are marked with white tapes. One manmade path is also created, shown in purple on the map, and marked with white tapes. This is primarily affecting leg 4.

## Out of bounds

There are several out of bounds areas in the terrain, and those are marked on the map. An out of bounds area shown with a solid line will be marked with blue/yellow tapes in the forest.

## New clearcutting

In the last couple of days, a new clearcutting has occurred in the competition area. The clearcutting is outside the intended running path choices.

## Competition rules

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

## Competition method

Mass start on leg 1. Leg 1 and 2 are run by one team member per leg. Legs 3-7 are run by four team members per leg. Leg 23-25 are run by one team member per leg. The runner on leg 23 must not start until all four runners on leg 7 have come through the changeover. (see below section Changeover).

## 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. *tänkte*

## Legs and team composition

This year the women run the first leg and the last leg is open for either men or women.

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 <sup>1</sup>	Running time (min)	Start time	Forking	Allowed for
1	Blue/difficult	5,2	31	09:00	Yes	Women
2	Blue/difficult	7,5	39	09:31	Yes	All
3	Orange/medium	3,9	25	10:10	Yes	-M16/M50-, Women. 4 parallel runners.
4	White/easy	3,1	17	10:35	Yes	-M14/M60-, -W18/W45-. 4 parallel runners.
5	Blue/difficult	6,5	34	10:52	Yes	All. 4 parallel runners.
6	Red/medium	4,2	26	11:26	Yes	Women. 4 parallel runners.
7	Red/medium	5,4	30	11:52	Yes	All. 4 parallel runners.
23	Orange/medium	3,6	21	12:22	No	-M16/M55-, -W20/W40-
24	Blue/difficult	6,0	34	12:43	No	Women
25	Blue/difficult	8,7 <sup>2</sup>	45	13:17	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

### Number bibs

All runners must wear number bibs. They should be worn visibly on the chest and may not be folded. Bring your own safety pins! It is important that runners wear the correct number bibs for their relay leg and team. The advert logo on the number bib matches that on the run-in lane.





### Team coaches

One coach per team is allowed in the changeover area – they need to show the team coach card "lagledarkort" from the team envelope. Coaches enter via the check-in.

### Sportident and check-in

All versions of SI cards are allowed. Note that the SI Air function will NOT be enabled in the punching units. SI numbers are not provided when entries are made, rather they are linked to the runners on entry to the changeover area. Each SI card must only be used once during the competition. Extra SI cards are available to rent in the Information tent. If you do not return a rented SI card, your club will be charged 600 SEK.

### Changeover lanes / Finish

Lane	Legs	Lane name
1	3, 25	<b>Flemingsberg</b> % Fabege 
2	2, 6, 24	
3	1, 5, 23	 Huddinge
4	4, 7	

### Controls and punching

Every control has at least two punching units. In certain areas, controls are very near close together. Check your codes! Punching is verified when the unit flashes a red light and beeps. It is the runner's responsibility to ensure that punching has occurred. If a unit does not work, the runner shall punch another unit at that control. A missing punch means disqualification, even if there is evidence that the runner has been to the control. Make sure you punch! Experience has shown that it is easy to hear someone else's punch and think it is your own! Look at the flashing light too.

### Inauguration

Inauguration ceremony of 25manna Flemingsberg will take place at 08:30.

### Start

Mass start for first legs at 9.00. Runners shall be in the start area by 8.45. All runners must go through check-in for registration before starting, where SI-cards are linked to the bar-code on the number bib. Allow enough time as there may be queues. About 5 minutes before the start, runners will be allowed to take their start places. Maps will be handed out about 2 minutes before the start. Is it not allowed to look at the maps until the start signal is given.

No punch at the start.



## Arena passage

### Important information for runners of leg 1, 2, 24 and 25.

Spectator friendly run-through for legs 1, 2, 24 and 25. At the run-through, punch the control and continue on via a taped route. At the end of the taped route continue orienteering to the next control.

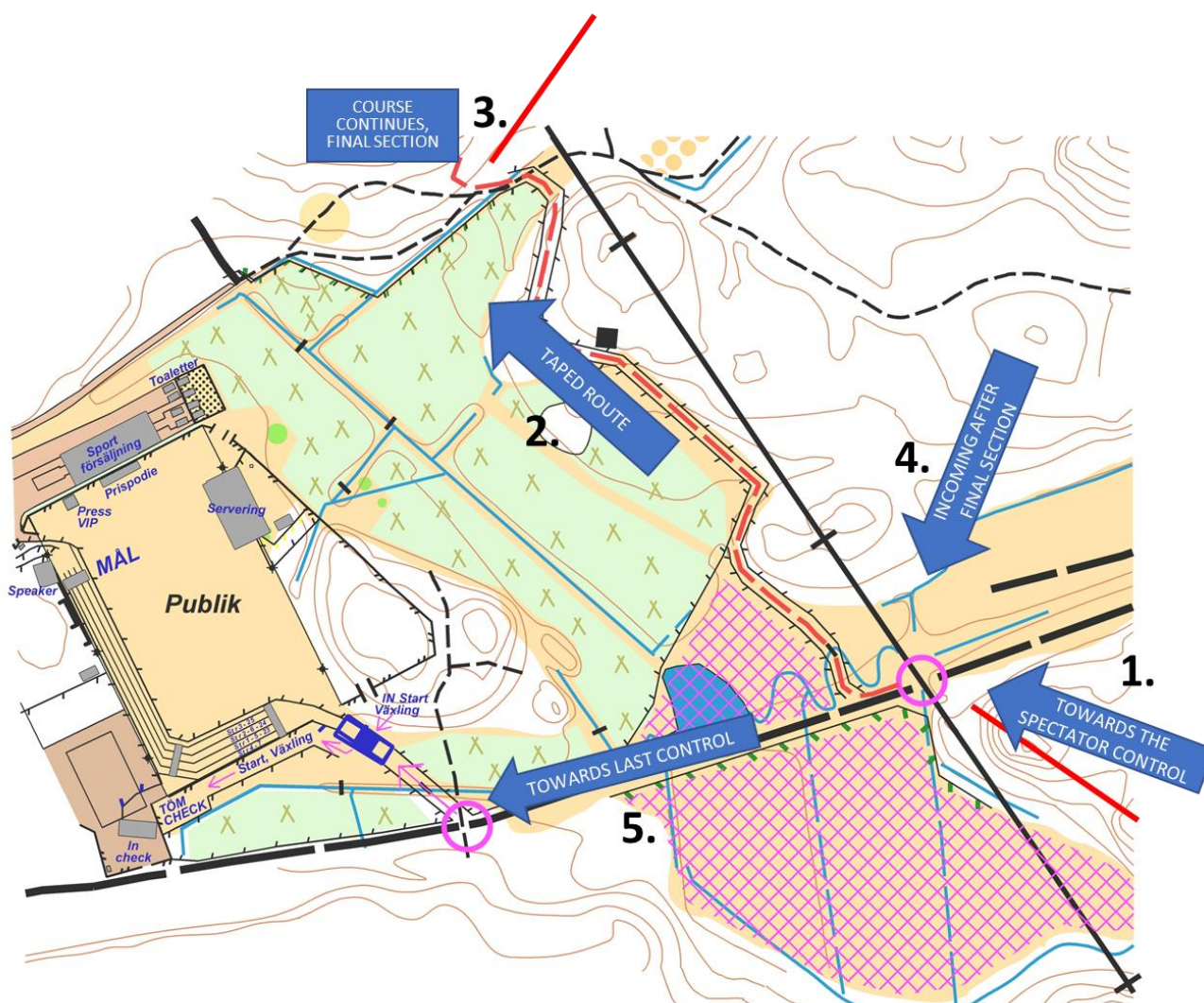
Please pay attention to signs and markings.

It's each and every runner's responsibility to read the map and correctly pass the run-through section.

The Spectator control at the arena is used twice for these legs. Make sure to punch the control at both times when passing.

Below map cut-out shows the run-through as well as the entry for changeover/finish.

1. Runners on leg 1, 2, 24 and 25 arrives at the Spectator control.
2. Runners follow the taped route. Pay attention to the fork shortly after the Spectator control.
3. The course continues at the end of the taped route. The start of this section is not indicated with a start triangle on the map, only a connection line towards the next control.
4. Incoming runners for the Spectator control, this will be the second time after run-through
5. Path to the last control.



## Changeover

<b>Changeover-punch</b>	On the run-in, runners run down the lane that matches the leg number and the advert logo on the number bib. At the finish line, there is a changeover punch for all legs other than leg 25 (see "Finish"). After punching, hand over your map to a race official.
<b>Map pick-up, changeover</b>	At the map boards, the incoming runner takes the topmost map marked with the team name and leg and continues to the changeover fence, and then hands the map over to the next team member
<b>Changeover leg 2 to leg 3</b>	The 2nd leg runner takes four maps and hands over to the 3rd leg runners. To reduce congestion in the changeover area, the 3rd leg runner is allowed to give out the maps amongst the team on the way to the start triangle.
<b>Mind the map</b>	Be sure to take the right map! E.g. when the 1st runner from leg 4 comes into the changeover before the last runner on leg 3 has come in. The leg 4 runner should in that case NOT take the first available map on the map board, (which would be the last leg 4 map) but should take the first leg 5 map.
<b>Changeover leg 7 to leg 23</b>	When leg 7 comes in to change over, the first 3 incoming runners take the topmost, coloured "blank maps" and leave these to the runners on leg 23. The runners on leg 23 only get the real maps when the team's last leg 7 runner changes over. Leg 23 runners leave the 3 blank maps to race officials on the way to the start kite.
<b>Changeover close</b>	The changeover closes at 15.45. Runners who haven't changed over by then take part in the mini mass-start approx. at 16.00.
<b>Wrong map</b>	Teams who take another team's map will be disqualified. Teams who have their maps incorrectly taken get a new map from the race officials at the end of the map boards but do not get any time compensation. Always check that the team number and the leg number on the map are correct! It is the runner's responsibility to change over with the correct map.
<b>Important</b>	<ul style="list-style-type: none"><li>•Arrive at the check-in in good time</li><li>•Punch the changeover control on the finish line</li><li>•Take the correct map!</li></ul>

## **Finish**

### **Finish, leg 25**

Finish punches for the first 25 teams will occur after the finish line. Placing is decided by crossing the finish line; thereafter runners punch in the same order that they crossed the line. Any dispute is taken to the Finish jury. Teams placed after the top 25 punch on the finish line.

### **Finish closing time**

All runners must have finished latest by 18:00.

## **After changeover and finish**

### **Download**

After changeover, runners should download their SI-card as soon as possible, as it's important to keep result lists up-to-date. It is the responsibility of the runner to download! Runners who have retired or been timed-out must also download at the finish.

### **Wildlife observation**

Runners who spot wildlife (e.g. reindeer or moose) should report these to the wildlife observation tent ("viltrapporten") located after having passed download.

### **Mispunching, red exit and disqualification**

If an incoming runner is registered as mispunched at download, they are referred to the "Red exit" ("Röd utgång") to confirm the reason. If the runner has indeed mispunched or broken competition rules then the team is disqualified. The runner will be provided with an information sheet confirming disqualification and the reason why.

If the team wishes to protest, the team coach shall submit a written protest at the Red exit within 30 minutes of the time given on the information sheet. Protests about the competition organiser's decision can be made to the competition jury. Teams who have mispunched continue to run the competition as long as they are at least 30 minutes after the leading team, otherwise they will be held at changeover until 30 minutes have passed. The holding back of teams is put into effect when the protest time has elapsed and any potential protest has not been approved.

## **Mini mass-start**

The changeover closes at 15.45. There is a mini mass-start around 16.00 for runners who haven't yet started. It takes place at the map boards. Runners from disqualified or retired teams can also take part. All runners in the mini mass-start must go through check-in to clear, check and link their SI-cards to their numbers. To avoid congestion, arrive in plenty of time and follow start officials' instructions.

## **Competition service**

### **Result service and livelox**

Preliminary results are available online during the competition at [live.25manna.se](http://live.25manna.se). Final results will be published at Eventor when the competition ends. After the competition, maps and courses will be uploaded to Livelox.

### **Speaker service and radio**

During the competition the 25manna's speaker team Ola Jodal, Mårten Frendelius and Niina Frölid will report at the arena and there will also be a commentator at forest controls. It will also be broadcasted on the radio, frequency 98.1 MHz.

### **Map return**

After the mini mass-start, maps will be returned when you show your team coach card. Teams who have rented SI-cards must return them for the whole club together – this is required to get your maps returned. Don't forget the SI-cards used in the mini mass-start. Lost SI-cards are charged to the clubs at 600 SEK each.

### **Prize-giving**

The prize-giving ceremony will take place after the mini mass-start, approx. at 16:10 at the ceremony area. The winning team receives a trophy. Top 3 teams get prizes, team plaque and 25-manna plaques for all team members. Teams 4-10 get team plaques and 25-manna plaques for all team members. Teams 11-25 get team plaques. The best 2nd team gets a team plaque as does the best 3rd team.

### **Individual courses including Entry on the day**

Individual courses with varying levels of technical difficulty are available. See separate invitation. Entries and starts open between 9.00 and 13.00.

### **Press**

Members of the media who would like to be on-site can register by email to [press@25manna.se](mailto:press@25manna.se) for best possible service during the competition. Responsible for media is Fredrik Wännman, tel. +46708-488855.



## Service

### Club tents / wind shelter

Club tents / wind shelter are only allowed at assigned locations and must be booked in advance. Space for wind shelter is numbered with the club's lowest team number. Please respect the borders outlining the competition area.

### Artificial grass court:

The finish and food court on the arena are located on an artificial grass surface. **It is prohibited to use club flags pushed into the ground or any other similar implement that can damage the surface.**

### Waste

Waste bins are located on the arena. Please recycle and use the designated waste bins.

Each club will receive waste sacks when picking up the team envelopes. Please tighten a knot on your sacks and leave behind at the club area at the end of the competition.

### Sports trade

Pölder Sport will manage the sports trade at 25manna Flemingsberg. Take a look at their home page [polder.se](http://polder.se) already now, and check out their current offers.



### Food service

The food service is hosted in a large tent opposite the finish. We offer three hot meals, hot dogs, sandwiches, sweets, hot and cold drinks, and lots more! Several vegetarian options available. For hot meals, pick your queue before entering the tent. We take credit card, Swish and cash.

### Kids' course (Miniknat)

Available at the arena 9.00-14.00. Fee 20 SEK per participant. Every participant gets a prize! Same start and finish both days, but different courses.

### Fresh water

Fresh water tap to refill water bottles are located close to the entrance for the grass area.

### Showers

The men's shower is located behind the indoor ice rink. Ladies' shower is located at the indoor ice rink.

### Toilets

Toilets are located outside the entrance to the indoor ice rink and outside of the sports trade. A few toilets are also located inside the changeover area.

### Lost and found

Lost and found items will be at the information tent where they will be returned on description of the item. After the competition, you can contact us about lost items at [info@25manna.se](mailto:info@25manna.se). We will take items to the next orienteering competitions.

## Main responsibilities

<b>Competition organiser</b>	Mats Bern, Snättringe SK
<b>Responsible courses</b>	Per Franzén, OK Södertörn
<b>Competition controller</b>	Göran Reinholdsson, Järfälla OK
<b>Controller</b>	Rune Rådeström, Snättringe SK
<b>Jury</b>	Leif Gustavsson, Säterbygdens OK Henrik Larsson, FK Göingarna Ola Mannberg, Skellefteå OK

## Disclosures

Home page: [25manna.se](https://25manna.se)

Inquires related to accommodation: [boende@25manna.se](mailto:boende@25manna.se)

Other inquires: [info@25manna.se](mailto:info@25manna.se)

*We reserve the right to make amendments to this information. All changes will be publicised on 25manna.se*

*Welcome to 25manna Flemingsberg! Organising clubs:*

*OK Södertörn and Snättringe SK*



*Main sponsor*

**Flemingsberg** c/o **Fabege**

*and partners*



**Huddinge**



**Flemingsberg – a forum for knowledge and creativity!**