



25manna Flemingsberg with Swedish League

Bulletin 2

Swedish League #9 (WRE) Middle Distance

Sunday 9 October, 2022

Arena Visättra Sportcenter, Huddinge

Competition arena

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

Prohibited areas

The competition area is prohibited for all training and competition activities until the competition is concluded. An exception is granted for participation in the 25 manna relay, which partly covers the same area. A map of the prohibited area is available at Eventor.

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.

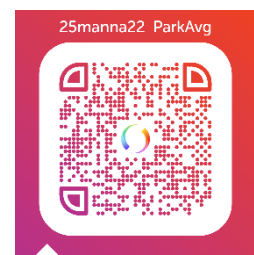
[Plan your journey at sl.se.](#)

For more information, see the 25manna home page at [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. Parking fee 40 SEK (pay cash at the arena or by 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 see [Traffic information Buses at 25manna.se.](#)



Swish. Betala enkelt.

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.

Flemingsberg – här möts kunskap och kreativitet!

Map and terrain

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. 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.

Map

Scale	Scale 1:10 000, contour interval 5 m,
Print	Digital print
Map drawers	Drawn 2019 by Nils-Göran Olsson and Fredrik Ahnlén, revised 2022

Non-standard features



Larger obstacle, fallen tree

Out of bounds

There are a few 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.

Control descriptions

Control descriptions are available separately and printed on the map.

Competition rules and information

Classes, course lengths and expected finishing times

Class	Course length (m)	Elevation (m)	Number of controls	Number bibs	Size of the loose control descriptions	Time (min)
W21	4970	240	18	1 - 99	62 x 158 mm	33
D20E	3820	-	14	201 - 299	62 x 134 mm	29
D18E	3570	-	12	401 - 499	62 x 122 mm	27
M21	5830	275	21	101 - 199	62 x 176 mm	32
H20E	4470	-	16	301 - 399	62 x 146 mm	28
H18E	4110	-	14	501 - 599	62 x 134 mm	26

Runners that do not fit in the above classes will be moved to W21-2, M21-2, D20E2, H20E2, H18E2 and D18E2 respectively.

W21-2	4590	225	17	-	62 x 152 mm	35
D20E2	3520	-	13	-	62 x 128 mm	29
D18E2	3050	-	12	-	62 x 122 mm	26
M21-2	5290	255	19	-	62 x 164 mm	33
M21-3	5140	240	18	-	62 x 158 mm	32
H20E2	4020	-	14	-	62 x 134 mm	29
H18E2	3950	-	15	-	62 x 140 mm	28

Maximum time

Maximum time is 120 minutes, all classes.

Number bibs

Please collect number bids at start. Don't forget to bring your own security pins.

GPS

Several runners will be required to wear a GPS and a list of these will be created once the start list has been completed. The list will be published on Eventor during Saturday night and will also be published at the arena on Sunday morning. Please take note of any changes due to cancellations. GPS unit and vest will be provided at the start. GPS and vest to be returned at finish. Not returned GPS vests will be charged at 300 SEK.

Start

First start time at 09.00. Follow orange/white taped path from the arena for 1600 meters along a gravel road.

Runners selected to wear a GPS will collect these at the start. Please ensure to be at the start well in advance of your starting time.

Sportident

All versions of SI cards are allowed. Note that the SI Air function will NOT be enabled in the punching units. Pre-registered runners declare SI-card number at entry. Rented SI-card is provided to pre-registered runners that did not register with an SI-card number. Lost or not returned rented SI-card will be charged at 600 SEK. Pick-up of rented SI-cards at the registration/information tent.

In case you want to switch SI-card, please request a change using a form available on Eventor.

Competition rules

The Swedish Orienteering Federation rules and the competition final details apply, including rules for Swedish League and IOF World Ranking Event.

Running clothes

Body covering clothes required, according to the Swedish Orienteering Federation rules.

Runner selection and seeding

May be applied in all elite classes, see [Gallring-och-seedning at svenskorientering.se](#)

Cancellation

If you cancel your participation you must always inform the organisers as soon as possible, regardless of how late you cancel. That way the spectators, media and speakers are made aware. You inform about your cancellation by filling in a form available on Eventor.

Runners on stand-by

Only applies to the junior classes. List of stand-by runners will be published on Eventor.

Runners on stand-by that get a start time will be called out at the arena next to Red exit at 08:00 in the morning on the day of competition. Runners not present at this time cannot claim to be included later on, independent on the reason for not being there. Runners can however be represented by someone else answering for them at call-out.

Rule breaking and protests

In case of a rule break, please contact the competition organisers. In the case of any observations related to a breach, or a possible breach, of the rules, please contact representatives at the Information tent or directly the competition management. Protests about the competition organiser's decision can be delivered at the Information tent.

Payment

Runners from Swedish clubs will be invoiced after the competition. Foreign runners must pay in advance, the payment must be received latest by Wednesday October 5th.

Pre-registered foreign runners that have not already paid their fee must pay at the information tent on the day of competition before starting (cash, credit/debit card or Swish).

Competition services

Test map

At the start, there is the possibility for any elite runners to pick up a test map for a trial run in the area indicated on the map. Control points are marked by red/white tape in the forest. Please return the test map to where it was picked up from when the trial run is completed.

It is only allowed to run in the area covered by the test map.

Items left at start

Jackets / sweaters and other items left at start will regularly be transported back to the arena for pick up at the information tent.

Result service and livelox

Preliminary results are available online during the competition at [liveresultat](#). Final results will be published at Eventor when the competition ends.

GPS traces are shown live during the competition, see [tulospalvelu.fi/gps/](#)

After the competition, maps and courses will be uploaded to Livelox.

Speaker service

Live reporting from the competition by the 25 manna speaker team Ola Jodal and Mårten Frendelius.

Prize ceremony

Prizes are provided to the top-3 runners in W21, D20E, D18E, M21, H20E and H18E. The prize ceremony starts at 13:30.

Press

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

Service

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.

Sports trade

Pölder Sport will manage the sports trade at 25manna Flemingsberg. Take a look at their home page 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! Also vegetarian options. For hot meals, pick your queue before entering the tent. We take credit card, Swish and cash.

Fresh water

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

Showers

Showers for men and women are available 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 along the road to start.

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. We will take items to the next orienteering competitions.

Competition organisation / Main responsibilities

Competition organiser	Mats Bern, Snättringe SK	tel +46705198005 mats.bern@gmail.com
Responsible courses	Per Franzén, OK Södertörn	
Competition controller	Göran Reinholdsson, Järfälla OK	
Controller	Rune Rådeström, Snättringe SK	
SOFT:s organization coach and IOF Event Adviser	Henrik Skoglund	
Competition jury	The jury is selected by SOFT	

Disclosures

Home page: 25manna.se

Inquires related to accomodation: boende@25manna.se

Other inquires: info@25manna.se

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

Welcome to 25manna Flemingsberg with Swedish League

organising clubs: OK Södertörn och Snättringe SK



Main sponsor

Flemingsberg c/o **Fabege**

and partners



Huddinge



Flemingsberg – här möts kunskap och kreativitet!