



PM Seats in the stand

Seats in the stand

The reserved seating is on the north stand, sections H, I, and J. At the entrance to these sections, there are signs indicating which club has reserved seating at each section. See also at the end of this memo.

Seats in other sections cannot be booked and in these sections you may not leave bags and clothes in order to "baggy" the seat. Leftover bags and clothes will therefore be removed and can be retrieved in the Information.

Free WiFi

Welcome to log in to "10Mila-Publik"

No club flags in the stands

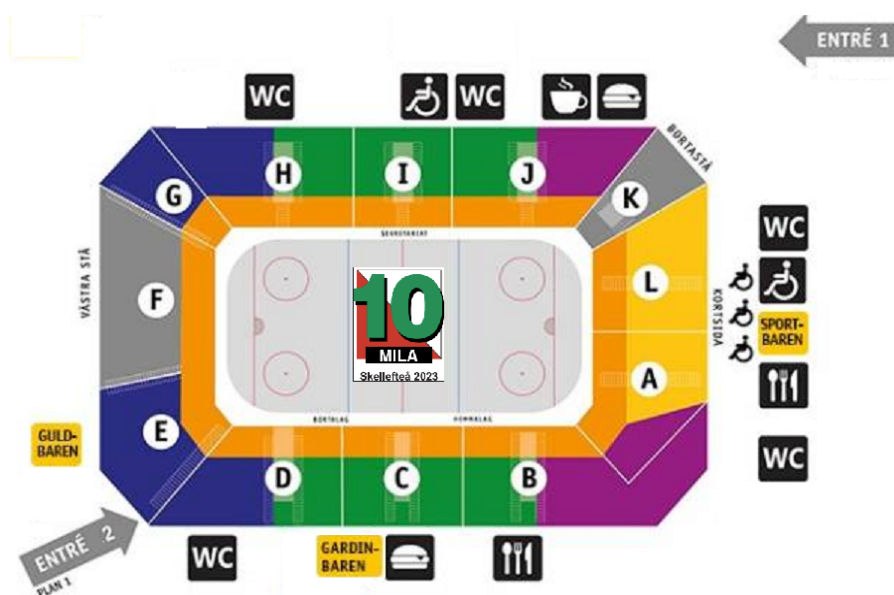
In order not to obscure the view of other spectators, club pennants or flags are not allowed in the stands.

No consumption of lunch boxes in the stands

Food boxes should be eaten in designated places, not in the stands.

Shoes with metal studs

No shoes with metal studs are allowed inside the arena. The only exception is the running routes designated for the competition.



J-Vänster

| Rad | Plats | | | | | | | | | | | | | | | | | | | | | | | Rad | | | | | | |
|-----|---------|---|---|---|---|--------------|---|---|---|----|-------------|----|----|----|----|--------------|----|----|----|----|----|----|----|-----|----|----|----|----|----|----|
| 15 | 1 | 2 | 3 | 4 | 5 | Umeå 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | Husqvarna 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 15 | | | | | | |
| 14 | | | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 14 | | | | | | |
| 13 | | | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 13 |
| 12 | | | | | | Wilhelmina 1 | 2 | 3 | 4 | 5 | Härnösand 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 12 | | |
| 11 | | | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Täby 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 11 | | | |
| 10 | | | | 1 | 2 | Ravinen 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 10 | | | |
| 9 | | | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 9 | | | | |
| 8 | | | | | | 1 | 2 | 3 | 4 | 5 | Tullinge 6 | 7 | 8 | 9 | 10 | Orion 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 8 | | | | | |
| 7 | | | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 7 | | | | | | |
| 6 | | | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 6 | | | | | | |
| 5 | | | | | | Entré | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 5 | | | | | | |
| 4 | Linné 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | Eksjö 16 | 17 | 18 | 19 | 20 | | | | | | | 4 | | | |
| 3 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 3 | | | | |
| 2 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 2 | | | | | |
| 1 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 1 | | | | | | | |

Arena

Arena

Arena

| Klubb | Bokat | Entré | Rad | Plats |
|----------------|-------|-------|-------|---------------------|
| Eksjö SOK | 20 | J-Vä | 1-4 | 16-20 |
| Härnösands OK | 20 | J-Vä | 9-12 | 6-10, 8-12, 6-10 |
| IKHP Huskvarna | 30 | J-Vä | 12-15 | 11-21, 11-18, 16-23 |
| OK Linné | 60 | J-Vä | 1-4 | 1-15 |
| OK Orion | 30 | J-Vä | 5-8 | 11-16, 11-18 |
| OK Ravinen | 30 | J-Vä | 5-10 | 1-5, 3-7 |
| Tullinge SK | 20 | J-Vä | 5-8 | 6-10 |
| Täby OK | 30 | J-Vä | 9-11 | 11-20, 13-22, 11-20 |
| Umeå OK | 30 | J-Vä | 13-15 | 1-10, 6-15 |
| Wilhelmina SK | 10 | J-Vä | 11-12 | 1-5 |

J-Höger

| Rad | Plats | | | | | | | | | | | | | | | | | | | | | | | Rad | | | | |
|-----|----------------|----|----|----|----|----|----|----|----|----|---|---|-------------|---|---|-----------|---|---|--------------|---|---|---|---|-----|---|---|----|----|
| 16 | | | | 4 | 3 | 2 | 1 | | | | | | | | | | | | | | | | | | | | | 16 |
| 15 | | | | | | | 13 | 12 | 11 | 10 | 9 | 8 | Bergnäset 7 | 6 | 5 | 4 | 3 | 2 | 1 | | | | | | | | 15 | |
| 14 | Renen 16 | 15 | 14 | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | | | | | | | | | | | 14 | |
| 13 | 16 | 15 | 14 | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | | | | | | | | | | | 13 | |
| 12 | 15 | 14 | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | | | | | | | | | | | | 12 | |
| 11 | 15 | 14 | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | Tyrving 5 | 4 | 3 | 2 | 1 | | | | | | | | 11 |
| 10 | 18 | 17 | 16 | 15 | 14 | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | | | | | | | | | 10 | |
| 9 | Oppsal 15 | 14 | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | | | | | | | | | | | | 9 | |
| 8 | 15 | 14 | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | | | | | | | | | | | | 8 | |
| 7 | 15 | 14 | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | | | | | | | | | | | | 7 | |
| 6 | 15 | 14 | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | | | | | | | | | | | | 6 | |
| 5 | Fredrikstad 15 | 14 | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | Entré | | | | | | | | | | | 5 | |
| 4 | 18 | 17 | 16 | 15 | 14 | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | | | | | | | | | 4 | |
| 3 | Halden 18 | 17 | 16 | 15 | 14 | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | Bækkelaget 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | 3 | |
| 2 | 18 | 17 | 16 | 15 | 14 | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | | | | | | | | | 2 | |
| 1 | 17 | 16 | 15 | 14 | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | | | | | | | | | 1 | | |

Arena

Arena

Arena

| Klubb | Bokat | Entré | Rad | Plats |
|-------------------|-------|-------|-------|------------------|
| Bækkelagets SK | 20 | J-Hö | 1-3 | 1-7, 2-8 |
| Bergnäsets AIK | 20 | J-Hö | 12-15 | 1-5, 2-6, 3-7 |
| Farum Tisvilde OK | 10 | J-Hö | 4-5 | 4-8, 1-5 |
| Fredrikstad SK | 20 | J-Hö | 4-5 | 9-18, 6-15 |
| Halden SK | 30 | J-Hö | 1-3 | 8-17, 9-18 |
| Kongsberg OL | 10 | J-Hö | 8-9 | 6-10 |
| Malvik IL | 10 | J-Hö | 6-7 | 6-10 |
| OK Renen | 50 | J-Hö | 10-14 | 9-18, 6-15, 7-16 |
| Oppsal O | 20 | J-Hö | 6-9 | 11-15 |
| Tyrving IL | 30 | J-Hö | 6-11 | 1-5, 4-8, 1-5 |

I-Vänster / I-Left

| Rad/Row | Plats / Place | | | | | | | | | | | | | | Rad/Row | | |
|---------|---------------|-------------------|---------------|---|---|-------------|--------------------|---|---|------------------------|----------------|------------------|----|----|---------|----|--|
| 14 | 1 | 2 | Pohjantähti 3 | 4 | 5 | 6 | 7 | 8 | 9 | Jämsän Retki-Veikot 10 | 11 | 12 | 13 | 14 | 14 | | |
| 13 | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | | |
| 12 | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | SK Uusi 8 | 9 | 10 | 11 | 12 | 12 | | |
| 11 | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 11 | | |
| 10 | | Suunta 2000 1 | 2 | 3 | 4 | 5 | Suunta Jyväskylä | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 10 | |
| 9 | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Kalevan Rasti 11 | 12 | 13 | 14 | 9 | |
| 8 | | Kangasala 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 8 | |
| 7 | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 7 | |
| 6 | | Hiidenkiertäjät 1 | 2 | 3 | 4 | 5 | Saloisten Reipas 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 6 | |
| 5 | Entrence | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 5 | |
| 4 | | Lahden Suunnist 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 4 | |
| 3 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 3 | |
| 2 | Koovee1 | 2 | 3 | 4 | 5 | OC Puisto 6 | 7 | 8 | 9 | 10 | Rast-Jussit 11 | 12 | 13 | 14 | 15 | 2 | |
| 1 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 1 | |
| Arena | | | | | | Arena | | | | | | Arena | | | | | |

| Club | Booked | Entrence | Row | Place |
|---------------------|--------|----------|-------|-------------|
| Hiidenkiertäjät | 10 | I-Left | 5-6 | 1-5 |
| Jämsän Retki-Veikot | 10 | I-Left | 13-14 | 8-12, 10-14 |
| Kalevan Rasti | 20 | I-Left | 5-9 | 11-14 |
| Kangasala SK | 10 | I-Left | 7-8 | 1-5 |
| Koovee | 10 | I-Left | 1-2 | 1-5 |
| Lahden Suunnist-37 | 10 | I-Left | 3-4 | 2-6, 1-5 |
| OC Puisto | 10 | I-Left | 1-2 | 6-10 |
| Rasti-Jussit | 10 | I-Left | 1-2 | 11-15 |
| Saloisten Reipas | 20 | I-Left | 3-6 | 7-11, 6-10 |
| SK Pohjantähti | 20 | I-Left | 12-14 | 1-5, 3-7 |
| SK Uusi | 10 | I-Left | 11-12 | 8-12 |
| Suunta 2000 | 10 | I-Left | 9-10 | 1-5 |
| Suunta Jyväskylä | 20 | I-Left | 7-10 | 6-10 |

I-Höger / I-Right

| Rad/Row | Plats / Place | | | | | | | | | | | | | | Rad/Row | | |
|---------|---------------|----|----|----|--------------|-------|---|---------|---|------------------|---|-------|----------|---|---------|---|--|
| 14 | Södertörn 14 | 13 | 12 | 11 | 10 | 9 | 8 | Väsby 7 | 6 | 5 | 4 | 3 | 2 | 1 | 14 | | |
| 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | | | 13 | | |
| 12 | Enen 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | | | 12 | | |
| 11 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | Entrence | | 11 | | |
| 10 | 14 | 13 | 12 | 11 | OL Norska 10 | 9 | 8 | 7 | 6 | Kolmården 5 | 4 | 3 | 2 | 1 | 10 | | |
| 9 | 14 | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | 9 | | |
| 8 | 14 | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | Sävedalen 5 | 4 | 3 | 2 | 1 | 8 | | |
| 7 | Roxen 14 | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | 7 | | |
| 6 | 14 | 13 | 12 | 11 | Järäla 10 | 9 | 8 | 7 | 6 | Skogshjortarna 5 | 4 | 3 | 2 | 1 | 6 | | |
| 5 | 14 | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | 5 | | |
| 4 | 14 | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | 4 | | |
| 3 | 15 | 14 | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | 3 | |
| 2 | OK Tyr 15 | 14 | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | 2 | |
| 1 | 15 | 14 | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | 1 | |
| Arena | | | | | | Arena | | | | | | Arena | | | | | |

| Club | Booked | Entrence | Row | Place |
|--------------------|--------|----------|-------|-----------------|
| Järäla Orientering | 20 | I-Right | 3-6 | 7-11, 6-10 |
| OK Enen | 20 | I-Right | 8-12 | 11-14, 9-12 |
| OK Kolmården | 10 | I-Right | 9-10 | 1-5 |
| OK Roxen | 20 | I-Right | 3-7 | 12-15, 11-14 |
| OK Södertörn | 20 | I-Right | 13-14 | 6-8, 6-12, 8-14 |
| OK Tyr | 30 | I-Right | 1-2 | 1-15 |
| OL Norska | 20 | I-Right | 7-10 | 6-10 |
| OK Skogshjortarna | 20 | I-Right | 3-6 | 2-6, 1-5 |
| Sävedalens AIK | 10 | I-Right | 7-8 | 1-5 |
| Väsby OK | 20 | I-Right | 11-14 | 1-5, 3-7 |

