

10
MILA

Skellefteå 2023



COMPETITION-PM

Skellefteå

May 18-21, 2023

This booklet contains information concerning the competition itself. We refer you to the additional PM booklets for information concerning Maps, Traffic, Seating, Lounges, Exhibitors, Accommodations, Catering, and Arena.

Opening Times

	Wednesday	Thursday	Friday	Saturday	Sunday
Kiosks			07 – 10 14 – 22	07 – 00	00 – 13
Restaurant			Reservation only	11 – 22	09 – 13
Information Centre	13 – 18	08 – 18	13 – 22	07 – 00	00 – 16
Pölder Sport		17 – 21	12 – 21	08 – 00	05 – ca 10.30
Exhibitors			12-21	08-22	07-10.30
Showers			12 – 21	08 – 00	00 – 14
First Aid				08 – 00	00 – 14
Open Courses			13-18.45	09-18.45	

Arena

Skellefteå Kraft Arena (N 64° 45.6839', E 20° 58.0139).

It holds everything from start, finish, exchanges, restaurant, kiosks, lounges, conference rooms, changing rooms, exhibition areas, sports sales, accommodation close to the arena, etc. In our Overview map you can find where everything in the Arena is located. There are also special PM booklets for lounges, seating, exhibitors, and wind shelter sites. You can find wind shelters by the start area, in the direction of the start line.

Free Wi-Fi

There is free WiFi in the Arena. Feel free to log in to "10Mila-Publik".

Information centre/Competition office

Our info centre in Skellefteå Kraft Arena is here to help with general competition information. The opening hours are:

Wednesday 17/5:	13.00 – 18.00
Thursday 18/5:	08.00– 18.00
Friday 19/5:	13.00 – 22.00
Saturday 20/5:	07.00 – 00.00
Sunday 21/5:	00.00 – 16.00

Team packets can be picked up in the information centre from Wednesday 17 May.

Rented SI cards can be picked up at the information centre. SI cards must be paid for before they can be retrieved.

After Sunday's restart, maps are also shared out at the information centre.

Team Packet

The team packet contains number bibs and team access card (team leader card). Pick up your packets at the information centre. Team access cards (team leader cards) are also used for picking up maps on Sunday. Team access card = map ticket. You can find the competition PM at www.10mila.se under the heading "Competition", as well as posted in the arena.

Any association that has not paid all fees before the competition to the organizer must pay these before the team packet is handed out. If the payment has been sent in the week prior to the competition, you must show payment verification when you pick up your packet. Payment can be made with Swish or with most common debit and credit cards.

Team composition

For all competition classes, the team line up must be submitted via Eventor no later than Friday May 19 at 21.00. Note that numbers on SI cards should not be entered as this occurs upon check-in to the start/exchange area. After this, changes to the team can be made. Team changes should be submitted to the information centre. Changes can be done up to one hour before each respective start, but only under approved reasons. Changes to teams must be justified in writing and will be approved or rejected by the organizer.

Reserves

A reserve may be used in the event of illness or injury during competition, then the order of registered runners may then be changed. Changes must be submitted to the competition office as soon as possible and before the affected leg of the relay.

Participation in multiple relays

It is allowed for girls who have run the Youth Relay to participate in the Women's Relay and the Tiomila Relay. It is allowed for boys who

have run the Youth Relay to take part in the Tiomila Relay. It is allowed for ladies who ran Women's Relay to participate in the Tiomila Relay.

It is NOT allowed to participate more than once in same relay. Open courses may be run both before and after participation in the Tiomila races.

Runners bank, all races

If you are unable to assemble your team together within your club, there is the possibility of combination teams. Information about the running bank where participants can apply for teams that need runners and here teams can apply for runners can be found at www.10mila.se

Team leader

Each team has the right to have a leader in the exchange area. The leader has access to the warm up area, after check-in and designated area in the stands. No leaders are allowed to stay in the exchange area inside the rink. Your team access card (team leader card) is in the team packet.

Start numbers

Starting numbers follow placements in 10MILA 2022 for the 100 best teams in Youth Relay and the 150 best teams in the Women's Relay and the 10Mila Relay. In case of vacant numbers among these new teams will be added. For others, early registration gives a lower start number.

The following number series are applied:

- Youth Relay No. 1001-
- Women's Relay No. 501-
- Tiomila Relay No. 1-

Number Bibs

Number bibs are self-adhesive and must be visible in its entirety throughout the competition. The barcode on the number

bib must be undamaged at the entrance to the starting and exchange area. The number bib offers exposure for the organizers, sponsors, and partners; therefore, holds significant commercial value; the bib also concerns, in particular, the teams in respective relays, for example at exchanges and finish lines.

Attire

It is the runner's responsibility that their attire is correct and that the clothing complies with SOFT's rules for clothing (www.svenskorientering.se). All runners must have full-coverage clothing. Spiked shoes may not be used. Shoes with metal studs are allowed.

Embargo

The following revision applies to previously published embargo information:

It is permitted to drive E4 through the blocked area or if you are going to visit Solbacken's Shopping Area, and also drive the road up to the Adventure Quest Boda Borg if you have booked a visit there. Complete embargos are reported at 10mila.se

Terrain description

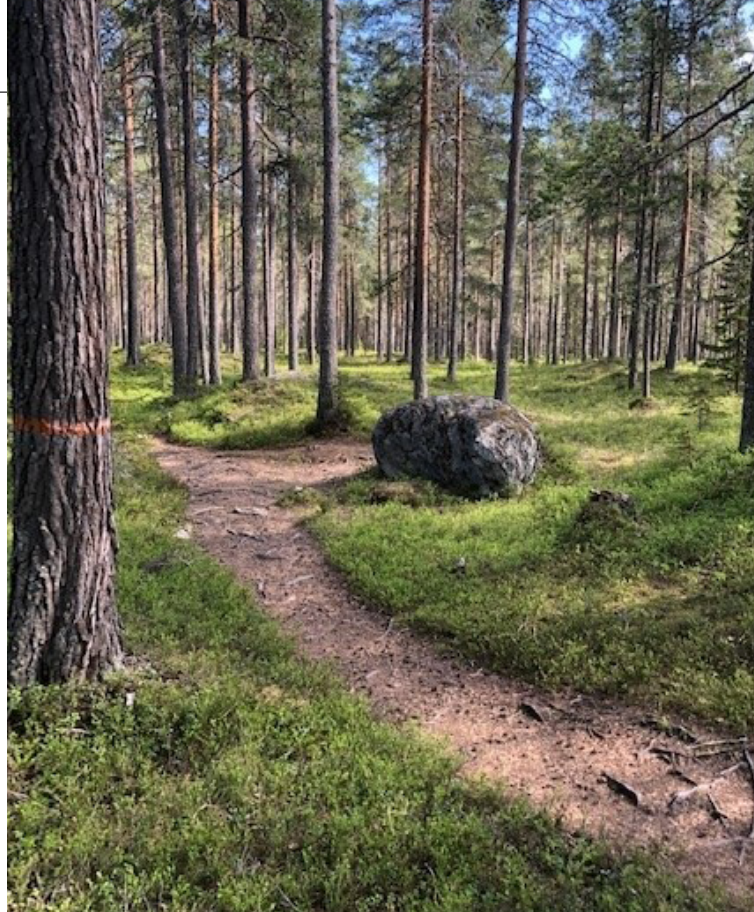
Terrain type

The terrain consists of easy-running forest terrain with very good visibility and a few areas with running obstacles. The undergrowth does not limit running speed in any way.

You can occasionally come across cultivated land and fallow. In addition, you can encounter a number of mountain sections with fast paced and technical demanding rocky terrain. The area closest to the arena consists of an area with trails and handrails (easily navigated features). The exit from the arena area begins with a moderate rise and then somewhat flattens out. The longer courses, which run in the very eastern-most parts of the area, are characterized by very fast forest terrain with elements of technically demanding orienteering sections.

Elevation

Elevation is moderate with elements of steeper slopes with high variation in terrain.



Map

Map is in scale 1:7,500 for Youth Relay and 1:10,000 for other classes. The equidistance is 5 m. The map was drawn 2018 - 2022 by Pär Norén and Anders Järvelä. The supporting material has been laser-scanned material, the map is drawn according to the map standard ISOM2017-2.

Local map symbols

Local map symbols are reported in a separate booklet: Map Terrain.

Map turn over

The so called map change occurs on leg 4 of the Tiomila relay. This is described in separate booklet Map Terrain.

Prohibited areas

Prohibited areas are marked on the map according to SOFT's competition rules. Entering prohibited areas means disqualification.

Controls

The controls are marked with orange/white kites and with a reflex rod under the kite. At each control there are at least two electronic punches. There are no needle punches available. The code number of the control is marked on each SI unit. The height of the control stand is approx. 60 cm.

In some areas it is tight between the controls, check the code numbers very carefully. Some controls are staffed with officials and/o visited by the media during the competition. There will also be a VIP group out in the forest during one of the first legs of the Women's Relay and the Tiomila Relay.

Punching System

The Sportident punching system will be used in all races. No Touch Free.

ATTENTION! Each SI card may only be used once during all relays.

When punching with an SI card, it is the runner's responsibility to ensure that a light and sound signal is received from the control unit as confirmation that the stamping has been approved. In the event that the sound and light signals are not obtained, another device must be used for the control points.

Light conditions for Tiomila

The sun sets at 22.08 on Saturday evening and rises at 02.55 on Sunday morning.

Tracking with GPS transmitter

GPS tracking is used on all sections in the Women's Relay and Tiomila Relay, but not in the Youth Relay. It is mandatory for runners in selected teams to wear GPS transmitters and if

teams refuse to wear transmitters as instructed by the organizers, the team will be immediately excluded from the competition. In the Women's and Tiomila Relays, GPS transmitters are worn by the teams listed on www.10mila.se under "Competition", in the appendix to the PM in Eventor, and posted at the entrance to the exchange area in the arena. The list of designated teams wearing GPS trackers may change during the competition.

Updates to specified teams are shared by the speaker and announced at the entrance to the exchange area. GPS device and vest are collected at the check-in to the exchange no later than 20 minutes before the start or estimated exchange time. The GPS unit and vest must be returned immediately after completing the distance and after reading the SI card. Return takes place at the designated location at check-out. Officials assist both in the distribution and return of GPS vests and devices. Teams with unreturned GPS unit and vest will be invoiced SEK 1,800.

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Hydration

Hydration in the form of water and sports drinks from Enervit are available at Women's Relay legs 1, 3, 4 and 5 and Tiomila Relay legs 1, 2, 4, 5, 6, 7, 8 and 10. The hydration stations are marked on the map or on the control description, see PM booklet: Map Terrain



PHOTO: Johan Sjödin

Start, exchange and finish

As the start, exchange and finish take place indoors with special conditions, extra attention is required from each runner to study the area in advance and the maps that describe the running routes.

Check-in

Runners are responsible for emptying the SI card before check-in. At check-in, the SI tag is linked to the runner, distance and start number using a bar code on the number bib. After check-in, the runner is not allowed to leave the start and exchange area.

Start

To avoid congestion, only runners who will run the first leg may be in the starting area before the start of the respective relay. No later than five (5) minutes before the start, the runner must be lined up at the number corresponding to the team's start number. Follow the start announcer's instructions.

Relay	Start Time	Check In
Youth Relay	10.00	09.15 - 09.45
Women's Relay	13.30	12.45 - 13.15
Tiomila Relay	20.30	19.45 - 20.15

Start procedure

The start for all relays will take place indoors, on the rink, through a so-called master start. Only runners who will run the first leg may be in the starting area (on the rink) before the start of the respective relay to avoid congestion. No later than five (5) minutes before the start, the runner must be lined up at the number corresponding to the team's start number. The start will then take place by all starters WALKING the arena together. The start signal will then be given when all runners are gathered outside the building. Follow the start speaker's instructions very carefully.

Exchange

When checking in to the exchange area, the SI card is linked to the runner, distance, and start number using a bar code on the number bib. After check-in, the runner may not leave the exchange area. Runners are asked to be out

in good time for check-in in order not to risk missing their exchange.

Only the runners of the upcoming leg may stay in the exchange area. Show consideration and make room for outgoing runners!

Toilets, monitors with pre-warning teams and terminals for access times are located in the exchange area. Outgoing runners receive information about incoming runners from the pre warning.

Extra clothes are handled by the respective teams.

Incoming runner to exchange

There are two lanes towards the finish line. Signs show which lane the runners must run in. Officials change signs during the competition.

Lane 1: Top team and finish lane. In this lane, which is farthest to the left in the running direction, the top teams' runners use this lane when switching and all teams use this lane when finishing.

Lane 2: Exchange lane. In this lane, all teams use this lane during exchanges, with the exception of the top teams' runners. See above.

Runners punch their SI card at the finish line. Failure to punch results in disqualification. After punching on the finish line, the map is handed over to the official and you continue to the map board where the map for the next leg is located. The map for the lowest starting number hangs at the far end of the sign. Pull the next section's map off the map board. The plastic pocket is perforated for convenience. Check carefully that it is the correct start number and leg.

The exchange then takes place by handing the map to the next runner standing at the exchange fence. The runners themselves are responsible for the correct map being handed over when switching. If a map is missing when switching, a new map can be picked up from the "Kartakuten" which is found at the end of the map board.

Youth Relay exchange

To you as a team leader: Read this carefully and explain to your runners! Each team has the right to have a leader in the exchange area. The leader has access to the warm-up area after check-in as well as a designated area in the stands. No leaders are allowed to stay in the exchange area inside the rink. A team access card (team leader card) is in your team packet.

Exchange 1: Runners on stage 1 come in for exchange. By the map board hang two maps in a common plastic pocket marked STR 2. The runner hands over the maps to outgoing runners on leg 2 (map 2-1 and 2-2), who run off at the same time.

Exchange 2: The first runner from leg 2 comes to the exchange. At the map board there are two maps hanging in a common plastic pocket marked STR 3. The runner hands over both maps to outgoing runners on leg 3 (map 3-1 and 3-2), who run off at the same time. The second runner on leg 2 does not take a map! If it says STR 4, the exchange has already taken place.

Exchange 3: The first runner from leg 3 comes to exchange. By the map board hangs a map marked STR 4. The other runner finds no map. The runner who reaches the finish line first on legs 2 and 3 is counted in the team's results. If the first runner on each leg stamps incorrectly, the team will be disqualified, even if the second runner on the same leg has stamped correctly.

Finish line

Incoming runners run into the far left lane. If necessary, positions when crossing the finish line are determined by the finish line referee when crossing the finish line. The runner then punches the finish line control unit located a few meters after the finish line. Please note that the area after the finish line may only be entered by runners in the current top teams and selected officials. Leaders and other club members may receive their team after they have passed the check-out and interview zone.

Classes, start times and exchanges

YOUTH RELAY

Start time: Saturday 20 May 10.00 | Finish: circa 11.30 | Restart 12.30

Leg	Course length	Forked	Difficulty	Time	Exchange Time	Type	Map Size
1	3.9 km	Yes	Orange	24 min	10.24	Day	A4
2	4.0 km	Yes	Orange	24 min	10.48	Day	A4
3	2.8 km	No	Yellow	17 min	11.05	Day	A4
4	4.4 km	Yes	Orange	27 min	11.32	Day	A4

Included in the course length during Leg 1, the in/out taped section is 900m, other legs have distance of 1050 m. In Youth Relay, young people up to and including DH-16 can participate. At least two legs must be run by girls. That is, all runners on these legs must be girls. On leg 2 and 3 two runners participate in parallel (doubling). Distance 4 must be run by a girl.

WOMEN'S RELAY

Start time: Saturday 20 May 13.30 | Finish: circa 17.45 | Restart: 19.00

Leg	Course length	Forked	Time	Exchange Time	Type	Map Size
1	6.6 km	Yes	46 min	14.16	Day	A3
2	5.9 km	Yes	41 min	14.57	Day	A3
3	10.2 km	No	68 min	16.05	Day	A3
4	6.8 km	Yes	47 min	16.52	Day	A3
5	8.4 km	Yes	57 min	17.49	Day	A3

Included in the course length during Leg 1, the in/out taped section is 900m, other legs have distance of 1050 m.

TIOMILA RELAY

Start time: Saturday 20 May 20.30 | Finish: circa 06.40 | Restart: Sunday 08.25 and 08.30

Leg	Course length	Forked	Time	Exchange Time	Type	Map Size
1	13.5 km	Yes	73 min	21.43	Day/Dusk	320x640mm
2	13.6 km	Yes	73 min	22.56	Dusk	320x640mm
3	5.9 km	No	32 min	23.28	Dusk/Night	A3
4	16.5 km	No	88 min	00.56	Night	320x640mm
5	9.5 km	Yes	51 min	01.47	Night/Dawn	A3
6	10.3 km	Yes	55 min	02.42	Dawn	A3
7	9.6 km	Yes	52 min	03.34	Day	A3
8	13.9 km	Yes	74 min	04.48	Day	320x640mm
9	6.9 km	Yes	37 min	05.25	Day	A3
10	13.7 km	Yes	73 min	06.38	Day	320x640mm

Included in the course length during Leg 1, the in/out taped section is 900m, other legs have distance of 1050 m.

Section 3 has a medium distance conditions.

Wildlife reporting

Sightings of wild animals, especially moose, deer, and reindeer, must be reported in the wildlife report (viltrappporten) at "Red exit"(röd utgång).

Unapproved teams

Teams that turn out to be "not approved" are notified of this when the SI card is read out and are thus considered disqualified. If clarification is needed, the runner is referred to the "Red exit". The team may, however, continue to participate outside of the competition, but if applicable, may be detained by officials at the map board until approximately 30 minutes have passed after the leading team has passed the exchange. This is so that the team will not affect the outcome of the competition.

Team managers who want to protest a disqualification must do so in writing and forms are available in the information centre. The written protest is handed in at the information centre no later than 60 minutes after the finish on the route in question.

Runners who have withdrawn from the competition

Runners who withdraw or otherwise failed to cross the finish line and punch out/read out must go to the check-out for the reading of the SI card. The runner will otherwise be registered as "Still in the forest".

Maximum time

Maximum time is 3 hours after the restart in the Youth and Women's Relays.

In the Tiomila relay, the maximum time is 4 hours.

Restart

- Youth Relay. Saturday at 12.30
- The Women's Relay. Saturday at 19.00
- The Tiomila Relay leg 10. Sunday at 08.25

The Tiomila Relay, other legs. Sunday at 08.30

The exchange area closes 15 minutes before the above times. Restarting runners must run

the distance listed in the team lineup. The teams that participate in the restart are placed in the results list after the teams that completed the competition without participating in the restart. Teams that have expired or were previously disqualified may participate in the restart.

Map Distribution

Maps are issued for all classes at our Info centre on Sunday, May 21, after the restart in Tiomila relay and until 4 p.m. You may only pick up a map if you present the team access card (team leader card) found in the team packet and after submission of rented SI card. The map contains all relays in the form of a folder (similar to Hitta Ut). Extra maps can be bought for SEK 20 each.

Competition rules

General

The Swedish Orienteering Association's competition rules and regulations apply to the competition www.orientering.se/uto-va-och-folj/tavla/dokument-stod/regelverket/

The following are some of the most important rules: It is the competitor's responsibility to know the competition rules. Lack of knowledge does not exempt someone from possible punishment.

- Competitors must wear full-coverage clothing at the start.
- Competitors may not provide information about the race course or the race map before the race has ended. This also applies to digital GPS routes.
- Competitors are obliged to respect the prohibited areas marked on the map.
- Competitors are obliged to follow taped route all the way.
- Competitors are obliged to help other competitors who are injured to the best of their ability.
- Competitors may not obtain information about the race course or the race map, other than that provided by the race management, before the race has ended.



Participants from Russia and Belarus

10MILA 2023 applies SOFT's rules, which means the following: Participation of Russian and Belarusian teams and participation of Russian and Belarusian associations is not allowed. Russian and Belarusian competitors who compete for Swedish or other associations outside Russia and Belarus are allowed to participate if the athlete was a member of the association before March 4, 2022. It is the associations that are responsible for following SOFT's decision. It is the associations that determine based on the situation, specific conditions for the association and the individuals, whether to allow participants from Russia and Belarus.

It is important that this decision is firmly accepted within each association. The Tiomila organizer only acts after someone files a protest.

Insurance

Runners who are not members of a SOFT-affiliated association participate at their own risk and are advised to check their insurance coverage before participating in 10MILA.

Training areas

Training areas are offered throughout the week according to a separate PM https://www.10mila.se/images/10mila_2023/Traningsomraden_Eng_B1.pdf. Ordered maps can be picked up at our Info centre.

Open courses

Open classes are offered on Friday afternoon and all Saturday.

Friday 19/5 at 13.00 – 18.45

Saturday 20/5 at 09.00 – 18.45

Registration takes place at the info centre in the Arena. The registration fee is SEK 80 for persons born 2007 and later, SEK 175 for people born 2006 and earlier. Courses are in a separate terrain area within walking distance of the arena. The area is in the immediate vicinity of competition area. Is limited in size and has the character of the surrounding area. Rich network of paths, moderate climbs with large variation in terrain.

The following open courses are offered:

Class	Course Length	Level
Very Easy	2.1 km	White
Easy	2.4 km	Yellow
Medium Difficulty	2.8 km	Orange
Difficult -1	3.0 km	Blue
Difficult -2	5.2 km	Black
Difficult -3	6.7 km	Black

FIRST AID

In the event of an emergency, call 112.

Emergency number in case of emergency transport +46 76-135 98 32. First aid is offered in the arena and at rescue points in the competition area marked on the competition map. Control guards and hydration stations are also equipped with first aid.

If you need emergency medical care, please refer to the emergency department at Skellefteå Hospital, approximately 2 km from the arena. Injury transport from the arena to the emergency department can be offered.

Other information

Arena Questions

See separate PM Arena.

Food service, kiosk and sports sales

See separate PM Arena and Serving.

Lounges

See separate PM Loger.

Seats

See separately PM Seats.

Wind shelter

See separate PM Wind shelter.

Exhibitions

See separate PM Exhibitor.

Accommodation

See separate PM Lodging.

Traffic and parking

See separate PM Traffic.

Airport buses

For those of you who have booked transport to Umeå or Luleå airports after the competition. Departure time is at 12.30 for both Umeå and Luleå. Please meet at the entrance at the entrance to the arena area. There are two minibuses.

Lost and Found

Lost equipment etc. can be requested at info centre during competition days.

Questions after the competition

After the competition, it is also possible to send questions via e-mail to info2023@10mila.se. Lost equipment can be recovered until June 21, 2023. Any shipping costs are paid by the recipient. After the above date, all items will be donated to aid organizations.

Results

Online results are available at

<http://online.10mila.se/>

10MILA TV and Arena production

There are several cameras in the area that monitor the competition. TV towers and masts for TV production are not marked on the map, as they are temporarily set up at locations that vary during the competition day. There are running camera crews who may run with/follow runners in the terrain and film. See more information about the web TV broadcasts and how to order webTV.10mila.se

Award ceremony

The first ten teams in each division receive an honorary prize. Award ceremony is carried out at the stage at times as below:

- Youth Relay: Saturday at 12.50
- Women's Relay: Saturday at 19.15
- Tiomila Relay: Sunday at 08.35

Prize-winning teams are asked to gather at the stage at least 10 minutes before the appointed time for the award ceremony.

The above times are preliminary and may be adjusted.

Advertising

Only the promoters' advertising signs are permitted to be posted in the arena.

Drones

There is a general ban on flying with drones over or adjacent to the competition arena as well as over cancelled competition area.

Competition Officials

Head of competition

Ola Mannberg

ledning2023@10mila.se

Competition Administration

Ulf Hägglund

tavlingsadm2023@10mila.se

Arena Manager and Assistant head of competition

Thomas Norström

tavling2023@10mila.se

Press

Annika Kruuna

media2023@10mila.se

Information Centre

Maria Åhlund

info2023@10mila.se

Accomodation

Åsa Olsson

logi2023@10mila.se

Finance

P-A Lindgren

ekonomi2023@10mila.se

Training Packets

traning2023@10mila.se

Course Setters

Jakob Forsselius, Skellefteå OK

Mats Wahlheim, Robertsfors IK

Mikael Yngvesson, Robertsfors IK

Martin Lundmark, Långvikens OK

Håkan Lundmark, Långvikens OK

Mappers

Anders Järvelä, Skellefteå OK

Pär Norén, Vännäs OK

Controllers and Coaches

Competition Controllers

Tom Korsman, Umeå OK

Björn Johansson, Umeå OK

Course Controller

Lennart Strandberg, Skogslöparna

Map Controller

Lennart Strandberg, Skogslöparna

Event Coaches

Per-Arne Forsberg, Föreningen Tiomilakavlen

Christer Nordström Föreningen Tiomilakavlen

IT Coach

Samuel Henriksson, Föreningen Tiomilakavlen

Course Coach

Tommy Eriksson, Föreningen Tiomilakavlen

Competition Jury

Jury Chairman

Christer Nordström, Föreningen Tiomilakavlen

Youth Relay

Frida Forsberg, Tullinge SK

Jonny Karlsson, OK Denseln

Lotta Sundblad, Eksjö SOK

Women's Relay

Leif Strandberg, Skogslöparna

Jonny Karlsson, OK Denseln

Carina Bergander, Eksjö SOK

Tiomila Relay

Lars Ambrosiusson, IFK Mora OK

Peter Berggren, OK Kolmården

Bengt Öhlund, IKHP Huskvarna

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