



Ladies first!

Information and event details for 25manna 6th October 2012 at Himmelsboda, Botkyrka

Information

Website: www.25manna.nu
 Inquiries: info@25manna.nu
 At the arena: the information tent

Special PM's exist for **Traffic/Parking** and **Accommodation**.

EVENT INFORMATION

Late entry

Registration of a late entry at an extended fee can be made until October 1st at 20:00.

Fees for notifications made after September 1st.

The fees must be paid directly at the registration.

Entry fee after Sep-1 2012	4 100 SEK/team	Parking fee 350 SEK included (car/bus)
Wind shelter fee	250 SEK/spot	Area 6 x 4 m
Rent of SI-cards	50 SEK/SI-card	SI-cards type 9 (fast)
Accommodation on hard surface	110 SEK/night	
Breakfast	60 SEK/breakfast	

All club fees must be paid prior to the event in order for the teams to allow starting

Payment	Payment of all type of fees shall be made at the latest Oct-10 2011. Make also a note at the payment stating: Club, type of fee Questions regarding payment: lennart.hyllengren@telia.com Payment must have been made in order to obtain the club bag.
From Sweden	Plusgirokonto: 41 14 04-7 Mälarhöjden-Tumba Tävlingskonto
All other countries	IBAN SE03 9500 0099 6026 0411 4047 BIC-code (SWIFT-address) NDEASESS Payee: Mälarhöjden-Tumba Challenge Account (IFK Tumba SOK) Bank: Nordea Bank AB, 105 71 Stockholm

Team bags

If all club fees are paid, each team receives a plastic bag containing bibs, program, coach card etc. The bags are picked up club-wise at the Info tent at the arena starting at 07:00 on the competition day.

NOTE! No safety pins to the bibs will be distributed.

Team leader card

A team leader card (coach card) per team is included within the team bag. The card must be shown by the team leader at the entrance to the changeover area, at the complaints, and to retrieve the competition maps after the re-mass start at 16:00.

Wind shelters/club tents

Wind shelters/club tents may only be placed in designated and pre-reserved areas. Details of club tent-places can be found on the website, at the Info tent and in the team bags.

Rented SI-cards

Hired SI-cards are to be collected team-wise at the Info tent. All rented SI-cards shall be returned team-wise when the competition maps are being fetched, i.e. after the re-mass start. Lost SI-cards will be charged 580 SEK.

Team line-up

Team line-up can be registered on eventor.orientering.se until October 4th 21:00. Later changes can only be made on the team change form which is included within the team bag. The team change form shall then be handed over at the Info tent at the latest at 08:30 the competition day. Runners on parallel routes are to be registered in the order they to go out on their course.

Shoes and clothing

Spike shoes are not allowed, but metal studded shoes are allowed. The clothing must cover the torso, entire legs and feet. Clothing check will be made when the runners enter the changeover area.

Number bibs

The number bib should be placed clearly visible on the chest and it may not be folded. For environmental reasons no safety pins will be provided. **N.B. Bring your own safety pins. It is important that the runners use the number bib that matches their place in the team filed line-up.**

Start and calculated finish

The mass start for the first leg is at 09:00 am. The runners shall be in the start area by 8:45. All runners must enter the start area through check-in, where SI trays are emptied and attached to the right runner. **Arrive in good time to avoid the queue!**

The winning team is expected to reach the finish line at approximately 14.12.

Competition method

The first leg starts with a mass start, where only women can participate! Legs 1 and 2 are run by one competitor per leg and team. Leg 3 to 7 shall each be run using four runners from each team. The runner on leg 23 is not allowed to start until all four runners on leg 7 have arrived for changeover. Leg 23, 24 and 25 shall be run with only one runner from each team, see chapter "Changeover".

Team composition

Teams can include a maximum of 9 M21-39 and at least 7 ladies shall be included. Of the ladies at least one should be -W14/W45- and at least one -W18/W35-. Furthermore must at least one MW-16 or younger be included in the team. Joint teams (with max. 3 different clubs) are allowed by the SOFT's competition rules.

Leg information

Leg	No of runners	Length	Start	Calculated time	Change-Over	Forked	Difficulty	Who can run this leg
1	1	5 400	09:00	31	09:31	Yes	Blue	Only Women
2	1	7 250	09:31	35	10:06	Yes	Blue	All
3	4	4 650	10:06	31	10:37	Yes	Red	Only Women
4	4	3 250	10:37	19	10:57	Yes	White	No W19-39,M15-54
5	4	6 950	10:57	38	11:35	Yes	Blue	All
6	4	4 700	11:35	30	12:05	Yes	Red	No M17-39
7	4	5 300	12:05	29	12:34	Yes	Red	All
23	1	4 000	12:34	23	12:57	No	Orange	No W19-34,M15-49
24	1	5 900	12:57	34	13:31	No	Blue	Only Women
25	1	8 600	13:31	41	14:12	No	Blue	All

To the above mentioned course lengths approx. 600m of marked path should be added. For restarting teams leg 25 is shortened to 6,4 km. Legs 1 and 2 are forked with each other and legs 3-7 are forked within each leg. Legs 23-25 are not forked.

NOTE! Leg 4 is partially "wide" forked, which means that someone who is running the wrong fork may be very wrong!

Map

The map scale is 1:10 000 with a contour interval of 4 m. The map is revised in 2011 and offset printed in 2012. Courses and control descriptions are printed in violet color on the map. At the control ring the sequence number of the control is printed, followed by the code number specified by a hyphen, see below.



In some areas, the controls are close to each other. Check the code number carefully!

Local signs (also printed on the map):**Black o = charcoal burning ground****Black x = hut****Green x = distinctive tree****Brown x = root cellar****Allowed to enter the cultivated land**

Areas on the map that are reported as cultivated land (black dots on a yellow background) may be entered as long as they are not taped as prohibition areas.

White taped paths

Unclear paths in leg 4 are in the terrain marked by hanging white stripes.

Terrain description

Moderately hilly woodland with good accessibility. A consistent but not particularly dense network of paths and trails are crossing the area. Culture ground closest to the arena will primarily affect the shorter courses. Some small deforested areas and dense parts exist, but the area - which is essentially a nature reserve - is characterized by rocky ground and old pines. Detail is basically normal, but there are very detailed areas.

Electronic punching system – SportIdent**NEW - Barcode for check-in**

No pre-registration of the SI-number. SI-cards are individually linked to team and course at the check-in procedure. All runners entering the start area or the changeover area must go through the check-in, situated north of the changeover area. There, the SI-card first is cleared by punching the emptying device. Then, to verify that the SI-card is empty - "check" at the special check unit. After that, the barcode on the bib is scanned and the SI-card is linked to the team and course in question. Only runners with a bib and a SI-card are allowed to enter the check-in area.

NOTE: Each SI-card may only be used once during the competition.

Team leaders have a separate entrance to the changeover area and should not pass through check-in.

NEW Runners do not have to punch at start!

Each control has at least two punching units. The punching has been done correctly when the punching unit indicates a flashing red signal and a beep. It is the runner's responsibility to check that the SI-card has been registered. If any device is not working, the runner punches in another unit at the controls. Missing to punch means disqualification, even if there are witnesses verifying that the runner was at the control.

Take it easy and be careful at every control. Experience shows that it is easy to perceive and hear another runner punching as your own! Watch the light signal. Failure stamp means disqualification!

Changeover

After punching the last control point the runner should run in the lane corresponding to the sponsor on the race bib and the correct leg. At the finish line, a changeover punch should be made for all legs except for leg 25 (see Finish on leg 25). After the punching the map shall be left in large plastic bags before proceeding to the changeover area. The changeover is then done by giving the next team member the map marked with the correct team number and leg number.

Second leg runners should take four maps and distribute these to the team members running the third leg. To reduce congestion, it is allowed for the runner's on the third leg to distribute the maps within the team on the way to the starting point.

Watch out for situations when it is easy to take the wrong map! This can happen for example when the first runner in the team on leg 4 comes in for changeover when the last runner on leg 3 is still out in the woods. The runner on leg 4 should then changeover with the first map for leg 5, and that is not the top map at the changeover area.

When the **runners on leg 7** arrive to the changeover area, the three first runners will take the top map as usual and hand it over to the runner on leg 23. These maps are however blind maps in different colors. The runner on leg 23 will get the real map from the last person to changeover from leg 7. The runner on leg 23 leaves the three blind maps to the organizers on the way to the starting point.

The changeover closes at 15.45.

Important

- **Remember to clear and check the SI-card at the entrance to check in, where the bib is scanned and linked to the SI-card. Come early!**
- **Remember to punch at the finish line.**
- **Take the correct map when changing over and check the leg id when receiving the map.**

Only runners and leaders with visible coach card may stay in changeover area.

Finish on leg 25

To facilitate competitive finish race, the goal-punching will be after the finish line for the first 50 teams. It is the position at the finish line that determines the result and the teams must goal punch on the unit in the same order they passed the finish line. A goal judge will decide in unclear cases. Teams with a lower position than 50 shall goal punch at the finish line.

Checkout

The downloading checkout shall be done as soon as possible after changeover as it is important to get accurate results as fast as possible. It is the responsibility of the runner to complete the downloading.

Mispunching/Red exit/Disqualification

If a runner is not approved at downloading the runner is then directed to "the Red exit" to get information of the reason. If the runner has a faulty punch, or has violated the competition rules or the instructions within this document, the team will be disqualified. An information letter containing information on why the team has been disqualified will be given to the runner involved.

If the team wishes to file a protest against the decision, the leader having the team leader card shall hand over a written protest within 30 minutes after the time indicated on the above mentioned information letter.

A disqualified team may complete the competition providing it is running at least 30 minutes after the leading team. If this is not the case, the team will be withheld at the changeover until 30 minutes after the leading team. The withholding will take place after the protest time has run out and a protest, if any, has been disapproved.

Wrong map

A team that takes a map belonging to another team is disqualified. The affected team will receive a new map from personnel in the changeover area, but will not receive any time compensation. Always check that the team number and leg number on the map. It is the runner's responsibility to changeover with the correct map.

Forbidden areas

The arena is at the north, west and south separated by solid blue-yellow taping. Both runners and spectators have to respect this barrier. Forbidden areas in the competition terrain are marked by solid blue and yellow taping. There are inspectors out in the terrain. Entering the forbidden areas unconditionally means disqualification.

Re-mass start

The changeover closes at 15.45. Runners not having started may participate in a **re-mass start at 16.00**. Also runners from teams that are disqualified or discontinued are allowed to start in the re-mass start. All runners have to pass through the check-in in order to empty and check their SI-card as well as well link their SI-card to the bib. Due to a risk of congestion all runners are requested to be well ahead of their starting time. Follow the instructions from the start personnel.

The start is at the board of maps.

The goal closes

All runners shall have finished at latest 18:00 when the goal closes.

Competition rules

The rules of the Swedish Orienteering Federation (SOFT) apply.

SERVICES

Shower and toilettes

A warm outdoor shower is located north of the competition center. Toilettes are to be found in the north part of the competition area, as well as in the changeover area, and at the showers.

First aid

A first aid center is located just behind the finish area.

Observation of wildlife

All observation of wildlife shall be left to personnel at Viltrapper/Wild life after the checkout.

Spectator control

Leg 2, 5, 24 and 25 passes the Botkyrka spectator control via the road northwest of the arena (leg 25 of the re-mass start has no spectator control).

Results

During the competition preliminary results will be posted. Final results will be available on Eventor and at the competition homepage: www.25manna.nu. Correct team setup is dependent on the clubs submitting correct data at the latest on the competition day.

Competition maps/Return of rental SI-cards at Info-tent

Competition maps will be handed out after the restart in exchange for the team leader card found in the team bag. Return of rented SI-cards (bags of all rented SI-cards) should be confirmed with a receipt teamwise at the map delivery. Do not forget the re-start runners!

Prize ceremony

The prize ceremony starts at 15.00.

- Challenge prize to the winning team
- Team 1–3, Team plaque, honorary prize, 25manna-plaque, and an OS 1912—2012-plaque to all team members
- Team 4–10, Team plaque and 25manna-plaque to all team members
- Team 11-25, Team plaque
- Best 2nd team, Team plaque
- Best 3rd team, Team plaque

Open courses (Direct entry)

Direct entry to the Open courses is done at the west side of the arena between the hours 08.30 and 13.00. You are allowed to start between 09:05 and 13:00. The fee is 60 SEK for participants 16 years old or younger, and 100 SEK for others. Renting an SI-card type 5 costs 30 SEK. If you lose an SI-card type 5 you will be charged 350 SEK.

Fees are invoiced resp. club or are paid in cash.

Open 1	White/Easy	2,3 km
Open 4	Yellow/Easy	3,8 km
Open 5	Orange/Medium difficulty	3,9 km
Open 7	Blue/Difficult	3,2 km
Open 8	Blue/Difficult	4,9 km
Open 9	Blue/Difficult	7,8 km

Children's course

The children's course is located east of the competition center. Start between 09.00 – 13.00. Fee: 13 SEK. Juice and a price to all children starting.

Catering

A well assorted catering with meals, grill and cafeteria. There are two separate kiosks at the arena. **Dispose of your garbage** then taken care of by SRV Recycling.

Sports sales

Jobber Sports have a well-stocked assortment of sports equipment at the north of the arena.

COMPETITION ORGANIZATION

Organization

Head of competition	Anders Winell and Lars Stigberg, IFK Tumba SOK Kalle Ryman, Mälärhöjdens IK
Course setting	Per Forsgren, Mälärhöjdens IK Daniel Lind, IFK Tumba SOK
Competition Technology	Pär Ånmark, IFK Tumba SOK
Information	Patrik Adebrant, IFK Tumba SOK
Competition controller	Lars-Håkan Sandvik, Täby OK
Course controller	Henrik Nord, Väsby OK

Competition jury

Lars Forsberg, Stockholm

Bengt Hamelius, Säter

Anders Eriksson, Uppsala

Finally,

IFK Tumba SOK and Mälärhöjdens IK welcome all of you to 25manna 2012. We hope you will have a lovely and memorable day in the 25manna forest. Good luck!



**BOTKYRKA
KOMMUN**



Långt ifrån lagom