



25-manna middle distance

Sunday October 10th 2004

Competition Centre
Where to go:

The same as used by 25-manna 2004. Rudan, Haninge approx. 25 km south of Stockholm C. Commuter trains to Haninge Centrum and then a 500 m walk. For those of you coming by car or bus there will be signs and guiding from the route 73, between Stockholm and Nynäshamn and from the route 259 between Huddinge and Haninge. Entrance to the parking from the road "Gamla Nynäsvägen" only.

Parking:

Only in assigned places. Follow on site instructions from parking guides. Distance from P to the competition centre will be between 800 and 2000 m. Parking fee: 20 SEK.

Elite cancellations and vacancies: Applications for elite vacancy places shall be directed to Lars Håkan Sandvik via email: lars.h.sandvik@telia.com or tel. +46 (0)8 656 50 96. Apply before Thursday October 7th 22.00.

Notifications of starting cancellations shall for all elite classes be sent to 25mannakorten@tsk.a.se or tel. +46 (0) 709 21 38 88. In order to enter reserve runners cancellations must be notified before Saturday October 9th 20.00 hours. Starting lists with the entered reserve runners will be published at <http://www.tsk.a.se/arr/25mannakorten> during Saturday evening and at the competition centre on the Sunday morning.

SportIdent Rental cards: If a SI-numbers haven't been enclosed with the entries SI rental cards has been assigned to the runners. Rental fee is SEK 20 for each card. Non returned cards at the competition day will be charged SEK 300.

SportIdent punching: The SI card has to be punched to be emptied on the way to the start and checked at the entrance to the starting place. Runners in open classes has to do a starting punch at the moment of starting. When you punch the SI-card (put it in the hole) you have to get a red light signal and a beep from the unit at the control post. If not you have to punch using the non electronic punching device. Enter the punch in marked reserve squares on the map. After the finish you should then show your map to the competition officials directly.

At the finish you also have to do a final punch and then walk directly to register your result and control punching. Rental cards has to be returned at that point.

Please note you have to register at the finish area even though you did not finish your course.

Start:

From 10.00. Late entries will start before 10 a clock. The distance from the competition centre to the start 1 and 2 is 800 m. The two starting places are close to each other. Follow signs, markings and plastic stripes. Please note there are no toilettes at the starting places, only at the competition centre.

- Starting lists:** At www.tsk.a.se . All entries in the open classes (Ö) and in the beginners (inskolning) class chooses their own starting time between 10 and 12 a clock.
- Start 2:** Follow orange/blue plastic stripes. Classes: D10, D12, D14, D16, D55, D60, D65, D70, D75, H10, H12, H14, H16, H65, H70, H75, H80, H85, U1, U2, U3, U4, Inskolning, Ö1, Ö2, Ö4, Ö5, Ö7, Ö8.
- Start 1:** Follow orange/white plastic stripes. All other classes.
- Competitor numbers:** All the runners in the elite classes should wear a competitor number. Please pick it up at the starting place!
- Map:** Rudan, revised 2004. Scale 1:10.000, contour interval 4 m.
- Terrain and courses:** Topography with a lot of small details. Slightly hilly and in some parts a lot of small steeps. In some parts also an extensive path network. Mostly easy passable vegetation and ground.
- Control and spectator passing at the competition centre:** All the courses has a passing control at the competition centre.
- Open classes entries on the day of the competition:** Entry at the competition centre between 09.00 – 11.30. Start between 10.00 – 12.00. Start from the Start 2 starting place, 800 m from the finish area. Classes:

<u>Class</u>	<u>Length</u>	<u>Difficulty</u> (see www.orientering.se)
Inskolning	1790 m	Green
Ö1	2210 m	White
Ö2	2470 m	Yellow
Ö4	3000 m	Orange
Ö5	3960 m	Red
Ö7	3240 m	Blue
Ö8	5080 m	Black

Maximum running time: After 2 hours of running you have to get back to the competition centre and register you SI-card.

Runners not finishing have to pass the finish area and register their SI-card.

Payment of entry fees: The fees are according to the Swedish orienteering federation SEK 120 for elite, SEK 80 for adults and SEK 35 for youths up till the age of 16. SportIdent rental cards are SEK 20. Non returned rental SI cards will be charged SEK 300. Non Swedish clubs are asked to pay at the competition centre on the day of the competition near to the place were SI rental cards can be collected. Open class entries can be paid cash at the time of entry. Open class runner not belonging to a Swedish registered orienteering club has to pay at the time of entry at the competition centre.

Toilettes: At the competition centre only. None at the starting places.

Service at the competition centre: Food and refreshments, warm water showers, kinder garten, mini orienteering with prizes for small kids (called miniknat at the competition centre), first aid and sales of sports equipment by Jober sport.

- Kinder garten:** Between 9.00 – 13.00. SEK 10 per kid. There is a tent.
- Miniknat:** Mini orienteering with prizes for small kids (called miniknat at the competition centre). Between 9.00 – 13.00 per starting kid.
- Showers:** Heated outdoor showers at the south end of the competition centre.
- Prices/Price ceremony:** There are prizes in the classes elite, inskolning, U1-4 and youth classes up till HD 16. Prizes to all the runners in the classes U1-4, inskolning and HD 10.
- Competition rules:** According to the rules of the Swedish orienteering federation, SOFT, are used in all classes.

ORIENT SHOW !!! After the middle distance competition the club SoIK Hellas will execute an extra event. Orient Show – a mini orienteering in which the entire course area can be seen by the spectators. The competition is executed within a small delimited area close to the finish area of the middle distance competition. The scale of the map is 1:500 and the contour interval is meter. From 12.30 youths have the opportunity to test this type of event running without the scope of the competition, but with timekeeping. After the middle distance pricing ceremony the orient show competition will be held with **competitors from the elite classes in HD21, HD 20, HD18 (possibly there will also be some younger competitors). In the final heat the best men and women from the qualification heats will compete against each other.**

25-mannakorten information and main officials:

www.tsk.a.se

25mannakorten@tsk.a.se or

Event director: Rikard Imark +46 (0)8 778 23 19.

Press: Pia-Lena Karlsson-Putkonen +46 (0)8 778 38 19.

Event organising controller: Bengt Johansson, IFK Tumba OK

Courses: Kennet Olander

Course controller: Kerstin Ohlsson, Haninge SOK

Speaker: Per Forsberg. **Speaker IT:** Henrik Persson. **Sound-Ola**

Competition secretary/adm: Göran Ohlsson / P-O Kivisäkk

Kinder Garten: Maria Jonsson

Open classes entry at the competition center: Maria Kleist

Competition centre: Johan Lindgren

Market of food and beverages: Anna-Karin Sundqvist

Starting places: Johnny Junegard och Peter Karlberg

Traffic/Parking: Patrik Tiderman

Prices: Eva Hadmark-Persson

First aid: Barbro Lönnkvist

Wild life protection: Håkan Axelsson

Welcome to a middle distance orienteering in a wonderful terrain!