



Invitation to

# 25mannakorten 2011

Individual middle distance competition  
Sunday October 9

## Information

- Website: [www.25manna.nu](http://www.25manna.nu)
- Email: [25mannakorten@25manna.nu](mailto:25mannakorten@25manna.nu).
- Accommodation: [logi@25manna.nu](mailto:logi@25manna.nu)

## Classes and course lengths

Learning and follow up classes		Elite		Adult			
<i>Class</i>	<i>Length</i>	<i>Class</i>	<i>Length</i>	<i>Class</i>	<i>Length</i>	<i>Class</i>	<i>Length</i>
Insk	1,5	D18E	3,5	D18	3,5	H18	3,5
U1	2,0	D20E	4,0	D20	3,5	H20	3,5
U2	2,5	D21E	4,5	D21	3,5	H21	4,5
<b>Youth</b>		H18E	4,0	D35	3,5	H35	4,5
<i>Class</i>	<i>Length</i>	H20E	4,5	D40	3,5	H40	4,0
D10	2,0	H21E	5,0	D45	3,0	H45	4,0
D12 Kort	2,0			D50	3,0	H50	3,5
D12	2,5			D55	3,0	H55	3,5
D14 Kort	2,5	<b>Open courses</b>		D60	2,5	H60	3,5
D14	3,0			D65	2,5	H65	3,0
D16 Kort	3,0	<i>Class</i>	<i>Length</i>	D70	2,5	H70	3,0
D16	3,5	ÖM1	2,5	D75	2,0	H75	3,0
H10	2,0	ÖM3	3,0	D80	2,0	H80	2,5
H12 Kort	2,0	ÖM5	3,5	D85	2,0	H85	2,5
H12	2,5	ÖM7	3,0	D90	2,0	H90	2,0
H14 Kort	2,5	ÖM8	4,5	D95	2,0	H95	2,0
H14	3,0	Course lengths in kilometre Technical difficulty in accordance with SOFT's recommendations					
H16 Kort	3,0						
H16	3,5						

D=Women, H=Men, E=Elite, ÖM=Open, U1-U2 = Follow up classes, Insk = Learning class, Kort = Short.

Elite classes are limited to 60 runners per class. Excess or non-qualifying runners will be moved to closest matching class.

### **Competition Arena**

Almnäs, Södertälje, approximately 45 km south of Stockholm city. Leave high-way E20 at traffic junction Nykvarn, exit 140. Approximately 5 km to the event centre.

### **Entry**

Until Tuesday September 27, 23.59 via Eventor, <http://eventor.orientering.se>. Do you have questions? Please send Email to [25mannakorten@25manna.nu](mailto:25mannakorten@25manna.nu).

Late entry: Until Tuesday October 4, 23.59.

Entry on the day: Available for open courses, entries at 08:45 – 11:30. Free start between 09:00 and 12:00.

### **Fees**

Juniors up to 16 years SEK 60, adults SEK 100, elite SEK 140. Late entry incurs plus 50% increase. Hired SI-cards are SEK 30. Runners not returning hired SI-cards will be charged SEK 400.

- Swedish clubs will be invoiced after the event.
- Foreign clubs pay all fees when registering via BIC:NDEASESS, IBAN: SE03 9500 0099 6026 0411 4047
- From Sweden: Plusgiro 41 14 04-7.
- Entry on the day / open courses can be paid for in cash at the arena.

### **Car parking:**

At assigned place, a maximum of 1400 m from the event centre. Parking fee SEK 20. Leave high-way E20 at traffic junction Nykvarn, exit 140, approximately 4 km to the parking lot.

### **Bus parking:**

Buses are divided into the following two categories:

- Buses which stay and parks at the event centre during the day. These buses shall have a sign in the front window with the text Stannar. The parking place for these buses is approximately 300 m from the competition centre. Parking fee SEK 100.
- Buses which only drop of the passenger and leaves the event centre during the day. The drop of place for these buses is approximately 300 m from the competition centre.

### **Public transport:**

Commuter train from Stockholm central to Södertälje central. Take local bus 780 from Södertälje central to Nykvarn (Sandtorp). Get off the bus at bus stop Almnäs crossroads (Almnäs vägsäl), walk approximately 1500 m along a taped route.

**Start**

Individual start from 09:30. Requests for early start can be sent to [25mannakorten@25manna.nu](mailto:25mannakorten@25manna.nu), not applicable for DH18-DH21.

Learning, follow-up and open classes start at any time between 09:00 – 12:00.

**Punching system**

SportIdent. Enter your SI-card number when registering. If you give no SI-Card number you will be given a hire SI-card.

**Map and terrain description:**

Scale 1:10000, revised 2011. Equidistance 5 m. The terrain elevation is small to modest. The terrain is mostly fast running. Some new and old clearings occur. Smaller areas with dense forest are found and marked on the map. The courses are in the woodland with a fairly large trail and road network with elements of agricultural land.

**Prizes**

Prizes in junior and elite classes. No prizes for the other adult classes. Prizes to all in learning and follow-up classes.

**Facilities**

Well supplied outdoor cafe with grill, sport shop, hot showers outdoors, children's course and child minding.

**Event co-ordinators:** Jörgen Persson and Anders Karlsson

**Course planners:** Mats Käll and Thomas Eriksson

**Course adviser:** Anders Runander, Trosabygdens OK

**Event adviser:** Ola Kåberg, OK Ravinen

## Welcome to the largest one-day individual competition in Sweden!

**25mannakorten – the Sunday after the relay**

