



# Competition Bulletin (Bulletin-5)



Foto: Peter Holgersson

Örebro May 7-8 2022



# Competition Bulletin

This bulletin contains information about the competition. For other information, please refer to the following documents : **Traffic, Accommodation, Service, Open Courses, Arena map**.

## Travel direction and arena position

Ånnaboda, 22 km northwest of Örebro, Närke (N 59°20.286', E 14°56.175'). Nearest railway station is Örebro C. Nearest airport is Stockholm Arlanda. ([Map link to the arena](#)). NB. See Traffic PM for further information.

## Info Centre/Competition office

The info centre/competition office will be open on Friday May 6<sup>th</sup>, 13.00 – 21.00 and on Saturday 7<sup>th</sup> from 08.00 until closing time on Sunday 8<sup>th</sup> 14.00. General information about the competition and on-site accommodation will be answered here.

Late team changes due to special circumstances will also be made here, as well as any protests. Team envelopes are available to be picked up on Friday and Saturday. After the mass start on Sunday, maps will be distributed at the info centre.

## Team envelopes

The team envelope contains number bibs, hired SI cards, and a coach card for access to the changeover area. The team envelopes are grouped in club bags and collected per relay and club at the competition office. The coach card is needed in order to pick up maps on Sunday. The competition bulletin (Bulletin 5) is available at [www.10mila.se](http://www.10mila.se) under "Competition - Bulletins" and posted at the arena.

There is also a rubbish bag for waste disposal included in the club bag. When the rubbish bags are full or when you leave the arena, bring your bags to the nearest disposal station at the arena.

Associations that have not paid fees in full to the organizers before the competition must pay these before the team envelope is distributed. Payment can be made with PayPal or with the most common debit- and credit cards.

## Team composition

For all classes, the team must be declared on Eventor no later than Friday May 6<sup>th</sup> at 21.00. Please note that SI card numbers are not to be entered on Eventor as this will be done when entering the start/changeover area.

After this point, team changes can be made at the competition office up until 1 hour before each start but only if there are approved reasons. Team changes must then be justified in writing and approved, or they will be rejected by the organizers.

We also allow teams that are not SOFT-affiliated, such as teams representing companies, nostalgia teams, and others. If such a team contains some participants who are members of a SOFT-affiliated association, they must have permission from their association to participate.

Information on special team names, team compositions, and women's teams participating in the Tiomila relay is provided via e-mail to [tavling2022@10mila.se](mailto:tavling2022@10mila.se).

## Reserve runners

A reserve runner may be entered in the event of sickness or injury during a race and the organization of registered runners may change. The change must be notified to the competition office as soon as possible and before the leg in concern.

## Participation in several relays

Girls who have run Ungdomskavlen (Youth relay) may participate in Damkavlen (Women's relay) and Tiomilakavlen.

Boys who have run Ungdomskavlen may participate in Tiomilakavlen.

Women who have run Damkavlen may participate in Tiomilakavlen.

Runners must NOT participate more than once in the same relay.

Open courses can be run both before and after participation in any of the three relay classes. For information, see separate document "Open courses PM".

## Runner's pool, all relays

If you do not have enough participants for your own association team, it is possible to have a combined team under SOFT rules. There is a runner's pool at [www.10mila.se](http://www.10mila.se) under "Competition – Runner's pool". Runners can search for a team and teams can search for runners.

## Coaches

Every team is entitled to have a coach present in the changeover area during the race. There is a coach card in every team envelope.

## Starting number

For the first 100 teams in Ungdomskavlen, and the first 150 teams in Damkavlen and Tiomilakavlen, the team's starting number corresponds to the team's placing at 10MILA 2019. If there are empty number places between those already allocated, new teams will be inserted. Otherwise, the earlier the sign-up, the lower the starting number.

- Ungdomskavlen No 1001-
- Damkavlen No 501-
- Tiomilakavlen No 1-

## Number bibs

The number bibs are self-adhesive as they display the organizers' sponsors and affiliates, they represent a significant commercial value and therefore are a very important part of 10MILA. Please ensure all runners wear them visibly during the entire race. Respect your bib!

Please take care not to damage the bar code on the number bib prior to entering the start and changeover area.



## Clothing

It is the runners' responsibility to ensure that they are wearing the right clothing and comply with SOFT (Swedish Orienteering Federation) rules on clothing ([www.svenskorienteering.se](http://www.svenskorienteering.se)).

Metal spikes are not permitted. Shoes with metal studs are permitted.

## Terrain description

### Terrain type

Old forest with some new and old felled areas. Cultivated land is rare. A few roads and paths cross the area which, except for the area closest to the arena, has few paths.

### Hills

Moderately hilly forest with instances of very hilly terrain.

### Runnability

Mostly good runnability. The vegetation consists mainly of coniferous forest of varying age with instances of fellings and dense areas. The terrain is partly stone bound and areas with ground vegetation (blueberry bushes and heather plants) exist. Visibility is mostly good or very good. Running speed is mainly affected by the ground vegetation height.

### Map

Scale 1: 7 500 for Ungdomskavlen and 1: 10 000 for the other classes. Contour interval is 5 meters. The printer of the digital map is certified by SOFT.

Mapped in 2019-2021 by Olle Olofsson from laser scanned material in accordance with the map standard ISOM2017:2.

Control descriptions are printed on the map. Control codes are indicated both on the control descriptions and on the map next to the control circles.

Radio controls, manned controls, and TV controls are not indicated on the control descriptions.

### Local symbols

Ruin X Charcoal burning ground



## Embargoed areas

Out of bound areas are marked on the map in accordance with the SOFT competition rules. It is prohibited to enter private property mapped in olive green on the map.

Entering prohibited areas will lead to team disqualification.

## Controls

The controls are marked with orange/white kites and a reflex rod underneath the kite on night controls. Each control has at least two punching units. No pin punches are available. The control number is marked on each SI unit. The height of the control stands is approximately 60 cm.

In some areas, the controls are located extremely close to each other, check the control codes very carefully.

Certain controls are manned with officials and/or visited by media during the competition. There will also be a VIP group in the forest during some of the first legs of Damkavlen and Tiomilakavlen.

## Electronic punching

SportIdent is used in all relays. Maximum number of controls on a leg is 24 controls.

One SI card may only be used once in any of the three relays.

When punching with an SI card, it is the runner's responsibility to ensure that there is a red flash and beep from the SI unit to confirm that the punch has been registered. If there is no flash and beep, a different unit should be used at the control.

## Lighting conditions during Tiomila

Sunset: 21.06

Sunrise: 04.40

## Tracking with GPS transmitter

GPS tracking is used on all legs in Damkavlen and Tiomilakavlen except in Ungdomskavlen. It is mandatory to carry GPS transmitters for runners in selected teams and if teams refuse to carry the transmitter in accordance with instructions from the organizers, the team will be immediately excluded from the competition.

Lists of teams that will carry GPS is available at <http://www.10mila.se/> under "Competition – GPS Teams"

Teams" and at Eventor. The lists will also be posted at the entrance to the changeover area.

The lists of specified teams that will carry GPS are subject to change during the competition. Updates on specified teams will be announced by the speaker and posted at the entrance to the change-over area.

GPS units and vests are collected at check-in to the changeover area no later than 20 minutes before the start or estimated changeover time. GPS units and vests must be returned immediately after completion of the leg after downloading the SI card. Please return these at the designated area.

Organizers will assist with both the distribution and return of GPS vests and units.

Lost or non-returned GPS transmitters and vests are subject to an 1800 SEK fee.

## Refreshment stations

Drink stations in the form of water and Enervit sport drinks are available during Damkavlen (legs 1 -3 and 5) and Tiomilakavlen (1-5 and 9-10). The drink station locations are marked on the competition map.

## Start

Check-in leg 1. The runner is responsible to clear the SI card before the call-up.

At call-up, the SI card will be checked against the runner, leg and start number using a barcode on the number bib. Once in the pen, it is prohibited to leave the start and changeover area.

The entry point to the start field area opens around 15 minutes before the start. To avoid overcrowding, only runners on leg 1 may enter the start field area. Runners must not leave the starting field area.

No later than five (5) minutes before the start, the runner should be standing by the marked number corresponding to the start number of the team. Follow the instructions of the start marshal.

Relay	Start time	Check-in
Ungdomskavlen	At 10.30	09.45 - 10.15
Damkavlen	At 13.15	12.30 - 13.00
Tiomilakavlen	At 21.30	20.45 - 21.15

## Changeover

At call-up, the SI card will be checked against the runner, leg and start number using a barcode on the number bib. After entering the pen, it is prohibited to leave the start/changeover area. The runners are encouraged to turn up in good time to call-up to avoid missing their changeover.

Only waiting runners on the next leg will be allowed to stay in the changeover area with team leaders. Show consideration and make room for outbound runners!

Toilets, screens with pre-warned teams and terminals for leg times are available in the changeover area. Outbound runners receive information about incoming runners from the pre-warning.

All clothes items are handled by the respective teams.

## Incoming runners for changeover

There are two lanes towards the finish. Signs/organizers will indicate which lane the runners should enter.

**Lane 1:** Finish lane. This lane is only for the first runners on each leg and everyone on the last legs. The lane is located to the left in the running direction.

**Lane 2:** Changeover lane. This lane is used by all teams with the exception of the first runners on each leg and the runners on the last leg. See above.

The runner punches at the finish line. Failure to punch means disqualification. After punching at the finish line, the map is given to the organizers and the runner will continue on to the map change stands where the map for the next leg is located. The map for the lowest start numbers will be hanging furthest away on the stand. Pull off the next leg's map from the map change stand. The plastic bag is perforated to facilitate this. Carefully check that it is the correct start number and leg.

The changeover is done by handing the map to the next runner that is standing at the changeover fence. The runners are responsible for the correct map being handed over to the next runner. If a map is missing, a new map can be retrieved at "Map Emergency" which is located at the end of the map change stand.

## Ungdomskavlen changeover

NOTE TO COACHES: Read this information carefully and explain how it works for your runners! Every team is entitled to have a coach present in the changeover area during the race. There is a coach card in every team envelope.

**Changeover 1:** The runner on leg 1 comes into the changeover. At the map change stand, there are two maps in a shared plastic bag marked STR 2. The runner hands over the maps to the outbound runners 2-1 and/or 2-2 on leg 2, who are running out at the same time.

**Changeover 2:** The first runner from leg 2 comes into the changeover. At the map change stand, there are two maps in a shared plastic bag marked STR 3. The runner hands over the maps to the outbound runners 3-1 and/or 3-2 on leg 3, who are running out at the same time. The second runner coming in to changeover on leg 2 will not take a map! **If it says STR 4 on the map change stand, the changeover has already occurred.**

**Changeover 3:** The first runner on leg 3 comes into the changeover and gives the map marked STR 4 to the outbound runner on leg 4. The second runner coming into the changeover on leg 3 will not find a map to hand over.

The runner that comes to the finish punch first on leg 2 and 3 is included in the team's result. If the first runner on the respective leg has punched incorrectly, the team will be disqualified even if the second runner on the same leg has punched correctly.

## Finish

Incoming runners run into the furthest left lane (lane 1) in the running direction.

If necessary, the placement is determined by the finish referee when passing the finish line.

The runner punches in the finishing units that are located a few meters after the finish line.

NB. The area after the finish line can only be accessed by the runners in the current top teams and selected competition officials. Coaches and other club members are allowed to greet their team after it has passed through the download and interview zone.



# Courses, start times and changeovers

Ungdomskavlen (Youth relay)							
Start time: Saturday May 7			Finish: approx. 12.05			Mass Start: 13.00	
Leg	Length	Forking	Difficulty	Time	Changeover time	Type	Map size
1	3.7 km	Yes	Orange	22 min	10.52	Day	A4
2	3.0 km	No	Yellow	20 min	11.12	Day	A4
3	3.7 km	Yes	Orange	24 min	11.36	Day	A4
4	4.6 km	Yes	Orange	28 min	12.04	Day	A4

Course lengths include a taped distance of 900 m.  
 • Ages up to 16 years old • At least two legs must be run by girls.  
 • Leg 2 and 3 may have runners in pair.

Damkavlen (Women's relay)							
Start time: Saturday May 7, 13.15			Finish: approx. 17.15			Mass Start: 19.00	
Leg	Length	Forking	Time	Changeover time	Type	Map size	
1	6.9 km	Yes	47 min	14.02	Day	A3	
2	6.0 km	Yes	41 min	14.43	Day	A3	
3	9.3 km	No	64 min	15.47	Day	A3	
4	5.3 km	Yes	34 min	16.21	Day	A3	
5	8.1 km	Yes	55 min	17.16	Day	A3	

Course lengths include a taped distance of 900 m.  
 The leg 4 course has middle distance character.

Tiomilakavlen						Mass start Sunday
Start time: Saturday May 7			Finish: approx. 07.20 Sunday			leg 10: 09.00 leg 2-9: 09.10
Leg	Length	Forking	Time	Changeover time	Type	Map size
1	11.3 km	Yes	72 min	22.42	Night	A3+
2	7.0 km	Yes	44 min	23.26	Night	A3+
3	11.3 km	Yes	74 min	00.40	Night	A3+
4	7.0 km	Yes	45 min	01.25	Night	A3+
5	15.5 km	No	100 min	03.05	Night	A3+
6	6.0 km	Yes	40 min	03.45	Night/Dawn	A3+
7	6.0 km	Yes	38 min	04.23	Dawn/Day	A3+
8	7.0 km	No	43 min	05.06	Day	A3+
9	9.6 km	Yes	58 min	06.05	Day	A3+
10	12.2 km	Yes	74 min	07.18	Day	A3+

The course lengths include a taped distance of 900 m.  
 The leg 6 and 7 courses have middle distance character.

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## **Wildlife reporting**

Observations of primarily cloven mammals (elk, deer, wild boar) must be reported to the wildlife report at the "Red exit".

## **Disqualified team**

Teams registered as "not approved" will be notified of this at the "Read-out" and are as a consequence disqualified. If clarifications are needed, the runner is referred to a "Red exit" for a review.

However, the team may continue the race but outside the competition. The team may also be detained by officials at the map change stand until approximately 30 minutes have elapsed after the leading team has passed. This is so that the team will not affect the outcome of the competition.

Team leaders who want to protest against a disqualification do so in the competition office no later than 60 minutes after the finish on the current distance.

## **Suspended participation**

Runners who have suspended their participation in the competition or otherwise have not crossed the finish line must go to the "Read-out". The runner will otherwise still be registered as "started".

## **Max time**

Maximum time is 3 hours after the Mass start in Ungdomskavlen and Damkavlen. In Tiomilakavlen, the maximum time is 4 hours.

## **Mass start**

- Ungdomskavlen Saturday 13.00
- Damkavlen Saturday 19.00
- Tiomilakavlen Sunday 09.00 for leg 10, and 09.10 for leg 2-9.

Nota bene. Shortened legs do not exist. The changeover area closes 15 minutes before the above times. Runners in the mass start must run the leg specified in the team declaration. The teams participating in the mass start are given a placement after all the teams having completed the competition without participation in the mass start. Teams that did not finish earlier and disqualified teams may participate in the mass start.

## **Map distribution**

The distribution of maps takes place for all classes at the info centre on Sunday May 8th after the restart of Tiomilakavlen and until 14.00. Distribution of maps is only upon presentation of the coach card (available in the team envelope) and after the return of hired SI cards.

## **Competition rules**

SOFT's competition rules and regulations apply to the competition. The following are some of the most important rules:

It is the responsibility of the competitor to know the competition rules. Lack of knowledge does not absolve anyone from any sanction.

- Competitors are obliged to respect the prohibited areas marked on the map and/or the track imprint.
- Competitors are required to follow marked legs all the way.
- Competitors are required to help other competitors who have injured themselves to the best of their abilities.
- Competitors must not collect information about the courses or the competition map, other than the information provided by competition management before the competition is completed.
- Competitors must not provide information about the courses or the competition map before the competition is completed.

## **Insurance**

Runners who are not members of the SOFT-affiliated associations will participate at their own risk and are advised to check their insurance coverage prior to participation in Tiomila.

## **Open courses**

See information in Open Courses PM.



## First aid

First aid is available at the arena from Saturday 09.00 and until the end of the competition on Sunday 14.00. The first aid services are for competitors. A defibrillator is available.

There is a medical area in the competition area, indicated on the map. All manned controls and water stations are equipped with first aid.

## Showers and toilets

See the arena map. The showers open Saturday at 10.00.

## Clothing/Lost property

Clothings are handled by the respective teams. There will be no clothing dump. Lost items can be requested at the info centre during the competition. You can also send an email to [info2022@10mila.se](mailto:info2022@10mila.se).

Lost items can be picked up until June 7<sup>th</sup>, 2022. Any shipping cost is to be paid for by the recipient.

After this date, any materials left behind will be donated to charity organizations.

## Results

Online results at <http://online.10mila.se/>.

## Food service, kiosks and sports equipment trader

See Service-PM.

## Flag free zone

For the spectator experience to be as good as possible, there will be a flag free zone where club flags and similar are not permitted. The area is marked.

## Advertising

Only the organizers' advertising signage is allowed at the arena.

## 10MILA TV and Arena production

All relays are broadcasted on Web-TV and can be viewed globally.

There will cameras in the competition area as well as equipment for TV production (masts). These are not marked on the map, as their locations are temporary and may vary during the competition. There may also be running film crews following runners in the terrain.

See more information about the Web-TV broadcasts and how to order at [webbTV.10mila.se](http://webbTV.10mila.se).



## Public Guest WiFi

Free WiFi "10MILA-Guest" will be available in some parts of the arena.

## Prize giving ceremony

The first ten teams in the respective relay will receive an honorary prize. The prize ceremony is conducted on stage at the following times:

- Ungdomskavlen Saturday 12.30
- Damkavlen Saturday 19.30
- Tiomilakavlen Sunday 08.30

Prize winning teams are asked to gather by the stage at least 10 minutes before the time of the prize ceremony.

## Drones

There is a general ban on flying drones over and adjacent to the competition area, as well as the embargoed area.

## Shooting range

The competition area is located nearby the Villingsberg shooting range. During the 10MILA weekend, shooting may occur on some sectors, but at safe distance from the competition area.

## Officials

### Management

Lasse Lundberg  
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### Competition

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### Economy

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Yngve Wigelius  
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### Course setters

Lars Persson  
Johan Persson

### Mapper

Olle Olofsson

## Controllers and coaches

### Event controller

Mats Nylin

### Course controller

Albin Arlebo

### Map controller

C-G Garpenlund

### Event coaches

Joel Ahlqvist  
Christer Nordström

### IT-coach

Samuel Henriksson

### Course setter coach

Tommy Eriksson

## Competition jury

### Jury's chair person and convener:

Christer Nordström, Föreningen Tiomilakavlen

### Ungdomskavlen

Tomas Nordström, Skogslöparna  
Ingegerd Carlsson, Sundbybergs IK  
Lennart Strandberg, Skogslöparna

### Damkavlen

Ulf Hägglund, Skellefteå OK  
Mats Jönsson, Korsnäs IF OK  
Ingegerd Carlsson, Sundbybergs IK

### Tiomilakavlen

Ola Mannberg, Skellefteå OK  
Ulf Rask, IFK Mora OK  
Jonathan Alm, Järfälla OK

## Organizers



## Follow us at social media

Stay updated about 10MILA 2022 in Örebro by following us on social media and on the event's website: [www.10mila.se](http://www.10mila.se).

