

10
MILA

Skellefteå 2023

PHOTOGRAPHY: Aron Boman



Skellefteå

18–21 May 2023

Bullentin 2



PHOTOGRAPHY: Håkan Kinnestrand

Welcome!

Skellefteå Orienteering Club warmly welcomes everyone to the 2023 running of Tiomila. The most northerly Tiomila ever is approaching in leaps and bounds, and the preparations are in full swing.

After a two-year hiatus, we feel that this year's Tiomila in Örebro was long-awaited, to say the least. There were basically the same number of participating teams as in a normal year, and the event was very well executed by the organising associations, Almby and Hagaby. Many thanks for that!

Our hope, of course, is that we will be able to follow up the wonderful 2022 competition by offering a slightly different Tiomila next year. Slightly later in the spring. Slightly lighter conditions. A little more under cover. And more days of competition over Ascension weekend, 18–21 May. The Swedish League on Thursday, the City Sprint on Friday, before finishing with the Tiomila Relays on Saturday and Sunday.

All the competitions are staged in decisive, fast-running Norrland terrain, just a stone's throw from Skellefteå city centre.

Our ambition with next year's competitions is also to offer high-quality competitions for the elite, at the

same time as a festival for recreational runners, young people and the public.

In addition, Skellefteå is recognised as being a city that is skilled when it comes to organising events and that has an interest in sports. As a result, we are anticipating a very good reception and a considerable impact for the sport of orienteering.

Don't miss it!
A warm welcome to Skellefteå

Annika Kruuna, Chair of the Board of Skellefteå Orienteering Club

The north is where it's happening!

Welcome to the expansive region of Norrland, Skellefteå and the Skellefteå Kraft Arena (N 64° 45.6839', E 20° 58.0139').

Registration

Registering for the competition, booking accommodation and other services are carried out via Eventor, which will open preliminarily on 15 December 2022.



A summary by the course setters

The course-setting team is made up of a total of five people, with Jakob Forsselius being the coordinating main course setter. In addition, some 15 dedicated checkpoint construc-



Jakob Forsselius.

tors will be working in the field. This is all being done to ensure that as much as possible will be ready this autumn, before the snow settles.

“It’s going to be a very fast course for all the relays. No undergrowth getting in the way and excellent visibility, so I expect there will be some tight, even and extremely exciting races,” considers Jakob.

Even though the terrain invites high speeds, it is important to adapt your pace. Orienteering ability will really be put to the test and there will be mistakes along the way.

But hang on! What about night-time orienteering? Will it be light all night long?

“That may be a myth. It will certainly be much lighter than a normal Tiomila. But it depends to some extent on the weather, and a few hours of lighting and map lights will be needed. Above all, however, I hope that the participants will get to enjoy a really wonderful northern Swedish spring night,” concludes Jakob.

Arena manager speaks out

Finishes and changeovers indoors! Is it possible? Arena manager Thomas Norström, who is one of the driving forces and initiators behind the 2023 Tiomila, is convinced. He has never been in any doubt that it will be an extraordinary experience.

“Of course, there are a number of very specific requirements in order for us to succeed with an indoor arena. But we have been working on a number of different solutions and believe that we have now achieved a really good design for the arena.



Thomas Norström.

PHOTOGRAPHY: Håkan Kinnestrand

“The starts will take place outdoors. But we have arranged the finishes, the map board and changeovers inside the Arena. A full-size jumbotron along with top-quality sound and lighting will enable everyone to follow the competition in a way we’ve never experienced before. And there’s room for almost 6,000 seated spectators! Could it be any better?” Thomas comments with a big smile.

“And all the ancillary services will be of the very best quality. Short distances and simple. And hopefully we will attract an audience that wouldn’t normally attend an orienteering event. Just one of those things,” Thomas concludes.



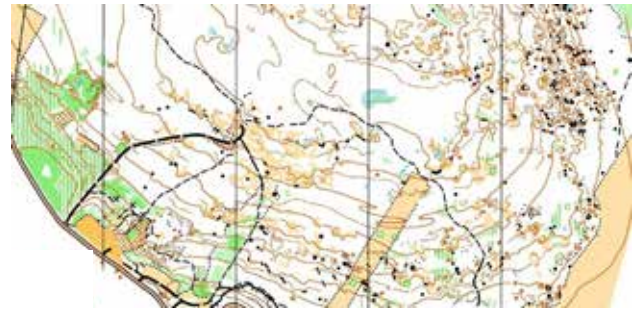
The terrain

Tiomila will be based in Skellefteå Kraft Arena and Vitberget's outdoor recreation area. This is an area that offers experiences in relation to nature and exercise for all ages, whatever the season. The area is extremely popular for skiing in the winter, and in summer it is an important recreation area for the general public. Particularly for those who enjoy orienteering.

The terrain comprises wonderful forest terrain that is easy to run in with excellent visibility, and few areas with sections where running is obstructed. The undergrowth

does not restrict running speed in any way. The hills are moderate with occasional steeper slopes that can be very intricate. Cultural landscapes and marshlands occur to a limited extent. There are also a number of beautiful hilly areas, with wonderfully fast-running and technically demanding rocky outcrops.

Nearest the arena there is an area with paths and roads. The exit from the Arena area starts with a moderate climb and then flattens out slightly. As the length of the courses increases, the number of paths and roads diminishes and the degree of intricacy grows. The longer courses, which run in the easternmost parts of the area, are characterised by very fast-running forest terrain with sections that are technically demanding from an orienteering perspective.



The map

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



Competition information

Youth Relay Saturday, 20 May

Start: 10.00
Finish: 11.30
Restart: 12.30

The Youth Relay will be open to young people up to the age of 16. At least two legs must be run in their entirety by girls. In other words, all the runners on these legs must be girls. On legs 2 and 3, two runners are allowed to participate in parallel (doubling). Leg 4 must be run by a girl.

Preliminary course information:

Leg	Course length	Time	Forking	Level
1	3.9 km	24 min	Yes	Orange
2	3.9 km	24 min	Yes	Orange
3	2.8 km	17 min	No	Yellow
4	4.4 km	27 min	Yes	Orange

Tiomila Relay

Saturday 20 May – Sunday 21 May

Start: Saturday, 20 May, 20.30
Finish: Sunday, 21 May, 06.45
Restart: 08.30

Light conditions during Tiomila

Sunset 22.08

Sunrise 02.55

Preliminary course information:

Leg	Course length	Time	Forking	Miscellaneous
1	13.5 km	73 min	Yes	Day/Dusk
2	13.5 km	73 min	Yes	Dusk
3	5.9 km	32 min	No	Dusk/Night
4	16.3 km	88 min	No	Night
5	9.5 km	51 min	Yes	Night/Dawn
6	10.3 km	55 min	Yes	Dawn
7	9.6 km	52 min	Yes	Day
8	13.7 km	74 min	Yes	Day
9	6.7 km	37 min	Yes	Day
10	13.5 km	73 min	Yes	Day

Women's Relay Saturday 20 May

Start: 13.30
Finish: 18.00
Restart: 19.00

Preliminary course information:

Leg	Course length	Time	Forking
1	6.7 km	46 min	Yes
2	6.0 km	41 min	Yes
3	10.2 km	68 min	No
4	6.8 km	47 min	Yes
5	8.4 km	57 min	Yes

Open classes

Open classes will be offered on Friday afternoon and throughout Saturday. The courses will run in a separate terrain area, situated within walking distance of the arena.

The area is located in the immediate vicinity of the competition area. It is limited in size and shares the same character as the local area. Rich network of trails, moderate hills with some intricate sections.

The following open classes will be offered:

Class	Course length	Level
Very easy	2.1 km	White
Easy	2.4 km	Yellow
Intermediate	2.8 km	Orange
Difficult-1	3.0 km	Blue
Difficult-2	5.2 km	Black
Difficult-3	7.1 km	Black

In addition to the open classes, training will be offered in our training areas. As from the Friday, Thursday's Swedish League area will also be available for training. All these areas can easily be reached by bike or car.

All the training areas and the area for the open courses are being reconnoitred by the same mappers as for the Tiomila, Anders Järvelä and Pär Norén. The same also applies to the area for the Swedish League (Pär Norén).



PHOTOGRAPHY: Håkan Kinnestrand

Competition information

Temporarily composed teams

We also welcome teams that are not affiliated to the Swedish Orienteering Federation. Why not register a team from your place of work, an old orienteering team or a group of friends.

It is permitted for participants who are not representing an association affiliated to the Swedish Orienteering Federation (SOFT) or another IOF federation to participate in temporarily composed teams. A member of a SOFT association, who is participating in such a team, must have the permission of his or her SOFT association.

If you cannot put together your own teams within your club, it is possible to have combined teams. Information regarding a bank of runners, where participants can search for teams that are in need of runners and where teams can search for runners, will be available on www.10mila.se

Participants in several classes

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

It is permitted for boys who have run in the Youth Relay to participate in the Tiomila Relay.

It is permitted for women who have run in the Women's Relay to participate in the Tiomila Relay. It is NOT permitted to participate more than once in the same relay.

Punching system

Sportident will be used in all relays. Not Touch Free. Note: Each SI pin may only be used once during all the relays.

Getting here

You can reach Skellefteå from Stockholm by plane. Skellefteå Airport is served by SAS, BRA and Ryanair. The flight time from Stockholm is about 1 hour, and there is an airport bus from the airport to the city centre. The journey takes around 20 minutes.

On the trains, you can travel either to Umeå and then take the bus to Skellefteå, or to one of the train stations in Bastuträsk or Jörn, both situated around 55 km from Skellefteå. The easiest way to get to the city is on the train bus or by taxi. The train bus runs in connection with all train arrivals at Bastuträsk station, heading into Skellefteå city centre.

The Wasa Line serves Wasa to Umeå, Holmsund. From Holmsund, you can reach Skellefteå in just over two hours by car/bus. Please note that Wasa Line has adjusted its timetable from Umeå on 21 May 2023.

Accommodation

We constantly present information about various accommodation options on the website. Hard surfaces, peak tents, windbreak sites, etc., will be able to be booked via Eventor in connection with registration being opened. Tent/caravan sites at Skellefteå and Byske Camping can be

booked via the reception at Skellefteå Camping. Other alternatives can be booked directly between the relevant association and the hiring party.

Please also note that Visit Skellefteå continually posts private houses and accommodation at: www.visitskelleftea.se In addition to this, you are also always welcome to contact us at: logi2023@10mila.se

Training

We now also offer four different training options. From 19 May 2023, we will also be offering training in the Swedish League area. Order your training packages by e-mailing: training2023@10mila.se

The arena

Large parts of the Arena are located indoors in the large sports complex, Skellefteå Kraft Arena. This has considerable advantages, of course. But it is also different. So bear in mind that it is possible to book:

1. Own box (10–16 seats)
2. Own conference area/room for your club
3. Reserved seats in the stands

These can be booked by e-mailing: logi2023@10mila.se

Registration

Registration takes place via Eventor and will open preliminarily on 15 December 2022.



Finish area Swedish League.



Competition areas

4 days – 3 competitions

In addition to the Tiomila Relays, we are offering additional competitions over Ascension weekend, 2023:

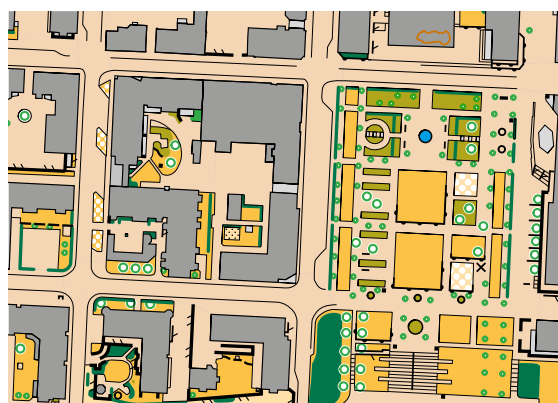
Thursday, 18 May. Afternoon.

Swedish League organised by Umeå OK. Middle distance with public competition. Rönnbäcken. 7 km south of Skellefteå city centre.

Friday, 19 May. Morning.

City sprint in central Skellefteå organised by OK Renen.

Naturally, it will still be possible to access our training areas and open courses on these days.



Map test. sprint

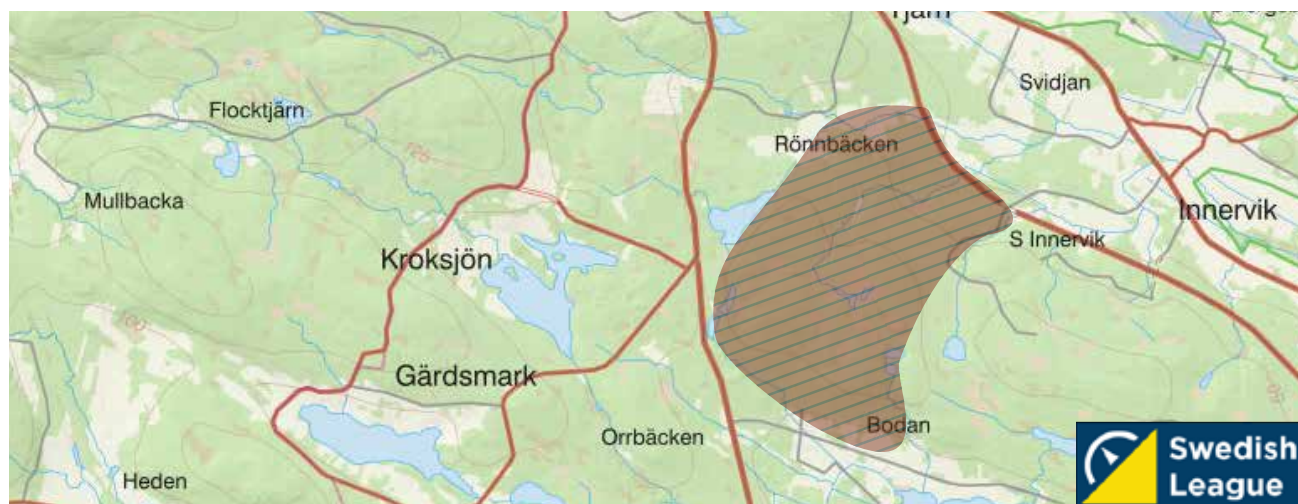
Embargoes Skellefteå 2023

If you are intending to participate in an age group in the competition, you are not permitted to acquire knowledge about the competition areas through deliberate reconnaissance, unless this has been clearly allowed by the organisers. This also applies to individuals who are not themselves intending to participate in an age group

in the competition, but who in one way or another could influence the results of the competition.

As the competitions come under quality level 1, particularly strict rules apply. The area is also embargoed, which means that no organised training and competition activities may be arranged in the area until the conclusion of the competition.

EMBARGO, SWEDISH LEAGUE



EMBARGO, 10MILA





PHOTOGRAPHY: Kristina Lindgren

Principle managers

Management

Ola Mannberg, tävlingsledare
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Competition administration

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Arena

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Participant service

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Finance

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Training packages

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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

Event controllers

Tom Korsman, Umeå OK
Björn Johansson, Umeå OK

Course controller

Lennart Strandberg,
Skogslöparna

Map controller

Lennart Strandberg,
Skogslöparna

Event coaches

Per-Arne Forsberg
Christer Nordström

IT coach

Samuel Henriksson

Course coach

Tommy Eriksson

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Together towards 2023!

