

**10**  
MILA

Skellefteå 2023

PHOTOGRAPHY: Johan Sjodin

**Skellefteå**

18–21 May 2023

INVITATION





## 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 Swedish Eventor.



## 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



Jakob Forsselius.

constructors 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 barriers 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.

“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.

PHOTOGRAPHY: Håkan Kinnstrand





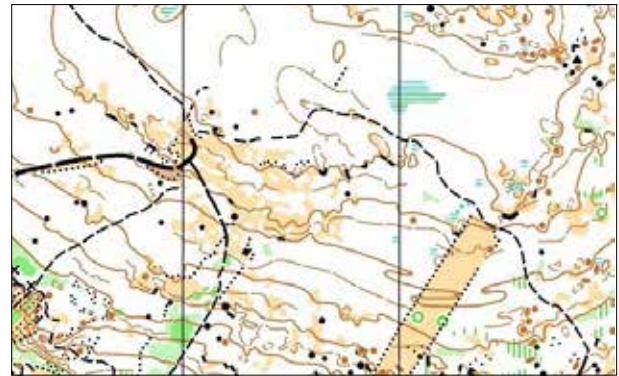
## The terrain

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 clear handrails. 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 handrails 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	Difficulty
1	4 km	24 min	Yes	Orange
2	4 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:*

Sträcka	Course length	Time	Forking	Miscellaneous
1	13.6 km	73 min	Yes	Day/Dusk
2	13.6 km	73 min	Yes	Dusk
3	5.9 km	32 min	No	Dusk/Night
4	16.5 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	13.9 km	74 min	Yes	Day
9	6.7 km	37 min	Yes	Day
10	13.7 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	5.9 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
<b>Very easy</b>	2.1 km	White
<b>Easy</b>	2.4 km	Yellow
<b>Intermediate</b>	2.8 km	Orange
<b>Difficult-1</b>	3.0 km	Blue
<b>Difficult-2</b>	5.2 km	Black
<b>Difficult-3</b>	7.1 km	Black

*The competition information set out above is preliminary and may be subject to minor alterations.*





## Temporarily composed teams

We also welcome teams that are not affiliated to the Swedish Orienteering Federation (SOFT). 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 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 pool 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](http://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.

## Team composition

Must be registered via Eventor. The closing date for registering a team line-up via Eventor is Friday, 19 May at 21.00. This applies to all classes. After this time team changes can be made at the arena up to one hour before each start time and only if there are valid reasons. Any change to a team must then be justified in writing and be approved or rejected by the organiser.

## Starting numbers

Starting numbers are allocated based on finishing positions in 10MILA 2022 for the top 100 teams in the Youth Relay and the top 150 teams in the Women's Relay and the Tiomila Relay. In the event of vacant numbers among these, new teams will be added. Otherwise, the earlier the registration, the lower the starting number.

## Punching system

SPORTident will be used in all relays. Not Touch Free. Please note that each SI pin may only be used once during all the relays.

## Training

In addition to the open classes, training will be offered in our four training areas. 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 Swedish League area (Pär Norén). Order your training packages by e-mailing: [training2023@10mila.se](mailto:training2023@10mila.se).

## Embargoed area

Details on the embargoed area are provided on [www.10mila.se](http://www.10mila.se).

## Press and media

We are of course delighted to welcome the press and media to 10MILA 2023 in Skellefteå. Accreditation is required and can be obtained by contacting [media2023@10mila.se](mailto:media2023@10mila.se).



## THE ARENA

### Indoors with hosts

The Arena is located indoors in the large sports complex, Skellefteå Kraft Arena. This year's event is going to be something out of the ordinary. Something completely different and exciting! To guarantee an unforgettable experience, our hosts will be on hand to help throughout the competition.

### Food outlets

In collaboration with Skellefteå AIK Hockey, we offer a variety of food options to suit all tastes. From fast food stands to hot meals and breakfast. You decide! Options and prices will be provided in a separate Food bulletin.

### Wind shelter sites and pagoda tents

Wind shelter sites are located in grassy areas close to the running paths. If these areas prove popular, additional alternative locations will be provided.

Pagoda tents on asphalt surfaces are located immediately outside the entrance to the Skellefteå Kraft Arena.

### Accommodation on hard surfaces

Nearby sports halls and Folkets Park offer accommodation on hard surfaces. This accommodation is available from Friday evening to Sunday.

For those of you who wish to arrive earlier and stay for more nights, hard surfaces are offered at a number of schools around central Skellefteå. These can be booked from Wednesday evening.

### Caravans, motorhomes and tents

Pitches suitable for caravans, motorhomes and tents close to the Arena can be booked through Skellefteå Camping. Telephone + 46 (0)910 – 73 55 00, e-mail: [skellefteacamping@skelleftea.se](mailto:skellefteacamping@skelleftea.se)

### Reserved seating

We are able to offer a large number of seats in the Arena, which provide an excellent vantage point for following the various competitions. If you want to be absolutely sure of getting the best spot for your club, we recommend pre-booking via Eventor. Places can be booked in groups of 10 and 10. Of course, there is also plenty of free seating throughout the Arena.

### Boxes and conference areas

On Saturday and Sunday it is possible to book boxes and conference areas of various sizes. These are available from Saturday morning at 07.00 until Sunday at 13.00. For information on prices and booking, please e-mail [tavling2023@10mila.se](mailto:tavling2023@10mila.se).

### Sporting goods sales

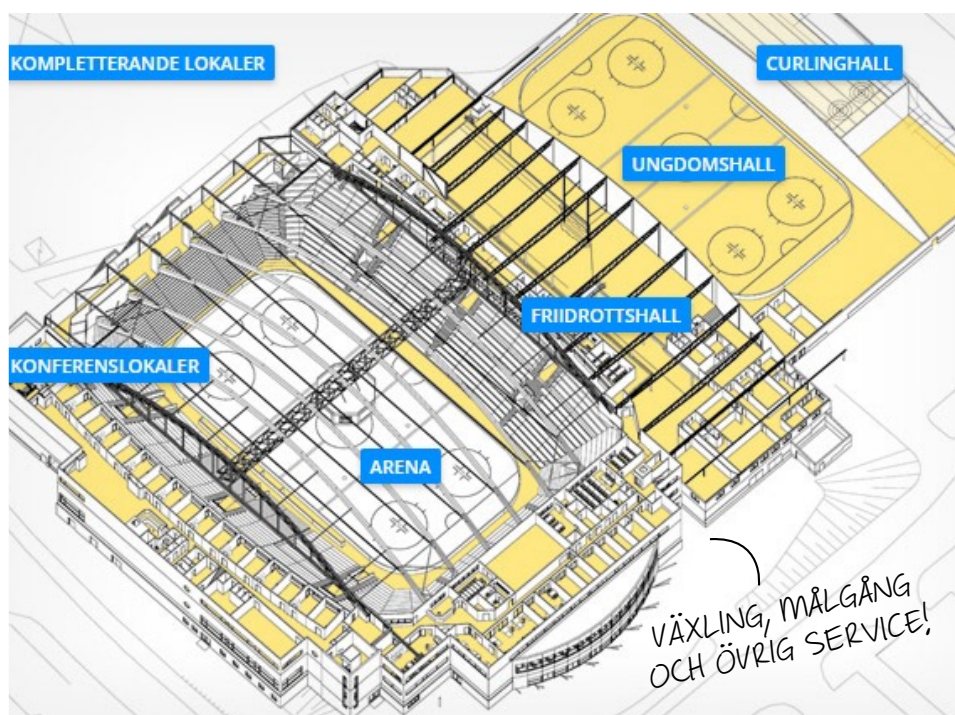
Sporting goods sales will be centrally located in the Arena area. Pölder Sport is responsible for all sales and will be open provisionally from Friday morning until Sunday afternoon.

### Participant service

Our participant service is open to you, with brief breaks, from Wednesday evening until Sunday afternoon.

### Traffic and parking

All the car parks are within a maximum of 1,000 m walking distance from the Arena. Buses for dropping off and picking up have direct access to the Arena area. Of course, this also applies for people with reduced mobility, VIPs and members of the press or media, who can park adjacent to the Arena. More information about this will be provided at a later date in a separate Traffic bulletin.



## TRAVEL AND ACCOMMODATION

### Getting here

By train, 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.

You can also fly to Skellefteå from Stockholm. 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. In dialogue with 10MILA 2023, SAS has decided to prioritise the event by adding extra departures, if required, to enable ease of travel. These departures are added as bookings are made, so book early.

Wasaline, which operates the ferry between Vaasa and Umeå, has also, in collaboration with 10MILA, chosen to adapt its timetable to the event. We sincerely hope that this will contribute to increased interest and participation from Finnish teams. Tervetuloa!

### Getting here

Bus services from central Skellefteå out to the Swedish League area will be available on Thursday. We are also looking into the possibility of arranging transport between accommodation and the Arena on the day of the Tiomila event. All of these options will require pre-booking, with details provided at a later date in a Bus bulletin.

### Accommodation

Details for a variety of accommodation options are provided at [www.10mila.se](http://www.10mila.se)

### Our options

- Accommodation on hard surfaces. In school halls or similar. 1–5 km from the Arena. Can be booked for one to four days (Wednesday–Sunday). To be booked via Eventor.
- Accommodation on hard surfaces close to the Arena. In nearby sports halls and Folkets Park. Can only be booked Friday–Sunday. One or two nights. To be booked via Eventor.
- Pitches suitable for caravans, motorhomes and tents close to the Arena can be booked through Skellefteå Camping.
- We cooperate with most of the major hotels. See [www.10mila.se](http://www.10mila.se) for up-to-date information and booking codes.
- A wide range of private homes and apartments. Visit [www.visitskelleftea.se/en/events/10mila/private-accommodations/](http://www.visitskelleftea.se/en/events/10mila/private-accommodations/) for information and booking.
- Community and local cultural centres





## FEES AND COSTS

Registration fees and supplements	Normal registration: Closes 22/3	Late entry-1: Closes 19/4	Late entry-2: Closes 3/5	Registration on site
<b>Youth Relay</b>	630	945	1,250	
<b>Women's Relay</b>	2,650	3,975	5,300	
<b>Tiomila Relay</b>	5,300	7,950	10,600	
<b>Rental of 1 x SI card</b>	50	50	50	75
<b>Open course M/F -16</b>	75	75	75	90
<b>Open course M/F 17-</b>	130	130	130	160
<b>Wind shelter site, 5x5 m</b>	600	900	900	
<b>Lodging on hard surface. 1–5 km from the Arena.</b> (per person for 4/3/2 nights or 1 night)	700, 600, 450, 250	800, 700, 550, 350	800, 700, 550, 350	
<b>Lodging on hard surface close to Arena<sup>1)</sup></b> (per person per night)	350	450	450	
<b>Reserved seating. Indoor stands<sup>3)</sup></b> (ten seats)	500	500	500	750
<b>Pagoda tent 5x5 m</b> (including floor)	9,100	10,100	10,100	
<b>Bench set for pagoda tent</b>	400	400	400	
<b>Gas heater, including 1 gas bottle, for pagoda tent</b>	2,500	2,500	2,500	
<b>Extra gas bottle</b>	1,000	1,000	1,000	
<b>Camping site for caravan/motorhome</b>	To be booked direct through Skellefteå Camping. <sup>2)</sup>			
<b>Camping site for tent</b>	To be booked direct through Skellefteå Camping. <sup>2)</sup>			

Accommodation/windbreaks/pagoda tents/boxes/conference areas and seating are allocated on a first come, first served basis. Please note that those places are limited. First come, first served principle on booking.

1) Arena accommodation on hard surface can only be booked for Friday and Saturday night (max. 2 nights)

2) Skellefteå Camping, telephone +46 (0)910 – 73 55 00, e-mail: [skellefteacamping@skelleftea.se](mailto:skellefteacamping@skelleftea.se)

3) Reserved seating is booked in blocks of ten

All fees are in Swedish kronor (SEK)





PHOTOGRAPHY: Aron Broman

## REGISTRATION AND PAYMENT

### Registration

Registration of teams and ancillary services takes place via Eventor and opens on 15 December 2022. Normal registration closes on 22 March 2023 at 23.59. After that, late entry applies and a higher fee is payable. Please note that registration is only complete once all fees have been received by the organiser.

Late payment of fees or non-payment means that the registration will be treated as a late entry. Furthermore, tent/seating/accommodation bookings operate on a first come, first served basis, with places allocated as payment is received. Registration is via Eventor.

### Late entry

Registration and payment between 22 March and 19 April is subject to a higher fee (plus 50 per cent).

Registration and payment between 19 April and 3 May is subject to a higher fee (plus 100 per cent). Registration after this is subject to available spaces.

### Payment within Sweden

Bankgiro: 5870 – 2473  
Bank account: 8420-2, 734 870 072-0

### Payment from abroad

Payee: Skellefteå  
Orienteringsklubb  
IBAN: SE86 8000 0842 0273 4870  
0720

BIC: SWEDSESS

Bank: SWEDBANK

Payment is only accepted in Swedish kronor (SEK).

The sender pays any banking charges.

State association name on payment. Please note that team packs are not provided until full payment has been received. If payment has been made in the week prior to the competition, proof of payment must be shown when collecting the team pack.

## CITY SPRINT

Friday, 19 May  
10.00

OK Renen wishes everyone a warm welcome to the City Sprint in central Skellefteå.

Assembly point and finish at the square in Skellefteå.

The invitation will be published on Eventor and [www.10mila.se](http://www.10mila.se) in January.



# Swedish League #5, World Ranking Event (WRE) and Public competition with full class division

Middle distance in Skellefteå  
on Thursday, 18 May 2023,  
with first start at 14.00

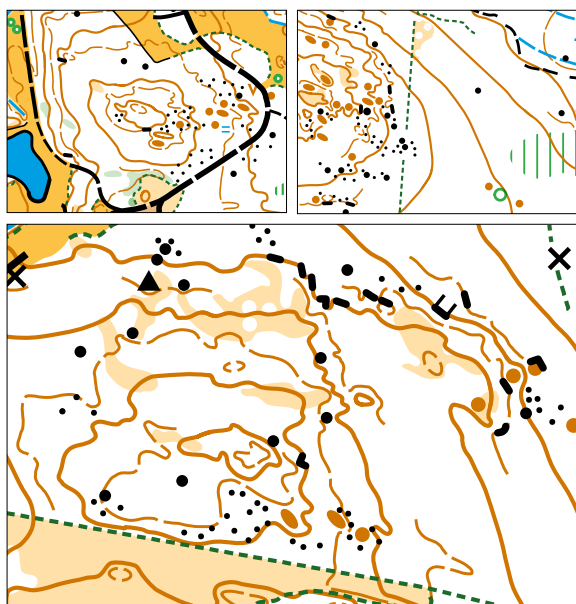


PHOTOGRAPHY: Johan Sjödin

## Map

The map was drawn between 2020 and 2022 by Pär Norén.  
Equidistance: 5 m.

Scale: As per SOFT's regulations.



## Terrain description

The competition area consists of slightly to moderately hilly elevations. The richness of detail in the curve image is highly varied from very poor detail in the flatter parts to rich detail in the steeper parts.

The hills are dominated by pine forest with excellent visibility and runnability. In lower-lying areas, there is open spruce forest with good runnability. In some places around the area there is vegetation in the form of younger forest, where both visibility and runnability may be obstructed to some extent.

## Arena and embargo

Rönnbäcken – Skellefteå Golf Course. Directions from road 364, about 5 km south of the centre of Skellefteå

The competition area is located south of, and adjacent to, the golf course. More details are provided in the competition information on Eventor. There is an embargo on all training and competition activities in the competition area until the conclusion of the competition.

## Registration

Normal registration via Eventor closes on 11/5.  
Late entry closes on 14/5.

## Information

If you have any questions about the event, please e-mail: [tjelvar@telia.com](mailto:tjelvar@telia.com). For additional information about the various competitions, please visit Eventor.

**Umeå Orienteringsklubb wishes you  
a warm welcome to Skellefteå!**



## PRINCIPAL MANAGERS 10MILA

### Management

Ola Mannberg, competition director  
[ledning2023@10mila.se](mailto:ledning2023@10mila.se)

### Competition administration

Ulf Hägglund  
[tavlingsadm2023@10mila.se](mailto:tavlingsadm2023@10mila.se)

### Arena

Thomas Norström  
[tavling2023@10mila.se](mailto:tavling2023@10mila.se)

### Participant service

Maria Åhlund  
[info2023@10mila.se](mailto:info2023@10mila.se)

### Accommodation

Åsa Olsson  
[logi2023@10mila.se](mailto:logi2023@10mila.se)

### Finance

P-A Lindgren  
[ekonomi2023@10mila.se](mailto:ekonomi2023@10mila.se)

### Training packages

Claes Lundström  
[traning2023@10mila.se](mailto:traning2023@10mila.se)

### Press/media

[media2023@10mila.se](mailto:media2023@10mila.se)

### Course setters

Jakob Forsselius, Skellefteå OK  
Mats Walheim, Robertsfors IK  
Mikael Yngvesson, Robertsfors IK  
Martin Lundmark, Långvikens OK  
Håkan Lundmark, Långvikens OK

### Mappers

Anders Järvelä, Skellefteå OK  
Pär Norén, Vännäs OK

### Competition 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



PHOTOGRAPHY: Johan Sjödin

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