

Competition PM (preliminary)

The final Competition PM will be published on Eventor by 3 May.

ARENA

Kvarnängens Idrottsplats, Nynäshamn, 60km south of Stockholm. Directions from road 73 just north of Nynäshamn. Distance from parking to the arena about 1500 metres, stroller-friendly road. Bus drop-off/pick-up approximately 700 metres from the arena. Read more in Traffic & Parking PM on Eventor.

It is easy to take the commuter train (lines 42 & 43) from Stockholm Central to Nynäsgård. From there it is about 1500 metres to the arena. See train times at www.sl.se.

INFO CENTRE

The Info Centre is located on the upper floor of the ice rink, see arena map and is open Friday 3 May, 15.00-19.00, Saturday 4 May, 10.00-20.00, Sunday 5 May, 12.00-14.00. Here you can pick up club bags before the race and race maps after the race. The Info Centre also provides general information about the competition and accommodation in the arena area.

CLUB BAG

The club bag, for each relay, with number bibs, any rented SI cards, team leader card (gives access to the changeover area), is collected from the Info Centre. The club bag also contains a rubbish bag that is left at the nearest rubbish station at the arena after the competition.

All entry fees must be paid to the organiser before the club bag is issued. If payment has been made on the week before the Tiomila weekend, a receipt for the payment must be shown when the club bag is collected. Payment on site can be made by Swish or by most common credit/debit cards.

TEAM LINE-UP

For all relays, the team line-up with names must be registered in Eventor no later than Saturday 4th May at 10.00. The runners' SI card numbers are not entered as these are attached to the respective runners at check-in to the start and changeover area. After the deadline, team line-up changes can be made in the Race Office (Tävlingsexpeditionen), see arena map, up to 1 hour before the start of the respective leg.

COMBINED TEAMS, TEMPORARY TEAMS & RUNNERS' BANK, ALL RELAYS

We allow combined teams according to SOFT's competition guidelines.

We also allow temporary teams that are not affiliated with the Swedish Orienteering Federation (SOFT). If such a team includes runners who are members of a club affiliated to SOFT, this runner must have permission from their club to participate in the temporary team.

The runner bank is available at www.10mila.se under Competition/Runner bank. There, runners can search for teams and teams can search for runners!

PARTICIPATION IN SEVERAL RELAYS

Girls who have participated in the Youth Relay are allowed to participate in the Women's Relay and the Men's Relay.

Boys who have run the Youth Relay are allowed to participate in the Men's Relay.

Women who have run the Women's Relay are allowed to participate in the Men's Relay. It is not allowed for women to run the Men's Relay first and then the Women's Relay.

It is NOT allowed to participate in the same relay several times.

The above rules are set in agreement with SOFT. Open courses may be run without restrictions.

TEAM LEADER

Each team has the opportunity to have a team leader, upon presentation of a team leader card, in the changeover area during the respective relay. Team leader cards are in the club bag.



Leg lengths/start and changeover times etc.

The Youth Relay

Start: at 14.30. Finish: approximately 16.03. Changeover closes: 17.10. Restart: 17.15.

Leg	Distance	Climb	Leg time for the leading team	Start	Finish	Forked	Map size
1	3,5	110	00:21	00:22	00:43	Yes	A4
2	3,8	110	00:25	00:43	01:08	Yes	A4
3	2,8	65	00:20	01:08	01:28	No	A4
4	4	120	00:25	01:28	01:54	Yes	A4

Young people up to the age of M/W16 can participate in the Youth Relay. At least two legs must be run entirely by girls. On legs 2 and 3, two runners may participate in each leg. This year, leg 4 is open to both girls and boys.

The Men's Relay

Start: at 17.30. Finish after 3 legs: approximately 19.35. Chasing start, leading teams: at 23.30. Wave start: at 00.30. Restart leg 4: at 00.30. Finish: approximately 06.31. Changeover closes: 10.55. Restart: at 11.00. Finish closes: at 14.30

Leg	Distance	Climb	Leg time for the leading team	Start	Finish	Forked	Day/night	Drinks point	Map
1	7,1	240	00:42	17:30	18:12	Yes	Day	No	A3
2	7,2	230	00:44	18:12	18:57	Yes	Day	No	A3
3	5,9	200	00:36	18:57	19:33	Yes	Day	No	A3
4	14,3	430	01:30	23:30	01:00	No	Night	Yes	A3++ *
5	5,8	185	00:38	01:00	01:38	Yes	Night	No	A3
6	6,4	210	00:42	01:38	02:20	Yes	Night	No	A3
7	7,5	240	00:49	02:20	03:10	Yes	Night	No	A3
8	7,8	270	00:50	03:10	04:00	No	Night/dawn	Yes	A3
9	10,5	350	01:03	04:00	05:03	Yes	Dawn/day	Yes	A3++
10	12,7	440	01:16	05:03	06:20	Yes	Day	Yes	A3++

The Women's Relay

Start: at 21.30. Finish after 2 legs: approximately 22.59. Chase start, leading team: 07:00. Wave start: 08.00. Restart leg 3: 08.00. Finish: approximately 10.20 am. Changeover closes: 11.55. Restart: at 12.00. Finish line closes: at 14.30

Leg	Distance	Climb	Leg time for the leading team	Start	Finish	Forked	Day/night	Drinks point	Map
1	6,8	230	00:48	21:30	22:18	Yes	Twilight/night	Yes	A3
2	5,3	160	00:38	22:18	22:57	Yes	Night	Yes	A3
3	10,1	350	01:10	07:00	08:10	No	Day	Yes	A3
4	5,6	190	00:39	08:10	08:49	Yes	Day	No	A3
5	6	200	00:40	08:49	09:30	Yes	Day	No	A3
6	7,4	240	00:48	09:30	10:18	Yes	Day	Yes	A3

START NUMBER

Starting numbers for the top 150 teams in the Women's & Men's relay and the top 100 teams in the Youth relay are based on placement in Tiomila 2023. Vacant numbers among these are filled by the organiser. For other teams, the start number is drawn randomly. See Eventor for start list.

NUMBER BIBS

The number bibs are self-adhesive and must be visible in their entirety throughout the leg.

The barcode on the number bib must be undamaged for scanning at the entrance to the start & changeover area.

Number series: Men's relay, 1-399, Women's relay, 401-699, Youth relay 701-999.

CLOTHING

It is the runner's responsibility to dress correctly according to SOFT's competition rules. Spike shoes may not be used, shoes with metal studs may be used.

TERRAIN DESCRIPTION

Largely wilderness terrain with a number of substantially hilly sections with high crags. Detailed, partly complicated contours and many boulders. In the southernmost area, the terrain is more varied, with more or less overgrown cultivated land between the hills. A small number of roads and paths are scattered throughout the competition area; in the area closest to the arena, paths are more frequent, but with a clear wilderness feel. Small marshes and swamp forests occur throughout the competition area, which mainly consist of mixed forest. The competition area has moderately to heavily undulating broken terrain. Runnability is generally good but is limited in some areas by rocky terrain and green areas. In recent weeks, a few dead spruce trees, infested with spruce bark beetle, have been blown over, so the running ability in these areas is somewhat limited.

MAP

Digitally printed map (not offset) from SOFT certified map printer. Scale 1:10 000, except for the Youth relay which has a scale of 1:7 500. Contour interval 5 metres. The map was revised in 2023 by mapmaker Roger Åsberg. Control descriptions are printed on the map. Code number of the control is also printed next to the control ring. Radio/TV controls are not indicated on the control description.

Not all legs have drink points marked on the map, so runners may pass drink points designated for other legs. Emergency phone number (for first aid at the stadium) are printed on the map.

Forbidden areas with a solid line on the map are marked with a continuous blue/yellow tape on the ground. Forbidden areas with a dashed line are marked with hanging discontinuous blue/yellow tape.

For the Youth relay, some unclear paths are reinforced with white tape.

CONTROLS

The controls are labelled with an orange/white kite and, for night controls, also with a reflector. Each control has at least two punching units (SI unit). The code number of the control is indicated on each SI unit. The height of the controls is approximately 60-70 cm. Check the code number carefully, the controls are close to each other in some areas. Some controls are manned.

PUNCHING SYSTEM

SportIdent (SI) is used as the control unit in all relays. The maximum number of controls on a leg is 26.

The same SI card may only be used on one leg, regardless of the relay.

When punching, it is the runner's responsibility to ensure that the light & sound signal is received from the control unit, which then confirms that the punch is made. If this does not happen, punch at the adjacent control unit.

SUNRISE AND SUNSET IN NYNÄSHAMN

The sun sets at 20:48 on Saturday 4 May.

The sun rises at 04:40 on Sunday 5 May.

GPS TRACKING

GPS tracking is used on all legs in the Women's and Men's Relay. It is mandatory for runners in selected teams in the Women's and Men's Relay to wear the organizer's GPS devices, otherwise the team will be disqualified immediately.

Which teams in the Women's and Men's relays will wear GPS devices will be published in Eventor and displayed at check-in.

Teams that must wear GPS devices can be changed during the respective relay, updates are announced by the speaker and displayed at check-in. GPS devices including vests are collected at the check-in to the changeover area no later than 20 minutes before the estimated start/changeover. GPS device and vest are returned immediately after the finish and SI download. Unreturned GPS devices and vests will be invoiced to the club concerned with 1 800 SEK.

VÄTSKA

[UMARA](#) sports drinks and water are available on legs 4, 8, 9 and 10 of the men's relay and 1, 2, 3 and 6 of the women's relay. The drinks points are marked on the map. UMARA sports drinks and water are also available after the finish.

START/CHANGEOVER

Check-in for all runners takes place at the entrance to the changeover area, see arena map, the runner is responsible for clearing the SI card before check-in. At check-in, the SI card is linked to the runner, leg and start number by scanning the barcode on the bib. After check-in, the runner may not leave the start and changeover area.

Check in for leg 1, all relays, should be done as below. The lane to the start area, from the check-in, opens 15 minutes before the start. Runners must be lined up at the number corresponding to the team's starting number at least 5 minutes before the start. The distance between check-in and the starting point is 500 metres. Follow the instructions of the speaker.

Team leaders in the youth relay may accompany the team to the starting area, but must leave at least 5 minutes before the start. No team leaders allowed in the Women's and Men's relays at the starting area.

Relay	Start time	Check-in time
Youth Relay	14.30	13.45 - 14.15
Men's Relay	17.30	16.45 - 17.15
Women's Relay	21.30	20.45 - 21.15

Before the changeover, only the runners of the next leg and team leaders may be in the changeover area. Toilets, large monitors with teams that have passed prewarning and terminals for checking radio control/prewarning times are available in the changeover area. Any jackets/extra clothing are handled by each team.

CHANGEOVER

There are two lanes on the run-in, signs indicate which lane to use.

Lane 1: Leaders' and finish lane. In this lane, which is to the right in the running direction, the leading teams run in to the changeover and all teams to the finish.

Lane 2: Changeover lane. In this lane, which is to the left in the running direction, the other teams run in to changeover.

All runners must punch the finish immediately after the finish line. Failure to punch the finish before the changeover will result in disqualification.

After the finish punch, the runner hands their map to the official and proceeds to the map board where the next leg's map is taken and handed over to the next leg's runner. The runner is responsible for ensuring that the correct map is taken and handed over at the changeover. If a map is missing at the changeover, a new map is collected at the end of the map board from officials.

Youth relay changeover

Changeover 1: Runners on leg 1 come to the changeover and take the plastic pocket labelled STR 2 (Leg 2) from the map board, which contains two maps. The runner hands over these two maps to the outgoing runner who runs away at the same time. The empty plastic pocket is handed to the official on the way to the starting point, if only one runner runs leg 2, the remaining map is also handed to the official on the way to the starting point.

Changeover 2: The runner in the team on leg 2 who arrives first at the changeover takes the plastic pocket labelled STR 3 (Leg 3) from the map board, which contains two maps. The runner hands over these two maps to the outgoing runners who runs away at the same time. The plastic pocket is handed to the official on the way to the starting point, if only one runner runs leg 3, the remaining map is also handed to the official on the way to the starting point.

If the team has two runners on leg 2 and/or leg 3 and the runner who comes to the changeover as second sees that the map board says STR 3 (Leg 3), or that there are no maps, it means that the changeover has already taken place. Then the runner goes directly to download.

If the first runner to punch the finish line (if the team has two runners on the leg) on leg 2 or 3 has punched incorrectly, the team will be disqualified, even if the second runner has punched correctly.

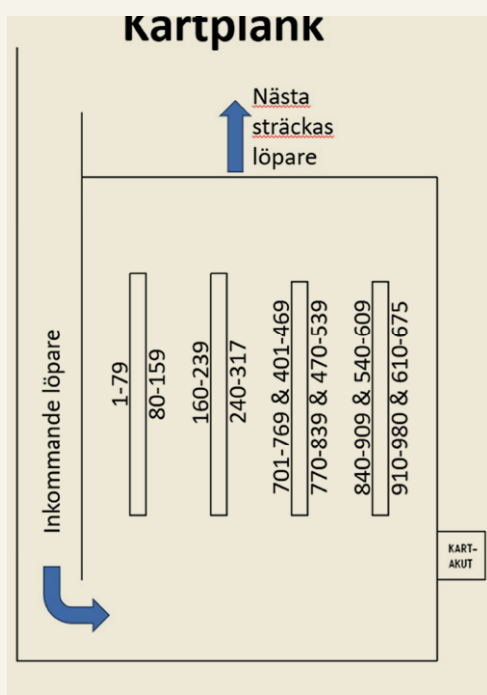
FINISH/RUN-IN

There are two lanes in the run-in, at the finish all teams must use lane 1, which is to the right in the running direction.

Punching the finish takes place immediately after the finish line. If necessary, the finish line judges will determine the position of the top teams in each relay, not the finish punch.

MAP BOARD

Be sure to take the correct map from the map board. If your map is missing from the map board, tell the official and run to the "kartakuten", see sketch below, to get a new race map. No time compensation is given. If you happen to take the wrong map, hand it directly to an official.



CHASING START & WAVE START

The chasing start is for teams that are less than 60 minutes behind the first team to finish before the break.

Teams start the chasing start at the time they are behind the leading team before the break.

The wave start is for teams that are 60 minutes or more behind the first team to finish before the break. Teams that have retired or been disqualified can also participate in the wave start.

For teams participating in the wave start, the final placing is determined by the total race time. A team participating in the wave start may pass a team participating in the chasing start.

Check-in is at the same place as for all other legs. Call up and starting point for runners participating in the chasing & wave start is in the northern part of the warm-up area, see arena map.

Chasing start list and wave start list will be published on <http://online.10mila.se> and Eventor.

Chasing start

The chasing start begins at 23.30 for the men's relay and 07.00 for the women's relay. Runners who are going to start the chasing start must be checked in and at the start at least 10 minutes before the start time.

Then the following takes place:

- The team's start number is called out, in Swedish and English, five minutes before the actual start time and the runner then enters the starting lane. NOTE! if the runner is not present at the call-up, the start time cannot be guaranteed.
- The runner's headlamp must be switched off in the starting area and may only be switched on after the start.
- At the start line, a screen displays the team name, start number and names of runners who will start within the next two minutes.
- The screen also shows the number of seconds left to the start for each runner.
- Official keeps one hand on the runner's shoulder until the moment of start. The runner starts when the official removes his hand.
- The race map is picked up by the runner themselves, a few metres after the start line.
- The runner follows the marked route to the starting point.
- Runners arriving late at the start will be dealt with by start staff in a "late start" ("sen start") pen.

Wave start

The wave start takes place at 00.30 in the men's relay and at 08.00 in the women's relay. Runners for the wave start must be checked in and at the wave start at least ten minutes before the start. The following will then take place:

- Five minutes before the start of the wave, runners are welcomed to the starting area.
- Runners line up at the starting point as they wish (no particular order).
- The race map is handed to the runner by the official, but the runner is not allowed to look at the map until after the start.
- The runner follows the marked track to the starting point.
- Runners arriving late at the start will be directed to the start staff at the wave start location.

RESTART

Teams that have been retired or disqualified have the opportunity to participate in the restart to complete the relay, out of competition.

Teams that restart are placed in the results list after the teams that completed the relay without restarting.

The Youth Relay

The restart in the Youth Relay takes place from the changeover/map board, at 17.15, runners must be checked in and at the changeover/map board no later than 10 minutes before the restart. The changeover area closes 5 minutes before the restart.

Men's and Women's Relay

New for this year is that the first restart takes place in connection with the wave start in the Men's and Women's relay, see text under Wave start.

Restart 2 in the Men's relay takes place on Sunday at 10.45 and in the Women's relay on Sunday at 12.00. The restart 2 will take place from the map board, runners must be checked in and in place at the changeover area at least 10 minutes before the restart. The changeover area closes 5 minutes before the restart.

FIRST AID

In case of an emergency, call 112.

First aid, including defibrillators, is available at the arena, see arena map, from Saturday 12.00 until Sunday 15.00. All drinks points are equipped with first aid kits.

DISQUALIFIED TEAMS

Teams that are disqualified at download will go to the red exit (Röd utgång) for investigation if necessary. Disqualified teams may continue to compete based on the possibility to protest against the disqualification. A written protest must be submitted to the race office (Tävlingsexpeditionen) within 30 minutes of the disqualification decision. If no protest is lodged, the team continues out of competition on the remaining legs.

If a protest is lodged, the team will continue to compete pending the decision of the competition jury. If the jury acquits the team, the team continues to compete. If the jury upholds the disqualification, the team may continue out of competition on the remaining legs.

If the disqualification concerns a leading team, the team will be detained at the map board at the next changeover until 30 minutes after the lead have passed. This is to ensure that the team does not affect the outcome of the race.

WILDLIFE REPORTING

Observation of large wildlife (moose, deer) in the competition area is reported at check-out/red exit.

RUNNERS WHO RETIRE

Runners who have retired from the race must pass the download for download of the SI card. Otherwise, the runner will be interpreted as "left in the forest", which may mean searches etc.

OPEN COURSES

Open courses are offered on Friday 3 May, 13.00-19.00, Saturday 4 May, 09.00-19.00 and Sunday 5 May, 09.00-12.00.

The courses run in a separate area adjacent to the arena. See more information in Eventor under Tiomila Open courses.

SHOWER/TOILETS

See the stadium map. The showers are open Friday 3 May, 13:00-19:00, Saturday 4 May, 10:00 – until Sunday 5 May 15:00.

CATERING AND SPORTS SALES

Opening hours catering, Friday 3 May, 13.00-19.00, Saturday 4 May, 10.00 - Sunday 5 May, 14.00.

Opening hours sports sales, Friday 3 May, 13.00-19.00. Saturday 4 May, 10.00 - Sunday 5 May, 01:00 and Sunday 5 May, 05:00-14:00. More information can be found in the Eat&Drink PM on Eventor.

VACCINE AGAINST TBE

The tick ambulance is on site at the arena for drop-in vaccination. You can get vaccinated against TBE, Tetanus, Shingles and much more. You will find the Tick Ambulance at the ice rink, on Saturday, between 13.00-20.00.

10MILA WEB TV AND ARENA PRODUCTION

Follow Tiomila 2024 live via the WebTV broadcast offered in English, Finnish and Swedish.

Friday 3 May – Warm up between 18.00-19.00 with Per Forsberg and guests. Free broadcast via Tiomila's web or Facebook.

Saturday 4 May - Sunday 5 May – Tiomila relays. More than 24 hours of orienteering fun starting at 14.00 on Saturday.

The Swedish broadcast will be led by Per Forsberg with Sara Hagström as expert commentator. In addition to a number of fixed cameras and "running cameramen" on all routes, there will be GPS tracking. Fixed cameras at the finish line and in the forest also provide the opportunity to follow your own club's team.

You can buy the Swedish broadcast at www.tiomila.se and the English or Finnish via IOF at <https://orienteering.sport>

The arena production, including the big screen, is led by Kjell-Erik Kristiansen, who is also the main speaker, interview speaker is Mårten Frenelius. They focus on what's happening in the arena with great clips from Tiomila WebbTV.

PUBLIC WI-FI IN THE ARENA

Offered at the arena, search for "10MILA".

AWARD CEREMONIES

The first 10 teams in each relay receive prizes of honour. Prize giving will take place at the following times:
16.50 The Youth Relay, including the opening ceremony.
11.02 Men's and Women's relay, including the closing ceremony.

Teams assemble at the stage for the prize-giving ceremony, see arena map, no later than 10 minutes before each prize-giving ceremony.

MAP PICK UP/DROP OFF OF RENTED SI CARDS

Pick up of maps for all relays will take place in the Info Centre on Sunday 5 May, between 12.00-14.00. Maps are obtained against submission of team leader cards. Rented SI cards are handed in to the Infocentre at the latest in connection with the map distribution.

RESULTAT

Leg times/results are presented online regularly at <http://online.10mila.se/>.

ORDER AND TIDINESS

- Respect the barriers and follow the instructions of the officials.
- No studded shoes indoors.
- No club flags may be stuck into the ground on the artificial turf pitch
- Flying drones over the stadium and/or competition area is not allowed without authorisation from the media production.
- No rubbish on the ground, use rubbish bags

COMPETITION RULES

SOFT's competition rules and regulations apply. It is the responsibility of the competitors to be familiar with both the competition rules and regulations.

INSURANCE

All runners participate at their own risk. Runners who are members of a SOFT affiliated club have a basic protection. Runners who are not members of a SOFT-affiliated organisation are asked to review their insurance coverage.

COMPETITION MANAGEMENT

Competition organiser:

Christer Nordström, 076-115 2570

Arena: Mats Zackrisson, 070-654 0070

Competition technology/IT:

Samuel Henriksson, 070-444 0728

Communication: Lennart Agén, 070-564 1710

Course setters: Fredrik Hedin, Ulf Persson,
Anders Björklund, Jan Frödin, Nils Forsberg-Rundström,
Stefan Henriksson

Traffic & Parking: Per Wistedt

Accommodation: Christer Nordström

Economy: Ingemar Larsson

Catering: Jörgen Karlsson

VIP/Press/Marketing: Lennart Agén

The race organisers wear black vests with
"Tiomila 2024 Nynäshamn" printed on the chest.

CONTROLLERS & COACHES

Competition controller: Anette Önerud/OK Ravinen

Course controller: Lars Forsberg/OK Ravinen &
Andreas Hjertson/OK Linné.

Competition coach: Stefan Nordström, Tiomilaföreningen

Course coaches:

Anders Hallmén & Per-Ove Melinder, Tiomilaföreningen

COMPETITION JURY

Youth relay: Ebba Hedegård/OK Kolmården,
Boo Nordin/SOL Tranås, Lotta Sundblad/Eksjö SOK

Men's relay: Karin Engvall/OK Kolmården, Björn Karlsson/
OK Denseln, Sven-Åke Karlsson/IKHP Huskvarna

Women's relay: Carina Bergander/Eksjö SOK, Björn
Karlsson/OK Denseln, Vivianne Lindstam/SOL Tranås

Convener: Stefan Nordström, Tiomilaföreningen



Nynäshamns
kommun

Arena - Tiomila 2024



1:2000 (A4)