



2025

FINSPÅNG

*Challenge - Speed - Thrill
Together*

3-4 MAY



**FINAL
INFORMATION**

www.tiomila.se

Changes in Competition PM compared Preliminary PM

This is our final COMPETITION PM for 10MILA 2025 in Finspång. To make it easier for you to find the changes, we have made a summary with headers to the right. Under these headings you will find the adjustments we have made compared to Preliminary PM. Other information in bulletin 4 remains unchanged.

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Time schedule 10MILA 2025, 2-3 May

Friday 2 May

13:00-19:00	Start and finish open courses
13:00-20:00	Competition center open (Team packets available for pickup and purchase of open courses)
13:30-20:00	Showers open
18:00-19:00	10MILA TV interviews with Per Forsberg and guests. Found at www.tiomila.se

Saturday 3 May

10:00-19:00	Start and finish open courses
10:00-20:00	10MILA Arena opens. Competition center opens (Team packets available for pickup and purchase of open courses)
10:00	Showers open
13:45-14:15	Check in Youth relay
14:00	10MILA TV broadcast starts
14:00	Opening ceremony
14:30	Start Youth relay
14:35	Start Partner relay
Approx. 16:08	Finish youth relay
16:45-17:15	Check in Men's relay
Approx. 16:50	Prizegiving Youth relay
16:50	Mapboard/Changeover closes for youth relay
17:00	Restart Youth relay
17:30	Start Men's relay
Approx. 19:56	Finish of leading mens team after leg 3
20:45-21:15	Check in Women's relay
20:52	Estimated sunset
21:30	Start Women's relay
22:50	Chasing start Men's relay (leading team)
Approx. 23:13	Finish of leading women's team after 2 legs
23:50	"Wavestart" Men's relay

Time schedule 10MILA 2025, 4 May

Sunday 4 May

04:50	Estimated sunrise
05:45	Chasing start Women's relay (leading team)
Approx. 06:12	Finish Men's relay
06:45	"Wavestart" Women's relay
09:00-12:00	Buy/start open courses. SI download in the competition center untill 14:00
Approx. 09:32	Finish Women's relay
10:25	Mapboard/changeover closes for Men's relay
10:30	Restart Men's relay
10:55	Mapboard/changeover closes for Women's relay
11:00	Restart Women's relay
Approx. 11:02	Prizegiving ceremony for the Men's and Women's competitions including closing ceremony
12:00-14:00	Competition centre open for map distribution
14:00	Finish closes
15:00	Showers/Toilets close



FINAL INFORMATION (Competition information)

ARENA

10MILA returns to the Grosvad Arena in Finspång, 30 km west of Norrköping. Directions will be given from road 51, just east of Finspång. The distance from the arena to Finspång's city center is about 2 km.

10MILA is best experienced on site, at the Grosvad Arena. A crowd-friendly arena with the possibility to follow both incoming and outgoing runners. The last time 10Mila was arranged here was in 2010. Two stages of O-Ringen have also been arranged at the Grosvad Arena in 2019.

The entire competition can be followed on the big screen while experiencing the atmosphere in the arena. There are large grass areas, an athletics track, ice rink, sports halls, gym and water park. These will be used for participants and spectators, as accommodation facilities and have various service functions. Food serving, showers and sports shops will be indoors.

Grosvad Arena will also have a dropoff zone adjacent to the arena. There is an opportunity to drop off club tents and the equipment needed for 10MILA. More practical information about the drop zone can be found in the separate traffic PM.

- Distance from parking-arena 2100 meters
- Bus drop off/drop zone, 50 meters from the arena

EVENT CENTRE

The event centre is located in the grandstand building (see arena map) and is open:

- Friday 2 May: 13:00-20:00
- Saturday 3 May: 10:00-20:00
- Sunday 4 May: 09:00-14:00



In the Event Centre:

- Club bags with number tags, team leader cards (giving access to the changeover area) and any rented SI-tags are collected here before the competition. Rental SI-tags are returned by club to the competition office after the competition.
- All club fees must be paid to the organizer before the club bag is handed out. If payment has been made after the last payment date, a receipt for payment must be presented when the club bag is collected. Payment on site can be made with Swish or with the most common credit/debit cards.
- Late team changes are made here. In case of urgent team changes that need to be made outside the competition office's opening hours, please refer to the finish and the red exit/check-out.
- Here, competition maps are distributed by team upon submission of the team leader card after the competition.
- Open courses are sold here and read-out takes place here after the open course has been completed.

TEAM LINE-UP

For all relays, team line-ups with names must be registered in Eventor no later than **Saturday, May 3, at 10:00am**. SI numbers should not be entered because these are registered to each runner when checking in to the start and changeover area. Team changes can be made in the competition office. In the event of urgent team changes that need to be made outside the competition office's opening hours, please refer to the finish and red exit/check-out up until 1 hour before the start of each leg.

INFORMATION CENTRE AT THE ARENA

The information centre is located centrally in the arena next to the finish line (see Arena Map) and is open Friday 2 May, 3:00 PM-7:00 PM, Saturday 3 May, 11:00 AM-10:00 PM, Sunday 4 May, 8:00 AM-2:00 PM. At the information centre you can submit and request lost/found items.

General information about the competition and accommodation is also provided here.

COMPOSITE TEAMS, NON AFFILIATED TEAMS AND RUNNER'S BANK

We allow composite teams according to the Swedish Orienteering Federations (SOFT's) competition rules. We also allow teams that are not affiliated with SOFT. If such a team includes runners who are members of an association affiliated with SOFT, this runner must have permission from their association to participate in that team.

The runner's bank can be found at: www.tiomila.se under Competition/Running bank. There, runners can apply for teams and teams can apply for runners!

FINAL INFORMATION (Competition information)

COURSE LENGTHS/START AND CHANGE OVER TIMES

The Youth Relay

- Start Saturday, May 3 at 14:30
- Finish Saturday, May 3 at approximately 16:00
- Mass start, Saturday, May 3 at 17:00
- The course lengths include 380 meters of marked routes for all legs except leg 1 which has 570 meters of marked route

- Runners **up to DH-16** are allowed to participate
- At least two legs must be run entirely by girls
- It is permitted to start with **two runners on legs 2 and 3**, the runner who reaches the changeover first sends out the runner for the next leg
- **Leg 4 must be run by a girl**

Leg	Course Length	Climb	Est. winning time	Start	Finish	Forking	Difficulty	Map Size
1	3,8-3,9 km	105 m	23 min	14:30	14:53	Forked	Orange	A4
2	3,6-3,7 km	105 m	22 min	14:53	15:15	Forked	Orange	A4
3	2,8 km	75 m	20 min	15:15	15:35	Straight	Yellow	A4
4	4,3-4,4 km	110 m	33 min	15:35	16:08	Forked	Orange	A4

The Men's Relay

- Start, Saturday 3 May at 17:30.
- Finish of leading team after the first three legs, Saturday 3 May at approximately 19:56.
- Chasing start of leading men's team, Saturday 3 May at 22:50.
- Wave start, Saturday 3 May at 23:50.

- Finish, Sunday 4 May at approximately 06:12.
- Mass start, Sunday 4 May at 10:30.
- The course lengths include 450 meters of marked routes for all legs except leg 1, which has 690 meters of marked route.
- *= Map flip, 2 times per leg.

Leg	Course length	Climb	Est. winning time	Start	Finish	Forking	Day/Night	Refreshments	Map size
1	8,9 km	310 m	51 min	17:30	18:21	Forked	Day	Yes	A3
2	7,7 km	265 m	46 min	18:21	19:07	Forked	Day	Yes	A3
3	8,2 km	285 m	49 min	19:07	19:56	Forked	Day	Yes	A3
4	16,3 km	460 m	96 min	22:50	00:26	Straight	Night	Yes	A3+*
5	6,8 km	220 m	41 min	00:26	01:07	Forked	Night	Yes	A3
6	6,8 km	245 m	41 min	01:07	01:48	Forked	Night	Yes	A3
7	5,8 km	210 m	35 min	01:48	02:23	Forked	Night	Yes	A3
8	11,8 km	415 m	69 min	02:23	03:32	Straight	Night	Yes	A3+
9	13,9 km	450 m	78 min	03:32	04:50	Forked	Night/dawn	Yes	A3+*
10	15,1 km	470 m	82 min	04:50	06:12	Forked	Dawn/day	Yes	A3+*

The Women's relay

- Start, Saturday, May 3 at approximately 21:30.
- Finish of leading team after the first two legs, Saturday, May 3 at approximately 23:13.
- Chasing start of the leading women's team, Sunday, May 4 at 05:45.

- Wave start Sunday, May 4 at 06:45.
- Finish, Sunday, May 4 at approximately 09:32.
- Mass start, Sunday, May 4 at 11:00.
- The course lengths include 450 meters of marked route for all legs except leg 1 which has 690 meters of marked route.

Leg	Course length	Climb	Est. winning time	Start	Finish	Forking	Day/Night	Refreshments	Map size
1	7,7 km	290 m	54 min	21:30	22:24	Forked	Dusk/night	Yes	A3
2	6,6 km	260 m	49 min	22:24	23:13	Forked	Night	Yes	A3
3	12,6 km	375 m	90 min	05:45	07:15	Straight	Day	Yes	A3+
4	5,1 km	175 m	35 min	07:15	07:50	Forked	Day	Yes	A3
5	7,1 km	235 m	49 min	07:50	08:39	Forked	Day	Yes	A3
6	8,3 km	305 m	53 min	08:39	09:32	Forked	Day	Yes	A3

Arena map, Arena Grosvad



FINAL INFORMATION (Competition information)

STAFETTLIGAN (RELAY LEAGUE)

The men's and women's relays are included as race 3 of the Swedish relay league.

PARTICIPATION IN MULTIPLE RELAYS

- It is permitted for girls who have run the youth relay to participate in the women's relay and the men's relay.
- It is permitted for boys who have run the youth relay to participate in the men's relay.
- It is permitted for women who have run the women's relay to participate in the men's relay.
- It is not permitted for women to first run the men's relay and then the women's relay.
- It is not permitted to participate more than once in the same relay team.

TEAM MANAGER

Each team has the option of having a team manager, team manager's can use their manager card, to access the changeover area during each relay. Team manager cards can be found in the club bag.

STARTNUMBERS

Start numbers for the 150 best teams in the Women's & Men's races and the 100 best teams in the Youth races are based on team placings from 10MILA 2024. Vacant numbers among these will be filled by the organiser. For other teams, the starting number is randomly drawn. See Eventor for the start list.

NUMBER BIBS

- The number bib must be visible in its entirety throughout the whole leg.
- Please bring your own safety pins! There will be a limited number of safety pins for sale at the race office.
- The barcode on the race number must be undamaged for scanning at the entrance to the start and transition area.
- In the youth relay, for legs 2 and 3, it is important that the runner registered for leg 2-1 has the race number marked 2-1 and the runner registered for leg 2-2 has the race number marked 2-2, etc.
- Number series: Women's relay, 1-299, Men's relay, 301-699, Youth relay 701-999.

TERRAIN DESCRIPTION

The competition area is largely in the same terrain that was used at 10MILA 2010 and O-Ringen 2019. Close to the arena, there are open areas and a dense trail network, while the longer courses will meet wilderness like forest. In recent years, a lot has happened within the competition area, including felling due to a spruce bark beetle infestation.

TERRAIN AND TOPOGRAPHY

Largely coniferous forest, mostly consisting of open pine forest with good visibility. Close to the arena, there is a dense trail network and the forest varies in age. The longer courses will reach areas of wilderness where trails are less common. There are marshes of varying sizes and a number of detailed slopes. The elevation in the competition area can be described as small to moderate. There are occasional steeper climbs of around 25–50 meters in height.

RUNNABILITY

Runnability is mostly very good, but the majority of courses will pass through areas with denser vegetation where runnability is limited. In a number of smaller areas, there are many fallen trees lying close together as a result of spruce bark beetle attacks. These are drawn on the map as that offer very good visibility and higher running speeds.

MAP

Holmenskogen, digitally printed map from SOFT certified printer. Scale 1:10 000, (except for the youth relay, which has a scale of 1:7 500). Contour interval, 5 meters. The map was drawn in 2019 by Tord Hederskog and revised in 2024 by Kalle Engblom and Jerker Boman.

Control descriptions are printed on the map. The code number is also next to the control ring. Radio/TV controls are not listed on the control description. **Emergency number 076-563 02 21** (to first aid in the arena) is printed on the map.

Out of bounds areas with a solid line on the map are marked with **blue/yellow tape** in the terrain. Out of bounds areas with a dashed line on the map are marked with hanging blue/yellow tape.

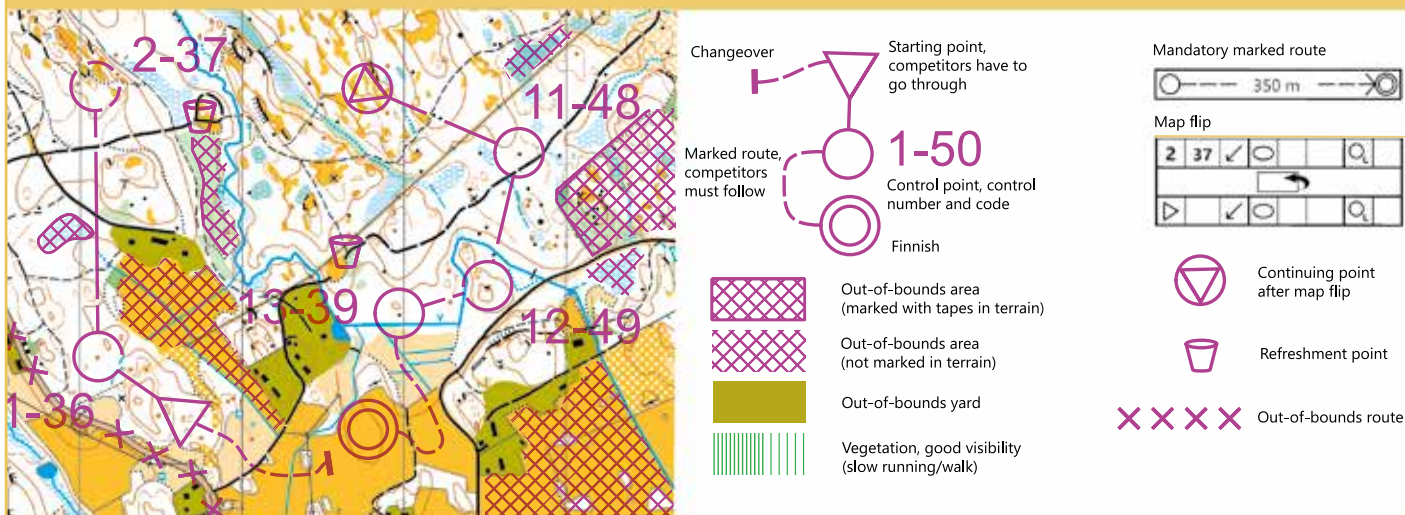
Unclear paths have been marked with white tape, affecting mainly the youth relay. There are some reflector paths in the terrain which are only shown on the map if they meet the map standard for paths.

As a result of spruce bark beetle infestation, most areas have fallen trees that limit the ability to run to varying degrees. These areas are shown with a vertical, green stripe (Map symbols 407: An area of good visibility and reduced runnability) and (409: An area of good visibility that is difficult to run through) and in some cases where individual trees stand out and are marked with a thick dark green line (410: An area of dense vegetation, trees or undergrowth, which is barely passable.)

There are fallen trees in the terrain that are not shown on the map, unless they are considered too obstructive.

FINAL INFORMATION (Competition information)

Course symbols and control description



10MILA Finspång 3-4 of May 2025

Figure 1. Legend - clarification of map, course printing, and control description.

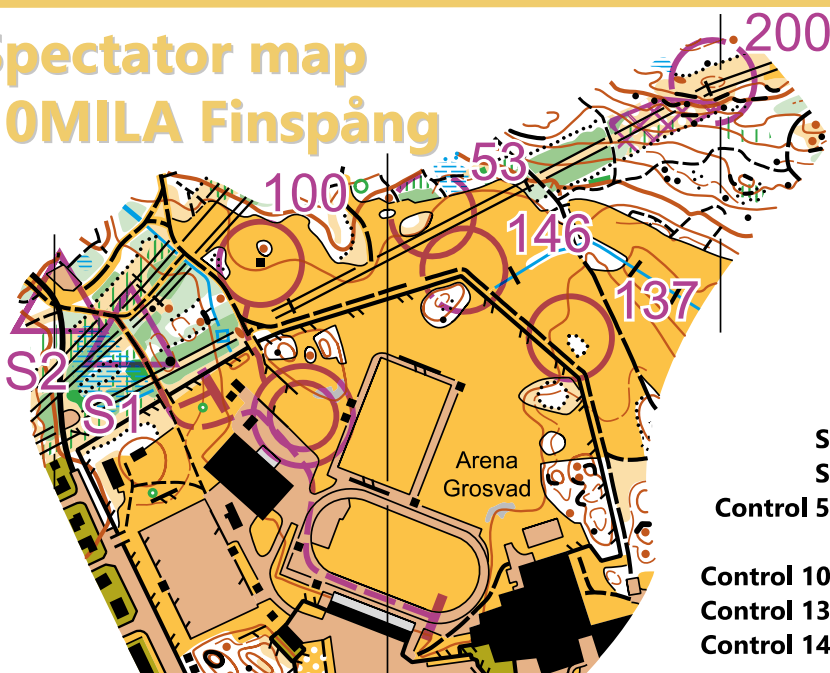
MAP FLIP

On legs 4, 9 and 10 in the men's relay, a map flip is used twice during the leg. This means that:

- The first part of the course is on the front of the map.
- The second part is on the back.
- The third part is on the front again.

The map flip is marked on the map and in the control descriptions according to Figure 1 above. The map flip is marked on the control description, which is only on the front of the map.

Spectator map 10MILA Finspång



10MILA 2025									
▷	S1		/						
▷	S2		/	/	×				
	53		◇				▷		
	100		■				○		
	137		◁				○		
	146		/		<				
	200		○				○		

S1: Start point youth relay

S2: Start point men and women relay

Control 53: Youth leg 4

Men leg 5, 6 and 7

Control 100: Last control for ALL relays

Control 137: Men leg 8

Control 146: Men leg 3

Women leg 2

Control 200: Men leg 1-2, 4 and 8

Women leg 1 and 3

Check control codes carefully
Controls are placed close to each other

Figure 2. Arena map with spectator controls visible from the arena.

FINAL INFORMATION (Competition information)

SPECTATOR CONTROLS

From the arena, spectators can see runners approaching the finish line and changeover. See map in Figure 2 (previous page) for information on which sections pass which controls.

It is strictly forbidden to go outside the arena fence and enter the competition area where the spectator controls are located. The commentator will inform when runners are approaching each control.

Control 200 can be viewed with binoculars from the arena. At control 200 there is a prohibited area marked on the map (as shown in Figure 2) with a solid line on the north side. The tape in the terrain is above the cliff however on the map, it is drawn below the cliff to help map readability. Described on www.tiomila.se and posted at check-in.

CONTROLS

The controls are marked 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. 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. Air+ (touchfree) is activated. It is possible to punch 'normally' with a Sport Ident that doesn't support Air+ (touchfree).

- The maximum number of controls on a leg is 24. It is the runners responsibility to use a Sport Ident that can hold enough punches.
- 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.
- Battery checks for SIAC (touchfree) can be made at check-in.

REFRESHMENT

Water and UMARA sports drink are offered at the refreshment controls marked on the map.

SUNRISE AND SUNSET

Sunset at 8:52 PM Saturday, May 3.

Sunrise at 4:50 AM Sunday, May 4.

GPS TRACKING

GPS tracking is used on all legs of the Women's and Men's Relay. It is mandatory for runners in selected teams to wear the organiser's GPS devices, otherwise the team will be disqualified immediately. Which teams will wear GPS devices will be published on www.tiomila.se 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 for 1 800 SEK.



TV-controls have a marketing banner below the punching unit.

FINAL INFORMATION (Competition information)

START AND CHECK-IN

- Check-in for all runners takes place at the entrance to the transition area, see arena map.
- The runner is responsible for "clearing" the Sport Ident before check-in.
- At check-in, the Sport Ident is linked to the runner, leg and start number by scanning the barcode on their race number.
- For the youth relay legs 2 and 3, it is important that the runner registered for leg 2-1 has the race number marked 2-1 and the runner registered for leg 2-2 has the race number marked 2-2, etc.
- After check-in, runners may not leave the start and transition area.

Check-in for leg 1 of all relays, shall take place at the following times.

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

The pen from the warm-up area at check-in to the starting location opens 15 minutes before the start. Runners must be lined up at the number corresponding to the team's start number no later than 5 minutes before the start. The distance between check-in and starting point is 200 meters. Follow the instructions of the start speaker.

Team leaders in the youth relay are allowed to accompany runners to the start area, but must leave no later than 5 minutes before the start. No team leaders are allowed in the women's and men's relay at the starting area.

CHANGEOVER

Before the changeover, only the runners of the next leg and the team leader are allowed in the changeover area. Toilets, and screens with pre-warmed teams are located in the changeover area. Jackets can be handed over by the respective team.

There are two chutes on the run in, follow the signs.

Chute 1: Leading teams and finish chute.

This lane is on the left in the running direction.

- Leading teams use this chute during the changeover
- All teams use this chute when finishing the relay.
- When the leading teams have finished changing over, officials will remark chute 1 as a finish chute.

Chute 2: Changeover chute

This lane is located on the right in the running direction.

- Non leading teams run here when changing over

NOTE! All runners must punch the finish control directly after the finishing line. Failure to punch this control before the changeover will result in disqualification.

After the finish line, the runner hands over their map to an 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 runners are responsible for ensuring that the correct map is taken and handed over when changing.

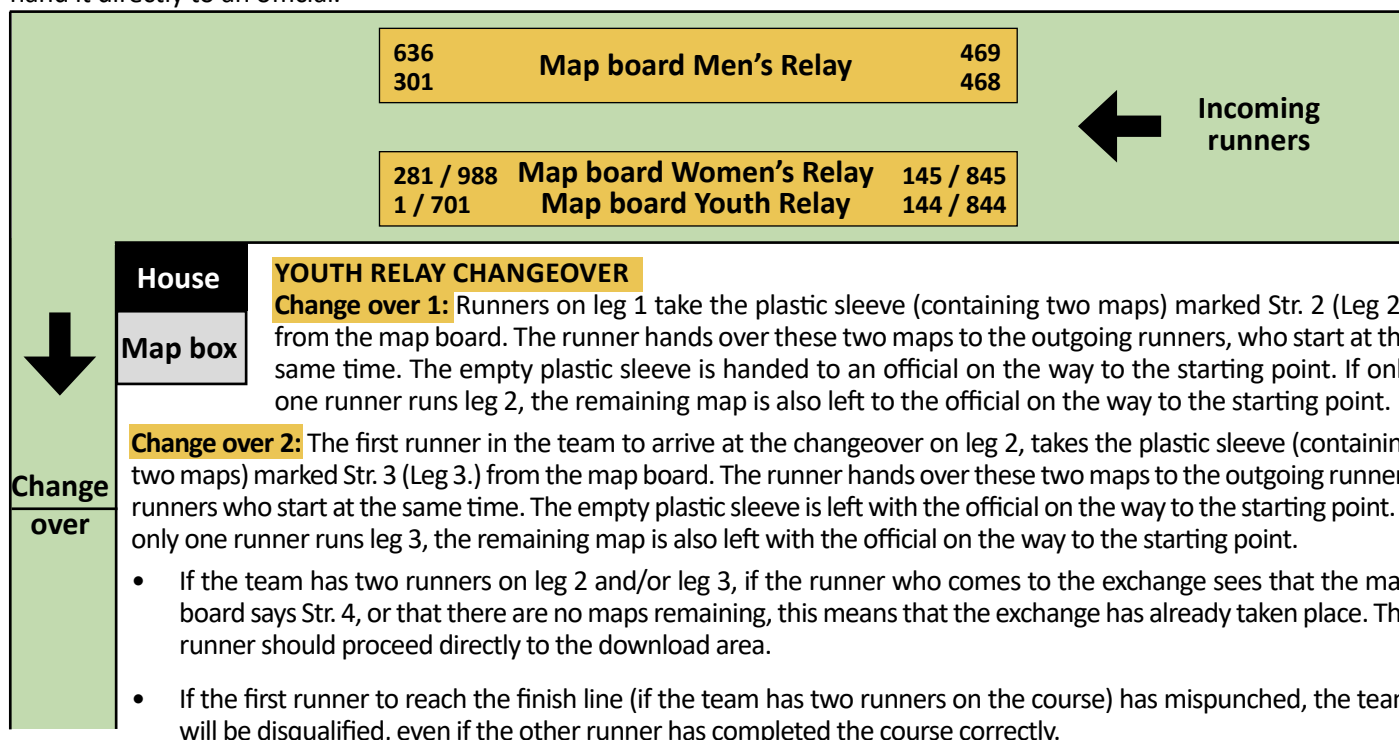
If a map is missing when changing, a new map is retrieved from the map box, located at the end of the map board.



FINAL INFORMATION (Competition information)

MAP BOARD

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



FINISH

There are two lanes on the finish chute, **the last leg runners should use lane 1**, located on the runners left.

The final control is placed directly after the finish line. In the case of a photo finish, the jury will look at which team crosses the finishing line first, not which team punches the finish control first.

CHASING START AND WAVE START

- Chasing start is for teams that are **less than 60 minutes behind** the first team to finish before the break.
- Wavestart is for teams that are **60 minutes or more behind** the first team to finish before the break.

The call-up and starting point for runners participating in chasing start or wave start, is located inside the check-in area and in front of the big screen, see arena map. The chasing start list and wave start list will be published on www.tiomila.se



CHASING START

The first chasing start takes place during **the men's relay at 22:50 and in the women's relay at 05:45**. Runners participating in the chasing start must be checked in and on site at the chasing start no later than ten minutes before their start time. The following then occurs:

- The team's start number is called out, (in Swedish and English) five minutes before the current start time and the runner then enters the starting pen. For runners who are not on site at the call, the start time cannot be guaranteed.
- The runner's headlamp must be turned off in the starting pen and may only be turned on after the start.
- At the start line, a screen displays; team name, start number and name of runner who will start within the next two minutes. The screen also shows the number of seconds left until the start for each runner.
- An official holds a hand on the runner's shoulder until their start time. The runner starts when the official removes his/her hand
- The race map is picked up by the runner a few meters after the start line.
- The runner follows the chute to the starting point.
- Runners who arrive late to the start are directed by the start staff to the "late start" pen.

FINAL INFORMATION (Competition information)

WAVE START

The wave start takes place during the men's relay at 23:50 and during the women's relay at 06:45. Runners in the wave start must be checked in and in place no later than ten minutes before the start. The following will then take place:

- Five minutes before the wave start, the runners are welcomed to the starting point.
- There is no ranking system for the runners at the starting point.
- The runner is given the competition map by an official, but is not allowed to look at the map until after the start signal.
- The runner follows the chute to the starting point.
- Runners who arrive late to the start should contact the start staff at the wave start. For teams participating in the wave start, the final placing is determined by total race time. A team participating in the wave start may pass a team participating in the pursuit start.

RESTART

Applies to teams that have legs left to run when the finish line closes for changeover. These teams start together regardless of how many legs the teams have left to complete. Teams that have stopped for any reason also participate in the restart. Teams that start in the restart cannot pass teams in the results list that have not restarted or that restarted on a later leg.

- The restart in the **Youth Relay** will take place on Saturday, at 17:00, the changeover closes at 16:50.
- The restart in the **Men's Relay** will take place on Sunday, at 10:30, the changeover closes at 10:25.
- The restart in the **Women's Relay** will take place on Sunday at 11:00, the changeover closes at 10:55.

The restart will take place from the changeover/map board.

Runners who will participate in the restart must be checked in and in the changeover area no later than 10 minutes before the restart. The map board is closed during the time between the changeover being closed and the restart.

Teams in the restart can only pass teams that have restarted on the same leg. Runners in teams that have retired or been disqualified have the opportunity to run their respective leg in the restart. Check-in and start procedure is the same as for other teams in the restart.

MISPUNCHED TEAMS

Teams that have mispunched at the download station will, if necessary, then go to the red exit (at check-out) for an appeal.

- Mispunched teams may continue to race, based on the possibility of protesting against the disqualification. A written protest must be submitted to the red exit no later than 30 minutes after the decision on disqualification. If no protest is submitted, the team will continue to compete outside the competition on the remaining stages.
- If a protest is submitted, the team will continue to compete while awaiting the decision of the competition jury. If the jury clears the team, the team will continue to compete. If the jury upholds the disqualification, the team can continue to compete outside the competition on the remaining stages.
- If the disqualification affects leading teams, the disqualified team will be held at the map board at the next changeover for 30 minutes after the leading team has changed. This is so that the disqualified team will not affect the outcome of the competition.

FIRST AID

In the event of an emergency, **call 112**. First aid, including defibrillators, is available at the arena (see arena map) from Saturday 2:30 PM to Sunday 3:00 PM.

All refreshment stations and checkpoints are equipped with first aid. The emergency number **076-563 02 21** (for first aid at the arena) is printed on the map.

REPORTING WILDLIFE

Observations of wildlife in the competition area are reported at check-out/red exit.

RUNNERS WHO HAVE STOPPED

Runners who have stopped the competition **must** pass the check-out to have their SI tag read. Otherwise, the runner will be interpreted as "still in the forest", which may mean a search, etc.



FINAL INFORMATION (Competition information)

SHOWERS AND TOILETS

See arena map. The showers are open:

- Friday, May 2, 1:30 PM-8:00 PM
- Saturday, May 3, 10:00 AM - Sunday, May 4, 3:00 PM

10MILA WEB TV AND ARENA PRODUCTION

See separate information on page 15.

FOOD AND SPORTS STORES

See separate information on page 16.

PRIZE CEREMONIES

The first 10 teams in each relay will receive prizes. Prize-giving will take place at the following times:

- Youth relay: Saturday at 16:50.
- Men's and Women's relay: Sunday at 11:02 in connection with the closing ceremony.

The top 10 teams should gather at the stage for the prize-giving, no later than 10 minutes before each prize giving.

MAP DISTRIBUTION AND RETURN OF RENTED SI-CARD

Maps for all legs will be distributed at the competition office on Sunday, May 4, between 12:00-14:00. Maps can be picked up upon submission of a team leader card. Rented Sport Idents must be submitted to the competition office by teams no later than the time of map distribution. Sport Idents that are not returned will be invoiced at 1000 SEK/tag.

RESULTS

Leg times/results are presented online continuously at:
www.tiomila.se

ORDER & TIDINESS

Respect the barriers and follow the instructions of the officials. The following applies:

- No studded shoes indoors.
- Club tents may only be set up at the wind shelters/club tents.

- No tests may be pegged to the ground on the artificial turf field.
- It is not allowed to fly drones over the arena and/or competition area without permission from the media production.
- No litter on the ground or in the terrain, littering is prohibited! Anyone who brings their own energy gels must throw any packaging in a garbage bag at the drinks control or carry it to the finish line. It is prohibited to throw litter in the forest in accordance with the public right of access and Swedish law.
- Garbage in the arena is taken and disposed of at prepared recycling stations and sorted into two sections, combustible waste and food waste.

COMPETITION RULES

SOFT's competition rules and regulations alongside rules from this PM apply. It is the responsibility of the competitors to be familiar with both the competition rules and regulations and information found in the PM.

CLOTHING

It is the runner's responsibility to ensure that the clothing is correct according to SOFT's competition rules. Spiked shoes are not allowed, shoes with metal studs are allowed.

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.

OPEN COURSES

Open courses will be offered:

- Friday, May 2nd, 1:00 PM-7:00 PM
- Saturday, May 3rd, 10:00 AM-7:00 PM
- Sunday, May 4th, 9:00 AM-12:00 PM

The courses are in a separate area, adjacent to the arena. Sales of Open courses are at the competition office in the grandstand building. More information in Eventor.



FINAL INFORMATION (Competition information)

COMPETITION MANAGEMENT

Project Managers

Henrik Peterson och Jan Berggren

Marketing and Communication

Mats Rosander och Björn Persson

Finance

Ebba Hedegård och Anneli Borg

Arena

Magnus Hedegård och Björn Axelsson

Accommodation

Sofia Westerberg och Henrik Ljungemyr

Event Directors

Karin Engvall och Björn Karlsson

Competition technical matters

Karin Engvall, Björn Karlsson och Emil Kalered

Course Setting Team

Anton Tynong och Rickard Börjesson (Women- and Men Relay)

Maria Nordwall och Bengt Schwartz (Youth Relay and Open Courses)

Event Coach

Christer Nordström, Tiomila Association

Course Coaches

Anders Hallmén och Per-Ove Melinder,
Tiomila Association

Event Controller

Göran Brattgård, Tjalve OK

JURY

Youth Relay

- Boo Nordin, SOL Tranås
- Per Larsson, Västerviks OK
- Daniel Håkansson, OK Gränsen

Men's Relay

- Sven-Åke Karlsson, IKHP Huskvarna
- Lotta Sundblad, Eksjö SOK
- Thomas Almqvist, Västerviks OK

Women's Relay

- Vivianne Lindstam, SOL Tranås
- Carina Bergander, Eksjö SOK
- Johan Stark, Västerviks OK

Convener

Christer Nordström, Tiomila Association



FINAL INFORMATION (Competition information)

10MILA WEB TV

For those of you who are unable to attend the competition venue, we recommend 10MILA's web TV broadcasts. We offer broadcasts in Swedish, English and Finnish.

10MILA WEB TV IN SWEDISH

Friday, May 2 – Preshow

Between 6:00 PM and 7:00 PM, there will be a talk and interviews with Per Forsberg and guests ahead of the 10MILA weekend.

Free broadcast.

Saturday 3 May to Sunday 4 May – 10MILA - Relays

The broadcast starts at 14:00 on Saturday and runs for just over 24 hours. Follow the exciting relays announced by Per Forsberg who, together with the expert commentators, ensures that you have the full experience of every leg from start to finish.

You will be able to see the runners inside the arena, at controls in the forest and also along their routes where our running cameras give you the opportunity to keep up with the action live. The top teams will also be followed with GPS, which provides comprehensive coverage during all legs.

Running cameras and GPS tracking are used in the women's and men's relays. Information on how to purchase the broadcast is published on www.tiomila.se

10MILA WEB TV IN ENGLISH AND FINNISH

In cooperation with the International Orienteering Federation (IOF), we also offer the broadcast in English and Finnish. Information on how to purchase the broadcast can be found on IOF-TV: <https://tv.orienteeing.sport>

PAYMENT INFORMATION

Payment from abroad/cross-border payment

Bank: Swedbank

IBAN: SE48 8000 0848 0681 4688 5390

BIC/SWIFT: SWEDSESS

Currency: SEK

Payee: Föreningen 10MILA 2025 Östergötland

Payee's address:

c/o Mats Rosander, Kapplandsv. 8, 612 34 Finspång

Please provide invoice number when paying.

Any payment/invoice questions should be addressed to: ekonomi2025@10mila.se

CASHLESS DURING THE COMPETITION DAYS

Please note that it will **not** be possible to pay with cash during the event itself!

The payment solutions offered are Swish and debit cards.

Also note that it may be a good idea not to rely entirely on Swish, but to also bring a debit card, if the network connection becomes overloaded and Swish does not work.



**DON'T MISS THE ACTION.
GET YOUR TICKET FOR THE BROADCAST.**

IOF TV

FINAL INFORMATION (Competition information)

FOOD & DRINKS

The Coop restaurant is located inside the ice rink where warm food is served. The Coop kiosk is located outside the arena next to the audience area.

There are also food trucks at the arena. Wild kebab and crispy pizza from Leksandsbröd. Food tickets for crispy pizza are sold at the Coop kiosk and then collected from the food truck.

- Food tickets are sold at the ice rink next to the Coop restaurant
- **NOTE!** 10MILA is a cashless event, so all payments are made by card or Swish

"COOP-RESTAURANGEN"

Saturday 12:00-22:00
Sunday 10:00-14:00

Menu:

- Pasta bolognese
- Chicken stew and rice
- Vegetarian sauce and pasta

"COOP-KIOSKEN"

Saturday 10:00-24:00
Sunday 00:00-14:30

Menu:

- Hamburgers
- Sausages
- Soups
- Coffee and sandwiches
- Kiosk goods



FOODTRUCKS

"Viltkebab"

Saturday 11:00-22:00
Sunday 08:00-14:00

- "Viltkebab" is paid for in the food truck.

"Knäckepizzan"

Saturday 11:00-22:00
Sunday 08:00-14:00

- **NOTE!** Food tickets for Knäckepizzan are sold at the "COOP-kiosken" and will be picked up at the food truck.

SPORTS SHOP

At Pölder Sport you will find everything you need for orienteering! You will also be able to take advantage of exclusive offers on trail shoes, running shoes, clothing and much, much more! You will find Pölder Sport inside the ice hall.

Opening hours:

Friday 16:00-20:00
Saturday 10:00-00:30
Sunday 06:00-13:00



Organising clubs



Finspångs SOK

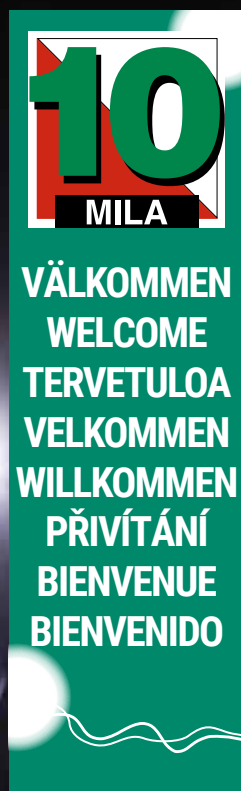


OK Kolmården



OK Denseln

www.tiomila.se



10MILA FINSPÅNG 2025



FINSPÅNG