



COMPETITION INFORMATION

29:th Ungdomens 10-mila
July, Fri 31 – Aug, Sat 1, 2009



COMPETITION CENTER: Berg, Tranemo. Follow road signs "U 10-mila" from the entrance to Tranemo from road 27.

PARKING: No cars on the tent camp, cars are parked on a separate parking. Buses - unloading only where shown. Distance parking – tent camp 300-1000 m. Distance tent camp –arena max 500 m. Parking fee 10 kr.

START: The different classes have joint start as follows:
HD12 Friday July 31, 6.00 PM; HD18 Saturday August 1, 02.30 AM och D18 05.30 AM

MAP CHANGE: The following legs have map change close to the arena:

HD18: Legs 1, 2, 5, 9 och 10 and D18 leg 5.

DEMONSTRATION: Before start of the HD12 class the procedure for start and change over will be shown.

MAP: 1:10 000, 5 m. Revised in spring 2009, digital printing. A one wire power line is on the map near the starting point.

CONTROLS: Some controls are situated close to each other, please check the control code! Some controls are manned and also a speaker is present in the forest. There are officilas on some strategic places on the shorter legs which are told to help runners who get lost.

PUNCHING: SportIdent is used. Please read a special PM about electronic punching.

CAMPING GROUND: Open from July 31, 12 noon. The camp closes Aug 2 at 2 PM. Site numbers etc. please see u10mila website, <http://www.u10mila.se>.

SHOWERS: Showers are available at the camp, open during the competition.

SPECTATORS: Spectators and competitors must obey all signs and keep within the approved areas. It's **forbidden** to go out on the track, including the last post and start point. It's **not allowed** to explore the competition area. If you do so your team will be disqualified. Please respect all signs and roped off areas!

CANTEEN: Refreshments, fruits and so on will be available in the canteen, where you also can buy meal coupons. Meals are served in the restaurant tent when presenting a coupon.

SPORTS SHOP: A well assorted sports shop will be open during the competition.

TEAM BAGS: A final list of team members should be brought to the competition office. When You have filled in the form (available at the office) You'll get Your team bag containing chest numbers (no safety pins), relevant runners PM, coupon for map delivery and rented SI cards if any. Please note that the team bags **HD12 should be collected on Friday august 1 at 4 PM at the latest. HD18/D18 should be collected at 9 PM at the latest.** The competition office is open Friday July 31 from 1 PM – 10 PM and Saturday Aug 1 for map delivery. . **OBS! The new SI.cards version 6 and 9 can NOT be used, only version 5 is OK.**

MEDICAL CARE: Medical care will be open: Friday during HD12 competition, 6.00 PM until app. 9.00 PM and Saturday from 1.30 AM and until the end of the competition.

PRIZE GIVING: The first 10 teams will get special prizes and in the first 10 teams each member will get a plaque. The teams in places 11-30 will get a team plaque on the finish line. The prize giving ceremony will be held about 1 hour after finish time for the winning team. All prize-winners are expected to gather 5 minutes before the prize giving ceremony.

MAP DELIVERY: Each team can collect their set of maps at the Competition Office after the mini mass start, about one hour after finish time for the winning team in HD18. You also have to **return rented SI cards**. If rented SI-cards are not returned we will charge the team 400 SEK per card.

CLEANING: The camp site should be cleaned and litter placed in sacks and containers. Military tents **should not** be taken down.

FOUND THINGS: Should be handed in to the competition office.

THINGS LEFT BEHIND: Please send email to info@u10mila.se

OFFICIALS:

Event leader:	Lars-Åke Larsson, phone +46 325-778 79, mobile 076-82 31 287
Ass. Event leader:	Henrik Erickson, mobile 076-13 30 307
Event controller:	Kjell Johansson, Skene SolS
Course planners:	Thomas Andersson, Kenneth Johansson
Course controllers:	Bo Herdersson, Martin Svensson, OK Mark
Event jury:	Uttes av Västergötlands OF
Press host:	Madeleine Johansson, phone +46 325-765 24.

UPPLYSNINGAR: Peter Nilsson, phone +46 325-776 73 and the homepage www.u10mila.se or e-mail: info@u10mila.se.

CAMP QUESTIONS: To book extra camp sites until Thursday July 30 do that on the website.
If bookings on Friday July 31 call Kjell Martinsson, mobile 0706-59 67 10.

RESULTS: Complete results only on our homepage on Internet. Results on paper will be sent only if requested in your entry form.

INTERNET ADDRESS: www.u10mila.se

GOOD LUCK IN THE FOREST!
OK Tranan and Ulricehamns OK