



Lassalyckan Ulricehamn

5-6 August 2022



UNGDOMSSTAFETT
NATIONELLA TÄVLINGAR

www.u10mila.se

PM

U10mila's core values

- Children's and youth sports must be based on play and joy
- Parents and leader cheers on everyone
- Children and young people are not small elite athletes
- Officials are voluntary

Arena

Lassalyckan Ulricehamn, Directions from road 157 and road 46, Follow signs "LASSALYCKAN" and U10 signs and screens.

Link: [< Arena Google Maps >](#) . Coordinate 57°47'09.6"N 13°27'11.5"E

Follow red and white signs from parking and camping to the arena. RESPECT the signpost for the sake of the surrounding residents. Parking occurs in several places around Lassalyckan distance varies between about 1000 m – 2500 m, follow the parking attendants' instructions. Voluntary parking fee 20sek.

Information's tent

The information tent is open from Friday at 13.00.

Team envelope & Club envelope

Team envelopes are handed over at the Information tent at the arena. The extradition of team envelopes takes place only if the lineup is submitted. If this is not done in Eventor, the line-up can be submitted no later than 15.00 on the form available in the Information tent. The same form is used for possible legislative changes.

Team envelopes and club envelopes must be picked up no later than Friday at 14.45 for HD14 and no later than 21.00 for HD20. In the team envelope there are number tags, start list. In the club envelopes there are possibly rented sportidents, as well as food tickets.

Team composition

Combination teams outside soft's rules are allowed, We have been given exemptions where we allow combination teams where clubs can create combination teams even if they could put together a pure club team. However, girls are **not** allowed to run boys' distances and boys are not allowed to run girls' distances. Runners who during the evening previously ran HD14 are now allowed to compete also in HD20

Number plates

Number tags should be worn by all runners. The number tags should be worn clearly visible on the chest. Be sure that all runners in the team get the correct number tag as this is tied to distance, team and runner. On parallel distances, the number tags are not tied to specific runners.





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Map

Scale 1:7,500 for HD14 and Scale 1:10,000 for HD20, equidistance 5m for everyone. Designed by Ulf Bäckström, newly revised in 2022.

Inauguration

Starts at 16:00

After the inauguration, a demonstration will take place of the start and exchange procedure in the HD14 class. The hare shows how you as a runner should run in the arena, then the entrance to the warm-up area begins, about 5 minutes before the start, the runners take their place in front of their map.

Start

Joint start class-wise as follows: HD14 Friday, August 5 at 5:00 p.m.; HD20 Saturday, August 6 at 2:45 a.m.

Parallel straight

Stage 2 & 3 in HD14 and stage 5 in HD20 may be run by 1–3 runners per team, all of whom go out at the same time, when the previous runner comes into gear. All the starters on the route run together to the starting point. The first of the team, who comes in to shift on the parallel distance, switches over to the next-distance runner in the usual way. The distance time on the parallel distance is only counted on the runner who switches first, but everyone is counted on the team. The first runner that exchange must also have stamped correctly, and be approved, IF he/she are not approved the team will be disqualified.

Finish

The finish after the last stage takes place when the finish line is crossed. Goal stamping takes place after the finish line in the order indicated by the goal judge.

Restart

The restart takes place about 60 minutes after the winning team's finish in each class.

Disqualified teams

Disqualified teams are not allowed to continue to run the relay. Runners for all distances are allowed to run out in the restart. The runner who breaks his distance must submit the race map to the organizer and stamp out.

Maximum time

2.5 hours after the reboot.

Cover-up clothes

Clubs are responsible for these. No transport from the start.





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Shower

On the way to the shower you pass the lap course, **exercise caution when crossing towards the shower, runners from the HD20 relay pass this path.**

Open time for shower:

Friday 17:00-21:00

Saturday 03:00-12:30 14:45-20:00

Sunday 10:00-14:00

Cellphone charge

Tents for charging mobiles / powerbanks are available in the arena, you take responsibility for your own things.

The public

The public and contestants may only stay in designated areas. It is forbidden to venture out onto the tracks, which includes the last check before exchange and starting point. All reconnaissance within the competition area is prohibited. Violations entail the exclusion of the team. Respect posted prohibition signs and barriers and follow the instructions on suitable walkways within the stadium. Mandatory to follow the designated road from the car park to the stadium.

Camping

Allowed in designated place, see camping PM and site distribution. Grill only allowed in designated places. See camping map.

Windbreak

Grilling must NOT occur. Grilling only allowed on designated areas.

See distribution in "distribution of windbreaks"

The public WIFI

Available only at the campsite.

Re-patching

There is easier re-patching in the arena.

Defibrillators are available in the re-patch tent, as well as in connection with camping at Lassalyckan

Food and serving

See PM food for more information

Knatteknatt and Babysitting

Only available on Saturday at 14:00 – 17:00 Sunday at 09:45-12:00





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Competition rules

SOFT's competition rules apply.

Map delivery

Map delivery takes place on Saturday at the information tent against team numbers and club names. This happens at the earliest after the restart has taken place, about 1.5 hours after the finish for victorious HD20 teams. Rented sportidents are returned in connection with the map delivery. Non-returned rental sportidents are charged with SEK 600 / pc.

Award ceremony

The first ten teams in HD14 and the first seven teams in HD20 receive prizes. The winning teams get the plaque as well as the U10-mila's hiking trophy to manage for a year.

The award ceremony takes place at the stage /flags about 15 minutes after the restart for each class. The teams are asked through speaker to gather a while before.

Forgotten and found

Found items in connection with the competition are submitted to the Information tent. Forgotten things are requested via email

info@u10mila.se

Competition jury Posted at the board at the information tent.

Competition management

Competition director: Karl-Anton Karlsson Ulricehamns OK 070-626 95 89

Competition director: Karl-Johan Ohlin OK Tranan 076-643 05 31

Course designer: Bodil Halvarsson Ulricehamns OK

Course designer: Jonas Salen Ulricehamns OK

Competition control: Kjell Johansson Skene SOIS

Ban control: Uno Magnusson IF Hagen

Camping manager: Patrik Söderlund Ulricehamns OK 072-3207944

Camping manager: Mats Kindlund OK Tranan 076-643 52 97

Homepage www.u10mila.se

Mail: info@u10mila.se

Good luck in the forest!

Wishing

Ulricehamns OK and OK Tranan

