



UNGDOMSSTAFETT NATIONELLA TÄVLINGAR

www.u10mila.se

Lassalyckan Ulricehamn
5-7 augusti 2022

Lassalyckan medel
Lassalyckan lång

U10MILAs VALUE BASE

- 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

Class / leg	Courses length in KM incl. marked route	Allowed only for	Character of the day	Level of difficulty	Leg time in minutes (ideal time)	Changeover time for the lead
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Start						17:00
HD14 / 1	3,8 km	Girls	Day Forked	Orange	25	17:25
HD14 / 2	2,8 km	Boys	Day Straight Parallel	Yellow	16	17:41
HD14 / 3	2,9 km	Girls	Day Straight Parallel	Yellow	19	18:00
HD14 / 4	3,8 km	Boys	Day Forked	Orange	23	18:23

Start						02:45
HD20 / 1	6,0 km	Boys	Natt Forked	Violet	40	03:25
HD20 / 2	4,5 km	Girls	Natt Forked	Violet	37	04:02
HD20 / 3	7,3 km	Boys	Dawn/Day Straight	Violet	49	04:51
HD20 / 4	5,6 km	Girls	Dawn/Day Straight	Violet	46	05:37
HD20 / 5	3,0 km	All	Dawn/Day Straight Parallel	Orange	19	05:56
HD20 / 6	3,8 km	All	Day Straight	Violet	22	06:18
HD20 / 7	3,9 km	Boys	Day Forked	Orange	23	06:41
HD20 / 8	3,1 km	Girls	Day Forked	Orange	24	07:05
HD20 / 9	7,4 km	Boys	Day Forked	Black	42	07:47
HD20 / 10	6,4 km	Girls	Day Forked	Black	43	08:30

PARALLEL LEGS

Parallel legs may be run by a maximum of three runners in the HD14 class and by a maximum of three runners in the HD20 class. Everybody is switched out at the same time and only the first runner at the finish does the next section switch out. The time is counted on the first runner, but all counts in the team. If runner two or three break or stamp incorrectly at the finish line, the team is still approved. If the first runner at the finish line is stamp wrong, the team is disqualified.





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MAP

Scale 1:7500 for HD14, map size A4. Scale 1:10,000 for HD20, map size A4 except route 1 which has A3. 5 meters equidistance for all. Map writer Ulf Bäckström. The map is newly revised in 2022. Maps are obtained on the first leg at the start and on the following stages by the previous runner. Maps are brought in before change over to next runner. All race maps will be awarded after the restart in the HD20 relay on Saturday morning.

SPECTATOR CONTROL

Stages 3, 4, 9 and 10 of the HD20 relay have Spectator control. Spectator control runners are visible just east of the arena. A distance between two controls at the lap is route marked for all spectator control runners. The passage is marked on the map and the indication. Runners must follow the route marking between controls. The loop before and after the lap is on the same map. Runners who run a distance with a spectator control should pay extra attention to the fact that they take the controls in the correct order in the area around/after the spectator control and until finish. After the spectator control everybody passes the road to the shower, guards are positioned to give runners priority over the road. This straight is marked with white/red tape.

LAST CHECK

The last check for all routes is adjacent to a prohibited area (golf course). Some stretches have the check digit for the last check placed so that it can hide a little in the marking for the forbidden area. **All runners should pay extra attention so that the last check is not missed.**

TERRAIN DESCRIPTION

Mostly open spruce forest with good runability. Path-rich outdoor area closest to the arena with both large and small paths. Further away, the area is crossed by some major paths and dirt roads. Dense forest, some thinned areas and a few clearings occur. Moderate to slight hilly with some steeper slopes.

PUNCHING AND CHECKS

Check the **code number**, the controls are close in the forest. The controls are marked with orange/white screen when controlling position. Night control is also marked with red/white/blue reflector. Punching is done by stopping the sportident in the control unit. If no sound and light signal is obtained as a receipt when punching, the pin clamp should be used, which is located on the stand.

NUMBER PLATE

All number plate have the leg number printed below the start number. The number plate shall be worn on the chest visibly and may be retained. Attach the number plate securely, then the speaker will see what number you have. The number plate for the parallel legs are not personal but look the same for the team's all runners on the leg.





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START

The start of class HD14 takes place at 17.00 on Friday on August 5. The start of class HD20 takes place at 02.45 on Saturday on August 6. Collection and admission to the start takes place about 30 minutes before each start. Runners must be posted at their map well in advance of the start, in which case dress checks shall be carried out. Short ceremony precedes the start.

After the start signal, follow the marked route (white/red tape) to the starting point, which in the terrain is marked with screen and reflector, as well as with the sign "Starting point".

EXCHANGE

Only outgoing runners are allowed in the changing lane. After passing the exchange gates (NOTE do not forget to punch (control) before exchange) the incoming runners must return their used map in the intended holder for maps. !!!No switching may take place before the map has been placed in intended map holder!!! After that, the runner continues forward to the map plank, where the map is taken for the next stretch. Make sure to take the correct map. The map is provided to outgoing runners. On the back of the map there are team numbers and leg number indicated by clear numbers. !!!Teams that take the wrong map are excluded from the competition!!! Outgoing runners must check for themselves that the correct map has been obtained. Teams affected by another contestant taking the wrong map must receive a new map as soon as possible but cannot receive time compensation for waiting time. All runners in the relay must, after exchange follow the hem to read out their sportident.

EXCHANGE PARALLEL LEGS

HD14

Runners in for 1a exchange take all maps (sitting in a bundle) for second leg at the shifting plank. PLEASE NOTE that any leftover maps should be handed over to the functionary on the way out to the starting point.

The first runner on the team in from stages 2 and 3 takes the map for the subsequent distance at the shifting plank. The other runners on the team see if the team's map for the subsequent distance is gone. Then the team has already gone out on the stretch and the runner does not need to exchange. Only the time of the person who switched first counts, if he has then stamped wrong or broken, the team is excluded.

All runners on the parallel legs must, after exchange follow the hem to read out their sportident.

HD20

Runners in for the fourth exchange take all maps (sitting in a bundle) for fifth leg at the shifting plank. PLEASE NOTE that any leftover maps should be handed over to the functionary on the way out to the starting point.

First runner in for exchange on stage 5 in class HD20 takes the map for stage 6. The other runners on stage 5 of the team see if the team's map for stage 6 is gone. By then, the team has already gone out on stage 6 and the runner does not need to exchange. Only the time of the person who switched first counts, if he has then punched wrong or broken, the team is excluded.

All runners on the parallel legs must, after exchange follow the hem to read out their sportident.

GOAL

Placement for the team is decided by goal referee followed by goal stamping. In the case of an even sprint, the goal referee decides the order of team.





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MARKED ROUTE

From start and exchange, follow the hem/marked route (white/red tape) to the starting point, which in the terrain is marked with a screen and reflector, as well as with the sign "Starting point".

From the last check, follow the hem/marked route to the map plank and exchange, respectively, the finish.

PROHIBITED AREAS

Prohibited areas are marked on the map with red raster. Where there is a solid line at the edge of the grid, the terrain is marked with solid blue/yellow tape. Passing of prohibited area entails exclusion.

RESTART

Restart for all stages in all classes may be relevant and takes place about 1 hour after the victorious team finish. Exact time is announced by the speaker

MAXTID

The maximum time for the team is 2.5 hours after the restart time. Teams that are not at the finish line then have exceeded the maximum time.

TEAMS THAT BROKEN

Teams that have broken should immediately hand their map to goal staff, as well as read their sportident. Teams that have broken or disqualified do not have the right to switch to the last leg. However, the last-distance runners are allowed to participate in the restart. Teams that have been disqualified and that have to do with the lead battle can be taken off the track and the remaining runners are then allowed to participate in the restart.

COVERALLS

Each team is responsible for coveralls

LATE CHANGES IN TEAMS

Amendment HD14 must be submitted to the information tent NO LATER THAN 15:00 FriDay 5 August

Amendment HD20 must be submitted to the information tent NO LATER THAN 00:30 SatDay 6 August

The form for legislative changes can be given from the information tent from 13.00 FriDay 5 August.

