

2025 - Småland - Sweden - by Nybro OK & Lessebo OK

# 29 May -1 june 2025











### **BULLETIN #3**

MTBO Camp is an early season event with a lot of MTBO, socializing, high-intensity competitions and low-intensity technical training sessions.

This year includes competitions for WMS, YGWS, Svenska Cupen, Svenska Veterancupen and Smålands DM

Organizers	Lessebo OK and Nybro OK
Event Director	Sonny Myrefelt, eventdirector@mtbocamp.dk
Webpage	http://mtbocamp.dk
Facebook	https://www.facebook.com/mtbocamp/
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Sponsors	DESTINATION KOSTA EN GLASKLAR UPPLEVELSE  KALMAR KUVERT TILLVERNING-TRYCK-KUVERT-FÖRPACKNINGAR
	CRAFT:







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### **WELCOME**

The organizing team warmly welcomes you to the 2025 special, Swedish edition of MTBO camp. It has become a tradition with a season opening training camp offering maps and course-setting of the highest standard. The 2025 event will not let you down! We have found and mapped new, virgin MTBO terrains in nice typical Smålands terrain just around Kosta -Lessebo-Orrefors and Målerås.

On behalf of the organizing team, we welcome you to the Southeast of Sweden, the center of the kingdom of Glass, Glasriket.

Lessebo and Nybro Municipality wish you a pleasant stay and would like to show you the area's opportunities with the following summary text from Lessebo Municipality.

The area around Lessebo offers a rich sports and outdoor life with plenty of opportunities for both exercise and recreation. You can find several sports facilities here, including a popular athletics stadium in Skruv and the newly built Craft Arena in Kosta, which houses sports such as handball, table tennis, martial arts, paddle tennis, bowling and boules. Lessebo kommun has an active community life where sports such as football, athletics, table tennis, orienteering and tug-of-war engage both young and old.

For those who like outdoor life, there are beautiful hiking and cycling trails. One of them is Utvandrarleden, which takes visitors through Småland's nature and historical sites. Good fishing opportunities, inviting swimming lakes and exercise trails with lightning make it easy to be active all year round. You can also find peace and quiet in untouched nature. In Lessebo kommun there is every opportunity for an active lifestyle for both residents and visitors.

### **VFNUF**

#### Sweden

Situated in Scandinavia, the Kingdom of Sweden covers an area of 528,000 square kilometers and with a population of 10,5 million, the population density is 22 per square kilometer. You will discover Sweden to be a well-organized, friendly and safe country to visit. Sweden is so long that its northern parts may still be covered in snow when the southern end is in bloom. More than two-thirds of the land area is covered in forest and there are nearly 100,000 lakes. The south of Sweden has an average daily temperature 16,6 °C in the end of May. More info: Väder i Kosta, Lessebo (smhi.se)

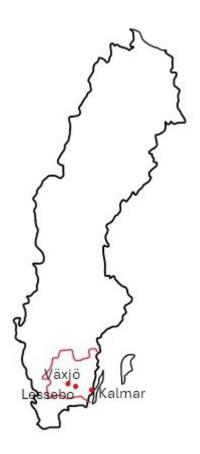
#### Småland

Småland is one of 25 landscape in Sweden and is situated in the southeast of Sweden.

Kingdom of Glass- southeast Sweden

Småland's Kingdom of Glass has been creating magic since 1742. The unique art glass is famous worldwide and the craft can be found in many Swedish homes. Here you meet the craftsmen and artists. Experience the Kingdom of Glass - Kingdom of Glass (glasriket.se)

At most glassworks, it is fine to step into the cabin and take part in the work. And maybe try the noble art of glassblowing yourself. You can also shop for unique glass, sometimes at bargain prices.





# MTBO i





### EVENT CENTER AND GENERAL MAP

#### **EVENT CENTER**



The event center will be at Kosta Lodge, Stora vägen 2, 365 43 Kosta, Sweden.

Kosta Lodge - stugor, konferens, ställplats & fiske mitt i Glasriket https://maps.app.goo.gl/Le6aVv4EURhSCbEr7

Kosta is situated 73 km west from Kalmar, 40 km from Nybro and 48 km east from Växjö.

The race area and training areas will be held in the area shown in the picture, red line surrounding the areas.



### What else to like ....

At the proximity of event center, you can also find:



Destination - Kosta | (destinationkosta.se)











Kosta Boda offers inspiring art glass and contemporary interior design objects derived from Swedish design tradition. Targeting modern lifestyle, the progressive assortment delivers premium products integral to everyday use. Did you know? The furnaces at the Kosta glassworks have been lit since 1742.



#### **Kosta Outlet**

Kosta Outlet i Småland - upp till 70% billigare



#### Målerås Glasbruk

Målerås - Crystal handmade in Sweden - Unique form of art glass (maleras.se).

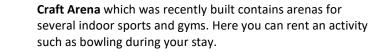
"When the first furnace was lit in Målerås 1890, an epoch started where the knowledge and pride in producing fine work has continued through the generations. Målerås Glassworks creates both top quality household glassware and a unique form of art glass. Kristallshopens's opening hours 10.00-16.00. MTBO participants receive a 20% discount in the shop.



#### Orranäs Glasbruk

Orranäs Glasbruk - Glass Art from Småland, Sweden (orranasglasbruk.se).















### HOW TO GET TO KOSTA

Kosta is accessible by plane, train, bus and car.

### **Directions by train:**

From Gothenburg to Lessebo (SJ Regionaltåg) 3 h 8 min, direct train. From Malmoe to Lessebo (Öresundståg) 2 h 22 min, direct train. From Stockholm to Alvesta SJ 3 h 6 min, change in Alvesta to Lessebo 33 min, total traveltime 3 h 49 min.

Distance from Lessebo to Kosta: 15 km by taxi 14 min.

#### By Air

From Arlanda to Kalmar – KLR Kalmar-Öland Airport to Kosta 1 h (7 mil). From Kastrup – CPH – Copenhagen Airport to Kosta 3 h (27 mil).

#### Distance:

Stockholm – Kosta 41 mil – 4 h 42 min Jönköping – Kosta 15 mil – 1 h 56 min Lund – Kosta 22 mil – 2 h 42 min Halmstad – Kosta 18 mil – 2 h 24 min

#### **AIRPORTS**

- Kalmar-Öland airport. Startsida Kalmar Öland Airport (kalmarolandairport.se)
- Malmö Sturup airport.
- Copenhagen airport Kastrup.

#### BY CAR TO SWEDEN

Good connections to Sweden from:

**Denmark**: Ferry from Helsingör to Helsingborg: Ferry company: Øresundslinjen. You can also take Oresund bridge between Copenhagen and Malmö.

**Finland:** Ferry from Helsingfors to Stockholm. **Germany:** Ferry from Rostock to Trelleborg.

**Germany**: By car from the German-Danish border in Padborg across the Great Belt Bridge and further east crossing Denmark to the Oresund bridge and Malmö. From Malmö to Kosta 230 km.

Polen: Ferry from Gdynia to Karlskrona. From Karlskrona by car to Kosta 85 km.







### **PROGRAM**

Date	Location	Details
Thursday	Kosta Lodge Arena, (WGS84 DD (lat, long)	Competition Long distance, WMS YGWS,
29 May 2025	56.83350, 15.40054)	Svenska Cupen, Svenska Veterancupen,
		Småland DM. First start 09.30
	Arena glass factory Målerås, (WGS84 DD	Technical training, afternoon
	(lat, long) 56.91561, 15.56493)	
Friday	Kosta Lodge Arena	Competition Sprint distance, WMS
30 May 2025		YGWS, Svenska Cupen, Svenska
		Veterancupen, Småland DM. First start
		09.30
	Arena Orranäs, Orrefors, (WGS84 DD (lat,	Technical training, afternoon
	long) 56.84103, 15.74701)	
Saturday	Kosta Lodge Arena, Kosta-Målerås-Kosta	Training Ultra long distance a.k.a.
31 May 2025		"Høkeren", first start 09.30
	Evening Craft Arena, Kosta, (WGS84 DD	Social event including prize giving at the
	(lat, long) 56.84934, 15.39047)	Craft Arena,
Sunday	Arena Hackebackeskolan, Lessebo,	Competition Middle distance, Svenska
1 june 2025	(WGS84 DD (lat, long) 56.75743, 15.28047)	Veterancupen, Småland DM. First start
		10.00

### **DISTANCES**

All events will take place max. 30 km from the event center.

### **ENTRY**

Entry will open no later than 15 November 2024.

The ordinary registration period ends 11 May 2025

Later registration is accepted against an increased entry fee, see below.

Your entry is only valid when full payment has been received.

Members of Swedish orienteering clubs must register in Eventor so that payment can be handled through this. All other participants must make their entry on the event website: <a href="http://mtbocamp.dk/mtbo-camp-2025/signup/">http://mtbocamp.dk/mtbo-camp-2025/signup/</a>

Fill in the required information. Entries will be published on the webpage regularly.

### **RULES AND INFORMATION**

Swedish Traffic rules apply to all days and events. You as a participant must know these and follow them. Latest symbol set for MTBO maps is used. At some road and street crossings, there are functionary who have the right to stop you before you cross the road. At some crossings you have to stop and lead the bike across the road. You must obey them, otherwise it means disqualification.







SOFT's and IOF's competition rules apply. All competition is at your own risk. All competitors must follow the current traffic rules. The area is not closed to other traffic. Cycling is allowed on the map on paths, roads, brown surfaces, orange surfaces/paths and areas with the symbol 825 cyclable area in the forest. Unclear paths have been provided with white markings at the beginning of the path.

**Number bibs**: Number bibs must be worn by all participants. The number bib is personal and can be picked up at the secretariat at the Arena. The number bib attached to the front of the bike. The same number bib is used every day.

**Start**: Start procedure for long, medium and sprint: "Advance time" 3 minutes before the specified start time. The map is received 1 minute before the start. Open classes use start punching. Open classes start between 11.00 -12.00 every day.

Free start between 13.00-16.00 for the trainings Thursday and Friday afternoon.

The start for Saturday's Ultra long takes place as a mass start divided into groups. Division into groups and start times will be announced later. First start group 09.30.

UsynligO is used for the trainings and those of you who wish to use it prepare yourselves, no separate review on site.

Start lists will be published on Eventor and at the Arena. Live results are used. Results will be posted on Swedish Eventor after the competition. The courses will be posted on livelox.

**Finish**: At the finish long distance, sprint distance and middle distance, the same "touchfree" punching device (Sportident Beacon Small BS-11, BS) is used as for the controls, so make sure that the SIAC card makes contact at the finish.

**Punching system**: SportIdent AIR+ (SIAC) Touch Free. Punches are registered at a distance of up to 1.8 meters, so competitors do not have to stop at the control points. Active Card, SIAC is required for all participants. State your own tag number when registering. Participants who are not registered with an Actice card, SIAC will automatically be awarded a rental SIAC and most pay the rental fee. In case of loss of rental tag, 92€ or 1000 SEK will be charged.

**Code numbers:** The code number of the control point is located on the top of the punching unit and is visible from above.

**Maps**: Newly drawn maps with the latest map norm for MTBO maps. Equidistance 2.5 m for all maps. Different map scales are used, see table with map data, course lengths, etc. for each activity. In the competition area there are some bridges and footbridges that have been widened and equipped with nets. Footbridges do not have a map symbol so they are drawn as paths with assessed accessibility. If you feel unsafe about riding on footbridges, jump off the bike and lead it.

Video: videos showing different paths/roads in the area can be found here Kanalinnehåll - YouTube Studio

Kosta Shooting Range is a forbidden area and has been marked on the map. There are signs about forbidden areas in parts of the competition area and this is a military training area where no shooting takes place and we are allowed to cycle there.

**Maximum time**: Thursday long distance: 3 hours

Friday sprint: 1.5 hours

Sunday middle distance: 2 hours







**WC, shower and changing rooms** are in close proximity to the arena Kosta Lodge and Lessebo Sporthall, see mark. There is also a toilet and shower at Kosta Bad och Camping, follow the marker to the parking lot. At the trainings in Målerås and Orrefors there is toilet type baja-maja at the arena.

**Prize ceremony**: The prize ceremony takes place immediately after the each competition. Prizes are available for all starters in the youth classes. Prizes for the first three in each class in the Swedish Cup.

Raffle take place of a number of prizes for MTBO participants at the dinner Saturday evening. You must be there to receive the prize.

**Service**: Spare parts and a simple workshop are available at the arena. Sams Cykel Nybro takes care of this.

A small number of map stands and SIAC cards are available for rent.

Bicycle washing is available in the area.

First aid kit and defibrillator are available at the arena. Contact the race committee 0761338233 or in case of emergency events 112.

Memos and supplementary information during the event will be published on MTBO Småland | Facebook and at the arena.

### **CLASSES and COURSE LENGTH**

Your entry class apply for sprint, middle- and long-distance competitions. You cannot change from one class to another during the camp.

The ultra-long race, will be available in four variants, and you sign up for one of these independently of which class you have signed up for the rest of the camp.

There will be one course/class for each technical training session.

Cla	Classes			
Long-, Sprint- and Mi	Long-, Sprint- and Middle distance			
M10	W10			
M12	W12			
M14	W14			
M16	W16			
M17-20	W17-20			
M21	W21			
M35 W35				
M40 W40				
M45	W45			
M50	W50			
M55	W55			
M60	W60			
M65 W65				
M70	W70			
M75	W75			
M80	M80 W80			
M85 W85				
H90 D90				
Open Short				
Open	Middle			
Open Long				

Ultra long -please choose among (despite of class)
Easy
Long
Very long
Ultra long

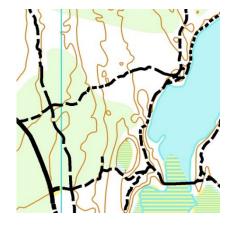






# Classes and preliminary course lengths stated as straight and shortest route Thursday 29 May long distance, Arena Kosta Lodge

		Course
Long distance	Course straight	shortest
Class	line (km)	route (km)
D21	25,2	37
h21	28,5	42,4
D17-20	17,8	26,9
H17-20	21,9	33,1
D16	11,6	17,4
H16	14,5	20,9
H14	7,2	9,6
D14	7,2	9,6
H12	4,8	6,7
D12	4,8	6,7
H10	4	5,1
D10	4	5,1
D35	17,8	26,9
H35	25,2	37
D40	17,8	26,9
H40	25,2	37
D45	17,8	26,9
H45	25,2	37
D50	16,1	24,6
H50	21,9	33,1
D55	16,1	24,6
H55	21,9	33,1
D60	14,5	20,9
H60	18,2	28,2
D65	11,6	17,4
H65	18,2	28,2
D70	10,3	14,5
H70	16,1	24,6
D75	7,2	9,6
H75	14,5	20,9
D80	4,8	6,7
H80	5	6,5
D85	4,8	6,7
H85	4,8	6,7
D90	4,8	6,7
H90	4,8	6,7
Open long	21,9	33,1
open middle	16,1	24,6
open short	7,2	9,6



Map section is not to scale

The long distance is decided in the terrain area east of Kosta. The area contains several smaller lakes that must be passed. There are wooden bridges that can be used, these are one-way, we have officials deployed to check that this is followed. In the area there are several smaller paths and most have been cleared and prepared for the competitions. In the northern competition area there are sections with asphalt and fast gravel roads. The terrain area is slightly hilly with good visibility.

Map scale 1: 15,000, 1:12500 and in some classes 1:10,000, equidistance 2.5 m. Map format A3.







### Map scale, map format, number of sheet and map flipping

Long				
distance	Мар	Мар		
Class	scale	format	Sheet	Map flipping
H21	15000	A3	2	ja
D21,H35,				
H40,H45	15000	A3	2	ja
H17-20,				
H50,H55,OL	15000	A3	2	ja
H60, H65	15000	A3	1	ja
D17-20,				
D35,D40,				
D45	15000	A3	1	ja
D50,D55,				
H70, OM	12500	A3	2	ja
H16,D60,				
H75	12500	A3	1	ja
		_		
D16, D65	12500	A3	1	ja
_		_		
D70	12500	A3	1	ja
H14,D14,				
D75, OS	10000	A3	1	nej
	40000			
H80	10000	A3	1	nej
H12,D12,				
D80,H85,				
D85, H90,	10000	4.2		:
D90	10000	A3	1	nej
H10, D10	10000	A3	1	nej
1110, D10	10000	73	1	HEJ







# Friday 30 may sprint distance, Arena Kosta Lodge

Sprint Class         Course straight line (km)         Course shortest route (km)           D21         6,1         8           h21         6,7         8,4           D17-20         5,8         7,4           H17-20         6,1         8           D16         4,6         5,6           H16         4,6         5,6           H14         3,1         3,9           D14         3,1         3,9           H12         2,2         2,6           D12         2,2         2,6           H10         2,2         2,6           D10         2,2         2,6           D35         5,1         6,4           H35         5,9         7,5           D40         5,1         6,4           H40         5,9         7,5           D45         5,1         6,4           H45         5,9         7,5           D45         5,1         6,4           H45         5,9         7,5           D46         4,7         5,6           H55         5,8         7,4           D60         4,2         5           H		ı	
Sprint Class         line (km)         route (km)           D21         6,1         8           h21         6,7         8,4           D17-20         5,8         7,4           H17-20         6,1         8           D16         4,6         5,6           H16         4,6         5,6           H14         3,1         3,9           D14         3,1         3,9           H12         2,2         2,6           D12         2,2         2,6           D10         2,2         2,6           D10         2,2         2,6           D35         5,1         6,4           H35         5,9         7,5           D40         5,1         6,4           H40         5,9         7,5           D45         5,1         6,4           H45         5,9         7,5           D50         4,7         5,6           H50         5,8         7,4           D55         4,7         5,6           H55         5,8         7,4           D60         4,2         5           H60         5,1			
D21         6,1         8           h21         6,7         8,4           D17-20         5,8         7,4           H17-20         6,1         8           D16         4,6         5,6           H16         4,6         5,6           H14         3,1         3,9           D14         3,1         3,9           H12         2,2         2,6           D12         2,2         2,6           D10         2,2         2,6           D35         5,1         6,4           H35         5,9         7,5           D40         5,1         6,4           H40         5,9         7,5           D45         5,1         6,4           H45         5,9         7,5           D50         4,7         5,6           H50         5,8         7,4           D55         4,7         5,6           H55         5,8         7,4           D60         4,2         5           H60         5,1         6,4           D75         3,1         3,9           H70         4,5         5,2			
h21         6,7         8,4           D17-20         5,8         7,4           H17-20         6,1         8           D16         4,6         5,6           H16         4,6         5,6           H14         3,1         3,9           D14         3,1         3,9           H12         2,2         2,6           D12         2,2         2,6           D10         2,2         2,6           D35         5,1         6,4           H35         5,9         7,5           D40         5,1         6,4           H40         5,9         7,5           D45         5,1         6,4           H45         5,9         7,5           D50         4,7         5,6           H50         5,8         7,4           D55         4,7         5,6           H55         5,8         7,4           D60         4,2         5           H60         5,1         6,4           D70         3,1         3,9           H75         4,2         5           D80         2,2         2,6	-		, ,
D17-20         5,8         7,4           H17-20         6,1         8           D16         4,6         5,6           H16         4,6         5,6           H14         3,1         3,9           D14         3,1         3,9           H12         2,2         2,6           D12         2,2         2,6           D10         2,2         2,6           D35         5,1         6,4           H35         5,9         7,5           D40         5,1         6,4           H40         5,9         7,5           D45         5,1         6,4           H45         5,9         7,5           D50         4,7         5,6           H50         5,8         7,4           D55         4,7         5,6           H55         5,8         7,4           D60         4,2         5           H60         5,1         6,4           D65         4,2         5           H65         4,7         5,6           D75         3,1         3,9           H75         4,2         5 </td <td></td> <td></td> <td>_</td>			_
H17-20         6,1         8           D16         4,6         5,6           H16         4,6         5,6           H14         3,1         3,9           D14         3,1         3,9           H12         2,2         2,6           D12         2,2         2,6           H10         2,2         2,6           D10         2,2         2,6           D35         5,1         6,4           H35         5,9         7,5           D40         5,1         6,4           H40         5,9         7,5           D45         5,1         6,4           H45         5,9         7,5           D50         4,7         5,6           H50         5,8         7,4           D55         4,7         5,6           H55         5,8         7,4           D60         4,2         5           H60         5,1         6,4           D65         4,2         5           H65         4,7         5,6           D75         3,1         3,9           H75         4,2         5		6,7	8,4
D16         4,6         5,6           H16         4,6         5,6           H14         3,1         3,9           D14         3,1         3,9           H12         2,2         2,6           D12         2,2         2,6           H10         2,2         2,6           D10         2,2         2,6           D35         5,1         6,4           H35         5,9         7,5           D40         5,1         6,4           H40         5,9         7,5           D45         5,1         6,4           H45         5,9         7,5           D50         4,7         5,6           H50         5,8         7,4           D55         4,7         5,6           H55         5,8         7,4           D60         4,2         5           H60         5,1         6,4           D65         4,2         5           H65         4,7         5,6           D75         3,1         3,9           H75         4,2         5           D80         2,2         2,6	D17-20	5,8	
H16       4,6       5,6         H14       3,1       3,9         D14       3,1       3,9         H12       2,2       2,6         D12       2,2       2,6         H10       2,2       2,6         D10       2,2       2,6         D35       5,1       6,4         H35       5,9       7,5         D40       5,1       6,4         H40       5,9       7,5         D45       5,1       6,4         H45       5,9       7,5         D50       4,7       5,6         H50       5,8       7,4         D55       4,7       5,6         H55       5,8       7,4         D60       4,2       5         H60       5,1       6,4         D65       4,2       5         H65       4,7       5,6         D70       3,1       3,9         H75       4,2       5         D80       2,2       2,6         H80       3,1       3,9         D85       2,2       2,6         H85       3,1       3,9 <td>H17-20</td> <td>6,1</td> <td></td>	H17-20	6,1	
H14         3,1         3,9           D14         3,1         3,9           H12         2,2         2,6           D12         2,2         2,6           H10         2,2         2,6           D10         2,2         2,6           D35         5,1         6,4           H35         5,9         7,5           D40         5,1         6,4           H40         5,9         7,5           D45         5,1         6,4           H45         5,9         7,5           D50         4,7         5,6           H50         5,8         7,4           D55         4,7         5,6           H55         5,8         7,4           D60         4,2         5           H60         5,1         6,4           D65         4,2         5           H65         4,7         5,6           D70         3,1         3,9           H70         4,5         5,2           D75         3,1         3,9           H75         4,2         5           D80         2,2         2,6	D16	4,6	
D14         3,1         3,9           H12         2,2         2,6           D12         2,2         2,6           H10         2,2         2,6           D10         2,2         2,6           D35         5,1         6,4           H35         5,9         7,5           D40         5,1         6,4           H40         5,9         7,5           D45         5,1         6,4           H45         5,9         7,5           D50         4,7         5,6           H50         5,8         7,4           D55         4,7         5,6           H55         5,8         7,4           D60         4,2         5           H60         5,1         6,4           D65         4,2         5           H65         4,7         5,6           D70         3,1         3,9           H75         4,2         5           D80         2,2         2,6           H80         3,1         3,9           D85         2,2         2,6           H85         3,1         3,9	H16		5,6
H12         2,2         2,6           D12         2,2         2,6           H10         2,2         2,6           D10         2,2         2,6           D35         5,1         6,4           H35         5,9         7,5           D40         5,1         6,4           H40         5,9         7,5           D45         5,1         6,4           H45         5,9         7,5           D50         4,7         5,6           H50         5,8         7,4           D55         4,7         5,6           H55         5,8         7,4           D60         4,2         5           H60         5,1         6,4           D65         4,2         5           H65         4,7         5,6           D70         3,1         3,9           H70         4,5         5,2           D75         3,1         3,9           H75         4,2         5           D80         2,2         2,6           H80         3,1         3,9           D85         2,2         2,6	H14	3,1	3,9
D12         2,2         2,6           H10         2,2         2,6           D10         2,2         2,6           D35         5,1         6,4           H35         5,9         7,5           D40         5,1         6,4           H40         5,9         7,5           D45         5,1         6,4           H45         5,9         7,5           D50         4,7         5,6           H50         5,8         7,4           D55         4,7         5,6           H55         5,8         7,4           D60         4,2         5           H60         5,1         6,4           D65         4,2         5           H65         4,7         5,6           D70         3,1         3,9           H70         4,5         5,2           D75         3,1         3,9           H75         4,2         5           D80         2,2         2,6           H80         3,1         3,9           D85         2,2         2,6           H85         3,1         3,9	D14	3,1	3,9
H10         2,2         2,6           D10         2,2         2,6           D35         5,1         6,4           H35         5,9         7,5           D40         5,1         6,4           H40         5,9         7,5           D45         5,1         6,4           H45         5,9         7,5           D50         4,7         5,6           H50         5,8         7,4           D55         4,7         5,6           H55         5,8         7,4           D60         4,2         5           H60         5,1         6,4           D65         4,2         5           H65         4,7         5,6           D70         3,1         3,9           H70         4,5         5,2           D75         3,1         3,9           H75         4,2         5           D80         2,2         2,6           H80         3,1         3,9           D85         2,2         2,6           H85         3,1         3,9           D90         2,2         2,6	H12	2,2	2,6
D10         2,2         2,6           D35         5,1         6,4           H35         5,9         7,5           D40         5,1         6,4           H40         5,9         7,5           D45         5,1         6,4           H45         5,9         7,5           D50         4,7         5,6           H50         5,8         7,4           D55         4,7         5,6           H55         5,8         7,4           D60         4,2         5           H60         5,1         6,4           D65         4,2         5           H65         4,7         5,6           D70         3,1         3,9           H70         4,5         5,2           D75         3,1         3,9           H75         4,2         5           D80         2,2         2,6           H80         3,1         3,9           D85         2,2         2,6           H85         3,1         3,9           D90         2,2         2,6           H90         2,2         2,6	D12	2,2	2,6
D35         5,1         6,4           H35         5,9         7,5           D40         5,1         6,4           H40         5,9         7,5           D45         5,1         6,4           H45         5,9         7,5           D50         4,7         5,6           H50         5,8         7,4           D55         4,7         5,6           H55         5,8         7,4           D60         4,2         5           H60         5,1         6,4           D65         4,2         5           H65         4,7         5,6           D70         3,1         3,9           H70         4,5         5,2           D75         3,1         3,9           H75         4,2         5           D80         2,2         2,6           H80         3,1         3,9           D85         2,2         2,6           H85         3,1         3,9           D90         2,2         2,6           H90         2,2         2,6           Open long         5,8         7,4	H10	2,2	2,6
H35         5,9         7,5           D40         5,1         6,4           H40         5,9         7,5           D45         5,1         6,4           H45         5,9         7,5           D50         4,7         5,6           H50         5,8         7,4           D55         4,7         5,6           H55         5,8         7,4           D60         4,2         5           H60         5,1         6,4           D65         4,2         5           H65         4,7         5,6           D70         3,1         3,9           H70         4,5         5,2           D75         3,1         3,9           H75         4,2         5           D80         2,2         2,6           H80         3,1         3,9           D85         2,2         2,6           H85         3,1         3,9           D90         2,2         2,6           H90         2,2         2,6           Open long         5,8         7,4           open middle         4,7         5,6 </td <td>D10</td> <td>2,2</td> <td>2,6</td>	D10	2,2	2,6
D40         5,1         6,4           H40         5,9         7,5           D45         5,1         6,4           H45         5,9         7,5           D50         4,7         5,6           H50         5,8         7,4           D55         4,7         5,6           H55         5,8         7,4           D60         4,2         5           H60         5,1         6,4           D65         4,2         5           H65         4,7         5,6           D70         3,1         3,9           H70         4,5         5,2           D75         3,1         3,9           H75         4,2         5           D80         2,2         2,6           H80         3,1         3,9           D85         2,2         2,6           H85         3,1         3,9           D90         2,2         2,6           H90         2,2         2,6           Open long         5,8         7,4           open middle         4,7         5,6	D35	5,1	6,4
H40       5,9       7,5         D45       5,1       6,4         H45       5,9       7,5         D50       4,7       5,6         H50       5,8       7,4         D55       4,7       5,6         H55       5,8       7,4         D60       4,2       5         H60       5,1       6,4         D65       4,2       5         H65       4,7       5,6         D70       3,1       3,9         H70       4,5       5,2         D75       3,1       3,9         H75       4,2       5         D80       2,2       2,6         H80       3,1       3,9         D85       2,2       2,6         H85       3,1       3,9         D90       2,2       2,6         H90       2,2       2,6         Open long       5,8       7,4         open middle       4,7       5,6	H35	5,9	7,5
D45         5,1         6,4           H45         5,9         7,5           D50         4,7         5,6           H50         5,8         7,4           D55         4,7         5,6           H55         5,8         7,4           D60         4,2         5           H60         5,1         6,4           D65         4,2         5           H65         4,7         5,6           D70         3,1         3,9           H70         4,5         5,2           D75         3,1         3,9           H75         4,2         5           D80         2,2         2,6           H80         3,1         3,9           D85         2,2         2,6           H85         3,1         3,9           D90         2,2         2,6           H90         2,2         2,6           Open long         5,8         7,4           open middle         4,7         5,6	D40	5,1	6,4
H45         5,9         7,5           D50         4,7         5,6           H50         5,8         7,4           D55         4,7         5,6           H55         5,8         7,4           D60         4,2         5           H60         5,1         6,4           D65         4,2         5           H65         4,7         5,6           D70         3,1         3,9           H70         4,5         5,2           D75         3,1         3,9           H75         4,2         5           D80         2,2         2,6           H80         3,1         3,9           D85         2,2         2,6           H85         3,1         3,9           D90         2,2         2,6           H90         2,2         2,6           Open long         5,8         7,4           open middle         4,7         5,6	H40	5,9	7,5
D50         4,7         5,6           H50         5,8         7,4           D55         4,7         5,6           H55         5,8         7,4           D60         4,2         5           H60         5,1         6,4           D65         4,2         5           H65         4,7         5,6           D70         3,1         3,9           H70         4,5         5,2           D75         3,1         3,9           H75         4,2         5           D80         2,2         2,6           H80         3,1         3,9           D85         2,2         2,6           H85         3,1         3,9           D90         2,2         2,6           H90         2,2         2,6           Open long         5,8         7,4           open middle         4,7         5,6	D45	5,1	6,4
D50         4,7         5,6           H50         5,8         7,4           D55         4,7         5,6           H55         5,8         7,4           D60         4,2         5           H60         5,1         6,4           D65         4,2         5           H65         4,7         5,6           D70         3,1         3,9           H70         4,5         5,2           D75         3,1         3,9           H75         4,2         5           D80         2,2         2,6           H80         3,1         3,9           D85         2,2         2,6           H85         3,1         3,9           D90         2,2         2,6           H90         2,2         2,6           Open long         5,8         7,4           open middle         4,7         5,6	H45	5,9	7,5
H50     5,8     7,4       D55     4,7     5,6       H55     5,8     7,4       D60     4,2     5       H60     5,1     6,4       D65     4,2     5       H65     4,7     5,6       D70     3,1     3,9       H70     4,5     5,2       D75     3,1     3,9       H75     4,2     5       D80     2,2     2,6       H80     3,1     3,9       D85     2,2     2,6       H85     3,1     3,9       D90     2,2     2,6       H90     2,2     2,6       Open long     5,8     7,4       open middle     4,7     5,6	D50	4,7	
D55         4,7         5,6           H55         5,8         7,4           D60         4,2         5           H60         5,1         6,4           D65         4,2         5           H65         4,7         5,6           D70         3,1         3,9           H70         4,5         5,2           D75         3,1         3,9           H75         4,2         5           D80         2,2         2,6           H80         3,1         3,9           D85         2,2         2,6           H85         3,1         3,9           D90         2,2         2,6           H90         2,2         2,6           Open long         5,8         7,4           open middle         4,7         5,6	H50		
D60         4,2         5           H60         5,1         6,4           D65         4,2         5           H65         4,7         5,6           D70         3,1         3,9           H70         4,5         5,2           D75         3,1         3,9           H75         4,2         5           D80         2,2         2,6           H80         3,1         3,9           D85         2,2         2,6           H85         3,1         3,9           D90         2,2         2,6           H90         2,2         2,6           Open long         5,8         7,4           open middle         4,7         5,6	D55	4,7	
H60     5,1     6,4       D65     4,2     5       H65     4,7     5,6       D70     3,1     3,9       H70     4,5     5,2       D75     3,1     3,9       H75     4,2     5       D80     2,2     2,6       H80     3,1     3,9       D85     2,2     2,6       H85     3,1     3,9       D90     2,2     2,6       H90     2,2     2,6       Open long     5,8     7,4       open middle     4,7     5,6	H55	5,8	7,4
H60     5,1     6,4       D65     4,2     5       H65     4,7     5,6       D70     3,1     3,9       H70     4,5     5,2       D75     3,1     3,9       H75     4,2     5       D80     2,2     2,6       H80     3,1     3,9       D85     2,2     2,6       H85     3,1     3,9       D90     2,2     2,6       H90     2,2     2,6       Open long     5,8     7,4       open middle     4,7     5,6	D60	4,2	5
H65     4,7     5,6       D70     3,1     3,9       H70     4,5     5,2       D75     3,1     3,9       H75     4,2     5       D80     2,2     2,6       H80     3,1     3,9       D85     2,2     2,6       H85     3,1     3,9       D90     2,2     2,6       H90     2,2     2,6       Open long     5,8     7,4       open middle     4,7     5,6	H60		6,4
D70     3,1     3,9       H70     4,5     5,2       D75     3,1     3,9       H75     4,2     5       D80     2,2     2,6       H80     3,1     3,9       D85     2,2     2,6       H85     3,1     3,9       D90     2,2     2,6       H90     2,2     2,6       Open long     5,8     7,4       open middle     4,7     5,6	D65	4,2	5
H70     4,5     5,2       D75     3,1     3,9       H75     4,2     5       D80     2,2     2,6       H80     3,1     3,9       D85     2,2     2,6       H85     3,1     3,9       D90     2,2     2,6       H90     2,2     2,6       Open long     5,8     7,4       open middle     4,7     5,6	H65	4,7	5,6
H70     4,5     5,2       D75     3,1     3,9       H75     4,2     5       D80     2,2     2,6       H80     3,1     3,9       D85     2,2     2,6       H85     3,1     3,9       D90     2,2     2,6       H90     2,2     2,6       Open long     5,8     7,4       open middle     4,7     5,6	D70	3,1	3,9
H75     4,2     5       D80     2,2     2,6       H80     3,1     3,9       D85     2,2     2,6       H85     3,1     3,9       D90     2,2     2,6       H90     2,2     2,6       Open long     5,8     7,4       open middle     4,7     5,6	H70		
D80         2,2         2,6           H80         3,1         3,9           D85         2,2         2,6           H85         3,1         3,9           D90         2,2         2,6           H90         2,2         2,6           Open long         5,8         7,4           open middle         4,7         5,6	D75	3,1	3,9
D80     2,2     2,6       H80     3,1     3,9       D85     2,2     2,6       H85     3,1     3,9       D90     2,2     2,6       H90     2,2     2,6       Open long     5,8     7,4       open middle     4,7     5,6	H75	4,2	5
H80     3,1     3,9       D85     2,2     2,6       H85     3,1     3,9       D90     2,2     2,6       H90     2,2     2,6       Open long     5,8     7,4       open middle     4,7     5,6			2,6
D85         2,2         2,6           H85         3,1         3,9           D90         2,2         2,6           H90         2,2         2,6           Open long         5,8         7,4           open middle         4,7         5,6	H80		
H85     3,1     3,9       D90     2,2     2,6       H90     2,2     2,6       Open long     5,8     7,4       open middle     4,7     5,6			
D90         2,2         2,6           H90         2,2         2,6           Open long         5,8         7,4           open middle         4,7         5,6			
H90         2,2         2,6           Open long         5,8         7,4           open middle         4,7         5,6			
Open long         5,8         7,4           open middle         4,7         5,6			
open middle 4,7 5,6			
	open short	3,1	3,9



Map section is not to scale

The sprint distance is decided in and around Kosta community. The competition area is slightly hilly and contains fast cycling paths and roads, although there are exceptions. The competition area is not closed to traffic, which is why everyone must be observant of traffic and residents moving around in the village. You must obey the officials' instructions otherwise there is a risk that you will be disqualified. The area contains some fences that can be passed at openings marked on the map. Map scale 1:7500 equidistance 2.5m, map format A3.







### Map scale, map format, number of sheet and map flipping

	l			
Sprint Class	Map scale	Map format	Sheet	Map flipping
H21	7500	A3	1	nej
D21, H17-				
20	7500	A3	1	nej
H35, H40,				
H45	7500	A3	1	nej
D17-20,				
H50, H55,				
OL	7500	A3	1	nej
D35, D40,				
D45, H60	7500	A3	1	nej
D50, D55,				
H65, OM	7500	A3	1	nej
H16, D16	7500	A3	1	nej
H70	7500	A3	1	nej
D60, D65,				
H75	7500	A3	1	nej
H14, D14,				
D70, D75,				
H80, H85,				
OS	7500	A3	1	nej
H12, D12,				
H10, D10,				
D80, H85,				
D85, H90,				
D90	7500	A3	1	nej







# Sunday 1 June middle, Arena Hackebackeskolan Lessebo

	Course	
Middle	straight line	Course shortest
distance	(km	route (km)
D21	10,5	14,6
H21	12,3	17,2
D17-20	10,1	13,8
H17-20	10,5	14,6
D16	7,5	10,7
H16	8,1	11
H14	5,5	7,7
D14	3,8	4,7
H12	3,5	4,3
D12	3,5	4,3
H10	3,5	4,3
D10	3,5	4,3
D35	8,1	11
H35	10,5	14,6
D40	8,1	11
H40	10,5	14,6
D45	8,1	11
H45	10,5	14,6
D50	7,5	10,7
H50	10,1	13,8
D55	7,5	10,7
H55	10,1	13,8
D60	6,8	9,4
H60	9,6	13,1
D65	5,8	8,2
H65	9,6	13,1
D70	5,5	7,7
H70	8,1	11
D75	5,5	7,7
H75	7,5	10,7
D80	3,5	4,3
H80	3,8	4,7
D85	3,5	4,3
H85	3,5	4,3
D90	3,5	4,3
H90	3,5	4,3
Open long	10,1	13,8
open middle	7,5	10,7
open short	3,8	4,7



Map section is not to scale

The middle distance is decided about 10 km west of Kosta in Lessebo. Arena in the immediate vicinity of Hackebackeskolan, The competition area is moderately hilly containing gravel roads, paths and streets. In the area there are newly made disc golf courses where paths are starting to form but are largely made up of trampled ground, which has been mapped with symbol 825.2 where it is allowed to cycle. Map scale 1:10 000, equidistance 2.5 m.







#### Map scale, map format, number of sheet and map flipping

Middle	Мар	Мар		
	scale	format	Sheet	Man flinning
distance, class	Scale	TOTTILAL	Sileet	Map flipping
H21	10000	A3	1	ja
D21, H17-20,				
H35, H40, H45	10000	A3	1	ja
D17-20, H50,				
H55, OL	10000	A3	1	Ja
H60, H65	10000	A3	1	Ja
H16, D35, D40,				
D45, H70	10000	A3	1	ja
D16, D50, D55,				
H75, OM	10000	A3	1	ja
D60	10000	A3	1	nej
D65	10000	A3	1	nej
H14, D70, D75	10000	A3	1	nej
D14, H80, OS	10000	A3	1	nej
H12, D12, H10,				
D10, D80, H85,				
D85, H90, D90	10000	A3	1	nej

### The Trainings

### Thursday 29 may memory training

Thursday afternoon there is memory training in Målerås. Start and finish are at Målerås glassworks. There are control flags placed with code numbers. No punching is present at the controls. The course will be posted on UsynligO so anyone who wants to can use the app and thereby get punching and split times. Uploading to livelox can be done by those who wish. The course will be posted on Livelox. One way to do the memory training is to run in pairs where you take turns remembering the distance for every other checkpoint. The map is obtained at the start where also ticking off for start and finish is made.

Memory training in Målerås takes place in a varied terrain area with both buildings, forest roads and nice smaller paths. Map scale 1:7500 equidistance 2.5 m. Slight hills. Course length straight line 6,8 km



Map section is not to scale







### Friday 30 May

On Friday afternoon, there is a route choice exercise in Orrefors. Start and finish are at Orranäs Glassfactory. There are control flags placed with code numbers. No punching is present at the controls. The course will be posted on UsynligO so anyone who wants to can use the app and thereby get punching and split times. The course will be posted on Livelox. One way to run the route selection training is to drive in pairs and choose different route choices. The person who is first at the control then waits for their training buddy before making the next route choice. The map is obtained at the start where also ticking off for start and finish is made.

Route selection training in Orrefors between the towns of Orrefors and Flygsfors. The terrain is gently hilly, featuring smaller paths, streets, and gravel roads. You choose which choices you want to make against each other. Map scale 1:10,000, equidistance 2.5 m. Course length straight line 9,1 km.



Map section is not to scale

### Saturday 1 june

Saturday it's time for "Hökeren" i.e. Ultra long distance. Start and finish are at Kosta Lodge. The start is as a mass start but then divided into group starts. The different group starts and time to start will be published on the Arena Kosta Lodge. Also for this training, only control flags with code numbers without punching are used. The course will be posted on UsynligO so that anyone who wants to can use the app and thereby get punching and split times. That can be used when comparing with other participants who use UsynligO. Uploading to livelox can be done by those who wish. The course will be posted on Livelox.

	stright line	shortest
"Hökeren"	(km)	route (km)
Ultra long	41,9	64,2
Very long	34,4	54,1
long	23,8	39,0
easy	11,8	16,6

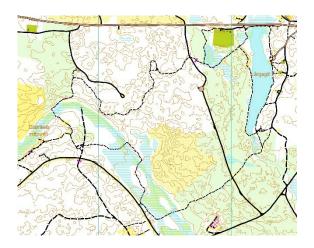
Ultra long distance is decided in the area east and northeast of Kosta up to Målerås. The area is slightly hilly and contains many fast gravel roads and nice hiking trails. The map area is continuous and the map is an MTBO map according to the latest norm. Map scale 1:15000 and 1:20000, equidistance 2.5 m, Map format A3.

	Map Scale	Format	sheet	Map Flipping
Ultra Long	20000	A3	2	2
Very Long	20000	A3	2	2
Long	20000	A3	2	1
Easy	15000	A3	1	no









Map section is not to scale

### **FEES and PAYMENT**

To be able to handle those who wish to register for only the competitions, all participants must make registrations for each desired competition and ultra long. For those of you who wish to participate in the entire MTBO camp, in addition to registration for the competition and ultra long, registration must also be made for participation in the entire camp. This is added as an additional service in Thursday's registration that you tick off. There will be a small deduction to participate in the entire Camp, except that participation in the trainings is included.

After May 14, you cannot register for the competition classes, then there are only open classes to register for. Registration for open classes can be done on the day of the competition, see later PM.

Complete MTBO CAMP	M/W-16	M/W-20	M/W 21-
Entry fee until 11 May 2025	€ 20	€ 110	€ 110
	SEK 230	SEK 1250	SEK 1250
Late entry after 12 May 2025	€ 40	€ 145	€ 145
	SEK 450	SEK 1670	SEK 1670
SI card - rental for entire camp	€ 20	€ 20	€ 20
	SEK 230	SEK 230	SEK 230
Map holder - rental for entire camp	€ 20	€ 20	€ 20
	SEK 230	SEK 230	SEK 230







Single races, price per race	M/W-16	M/W-20	M/W 21-
Entry fee until 11 May 2025			
Sprint	€9 SEK 100	€ 27 SEK 300	€ 27 SEK 300
Middle	€ 9 SEK 100	€ 19 SEK 210	€ 19 SEK 210
Long	€ 9 SEK 100	€ 27 SEK 300	€ 27 SEK 300
Ultra long	€ 9 SEK 100	€ 40 SEK 450	€ 40 SEK 450
Late entry after 12 May 2025			
Sprint	€ 14 SEK 150	€ 41 SEK 450	€ 41 SEK 450
Middle	€ 14 SEK 150	€ 29 SEK 315	€ 28 SEK 315
Long	€ 14 SEK 150	€ 41 SEK 450	€ 41 SEK 450
Ultra long	€ 14 SEK 150	€ 50 SEK 570	€ 50 SEK 570
SI card – rental for single race	€ 5 SEK 50	€ 5 SEK 50	€ 5 SEK 50
Map holder – rental for single race	€ 5 SEK 50	€ 5 SEK 50	€ 5 SEK 50

### **PAYMENT INSTRUCTIONS**

### **Members of Swedish orienteering clubs:**

Payment will be handled automatically when signed up via Eventor.

### All other participants:

Name: Lessebo Orienteringsklubb Strömbergshyttan Högehall 1 365 92 Hovmantorp

Bankgiro 5818-8525

IBAN SE79 8000 0816 9547 3600 1910 BIC SWEDSESS

Participants pay the fee to their own bank, if relevant

### TIME KEEPING SYSTEM

SPORTident touchfree (SIAC) will be used in the three competitions. All competitors will have to use an SIAC Card. Rental of SIAC cards will be possible.

Traditional SPORTident cards cannot be used.

The trainings will use UsynligO as time keeping system. You can read more about UsynligO via this link <u>UsynligO</u>. Read up on how it can download the app on your mobile phone and how it works.

### ONE DAY PARTICIPATION

You can of course choose just to participate a single day, just to try our sport. Open courses are the same as those for the competitions.







### **SOCIAL EVENT**

We hope to see you at the social event, which will take place Saturday evening at 19.00 in Craft Arena nearby the Event Center.

If you want food, a Taco Buffet is served at the price of 30€. Ordered separately via the website MTBO Camp 2025 and Eventor (Sweden). Paid by card at the event center.

### **VISA**

Sweden is a full Schengen member state. Non-Schengen residents may have to apply for a short stay visa.

### **ACCOMMODATION**

The camp organizers are not responsible for the accommodation. You are responsible for ordering and paying the accommodation you prefer.

#### ACCOMODATION AT THE EVENT CENTER KOSTA LODGE

Kosta Lodge is located in the middle of Småland's glass kingdom, close to one of Sweden's oldest glass factories. Guests come to us to experience, live and feel good. Kosta Lodge is the event center. Kosta Lodge - cabins, conference, pitch & fishing in the middle of the Kingdom of Glass

Use code "MTBO25" to get a 20% discount!





#### **KOSTA BODA ART HOTEL**

#### Kosta Boda art Hotel

The Hotel Is located 1,5 km from the event center. Kosta Boda Art Hotel is the hotel that explodes in colour, form and pleasure. A unique designhotel, decorated by the designers at Kosta Boda and a celebration of swedish glass art.

Book through their website and use code "MTBO25" to get a 15% discount









### **CAMPING**

There are several camping grounds in the area. See them all at <a href="Camping - Glass">Camping - Glass</a> <a href="Kingdom">Kingdom</a> (glasriket.se). Kosta Bad and Camping I nearby the Event Center just 1800m, follow the marking to the Event Center and Arena Kosta Lodge.

### **AUTOCAMPER**

Autocampers can stay at Kosta Lodge at the Event Center.

### **EATING**

There are several local restaurants nearby that you can search online. We will return with more information regarding breakfast.

Here are some examples of restaurants nearby:

Kosta Lodge offers a restaurant with breakfast

Kosta Boda Art Hotel offers a restaurant.

Kosta Outlet offers a restaurant.

Målerås Bistro offer salad, lunch of the day & coffee 149 SEK

Between 11:00-14:00

### MORE INFORMATION

Webpage <a href="http://www.mtbocamp.dk">http://www.mtbocamp.dk</a>

Facebook https://www.facebook.com/mtbocamp/ MTBO Småland | Facebook



### **Eventor Swedish**

<u>Eventor - Tävlingsinformation: MTBO, Svenska cupen, #5, lång + Camp Glasriket + DM, lång, Småland</u>

<u>Eventor - Tävlingsinformation: MTBO, Svenska cupen, #6, sprint + Camp Glasriket + DM, sprint, Småland</u>

Eventor - Tävlingsinformation: MTBO, Camp Glasriket, ultralång

Eventor - Tävlingsinformation: MTBO, Camp Glasriket, medel + DM, medel, Småland

Some videos from the competition areas Kanalinnehåll - YouTube Studio

### **BULLETINS**

#3 will be published May 2025