



SCANIAMILEN

SÖDERTÄLJE 2019

Scaniamilen is a race that has been arranged by Scania in Södertälje since 1993 and now takes place at several of Scania's production locations, even outside Sweden.

Scaniamilen is the biggest race in Södertälje with approximate 4000 participants every year.

The goal is to offer a nice track and fun activities for the whole family.

Scaniamilen/Scaniafemman

Scaniamilen 2019 will take place on Thursday the 16th of May at Health Center Gröndal in Södertälje.

Choose to run 5 or 10 km. Scaniamilen and Scaniafemman has a common track the first kilometer before Scaniamilen heads out to Tveta and the exercise tracks there. Scaniafemman heads out to Eklundsnäsbadet (the beach in Hovsjö) and then closer to Hovsjö and Bollhallen and to the goal at Gröndal.

A special prize will be given to the three fastest runners in mens' and womens' class at 5 and 10 km.

The department competition is divided into four classes, see [Rules for the department competition](#) (in Swedish).

Childrens' race

Scaniamilen has two races for children: Lilla (Little) Barnloppet and Stora (Big) Barnloppet.

- Lilla Barnloppet is 800 m and is recommended for children between 0-7 years.
- Stora Barnloppet is 1,2 km and is recommended for children between 8-12 years.



Registration and Payment

The registration to Scaniamilen 2019 is open between the 11th of February and 8th of April.

Payment is to be made in connection to the registration by credit card. Everyone that signs up during the booking period will have the number bib sent to the specified address. The registration is binding, no refund.

- Scania employee/fully owned subsidiaries/Scania senior, **no fee**.
- Consultant/external, **200 SEK**.

Children and adolescences

To employees at Scania/fully owned subsidiaries

- Children 0-12 years (Lilla/Stora Barnloppet) needs to be registered on the webpage, **no fee**.
- Adolescence 13-16 years (Scaniamilen/Scaniafemman) needs to be registered on the webpage, **50 SEK**.

Children and adolescences to Scania consultants/external

- Children 0-12 years (Lilla/Stora Barnloppet) Children 0-12 years (Lilla/Stora Barnloppet) needs to be registered on the webpage, **50 SEK**.
- Adolescence 13-16 years (Scaniamilen/Scaniafemman) needs to be registered on the webpage, **100 SEK**.

Registrare after the latest date

You can do a late registration at Health Center Gröndal in conference room Frankrike. See fee above. Only credit card will be accepted.

7th of May 11:00-13:00 or 16:00-18:00

14th of May 11:00-13:00 or 16:00-18:00

You can do a late registration on the day of the race at an increased fee. Only credit card will be accepted.

The day of the event 16th of May: The Blue Hall 15:00-17:00

- 100 SEK for Scania employee/Scania senior
- 300 SEK for external/consultant



Track

[See the track of Scaniamilen here >>](#)

[See the track of the childrens' race here >>](#)

Time and place

On Thursday the 16th of May at Scania Health Center Gröndal in Södertälje. Entrance through the gate at the parking.

- Manned bag drop inside the gates at 16:00-20:00.
- Manned games for children in the Blue hall at 17:30-19:30 for children between 5-12 years.
- Dogs and other pets are not permitted in the area or on the track.
- It is not permitted to smoke at Health Center Gröndal, this applies to the entire area.

Classes

- Women: 10 km or 5 km
- Men: 10 km or 5 km
- Children: 800 m or 1,2 km

Program

- 16:00 – the area opens
- 17:00 – warm-up Lilla Barnloppet (800 m)
- 17:10 – start Lilla Barnloppet (800 m)
- 17:20 – warm-up Stora Barnloppet (1,2 km)
- 17:30 – start Stora Barnloppet (1,2 km)
- 18:00 – warm-up Scaniamilen and Scaniafemman
- 18:10 – common start for Scaniamilen and Scaniafemman
- 19:20 – prize ceremony
- 20:30 – the area closes

Start

The start is divided into three start groups with the following starting times:

- 18:10 – run fast: recommended time 10 km during 50 min/5 km during 25 min.
- 18:14 - run: recommended time 10 km over 50 min/5 km 25-35 min.
- 18:18 - jog/walk: recommended time 5 km over 35 min