

## **Ski-Orienteering IOF World Rankind Event and Finnish Championchips Middle Distance and Finnish Championchips relay in Lemi 16.-17.2.2019**

### **COMPETITION INSTRUCTIONS**

#### **Rules:**

Competition rules of the Finnish Orienteering Federation, IOF's guidelines for World Ranking Events, special instructions concerning Finnish Championships in 2019 and instructions given by the organizer shall be followed.

#### **Main officials:**

Event Director	Ari Torniainen ( <a href="mailto:ari.torniainen@eduskunta.fi">ari.torniainen@eduskunta.fi</a> ) p. 050 5120422
Course setter	Ilkka Torniainen
Technical Advisor	Kristian Liljeström
Courses controller	Pekka Pulkkinen (JoKu)
IOF Event Advisor	Hannu Myllärinen
Communicator	Markus Siivola ( <a href="mailto:markus.siivola@lappeenriento.fi">markus.siivola@lappeenriento.fi</a> ) p. 044 3337307.

#### **Jury:**

Head of the Jury	Kari Saastamoinen, Sonkajärven Pahka
Members	Kirsi Kiiskinen, Kouvolan Suunnistajat Vesa Tielinen, Luumäen Rasti

The jury may decide to postpone the start of the competition or to cancel the competition if the temperature is below -20 °C (Rule 7.54). When making this decision, the temperature is measured at the finish area on the height of one meter (Rule 14.72).

Possible effects of cold weather are also assessed in accordance with section 14.73 in the Rules.

#### **Guidance to the competition center:**

Guidance to the competition center and parking lots are from road 380 600 meters from Lemi Church to the Lappeenranta. Signs are in place on February 16, 2016 at 7:00 am. The competitors must follow the signs.

#### **Parking:**

From parking it's about 100 to 500 meters to the competition center. Parking fee is 5€ / day. Fee has to be payed at the competition info. Parking is only allowed at the indicated parking lots.

#### **Competition center:**

Competition center is Lemi elementary school, address Punaportinkatu 7, 54710 Lemi. Competition center will have following facilities: info, restaurant, cafe, dressing rooms, showers, toilets, first aid and ADT facilities. Award ceremonies will be held inside the school also.

#### **Competition terrain:**

Terrain has three different types; one part is moderately open coniferous forest, one part is fields and third part is quite dense mixed forest. The height difference between the highest and lowest point is 45 meters.

There hasn't been arranged any ski-orienteeing events in this terrain before. Same terrain has been, however been used at Finnish Championships night orienteeing in 2000. That map is visible at competition website.

At the area there is gravel pit, which is marked as an forbidden area. That marking has to be followed. Crossing the wide roads (brown marking on the map) is only allowed at the dedicated and marked spots which are controlled. Using the wide roads with forbidden area marking on the map will lead to the disqualification.

### **Tracks:**

Road, eligible for skiing	6 km (black road symbol)
Snowcat track (width 3m)	14 km (thick green line)
Narrow skate track (width over 1.2 m)	3 km (thin green line)
Snowmobile track (width 0.8 m to 1.2 m)	35 km (green dashed line)
Weak track (skied or weak)	0 km (green dotted line)

### **Competition office / info:**

Competition office is located inside the school building near by main entrance. Office / info will open from 7:30 am to 4 pm on both days.

Relays skiing order has to be declared to the Irma before Saturday February 16, 2016 at 4:00 pm. It can be done on the computers at the competition office or leave as a note to the info, in which case there will be a fee of 5€ / team.

### **Competition numbers:**

Numbers for middle distance on Saturday will be found from the folders at the school gym.

Relay numbers at Sunday will be handed out from competition info by team

Numbers has to attached visible on left thigh, it's not allowed to fold the number. For attaching the number competitors must have their own pins.

For the Sundays relay there will be leg specified numbers: 1st leg with white background, 2nd leg yellow background and third leg with red background.

### **Map:**

Scale 1:10 000, 5 metres contour interval. Printed 2/2019. The size of the map is A4. Model maps are visible at the start. Competition maps will be collected at the finish and they will be returned on Sunday after the re-start. Maps can be collected by the team from finish area.

If you want that your map will be send to you, you must fill in an envelope with your address at the competition office. Behind the envelope you must notify which class or team number and leg (relay) the posted map(s) there should be. Service fee is 5 € / envelope (max. 4 maps / envelope).

## **EmiTag -competition cards:**

EmiTag-punching system is used at the competition.

Rental EmiTags (10 € per EmiTag) shall be picked from the competition office on Saturday from 8 am. If you are participating on Sunday also, you will use the same EmiTag as on Saturday. Rental EmiTags must be returned to the competition office. Unreturned EmiTag will be charged for 125€.

The competitor is responsible for the functioning of the competition card.

Example of the control point is located near by main entrance of the school. There you can confirm functioning of the competition card.

The organizers do not check the number of the EmiTag at the start. If the competitor uses any other EmiTag than which he or she has registered to the organizer or which organizer has provided to him or her, it will lead to the disqualification. Remember to confirm that you are competing with correct EmiTag, rentals also!

At the relay one EmiTag can be used only ones.

Competitor must have only one EmiTag during the competition.

If you want to change the EmiTag number, it can be done at the competition office for 5 € fee.

## **Control points and punching:**

Control flags are on the poles right next to the tracks. Codes are marked on the top of pole facing towards the track. EmiTag units are located inside the CP flags. EmiTag will register punching from about ½ meter away, after what competition card will flash for about 10 seconds to confirm punching. EmiTag CP-unit must not be pushed or hitted anyway.

Take your time to make sure that your punching registers on every CP. Missing punch leads to disqualification.

It's forbidden to follow the race near by the finish line with EmiTag to avoid any interference for result service.

## **Start of the middle distance race on Saturday 16.2.2019**

It's about 1200 meters to the start from the competition center. There is no ski track to the start, quided route goes via light traffic ways and small road. Quided path to the start starts from the info pole. When moving to the start it's only allowed to use the quided path. Be careful when crossing the streets. Near by the start there is a warmup track. Organizers will move any warmup clothing from the start back to the competition center (behind the school).

### **Start procedure is following:**

4 minutes to the start	Competitor is called to the start
3 minutes to the start	EmiTag clearance
2 minutes to the start	Model map is visible
1 minute to the start	Competitor will move to his / her map

15 seconds to the start            By the command "KARTAT" competitor can take his / her own map  
Start                                    Start signal is given by the start clock

National competitors in classes M/W 11 ja M/W 13 will get their map 1 minute before the start.

### **Start of the relay race on Sunday 17.2.2019:**

Relay starts are in three waves from the sports field at the competition center.

At 10:00 classes M21, W21, M20, W20, M17 and W17

At 10.10 classes M150, M190, M210, W130 and W190

At 10.20 classes M110, M130, M170, W110, W150, W170 and W210.

To the start and changeover area is entered from the northwest end of the field through the EmiTag clearance point. Follow the guidance and instructions of the officials.

Competitors on the first start can move to the starting area 10 minutes before their starting time. Competitors on the 2nd and 3rd wave can move to the starting area after the previous wave have started – listen to instructions from announcer and start officials.

1st leg competitors will be called to the starting positions 3 minutes before the start.

1 minute before the start – Maps will be handed on the map holder upside down.

30 seconds before the start - Competitors can attach their maps to the holder with the officials command "KARTAT".

Start will happen with starting signal.

From the start and changeover area it's very short distance of marked route to the K point, which is located near by heating plant.

Competitor who is coming to the changeover will follow signs to the changeover ("vaihto"). Change will happen by touching the next leg skier over the changeover fence.

After the change has happened, starting competitor will go to the maps and take his / her own map. Competitor is responsible by him self about taking the correct map. If the competitor will take incorrect map it will lead to the disqualification.

Last leg competitors will follow signs to the finish ("maali").

Competitors who has finished their own leg will continue to the EmiTag check-out.

### **Warmup areas:**

There is three different warmup areas

- under the power line near the school and Punaportinkatu street
- short track on the south side of the school
- warmup area at the start on Saturday

### **Refreshment and First Aid Points:**

There is no refreshment or first aid points in competition area.

At the competition center there is a doctor and first aid group in alert to retrieve hurt competitor from the competition area with snowmobile and sledge.

## **Finish:**

Finish is located on sports field. Finishline is marked on the snow.

At EmiTag check-out you must wait for your turn to enter the check-out point, only one competitor at the time.

There is a fence around the finish area and competitors should not enter that area any in other case than when entering the finish or changeover. When competitor has left the EmiTag check-out he can not return the area with EmiTag competition card.

Finish will be closed at 3:30 pm on Saturday and 3 pm on Sunday.

## **Drop-outs:**

Drop-outs should go through the finish when ever it's possible. If it's not possible they must somehow register themselves to the result service and leave their competition map at the same time.

## **Ski waxing and equipments:**

For ski waxing there is separate area at the north side of the school. There is few electrical plugs available.

For competitors in classes M21, W21, M20, W20, M17, W17, M15 and W15 there is possibility to send spare skies or poles to the competition area. These equipments have to be delivered to the trailer at the waxing area by 11:45 am. Competitors must mark their own equipment. Officials will return these equipment after the race to the same place. Organizer is not responsible of these equipments in any case.

## **Dressing, showers and toilets:**

All these are located inside the school. There is also some toilets at the near by fire department building.

## **First aid and Anti-doping facilities**

First aid and Anti-doping facilities are located at inside the school. There will be a doctor and first aid group at the competition center all the time. There is an alert in case there is need to evacuate somebody from the competition area with snowmobile and sledge.

## **Results:**

There are scoreboards at the school gym, where the results will be delivered when class has finished. During the race online results will be live. Links for the online results can be found from events webpage: <https://lappeenriento.fi/sm2019/>

## **GPS-tracking:**

On Saturdays middle distance race there will be a GPS-tracking for top athletes at M21 and W21 classes. GPS devices will be handed to the athletes at the start and GPS-units must be carried through the race.

On Sundays relay there will be some teams in classes M21 and W21 who will carry GPS-devices. On Sunday devices will be handed to the athletes when entering the start / change-over area.

**Restaurant:**

There is restaurant at the school canteen. There will be served local lamb meat soup ("säräkeitto") on Saturday and pea soup on Sunday.

**Cafe:**

Cafe is located at the school gym. Grill is in front of the school main entrance.

**Award ceremony:**

Award ceremonies will be at the school gym on both days. Field announcer will announce timetables for the ceremonies.

Welcome to the capital of the Metal, Lemi!

Lappeen Riento ry