



Bulletin 2 (including competition instructions)

R1 Finnish Championships in Middle Distance and WRE-competition in categories M / W 21 in Joutseno May 24th, 2014

In categories M/W 21 the competition is an official IOF WRE-competition where points are calculated from all A- and B-final races.

Organizers

The organiser is orienteering club Joutsenon Kullervo Ry.

Event Director	Hannu Myllärinen, +358400 682 400, ht.myllarinen2@pp.inet.fi
Course setter (final)	Reijo Mattinen
Course setter (qualification)	Mika Pentikäinen
Technical adviser	Kristian Liljeström, ORa
Course controller	Tapio Peippo, SK Vuoksi
Time keeping	T:mi Kokkens ja Pekka Rautio
Press officer	Mika Luukkonen, +358500 859 583, mika.luukkonen@lappeenranta.fi

Info

Info is open on Friday from 6 pm to 9 pm and on Saturday from 7 am to 5.30 pm. Rental Emits can be picked up from info (the rental price is 5 EUR per unit). The parking permits should also be purchased from info (5 EUR per piece). Only cash payments are accepted at the competition center.

Map

Maps are drawn according to the Specifications of Finnish Orienteering Federation for Orienteering Maps. The scale in all maps is 1:10 000 and the contour interval is 5m. Maps are printed in offset print (5/2014) and are 6-coloured. Maps are drawn by Markku Pietikäinen.

Maps will be provided in plastic cover. The map size is in both qualification and final races A4. Competition maps can be seen in start.

Maps won't be collected in finish in qualification and A-final races. In B-final maps will be collected after finish line and will be returned at 2.25 pm

Control descriptions

In qualification race, control descriptions are printed to maps.

On request of the coaching team, the technical advisor of the competitions has decided that in the qualification race organizers will provide separate control descriptions in categories M/W 21. Descriptions can be picked up 1 minute before the start and are located next to the map buckets.

In A- and B-finals athletes can pick up separate control description 3 minutes before the actual start (there are no control descriptions in maps). Organizers don't provide safety pins or other material to attach the descriptions.

Terrain

Qualification races and finals will be run in different terrains. Both terrains consist of small rocky hills and spruce forests. In qualification race terrain, several forest thinning operations have been conducted lately. Machine tracks caused by thinning operations are not marked to maps. In the terrain that will be used in finals, there are quite a many fallen trees in place to place that are not collected away. The maximum height difference in races is 30 meters. A week before races swamps were more wet than in a normal spring.

Embargoed areas

There are no separately denied areas in the competitions. Areas marked as cultivated fields and yards cannot be used as passageways.

For safety reasons the public road that surpasses the competition center cannot be used when going to the start.

Bird nests in the terrain are marked with yellow stripes to terrain.

Competition numbers

All competitors must wear a competitor's start number that can be picked up from the prestart (applies in the qualification and A-final race; In B-finals athletes use the same start number as in the qualification race). Athletes that won't run in a qualification but want to run in B-final can pick up their competition numbers from Info after 11.00 am.

In qualification race the last **two** numbers of the competition number shows the start time in qualification races (runner with a competition number of 1101 starts at 10.01 and an athlete with a number of 1102 starts at 10.02 etc...)

Athletes use the same competition number in B-final as in qualification race. For categories M/W 15-20) the starting order in B-final is the same as in qualification race (excluding those who will compete in A-finals). In M/W 21 categories the starting order in B-finals is the reversed to qualification race.

In M 21 category, the first eleven that are fallen from A-finals form M 21 B1 category, next eleven athletes M 21 B2 category etc. In W 21 category first 17 will run in W 21 B1 and the rest in W 21 B2.

In prestart number are sorted by a competition category. If athlete takes a wrong number, he or she should return the number to the organizer immediately. Safety pins can also be found from prestart. Competition numbers should be attached to chest.

Start times

Start times for qualification races will be determined according to ranking system of Finnish Orienteering Federation (situation on 31.12.2013) and can be seen from organizer's web sites, from notice board in competition center and at the start.

Start times for finals will be determined based on results in qualification races and can be seen on notice board in competition center right after the results from qualification races are published.

Prestart and starts

Prestart is used both in qualification and in A-final races. In qualification race, the distance from the information pole to the prestart is 0.8 km and from the prestart to the start 0.1-0.3 km. The prestart entrance will be closed at 10.20 am and competition numbers will also be collected away at that time.

In the A-final, the distance from the information pole to the prestart is 1.4 km and from the prestart to the start 0.1 km. The prestart entrance will be closed at 2.30 pm. There is no prestart in the B-finals. The distance from the information pole to the start is 300 m.

The first start in the qualification race takes place at 10.01 am, in the B-final at 1.01 pm and in the A-final at 2.01 pm. The exact start time of the A- and B-finals will be verified after the qualification race. The start interval in the qualification race is 1 min, in the A-final 2 min and in the B-final 1 min.

Competition numbers, safety pins and EMIT-control slips can be found from prestart. Athletes have to carry competition numbers and control slips in races. Toilet facilities can be found from prestart.

Organizers transport clothes and other material from the prestart to the competition center (in the qualification race and the A-final). Material should be placed to plastic bags (provided by the organizers) and placed to a trailer that is marked with the correct start time (e.g. 10.01-10.15, 10.16-10.30 etc...). Organizers provide water on start gate.

There are two starts in the qualification race. Start number 1 is for men and number 2 for women. There is a separate start for both A- and B-finals. The route to starts is marked with white and yellow strips (starting from information pole). Only those athletes that have crossed the prestart entrance in time are allowed to participate to the competition. Athletes can't return to competition center after they have arrived to prestart. It is not allowed to bring mobile phones and other electronic appliances to the prestart. Team officials, coaches and other supporting people cannot come to the prestart.

Start procedure

In qualification race and the B-final the start time is announced every one minute. In the A-final the start time and the surnames of starting athletes are announced every minute.

Start procedure is as follows:

5 min before: The competition number is checked
 4 min before: EMIT Clearance
 3 min before: Athletes can take control descriptions (Only in finals)
 2 min before: Athletes can see the competition map
 1 min before: Athletes should go next to the bucket that has the map of the correct competition category. Map can be picked up from the bucket at start time. It's athlete's responsibility to take a right map.

The distance to K-point is 90 m in start number 1, 160 m in start number 2, 80 m in B-final and 80 m in A-final.

Warm up

In A-final, athletes can warm up with a map that has 4 controls drawn to it. Maps are handed out in prestart where they should also be returned.

Categories, distances and controls

Qualification race

Category	Distance	# of controls		Category	Distance	# of controls
H21 K1	4.04	12		D21 K1	3.67	11
H21 K2	4.03	12		D21 K2	3.63	11
H21 K3	4.05	12		D21 K3	3.65	11
H21 K4	4.08	12		D21 K4	3.66	11
H21 K5	4.03	12		D 20 K1	2.89	9
H21 K6	4.05	12		D 20 K2	2.89	10
H20 K1	3.70	11		D 18 K1	2.76	8
H20 K2	3.70	11		D 17 K1	2.65	8
H18 K1	3.43	10		D 16 K1	2.40	8
H 18 K2	3.41	10		D 16 K2	2.46	8
H 17 K1	3.29	10		D 15 K1	2.21	7
H 17 K2				D 15 K2	2.22	7
H 16 K 1	2.90	9		D 15 K3	2.21	7
H 16 K2	2.93	9				
H 15 K 1	2.76	9				
H 15 K 2	2.76	9				

B-Finals

Category	Distance	# of controls		Category	Distance	# of controls
H 21 B 1	5.14	13		D 21 B 1	4.00	11
H 21 B 2	5.08	13		D 21 B 2	4.00	11
H 21 B 3	5.09	13		D 20 B	3.12	10
H 21 B 4	5.05	13		D 18 B	2.88	9
H 21 B 5	5.01	13		D 17 B	2.38	9
H 21 B 6	4.96	13		D 16 B	2.06	7
H 20 B	4.15	10		D 15 B	1.97	7
H 18 B	3.83	10				
H 17 B	3.50	9				
H 16 B	2.93	10				
H 15 B	2.29	9				

A-finals

Category	Distance	# of controls		Category	Distance	# of controls
H 21	5.81	20		D 21	4.39	16
H 20	4.54	14		D 20	3.42	12
H 18	4.09	12		D 18	3.02	10
H 17	3.91	12		D 17	2.74	10
H 16	3.32	11		D 16	2.15	9
H 15	2.94	10		D 15	2.03	8

Summary of the entries received

Category	Number of entries		Category	Number of entries
H 21	236		D 21	142
H 20	72		D 20	62
H 18	48		D 18	30
H 17	73		D 17	49
H 16	51		D 16	57
H 15	97		D 15	82

Model control and checking of the EMIT cards

Model control and punching unit to test the EMIT cards can be found from the proximity of information pole. Athletes should take care by themselves that their EMIT cards work and organizers have the right EMIT number.

Organizers won't check the number of EMIT cards in the start but will check that the card works properly. If athlete uses other than registered EMIT card in competition, he or she will be disqualified (rule 11.518)

EMIT card changes must be conducted in info at the latest 30 minutes before athlete's own start.

The number of the EMIT card con NOT be changes in start.

Rental EMIT can be picked up from info (5 EUR per EMIT card, should be paid with cash). Card should be returned to info. The penalty fee for unreturned EMIT card is 70 EUR.

Orienteering shoes

Athletes can use orienteering shoes with spikes in competition.

Refreshment controls

There are no refreshment controls in the terrain. Organizers provide water and juice in finish (self-service).

Split times

Spectators get split times in A-final from categories M21 and W21. In addition, there is a spectator control that is used by the same categories.

Finish and dropouts

The course from the last control point to the finish will be flagged. The control card is punched at the finishing line after which the competitor moves on to an EMIT card check. The finish will be closed in qualification race at 12.00 pm and after finals at 5.00 pm

Those who have dropped out from the race are to proceed to the finish as normal and report this to the officials in connection with the EMIT card control.

Complaints

Complaints can be made at "Itkumuuri" situated near finish line. Complaints considering qualification race have to be given before 12.15 pm and complaints considering about finals before 5.30 pm.

GPS-Tracking

In M/W 21 categories, all athletes wear GPS units. Units can be picked up from the start gate. GPS tracking can be viewed from the big screen situated in the old barn.

First aid

The first aid station is located in the immediate vicinity of the finish. In addition, in A- and B-finals there is one first aid point in the terrain that is also marked to maps.

Results

Results will be available on the scoreboard at the competition center. Results and split times are also put to organizer's internet sites after the finals.

Prizes

In the A-final three best athletes get medals and honor prizes. Athletes on places 4 to 10 will get plaques. Prizes will be handed out roughly at 4.20 pm (order is W15, M15, W16, M16 etc.). The winners of B-finals can pick up their prizes from info.

Parking

Parking is arranged at the proximity of competition center. Distance to competition center is 200-400 m. Parking area cannot be used for camping. Camping fee is EUR 5 per car. Buses carrying over 12 people can park for free. **Parking tickets should be bought from info and placed to front window.** Organizers will check that fees are paid when cars are leaving the competition center. If the payment is not done to Info, a higher fee is collected.

Children's daycare

Muksula intended for pre-school-age children is open in competition center. Registration to Muksula should be done on 20th of May at the latest to e-mail address: info@joutsenonkullervo.fi. Please indicate the number of children, names and ages when sending the e-mail.

Inquiries

Event director Hannu Myllärinen; mobile +358400 682 400 or press officer Mika Luukkonen +358500 859 583

Club tents

Club tents can be mounted only for the informed places.

Restaurant and cafe

There is a restaurant in the competition center that sells food, refreshments and snacks. Cash payments only.

Lost and found

During the competition lost equipment and clothes can be asked from info. After the competition from press officer Mika Luukkonen +358500 859 583 or event director Hannu Myllärinen; +358400 682 400.

Other information

Driving instructions and other general information is presented in Bulletin 1 / 2 that can be found from the organizer's web sites.

Good luck for the competitions!