



Finnish Top-Orienteering League (WRE) and Kapinarastit on 30th of August 2009

The Finnish Top-Orienteering League (World Ranking Event) and the national middle distance orienteering competition at Pukkila on Sunday 30th of August 2009.

BULLETIN 3 – EVENT INFORMATION

RULES AND INSTRUCTIONS:

The Foot-O rules 2009 by the Finnish Orienteering Federation are obtained and the instructions given by the organizer.

PERSONS IN CHARGE:

Head of the Competition: Jouni Vidqvist

Course Setters: Antti Örn/WRE, Markus Hannula/Kapinarastit, Kristiina Mäkinen/children's courses

Results Service: Timo Kokko/Tmi Kokkens

Public Relations: Kristiina Hannula

Advisors: Åge Liljeström/HS, Harri Koski (IOF)

Jury: Kirsi Koivuniemi/LS-37 (President), Rauno Autio/KaRa, Ove Simosas/Ok Orient

MAP:

Updated by Eero-Antti Lonka on 4-7/2009, corresponds to ISOM2000. The map is printed, scale 1:10000, and contour interval is 5 m. The size of the map is A4 both in the Top-League and Kapinarastit. In the youth classes (H/D10-14) the map is A5-size. The map is fully covered. Model maps are seen on the starts.

TERRAIN:

Competition terrain is typical for Itä-Uusimaa region. Terrain includes several hills with different aged pine / spruce woods, rocks, and vegetation between the hills. Bushes right next to the Event Centre reduce the visibility significantly and all the runners are forced to go through that area in the very end of the courses. In the World Ranking Event also the beginning of the course includes this area. Otherwise most of the courses use two different areas: the one is really fast and has an extremely good visibility, the other has reduced visibility with many bare rocks.

CLASSES, COURSE LENGTHS AND STARTS:

Class	Start	Length	Controls		Class	Start	Length	Controls
H21E	EC	6,3	20		D21E	EC	5,1	19
H21A	1	5,7	13		D21A	1	4,7	11
H21C	1	3,1	7		D21C	1	2,1	7
H35	1	5,4	13		D35	1	3,7	11
H40	1	5,4	13		D40	1	3,7	11
H45	1	4,9	12		D45	1	3,1	9
H50	1	4,7	11		D50	1	3,1	9
H55	1	4,4	10		D55	1	2,6	8
H60	1	4,0	11		D60	1	2,6	8
H65	1	3,1	10		D65	1	2,3	7
H70	1	2,6	8		D70	1	2,3	7
H75	1	2,6	8		D75	1	1,9	6
H80	1	1,9	6					
H85	1	1,9	6					
H20	1	5,4	13		D20	1	3,7	11
H18	1	4,9	12		D18	1	3,7	11
H16	1	3,9	11		D16	1	3,5	10
H15	1	3,5	10		D15	1	3,4	9
H14	2	2,7	11		D14	2	2,6	9
H13	2	2,5	9		D13	2	2,5	9
H12	2	1,7	7		D12	2	1,7	7
H12TR	2	2,2	7		D12TR	2	2,2	7
H10RR	2	2,2	6		D10RR	2	2,2	6
NA	2	1,9	8					

The organizer divides large classes into two or more parallel classes.

Finish will be closed at 4:00 PM.

COMPETITION NUMBERS:

Top-League competitors will be using number vests. Chest numbers are used in the Kapinarastit. The right competition number can be checked from the start list. All the chest numbers are in the rack, nearby the Info-desk at the Event Centre. If you do not find your competition number please refer to Info-desk. Organizer reserves safety pins to attach

the competition number. Chest numbers and safety pins are collected at the finish after the race. Please do not fold the competition number!

EMIT-PUNCHING SYSTEM, COMPETITION CARDS:

Competitor is responsible for him/herself that the Emit-card works properly and that is using the same Emit-card which is seen in the start list. The functionality of the card is possible to check on the model control at the Event Centre. Event organizer is not going to check the validity of competitor's Emit-card before the start. If the competitor is using the different Emit-card than in the event organizer's list, the competitor will be disqualified (FOF regulation 11.518). Disqualification won't happen in the classes H/D14 and younger.

Each competitor must check the Emit-card number from the start list. All the changes must be done to the Info-desk at the Event Centre before the start. In case of errors, 2 € handling cost will be charged. It is possible to rent Emit-cards from the Info-desk, price 4 €. We bill 80 € for the unreturned rental-Emit.

Possible Emit-changes to Timo Kokko, phone +358 50 584 9941.

CONTROL DESCRIPTIONS:

The separate control descriptions are used. There are no attachment supplies for the control descriptions.

STARTS:

The guidance to the starts begins from the guidepost. Follow the color code.

TOP-LEAGUE (WRE):

The start is located at the Event Centre. The first start is at 11:30 AM in the women's class and at 1:00 PM in the men's class. Competition vests, GPS-tracking devices, control description, Emit-backup labels and model map are delivered at the start. There are no supplies to attach the control descriptions. Competitor receives the GPS-tracking device while taking the competition vest.

START PROCEDURE:

5 minutes before the first start, the competitors are called to the starting box according to the number.

3 minutes before the start, check and reset of the Emit-card.

2 minutes before the start, the model map can be seen.

1 minute before the start, proceeding to the start grid.

Competitor gets the map at the moment of start.

START 1:

Distance to Start 1 is 800 meters. The guidance begins from the guidepost. First starts at 11:00 AM. Control descriptions and Emit-backup labels are on the way to the start, about 200 meters away from the actual start. There are no supplies to attach the control descriptions. No toilets at the starts, toilets can be found at the Event Centre.

Notice! The actual start area is relatively narrow and the chance to warm-up is nonexistent. We advice all competitors to do the last warm-ups on the road nearby the control description supply area around 200 meters before the start area.

START PROCEDURE:

4 minutes before the start the competitor is called to the starting box.

3 minutes before the start, check and reset of the Emit-card.

2 minute before the start, the model map can be seen.

1 minute before the start, proceeding to the map buckets.

Competitor may take the map at the moment of start. Competitor is responsible on his/her own to take the right map!

START 2:

Distance to Start 2 is 300 meters. The guidance begins from the guidepost. First starts at 11:00 AM.

SPECIAL INSTRUCTIONS AT THE START 2 (CHILDREN'S COURSES):

Competitor is called **5 minutes** before the start to the control station. Emit back-up labels and control descriptions are provided earlier. There are no supplies to attach the control descriptions. At the control station the competitor has 1 minute time to get familiar with the model map: RR- ja TR-classes have the model maps with actual courses. 12-, 13-, 14- and NA –courses has the model map in which the Start Point (triangle) is drawn.

4 minutes before the start is proceeded to the starting box and the check of the start time is performed.

3 minutes before the start, reset of the Emit-card.

2 minutes before the start, RR-orienteer retrieves the map from the guide, the guide makes sure that the alignment of the map is proper, also the location of the start, model control and the start of the guidance is shown.

1 minute before the start is proceeded to the start line which equals to start (triangle). RR-orienteer gets familiar with the map and course retrieved. In TR-, 12-, 13-, 14- ja NA –courses the competitors take the map according to their class and get familiar with the course.

You may start orienteering when the start signal is heard.

SPECIAL INSTRUCTIONS FOR THE CHILDREN COURSES:

The next instructions concerns next classes: RR-, TR-, 12-, 13-, 14 and NA.

MAP

The size of the map in H/D10-12 –classes is A5. In other classes the map size is A4.

MODEL CONTROL AND THE COLOR OF THE GUIDANCE

The model control is seen at the Event Centre next to the guidepost. The guidance of the RR- and TR-courses is marked in terrain with a white homogeneous string, approximately 5 cm wide.

PUNCHING ON THE CONTROLS

Controls are collected in numerical order. In RR-course there are RR-symbols in the control unit and orienteering flag (for example RR1, RR2 etc.).

CONTROL DESCRIPTIONS

Separate control descriptions are found in pre-start before the control station (classes D12TR, D12, D13, D14, H12TR, H12, H13, H14 and NA).

LAST CONTROL AND FINISH

Last controls are RR6 and 100. They are located in the same control point for all. You may choose freely between the RR6 and 100 control units. There is a guidance from the last control to the finish. **Remember the punching also at the finish line!** The maps are allowed to keep after the finish. Please do not show the map to other competitors who have not done their run yet.

MISSING OR FALSE PUNCHING (RR-CLASSES)

In the RR-classes an extra 10 minutes will be added if a missing or a false punch occurs. Performance is not disqualified.

FORBIDDEN AREAS:

Courtyards located in the competition area are forbidden, and they are marked with the string.

FINISH:

The guidance to the finish is divided into two lines; Top-League and other classes. In all classes the performance ends to the punch at the finish line. Excluding the Top-League it is allowed to keep the map after the finish. The announcer informs when the Top-League competitors can get their maps. At the finish the competitor can be directed to TV-interview. GPS-tracking devices are collected after the punch control.

CANCELLATION:

Competitors who cancel the race are advised to finish the race like everyone else. If this is not possible in any means due to accident etc. must the information of the cancellation be forwarded to the finish ASAP.

MODEL CONTROL:

Model control is found nearby the guidepost at the Event Centre.

PARKING:

Open field parking whereby 500 meters to the Event Centre. In case of an extremely wet conditions please prepare for roadside parking, maximum distance to the Event Centre 1.4 km.

Parking fee of 2 € is collected when arriving to the parking zone. Please, reserve the exact change!

DRESS, WASH AND TOILETS:

Dress and wash are located on the field. Warm shower provided. Use of detergents is forbidden.

Toilets are found at the Event Centre.

FIRST AID:

Mäntsälä SPR first aid group is operating at the Event Centre.

RASTIRALLI:

It is possible to orienteer either H/D10RR or H/D12TR course by your own or in the group, starts after the competition classes. Entry fee is 4 €. Entries to the Rastiralli are made at the Event Centre.

OPEN COURSE

START AND FINISH

Start between 11:00 AM and 1:00 PM. Finish closes at 3:00 PM. The guidance to the open course start begins from the guidepost.

MAP

Printed map 1:10000/5m, 7/2009. Size A4, in plastic cover.

COURSES

Demanding 4 km, Easy 2,5 km. Emit-punching system.

ENTRY FEE

The entry card is bought from the Info-desk for 7 €. The map is received from the start. Emit-cards can be rented from the Info-desk for 4 €. We bill 80 € for the unreturned rent-Emit.

Furthermore it is possible to orienteer the Top-League course either by your own after the Top-League prize giving ceremony or by timing on 2nd of September 2009. The map fee of 6 € is paid to the Info.

OTHER THINGS

There will a separate instruction of the open course orienteering that can be seen at the Info.

KINDERGARDEN:

Kindergarden is at the Event Centre and will be open since 10:00 AM.

RESTAURANT:

Menu: bread rolls, coffeehouse items and sausages.

PRIZES:

12:55 PM, Top-League D21E prize giving ceremony

02:30 PM, Top-League H21E prize giving ceremony

The amount of prizes and the readiness of the class will be marked into the result list at the result board. All participants in the H/D10RR –class are rewarded instantly after the finish with the convergent prize. (Recommended by the FOF). In the NA-class one prize will be raffled. Children and youth H/D12TR-18 –classes have separate prize

giving ceremony. All other classes can retrieve their prizes from the Info-desk after the class is ready. Prizes are not posted afterwards.

OTHER THINGS TO NOTICE:

Making of an open fire and smoking at the Event Centre is strictly forbidden. Camping is unquestionably forbidden at the Event Centre or parking area. Make sure that you do not leave any rubbish into the nature.

Competitors and the audience are not insured by the organizer.

RESULTS, SPLIT TIMES AND ROUTEGADGET:

online-results can be found from the competition homepage. After the finish it is possible to print the split times. Results are seen on the result board at the Event Centre. All the results including the split times, routegadget and AWOT-analyses are found from the website of Mäntsälän Urheilijat; <http://www.mu-suunnistus.fi>.

Welcome to Kapinarastit!

Mäntsälän Urheilijat

