

HIIHTOSUUNNISTUKSEN SM-PITKÄMATKA (H21 ja D21 WRE) JA SM-VIESTI

7.-8.3.2015 KOUVOLAN KUUSANKOSKELLA

(Nämä ovat alustavat kilpailuohjeet. Lopulliset ohjeet – myös ruotsiksi - ovat kilpailukeskuksen ilmoitustaululla.)

INSTRUCTIONS

Rules:

Competitions comply with the 2015 ski-o rules of IOF and SSL, separate 2015 rules concerning Finnish national championships and additional rules by the organizer.

Competition Organization:

Competition director Petteri Rankinen (050 300 9575)

Chief of course-team Rauno Vanhalakka

Results Mikko Kekki ja Timo Harju

Press Kirsi Kiiskinen (044 220 4168)

TA and WRE supervisor Hannu Myllärinen (JoKu)

Course supervisor Petri Kiiskinen (RasPi)

Whole organization found as PDF from competition web site..

Driving instructions:

Guidance from junction of roads VT12 and VT6 and also from junction of roads KT46 and 365. Guidance will be in place starting Saturday 7.3. 8:30.

Pysäköinti:

Parking near competition center and free of charge.

Jury:

Boss Mika Tervala, LHR

Member Marjut Turunen, SK Vuoksi

Member Seppo Keltamäki, JoKu

Lumitilanne:

Snow situation was at its best few weeks ago. There is still enough snow in most areas but in the densest spruce forests organizers must resort to some showelwork. Some tracks have been changed to dotted slow tracks. Any changes made after Tuesday 3.3 will not make it to the final maps and will be shown in model-maps in the competition center.

Terrain:

Terrain is semi-urban area. Near habitation there are some walking tracks that are open through the winter and some of these are included in the track-network. Terrain is versatile; hills, flat areas, marshes, forests of

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different ages, forest roads and old meadows. Hills are not large but in icy conditions downhill will require some common sense. Also remember traffic rules when navigating the tracks with other competitors.

Tracks:

Very wide track, over 3 m	19,9 km
Wide skating track	2,9 km
Narrow track	52,3 km
Slow track(dotted)	1,5 km
Road	5,2 km

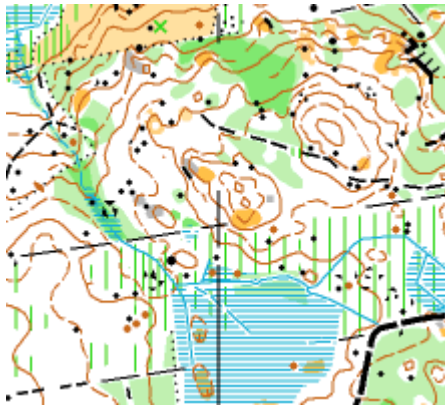
Couple of dangerous tracks in hills and areas with little snow are marked as slow dotted track. Road running through the competition area is icy but has not been “sanded” during the winter.

Dog walkers’ tracks that are not in the map will be marked closed with very visible spray paint.

Map:

Map is a printed map. Individual competition scale 1:10 000 size A4 (30 x 21 cm) or 1:12 500 size A4S (29 x 27 cm).

Map is a generalization of Finnish night-o championships map 2012. Level of generalization is demoed below.



Maps will be collected at the finish and returned after Sundays last mass start.

Controls:

Controls consist of a pole that houses the flag control code and EmitTouchfree-punching device. No physical touch is required.

In the map each control is marked with the running number of control and the code. For example 13-121.

Model control can be found near the entrance to the sport-hall.

Start times:

Start times have been published in the competition web site:

www.kouvolansuunnistajat.fi/kilpailu/hisu-sm-pitka-ja-viesti-2015.

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Mandatory guided tracks:

Near the start and finish the tracks that everybody must follow are marked with blue plastic ribbons, blue guiding fences and blue spray-paint.

Dressing rooms and showers:

Bottom floor of the sport-hall(Urheilutalo) has large areas for changing clothes and two locker rooms.

Showers can be found in both Urheilutalo and "baseball"-field`s locker rooms (300m away).

Next to the Urheilutalo is also a swimming pool/hall with showers and saunas (4,50€).

Toilets:

Lots of toilets in the competition center. None in the start area.

Numbers:

Numbers are in folders near the info- and resultboards in the playing field. ATTACH THE NUMBER TO THE FRONT OF YOUR LEFT THIGH WITH YOUR OWN SAFETY PINS.

Punching system:

Everyone that needs a rental emiTag can retrieve it from INFO. Payment of 5€ must be paid.

Everyone is responsible for the operability of their own emiTag. TEST YOUR EMITAG.

Organizers will not check competitors` emiTags before the start. Using a wrong emiTag will result in disqualification (Rule 11.518).

Split times can be printed at INFO

Embargoed area:

There is a shooting range in the competition area. A fence surrounds the shooting range but the tracks inside the fence that are marked on the map can be used. In the shooting range areas outside the tracks are embargoed. Urban housing areas and the roads in these areas are embargoed. Soil processing area marked on the map is also embargoed.

Competitors can move in the terrain only during their race performance until the end of the relay in Sunday.

Equipment maintenance:

Outdoor waxing area near Urheilutalo with electricity outlets.

Paid maintenance and sport equipment sale can be found in Sportia KT-SPORT Kuusankoski adress Väkevänkuja 1, 45700 Kuusankoski. KT-SPORT is open mo-fri 10-19 and sat 9-15.

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Warm-up and testing of skis.

Good warm up areas both north and south of the competition center. Map found in the web site. Start area also has a wide tracks for warming up.

First aid:

First aid personnel on call in Urheilutalo and finish area. First aid personnel contacts: Terhi Harjula, p. +35844 536 2856 and Katja Vanhalakka, p. +35840 518 2635.

Also a patrol in terrain with snow mobile.

General emergency number 112.

Kids:

Area for kids in competition center (remember to pre-register).

Cafeteria and Restaurant:

Cash only.

All sorts of delicious treats available.

Both Saturday and Sunday generous lunch servings (7,50€)

Vendors/shops:

Saturday: Suunnistajan Kauppa ja Keltämäki. Sunday: Keltämäki.

Tulokset:

Result boards in the field near Urheilutalo. Results and split-times:

<http://kouvolansuunnistajat.fi/kilpailu/hisu-sm-pitka-ja-viesti-2015/>

GPS seuranta:

Organizers name competitors and teams that receive GPS-tracking devices. Competitors must retrieve devices from INFO where it is attached to the map holder. Organizers remove devices after finishing. List of tracked athletes and teams found in web page and info board.

Organizer sets up a display for following the tracking in Urheilutalo.

DNF:

Anyone aborting/not finishing the course must ski through the finish if that is possible. If that is not possible report to the emiTag checkpoint and also give map away.

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Prize giving:

Prize giving seremonies both day in sport hall of the Urheilutalo.

Number of prizes awarded					
Category	Long		Category	Relay	
	medals	Special		medals	Special
D21	1.-10.	1.-3.	D21	1.-6.	1.-3.
D20	1.-10.	1.-3.	D20	1.-6.	1.
D18	1.-10.	1.-3.	D16	1.-6.	1.
D16	1.-10.	1.-3.	D110-	1.-3.	1.
D35	1.-6.	1.-3.	D130-	1.-3.	1.
D40	1.-6.	1.-3.	D150-	1.-3.	1.
D45	1.-6.	1.-3.	D190-	1.-3.	1.
D50	1.-6.	1.-3.	D210-	1.-3.	1.
D55	1.-6.	1.-3.	H21	1.-6.	1.-3.
D60	1.-6.	1.-3.	H20	1.-6.	1.
D65	1.-6.	1.-3.	H18	1.-6.	1.
D70	1.-6.	1.-3.	H16	1.-6.	1.
D75	1.-3.	1.-3.	H110-	1.-3.	1.
D80	1.-3.	1.-3.	H130-	1.-3.	1.
D85	1.-3.	1.-3.	H150-	1.-3.	1.
H21	1.-10.	1.-3.	H170-	1.-3.	1.
H20	1.-10.	1.-3.	H190-	1.-3.	1.
H18	1.-10.	1.-3.	H210-	1.-3.	1.
H16	1.-10.	1.-3.			
H35	1.-6.	1.-3.			
H40	1.-6.	1.-3.			
H45	1.-6.	1.-3.			
H50	1.-6.	1.-3.			
H55	1.-6.	1.-3.			
H60	1.-6.	1.-3.			
H65	1.-6.	1.-3.			
H70	1.-6.	1.-3.			
H75	1.-3.	1.-3.			
H80	1.-3.	1.-3.			
H85	1.-3.	1.-3.			

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LONG DISTANC

Categories and courses:

Cat.	As the crow flies	On tracks	Scale		Cat.	As the crow flies	On tracks	Scale
H21	22,2 km	31,1 km	1:12 500		D21	12,9 km	18,1 km	1:12 500
H20	14,6 km	20,4 km	1:12 500		D20	9,2 km	12,9 km	1:12 500
H18	12,4 km	17,4 km	1:12 500		D18	8,2 km	11,5 km	1:12 500
H16	10,1 km	14,1 km	1:12 500		D16	5,9 km	8,2 km	1:10 000
H35	14,6 km	20,4 km	1:12 500		D35	9,2 km	12,9 km	1:12 500
H40	13,2 km	18,5 km	1:12 500		D40	8,2 km	11,5 km	1:12 500
H45	12,4 km	17,4 km	1:12 500		D45	8,2 km	11,5 km	1:12 500
H50	11,0 km	15,4 km	1:12 500		D50	5,9 km	8,2 km	1:10 000
H55	10,1 km	14,1 km	1:12 500		D55	5,9 km	8,2 km	1:10 000
H60	9,2 km	12,9 km	1:12 500		D60	5,4 km	7,3 km	1:10 000
H65	8,6 km	12,0 km	1:12 500		D65	5,4 km	7,3 km	1:10 000
H70	6,7 km	9,0 km	1:10 000		D70	3,6 km	4,7 km	1:10 000
H75	5,4 km	7,3 km	1:10 000		D75	3,6 km	4,7 km	1:10 000
H80	3,6 km	4,7 km	1:10 000		D80	3,4 km	4,4 km	1:10 000
H85	3,6 km	4,7 km	1:10 000		D85	3,4 km	4,4 km	1:10 000

Lähtö:

Distance to start 1,9km of which only 500m can be skied. Reserve enough time.

Good warm up are in the start.

Start procedures:

- 4 min call to start and competition number check.
- 3 min EmiTagin resetting
- 2 min model map
- 1 min take your own map and proceed to start line

ATTENTION! In categories H/D21 map can be taken 15 seconds before the start after official gives permission by command: **KARTAT**.

- 0 min Start

Course starts approximately 150m from the start line. Follow marked track to “K-point”

If you arrive to start late report to officials who will give you the map and permission to start.

Equipment transport:

Equipment transport from start area to competition center. Near the start area there are four trailers that have departing times marked as follows:

- Lähtöaika 10:30 – 11:00
- Lähtöaika 11:01 – 11:30
- Lähtöaika 11:31 – 12:00
- Lähtöaika 12:01 – 12:22

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Refreshment and equipment controls:

Three refreshment points marked on the map. Water as refreshment. These points also have contact to first aid.

WRE categories have equipment control. Athletes must deliver equipments/drinks to a marked area near the finish before 11:10. Equipment returned to same spot approximately 14:00. Equipment control is also refreshment control and in H21 category map change.

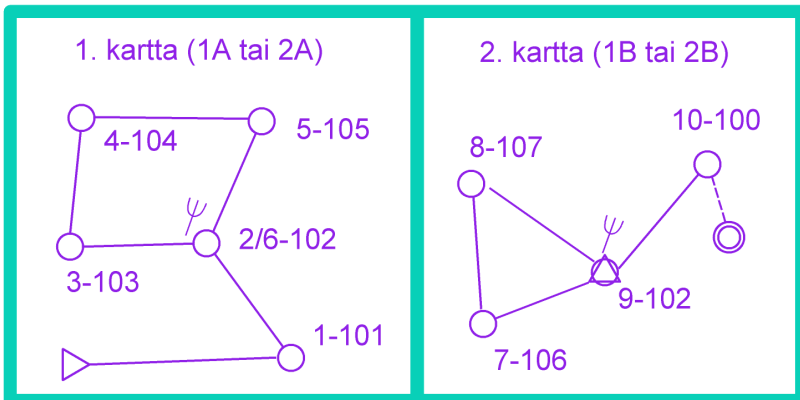
Warm drinks in the finish.

H21-category forking

H21-category has forking, other categories do not. Forking demoed below:

Uneven startnumber From start map H21_1A From mapchange map H21_1B

Even startnumber From start map H21_2A From mapchange map H21_2B



Finish:

From last control guided track to finish. Road crossing before the finishing straight. After crossing the finishing line put your map to your club's pouch and continue to emiTag control. Maps will be returned after relay on Sunday.

Finish closes Saturday 15:00