

Finnish Championships Middle Distance in Kouvola, Vuohijärvi 26.5.2017

IOF World Ranking Event (WRE)

Competition instructions

Competition rules and instructions

Competition rules of the Finnish Orienteering Federation, IOF's guidelines for World Ranking Events, special instructions concerning Finnish Championships in 2018 and instructions given by the organizer shall be followed.

Terrain

The competition terrain is boreal forest in the Salpausselkä ridge area. There are plenty of kettle holes and the deepest kettles are approximately 40 metres deep.

Map

Scale 1:10 000. In the classes H/D50, H/D55, H/D60 and so on the scale is 1:7 500. 5 metres contour interval. Printed 5/2018. The size of the map is A4 and it is in a sealed plastic case. Field survey is made by Asko Määttä.

Control descriptions

There are separate control descriptions available in the start both in the qualification and final races (A- and B-finals). There aren't any fixing tools for the control descriptions. Control descriptions are not printed on the map.

Classes, Distances, Number of the Controls, Climb, Starts and The Amount of Qualified to A-final

Will be announced in a separate table at http://kouvolansuunnistajat.fi/wp-content/uploads/2018/05/SM2018_sarjataulukko-1.pdf?x78390

Quarantine zone

A quarantine zone is used for all qualification classes and in the A-finals for classes H/D15-21 (M/W21). Only the runners who have entered the quarantine zone and picked up their competition numbers in time are allowed to participate in the race. You are allowed to leave the quarantine zone only to the course through the start procedure or after the quarantine zone has been opened up again.

The use of mobile phones or any other communication devices is forbidden in the quarantine zone.

In the qualification race the quarantine zone closes at 9.10. In the A-finals the quarantine zone closes at 12.40 and opens at 16.00.

There are toilet facilities in the quarantine zone. In the morning's qualification race, there are no rain shelters available. In the quarantine zone for the R1/WRE A-finals there is a limited amount of rain shelter. Drinking water is available in the quarantine zone for R1/WRE A-finals.

In R1/WRE A-finals there is a pre-start in the quarantine zone where you have to be 15 minutes before your start time. There is a warm up map available in the quarantine zone for the R1 qualification and R1/WRE A-finals.

The quarantine zones are in the competition area so the guidance must be followed!

Delivery of clothes and belongings

In the Qualification race

There is a delivery system for your clothes from the quarantine zone to the competition centre. You can leave your clothes to the marked place in the quarantine zone. Please, take a waterproof sack of your own with you. The organizers do not provide any bags or other packing material for the clothes. The clothes drop is supervised.

In the Finals

There is no delivery system for your clothes from the quarantine zone. You can leave your clothes etc. to the marked spot just before you enter to the quarantine zone. Remember to take a sack for your stuff with you. The place for the clothes is supervised. The border of the quarantine zone moves ten metres forward every 30 minutes, and the clothes outside the quarantine zone can be picked up.

Those classes with no quarantine zone do not have any delivery system or supervised place for the clothes.

Guidance and distances to the starts and quarantine zones

You will find the guidance to the starts starting at the info pole. You are not allowed to stray from the markings. The routes/guidance to the starts will follow roads and paths.

Distances:	To the quarantine zone	To the start	The colour of the guidance
Start 1:	800 m	500 m	White (R1 and WRE qualification)
Start 2:	800 m	200 m	blue (R2 qualification)
Start 3:	700 m	500 m	white (WRE and M/W21 A-final)
Start 4:	700 m	1000 m	red-yellow (H/D15-20 A-final)
Start 5:	No quarantine zone	1800 m	black (R1 B-finals and H/D15-21)
Start 6:	No quarantine zone	1000 m	blue (R2 A- and B-finals)

Start lists

The start lists are based on the competition rules of the Finnish Orienteering Federation and special instructions concerning Finnish Championships. The start lists of the qualification race in the classes M/W21 will be formed according to IOF World Ranking.

Start lists for the qualification will be published on the event homepage (<http://kouvolansuunnistajat.fi/kilpailu/sm-keskimatka/>). They can also be seen both in the competition centre and in the quarantine zone on the competition day. Please check that there is the right emit number on the start list! If a change must be done contact mikko.velhontie@outlook.com.

Start lists for the A- and B-finals will be published in the competition centre right after the results of the qualification are complete. The start order of the final classes is based on the results in the qualification, reversed order is used.

H/D21 (M/W21) classes: Those who don't make their way to A-final will be divided into groups according to the results of the qualification (The best ones will be in group one, second best in group two etc.). There will not be more than 60 runners in each group. Those who don't take part in the qualification will be raffled off to the beginning of the last B-final group. Exception is M/W21 (WRE) in which it is not allowed to compete in b-final without taking part in the qualification.

Start interval is one minute in the qualification and in the B-final, and two minutes in the A-final.

First starts

First start for the qualification race will be at 09:00. First start for the A-final for R1(WRE) will be at 12:30 and B-final for R1(WRE) at 13.30. The straight finals without qualification for R2 will start at 12:00. First start for the B-final for R2 will be at 13:30 and for the A-final for R2 at 14:30.

Start Procedure

Will be published here <http://kouvolansuunnistajat.fi/kilpailu/sm-keskimatka/>

Finish

The control card is punched at the finish line. The classes M/W21 (WRE) have their own lane to the finish in the final. There will be three different last controls and from every last control the way to the finish is marked.

Maps are placed in plastic bags for your club in the finish after the qualification race. Maps will be returned according to the commentator's instructions approximately at 16:00.

WC, Shower and Clothes Changeover

There are 20 toilet facilities at the competition centre and a couple of WCs at the quarantine zones.

Distance to the showers is 500 metres (yellow guidance). Showers and clothes changing take place outdoors. There is warm water in the shower. Use of any shampoo is forbidden. The water in the showers is not drinkable.

Number bibs

All competitors must wear a number bib. In the qualification and in the A-final a different number bib is used. In the B-final the same number bib is used both in the qualification and in the final. In the A-final the number bibs are black with yellow ground.

In the qualification and A-final the number bibs can be picked up in the quarantine zone.

The bibs must be worn on the chest and be visible in their entirety. There are no safety pins available, competitors must have their own.

In M/W21 (WRE) classes A-finalists wear a number vest that is available in the quarantine zone.

Forbidden and dangerous areas

Forbidden areas are marked on the map and in the terrain. There are some small nesting areas of birds that are forbidden which are not marked on the map but they are marked with forbidden area tape in the forest.

Shoes

You are not allowed to use orienteering spikes.

Drink and first aid stations

There aren't any drink or first aid stations in the terrain. A first aid team will be patrolling around on the terrain. First aid personnel can be contacted from the starting area. Drinking water is available after the finish.

TV Production and GPS Tracking

There is a TV-broadcast from the A-finals for classes M/W21 (WRE) and all the runners are given a GPS-tracking device. The device is put in a separate carrying vest and given to the competitors in the pre start. You can't refuse to take the GPS device. Refusing will lead to closing out from the competition. There are cables and cameras in the forest for the TV-broadcast.

Finish Closing Times

The finish will be closed at 10:45 in the qualification race (preliminary). Finish will be closed at 18:00 in the A- and B-finals.

Dropping out

Competitors who drop out the race must let the staff at the finish know about it.

Prize giving ceremony

The three best competitors will be awarded with SM-medals and honor prizes. SM-plaques will be awarded: in R1 for runners in the places 4-10 and in R2 for runners in the places 4-6 will get a SM-plaque. SM-medals for the three best will be awarded in the classes H/D75, H/D80 and H/D85.

In WRE three best runners will be awarded. WRE prize giving is separate from the Finnish Championships prize giving. The schedule of the prize giving ceremony will be announced by the commentator.

In the B-finals the winners will be awarded. You can pick up your prize from the info after the results are ready.

Parking

Parking will be opened at 7 am. Parking is on the field at a 500 m walking distance from the competition centre.

There is a separate parking area for the caravans on the field, maximum distance is 1100 metres from the competition centre.

Parking fee is five (5) euros and it can be picked up at the info.

INFO

Info is in the competition centre. There you can:

- Change your EMIT number (3 euros)
- Pick up a rental EMIT (5 euros)
- Buy a parking ticket

Children's daycare, The Muksula

The Muksula is open in the competition center at 8:15-17:00. Registration to the Muksula should be done by 24th May at latest (vaaranen.sari@gmail.com).

Club tents

Club tents can be put up only in the marked places (Arena map).

Restaurant and cafe

There is a restaurant *Kansakoulu* about 500 metres from the competition center that sells food, refreshments and snacks. At the *Arena* you can find café *Suppa* and a grill selling sausages. Both cash and card are accepted.

Things you´re not allowed to do

Don´t make fire and don´t use camping stoves. Smoking is forbidden. Don´t overnight in the competition or parking area. Advertising, hawking and any selling is prohibited without a permission of the organiser. Other orienteering events can be advertised on the info board made for this purpose.

Lost and found

Lost belongings can be asked from +358408477493 or jukka.tani@gmail.com.

Main officials

Event Director	Heikki Kyyrönen
Communicator	Eveliina Hasu
IOF Event adviser	Tapani Koskela, IOF
Course controller	Janne Weckman, Vehkalahden Veikot
Course setters	Ossi Karvonen and Marko Uotila
Head of finish and result service	Mikko Kekki (service provider T:mi Timo Harju)
Starts	Jarkko Tynys and Tero Ojala
Info	Jukka Tani
Restaurant	Riikka Hillo
First Aid	Terhi Harjula
Commentator	Petri Lindqvist

Jury

Head of the judge council	Visa Sippu, Inkeröisten Terho
Members of the judge council	Marttiina Joensuu, SK Pohjantähti Samu Heiska, Vehkalahden Veikot