



# IOF ORIENTEERING WORLD CUP

BULLETIN 3

TURKU – LOHJA  
FINLAND

MAY 24<sup>TH</sup> - MAY 28<sup>TH</sup> 2017



Suomen Suunnistusliitto



## 1. Welcome words by the President of the Finnish Orienteering Federation

### WELCOME TO FINLAND

On behalf of the Finnish Orienteering Federation I am pleased to welcome you all to the Orienteering World Cup opening round of 2017 to Finland. Hosting cities Lohja and Turku will offer excellent races and all the finals will be broadcasted live on the Finnish national TV Company YLE. Finland will make a record of orienteering TV broadcasts in this year with altogether 40-50 hours of live orienteering on TV. Opening race sprint relay will be held at 24<sup>th</sup> of May which is also IOF World Orienteering Day. I hope, that you will enjoy your stay in our beautiful country, which is celebrating its 100 years of independence.

See you all in May in Finland!

**Tuija Soanjärvi**

*President of the Finnish Orienteering Federation*



IOF Orienteering World Cup Round 1 is part of the programme for the centenary of Finland's independence in 2017.

## 2. Organizers

Chairman	Jari Piirainen
Event Director, Turku	Janne Salmi
Event Director, Lohja	Ville Luoma
Patron of World Cup Round 1	Timo Ritakallio, President of the Finnish Olympic Committee



**Orienteering club Hiidenkiertäjät**



**Orienteering club Turun Suunnistajat**



**Kisakallio Sports Institute**



*Suomen Suunnistusliitto*

**Finnish Orienteering Federation**



**International Orienteering Federation**



**City of Lohja**



**City of Turku**

## 3. Competition officials

### Mapping and course setting

<b>Map maker</b>	Sprint relay	Eero-Antti Lonka
<b>Map maker</b>	Sprint, Middle and Long distance	Arvo Paulin
<b>Course planner</b>	Sprint relay	Jarmo Jerkku
<b>Course planner</b>	Sprint	Jarkko Saarinen & Eemeli Suominen
<b>Course planner</b>	Middle and Long distance	Arvo Paulin

### Persons in charge

<b>Result service; Sprint relay</b>	Risto Kivinen, Resultfellows
<b>Result service; Sprint, Middle and Long distance</b>	Timo Kokko, T:mi Kokkens
<b>Main speaker</b>	Mikko Reitti, Oikea Reitti Oy
<b>TV-production</b>	Markku Mäkräinen & Olli Härkki, Kruuva Oy
<b>TV-broadcaster</b>	YLE
<b>Arena screen</b>	EQ Timing Finland AB
<b>GPS-tracking</b>	Pekka Varis, GPSseuranta.net

### Event Advisers

<b>IOF Senior Event Adviser</b>	Sprint events	Lacho Iliev (BUL)
<b>IOF Senior Event Adviser</b>	Forest events	Kjell Blomseth (NOR)
<b>National Controller</b>	All events	Hannu Pyy (FIN)

## 4. Programme

Date	Time	Event	Place
22.5. Monday			
	17:00-18:30	Competition office open	Kisakallio Event Centre
23.5. Tuesday			
	9:00-18:00	Competition office open	Kisakallio Event Centre
	8:00-20:00	Model Events open	Model Event locations
	18:00	Team officials meeting sprint relay & sprint	Kisakallio Event Centre
24.5 Wednesday			
	9:00-12:00	Competition office open	Kisakallio Event Centre
	8:00-20:00	Model Events open	Model Event locations
	At the Arena	Competition office open	Arena Turku
	14:30	WCup sprint relay quarantine opens	Arena Turku
	15:30	WCup sprint relay quarantine closes	Arena Turku
	15:50-17:00	WCup sprint relay	Arena Turku
25.5. Thursday			
	At the Arena	Competition office open	Both Arenas
	8:45	WCup sprint qualification quarantine opens	Arena Mäntynummi
	9:50	WCup sprint qualification quarantine closes	Arena Mäntynummi
	10:00-12:30	WCup sprint qualification (M+W)	Arena Mäntynummi
	16:30	WCup sprint final quarantine opens	Arena Lohja
	17:50	WCup sprint final quarantine closes	Arena Lohja
	18:00-20:00	WCup sprint final (M+W)	Arena Lohja
26.5. Friday			
	10:00-14:00	Competition office open	Kisakallio Event Centre
	8:00-20:00	Model Events open	Model Event locations
	Afternoon	Social program organized by Kisakallio	Kisakallio & Lohja
	17:00-18:00	Competition office open	Kisakallio Event Centre
	18:00	Team officials meeting middle and long distance	Kisakallio Event Centre
27.5. Saturday			
	At the Arena	Competition office open	Arena Lintukiima
	8:45	Wcup middle quarantine opens	Arena Lintukiima
	9:50	Wcup middle quarantine closes	Arena Lintukiima
	10:00-16:30	Wcup middle distance (W+M)	Arena Lintukiima
28.5. Sunday			
	At the Arena	Competition office open	Arena Lintukiima
	8:45	Wcup long quarantine opens	Arena Lintukiima
	9:30	Wcup long quarantine closes	Arena Lintukiima
	10:00 - 13:30	Wcup long distance (W+M)	Arena Lintukiima

## 5. Important deadlines

Initial Entry Deadline: April 14<sup>th</sup>, 2017

The following information shall be filled in the system:

- Number of competitors per race (men and women)
- Number of team officials (men and women)
- Number of teams and/or single runners for the Sprint-Relay
- Team manager: Name, address, phone, e-mail

*The 14<sup>th</sup> of April is also the deadline for booking the accommodation in Kisakallio*

Nominal Entry Deadline: May 15<sup>th</sup>, 2017

The nominal entry has to be done no later than May 15<sup>th</sup>, 2017 in the online entry system Eventor with the following information:

- All competitors and team officials: family name, first name, nation, sex, year of birth, IOF ranking ID,
- team officials: family name, first name, nation, sex, phone number.

Note, that nominal entries can only be accepted if an initial entry was done by the national federation by 14<sup>th</sup> of April 2017!

Entries are made in IOF Eventor <http://eventor.orienteering.org/Events/Show/5395>

## 6. Payments

Entry fees must be paid by MAY 17<sup>th</sup>, 2017. Please note that all bank charges must be paid by the applicant.

Please note that we will add a late payment fee of 40.- € per person for late payment!

### ENTRY FEES

<b>Sprint relay</b>	<b>150.- € / team</b>
<b>Sprint</b>	<b>50.- €</b>
<b>Middle</b>	<b>40.- €</b>
<b>Long</b>	<b>40.- €</b>
<b>Accreditation fee athletes</b>	<b>30.- € all 4 days</b>
<b>Accreditation fee team officials</b>	<b>30.- € all 4 days</b>

### BANK INFORMATION

Hiidenkiertäjät ry.

Address: Heinilänkuja 11, 08500 Lohja, Finland

IBAN: FI75 4006 1020 1453 67

SWIFT: ITELFIHH

## 7. Visa Requirements

According to the current regulations, citizens of some countries must obtain a visa in order to enter Finland. Please check the following website for more information:

<http://www.formin.fi/>

Visas should be applied at your nearest Finnish Embassy. Please note that conditions of entry to Finland can change and all participants are advised to keep up to date with the current situation by consulting their local Finnish Embassy.

## 8. Accommodation and food

The organizers provide a possibility for national teams to book accommodation for the time of orienteering World Cup from Kisakallio sports institute (=World Cup Event Centre in Lohja) [www.kisakallio.fi](http://www.kisakallio.fi). The reservation of accommodation for teams participating in World Cup will be done directly via Kisakallio's online reservation system, see link <https://www.kisakallio.fi/fi/tapahtumat/tapahtumat/iof-orienteering-world-cup-2017>

The deadline set to national teams by Kisakallio for booking the accommodation is April 14<sup>th</sup>.

The restaurant in Kisakallio Sports Institute offers athlete friendly buffet-style food for breakfast, lunch, dinner and evening snack on demand or included in the reserved accommodation.

The opening hours for Kisakallio's restaurant are:

Meal	Opening hours
Breakfast	7:00-9:00
Lunch	11:00-14:30
Dinner	16:00-20:30
Evening snack	21:00-22:00

At the Middle and Long distance Arenas there is a restaurant-cafe selling snacks and soup of the day.

## 9. Competition office

The competition office is located at Kisakallio sports institute (=World Cup Event Centre in Lohja).

Address: Kisakalliontie 284, 08360 LOHJA, FINLAND

Telephone: +358 408 195 350

e-mail: [office.owcup@gmail.com](mailto:office.owcup@gmail.com)

### Opening hours of the competition office

Day	Opening hours	Place
Monday 22.5.	17:00-18:30	Event Centre Kisakallio
Tuesday 23.5.	9:00-18:00	Event Centre Kisakallio
Wednesday 24.5.	9:00-12:00 (EC) & during the sprint relay	Event Centre Kisakallio & Arena Turku
Thursday 25.5.	During the competitions in both arenas	Arena Mäntynummi & Arena Lohja
Friday 26.5.	10:00-14:00 & 17:00-18:00	Event Centre Kisakallio
Saturday 27.5.	During the competition day	Arena Lintukiima
Sunday 28.5.	During the competition day	Arena Lintukiima

## 10. Transport and parking

Teams are responsible to organise their own transport. Follow given driving instructions to the parking areas on Arenas and quarantines.

## 11. Team material and information

Teams will receive World Cup information/material package from the Event office after accreditation. The package includes:

- Bulletin 4
- Emit cards and EmiTags for the whole World Cup round 1. The equipment is assigned by name to each competitor and shall not be used by another athlete.
- Model event maps for all model events
- Parking tickets for team vehicles. Maximum number of parking tickets is five (5).

Bulletin 4 will be the most important source of competition information to teams. This information will be completed in Team Official's Meetings. The Team Officials Meeting for the sprint relay and sprint will be held on Tuesday 23<sup>rd</sup> of May at 18:00 and for middle and long distance on Friday 26<sup>th</sup> of May at 18:00 in the Event Centre at Kisakallio Sports institute.

All competitors must wear their respective number bibs at all World Cup events. The bibs will be available at the quarantine zone. Bibs must be worn both on the front and the back. The bibs must be visible in their entirety, they shall not be folded or cut.

## 12. Anti-Doping

Doping is forbidden. "Think positive – test negative"! Doping is strictly forbidden and the organisers of the World Cup Round 1 are dedicated to supporting the anti-doping authorities in their work. Doping tests are always carried out in accordance with the procedures described in the WADA International Standard for Testing. The IOF Anti-Doping Code and rules and the World Anti-Doping Code 2017 apply as of 1<sup>st</sup> January 2017. Athletes who are selected for the doping tests must bring an official identification (with photo) to the doping test area. The athlete should also bring along their therapeutic use exemption (TUE) if applicable. In general, the athletes must bring along their ID to all the competitions and events. For more information, please consult: <http://orienteering.org/anti-doping/> IOF Anti-Doping Rules apply, valid as of January 1, 2017.

Note that, even if the IOF or the organizer have not ordered any tests, anti-doping control can be conducted by other organizations (Finnish Antidoping Agency FINADA– Finnish Centre for Integrity in Sports FINCIS) without any prior notice.

## 13. IOF Licence

Only athletes with a valid IOF Licence are allowed to start.

Licence form and Licence payment should be addressed to IOF Office, at the latest, 10 days before the Event to assure a valid licence at the start of the Event. Late licence applications must be addressed to [iof@orienteering.org](mailto:iof@orienteering.org)

For more information, please consult: <http://orienteering.org/athletes-licence>

## 14. Competition

### Rules and participation

The Competition Rules for IOF Foot Orienteering Events (valid from 1<sup>st</sup> January 2017, as published on the IOF website [www.orienteering.org](http://www.orienteering.org)) apply to all competitions.

Sprint relay competition- All Federations can start with a maximum of 3 teams. Only the best placed team of each Federation will count for the World Cup result list. Information concerning only the teams from mixed federations: Such teams are allowed and federations have to make an entry via e-mail no later than May 15th with the names of their athletes. Then the organizers will make the line-ups for these teams. Payment can be done either by bank (€ 37,5 per leg) or on spot latest before the first Team officials meeting.

In the individual competitions, in each of the men's and women's events the leading 6 Federations (according to the IOF World Federation League as of 1<sup>st</sup> January 2017) may enter 8 competitors, and all other Federations may enter 6 competitors. In addition to this all 2016 individual World Champions have a personal place. Competitors in the long distance (chase start) must also be entered in the sprint and middle distance competitions.

Sprint competition - a single qualification race, and a final in which the 40 best placed athletes in the qualification race start. The start order in the qualification race is determined strictly by the standing of the IOF Sprint World Rankings as published on 23<sup>rd</sup> May 2017\* (leader starts last). The start order for the Sprint Final is strictly the reverse of the placings in the Sprint qualification race; the best competitors shall start last as described in rule 12.9.

Middle distance competition. The start order is determined strictly by the standing of the IOF Middle/Long Distance World Rankings as published on 24<sup>th</sup> May 2017\* (leader starts last). The start interval shall be 2 minutes unless more than 70 entries are received, in which case it shall be 90 seconds.

Long distance, chase start. Competitors will only be permitted to start if they have a result in both the qualification race of competition 1, and competition 2 (middle distance race). The starting times for the chase start shall be based on the sum of each competitor's time in the qualification race of competition 1 and their time in competition 2, minus bonus seconds (where applicable). Bonus seconds shall be awarded to the 10 leading competitors in the final of competition 1, with 120 bonus seconds for 1<sup>st</sup>, 90 seconds for 2<sup>nd</sup>, 60 seconds for 3<sup>rd</sup>, 45 seconds for 4<sup>th</sup>, 30 seconds for 5<sup>th</sup>, and 25-20-15-10-5 seconds for 6<sup>th</sup>-10<sup>th</sup>. The result for competition 3 is the order in which athletes cross the finish line. Late starters will have a mass start\*, which will be further specified in Bulletin 4. Runners in the mass start can have a result ahead of those in the main (chasing) start\*.

\*To be approved by IOF.

### Model events

Model events with controls are available. Further information about model events will be given in Bulletin 4.

### Clothing

No restrictions on competition clothing. Spike shoes are not permitted, stud shoes are allowed.

### Punching, timing systems and GPS tracking

Emit- and EmiTag punching systems are used. GPS tracking will be used. If athlete is selected in GPS tracking he/she must take the GPS-device.

### Quarantine areas

All quarantines have indoor areas, however the room may be limited. Teams can set up their own tents at the quarantines. Possibility for warm-up (outdoors) within the quarantine is provided. Athletes can leave their clothes and equipment to quarantine from where those will be transported to the team area at the arena.

Team officials are allowed to enter the quarantine. After leaving the quarantine area, they are not allowed to return during the competition.

### Start intervals

Sprint relay: Mass start

Sprint qualification: 60 seconds

Sprint final: 60 seconds

Middle and long distance: see Rules and Participation.

### Team areas at the Arenas

There is one common team area on all the Arenas. The clothes and equipment left to quarantines will be transported to the team area. At middle and long distance Arena there will be a possibility to set up team tents.

### Coaching

There will be coaching zones at the Arenas.

## 15. Training opportunities

A variety of training possibilities may be prepared before the competitions on request. Examples of training possibilities are available in Eventor <https://eventor.orienteering.org/Events/Show/5395> Contact: Jarkko Saarinen, [jarkkosaarinen85@gmail.com](mailto:jarkkosaarinen85@gmail.com) +358443064001

## 16. Embargoed areas

Embargoed areas apply to all potential WC2017 (round 1) competitors, team officials, and other persons who, through knowledge of the terrain, may influence the results of the competitions or may be in a position to give information to the team members. The embargoed areas can be viewed from the [link](#).

Previous maps from the competition areas are available in Eventor. <https://eventor.orienteering.org/Events/Show/5395>

## 17. Competition areas and arenas

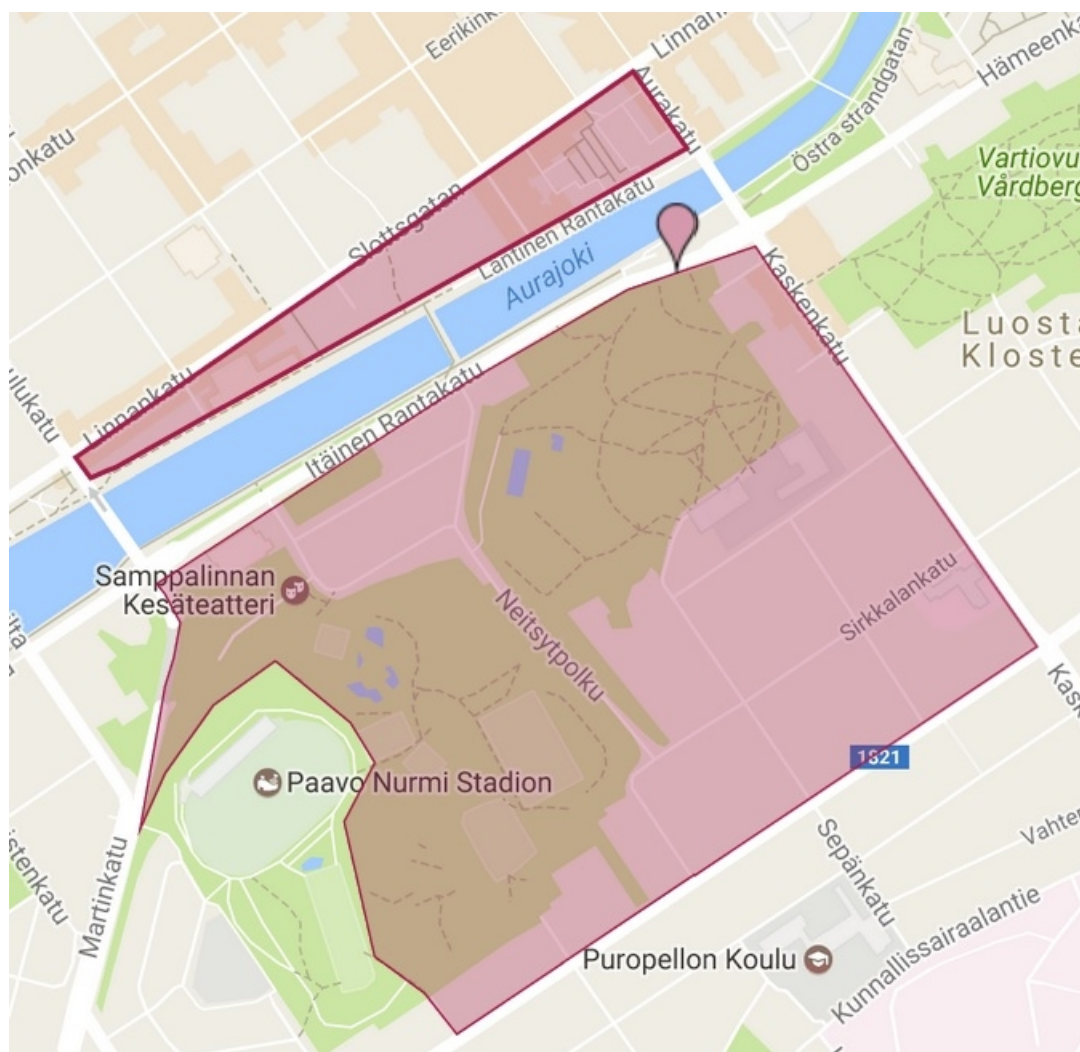
### Sprint relay

#### Quarantine

All the competitors will travel directly to the quarantine. It is not allowed to visit the arena or the embargoed area. Location of the quarantine and driving instructions will be given in Bulletin 4. Team officials can drop athletes to quarantine and continue to arena parking, or stay at the quarantine and park team cars to indicated location.

### Arena & competition area

The Arena located at: 60.4478398, 22.2696309



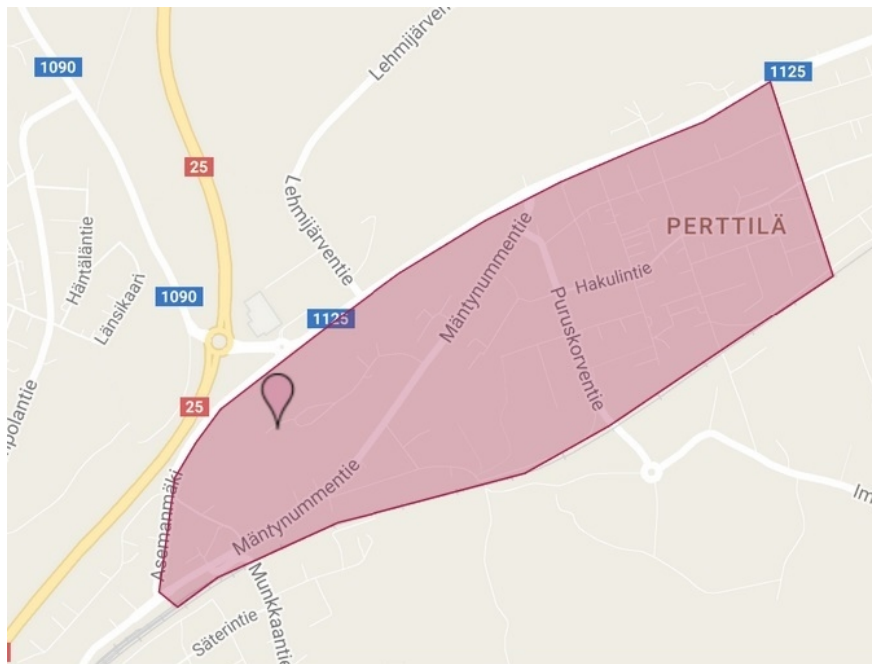
### Sprint qualification

#### Quarantine

All the competitors will travel directly to the quarantine. It is not allowed to visit the arena or the embargoed area. Location of the quarantine and driving instructions will be given in Bulletin 4. Team officials can drop athletes to quarantine and continue to arena parking, or stay at the quarantine and park team cars to indicated location.

### Arena & competition area

The Arena located at: 60.270024, 24.122549



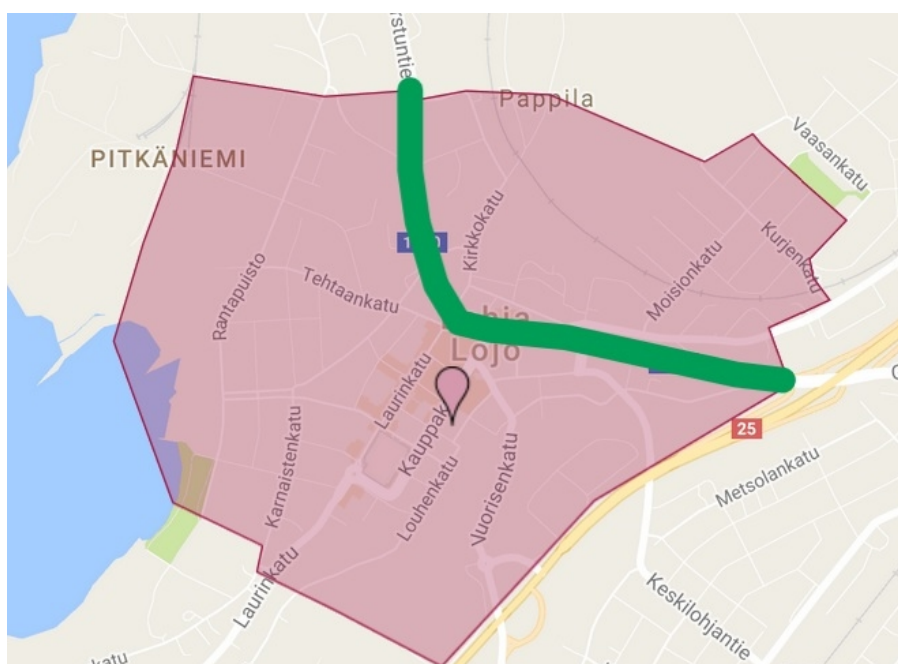
### Sprint final

#### Quarantine

All the competitors will travel directly to the quarantine. It is not allowed to visit the arena or the embargoed area. Location of the quarantine and driving instructions will be given in Bulletin 4. Team officials can drop athletes to quarantine and continue to arena parking, or stay at the quarantine and park team cars to indicated location.

### Arena & competition area

The Arena located at: 60.249185, 24.066029



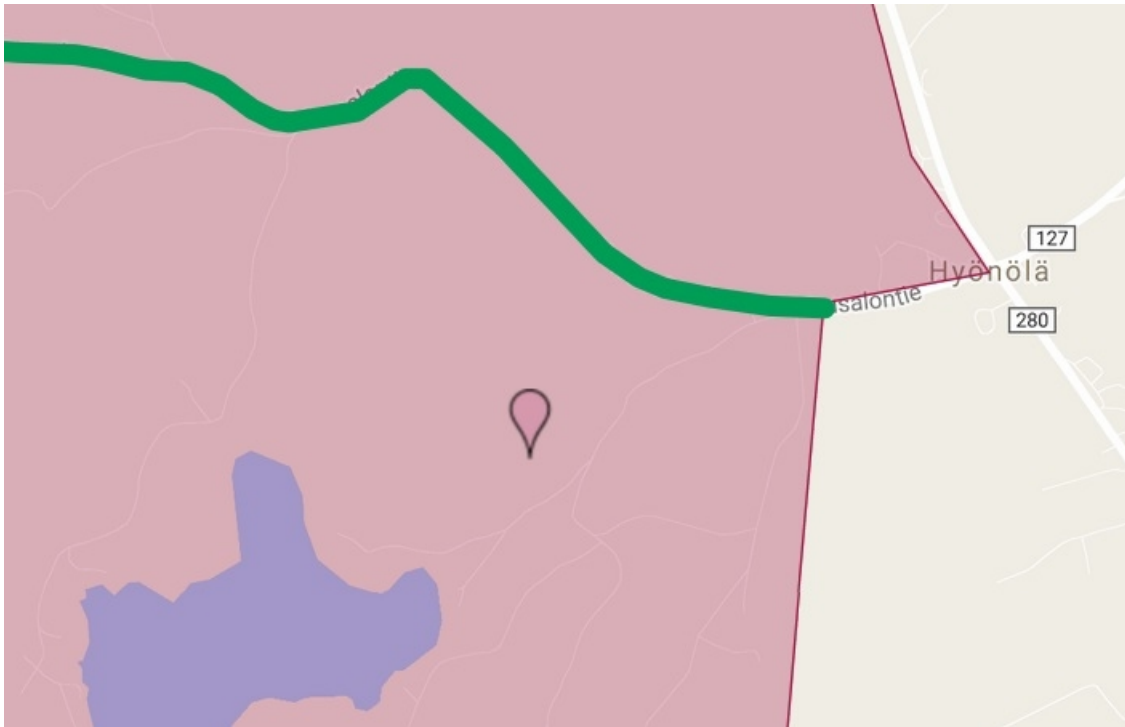
## Middle and Long distance

### Quarantine

All the competitors will travel directly to the quarantine. It is not allowed to visit the arena or the embargoed area. Location of the quarantine and driving instructions will be given in Bulletin 4. Team officials can drop athletes to quarantine and continue to arena parking, or stay at the quarantine and park team cars to indicated location.

### Arena & competition area

The Arena located at: 60.460775, 23.919828



## 18. Maps and courses

Maps are drawn according to the International Specification for Orienteering Maps (ISOM 2000) and the International Specification for Sprint Orienteering Maps (ISSOM 2007).

The same style of mapping has been used in official training maps as well as for model event maps and competition maps. Controls may be guarded during the competitions. The officials may or may not be sitting close to the control locations. Radio and TV controls are not specified on the control descriptions. Any structures made for TV cameras are not drawn on the maps. All control descriptions are printed on the maps. Separate control descriptions are handed 2 minutes before start, except long distance. The sprint course length is given as the shortest feasible route as specified by rule 16.3.

### Sprint relay

Map	Sex	Leg	Length (km)	Climb (m)	Controls	Winning time (min)	Refreshment	Map scale	Contour interval (m)
Samppalinna	W	1 & 4	3.5	65	21-22	15	-	1: 4 000	2.5
Samppalinna	M	2 & 3	4.0	85	25	15	-	1: 4 000	2.5

### Sprint qualification

Map	Sex	Length (km)	Climb (m)	Controls	Winning time (min)	Refreshment	Map scale	Contour interval (m)
Mäntynummi	W	2.7	40	16	12	-	1: 4 000	2.5
Mäntynummi	M	3.4	50	20	12	-	1: 4 000	2.5

### Sprint final

Map	Sex	Length (km)	Climb (m)	Controls	Winning time (min)	Refreshment	Map scale	Contour interval (m)
Lohja	W	3.4	50	23	14	-	1: 4 000	2.5
Lohja	M	3.8	55	25	14	-	1: 4 000	2.5

### Middle distance

Map	Sex	Length (km)	Climb (m)	Controls	Winning time (min)	Refreshment	Map scale	Contour interval (m)
Lintukiima	W	4.4	186	13	33	-	1: 10 000	5
Lintukiima	M	5.9	247	15	34	-	1: 10 000	5

### Long distance, chasing start

Map	Sex	Length (km)	Climb (m)	Controls	Winning time (min)	Refreshment	Map scale	Contour interval (m)
Lintukiima	W	11.4	510	26	80	3	1: 15 000	5
Lintukiima	M	15.3	720	32	90	3	1: 15 000	5

## 19. Terrain descriptions

### Sprint relay

Urban city centre with parks and green areas. Approximately 80 % of the courses will be on hard surfaces. Altitude 10-40 m above sea level.

### Sprint qualification

Urban residential area with parks and green areas. Approximately 80 % of the courses will be on hard surfaces. Altitude 60-90 m above sea level.

### Sprint final

Urban town centre with parks and green areas. Approximately 80 % of the courses will be on hard surfaces. Altitude 30-100 m above sea level.

### Middle distance

Mainly coniferous commercial forest with both pine and spruce as main tree species. The age of the forest varies from young to mature forest. There are some harvested areas. Mostly good runnability. The terrain is undulating, with some open areas on the hilltops. Only few paths, forwarder trails and forest roads. Altitude 60 – 150 m above sea level.

### Long distance

Mainly coniferous commercial forest with both pine and spruce as main tree species. The age of the forest varies from young to mature forest. There are some harvested areas. Mostly good runnability. The terrain is undulating, with some open areas on the hilltops. Also steep slopes and depressions. Only few paths, forwarder trails and forest roads. Altitude 60 – 150 m above sea level.

## 20. TV-schedule

The IOF World cup is TV broadcasted with following schedule.

Competition	Date	Time	Broadcaster
Sprint Relay	Wed 24.5.2017	15:50-17:00	YLE TV2
Sprint Final M & W	Thu 25.5.2017	18:00-20:00	YLE TV2
Middle distance Women	Sat 27.5.2017	11:45-13:15	YLE TV2
Middle distance Men	Sat 27.5.2017	14:45-16:15	YLE TV2
Long distance W & M	Sun 28.5.2017	10:00-12:25	YLE TV2

## 21. Media

Contact person: Essi Kangasaho

email: [media.owcup@gmail.com](mailto:media.owcup@gmail.com)

mobile: +358 503 064 660












## 22. Contact information

<b>Event director, Turku</b>	Janne Salmi	+358406527490	<a href="mailto:janne.j.salmi@turku.fi">janne.j.salmi@turku.fi</a>
<b>Event Director, Lohja:</b>	Ville Luoma	+358440476070	<a href="mailto:ville.v.luoma@gmail.com">ville.v.luoma@gmail.com</a>
<b>Trainings:</b>	Jarkko Saarinen	+358443064001	<a href="mailto:jarkkosaarinen85@gmail.com">jarkkosaarinen85@gmail.com</a>
<b>Media:</b>	Essi Kangasaho	+358503064660	<a href="mailto:media.owcup@gmail.com">media.owcup@gmail.com</a>
<b>Accommodation, Kisakallio:</b>	Elina Kaukojärvi	+358445846518	<a href="mailto:elina.kaukojarvi@kisakallio.fi">elina.kaukojarvi@kisakallio.fi</a>
<b>Event office</b>		+358408195350	<a href="mailto:office.owcup@gmail.com">office.owcup@gmail.com</a>

## 23. Entries received

Entries as on 30<sup>th</sup> of March 2017

### Entry summary

Federation	Men	Women	Team officials	Total
 Austria	6	4	3	13
 Belgium	2			2
 Czech Republic	8	7	4	19
 Denmark	6	6	3	15
 Finland	10	10	11	31
 France	8	6	3	17
 Great Britain	6	6	1	13
 Hong Kong	4	4		8
 Norway	9	8	3	20
 Spain	4	4	1	9
 Switzerland	9	8	4	21
Sum	72	63	33	168

## 24. Special event not part of the official IOF World Cup Round 1 program

### 1<sup>st</sup> International Tytyri Elämyskaivos -110 m Super Ultra Sprint Orienteering on 26<sup>th</sup> of May

Mining started in City of Lohja already year 1542 when King Kustav Vasa gave a permission for that. Original Tytyri Mine opened 1897 and today a mine still is in operation, almost 400 metres below sea level.

In the first Tytyri Super Ultra Sprint Orienteering the competitors may experience the genuine feeling of mines in the cold and damp mine galleries.

Experience the world's first and only Super Ultra Sprint 100 meters below sea level and celebrate 100 year Anniversary of Finland!

- On 26<sup>th</sup> of May, starting at 15:30
- Organised by Kisakallio Sports Institute
- Registration begins on 5<sup>th</sup> of April 2017
- FREE OF CHARGE for World Cup Competitors
- Limited participation for 70 competitors, be fast!
- Money Prize for best one!
- Map scale: 1:200
- Winning time: 5 minutes
- Contact information: Emilia Ståhlberg, [emilia.stahlberg@hotmail.com](mailto:emilia.stahlberg@hotmail.com)