



IOF ORIENTEERING WORLD CUP

BULLETIN 4

TURKU – LOHJA
FINLAND

MAY 24TH - MAY 28TH 2017



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Welcome words by the President of the Finnish Olympic Committee

Dear Orienteers,

I have the great pleasure to welcome you to the IOF Orienteering World Cup Round 1 in Turku and in Lohja. These races will be a part of the program for the centenary of Finland's independence in 2017.

The IOF Orienteering World Cup winners in 2017 will be celebrated after ten competitions in four countries. The World Cup Sprint Relay will take place at the IOF World Orienteering Day in Turku. And Lohja will host three different individual World Cup races (Sprint, Middle Distance and Long Distance). All the final races will be broadcasted live on the Finnish TV by YLE.

Orienteering is a sport that combines both a physical and a mental element. I am sure that the course setting and the terrains both in Turku and in Lohja will provide excellent conditions for very good and challenging races.

I hope that you will enjoy your stay in Finland and I would like to wish you success in the competitions.



Timo Ritakallio

*President of the Finnish Olympic Committee
Patron of the IOF World Cup Round 1*

Suomi
Finland
100

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

VENUES

Turku

Turku is the oldest city of Finland and was founded in 1229. It is located in the southwestern Finland, by the river Aura. The first capital of Finland has during times been a highly important gateway to the west. Port of Turku is a significant commercial hub with busy ferry traffic to Sweden, and the airport offers flight connections all over Europe.

Events and sights attract plenty of domestic and foreign visitors to Turku. The city's one-of-a-kind features include the river Aura that runs through the city centre, invaluable culture-historical sites, as well as the widespread, strikingly beautiful Turku archipelago that opens up to the Baltic Sea.

The most distinguished attractions of the city are historic sights, ranging from the castle to the cathedral. The city hosts a variety of happenings throughout the year, the most well-known of them being summer events, such as the Medieval Market Week, Paavo Nurmi Games and the oldest rock festival in Europe, Ruisrock.



Lohja

Lohja is a small town in the middle of fresh and real Finnish Nature only half an hour drive from Helsinki and one hour from Turku. Rich cultural heritage and exotic Tytyri Mine museum gives you excellent reason to visit Lohja.

Lohja is known as the city of a thousand of apple trees. Nature in Lohja is rich and versatile thanks to the lime in the soil and the favourable climate. If you are a sports lover, you have several possibilities to spend an active holiday in Lohja. You will find here almost all outdoor activities you can imagine and many more in indoors. Orienteering is one of the top sports in Lohja and the local club Hiidenkiertäjät is recognized nationwide.



If you are interested of a real Finnish life style you may join to the summer festivals or Old Times Christmas Fair where you meet a lot of Finnish people spending their day off. In Sammatti you can join to the Lönnrot Tour where you can explore the landmarks and scenery which have inspired Elias Lönnrot, the creator of the Finnish national epic, the Kalevala. You can enjoy the concerts of the City Orchestra, the plays at the Lohja Theatre, versatile art exhibitions and many other cultural events in Lohja. And don't miss the Tytyri Mine museum, where you visit at 110 meters below sea-level from the open quarry.



GENERAL INFORMATION

1. 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

2. COMPETITION OFFICIALS

Mapping and course setting

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

Persons in charge

Result service; Sprint relay	Risto Kivinen, Resultfellows
Result service; Sprint, Middle and Long distance	Timo Kokko, T:mi Kokkens
Main speaker	Mikko Reitti, Oikea Reitti Oy
TV-production	Markku Mäkäräinen & Olli Härkki, Kruuva Oy
TV-broadcaster	YLE
IOF Livestream commentator	David Brickhill-Jones (Turku), Mikko Reitti (Lohja)
Arena screen	EQ Timing Finland AB
GPS-tracking	Pekka Varis, GPSseuranta.net

Event Advisers

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

Jury

Lars Lindström, (DEN)
Radek Novotný, (CZE)
Mika Ilomäki, (FIN)

3. PROGRAMME

Date	Time	Event	Place
22.5.			
	17:00-18:30	Event office open	Kisakallio Event Centre
23.5.			
	9:00-18:00	Event 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			
	9:00-12:00	Event office open	Kisakallio Event Centre
	8:00-20:00	Model Events open	Model Event locations
	14:45	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.			
	At the Arena	Event 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.			
	10:00-18:00	Event office open	Kisakallio Event Centre
	8:00-20:00	Model Events forest open	Model Event locations
	Afternoon	Social program organised by Kisakallio	Kisakallio & Lohja
	18:00	Team officials meeting Middle and Long distance	Kisakallio Event Centre
27.5.			
	At the Arena	Event office open	Arena Lintukiima
	8:45	WCup Middle quarantine opens	Arena Lintukiima
	9:50	WCup Middle quarantine closes	Arena Lintukiima
	10:00-16:45	WCup Middle distance (W+M)	Arena Lintukiima
28.5.			
	At the Arena	Event office open	Arena Lintukiima
	8:45	WCup Long quarantine opens	Arena Lintukiima
	9:30	WCup Long quarantine closes (W + M)	Arena Lintukiima
	9:50	WCup Women allowed to leave the quarantine	Arena Lintukiima
	10:20	WCup Men allowed to leave the quarantine	Arena Lintukiima
	10:10 - 13:30	WCup Long distance (W+M)	Arena Lintukiima

4. IMPORTANT DEADLINE

Changes may be made to the entries within the limitations set by the [IOF Foot Orienteering Competition Rules 2017](#).

5. PAYMENTS

All payments must be done before any of the team members will receive accreditation. Late payments can be accepted at accreditation, no possibility to pay by cards.

6. EVENT CENTRE AND WORLD CUP OFFICE

The Event Centre is located at Kisakallio Sports Institute (=World Cup Event Centre in Lohja).

Address: Kisakalliontie 284, 08360 LOHJA, FINLAND

Location: [60.321386, 24.043062](#)

Opening hours of the Event 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 competition	Event Centre Kisakallio / At the Arena
Thursday 25.5.	During the competitions in both arenas	Arena Mäntynummi & Arena Lohja
Friday 26.5.	10:00-18:00	Event Centre Kisakallio
Saturday 27.5.	During the competition day	Arena Lintukiima
Sunday 28.5.	During the competition day	Arena Lintukiima

Event Office

World Cup Event Office is located at the Event Centre in Kisakallio Sports Institute. Accreditation is performed at the main building (lecture room Maikkala) and Team Officials' Meetings are held in the same building (auditorium Kunto).

At the arenas, World Cup Office is located on the site of the finish area. It is the place for official communication between teams and organisers during the competition (to get complaint forms, to make a complaint, etc.).

For accreditation, team leaders must show their team members' passports to prove their nationality and full passport-holding citizenship of the country of their Federation (Rule 6.2.).

Teams will be asked to give the phone numbers of team contacts to the World Cup Office so that the organisers can quickly contact key team officials if necessary.

Event Office Contact information:

Anu Uhotoinen, office.owcup@gmail.com , tel. +358 408 195 350.

Meals

At the Event Centre

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

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 Arena Lintukiima

At the Middle and Long distance Arena there is a restaurant-cafe selling snacks, pasta and soup of the day. For further information and menu (both Finnish and English) See link:

<https://www.hiidenkiertajat.fi/kilpailut/prisma-rastit-2017/prisma-rastit-lintukiima/kisaravintola/>

7. MEDICAL CARE

There is a first aid station at the competition centres during competitions. If a competitor is injured in the terrain, the situation and the location of the patient must be notified to the nearest control point person / finish line. An athlete is responsible to help injured competitor in the forest. First aid and the evacuation are organised by the first aid crew. Injuries / illness occurring outside of competitive activities are treated by the public health care system.

Lohja health centre; Ojamonkatu 36, Lohja. [60.245861](tel:60245861), [24.056267](tel:24056267)

An on-duty doctor for appointments: Monday - Friday 8-16

Nurse: health advice / appointments tel. (+358) 19 369 2319

At other times and for emergency situations:

Lohja hospital; Sairaalaatie 8, Lohja. [60.223516](tel:60223516), [24.016882](tel:24016882)

Emergency duty service on Monday - Thursday at 16.00-8.00

Weekend service from 16.00 on Friday to 8.00 on Monday.

In the case of emergency: The national emergency number is **112**.

24-h nurse health advice (+358) 19 380 1200.

8. MEDIA, TV & INTERNET

Media contact person: Essi Kangasaho, email: media.owcup@gmail.com, mobile: +358 503 064 660

Specific information of each event will be sent to the accredited media representatives.

The IOF World Cup is TV broadcasted with following schedule.

Competition	Date	Time	Broadcaster
Sprint Relay	Wed 24.5.2017	15:40-17:00	YLE TV2
Sprint Final M & W	Thu 25.5.2017	18:00-20:00	YLE TV2
Middle distance Women	Sat 27.5.2017	12:15-13:45	YLE TV2
Middle distance Men	Sat 27.5.2017	15:15-16:45	YLE TV2
Long distance W & M	Sun 28.5.2017	10:00-12:25	YLE TV2

Homepage	www.owcup2017.fi
Live-stream & IOF Livecenter	www.LIVEOrienteering.com
Live-results	www.owcup2017.fi/results
Twitter	@owcup2017fin
Live-Twitter	@owcupfinres
Hashtags	#owcupfin & #OWCup



9. CEREMONIES

FLOWER CEREMONY

The flower ceremony starts as soon as the top three athletes/teams have been established. The exact schedule will be informed by the Arena speaker. Athletes will proceed to the flower ceremony in the competition outfit. The flower ceremonies will be broadcasted, so it is necessary for all parties involved to respect the schedules and follow the given instructions. As usual, in the end of the ceremony, the photographers will have a brief possibility for photographing.

PRIZES AND PRIZE GIVING CEREMONIES

Sprint relay

Winning team: 1000€

The athletes of the three best teams: Str8-compasses.

Individual events (Sprint Final and Middle distance)

In sprint final and middle distance competitions the first 3 competitors per class will receive prizes provided by the organiser at the Flower ceremony. The first 6 competitors receive diplomas provided by the IOF.



Overall results from the World Cup Round 1 (Long Distance chasing start)

The first athlete to finish on Long Distance competition is the overall winner of the IOF World Cup Round 1. The first 3 competitors per class in overall results will receive prize money provided by the organiser at the Flower ceremony.

The prize money for the three best in overall ranking is divided as follows:

Winner (1st):	800 €
Runner-up (2nd):	450 €
Third (3rd):	250 €

The first 6 competitors in overall results receive diplomas provided by the IOF.

Prize giving ceremony

The official prize-giving ceremony will be organised immediately after the results are valid, that is when the protest-time is over. The three best placed teams (sprint relay) or six best placed runners (sprint, middle and long) are kindly asked not to leave the arena before the prize giving ceremony.

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

Each team will get a WORLD CUP ROUND 1 information/material package from the WORLD CUP Event Office after accreditation. The package includes the following items:

- Bulletin 4 for all team members.
- Event ID card, which the participants must carry with them throughout the event and also to quarantines.
- Emit cards, EmiTags and GPS vests to be used during the whole World Cup Round 1.
- Each Emit card and EmiTag is assigned by name to each competitor and shall not be used by another athlete. Each team will also receive GPS vests for each athlete. The vests are not numbered, but the amount of vests is recorded. All the given equipment must be returned in at the latest after the long distance competition to the World Cup Event Office at the Arena. A charge of 100 EUR will be imposed for any lost or missing Emit card, EmiTag or GPS vest.
- Model event maps for all team members
- Parking tickets for team vehicles.

Bulletin 4 is the most important source of competition information to teams. This information will be complemented in Team Officials' Meetings. In order to allow Team Officials' Meetings to be productive and flexible, please contact the Event Director or front desk of the Event Office already before the meeting if you haven't received the necessary information from the bulletins or by taking part in the respective model event. This will enable the organiser to include the missing details in the meeting presentation. E-mail: ville.v.luoma@gmail.com, tel. +358 440 476 070.

All competitors must wear their respective number bibs at all World Cup Round 1 competitions. The bibs will be available in the quarantine area. In all races the bibs must be worn both on the front and the back. The bibs must be visible in their entirety; they shall not be folded over or cut down.

The most urgent and important information for teams will be available on the Eventor page of the event at <https://eventor.orienteering.org/Events/Show/5395> The minutes of Team Officials Meetings, for example, will be published there. See also the homepage of the event <http://owcup2017.fi/>

The accreditation for athletes and team officials includes model events, competition maps, start and result lists. Competition maps and result lists are handed out in World Cup Office after each competition to one representative of each team. If maps are not picked up at the Arena, they are delivered to Event Office in Event Centre in Kisakallio Sports Institute.

GPS vests

GPS vests are needed in all competitions except sprint qualification. GPS vests need to be worn under the shirt. Should you forget to bring your own vest, the organiser will have heavier vests available at the pre-start. Notice that it is athlete's responsibility to carry the GPS vest. All female athletes are given GPS vest size XS and all the male athletes size M in the team material package. If an athlete needs different size of vest, there is a limited selection of vests with sizes (XS, S, M, and L) to be changed at the quarantine of each event. The vests can be washed in 30°C without drum drying. Notice that only non-permanent adjustments to the vests with tape or similar are allowed.

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 1st 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 organiser have not ordered any tests, anti-doping control can be conducted by other organisations (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

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



14. GENERAL COMPETITION RULES AND INSTRUCTIONS

Rules

The Competition Rules for IOF Foot Orienteering Events (valid from 1st January 2017, as published on the IOF website www.orienteeering.org) apply to all competitions.

Participation

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 1st 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.

Team areas at the Arenas

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

Punching, timing systems and GPS tracking

Emit- and EmiTag punching systems are used. EmiTag punching is used in sprint relay, sprint qualification and sprint final. Traditional Emit punching system is used in middle and long distance, but emiTag MUST be worn also on middle and long distance for timing. GPS tracking will be used in all competitions except Sprint qualification. In all competitions timing will be to 1 second (electronic start gate will not be used). All finish times will be taken by a photo cell device.

Coaching

Coaches are allowed to go to the quarantine area and from the quarantine area to the pre-start.

They are allowed to leave the quarantine and pre-start areas at any time but after leaving it is not possible to come back. There are coaching zones at the Arenas when there is an arena passage in the competition. Only two accredited coaches per team are allowed in those coaching zones. For reasons of fairness only the following actions are allowed:

- Verbal communication
- Exchange of personal equipment such as compasses, shoes, contact lenses and similar
- Food and drinks passed on directly to the athlete.

Clothing

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

Complaints

Complaints are made at the Event Office at the Arena. The time limit for complaints will be announced by the speaker.

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.orienteeering.org/Events/Show/5395> Contact: Jarkko Saarinen, 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 goo.gl/rRhW9h

Previous maps from the competition areas are available in Eventor.

<https://eventor.orienteering.org/Events/Show/5395>

17. COMPETITION AREAS AND ARENA LOCATIONS

Sprint relay - Turku

The Arena located at: [60.4478398, 22.2696309](https://www.google.com/maps/place/60.4478398,22.2696309)

Sprint qualification - Mäntynummi

The Arena located at: [60.270024, 24.122549](https://www.google.com/maps/place/60.270024,24.122549)

Sprint final - Lohja

The Arena located at: [60.249185, 24.066029](https://www.google.com/maps/place/60.249185,24.066029)

Middle and Long distance

The Arena located at: [60.460775, 23.919828](https://www.google.com/maps/place/60.460775,23.919828)

For further maps of competition areas and arena locations, see the Eventor page of the event <https://eventor.orienteering.org/Events/Show/5395>



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 3 minutes before start, except on long distance and sprint relay. The sprint and sprint relay course lengths are given as the shortest feasible route as specified by rule 16.3.

The maps will be handed out at the starts sealed in plastic bags.

19. MODEL EVENTS

Three model events are organised.

Model event "Virkkala" is the model event for sprint relay and individual sprint qualification and final.

Location of the parking area: [60.185965, 23.998720](https://www.google.com/maps/place/60.185965,23.998720)

Model event "Kisakallio" is the model event for middle and long distance.

Location of the parking area: [60.319205, 24.043923](https://www.google.com/maps/place/60.319205,24.043923)

Model event "Keräkankare" is the model event for long distance.

Location of the parking area: [60.488722, 23.911611](https://www.google.com/maps/place/60.488722,23.911611)

Maps to all model events are handed out in the team material. The model events are accessible within the opening hours of the model events. See section 3 (Programme) for exact timetable. There are control flags on the control points for middle and long distance model events. For sprint relay/sprint model event there are plastic tapes on the controls. Traffic is not closed during model event, be careful and follow traffic rules.

Setup for controls (both sprint and forest controls) are available (emit and emiTag-punching system) at the Event Office in Kisakallio Sports Institute.



20. COMPETITIONS

Sprint relay 24.5.2017. Arena Turku

Participation

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 organisers 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.

Courses and terrain

Map	Sex	Leg	Length (km)	Climb (m)	Controls	Winning time (min)	Map scale	Contour interval (m)
Samppalinna	W	1 & 4	3.44-3.48	65	21-22	14	1: 4 000	2
Samppalinna	M	2 & 3	3.83-3.87	85	24-25	14	1: 4 000	2

Urban city centre with parks and green areas. Approximately 80 % of the courses will be on hard surfaces. Altitude 5-40 m above sea level. A special characteristic is the steep slope rising to the south of the Aura River, with some dense vegetation as well as open rock-areas which might be slippery when wet. We recommend sprint-orienteering shoes to be used - however, at dry conditions running shoes will do as well.

There are many stairs in the area as well as narrow crossings, be careful! Also many pedestrians will move in the area: it is the athlete's responsibility to avoid collisions. Guards are located at all passages where the risk of collisions between athletes or athletes and pedestrians are foreseen. There will be no car-traffic in the competition area during the event.

Parking, quarantine & warm-up-area

NOTE! The number bibs for sprint relay will be handed out at the Team Officials Meeting on Tuesday 23rd of May 18:00 at the Kisakallio Sports Institute. If teams do not pick up the numbers at the Team Officials Meeting, the number bibs will be available at the sprint relay quarantine.

All the competitors will travel directly to the team parking and from there to the quarantine. It is not allowed to visit the arena or the embargoed area before the event. Parking for the teams is located at Kerttuli high-school, Kaarinankatu 3, Turku, coordinates: 60.4494665, 22.2812665. There will be signposting from Kaarinankatu.

At the parking the athletes and officials will receive a map of the route to quarantine and the warm-up-area. The distance from parking to the quarantine is 900 meters.

The warm up map is made by the same mapper as for the competition, and will be relevant to the competition area, except of some bushes that are cut down during the last week.

In the quarantine there is a tent (12 x 6m) and toilets (4). The quarantine opens at 14.45 and closes at 15:30. When arriving to the quarantine the athletes must check-in and show their number-bibs and Emit-tags. Warming-up is only allowed in the area shown in the warm-up-map. From the quarantine the distance to the arena is ca 250 meters.

The athletes' bags will be transported to the team zone (arena). The athletes / team officials must bring the bags into the transport vehicle 10 minutes before each leg's predicted start-time, at the latest.

GPS-devices

The GPS-devices will be delivered for the athletes as follows:

1st leg: 15:15-15:30 2nd leg: 15:30-15:45 3rd leg: 15:45-16:00 4th leg: 16:00-16:15

The athletes are responsible for picking up the GPS-device and putting in the GPS-vest.

Pre-start

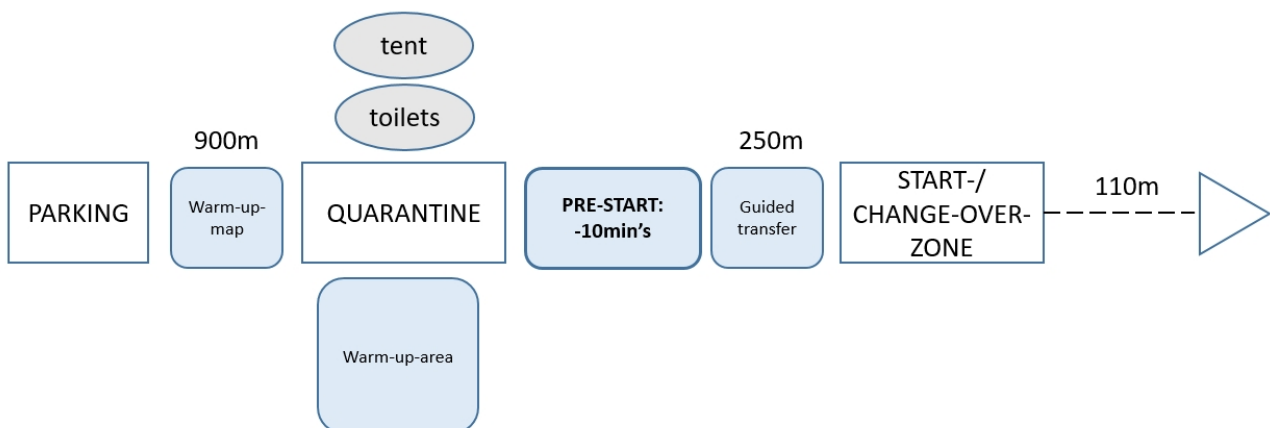
The athletes of each leg will gather in the SW end of the quarantine 10 minutes before the start of the leg. They are lined up in 4 lines following the bib-numbers: 1-10, 11-20, 21-30 and 31-42.

The competition-maps will be delivered the athletes 7-8 minutes before each leg rolled-up and closed by a rubber-band by the organisers. The maps are not to be opened before the start (leg 1) / change-over (2-4).

Five (5) minutes before the predicted start- / change-over time a guard will guide the athletes (jogging-speed) to the arena. The athletes will arrive the start- / change-over-zone ca 3 minutes before the start (of the first team). There is a space of ca 200m² in the start- / change-over-zone for warming up.

Pre-start-times

1st leg: 15:40 2nd leg: 15:54 3rd leg: 16:08 4th leg: 16:22



Mass-start

The arena-speaker will do a countdown: 60-30-15-10-5-3-2-1 seconds and give the start-sign. There is a marked route of 110m to the start-point.

Change-over

The incoming athlete passes the finish line and right after turns 180 degrees to the right, around the air-filled finish-pole. He/she continues running ca 20m further to the change-over-barrier. The change-over is done by touching by hand.

The outgoing athlete can open the map only after the change-over. There is a marked route of 110m to the start triangle marked with a control flag in the terrain, and a poster: "Start".

After the change-over

The athlete walks back to the Emit-reading, delivers the used map to the organiser and will receive refreshment. One or two athletes of each leg might be asked for a short interview before they can continue to the team zone.

Additional race information

Forbidden areas and objects: Some streets and parking-areas are marked with the forbidden-area-symbol. Some artificial barriers are also built to avoid entering these areas, either with red-yellow-ribbons or fences. None of these objects and areas shall be trespassed during the race!

The map-samples and pictures will be presented in the Team Officials Meeting and simultaneously put in the Eventor.

Team zone

The team-zone is located on the side of the arena. In the team zone there will be a tent for cover (6 x 5,2m), toilets (2) and a two smaller tents: removal of the GPS devices and first aid. The bags from the quarantine will be transported to the team zone. The teams may not set up their own tents, due to the very limited space. It is easy to follow the race from the team zone.

Cool down area

In the team-zone the athletes will receive cool-down maps. It's only allowed to cool down in this area until the relay is finished!

Coaching zone

A coaching zone is located right beside the team zone. There will be an arena passage during the race about 5 minutes before change-over/finish. The athletes will pass close to the coaching zone.

Flower ceremony

A flower ceremony will be organised ca 5min after the finish of the winning team. The three best placed teams are kindly asked not to leave the arena before the flower ceremony.

Prize giving ceremony

The official prize-giving ceremony will be organised immediately after the results are valid, that is when the protest-time is over. The aim is to organise the prize-giving ceremony at ca 17.10 o'clock. The three best placed teams are kindly asked not to leave the arena before the prize giving ceremony.



Sprint qualification 25.5.2017. Arena Mäntynummi

Rules

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 23rd May 2017 (leader starts last).

Start interval 1 minute.

First start; Women: 10:00

First start; Men: 10:00

EmiTag punching system.

Courses and terrain

Sex	Length (km)	Climb (m)	Controls	Winning time (min)	Map scale	Contour interval (m)	Map size	Control description size
W	3.18	30	21	12:45	1: 4 000	2.5	297x210 mm	49x139 mm
M	3.65	30	23	12:45	1: 4 000	2.5	297x210 mm	49x149 mm

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.

There will be traffic guards in the competition area, but the competitors are also strongly advised to be observant on pedestrian and car traffic. It is the athlete's responsibility to avoid collisions.

Parking, quarantine & warm-up-area

All the competitors must travel directly to the quarantine. It is not allowed to visit the arena or the embargoed area.

The quarantine opens at 8:45 and closes at 9:50.

Quarantine is located at 60.275395, 24.144095. The quarantine is indoors at Perttilä elementary school. The number bibs will be available in the quarantine area. The athletes will be given a warm-up map when entering the quarantine, which indicates the allowed warm-up area outdoors and the marked route to the pre-start. This warm up map is made by the same mapper as for the competition, but will only in parts be relevant to the competition area. There is no possibility for teams to set up tents at the quarantine.

There will be small refreshments available at the quarantine. Drinking water offered is either drinkable tap water or tank water. Small snacks offered are restricted to 1 fruit + chocolate per competitor. Please don't take any extras. Athletes can leave their bags to indicated location at the quarantine to be transported to the team area at the Arena.

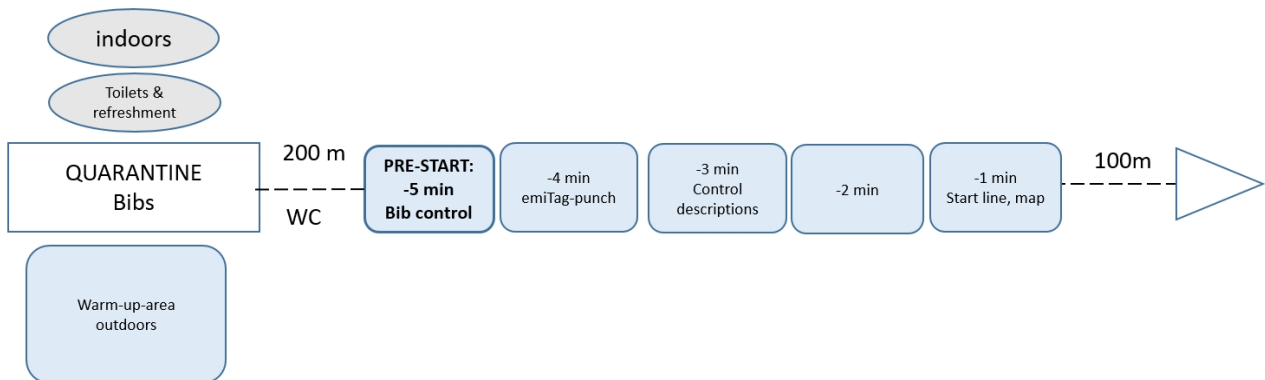
The driving guidance to the quarantine will start from location 60.273016, 24.125358, follow the roadside signposts to the quarantine parking.

Team officials can drop athletes to quarantine and continue to arena parking, or stay at the quarantine and park team cars to indicated location at the quarantine. Team officials are not allowed to return to quarantine area after leaving the quarantine.

Pre-start

From quarantine to pre-start 200 m. There are toilets at the pre-start.

Pre-start call-up 5 minutes before start.



Team area

The team area is located indoors at a gym hall at the Arena. No shoes allowed inside the gym hall. In the team area there is also shower, dressing rooms and first aid. The bags from the quarantine will be transported to the team area. The teams may not set up their own tents. It is possible for teams to stay at the team area at least until 15:30 on the competition day. There are grocery stores located within 400 meters to the Arena nearby the Arena parking.

Cool down area

In the team area the athletes will receive cool-down maps. It's only allowed to cool down in this area until the competition is finished.

Coaching zone

There is no coaching zone in sprint qualification.

Sprint final 25.5.2017. Arena Lohja

Rules

A final in which the 40 best placed athletes in the qualification race start. 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.

Start interval 1 minute.

First start; Men: 18:05

First start; Women: 19:00

EmiTag punching system

Courses and terrain

Sex	Length (km)	Climb (m)	Controls	Winning time (min)	Map scale	Contour interval (m)	Map size	Control description size
W	3.38	45	22	13:45	1: 4 000	2.5	297x210 mm	49x139 mm
M	3.88	50	24	13:45	1: 4 000	2.5	297x210 mm	49x149 mm

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

There will be traffic guards in the competition area, but the competitors are also strongly advised to be observant on pedestrian and car traffic. It is the athlete's responsibility to avoid collisions.

Parking, quarantine & warm-up-area

All the competitors must travel directly to the quarantine. It is not allowed to visit the arena or the embargoed area.

The quarantine opens at 16:45 and closes at 17:50.

Quarantine is located at 60.244630, 24.062951. The quarantine is indoors at Lohja ice hockey arena (normal warm indoor conditions, dressing rooms, toilets). The athletes will be given a warm-up map when entering the quarantine, which indicates the allowed warm up area outdoors and the marked route to the pre-start. This warm up map is made by the same mapper as for the competition, but will only in parts be relevant to the competition area. Teams are allowed to set up own tents at the sports field next to the quarantine building.

There will be small refreshments available at the quarantine. Drinking water offered is either drinkable tap water or tank water. Small snacks offered are restricted to 1 fruit + chocolate per competitor. Please don't take any extras. Athletes can leave their bags to indicated location at the quarantine to be transported to the team area at the Arena.

The driving guidance to the quarantine will start from location 60.245729, 24.070026, follow the roadside signposts to the quarantine parking.

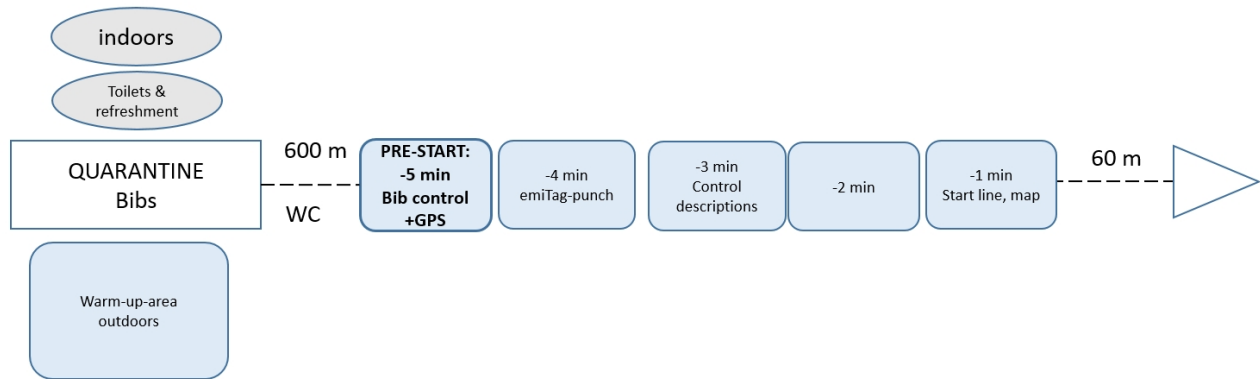
Team officials can bring athletes to quarantine and park cars at the quarantine parking. Team officials are not allowed to return to quarantine area after leaving the quarantine. Only competitors qualified for sprint final and their team officials are allowed to visit the quarantine and use the quarantine car park.

Recommended parking for team officials and athletes who are in spectator role during the sprint final is located at Harju School's parking area in location 60.247544, 24.072100.

Pre-start

From quarantine to pre-start 600 m. There is toilet at the pre-start.

Pre-start call-up 5 minutes before start.



Team area

The team area at the Arena is in a tent next to the finish. In the team area there is also first aid. The bags from the quarantine will be transported to the team area. The teams may not set up their own tents.

Cool down area

In the team area the athletes will receive cool-down maps. It's only allowed to cool down in this area until the competition is finished.

Coaching zone

A coaching zone is located nearby to the team area. The athletes will pass the coaching zone 2-3 minutes before finish.

Flower ceremony

A flower ceremony will be organised ca 5min after the finish of the last starter. The six best placed runners are kindly asked not to leave the arena before the flower ceremony.

Prize giving ceremony

The official prize-giving ceremony will be organised immediately after the results are official. Please follow instructions from the speaker. The six best placed runners are kindly asked not to leave the arena before the prize giving ceremony.

Middle distance 27.5.2017. Arena Lintukiima

Rules

The start order is determined strictly by the standing of the IOF Middle/Long Distance World Rankings as published on 24th May 2017 (leader starts last).

The start interval is 90 seconds.

First start; Women: 10:10

First start; Men: 13:10

Emit punching system; **emiTag** is used for timing. Athletes must have emit and emiTag devices with them!

Courses and terrain

Sex	Length (km)	Climb (m)	Controls	Winning time (min)	Map scale	Contour interval (m)	Map size	Control description size
W	4.6	190	14	33	1: 10 000	5	297x420 mm	56x120 mm
M	5.7	250	17	33	1: 10 000	5	297x420 mm	56x140 mm

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.

There are no refreshment stations on the middle distance course.

Parking, quarantine & warm-up-area

Parking area for the middle and long distance quarantine is located at the Arena in location 60.460775, 23.919828. Teams park their cars to locations indicated by the organisers. The quarantine is located at 60.458301, 23.910303. Walking distance from parking to the quarantine gate is 600 meters on guided route along a road.

The quarantine opens at 8:45 and closes at 9:50.

The quarantine is partially indoors at Iloittu recreational complex. In addition to partly limited indoor facilities the organisers have set up tents for the athletes. There are toilets at the quarantine. The athletes will be given a warm-up map when entering the quarantine, which indicates the allowed warm up area and the marked route to the pre-start. Teams are allowed to set up own tents inside the quarantine area. Team officials are not allowed to return to quarantine area after leaving the quarantine.

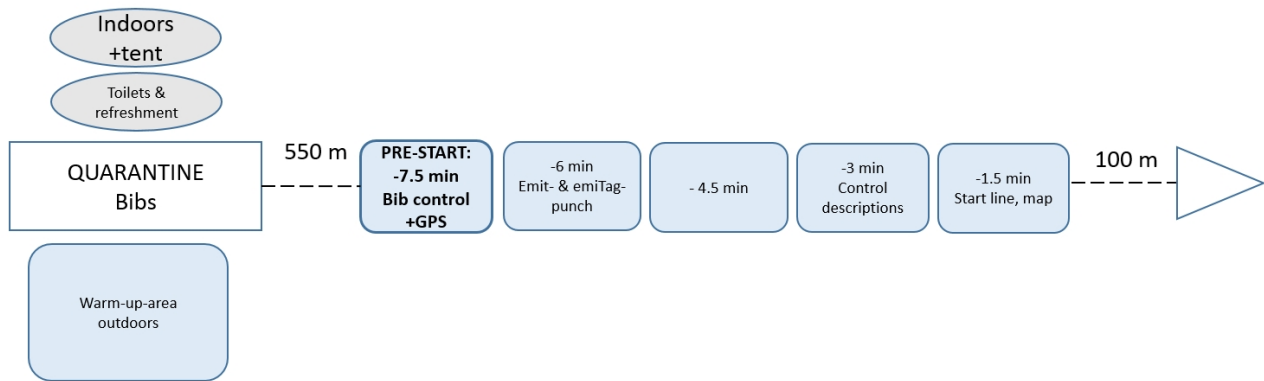
There will be small refreshments available at the quarantine. Drinking water offered is either drinkable tap water or tank water. Small snacks offered are restricted to 1 fruit + chocolate per competitor. Please don't take any extras. Athletes can leave their bags to indicated location at the quarantine to be transported to the team area at the Arena.

The driving guidance to the arena will start from location 60.463518, 23.935944, follow the roadside signposts to the arena parking.

Pre-start

From quarantine to pre-start 550 m. No toilets at the pre-start.

Pre-start call-up 7.5 minutes before start.



Team area

The team area at the Arena is in a tent next to the finish. The bags from the quarantine will be transported to the team area. The teams may set up their own tents on the free area north of the Finish.

Flower ceremony

A flower ceremony will be organised ca 5min after the finish of the last starter. The six best placed runners are kindly asked not to leave the arena before the flower ceremony.

Prize giving ceremony

The official prize-giving ceremony will be organised immediately after the results are official. Please follow instructions from the speaker. The six best placed runners are kindly asked not to leave the arena before the prize giving ceremony.



Long distance 28.5.2017. Arena Lintukiima

Rules

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 1st, 90 seconds for 2nd, 60 seconds for 3rd, 45 seconds for 4th, 30 seconds for 5th, and 25-20-15-10-5 seconds for 6th-10th. The result for competition 3 is the order in which athletes cross the finish line. Runners who are over 20 minutes behind the overall leader after competition 2 will have a mass start. Runners in the mass start can have a result ahead of those in the main (chasing) start, if their total time from three competitions is less than the time of a runner who started in the main start.

Start procedure, chasing start

In the chasing start, the runners are called in at the pre-start 5 minutes before their start time. The runner punches her/his emit-card and emiTag after the call-in gate. There are three lanes inside the pre-start zone. The numbers bibs indicate the selection of the runner's start lane. The runners form lines within the lanes based on their bib numbers and starting order. Closed map is given to the runner approximately 3 minutes before the respectively start time. Start guard will allow the runner to start on correct start time. A false start will lead to a disqualification.

First start; Women: 10:10. A mass start for runners over 20 minutes behind in overall results at 10:30
First start; Men: 10:40. A mass start for runners over 20 minutes behind in overall results at 11:00
Emit punching system; **emiTag** is used for timing. Athletes must have emit and emiTag devices with them!

On the long distance, there is map exchange on a control during the course. The athlete punches the control and leaves the old map to the organiser and thereafter picks up the new map from a bucket. The map buckets are marked for women "W21" and for men "M21". It is on the athlete's responsibility to make sure he/she takes the correct map.

Courses and terrain

Sex	Length (km)	Climb (m)	Controls	Winning time (min)	Refreshment	Map scale	Contour interval (m)	Map size
W	11.1	475	23	80	3	1: 15 000	5	297x420 mm
M	15.3	625	29	90	3	1: 15 000	5	297x420 mm

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.

There are 3 refreshment stations on the long distance courses. Pure water is served. The stations are located approximately after $\frac{1}{4}$, $\frac{1}{2}$ and $\frac{3}{4}$ of the total length of the course. One of the stations is located at the coaching zone.

Parking, quarantine & warm-up-area

Parking area for the middle and long distance quarantine is located at the Arena in location 60.460775, 23.919828. Teams park their cars to locations indicated by the organisers. The quarantine is located at 60.458301, 23.910303. Walking distance from parking to the quarantine gate is 600 meters along a road.

The quarantine opens at 8:45 and closes at 9:30. Women are allowed to leave the quarantine at 9:50. Men are allowed to leave the quarantine 10:20. After the quarantine gate is opened for leaving the quarantine, the runners follow the marked route to the pre-start. The distance from quarantine to pre-start is 700 m.

The quarantine is partially indoors at Iloittu recreational complex. In addition to partly limited indoor facilities the organisers have set up tents for the athletes. There are toilets at the quarantine. The athletes will be given a warm-up map when entering the quarantine, which indicates the allowed warm up area and the marked route to the pre-start. Teams are allowed to set up own tents inside the quarantine area. Team officials are not allowed to return to quarantine area after leaving the quarantine.

There will be small refreshments available at the quarantine. Drinking water offered is either drinkable tap water or tank water. Small snacks offered are restricted to 1 fruit + chocolate per competitor. Please don't take any extras. Athletes can leave their bags to indicated location at the quarantine to be transported to the team area at the Arena.

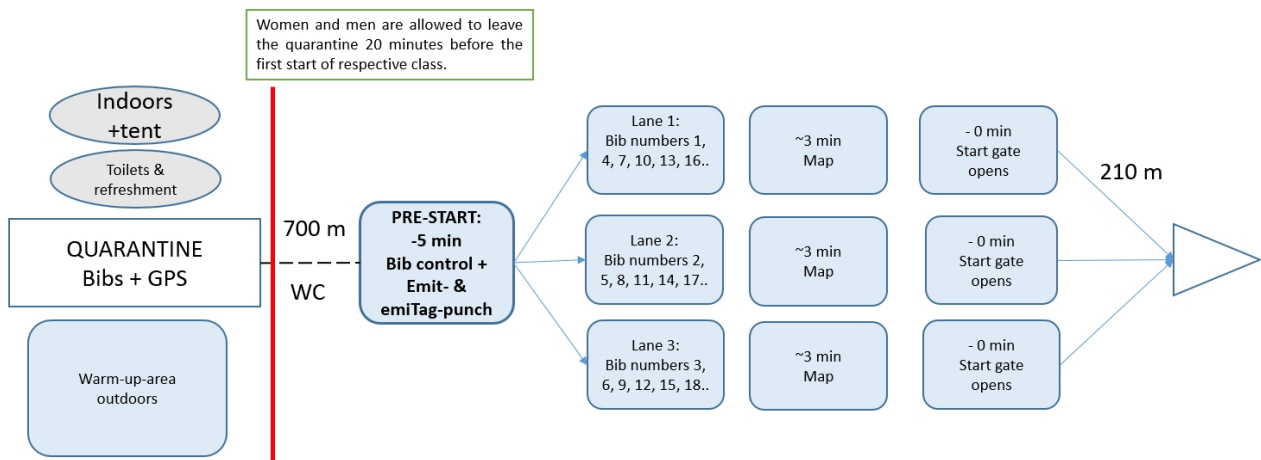
Runners selected to GPS tracking are informed in beforehand and will receive GPS devices from quarantine.

The driving guidance to the Arena will start from location 60.463518, 23.935944, follow the roadside signposts to the arena parking.

Pre-start

From quarantine to pre-start 700 m. There are toilets on the way to pre-start.

Pre-start call-up 5 minutes before start. It is on the athlete's responsibility to be in time at the pre-start.



Team area

The team area at the Arena is in a tent next to the finish. The bags from the quarantine will be transported to the team area. The teams may set up their own tents on the free area north of the Finish.

Coaching zone

A coaching zone is located on the northern part of the arena. The athletes will pass the coaching zone approximately 20 minutes before finish.

Flower ceremony

A flower ceremony will be organised after the finish of the 10 best athletes. The six best placed runners are kindly asked not to leave the arena before the flower ceremony.

Prize giving ceremony

The official prize-giving ceremony will be organised immediately after the results are official. Please follow instructions from the speaker. The six best placed runners are kindly asked not to leave the arena before the prize giving ceremony.

21. ENTRIES

Entry summary

Federation	Men	Women	Team officials	Total
Australia	4	2		6
Austria	5	5	3	13
Belgium	2			2
Canada	1	2		3
Czech Republic	8	8	4	20
Denmark	7	6	2	15
Estonia	8	8	2	18
Finland	12	10	8	30
France	8	6	3	17
Germany	4	6	2	12
Great Britain	6	7		13
Hong Kong	5	4		9
Hungary		1		1
Israel	2			2
Italy	3	2		5
Japan	1	2		3
Latvia	4	5	1	10
Lithuania		1	1	2
New Zealand	1	2		3
Norway	9	8	4	21
Poland	5	4	1	10
Romania	1			1
Russian Federation	8	8	2	18
Spain	3	2	1	6
Sweden	9	9	3	21
Switzerland	9	8	4	21
Ukraine	5	7		12
United States	1			1
Sum	131	123	41	295

22. CONTACT INFORMATION

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