

XXI World
University Championship

ORIENTEERING

Kuortane • FINLAND

July 17th to 21st
2018

www.wuoc2018.com



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FOREWORD

This year the FISU World University Championships will be held in no less than 34 sports. Orienteering is one of the sports with the longest history in WUC programme with already twenty championships organized in previous years. Orienteering is also one of the most popular WUC sports with more than 300 competitors and officials from over 30 countries taking part in the championships every second year. Therefore, we are extremely happy and honoured to host this prestigious event this year in Kuortane and the region of South Ostrobothnia, Finland.

Couple of weeks ago the world elite orienteering athletes gathered in Ticino, Switzerland for the World Cup and European Orienteering Championships. It was once again delighting to notice that many former WUC participants succeeded so well in Switzerland. Such medal winners in individual competitions as Matthias Kyburz, Florian Howald, Julia Gross (all from Switzerland), Gernot Kerschbaumer from Austria as well as Kris Jones from Great Britain have all built their career by gaining valuable experience and confidence by performing well in the World University Championships in recent years.

The highlight for Finnish orienteering enthusiasts in Ticino was naturally the gold medal of Marika Teini on middle distance. But also the young Finnish athletes did good job reaching several top ten positions. As many as four of our female athletes represented Finland in Miskolc WUC Orienteering two years ago. This is just one more example, which underlines the importance of World University Championships for young and promising orienteering athletes on their path towards the top.

With less than two months left before the WUC Orienteering in Kuortane begins, summer has already started in Finland. Enjoying constant sunshine and temperature between 20 and 25 Celsius degrees, it feels like we're in July already. Luckily not, though. We still have couple of busy weeks ahead of us for finalizing all the preparations so that you, dear guests, feel yourselves welcome and comfortable when arriving in Finland. We hope that you find this bulletin useful and interesting. If there are any doubts or concerns in your mind, however, do not hesitate to contact us in the Organizing Committee.

See you soon in Kuortane!



Jukka Tirri
Vice-chair of the Organizing Committee
University sport manager, Finnish Olympic Committee

1. KUORTANE, LAPUA AND SEINÄJOKI

The Organizing Committee warmly welcomes you to the 21st World University Orienteering Championship 2018 which will be held on 17th – 21st of July 2018 in Kuortane, Lapua and Seinäjoki in Western Regions of Finland.

The Championship Event Center/Athletes' Village will be located at Kuortane Sport Resort/Olympic Training Center, the same venue, where the 3rd World University Floorball Championship and the 10th World University Wrestling Championship were successfully arranged in 2008 and 2012.

Kuortane is a small, lively municipality in Southern Ostrobothnia with an area of 485 km² and a population of about 4.000. Kuortane is set in a peaceful countryside environment on an idyllic lakeside. Kuortane is proven to be one of the safest surroundings in Finland (survey in 2015). The village is best known for the Sports Resort and the Sports High School.

Lapua is a vibrant town with its 14,800 inhabitants in South Ostrobothnia. Lapua has a rich cultural life and there are a wide range of leisure facilities to choose from. Thanks to the cultivated wide plains, rivers and Simpsiö hill, Lapua also provides a wide variety of landscapes to enjoy the serenity of nature.

Seinäjoki is the centre of South Ostrobothnia and one of the fastest growing urban areas in Finland. Seinäjoki 's population is 61,500. Formed by nine municipalities, the urban area of Seinäjoki has a population of 150,000.

Seinäjoki offers high-quality education from comprehensive school to university level as well as good employment opportunities and, as Finland's sixth largest market area, very competitive and attractive commercial services.

Seinäjoki is well known for its unique administrative and cultural centre, The Aalto Centre, designed by the architect and academic Alvar Aalto, as well as for its summer events e.g. Provinssirock, Solar Sound, Tangomarkkinat, and Vauhtiajot.



Seinäjoki



Lapua



Kuortane

2. KUORTANE OLYMPIC TRAINING CENTER

The Kuortane Olympic Training Center offers all athletes Olympic level training conditions and expertise. We continuously develop our activities in co-operation with expert organisations such as the Finnish Research Institute for Olympic Sports and the national sports associations.

The campus is located in the beautiful, natural surroundings on the shore of Lake Kuortane.

This peaceful environment provides athletes with superb facilities to train, recover and develop.

The centre strongly believes that almost 70 years of experience gives it excellent qualifications to serve international, top-level sports customers.



3. ORGANIZERS On behalf of the International University Sports Federation (FISU), the World University Orienteering Championship 2018 will be organized by

- Kuortane Sports Resort/Olympic Training Center
- Finnish Olympic Committee
- Finnish Orienteering Federation



in co-operation with

- Finnish Student Sports Federation
- Municipality of Kuortane
- City of Lapua
- City of Seinäjoki and
- local orienteering clubs Rasti-Jussit, Lapuan Virkiä and Kuortaneen Kunto

Organizing Committee

President, Mr Tapio Korjus, Principal of the Kuortane Sports Institute

Vice president, Mr Jukka Tirri, University Sport Manager, Finnish Olympic Committee

Members:

- Mr Mika Ilomäki, Managing Director, the Finnish Orienteering Federation
- Mrs Anne Kotila, Director of Sports, City of Seinäjoki
- Mrs Maarit Laitinen, Co-ordinator, Kuortane Sports Institute
- Mr Antti Lassila, Representative of Orienteering Club Kuortaneen Kunto
- Mr Pertti Luuri, Representative of Orienteering Club Rasti-Jussit
- Mr Ilpo Pajula, Representative of Orienteering Club Lapuan Virkiä
- Mr Petteri Palmi, Event Manager of the Finnish Orienteering Federation
- Mr Heikki Savela, Free Time Instructor, Municipality of Kuortane
- Mr Seppo Saranpää, Director of Sports, City of Lapua
- Mr Jukka-Pekka Sorvisto, CEO, Sofor Oy

Patron - Mr Timo Ritakallio, President of the Board of the Finnish Olympic Committee

Operative Committee

- Secretary General, Mrs Maarit Laitinen
- Competition Manager, Mr Jukka-Pekka Sorvisto
- Accommodation and catering, Ms Riina Pakkala
- Accreditation, Mr Jukka Tirri
- Event office, Mrs Arja Stevander
- FISU Liaison & VIPs, Mr Olli-Pekka Karjalainen
- Logistics, Mr Ari Saarikoski
- Maps and training, Mr Ville Sívén
- Media and communication, Ms Veera Korjus
- Protocol and ceremonies, Mr Antti Afflekt
- Security, Mr Jorma Salimäki
- Timekeeping, Mr Risto Kivinen
- Transport, Mr Jarmo Luuri
- Volunteers, Ms Heli-Maija Koukari
- Medical care, M.D. Esa Liimatainen

Course setters

- Sprint Relay: Jussi Pasanen
- Middle: Harri Pajula
- Sprint: Jussi Pasanen
- Long: Ville Sívén
- Relay: Ville Sívén

Map makers

- Sprint and Sprint Relay: Kimmo Viertola
- Middle: Timo Joensuu
- Long and Relay: Esko Savonen

Event controllers

- FISU Technical Delegate, Ola Kåberg (SWE)
- IOF Event Adviser, Margus Sarap (EST)
- National Controller, Jyrki Uotila (FIN)

Course Controllers

- Sprint and Sprint Relay Jarmo Puttonen
- Middle: Arto Puro-Aho
- Long & Relay: Esa Kurki

4. PRELIMINARY SCHEDULE

Saturday 14th July 2018	
12:00 – 21:00	Arrivals Event Office open
Sunday 15th July 2018	
09:00 – 21:00	Arrivals Event Office open (Accreditation) Training (optional, self-service) FIN5 Middle Distance

Monday 16th July 2018	
08:00 – 21:00	Arrivals
09:30 – 11:00	Event Office open (Accreditations)
12:00	Model event (forest) for Middle, Long and Relay
12:00	Deadline for Accreditation
12:00	Deadline for final entries for Sprint Relays
13:00 – 15:00	Embargoed area in Seinäjoki open for visitors
16:00 – 17:00	1 st General Technical Meeting and Team Officials Meeting for Sprint Relays
19:00	Deadline for final entries for Middle Distance
19:00 – 20:00	WUOC Opening Ceremony
	FIN5 Long Distance
Tuesday 17th July 2018	
09:00 – 15:00	Event Office open (EC)
10:00 – 11:00	Technical model event
11:00 – 12:00	Team Officials' Meeting for Middle distance
15:30 – 17:30	Event Office open (Seinäjoki)
16:00 – 17:00	WUOC Sprint Relay
18:00 – 19:00	Reception for Team Leaders and Guests, City of Seinäjoki
18:30 – 21:00	Event Office open (EC)
Wednesday 18th July 2018	
08:00 – 10:00	Event Office Open (EC)
09:00 – 15:00	Event Office Open (Lapua)
09:30 – 14:00	WUOC Middle Distance
14:00	Deadline for final entries for Sprint (Event Office, Lapua)
15:00 – 16:00	VIP Race, coaches race, open race
17:00 – 21:00	Event Office open (EC)
19:00 – 20:00	Team Officials' Meeting for Sprint
	FIN5 Middle Distance
Thursday 19th July 2018	
07:30 – 08:30	Event Office open (EC)
08:15 – 13:45	Event Office open (Seinäjoki)
10:00 – 13:00	WUOC Sprint
13:00	Deadline for final entries for Long Distance (Event Office, Seinäjoki)
15:00 – 19:00	Event Office open (EC)
19:00 – 20:00	Team Officials' Meeting for Long Distance
	FIN5 Sprint
Friday 20th July 2018	
07:00 – 09:00	Event Office open (EC)
08:45 – 15:00	Event Office open (Kuortane)
09:30 – 15:00	WUOC Long Distance
14:00	Deadline for final entries for Relay (Event Office, Kuortane)
17:00 – 18:00	Team Officials' Meeting for relay
17:00 – 19:00	Event Office open (EC)
	FIN5 Long Distance

Saturday 21st July 2018	
08:00 – 09:00	Event Office open (EC)
09:00 – 15.15	Event Office open (Kuortane)
10:30 – 14:00	WUOC Relay
14:45 – 15:15	Closing Ceremony (Kuortane)
16:00 – 19:00	Event Office open (EC)
20:00 – 01:00	Banquet
	Departures
Sunday 22nd July 2018	
	Departures
08:00 – 12:00	Event Office open (EC)

5. COMPETITION RULES

The FISU Regulations for World University Championships and the Competition Rules for the IOF Foot Orienteering events (valid from 1st of January 2018) will be followed in the event.

6. PARTICIPANTS

Only the competitors, who satisfy the following conditions may take part in a FISU World University Championships in 2018:

- must be a national of the country they represent;
- must be at least 17 and less than 25 years of age on January 1st in the year of the event; for 2018, athletes must be born between the 01/01/1993 and the 31/12/2000
- have to be students who are currently officially registered as proceeding towards a degree or diploma at a university or similar institute whose status is recognised by the appropriate national academic authority of their country;
- have to be former students of the institutions mentioned above, who have obtained their academic degree or diploma in the year preceding the event

Each country may enter a maximum of seventeen (17) persons of which twelve (12) competitors with maximum of six (6) males and six (6) females and five (5) officials.

Each country may enter in:

Long distance	four (4) males and four (4) females
Middle distance	four (4) males and four (4) females
Sprint distance	four (4) males and four (4) females
Relay	two (2) male teams of three (3) persons and two (2) female teams of three (3) persons
Mixed Relay	one (1) team of two (2) female runners and two (2) male runners

7. REGISTRATION AND FEES

Deadlines for Entries

General Entries	By 17 th January 2018
Quantitative Entries 25 % deposit of participation fees	By 17 th of April 2018
Individual Entries Travel schedules of the delegations Media Individual Entries	By 17th of June 2018
Balance of participation fees	Upon arrival/by invoice
Final confirmation of competitors	At 1 st General Technical Meeting

All the general, quantitative and individual entries as well as travel schedules for each person should be filled in online, using FISU's new online accreditation system at:
<https://accreditation.fisu.net/Pages/Home.aspx>.

FISU has provided all National University Sports Federations the passwords for the system.

The Organizing Committee would like to emphasize already at this early stage the great importance of following the deadlines for the entries. Entries arriving after the expiration of the required deadlines will not be taken into consideration.

FISU Registration Fees

FISU shall receive from each competing country the following FISU registration fees:

- member-associations of FISU: 20 Euros per participant
- non-member associations: 40 Euros per participant

These fees will be invoiced to the participating delegations by FISU.

Participation Fees to the Organizing Committee (full board and event services):

- a participation fee of 70 Euros per person per night
- extra officials (more than 5) will pay a participation fee of 140 Euros per person per night

The Organizing Committee will provide you with invoices by request for the payment of the deposit and participation fees or the fees may be paid to the following bank account:

Kuortane Sports Institute
SWIFT: NDEAFIHH
IBAN: FI9511923000000901
Ref. 81708 (+ name of the paying country)

Please note that the sender is responsible for all bank fees and charges. Entries and other services (accommodation, catering and transport) will not be confirmed until the organiser receives your full payment.

8. VISA REQUIREMENTS AND TRAVEL DOCUMENTS ACCEPTED BY FINLAND

The Schengen states have jointly agreed which countries' citizens are required to present a visa. Each Schengen state decides which passports and travel documents it accepts from different countries' citizens.

Even if you did not need a visa to visit Finland, you need a valid passport or some other travel document accepted by Finland. It must be valid for at least ninety days after your intended date of departure from the Schengen area. In addition, the passport or other travel document must have been issued no later than ten years ago.

In case you do not need a visa, you can stay in Finland or in the territory of other Schengen state for ninety days in any 180-day period.

For more information on visa requirements and travel documents accepted by Finland please visit: <http://formin.finland.fi/public/default.aspx?nodeid=15720>

Visas have to be applied for at your nearest Finnish Embassy. For a list of Finland's missions abroad, please visit:

<http://formin.finland.fi/public/default.aspx?nodeid=17195&contentlan=2&culture=en-US>

Please remember to start your visa application procedure in time!

9. EVENTS CENTER/ATHLETES' VILLAGE (please visit <http://www.kuortane.com/en/>)

The official Event Center/Athletes' Village of the Championship is located at Kuortane Sport Resort's campus area. The campus offers high standard accommodation, catering services, many different sized meeting rooms and sports facilities for all participants.



Our basic indoor sports facilities (e.g. gyms, indoor track and field area and massage rooms) can be used free of charge and for some facilities (e.g. indoor swimming pool/recovery centre, bowling center, saunas) there will be a small entrance fee. And you can also enjoy our lake, but remember that swimming, rowing and e.g. canoeing will be at your own responsibility.

All the official meetings, opening ceremony and closing banquet will be held at Event Center/Atheletes Village.

The Athletes' Village will be open from Saturday 14th till Sunday 22nd of July 2018. There is a free parking lot for all of you, who will arrive by your own cars.

For teams interested in arriving in Kuortane earlier, the Sports Resort is happy to make a pre-camp offer. Please contact Ms Riina Pakkala, e-mail: riina.pakkala@kuortane.com.

For more information on Kuortane Sports Resort and its services and facilities, please visit: www.kuortane.com. Our Reception will also help you, if you need further information on available services.

Accommodation Kuortane Sports Resort offers more than 500 beds in dormitories and in hotel, which all are located within walking distance from the other Sport Resort's services and facilities.

All participants will be accommodated mainly in double rooms or in twin double rooms. All the rooms have TVs and internet connection.



IMPORTANT:

All the rooms and indoor training facilities of Kuortane Sports Institute are smoke free. It is absolute forbidden to smoke in any room, meeting room, training facility etc. Smoking even at window/on balcony is forbidden!

Catering

All restaurants and cafés of the Sports Resort will serve the Championships. During the Championship week the Buffet Restaurant offers daily breakfast, lunch and dinner for all participants, officials and guests. On some days due to the tight time schedule, lunch will be served at the finish areas of the races.

Nearby Kuortane Sports Resort you can find 2 grocery stores within a 1.5 km walking distance.



10. ACCREDITATION

The accreditation office will be located at Kuortane Sports Resort. All participants must obtain accreditation from the International Control Commission of FISU and from the Local Organizing Committee (LOC).

To assure quick and smooth accreditation procedure, the LOC encourages all the participating countries to fill in all the necessary information concerning participants at the online accreditation system (also photos!) and make all the payments in advance to the LOC's bank account.

Required documents for the accreditation:

- Passport
- Study Certificate/ FISU Eligibility Form (Competitors)

11. TRANSPORTATION

The official entry points for WUC Orienteering 2018 are Vaasa airport and Seinäjoki railway station. The Organizing Committee provides transportation between these entry points and Kuortane Sports Institute according to arrival and departure schedules received by 17th of June 2018. By request we can pick up WUOC participants also from Helsinki (appr. 360 km/5 hours by bus) or Tampere (appr. 170 km/2 hours by bus) airports. However, the cost must be covered by the team itself.

Arriving by plane at Vaasa airport (110 km/1,5 hours from Kuortane)

There are daily flights to Vaasa from Helsinki and Stockholm (see attachment).

Website of the Vaasa airport: <https://www.finavia.fi/en/airports/vaasa>

Arriving by train at Seinäjoki train station (40 km/30 minutes from Kuortane)

In Finland the long-distance train traffic is operated by the Finnish Railway Company VR. There are around ten direct train connections between Helsinki and Seinäjoki. Starting from Helsinki airport, you must change train in Tikkurila (only 8 minutes from the airport). Travel time between the airport and Seinäjoki is approximately 2,5 - 3 hours and the current ticket prices vary between 17,80 and 38 euros/ person (one direction). See example of the search for trains from Helsinki Airport to Seinäjoki on July 15th attached.

More information about the train station at Helsinki airport. You can buy individual tickets from VR online shop. In case of a group of at least 10 passengers, it is recommendable to contact VR group sales: <https://www.vr.fi/cs/vr/en/group-tickets>

The LOC will arrange all official transportation to the competition sites during the event.

12. LOCAL WEATHER CONDITIONS

July	Average	Maximum	Minimum
Temperature	17,2 C	23,6 C	6,4 C
Precipitation	75 mm	yearly average 515	
Sunshine	270 hrs	yearly average 1700 hrs	

In July the length of the day is about 19 hours (sunrise 4:00 am, sunset 23:00/11:00 pm).

13. INFORMATION AND MEDIA

The official website for WUC Orienteering 2018 is online at www.wuoc2018.com. On Facebook you can find us by name: WUC Orienteering 2018. The contents of the pages are updated continuously.

There will be a media center in Kuortane, with facilities for interviews and daily media briefings for local and international media. Media representatives and any other official representatives are requested to register by contacting the LOC (wuoc2018@kuortane.com).

All media representatives are welcome to cover all the WUOC 2018 events.




- 14. ANTIDOPING** Doping controls will be organized during the championship by the Finnish Anti-Doping Agency (The Finnish Centre for Integrity in Sports FINCIS) in accordance with the FISU Anti-Doping regulations and doping control plan as well as with the IOF Anti-Doping rules (<http://orienteering.org/anti-doping/>)



15. EMBARGOED AREAS

Embargoed areas of WUOC 2018 and previous O-maps

(Bigger maps for embargoed areas and previous maps are available on website at www.wuoc2018.com).

No.	Area	Previous O-maps (only latest editions)
1.	Seinäjoki (sprint and sprint relay) 	Jouppilanvuori (2007) – 1:5000 Kivistö (2010) – 1:5000 Marttila (2011) – 1:5000 Sairaanhoido-oppilaitos (2007) -1:5000 Törnävä (2016) – 1:4000
2.	Lapua (middle distance) 	Virpimäki (2006) -1:10000
3.	Kuortane (long distance and relay) 	Oijoosvuori (1986) – 1:15000

With reference to the Competition Rules for IOF Foot Orienteering Events, the above listed areas are out of bounds for all potential WUOC 2018 team members (competitors, team leaders, coaches, doctors, escorts etc.) and other persons who, through their knowledge of the terrain or the events, may influence the result of the competitions being held during WUOC 2018.

Spelt out in detail this means:

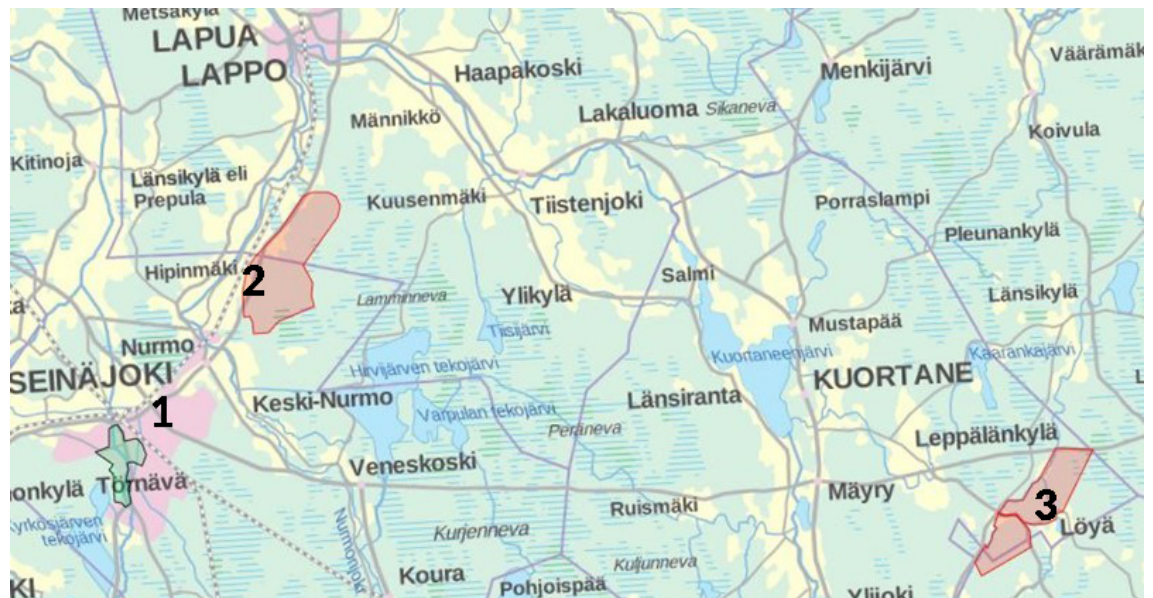
- no organized orienteering activities may take place in these areas.
- no training sessions, i.e. running/races, testing routes may take place in these areas.
- no-one with potential connection to a team (athletes or others) may visit the embargoed areas.

Offences must be reported to the Competition Manager Jukka-Pekka Sorvisto at the WUOC 2018 Office, e-mail: wuoc2018@kuortane.com.

Copies of the most recent versions of the orienteering maps of the embargoed areas are published on the website of WUOC 2018

Area 1 will be open for participants on Monday 16th July between 13:00 – 15:00. A bus transportation will be organized to Seinäjoki from the Event Center. More information will be available in Bulletin 4.

Overview map:



16. MAP DETAILS AND COURSE DATA (subject to change)

Competition	Map Scale	Contour interval	Preliminary Course Length/Winning time Climb/Controls/Refreshments	
			Women	Men
Mixed Relay	1:4 000	2 m	3,6 km/13 min 50 sec 28 - 31 m/17/0	4,3 km/14 min 20 sec 30 - 35 m/21/0
Middle Distance	1:10 000	2,5 m	5,0 km/33 min 90 m/15/0	6,1 km/33 min 140 m/16/0
Sprint	1:4 000	2 m	3,5 km/13 min 25 sec 7 m/19/0	4,0 km/13 min 20 sec 7 m/21/0
Long Distance	1:15 000	2,5 m	9,5 km/65 min 140 m/15/1	13,0 km/75 min 150 m/22/1
Relay	1:10 000	2,5 m	5,0 km/37 min 135 m/13/0	6,0 km/35 min 125 m/15/0

Maps are drawn according to the International Specification for Orienteering Maps (ISOM2017) and the International Specification for Sprint Orienteering Maps (ISSOM2007).

Peculiarities

The special symbol of the tar-burning pit has a country-specific marking in the control descriptions: a circle (see below).



tar burning pit



tar-burning pit

In Bulletin no. 1 there was a special symbol for ant hill. The mapper has changed symbols and in competition maps ant hills are now marked in accordance with the International Specification for Control Description 2018 of the IOF (ISOM Section 3.1 / 115 Prominent landform feature) in the control descriptions.

17. TERRAINS DESCRIPTIONS

WUOC 2018 Sprint Relay	
Land form	Flat area between 80-90 meters asl.
Vegetation	Parks and urban areas.
Runnability	Excellent.
Visibility	Excellent.
Paths and roads	Urban area and developed network of paths.

WUOC 2018 Middle Distance	
Land form	Located 50-90 meters asl. Mainly quite a flat terrain. Some gentle hills up to 30 meters height.
Vegetation	Mostly old forest with undergrowth. Just some small green parts. Only a few harvested areas. Some swamps also.
Runnability	Ranging from very good to good.
Visibility	Mostly very good.
Paths and roads	Developed network of paths.
WUOC 2018 Sprint	
Land form	Flat area between 80-90 meters asl.
Vegetation	Parks and urban areas.
Runnability	Excellent
Visibility	Excellent
Paths and roads	Urban area and some developed paths.
WUOC 2018 Long Distance and Relay	
Land form	Located 110-165 meters asl. Gentle hills up to 40 meters height. Some point or specific features (tar-burning pits, ant nests). Some areas with many stones.
Vegetation	Mostly pine and fir forest. Undergrowth in many places. Some green areas and swamps.
Runnability	Ranging from good to difficult.
Visibility	Ranging from very good to limited.
Paths and roads	Developed network of some paths and forest roads.

18. PUNCHING AND TIME-KEEPING SYSTEM

Emit punching will be used on all events. There will be emiTag (TouchFree punching) on sprint and sprint relay. All chips and e-cards are provided by WUOC2018 organization.

Timekeeping will be done within 0.1 seconds in sprint distances and others within 1 second.

19. CLOTHING

There are no regulations applying to runners concerning the type of clothing they choose to wear but organizers recommend using long trousers for the forest events.

It is forbidden to use shoes with spikes in the Sprint and Sprint Mixed Relay competitions.

20. MODEL EVENT

Forest model event will be held on Monday 16th July, between 09.30 – 11.00. Transport can be ordered from the organizer with the final entries by Sunday 15th July. The extra cost of this transportation is 10 € per person. This model event is relevant for middle and long distance as well as for relay.

21. TRAINING OPPORTUNITIES AND TRAINING MAPS

For all training, a permission has to be obtained from the authorities. Organizing a training without this permission is not allowed. All contact with authorities must be made through Mr Ville Sivén at least 3 weeks before the planned trainings; e-mail: wuoc2018@kuortane.com.

Maps can be purchased laser-printed. Maps have printed controls for training.

The following areas have been designated as official training areas for teams participating in WUOC 2018. The maps are surveyed and partially updated between 2016 and 2017. The mappers are the same as for competition maps.

Requests for training should be made by 15th July at the latest.

No.	Area/Relevant	Previous O-map (latest edition)
1.	Rumavuori (middle / long / relay)	2017
2.	Simpsjö (middle)	2017

In all the training forests, number of areas have been designated as out of bounds. It is very important that these areas are respected and kept clear of all training. The areas are marked on the maps.

All controls set out in the training areas must be labelled with the name of the group and the dates when the controls are put out and will be removed.

Prices:

Laser printed maps with controls, per copy 5,00 EUR

All enquiries about training opportunities should be addressed to:
Mr Ville Sivén - e-mail: wuoc2018@kuortane.com

Please also have an eye on the website wuoc2018.com for updated information about the training arrangements, facilities and maps.

Recommended O-events for WUOC2018:

5th May 2018	Lapuan Virkiä
6th May 2018	Lapuan Virkiä
20th May 2018	District Championship Kurikka
11th – 13th July 2018	Merenkurkun Rastipäivät – Kvarcenträffen / Three days mini tour on Vaasa area, more info on: http://kvarcentrio.fi/en/
14th July 2018	Relay Cup Kauhava, more info: Mr Vesa Närkki, tel. +358-50-384 3240

22. FINISH AREAS

- Sprint relay: Seinäjoki 62°45'45.7"N, 22°49'57.3"E
- Sprint: Seinäjoki 62°47'12.0"N, 22°50'22.6"E
- Middle distance: Lapua 62°52'11.0"N 22°59'18.7"
- Long distance and relay: Kuortane 62°45'05.0"N 23°42'27.2"E

23. TEAM OFFICIALS' MEETINGS

A General Technical Meeting will be held on Monday 16th July, before the Opening Ceremony. For each competition, a team officials' meeting will be held providing all important information about the competitions. All the meeting will take place in the Event Center.

24. SOME PRACTICAL FACTS ABOUT FINLAND/KUORTANE OTC

Finland	<p>Finland is situated in the heart of Northern Europe. The population is circa 5,4 million. Finland is a parliamentary democracy with a multi-party political system and with a president as the head of state. Finland has a high standard of education, social security and healthcare. Since 1995 Finland has been a member of the European Union (EU).</p> <p>Finland is also known as an ideal place to organise memorable sporting events, such as World Championships in Athletics, Ice Hockey and Nordic Skiing, European Championships in Athletics, Wrestling, Long Distance Triathlon – just to mention some. The Olympic Flame has lit up the country three times: at the Olympic Games (1952) and the European Youth Olympic Festivals (2001, 2009).</p>
Local time	<p>Finland is in the Eastern European Time Zone (EET). Finland does utilize Daylight Saving Time. In Europe daylight saving time is often referred to as "Summer Time."</p> <p>Finland is GMT/UTC + 2h during Standard Time Finland is GMT/UTC + 3h during Daylight Saving Time from the last Sunday in March to the last Sunday in October)</p>
Electricity	<p>In Finland the standard voltage is 230 V and the frequency is 50 Hz. You can use your electric appliances in Finland, if the standard voltage in your country is in between 220 - 240 V (as is in the UK, Europe, Australia and most of Asia and Africa).</p>

In Finland the power sockets are of type F. if you need a power plug adapter or voltage converter in Finland, please remember to bring them with you; we do not sell adapters or converters at our Centre.

Language Of the two official languages of Finland, Finnish is the first language spoken by 93 % of the inhabitants. The other official language, Swedish, is spoken by around 6 % of the population. Sámi is a minority language in the Nordic countries that is spoken by 0.03 % of the Finnish population. The most spoken foreign language is English.

Safety By Western standards, Finland is a relatively safe place and the risk of violent crime remains low. In 2014 Kuortane was chosen to be the safest municipality in Finland. No specific vaccinations are required from visitors traveling to Finland.

Emergency Services

Emergency call centre: 112 (police, ambulance, fire department). The above phone-number can be called free of charge.

Currency Euro

Water Finnish tap water is among the cleanest in the world and it is totally drinkable. You can fill in your drinking bottle by any cold water tap you'll find.

Laundry There are no laundry services available at the Athletes' Village/Kuortane Sports Institute, but the participants can use freely the washing machines in Honkala (no. 35, Jukantupa (no. 26) and hotel building (no. 24).

Ice There is an ice machine available at Kuortane Arena.

Gym You can use freely the gym at the Kuortane Arena.

25. FIN5 ORIENTEERING WEEK

A five-day public international orienteering event will be organized during the WUOC2018. The same competition areas and maps will be used as for WUOC 2018. The programme of the FIN5 will enable participants to witness each and every WUOC medal race.

Schedule (subject to change)

Date	Fin5	Arena
Sun 15.7.2018	1 st Competition day (Middle)	Seinäjoki
Mon 16.7.2018	2 nd Competition day (Long) §	Seinäjoki
Tue 17.7.2018	Rest day – Open course orienteering	
Wed 18.7.2018	3 rd Competition day (Middle)	Lapua
Thu 19.7.2018	4 th Competition day (Sprint)	Seinäjoki
Fri 20.7.2018	5 th Competition day (Long)	Lapua

For more information on FIN5 Orienteering Week, please visit: <http://2018.fin5.fi/?lang=en>

26. BULLETINS Next Bulletins: **No. 4 – July 2018**

All the published Bulletins can be found on the WUOC 2018 Website.

27. CONTACTS LOC contact information:

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Welcome to Finland and WUOC 2018!



