

IOF World Ranking Event 30.5.2019
Prisma-rastit, Middle distance
Lohja – Finland
Bulletin 1



Event organizer

Orienteering club Hiidenkiertäjät

Main officials

Event director: Kari Hara

Course setter: Jarkko Saarinen

Result service: Timo Kokko, T:mi Kokkens

WRE contact person: Ville Luoma, ville.v.luoma(#)gmail.com, +358440476070

IOF Event Adviser and Technical Adviser: Tapani Koskela (FOF)

Course controller: Matti Mäkirinne, Suomusjärven Sisu

Event website

<https://www.hiidenkiertajat.fi/kilpailut/prisma-rastit-2019/>

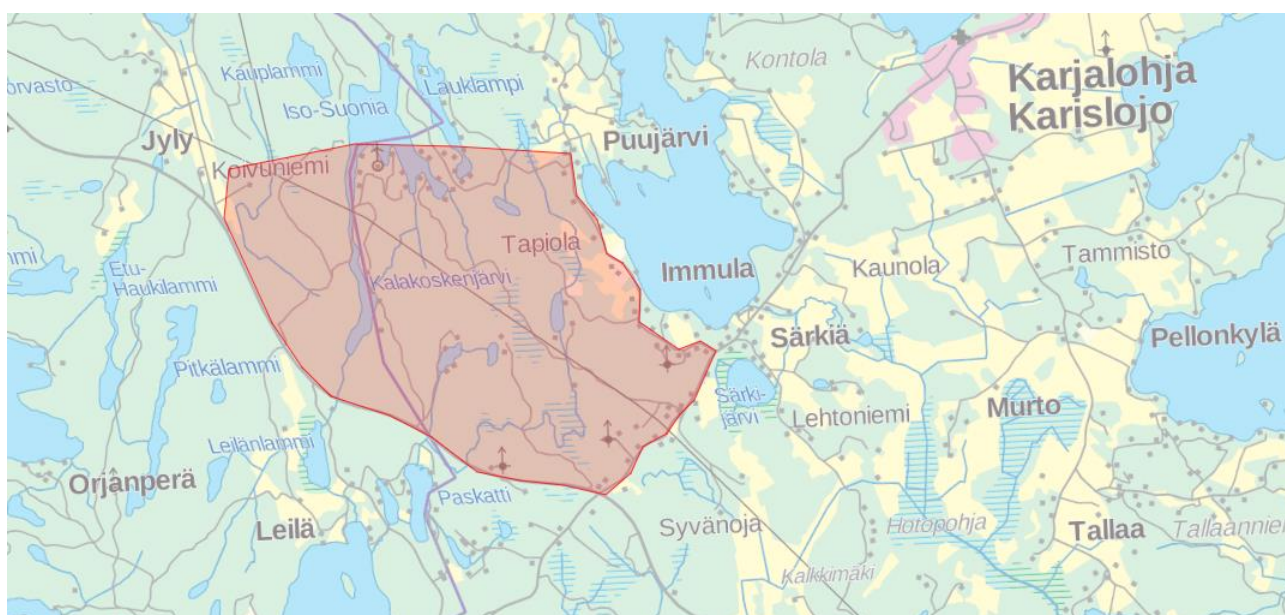
<https://eventor.orienteering.org/Events/Show/6184>

Venue

The Arena is located on an industrial area in location 60°12'48.7"N 23°40'15.8"E. The driving route to the official parking area will be signposted from road 104 between Karjalohja and junction of roads 104 and 186. Parking fee may occur.

General map of the region and the embargoed area

The embargoed area is indicated on the map below



Event information

Competition rules

The rules of Finnish Orienteering Federation and International Orienteering Federation will be applied in the competition. The rules of the Finnish Orienteering Federation are available on the website www.suunnistusliitto.fi

Spiked shoes are forbidden in the competition, but shoes with studs are permitted. A competitor selected to GPS-tracking must use the GPS-tracking device provided by the organizers.

Classes and winning times

Classes M21E and W21E have WRE status. Participants in classes M/W21E will be selected according to world ranking list and to the Finnish Orienteering Federations special instructions for a Finnish national team selection race. **Middle distance** in WRE classes. Estimated winning times 35 min in M21E and W21E.

Punching system

The electronic punching system Emit will be used. Rental Emit cards are available from the event organizer, fee 5 €. Need for Emit card rental must be issued with the entry. If the rental Emit card is not returned after the competition there will be a charge of 80 €.

Event programme

The first start of the competition is at 11:00 am. A quarantine zone for all M/W 21E competitors. Details of the quarantine will be published in Bulletin 2.

Entries and entry fees

Entries and payments should be made primarily through IRMA service or alternatively via Eventor (those who don't have access to IRMA service). All WRE competitors make an entry to classes M/W21 E. **Entry fee in WRE classes is 38 €.** Emit card number must be included in the entry. Need for Emit card rental must be issued with the entry. If Emit card number is missing, the organizer will reserve an Emit card and charge 5 €.

The IOF World Ranking system only uses the Latin alphabet from A to Z. It is very important for all runners to check that the information about them is correct. Please check the following: the spelling of your first and last name, year of birth and nationality. If you find any mistakes, please report them via email changes [athletedata\(at\)orienteering.org](mailto:athletedata@orienteering.org). When reporting, make sure you add your complete birth date (day, month, year)

It is not possible to pay through Eventor. The bank details for entry fee payment without access to IRMA are as follows:

Account owner: Hiidenkiertäjät ry

Bank name: Länsi-Uudenmaan Säästöpankki

Bank address: Laurinkatu 48, 08100 LOHJA, FINLAND

IBAN: FI43 4006 1040 0244 44

BIC/SWIFT: ITELFIHH

Entries and payments have to be made **no later than Thursday, May 23 rd, 2019 at 23:59**. No late entries allowed.

IOF ID

WRE athletes have to include their IOF IDs in their entry. Athletes who don't have yet an IOF ID will get one by registering a user account in IOF Eventor: <https://eventor.orienteering.org/Register>

Terrain

The terrain consists mainly of forested, rocky hillslopes and plateaus rich in details but with mainly good runnability, separated by depressions with more dense vegetation and few small lakes. Maximum altitude difference is 40-50 meters. There are some forest roads, paths and harvesting tracks.

Map

Scale: 1:10 000, contour interval: 5 m, 6-colour offset printing 5/2019. Mapping made by Arvo Paulin. The competition maps are in plastic cases.

Climate

In late May the weather in southern Finland can be anything from warm and sunny (20-30 degrees Celsius) to chilly, windy and rainy (0–10 degrees C). Competitors should be prepared for all weather.

Accommodation and food

Café/grill and restaurant at the arena. Restaurant serves warm lunch and/or soup of the day at moderate cost and snacks can be bought from the café/grill.

For accommodation, the organizers recommend Kisakallio Sports Institute www.kisakallio.fi and Lohja local travel service www.visitlohja.fi

Transport

No transport offered by the organizers. Follow signposting to the official parking area of the event.

Visa requirements

According to current regulations, citizens of some countries must obtain a visa in order to enter Finland. Please check the following website for more information: www.formin.fi Visas should be applied for at your closest Finnish embassy. Please note that conditions of entry may change. All participants are advised to keep themselves updated on the situation by consulting their local Finnish embassy.

Training opportunities

Pre-set training courses can be bought from Hiidenkiertäjät (contact Jarkko Saarinen jarkkosaarinen85@gmail.com)

Local training events organized by Hiidenkiertäjät every Tuesday starting from 16.5.2019, free start between 17.00-18.30, for further information, see <https://www.hiidenkiertajat.fi/kuntosuunnistus/hiki-kuntorastit/>

Final event instructions and start times

There will be more information on the organizer's web page <https://www.hiidenkiertajat.fi/kilpailut/prisma-rastit-2019/> closer to the date of the competition. Bulletin 2 will be published according to the timetable set by IOF rules.