

## BULLETIN 1

Orienteering World Cup 1st Round, Helsinki Finland  
8th – 11th June 2019

### Welcome to Finland

On behalf of the Finnish Orienteering Federation I am pleased to welcome all of you to Finland to the opening round of the orienteering World Cup season 2019. City of Helsinki and organizing club Helsingin Suunnistajat will offer excellent forest and sprint races for you. As always, Finnish national TV Company YLE will broadcast live all the races. The World biggest orienteering relay event Jukola will be organized only few days after World Cup and you can smoothly connect Jukola to your orienteering experience of Finnish Summer. I hope, that you will enjoy your stay in our beautiful country.

See you all next June in Finland!

Mika Ilomäki  
Managing Director  
Finnish Orienteering Federation

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## 1. Schedule

7th June Model, Middle Distance Vihti

8th June Middle Distance Vihti

9th June Chase Start Vihti

10th June Model, Sprint Helsinki

11th June Sprint Relay Helsinki

## 2. Event Centre

The Event Centre is located in Kisakallio Sports Institute 50 minutes by car from the Helsinki Airport. [www.kisakallio.fi](http://www.kisakallio.fi) Kisakalliontie 284 FI-08360 Lohja, Finland.

## 3. Visas

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.

## 4. Transportations

We recommend transport by own or rented car. Nearest major airports is Helsinki airport; 55 km to Event Centre. There is a regular bus service every hour from Helsinki airport to Lohja city centre, 10 km from the Event Centre. During the World Cup the organizers will only provide compulsory transport from the Arena to the quarantine.

## 5. Climate & hazards

Average temperature: 15 - 25 °C

Probability of rain: moderate

No dangerous snakes, spiders or animals live in this region.

Beware of ticks. It can transmit borreliosis and encephalitis. It is recommended to see a doctor after removing a tick.

## 6. Clothing and Shoes

There is no special clothing required. Middle Distance and Chase Start: Shoes with spikes are not allowed. Shoes with metal dobs are allowed. Sprint Relay: Shoes with metal dobs or spikes are not allowed. Runners with forbidden shoes will not be permitted to start.

## 7. Embargoed areas

It is not allowed to cross the embargoed areas. Embargoed areas apply to all potential WC2019 (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 area can be viewed from the Eventor. Previous maps from the competition areas are also available in <https://eventor.orienteering.org/Events/Show/5844>

## 8. Training possibilities

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/5844>

Contact: Pekka Väisänen pekka.vaisanen@helsinginsuunnistajat.fi

## 9. Entries for World Cup athletes and team officials

Entries are made in IOF Eventor. Entries will be available from November 2018:

<https://eventor.orienteering.org/Events/Show/5844>

Entries are done by the National team manager.

### INITIAL ENTRIES

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 or single runners for the Sprint-Relay
- Team manager: Name, address, phone, e-mail

Initial Entry Deadline: April 15th, 2019

### NOMINAL ENTRIES

The nominal entry has to be done no later April 29th 2019 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 15th of April 2019!

ENTRY FEES and PAYMENT-information in Bulletin 2

Invoices based on registration will be send by e-mail to team managers. There are no regulations for registration media representatives and extra representatives of the Federations.

## 10. Accommodation

The organizers provide a possibility for national teams to book accommodation for the time of orienteer-ing World Cup from Kisakallio Sports Institute, the World Cup Event Centre in Lohja ([www.kisakallio.fi](http://www.kisakallio.fi)) Kisakallio offers a wide range of accommodation alternatives from single person hotel rooms to dormitory rooms for up to seven persons. Halfboard (breakfast and dinner) is included in all accommodation types. The prices of the accommodation vary from 45 € to 130 € /per person/night. The deadline set to national teams by Kisakallio for booking the accommodation is April 29th.

More detailed informati-on about accommodation types and prices are provided at the reservation page. Link to the reservation: [Accommodation](#)

## 11. Organizers and Controllers

Helsingin Suunnistajat  
Finnish Orienteering Federation  
[www.owcup2019.fi](http://www.owcup2019.fi)

Organizing committee:

Event Director: Pekka Väisänen [pekka.vaisanen@helsinginsuunnistajat.fi](mailto:pekka.vaisanen@helsinginsuunnistajat.fi)  
General Secretary: Pauliina Lankinen [owcup2019@helsinginsuunnistajat.fi](mailto:owcup2019@helsinginsuunnistajat.fi)  
Map Maker, Vihti: Kimmo Nykänen /Mapline [kimmo.nykanen\(at\)mapline.fi](mailto:kimmo.nykanen(at)mapline.fi)  
Map Maker, Sprint Relay: Atte Lahtinen [atte.lahtinen@helsinginsuunnistajat.fi](mailto:atte.lahtinen@helsinginsuunnistajat.fi) Course Planner, Middle Distance: Hannu Lammi [hannu.lammi@helsinginsuunnistajat.fi](mailto:hannu.lammi@helsinginsuunnistajat.fi)  
Course Planner, Chase Start: Hannu Lammi [hannu.lammi@helsinginsuunnistajat.fi](mailto:hannu.lammi@helsinginsuunnistajat.fi)  
Course Planner, Sprint Relay: Atte Lahtinen [atte.lahtinen@helsinginsuunnistajat.fi](mailto:atte.lahtinen@helsinginsuunnistajat.fi)  
Media: Markku Sormunen [markku.sormunen@helsinginsuunnistajat.fi](mailto:markku.sormunen@helsinginsuunnistajat.fi)

Senior Event Advisor: Göran Andersson (SWE) email: [byorienteeing@gmail.com](mailto:byorienteeing@gmail.com) tel: +46 70 601 53 26

National controller: Hannu Pyy

## 12. Classes and participation restrictions for World Cup 2019 First Round

The Competition Rules for IOF Foot Orienteering Events (valid from 1st January 2019, as published on the IOF website [www.orienteeing.org](http://www.orienteeing.org)) apply to all competitions.

### 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 2019) may enter 8 competitors, and all other Federations may enter 6 competitors. In addition to this all 2018 individual World Champions have a personal place. Competitors in the chase start must also be entered in the middle distance competition.

### 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. Runners from more than one Federation may participate but will not be placed in the results.

Classes in all individual events are men and women. There are no age restrictions. Each participating Federation shall appoint a team manager to act as a contact person between the team and the organizer. It is the team manager's duty to see that the team receives all necessary information. Competitors participate at their own risk. Insurance against accidents shall be the responsibility of their Federation or themselves, according to national regulations. There are no other peculiarities of the event. Emit Tag punching will be used during all competitions. Emit cards will be provided by the organizers.

## 13. Events

### Middle Distance

Date: Saturday, 8th June

Location: Vihti

Terrain: Good to very good runnability and visibility, altitude 50–100 m

Map: scale 1: 10 000, contour interval 5 m,

ISOM 2007, mapped by Kimmo Nykänen

### Chase Start

Date: Sunday, 9th June

Location: Vihti

Terrain: Good to very good runnability and visibility, altitude 50–100 m

Map: scale 1: 10 000, contour interval 5 m,

ISOM 2007, mapped by Kimmo Nykänen

Winning Times approx. 60 min. for Women and 75 min for Men.

## Sprint relay

Date: Tuesday, 11th June

Location: Helsinki

Terrain: city and park, very good runnability and visibility, altitude 0–30 m

Map: scale 1 : 4 000, contour interval 2 m,

ISSOM2007, mapped by Atte Lahtinen

Number of legs: 4

Max. number of teams from each federation according to the World cup 2018 Sprint Relay

Spectator races will be arranged as part of HOG19 (<http://helsinkiogames.fi>) on 8th and 9th of June.

Bulletin 3 will be published as latest 3 months before the event and Bulletin 4 will be published a week before the event and a printed version is available at arrival.