

BULLETIN 2

Orienteering World Cup 1st Round,

Finland

Helsinki – Vihti

8th – 11th June 2019

Dear Orienteering Friends,

I am glad that we can host the first round of the World Cup 2019. Our club, Helsingin Suunnistajat, was established 76 years ago. Last year we were celebrating and looking backwards into our history. We have been a successful breeding club up to the World Champion level, winner of major club relays, and the initiator of weekly open orienteering events, Iltarastit. This concept has later been adopted by many other clubs and currently creates nationwide over 400 000 workouts annually. In 2019 we need to look forward and it is proper indeed to arrange a world level event with both forest and urban orienteering.

The forest events will take place in Vihti with an opportunity to run in Nuuksio National Park, areas that are seldom open to orienteering. We owe great thanks to Metsähallitus, the Finnish Forest Administration to open the protected areas for us. The Sprint Relay takes place in the city of Helsinki and we are grateful to the city allowing us to build the competition center at the historic centre of the city. The central location and good public transportation allows us to expect large number of spectators. Both in forest and sprint events we will arrange possibilities for the spectators to run in the same terrain as the competitors. This allows us again to present orienteering as a fitness sport for everyone.

June is the best time of the year in Finland. The nights are short and bright, the foliage is fresh and bird song fills the air day and night. This will be setting where we expect to meet the best orienteers from all over the world. I wish you all welcome to participate of the World Cup's first round in Vihti, Helsinki and Finland.

Jouko Lahtinen

Club president, Helsingin Suunnistajat

1.Schedule

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Place</u>
7th June	11:00-13:00	Model, Middle Distance + Chase Start	Vihti
8th June	9:15-15:55	Middle Distance	Vihti
9th June	10:10-12:40	Long Distance, Chase Start	Vihti
10th June	13:00-14:30	Model, Sprint	Helsinki
11th June	17:45-19:00	Sprint Relay	Helsinki

2.Event Centre

The Event Centre is located in Kisakallio Sports Institute 50 minutes by car from the Helsinki Airport. The address is Kisakalliontie 284 FI-08360 Lohja, Finland.

www.kisakallio.fi

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 and check your skin after each event. Ticks can transmit borreliosis and tick-borne encephalitis (TBE). Vaccination against the latter is recommended but not mandatory.

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

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

Previous maps from the competition areas are also available in Eventor.

8. Training possibilities

A variety of training possibilities will be available starting from 1st May.

Contact: Hannu Lammi, hannu.lammi@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 30th, 2019

NOMINAL ENTRIES

The nominal entry has to be done no later than May 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 30th of April 2019!

There are no regulations for registration media representatives and extra representatives of the Federations.

10. Entry Fees

Middle Distance 40.- €

Chase Start 50.- €

Sprint Relay 150.- € / team

Accreditation fee athletes 30.- € all 4 days

Accreditation fee team officials 30.- € all 4 days

Payments

Entry fees must be paid by May 31st 2019. Please note that all bank charges must be paid by the applicant. Please note, that we will add a late payment fee of 40 € per person for late payment! The entry submission is confirmed after the payment is received. Unless entry fee is paid, the entry is not valid.

Account owner: Helsingin Suunnistajat

Bank name: Nordea Bank AB

Bank address: Satamaradankatu 5, 00020 NORDEA

IBAN: FI05 1243 3000 1989 69

BIC: NDEAFIHH

For the payment identification, please write 3-letter code of your country ([online here](#)) to the note in the payment order.

11. Accommodation

The organizers provide a possibility for national teams to book accommodation for the time of orienteering World Cup from Kisakallio Sports Institute, the World Cup Event Centre in Lohja (www.kisakallio.fi) Kisakallio offers a wide range of accommodation alternatives from single person hotel rooms to dormitory rooms for up to seven persons. Half board (breakfast and dinner) is included in all accommodation types. The prices of the accommodation vary from 45 € to 130 € /per person/night. More detailed information about accommodation types and prices are provided at the reservation page.

<https://www.kisakallio.fi/fi/liikunta-leirit-et-lomat/tapahtumat/iof-orienteering-world-cup-2019>

12. Organizers and Controllers

Helsingin Suunnistajat
Finnish Orienteering Federation
www.helsinkiowcup.fi

Organizing committee:

Chairman: Pekka Väisänen owcup2019@helsinginsuunnistajat.fi

General Secretary: Pauliina Lankinen 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

Course Planner, Middle Distance: Hannu Lammi hannu.lammi@helsinginsuunnistajat.fi

Course Planner, Chase Start: Hannu Lammi hannu.lammi@helsinginsuunnistajat.fi

Course Planner, Sprint Relay: Atte Lahtinen atte.lahtinen@helsinginsuunnistajat.fi

Media: Markku Sormunen markku.sormunen@helsinginsuunnistajat.fi

Senior Event Advisor: Göran Andersson (SWE) byorienteering@gmail.com
+46 70 601 53 26

National controller: Hannu Pyy, pyy.hannu@gmail.com, +358 40 5072071

13. Classes and participation restrictions for World Cup 2019 First Round

All the national quotas are based on Special Rules for the 2019 Orienteering World Cup and Orienteering Team World Cup.

<https://orienteering.org/special-rules-for-the-2019-orienteering-world-cup/>

National quotas in individual events

The national quotas are based on the total points of the leading 10 athletes from each Federation in the IOF World Federation League tables (combined Sprint/Middle/Long) as published on 1st January 2019. Separate quotas will apply for men and women. The allocations for competitions 1, 2, 5, 6, 7, 8 and 9 will be:

- The top 6 nations get 8 places.
- All other nations get 6 places.

A Federation may enter any runner irrespective of his/her position in the IOF World Rankings lists.

All reigning individual World Champions, provided they are selected by their Federations, shall be offered a wild card place. These wild card places shall be additional to the national quotas.

National quotas in Sprint relay competition

All Federations can start with a maximum of 4 teams. Only the best placed team of each Federation will count for the World Cup result list. Teams with runners from more than one Federation may participate but will not be placed in the results.

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. EmiTag punching will be used during all competitions. Emit cards will be provided by the organizers.

14. Events

Middle Distance

Date: Saturday, 8th June

Location: Vihti

Arena: Tervalampi, 60°19'35.0"N 24°25'30.3"E

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

Map: scale 1: 10 000, contour interval 5 m, ISOM 2017, mapped by Kimmo Nykänen

Start interval 90 seconds for all competitors. The start order is determined strictly by the order of the World Ranking as of 6 June (highest ranked start last).

Long Distance, Chase Start

Date: Sunday, 9th June

Location: Vihti

Arena: Tervalampi, 60°19'35.0"N 24°25'30.3"E

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

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

ISOM 2017, mapped by Kimmo Nykänen

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

Start times will be determined by times in Middle Distance 8th June, with the following bonus seconds deducted according to placings in competition 1: 120-90-60-45-30-25-20-15-10-5 for places 1-2-3-4-5-6-7-8-9-10. Published times for the event will be the sum of the times from

competitions 1 and 2, minus any applicable bonus seconds. Placings will be determined by order across the finishing line for those who start in the true chasing start.

Any runners more than 20 minutes behind the winner in competition 1 will start from 20 minutes after the first start at 15-second intervals, in order of placings in competition 1; all such competitors will be ranked after those who started in the normal chasing start, and in order of their total time for competitions 1 and 2. Competitors who are not placed, or do not start, in competition 1 may start in competition 2 after all other runners, but are not eligible for an official result

Sprint Relay

Date: Friday, 11th June

Location: Helsinki

Arena: The Senate Square, 60°10'10"N, 024°57'09"E

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

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

ISSOM 2007, mapped by Atte Lahtinen

Number of legs: 4

Each team consists of 4 team members of whom at least two must be women running the first and the last leg.

Winning time approx. 52 min.

15. Spectator races

Spectator races will be arranged as part of Helsinki O-Games 2019 (<http://helsinkiogames.fi>) on 8th and 9th of June. There will be an open sprint orienteering event on the 11th of June.

16. Bulletins 3 and 4

Bulletin 3 will be published at the latest 2 months before the event and Bulletin 4 will be published a week before the event and a printed version is available at arrival.