

Orienteering World Cup

IOF
Orienteering
WORLD CUP

Round 1
Helsinki
Finland
8.-11.6.2019

BULLETIN 3



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HELSINKI - VIHTI
8. – 11.6.2019

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Welcome words City of Helsinki



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Dear friends of orienteering!

Photo: Pertti Nisonen



Welcome to Helsinki! I am happy that Helsinki gets to host a sprint relay of the Orienteering World Cup. We can expect a lively audience event right in the core of the city. This is, in fact, the first ever international major competition contested in the centre of our capital.

This competition offers us a great opportunity to see and live top-level orienteering up close. Our goal is to offer a unique orienteering experience for all in the centre of Helsinki and, at the same time, test the limits of orienteering. We will see what kind of experience it is to practise top-level orienteering in the centre of a large city.

A public orienteering event will be arranged before the competition. Everyone can try their orienteering skill in the urban environment. An increasing number of people are looking for sports events, where you can also try the sport yourself.

One of the City of Helsinki's most important strategy goals is to reduce the physical inactivity. It means providing support for exercise and movement in the everyday lives of the people. Encouraging young people to engage in sports hobbies is an important part of this goal. I believe that events like the sprint relay will again attract new people to orienteering. The joy of exercise and sports is inspiring.

Helsinki's vision is to be the most functional city in the world. I hope that the participants of the Orienteering World Cup find Helsinki functional as well. I hope that Helsinki offers you also other interesting things to see and do.

I wish you a warm welcome to summery Helsinki! Good luck and success to the competitors!

Nasima Razmyar
Deputy Mayor for Culture and Leisure
City of Helsinki
Patron of the competition

Welcome to Vihti



Vihti municipality welcomes all athletes, their support troops and the viewers to the Orienteering World Cup in Vihti on the 8th and 9th of June 2019.

The Orienteering World Cup in Vihti is one of the main sporting events in Vihti in year 2019. The event takes places in the terrain of serene and beautiful Nuuksio forest nearby where the area is perfectly suited for orienteering and offer just the right amount of challenges to the contestants. Wide forests, the landscape that is known from many paintings and literal and pieces of Finnish culture and the bodies of water that cross the areas are also a sight for joy.

We feel happy and privileged that the World Cup takes place in Vihti. Vihti has a long tradition of orienteering that has carried on to the present day. Many local orienteers as well as from the neighboring areas know the orienteering events that take place in Vihti – whether it's just for fun and fitness, sprint, competition between teams from companies, long distance races and national events. For many people in Vihti orienteering is also an important part of their overall fitness regime. We owe great gratitude to the local orienteering organizations and the orienteering champions, who have risen from amongst their ranks, for their work to bring the discipline forward.

I wish all the best to the competitors in their challenge. Orienteering in a clean, serene, esthetically pleasing environment enhances the experience. And even though Vihti is beautiful no matter what the weather is, I hope the weather will be nice. You are all welcomed to visit us again!

Erkki Eerola
Mayor of Vihti Municipality

Welcome to Finland

Cold winter is over and spring is already here. 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 together with Finnish Orienteering Federation will offer great races for you. Forest races are organized in famous national park Nuuksio and sprint relay will be unique experience in the heart of Helsinki's city center. Finnish national TV Company YLE will broadcast live all the races. The World's biggest orienteering relay Jukola with 20 000 participants will be organized only few days after World Cup and you can smoothly connect Jukola to your orienteering trip of Finnish Summer . I hope you will enjoy your stay in our beautiful country. See you all next June in Finland!

Mika Ilomäki
Managing Director
Finnish Orienteering Federation



Partners



Main Sponsors



1. Organizers



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Helsingin Suunnistajat



International Orienteering Federation



Suomen Suunnistusliitto

Finnish Orienteering Federation



City of Helsinki

2. Competition officials



Chairman of the Organizing Committee	Pekka Väisänen	owcup2019 (a) helsinginsuunnistajat.fi
General Secretary	Pauliina Lankinen	owcup2019 (a) helsinginsuunnistajat.fi
Senior Event Advisor	Göran Andersson (SWE)	byorienteering@gmail.com (+46 70 601 53 26)
National Controller	Hannu Pyy	pyy.hannu(a)gmail.com (+358 40 5072071)
Communications & media	Markku Sormunen	markku.sormunen(a)helsinginsuunnistajat.fi

Middle and Chase start:

Event director	Pekka Väisänen	owcup2019(a)helsinginsuunnistajat.fi
Map Maker	Kimmo Nykänen/Mapline	kimmo.nykanen(a)mapline.fi
Course Planner	Hannu Lammi	hannu.lammi(a)helsinginsuunnistajat.fi

Sprint relay:

Event director	Henrik Tala	henrik.tala(a)helsinginsuunnistajat.fi
Map Maker & Course Planner	Atte Lahtinen	atte.lahtinen(a)helsinginsuunnistajat.fi

More information

www.helsinkiowcup.fi

3. Programme



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6th June Thursday

16:00 - 21:00 Competition office open Kisakallio event centre

7th June Friday

10:00 - 14:00 Competition office open Kisakallio event centre
11:00 - 13:00 Model event Middle and Long, chase start open Model event location
15:00 - 16:00 Technical Model Event Kisakallio event centre
17:00 - 18:00 Competition office open Kisakallio event centre
18:00 Team officials meeting, Middle and Long, chase start Kisakallio event centre

8th June Saturday

8:00 - 17:00 Competition office open Arena Tervalampi
8:45 Wcup Middle quarantine opens Arena Tervalampi
9:50 Wcup Middle quarantine closes Arena Tervalampi
10:00 - 16:30 Wcup Middle (W+M) Arena Tervalampi

9th June Sunday

8:00 - 15:00 Competition office open Arena Tervalampi
8:45 Wcup Long, chase start quarantine opens Arena Tervalampi
9:30 Wcup Long, chase start quarantine closes Arena Tervalampi
10:00 - 13:30 Wcup Long, chase start (W+M) Arena Tervalampi

10th June Monday

13:00 - 14:30 Model Event Sprint relay Model event location
17:00 - 18:00 Competition office open Kisakallio Event Centre
18:00 Team officials meeting Sprint relay Kisakallio Event Centre

11th June Tuesday

16:00-19:00 Competition office open Arena Senaatintori
16:30 Wcup Sprint relay quarantine opens Arena Senaatintori
17:00 Wcup Sprint relay quarantine closes Arena Senaatintori
17:58-18:55 Wcup Sprint relay Arena Senaatintori

4. Entries for World Cup athletes and team officials

Entries are made in [_IOF Eventor_](#).

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!

LATE ENTRIES AND CHANGES

After the team size deadline, additional entries may be made with a surcharge of 20% and withdrawals receive an 80% refund.

After the team names deadline, additional entries incur a surcharge of 50%, withdrawals receive a 50% refund, and name changes incur a 10 euro fee.

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

5. Entry Fees



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Middle distance	40 €
Long, 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.

6. Visa requirements



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.

7. Accommodation and food



The organizers provide a possibility for national teams to book accommodation for the time of orienteering World Cup from Kisakallio sports institute (=World Cup Event Centre in Lohja) www.kisakallio.fi. The reservation of accommodation for teams participating in World Cup will be done directly via Kisakallio's [online reservation system](#). The deadline set to national teams by Kisakallio for booking the accommodation is April 14th.

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 are:

Breakfast	07:00 - 09:00
Lunch	11:00 - 14:30
Dinner	16:00 - 20:30
Evening snack	21:00 - 22:00

8. Competition office



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The competition office is located at Kisakallio sports institute (=World Cup Event Centre in Lohja).
Address: Kisakalliontie 284, 08360 LOHJA, FINLAND

Opening hours of the competition office

6th June Thursday	16:00 - 21:00	Competition office open Kisakallio Event Centre
7th June Friday	10:00 - 14:00	Competition office open Kisakallio Event Centre
8th June Saturday	08:00 - 17:00	Competition office open Arena Tervalampi
9th June Sunday	08:00 - 15:00	Competition office open Arena Tervalampi
10th June Monday	17:00 - 18:00	Competition office open Kisakallio Event Centre
11th June Tuesday	16:00 - 19:00	Competition office open Arena Senaatintori

9. Transport and parking



Teams are responsible to organize their own transport. Follow given driving instructions to the parking areas on arenas and quarantines.

10. Team material and information



Teams will receive World Cup information/material package from the event office after accreditation. The package includes:

- Bulletin 4
- EmiTags for the whole World Cup round 1. The equipment is assigned by name to each competitor and shall not be used by another athlete.
- Model event maps ordered beforehand following the instructions in <http://helsinkicup.fi/for-teams/>.
- Parking tickets for team vehicles. Maximum number of parking tickets is five (5).

Bulletin 4 will be the most important source of competition information to teams. This information will be completed in team official's meetings. Team official's meeting for Middle and Chase start will be held on Friday 7th of June at 18 and for the sprint relay on Monday 10th of June at 18 in the event centre at Kisakallio Sports institute.

All competitors must wear their respective number bibs at all World Cup events. The bibs will be available at the quarantine zone. Bibs must be worn both on the front and the back. The bibs must be visible in their entirety, they shall not be folded or cut.

11. Anti-Doping



The IOF Anti-Doping Code and rules and the World Anti-Doping Code 2019 apply as of 1st January 2019. Doping tests are always carried out in accordance with the procedures described in the WADA International Standard for Testing. 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.sport/anti-doping/> IOF Anti-Doping Rules apply, valid as of January 1, 2019. Note that, even if the IOF or the organizer have not ordered any tests, anti-doping control can be conducted by other organizations (Finnish Antidoping Agency FINADA– Finnish Centre for Integrity in Sports FINCIS) without any prior notice.

12. 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.sport/athletes-licence>

13. Competition



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Rules and participation

The Competition Rules for IOF Foot Orienteering Events (valid from 1st February 2019, as published on the IOF website <http://orienteering.sport>) apply to all competitions.

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 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.

Middle

The start order is determined strictly by the standing of the IOF Orienteering World Ranking List as of 6th June 2019 (highest ranked start last). The start interval is 90 seconds.

Long, chase start

Start times will be determined by times in the Middle competition, with the following bonus seconds deducted according to placings in the Middle: 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 the Middle and Long, chase start, 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 the Middle will start from 20 minutes after the first start at 15-second intervals, in order of placings in the Middle; all such competitors will be ranked after those who started in the normal chasing start, and in order of their total time for the Middle and Chase start. Competitors who are not placed, or do not start, in the Middle may start in the Chase start after all other runners, but are not eligible for an official result.

Sprint relay

All federations can start with a maximum of 4 teams. Each team consists of 4 team members of whom at least two must be women. Only the best placed team of each federation will count for the World Cup result list. Teams with runners from more than one federation (but still with 4 team members of whom at least two must be women) may participate but will not be placed in the results.

Information concerning only the teams from mixed federations:

Such teams are allowed and federations have to make an entry via e-mail (owcup2019@helsinginsuunnistajat.fi) no later than May 29th with the names of their athletes. Then the organizers will make the line-ups for these teams. Payment has to be done by bank statement (€ 37,5 per leg) by May 31st at latest.

Model events

Model events with controls are available. Further information about model events will be given in Bulletin 4.

Clothing and shoes

No restrictions on competition clothing. Spike shoes are not permitted on any of the events. Stud shoes are allowed in the Middle and Chase start competitions.

Punching, timing systems and GPS tracking

EmiTag punching system is used. GPS tracking will be used. If athlete is selected in GPS tracking they must take the GPS-device.

Quarantine areas

All quarantines have indoor areas. Teams can't set up their own tents at the quarantines. Possibility for warm-up (outdoors) within the quarantine is provided. Team officials are allowed to enter the quarantine before it closes. After leaving the quarantine area, they are not allowed to return during the competition. In Chase start there will be two quarantines, Q1 (the same as in middle distance) and Q2 (in proximity of the arena).

Team areas at the Arenas

There is one common team area on all the Arenas. The organiser will provide tents for teams.

Coaching

There will be coaching zones at the arenas.

14. Training opportunities



A variety of training possibilities will be available starting from 4th May.

See <http://helsinkiowcup.fi/training-possibilities/>.

15. Embargoed areas



Embargoed areas apply to all potential World Cup 2019 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 in [_IOF Eventor_](#).

Previous maps from the competition areas are available in the organiser's web page <http://helsinkiowcup.fi/old-maps/> Previous offset printed maps (3 maps, one maps of each) of the competition area can also be ordered by the teams by email owcup2019@helsinginsuunnistajat.fi for the cost of postal fee 10 €.

16. Competition areas and arenas



Middle and Long, chase start

All the competitors will travel directly to the quarantine. It is not allowed to visit the arena or the embargoed area. Location of the quarantine and driving instructions will be given in Bulletin 4. Team officials can drop athletes to quarantine and continue to arena parking, or stay at the quarantine and park team cars to indicated location.

The arena is located at: 60.326035, 24.425636. See [Map of embargoed areas](#).

Sprint relay

All the competitors will travel directly to the quarantine. It is not allowed to visit the arena or the embargoed area. Location of the quarantine and traveling instructions will be given in Bulletin 4. Team officials can follow athletes to quarantine and continue to arena, or stay at the quarantine. There will be no parking available, traveling to the quarantine is only by public transport as indicated in the Bulletin 4.

The arena is located at: 60.169523, 24.952231. See [Map of embargoed areas](#).

17. Maps and courses



Maps are drawn according to the International Specification for Orienteering Maps (ISOM 2017) 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 available 3 minutes before start in the Middle distance competition. The sprint relay course lengths are given as the shortest possible route as specified by rule 16.3.

Map	Sex	Length (km)	Climb (m)	Controls	Winning time (min)	Map scale	Contour interval (m)
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Middle

Tervalampi	W	4.6	205	17	33	1:10 000	5
Tervalampi	M	5.9	280	20	35	1:10 000	5

Long, chase start

Tervalampi	W	8.9	335	17*	59	1:10 000	5
Tervalampi	M	13.4	510	26*	75	1:10 000	5

	Sex	Length (km)	Climb (m)	Controls	Winning time (min)	Map scale	Contour interval (m)
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Sprint relay

Senaatintori	W (legs 1 & 4)	3.4	50	17	13	1:4 000	2
Senaatintori	M (legs 2 & 3)	3.7	50	19	13	1:4 000	2

* 2 refreshments

18. Terrain descriptions



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Middle and Long, chase start

All of the terrain is within Nuuksio National Park. Mainly coniferous spruce forest with open hilltops. Between hills are small swamps and bogs, with decreased runnability. Overall runnability varies from good to excellent. However there are some very rocky slopes with fallen trees that are slower. There are no areas of recently cleared forest. There is a fair amount of outdoor paths and roads, including some marked hiking routes. The terrain is undulating, but includes some steeper slopes. Altitude 40 – 110 m above sea level.

Sprint relay

Urban city centre with mainly old buildings and some parks. Approximately 90 % of the courses will be on hard surfaces. Altitude 0-30 m above sea level.



19. TV-schedule



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The IOF World cup is broadcasted with following schedule.

Competition	Date	Time	Broadcaster
Middle distance Women	Sat 8th June 2019	11:30-13:00	YLE TV2
Middle distance Men	Sat 8th June 2019	14:30-16:00	YLE TV2
Long, chase start W & M	Sun 9th June 2019	10:00-12:55	YLE TV2
Sprint relay	Tue 11th June 2019	17:55-18:55	YLE TV2

20. Entries received



Entries as of 30th of March 2019

Federation	Men	Women	Team official	Total
Sum	86	74	30	190
Australia	6	3	9	
Canada	2	2	1	5
Denmark	6	5	4	15
Finland	13	13	5	31
France	8	6	3	17
Germany	6	6	2	14
Great Britain	6	6	2	14
Ireland	2			2
Latvia	6	4	1	11
Norway	10	8	3	21
Portugal		1		1
Spain	3	3	2	8
Sweden	9	9	3	21
Switzerland	9	8	4	21