

# EUROPEAN TRAIL ORIENTEERING CHAMPIONSHIPS

20–24 MAY, 2020  
LOHJA, FINLAND



## BULLETIN 2

JULY 2019, updated January 2020

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## Welcome by the Chairman of OK 77

Dear orienteering friends!

I am pleased to welcome competitors, team leaders, officials and guests to the European Trail Orienteering Championships 2020 in Southern Finland.

Since the early beginnings of orienteering as a sport, Finland has been one of the leading countries. After two World Trail Orienteering Championships, we now have the European Championships for the first time. On behalf of the organising club, we are honoured to be entrusted with the task of arranging ETOC 2020.

Our club OK 77 is based in the idyllic garden township of Kauniainen / Grankulla. With fewer than 300 members, we believe in quality more than quantity. During the last 4 years we have organised a European Trail Orienteering Cup event, the Finnish Championships in Long distance, and regional orienteering championships. Without the enthusiasm and eagerness of our members, an IOF Championships event would be far out of reach for a club of our size. We really appreciate this opportunity.

In this part of the country, both Finnish and Swedish can be heard spoken. As a consequence, many of us are not limited to one language, and being proficient in three or four languages is nothing unusual. Therefore if you have difficulty in explaining your case in one language, please try another – the odds are good for getting better understanding!

I wish all of you good luck in preparing for ETOC 2020, and look forward to meeting you there!



Petri Tötterman  
Chairman, OK 77



# Organising Team

<b>Event Director</b>	Anna Jacobson
<b>Competition Managers</b>	<p>Model: Timo Tolkki</p> <p>PreO 1: Ari Kauhanen</p> <p>PreO 2: Anders Westerlund</p> <p>Relay: Harry Sainio</p> <p>TempO: Timo Tolkki</p>
<b>Course Planners</b>	<p>PreO 1: Martti Inkinen</p> <p>PreO 2: Åke Jacobson</p> <p>Relay: Åke Jacobson</p> <p>TempO: Roope Näsi</p>
<b>Map-making</b>	Matti Toivonen
<b>Technical Coordination</b>	Åke Jacobson
<b>Event Administration</b>	Henrika Backman
<b>Results Manager</b>	Jouni Junkkaala
<b>IT and Equipment</b>	Rasmus Mårtenson
<b>Logistics Manager</b>	Daniel Backman
<b>Accommodation</b>	Hanna Westerlund
<b>Eventor contact</b>	Jonas Westerlund
<b>Finance Officer</b>	Henrik Wallén
<b>Quality Consultant</b>	Pentti Koponen
<b>Quality Consultant (language), Speaker</b>	Clive Allen



## Contact

Office: [etoc2020@ok77.fi](mailto:etoc2020@ok77.fi)

Media contact: Anna Jacobson, [anna@ok77.fi](mailto:anna@ok77.fi), +358453474770

Accommodation: [accommodation@ok77.fi](mailto:accommodation@ok77.fi)

Eventor contact: [eventor@ok77.fi](mailto:eventor@ok77.fi)

Volunteering opportunities: [volunteers@ok77.fi](mailto:volunteers@ok77.fi)

Website: [www.etoc2020.com](http://www.etoc2020.com)

Facebook: <https://www.facebook.com/events/2044134992506069/>

Twitter: [www.twitter.com/etoc2020](https://www.twitter.com/etoc2020)

Instagram: [www.instagram.com/etoc2020](https://www.instagram.com/etoc2020)

Bank information:

OK 77 / Aktia Bank

IBAN: FI2740552920007558

BIC: HELSFIHH

## Event Advisers

Senior Event Adviser	Jana Kostova (CZE)
National Controller	Jari Turto (FIN)



## Participation

Competitors representing member federations of the IOF, defined by the International Paralympic Committee as belonging to the European continent, can compete in ETOC.

Competitors representing other member federations of the IOF can participate in ETOC but will not be eligible for European titles, medals or diplomas.

In the individual PreO event a federation may enter a maximum of 6 persons in each class.

In the TempO event a federation may enter a maximum of 8 persons. The current European Champion may be entered in their respective classes in addition to the normal maximum. In the TrailO Relay a federation may enter 2 teams in each class, each consisting of 3 competitors. Only the better-placed team will count in the prize list.

## Event Programme

Date	Programme	Location
<b>Tuesday 19.5.2020</b>	Arrival, Event Office opens	Kisakallio
<b>Wednesday 20.5.2020</b>	Model Event, Map Model, Opening Ceremony	Oittaa, Kisakallio
<b>Thursday 21.5.2020</b>	Relay	Kisakallio
<b>Friday 22.5.2020</b>	PreO 1	Luukkaa
<b>Saturday 23.5.2020</b>	PreO 2	Röylä
<b>Sunday 24.5.2020</b>	TempO, Closing Ceremony, Social Event	Veikkola
<b>Monday 25.5.2020</b>	Departure	



## Classes and Competition rules

In the individual PreO competitions and in the TrailO Relay there is an O (Open) class and P (Physically Challenged) class. In the TempO competition there is a single class (O).

The Competition Rules for IOF Trail Orienteering Events 2020 and the ETOC Rules valid in 2020 shall apply to the European Trail Orienteering Championships 2020. The rules are available for download on the IOF website <https://orienteering.sport/> The maps of ETOC 2020 follow the International Standards for Sprint Orienteering (ISSOM) 2007.

## Entries

Preliminary entries should be made through IOF Eventor by 20 March 2020. Final entries must be made by 10 May 2020. The payment of the entry fees must be made by 8 April 2020. Entries will not be valid until the entry fee has been paid. All entries have to be made through [IOF Eventor](#). The entries will be open in November 2019. If you have any questions about or problems with Eventor, please do not hesitate to contact [eventor@ok77.fi](mailto:eventor@ok77.fi) for help!

Accreditation fee (incl. compulsory transport)	80/110/60/10 EUR	Per athlete/ Official/Accompanying person/Escort
Entry fee – PreO	120 EUR	
Entry fee – TempO	80 EUR	
Entry fee – TrailO Relay	150 EUR	Per team

## Escorts

The organisers will provide escorts in steeper hills. According to the new rules (valid from 1.2.2020), the competitors that need an escort shall bring an escort with them. With an escort accreditation (which is mandatory) only, a person cannot act as a team official, attend Team Official Meetings or make a complaint. An escort does not have free entrance to the social event on Sunday. The organiser has made an agreement with a non-profit club Metsäreitti that they will offer escorts for competition courses for 35 EUR/competition/person (incl. accreditation). Requests should be sent to [metsareitti@yahoo.com](mailto:metsareitti@yahoo.com) by 20 March 2020. NB. The escorts are not experienced wheelchair assistants but normal sports volunteers, who do not get paid for the service (the fee covers their accreditation, food, transport etc.)





## Event Centre and Accommodation

### Kisakallio Sports Institute, Kaarina Karin tie 4, 08360 Lohja

The Event Centre is Kisakallio Sports Institute, located some 7 km north of the nearest town Lohja and 65 km west of Helsinki Airport and Helsinki Harbour. From Turku Harbour it is 115 km to Kisakallio.

Kisakallio Sports Institute is a non-profit foundation which offers a wide variety of sports, activities and educational opportunities, and has excellent facilities for professional and amateur sports enthusiasts. The Institute was founded in 1949 to be a Gymnastics institute for women of all ages.

Today, Kisakallio Sports Institute is one of the biggest training and education centres in Finland and Europe, with 700 beds and almost 15,000 sq.m. of sport facilities. There are rooms of different standards, well suited to accommodate also athletes using wheelchairs. A restaurant and café are available and they are open daily from morning until evening.

Kisakallio is surrounded by 250 hectares of wild wood, an area called “Karnaistenkorpi” which is, nationally and internationally, environmentally unique. Karnaistenkorpi is owned by the City of Lohja and the nature trails going through the entire area are maintained by Kisakallio Sports Institute. Also the biggest lake in Southern Finland, Lake Lohja, is just in front.



Room type	Price per person per night
Institute level, twin room	45 EUR
Institute level, 3-5 persons room	36 EUR
Hotel, twin or double room	55 EUR
Hotel, single room	100 EUR





All room prices include breakfast buffet. Lunch and dinner buffet at Kisakallio can be pre-booked for the price of 10.50 EUR / meal. If not pre-booked, the price for the buffet is 13 EUR.

**Accommodation should be booked as full rooms (i.e. all beds occupied).** On our Facebook event there is [a thread where you can look for room-mates](#). Accommodation and meal bookings should be made via email to [accommodation@ok77.fi](mailto:accommodation@ok77.fi). The deadline for all bookings is 15 March 2020. The deadline for payments is 15 April 2020.

Some rooms on the institute level share the bathrooms. There are accessible rooms on all levels.



## Travel and transport

Teams, VIPs and media representatives are free to use their own transport to all the events. There will be reserved parking areas at all the arenas. Organised transport will be provided from the Event Centre to the competition arenas and model event for those teams, VIPs and media representatives that have requested and paid for the Transport Package. Organised transport adapted for wheelchair users will be provided on request. More details about transport and the Transport Package will be published in Bulletin 3, based on the number of requests. Preliminary request for the Transport should be made through IOF Eventor by January 31, 2020. Final request and payment of the Transport must be made by March 15, 2020. Preliminary requests can be made from November 2019 onwards.



## Course information

Event	Length	Controls	Timed control	Road surface	Climb
Relay	1.2 km	3x12	2/leg x 5 tasks	Mostly asphalt	35 m
PreO 1	1.3 km	25	1 x 3 tasks	Smooth gravel	25 m
PreO 2	1.6 km	30	1 x 3 tasks	Smooth to rough gravel	35 m
TempO Qual.	1.9 km	-	6 x 5 tasks	Mixed (asphalt/smooth gravel/forest track)	25 m
TempO Final	1.6 km	-	7 x 5 tasks	Mixed (smooth gravel/forest track)	15 m

### All our zeros can be solved with map-reading.

When the answer is zero, there are no flags on the same areal or linear feature closer than 4 metres from the right place. In point features, there are no zeros closer than 135 degrees from the right direction.

## Maps

The maps for PreO 1, PreO 2, TempO and Model have been drawn by Matti Toivonen and modified by the course planners. The maps for Relay and Map Model in Kisakallio have been drawn by Arvo Paulin and modified by the course planner. All maps have been drawn in ISSOM 2007.

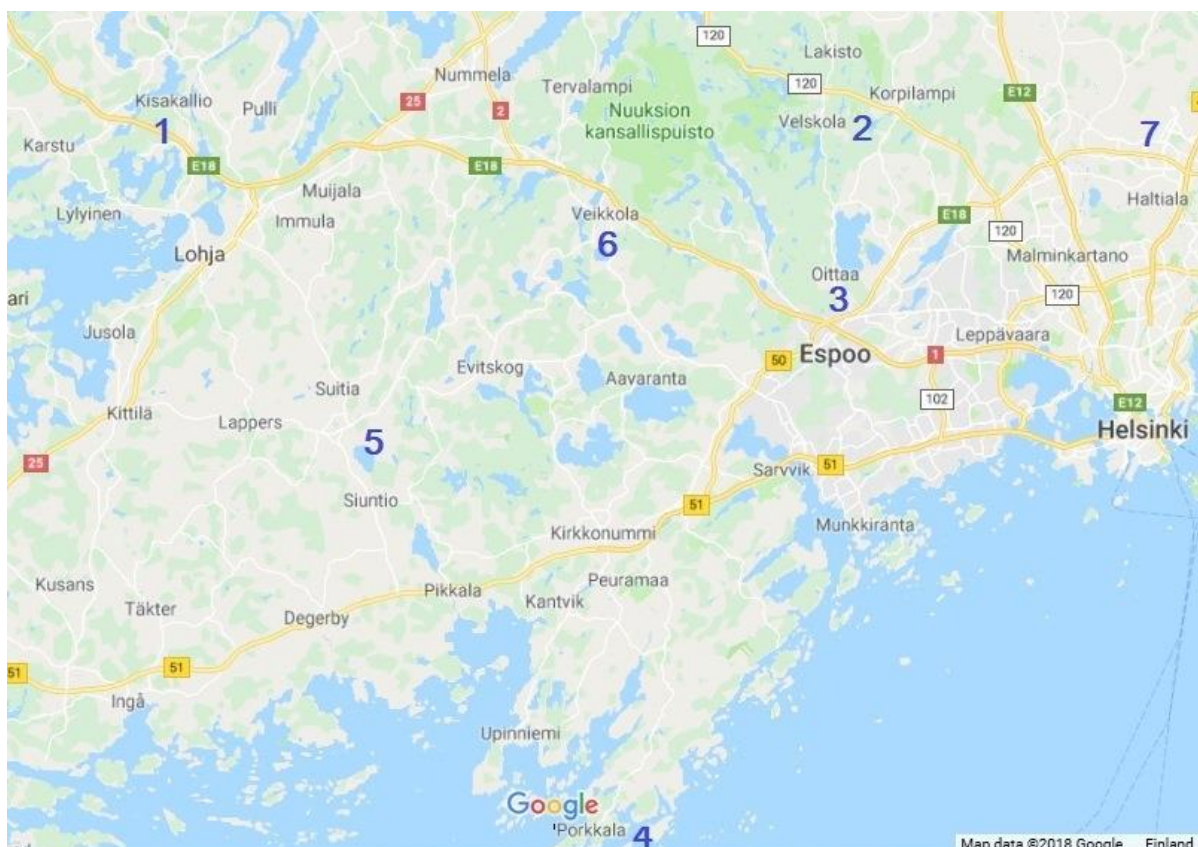


## Public races

There will be an opportunity for the public to go out on the competition courses after the ETOC competitions are over. Entries to the public competitions can be made from November 2019 onwards via email ([etoc2020@ok77.fi](mailto:etoc2020@ok77.fi)).

Date	Event	Preliminary schedule for start of the public event	Location (number on the area map)
<b>Thursday 21.5.2020</b>	Relay, Public event	15:30-16:30	Kisakallio, 1
<b>Friday 22.5.2020</b>	PreO 1, Public race	15:00-16:00	Luukkaa, 2
<b>Saturday 23.5.2020</b>	PreO 2, Public race	15:00-15:45	Röylä, 2
<b>Sunday 24.5.2020</b>	TempO, Public event	Q 12:30-13:30 F 17:00-17:30	Veikkola, 6

## Area map







- 1) Kisakallio Sports Institute (Event Centre, Relay)
- 2) Luukkaa, Röylä (PreO 1, PreO 2)
- 3) Oittaa (Model)
- 4) Porkkala (reserve area)
- 5) Siuntio Spa (reserve area)
- 6) Veikkola (TempO)
- 7) Helsinki-Vantaa Airport

## Terrain

### Model

*Oittaa (number 3 on the area map)*

A typical Finnish forest with a mixture of spruce and pine trees. In parts, bare rock/cliff areas. Medium to good visibility. Map scale: 1:4 000. Contour interval: 2 m.

Previous map: <http://www.ok77.fi/routegadget/rg2/#11>

### Relay

*Kisakallio Sports Institute (1)*

Predominantly park or park-like area with pine/spruce forest areas with mostly good visibility. Map scale: 1:4 000. Contour interval: 2.5 m.



Previous map:

[http://vaajakoskentera.com/kartat/show\\_map.php?user=ToniS&map=202&lang=nb](http://vaajakoskentera.com/kartat/show_map.php?user=ToniS&map=202&lang=nb)

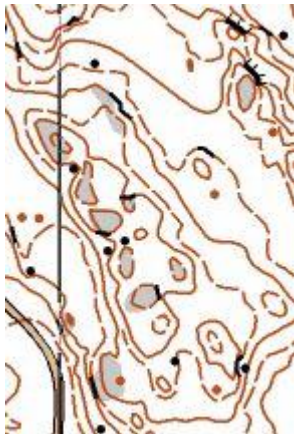
[http://www.kartta-arkisto.net/show\\_map.php?user=SamiH&map=168](http://www.kartta-arkisto.net/show_map.php?user=SamiH&map=168)



## PreO 1

### *Luukkaa Recreational Area (2)*

A typical Finnish forest with a mixture of spruce and pine trees. In parts, bare rock/cliff areas. Medium to good visibility. Map scale: 1:4 000. Contour interval: 2 m.

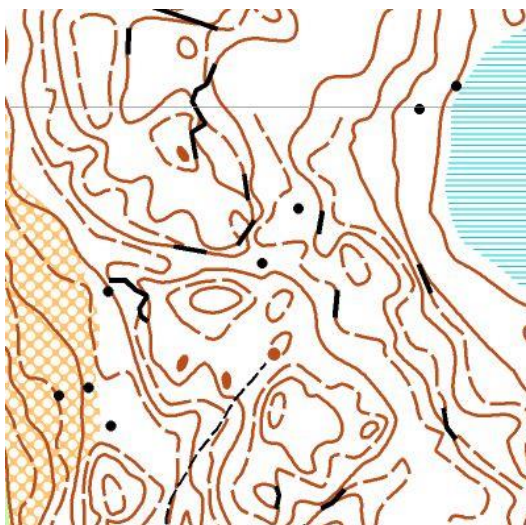


Previous map: <http://helsinginsuunnistajat.fi/harveli/cgi-bin/reitti.cgi?act=map&id=153>

## PreO 2

### *Snettans Estate, Röylä (2)*

A pine/spruce area typical of the famous Noux National Park. Mostly hilly terrain with hill slopes/tops with good visibility. Predominant features are bare rock areas and hillsides with lots of rock faces. Map scale: 1:4 000. Contour interval: 2 m.



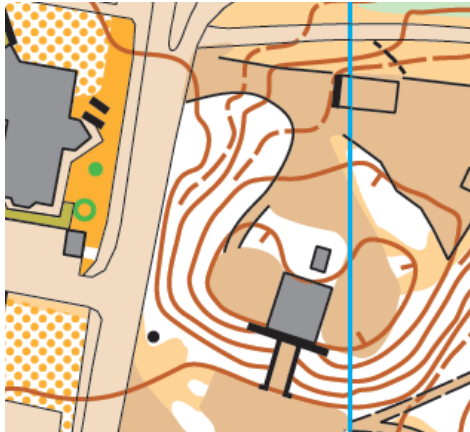
Previous map: <http://helsinginsuunnistajat.fi/harveli/cgi-bin/reitti.cgi?act=map&id=153>



## Tempo Qualification

*Veikkola (6)*

A suburban area with a mixture of open, park-like areas and forest islands among official buildings and living quarters. Map scale: 1:4 000. Contour interval: 2 m.



Previous map: [http://kartat.meronen.net/maps/show\\_map.php?user=juha&map=484](http://kartat.meronen.net/maps/show_map.php?user=juha&map=484)

[http://veikkola-weather.com/doma/show\\_map.php?user=Timo&map=220](http://veikkola-weather.com/doma/show_map.php?user=Timo&map=220)

## TempO Final

*Veikkola (6)*

Partly park area, partly forest. Forest with good visibility, in parts steep and rich in cliffs/rock faces. Map scale: 1:4 000. Contour interval: 2 m.



Previous map: [http://kartat.meronen.net/maps/show\\_map.php?user=juha&map=484](http://kartat.meronen.net/maps/show_map.php?user=juha&map=484)

[http://veikkola-weather.com/doma/show\\_map.php?user=Timo&map=220](http://veikkola-weather.com/doma/show_map.php?user=Timo&map=220)





## Ceremonies

The Opening Ceremony and all medal ceremonies, with the possible exception of TempO, will be held at Kisakallio Sports Institute. Also all Team Officials Meetings and other possible meetings or clinics will be organised there.

## Climate

Spring begins to truly show itself in Helsinki in May. The average daily temperature warms to 10°C during this month. High temperatures average about 15°C while lows still drop down to 4°C.

Still a low month for rainfall, May typically sees about 40 mm of rain throughout the month, with an average of 14 possible rainy days. The skies begin to clear overall, and there is a 40 per cent chance of a mostly sunny day throughout the month.

## Reserve areas

### 1) Porkkala, Kirkkonummi

Never used for trail orienteering.

[http://www.kartta-arkisto.net/show\\_map.php?user=Sakke&map=637](http://www.kartta-arkisto.net/show_map.php?user=Sakke&map=637)

### 2) Siuntio Spa, Siuntio

Last trail orienteering competition in 2004.

[http://www.kartta-arkisto.net/show\\_map.php?user=Kipru&map=885](http://www.kartta-arkisto.net/show_map.php?user=Kipru&map=885)

## Training possibilities

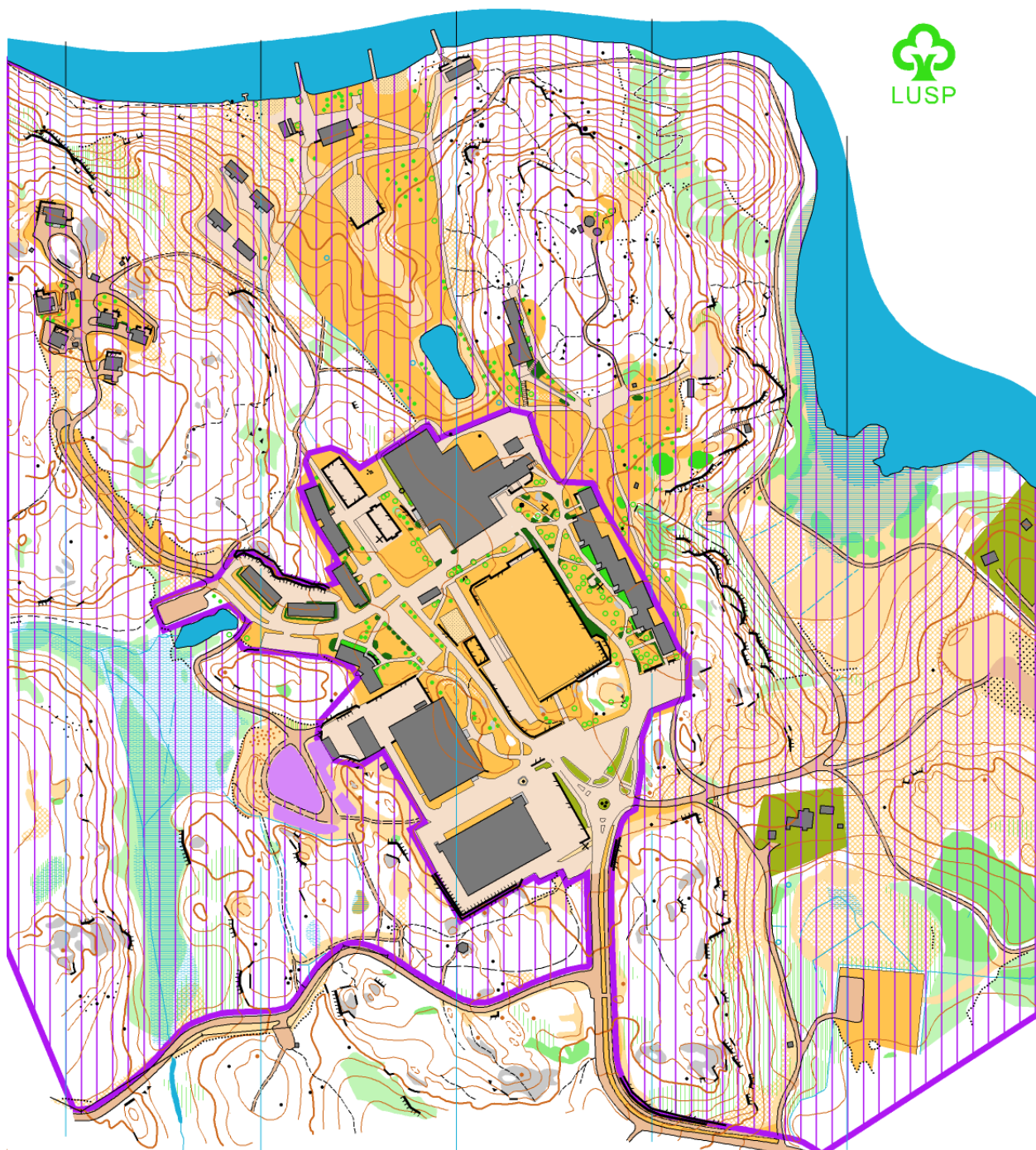
Training opportunities will be available, please refer to the national event calendar for [2019](#) and [2020](#). In addition, both PreO and TempO maps with courses set by the ETOC course planners can be made available, at a cost of 5-8 euros per map, during both 2019 and 2020 on request.



## Embargoed areas

From 12 October 2018, all potential ETOC 2020 participants, coaches, and team officials, as well all those people who could supply ETOC team members with information about the terrain, are prohibited to enter the embargoed areas. It is furthermore forbidden to fly drones above the embargoed areas. Kisakallio embargoed area has been valid since 9 March 2018. The detailed embargoed areas can be seen in [the map register of the Finnish Orienteering Federation](#) ("Harjoituskiellot"=Embargoed areas)

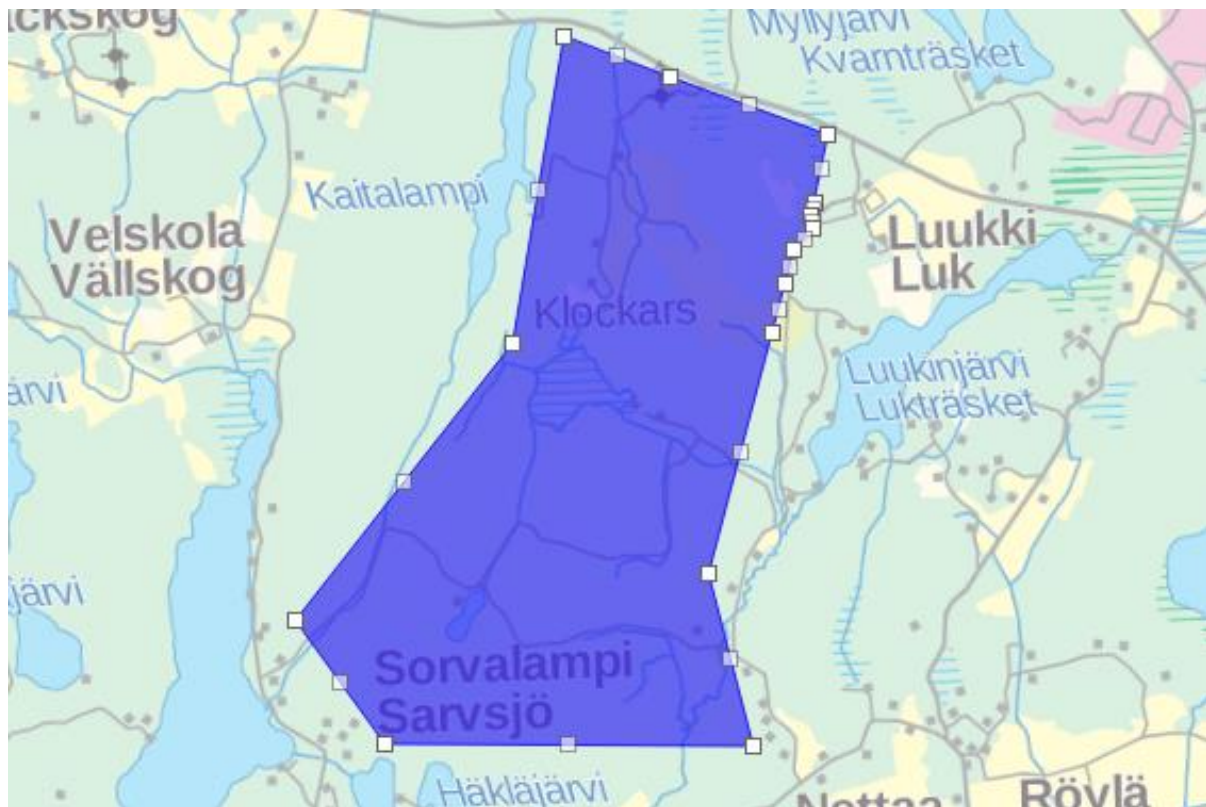
### 1) Kisakallio Sports Institute, Lohja. Event Centre



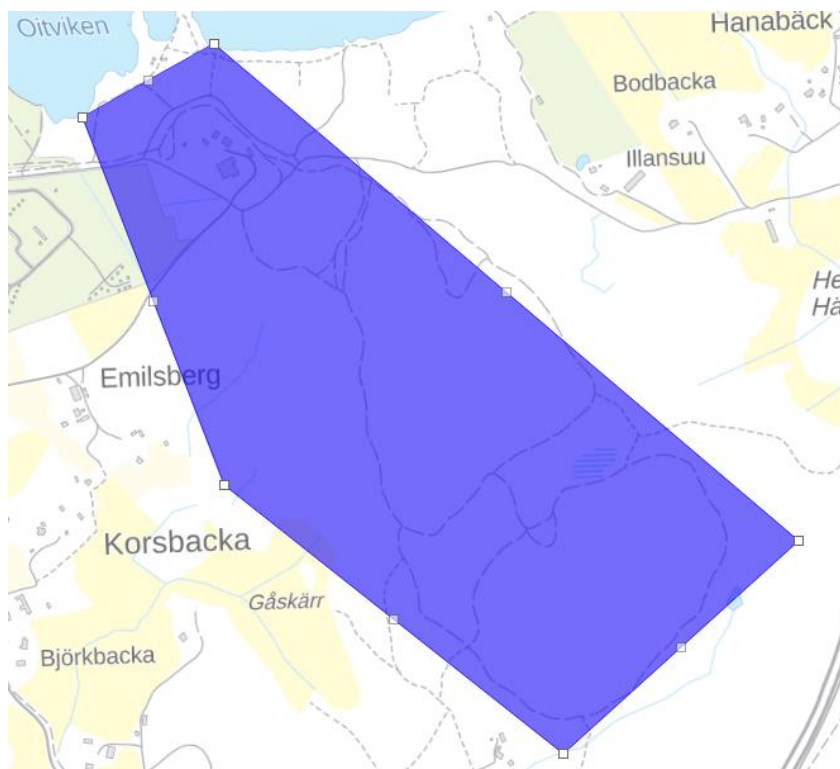




## 2) Luukki/Röylä, Espoo



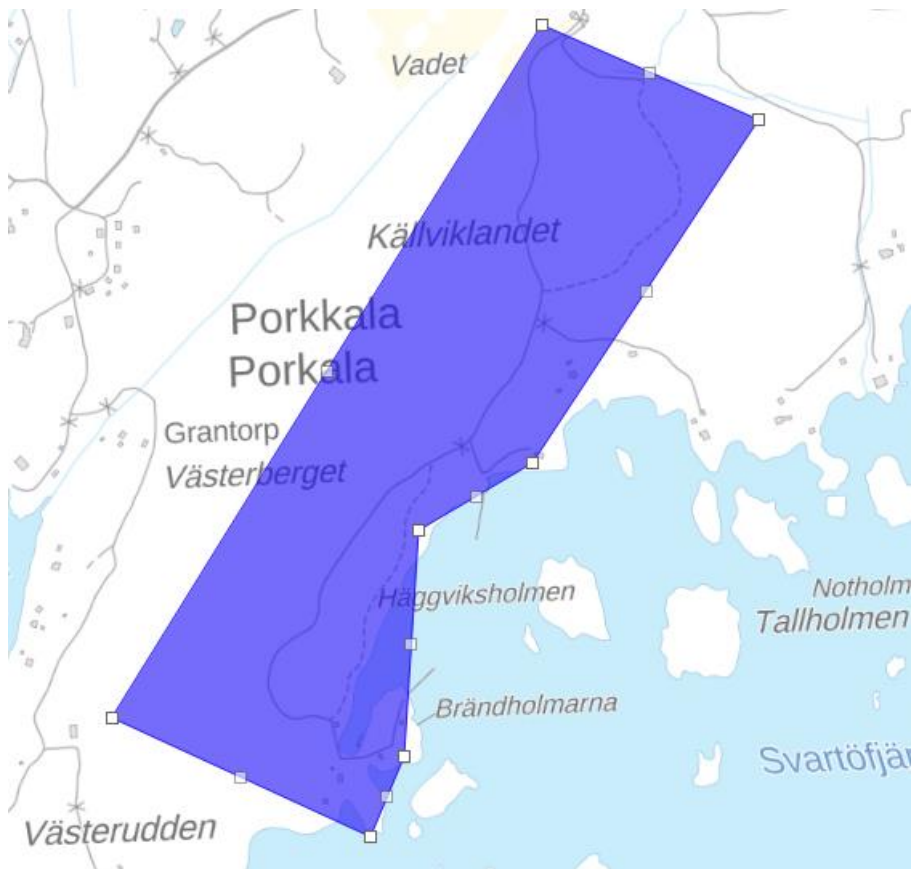
## 3) Oittaa, Espoo







#### 4) Porkkala, Kirkkonummi

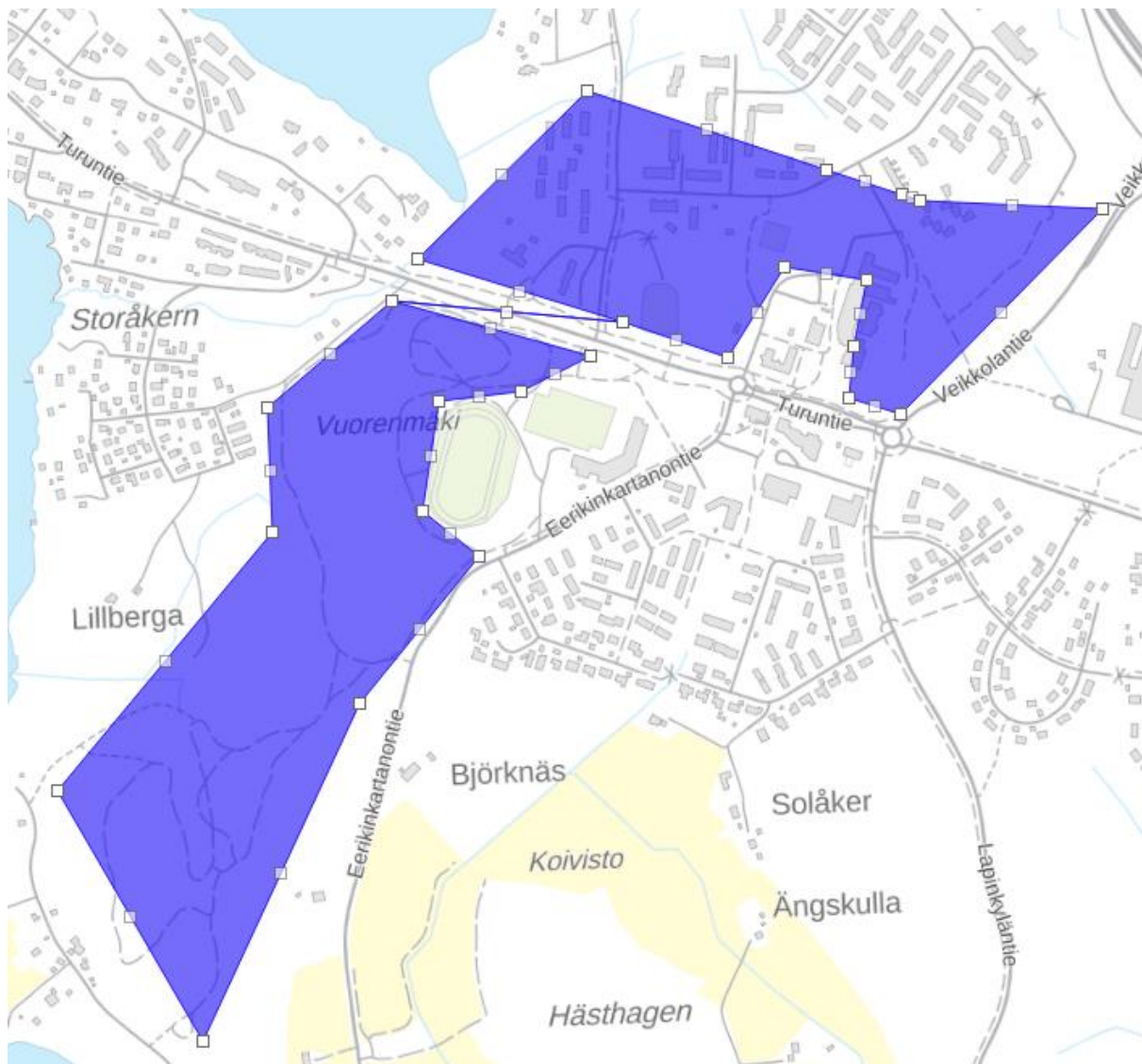


#### 5) Siuntio Spa, Siuntio





## 6) Veikkola, Kirkkonummi



## Visas

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.

Check if you need a visa to visit Finland and what travel documents are accepted in Finland:

<https://um.fi/visa-requirement-and-travel-documents-accepted-by-finland>



Even if you do 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.

## Volunteering opportunities

We are looking for volunteers to help in organising ETOC 2020. We offer the volunteers food during the days, an ETOC 2020 vest (for volunteers staying the entire week) and free participation in the public races. Furthermore, there is a limited amount of free accommodation available at OK 77's cottage in Espoo. Please contact [volunteers@ok77.fi](mailto:volunteers@ok77.fi).

## Organisers



*Suomen Suunnistusliitto*



# OK 77