



INTERNATIONAL ORIENTEERING FEDERATION



WORLD CUP 2020

Round #2 with EOC

ESTONIA

Rakvere Estonia, 19th – 23rd August 2020

BULLETIN 1+2

Event Director: Jaan Tarmak

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WELCOME TO ESTONIA

It is again a great pleasure to invite the top athletes of orienteering world to Estonia, this time is the turn of World Cup round 2 with European Championships 2020.

Organising the biggest and most important competitions has become a nice tradition to Estonians. WMOC 2016 was organised in Tallinn, the capital of Estonia, and WOC 2017 took place in South Estonia. This time the Event Centre will be in Rakvere – a small cosy town in Northern Estonia with a long and interesting history.



For EOC 2020, as the forest orienteering championships, there has been selected a very suitable terrain with indigenous forest areas. These forests were the habitat for aurochs – the symbol of Rakvere. Today, the area is a habitat for bears, who have been seen by forest visitors from time to time.

The young organising team, with the lead of Jaan Tarmak, is full of enthusiasm and eagerness. Behind their back will stand the orienteering club and Estonian Orienteering Federation supporting with the experiences from previous championships.

I am convinced that EOC 2020 will be held on the best organisational level. Welcome to Estonia in August 2020!

Meelis Mälberg
President of the Estonian Orienteering Federation



Sportsclub SK100 and Orienteering Club “Rakvere” are very pleased to welcome to Estonia competitors of the European Orienteering Championships and the Tallinn Orienteering Week (TOW) event in 2020.



The Organising Committee is working hard to honor in the best way its commitment to orienteers. With less than a year to go, many runners and orienteering fans are excited, giving the organisers more inspiration to continue the work towards a great EOC event in August 2020.

EOC2020 in West-Viru area is a championship for the world’s best orienteers, and TOW2020 is a race where you can meet the challenge of the same terrain as the international orienteers. A championship for all sports enthusiasts who love challenges, experiences and festivities. Welcome to Estonia!

Jaan Tarmak
Event Director | EOC2020

WORLD CUP 2020

The World Cup 2020 consists of the following 9 competitions:

World Cup round 1, Switzerland

21 May	Long Distance
22-23 May	Knock-Out Sprint
24 May	Sprint

World Cup round 2 with European Championship, Estonia

20 August	Long Distance
22 August	Middle Distance
23 August	Relay (forest)

World Cup round 3, Italy

1 October	Long Distance
3 October	Middle Distance
4 October	Relay (forest)

Runners are awarded World Cup points as per World Cup 2020 Special Rules.



1. ORGANISATION AND CONTACT

1.1 ORGANISER

MTÜ Spordiklubi 100 (NGO Sports Club 100).

1.2 ORGANISING COMMITTEE

Mait Tõnisson

Juta Tarmak-Vend

Kuno Rooba, Mait Tõnisson

Trainings

Media Contacts

Maps

trainings@eoc2020.ee

media@eoc2020.ee

1.3 EVENT ADVISORS

Jaakko Lajunen (FIN)

Edoardo Tona (ITA)

Margus Sarap (EST)

IOF Senior Event Advisor

IT Assistant Senior Event Advisor

National Controller

1.4 CONTACT INFORMATION

Madli-Johanna Maidla

info@eoc2020.ee

+372 5301 0296

www.eoc2020.ee

World Cup round #2 and EOC Secretary



2. EVENT PROGRAMME

Sunday, 16 August 2020

Arrival of the teams
Event Centre opens

Monday, 17 August 2020

Model event

Tuesday, 18 August 2020

Model event

Wednesday, 19 August 2020

Middle qualifications
Opening ceremony

Thursday, 20 August 2020

Long distance

Friday, 21 August 2020

Rest day

Saturday, 22 August 2020

Middle final

Sunday, 23 August 2020

Relay race
Closing ceremony
Banquet

Monday, 24 August 2020

Departure



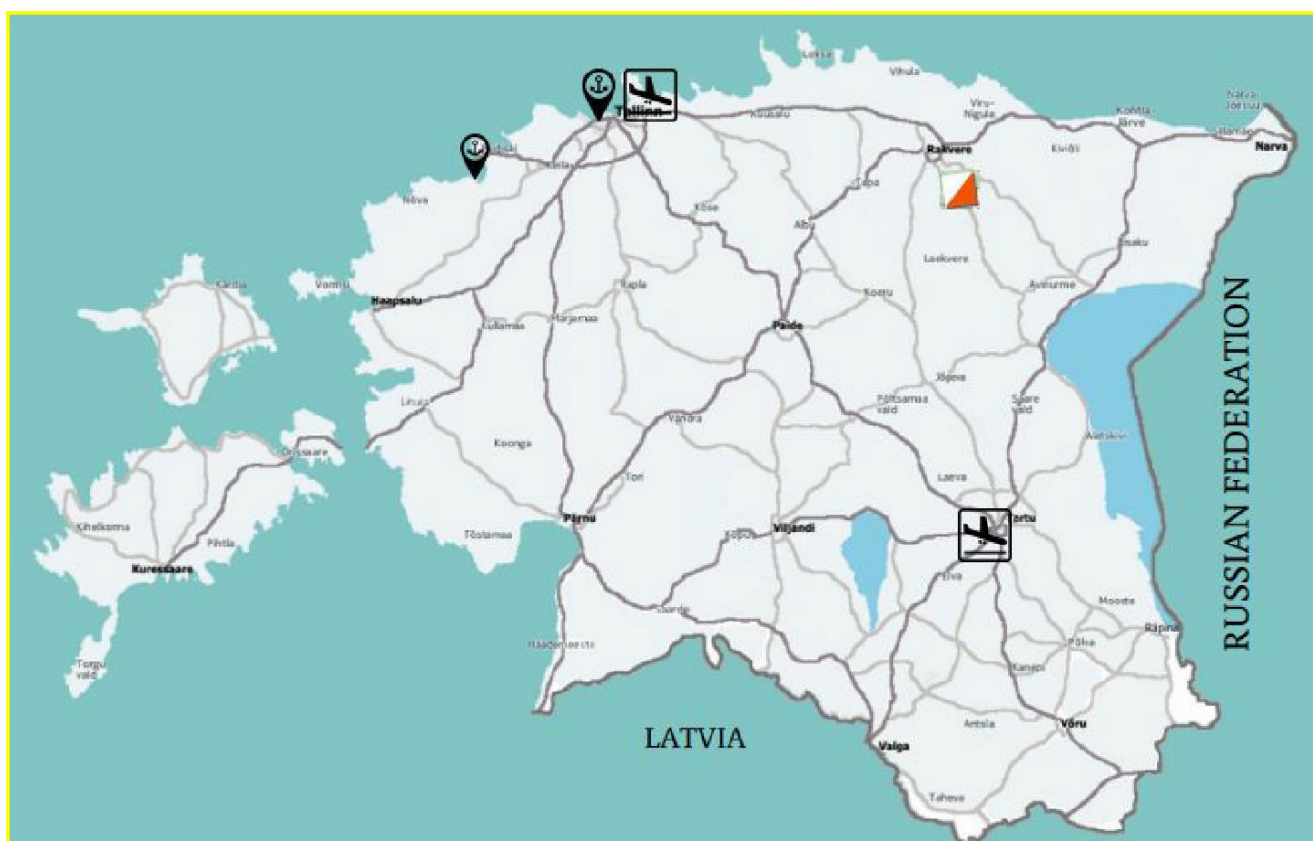
3. VENUES, ACCESS AND TRANSPORT

The World cup round #2 and European Orienteering Championships 2020 will take place in Rakvere and its near surroundings. Rakvere is a town with 15 000 inhabitants, situated in northern Estonia, 100 kilometres from Tallinn, the capital of Estonia.

Event Centre will be situated in and the opening ceremony will be held in Rakvere. All competitions will be held 25 kilometres south-east of Rakvere.

The closest airport is Lennart Meri Tallinn Airport (TLL), which has direct air links to numerous European cities. Located in Tallinn - 100 km from Rakvere, it takes ca 1h 20min by car to reach Rakvere by E20 highway. Riga Airport (RIX) in Latvia is 350 km from Rakvere and it is reachable by car (5h). From Stockholm and Helsinki, there are ferry connections to Tallinn and Paldiski, provided by Tallink, Viking Line and Eckerö Line.

Rakvere is easily reachable by trains and long-distance buses from all bigger towns in Estonia. From Tallinn it is 1h 20min by train and 1h 30min by bus. Rakvere train station is located 3,2km from the Event Centre and Rakvere bus station 1,4km from Event Centre.



4. EVENT CENTRE

The Event Centre (EC) and Event Office will be situated at Rakvere Vocational School.

Address: Piiri 8, 44316 Rakvere

Phone +372 5301 0296

e-mail: info@eoc2020.ee.

The Event Centre will provide the following facilities: Event Office, Media Centre, Toilets, Free Wi-Fi access and Parking.

5. ENTRY

5.1 ENTRIES AND ENTRY DEADLINES

All entries have to be done via IOF Eventor. The entry form will be available from 16th of May 2020 on <https://eventor.orienteering.org/Events/Show/6076>. Entries are done by the National team manager.

Important dates

- Event start date is 16 august
- The deadline for team size entry is 16 June 2020 (-2 months)
- The deadline for Team Names Entry is 6 August 2020 (-10 days)
- The deadline for competition entry is 12.00 the day before an individual race
- The deadline for Late Entries, Changes of Team Size or Team Names is 17th August 2020 at 12:00

Team Size Entry (deadline 16 June 2020)

The following information shall be filled via IOF Eventor:

- Team manager (chosen from list in IOF Eventor)
- Number of Team athletes (Men and Women, each competition)
- Number of Team Officials
- Number of Teams for the Relay

Team Names Entry (deadline 6 August 2020)

The following information shall be filled via IOF Eventor:

- Name of each Team Athlete by selecting from federation members in IOF Eventor.
- Name of each Team Official

Competition entries (deadline 12.00 the day before an individual race)

The following information shall be filled via IOF Eventor:

- Names of the competitors
- Competitors' starting group (individual distances, if required)
- Competitors' running order (relay)



Late Entries, Changes of Team Size or Team Names

Late Entries and changes will be accepted, if possible, up to 17 August 2020 at 12:00 hours. No late entries or changes will be accepted after that date. Late entries and changes will always have a defined extra cost (surcharge). Late entries and changes will always be treated equally and must be communicated directly to the organiser. The organiser makes the changes in IOF Eventor after deadlines.

17 June to 6 August 2020 surcharge 20% on new entries and withdrawals receive an 80% refund. 7 August to 17 August 2020 surcharge of 50% on new entries, withdrawals receive a 50% refund. Name changes in this period cost 10 EUR.

5.2 ENTRY FEES

Accreditation fee for athletes	110 EUR
Accreditation fee for team officials	110 EUR
Middle distance	140 EUR
Long distance	95 EUR
Relay (team)	210 EUR

The accreditation fee for team officials includes: model events, competition maps, start and result lists. Middle distance fee contains participation in model event, qualification and final (either A or B).

Long distance fee contains participation in model event and final competition.

5.3 PAYMENTS

After the Team Size deadline (16 June, 2 months before), the organiser will invoice the federation for entries and services. The invoices should be paid before 5 July 2020 (6 weeks before). If the Federation has done changes after that date it will be paid/refunded on the event at the Event Office at the latest.

The payment should be transferred to the organiser NGO Sports Club 100 bank account. **IMPORTANT** – the payer shall cover all bank charges.

MTÜ SPORDIKLUBI 100 (NGO Sports Club 100)

IBAN: EE112200221047956653

Bank: Swedbank BIC:HABAE2X

Swedbank address: Liivalaia 8, 15040 Tallinn, Estonia

Federations can request copies of invoice via email: info@eoc2020.ee



6. ACCOMMODATION AND FOOD

6.1 ACCOMMODATION

Organisers will provide hostel type accommodation at the dormitory of Rakvere Vocational School and Vinni Sports Complex Hostel.

Dormitory of Rakvere Vocational School is located at the same complex as the Event Centre. New dormitory building will be opened at the beginning of the year 2020 and it can host up to 200 persons. Each room has two beds and two rooms are sharing a toilet and a mini kitchen. The building has a gym.

Vinni Sports Complex Hostel (<http://www.vinnisport.eu/>) is located in Vinni borough, 8 kilometers from Event Centre in Rakvere. The complex has 140 places. There are 2, 4 or 6 beds in a room. In some rooms, there are bunk beds. The sports complex has a pool and a gym.

Hostel	Price per person per night
Dormitory of Rakvere Vocational School	25 EUR
Dormitory of Rakvere Vocational School - including 3 meals per day	45 EUR
Vinni Sports Complex Hostel	20 EUR
Vinni Sports Complex Hostel- including 3 meals per day	40 EUR

Contact to book the accommodation: info@eoc2020.ee. Latest date to book the accommodation is 16 June 2020.

There are multiple hotels, hostels and other accommodation facilities in the area, more information: <https://www.visitestonia.com/en>. Teams are allowed to book their own accommodation beside the accommodation provided by organisers.

6.2 FOOD

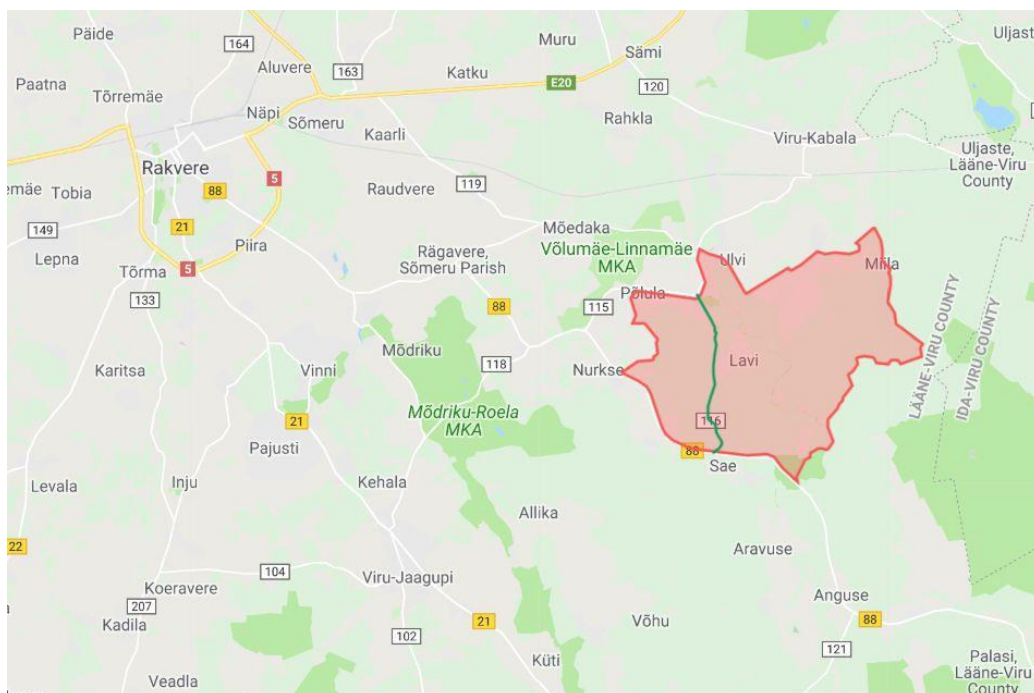
Catering service will be provided in the arenas.



7. EMBARGOED AREAS

With regard to the IOF Competition Rules (article 26.5), the embargoed areas are forbidden for all potential EOC2020 athletes, team officials and other persons that may be in a position to give information to the team members.

On the embargoed area map, red colour indicates areas with strict embargo, meaning that competitors, team officials, and other persons, who, through knowledge of the terrain, may influence the results of the competitions, are not allowed to enter the area. Green colour indicates roads through embargoed areas, that are permitted for transit but may not be used for trainings.



More detailed maps can be viewed in [Google Maps](#)

7.1 PREVIOUS ORIENTEERING MAPS

Colour copies of the most recent orienteering maps can be downloaded at EOC 2020 web page.

Map name/area	Map discipline	Map year	Other map details
Põlula	Foot-O	1993	http://www.orianteerumine.ee/kaart/kaartshow.php?Kood=9313
Põlula	Foot-O	2012	http://www.orianteerumine.ee/kaart/kaartshow.php?Kood=2012074
Pukametsa	Foot-O	2015	http://www.orianteerumine.ee/kaart/kaartshow.php?Kood=2015023
Miila	Foot-O	1984	http://www.orianteerumine.ee/kaart/kaartshow.php?Kood=8421

8. TRAINING

8.1 CONTACT

Mait Tõnisson

EOC2020 Trainings Coordinator trainings@eoc2020.ee

+372 513 8911

8.2 MAPS

Maps can either be purchased as files (OCAD/PDF/JPG) or in printed form (laser-print) with or without controls. Training maps' location on [Google Maps](#).

You can also check [Estonian Orienteering Map database](#).

8.3 PERMANENT COURSES

Three permanent courses will be available:

- Lasila
- Kõverjärve
- Miila – from 22 September 2019

Controls are marked in the forest with plastic tapes and it is possible to purchase maps with all controls (5 EUR/pc).

8.4 COMPETITION AND TRAINING CAMP 2019

- 11 September 2019 – weekday evening event Viitna - http://paevakud.ee/?post_type=events&p=16842
- 14-15 September 2019 – Eurometing and XXXI Suunto Games Vitipalu <http://avaleht.peko.ee/events/xxxi-suunto-games-eurometing-wre/>
- 16-20 September 2019 – Official Training Camp in Southern Estonia, Otepää. 9 training terrains within a radius of 30 km from Otepää.
- 18 September 2019 – weekday evening event Käsmu - http://paevakud.ee/?post_type=events&p=16843
- 21 September 2019 – Virumaa O-jooks Miila <http://raok.ee/> – map maker is EOC map maker Kuno Rooba

Full Estonian orienteeing calendar: <http://www.orienteerumine.ee/kalender/index.php>

Full weekday evening events calendar: <http://paevakud.ee/orienteerumispaevakute-kalender/>

8.5 PRICES

Printed clean maps	4 EUR/pc
Printed maps with permanent controls	5 EUR/pc
Map file in OCAD/JPG	150/100 EUR



Prepared trainings:

- Controls in forest: 5 EUR/pc
- SportIdent timing: 100 EUR/training
- Printed maps with controls: 5 EUR/pc

8.6 TERRAINS

https://www.google.com/maps/d/edit?mid=1cKLMuuRXnXldS7t_yEP6A64JMFtemm0T&ll=59.425988668253694%2C26.31231609824215&z=10

Year of mapping	Name	Exam./ Old Map	Description	Mapper	Note
2019	Miila	link	EOC model terrain	Kuno Rooba	Available from 22 September 2019
2019	Tamsalu S	link	Runnability similar to EOC	Kuno Rooba	
2019	Rakvere	link1 link2	Runnability similar to EOC	Kuno Rooba	
2018	Käsmu	link	Mostly pine forest with many boulders	Mait Tõnisson	
2018	Palmse	link	Somewhat different terrain than EOC	Mait Tõnisson	
2016	Lasila	link	Runnability similar to EOC	Kuno Rooba	
2015	Mõndavere	link	Runnability similar to EOC	Toivo Saue	There is a training area of the Defense Forces in the western part of the map, which is forbidden to enter
2013	Kõverjärve	link	Runnability similar to EOC	Juozas Smalinskas	
2012	Viitna	link	Mostly pine forest	Tõnis Laugesaar	
2010	Uljaste	link		Juozas Smalinskas	
2010	Tamsalu	link	Runnability similar to EOC	Tarvo Klaasimäe	



9. RULES AND GENERAL INFORMATIONS

9.1 COMPETITION RULES

The Competition Rules for IOF Foot Orienteering Events 2020, valid from 1 January 2020 apply.

9.2 CLASSES AND PARTICIPATION RESTRICTIONS

There are two classes, Women and Men.

Participation restrictions, classes and qualification system will follow the Special Rules for the 2020 World Cup in Orienteering.

In the relay a federation may enter 3 teams, each consisting of 3 competitors, but only the better-placed team will count in the prize list. Incomplete teams, and teams with runners from more than one Federation are allowed but are not included in the official results. Each participating federation shall appoint a team manager to act as a contact person between the team and the organiser. It is the team manager's duty to see that the team receives all necessary information.

9.3 RULES FOR EUROPEAN CHAMPIONSHIP

- Competitors representing member federations of the IOF, defined by the International Olympic Committee as belonging to the European continent, can compete in EOC.
- Competitors representing other member federations of the IOF can participate in EOC, but will not be eligible for European titles, medals or diplomas. If any non-European competitors participate in the competition two separate results lists will be published. One results list showing the results of the European Orienteering Championship excluding any non-European competitors and a second showing the results of the competition including non-European competitors.
- Competitors shall have full passport-holding citizenship of the country of the federation they are representing.

9.4 ANTI-DOPING

Doping is forbidden. "Think positive – test negative!"

IOF Anti-Doping Rules apply, valid as of January 1, 2015.

Both, the IOF and/or the anti-doping agency of the organizing country can order doping tests at any time during the stay of the participants.

By their signature given at the event registration upon arrival, the athletes and coaches will accept that they are subject to sanctions in the event of any doping offence. The team leader will have to sign for the whole team.



9.5 INSURANCE

The organisers decline any liability that might occur through participation in the IOF World Cup Events and trainings. Each person participates at her/his own risk and is responsible for her/his own insurance coverage (illness and accident).

9.6 CLIMATE AND HAZARDS

Estonian summers are usually mild with a chance of rain. The average temperature in August is 16.5 °C and generally the temperature is between 11 to 22 °C. The average rainfall in August is 76mm and the sea temperature is 17 °C.

Ticks, carrying encephalitis and Lyme-disease are common in Estonia.

9.7 VISAS

According to the current regulations, citizens of some countries must obtain a visa in order to enter Estonia. Please check the website of the Estonian Ministry of Foreign Affairs for more information: <http://vm.ee/en/taxonomy/term/41>

9.8 ATHLETE'S LICENCE

All athletes need to have an [IOF athlete's licence](#) to participate at the World Cup races.

10. MEDIA SERVICES

Media representatives do not pay an entry fee; they are however required to register in order to receive an ID card which will entitle them to access all model and competition areas as well as the media zones. Media accreditation form and instructions will be posted on IOF Eventor: <https://eventor.orienteering.org/Events/Show/6076>

A Media Centre with limited space is located at the Event Centre. In the arenas the Media Centres are equipped with all the necessary communication facilities. Special access to the terrains may be provided to accredited photographers.

Media contact: Jutta Tarmak-Vend

Phone: +372 5668 5656

Email: media@eoc2020.ee

11. COMPETITION INFORMATIONS

11.1 PUNCHING SYSTEM

SPORTident Air+ touch-free punching system will be used in all EOC2020 competitions.

11.2 CLOTHING

There are no regulations regarding clothing. The choice of footwear is free.



12. EVENT INFORMATION

12.1 MAPS

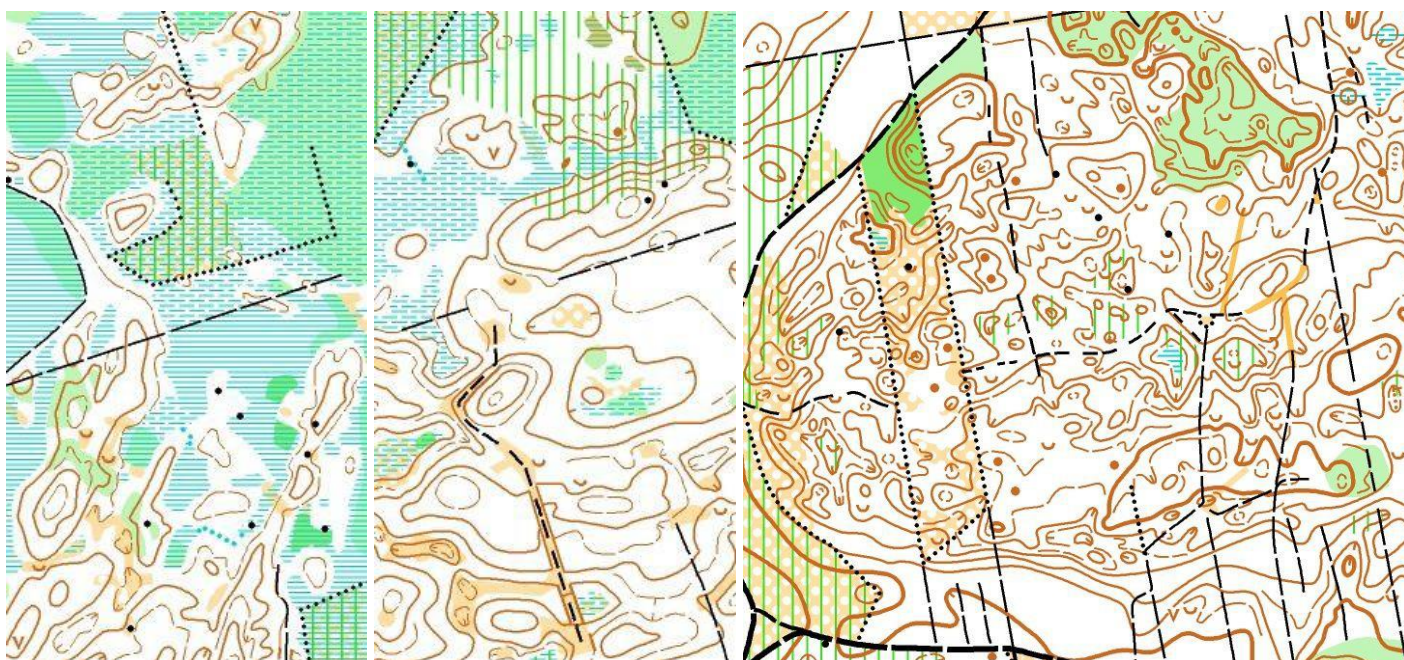
Maps are drawn according to the International Specifications for Orienteering Maps (ISOM 2017).

Race	Scale	Contour interval
Middle qualification	1:10 000	h=5 m
Middle final	1:10 000	h=5 m
Long	1:15 000	h=5 m
Relay	1:10 000	h=5 m

12.2 TERRAIN DESCRIPTION

All competition days use different parts of the same terrain.

The terrain has many typical moraine features (eskers, kames, drumlins). Height difference on the terrain is around 30 metres and 20 metres on one slope. There are many hillocks and depressions with depths and heights up to 10 metres. Larger marshes and flat areas are situated around streams and rivers. Depending on the weather, the marshes can be wet.



The vegetation is very varied, but most of the terrain is covered by forest. There are a lot of areas with self-sown undergrowth and high grass. Logging areas can be overgrown. Runnability varies from spruce forest with good runnability to overgrown logging areas, areas with storm-felled trees and a lot of areas with undergrowth, which all have poor runnability. Visibility varies from good to poor. A regular pattern of forest rides covers the terrain and there are some small roads and tracks.

12.3 PRELIMINARY COURSE INFORMATION

Race	Women/Men	Winning time (min)	Length (km)
Middle qualification	Women	25	4.5
	Men	25	5
Middle final	Women	30-35	5
	Men	30-35	6-7
Long	Women	70-80	11-12
	Men	90-100	15-17
Relay (per leg)	Women	30-40	5
	Men	30-40	7

13. PUBLIC RACES – TALLINN ORIENTEERING WEEK

In parallel to the EOC competitions, public races - Tallinn Orienteering Week - will take place. Public race gives a good opportunity to test your own abilities at the same terrain as elite runners. Forest races (Day 1, 3, 4) will be in the same terrains as EOC. Sprint distance will take place in different terrain in Rakvere. On day 3, there will be a traditional Tallinn O-Week long distance competition 100CP Run, which has been organised since 2005. In 100CP Run, M21E class will have 100 control points, W21E class 70 control points and other classes respectively less.

Day	Date	Distance
Day 1	20 August	Middle
Day 2	21 August	Sprint in Rakvere
Day 3	22 August	Long (100CP Run)
Day 4	23 August	Middle

More information about Tallinn Orienteering Week in web page: <http://tow.ee/en/>

NB! EOC 2020 athletes are not allowed to participate in Tallinn O-Week races.



14. REGISTRATION FOR IOF FAMILY

Registration has to be done in IOF Eventor:

<https://eventor.orienteering.org/Events/Show/6076>

The IOF Family is a new category to motivate more of IOF member federation officers to take part of the IOF Family tent to have meetings and small talk. It is offered to IOF member federations officers, IOF commissions, Event Advisers, future WOC organisers and partners of EOC 2020.

The accreditation fee for IOF Family is 30 EUR. The accreditation includes IOF Family services in the competition arenas and competition maps.

Registration must be confirmed by 16 July 2020.



15. ORGANISERS



16. SUPPORTERS



European Union
European Regional
Development Fund



Investing
in your future



EAS
Enterprise Estonia

visit estonia

