

# EUROPEAN TRAIL ORIENTEERING CHAMPIONSHIPS

20–24 MAY, 2020  
LOHJA, FINLAND



**ETOC  
2020**

## BULLETIN 3

March 2020



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## Welcome by the Managing Director of the Finnish Orienteering Federation

On behalf of the Finnish Orienteering Federation, I am pleased to welcome all of you to Finland for the 2020 European Trail Orienteering Championships!

The European Championships will be organised in the best terrain of southern Finland. The Relay will be held in the surroundings of the Kisakallio Sports Institute in Lohja, which has good facilities for the competition as well as for training, accommodation and meals. A delightful part of the famous national park of Nuuksio, in Espoo, has been chosen for the PreO terrains, and the Tempo competition will be held in the surroundings of the lively village Veikkola, in Kirkkonummi.

The organisers have been working on the event ever since it was awarded to Finland in June 2018, and all tasks are right on track. The broad structure of the organising team – three Course Setters and four Competition Managers in addition to the Event Director – will guarantee high quality competitions. Course Setters and Competition Managers have been able to concentrate on their 'own' competitions, and during the competition week this will ensure that everything runs smoothly. I am certain that Finland will once again offer you quality arrangements, quality maps and quality courses. As there are Public Events on all competition days, you can bring your family and friends with you too!

I look forward to seeing you all next May in Finland!



Mika Ilomäki

Managing Director, Finnish Orienteering Federation

## Organising Team

<b>Event Director</b>	Anna Jacobson
<b>Competition Managers</b>	Model: Timo Tolkki PreO 1: Ari Kauhanen PreO 2: Anders Westerlund Relay: Harry Sainio TempO: Timo Tolkki
<b>Course Planners</b>	PreO 1: Martti Inkinen PreO 2 & Relay: Åke Jacobson TempO: Roope Näsi
<b>Map-making</b>	Matti Toivonen
<b>Technical Manager</b>	Åke Jacobson
<b>Event Administration</b>	Henrika Backman
<b>Event Office</b>	Olli Kantanen
<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

Event 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](http://www.twitter.com/etoc2020)

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

## Event Advisers

<b>Senior Event Adviser</b>	Jana Kostova (CZE)
<b>National Controller</b>	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	Time	Programme	Location
<b>Tuesday 19.5.2020</b>	12:00–19:00	Arrival	Kisakallio
		Event Office open	Kisakallio
		Map Model	Kisakallio
<b>Wednesday 20.5.2020</b>	09:00–20:00	Event Office open	Kisakallio
	10:00–15:00	Model Event	Oittaa
		Map Model	Kisakallio
	18:00	Deadline for name submissions - Relay	IOF Eventor
	18:00–19:00	Opening Ceremony	Kisakallio
	19:00–20:00	Team Official Meeting	Kisakallio
<b>Thursday 21.5.2020</b>	10:00–15:00	Relay	Kisakallio
	08:30–19:30	Event Office open	
	09:00	Quarantine closes	
	10:00	Start, P Class	
	10:20	Start, O Class	
	12:00	Deadline for name submissions - PreO	IOF Eventor
	15:00–16:30	Public Event	Kisakallio
	16:00	Prize-giving Ceremony	Kisakallio
	18:00–19:00	Team Official Meeting	Kisakallio
<b>Friday 22.5.2020</b>	10:00–15:00	PreO 1	Luukkaa
	09:00–18:00	Event Office open	Luukkaa
	10:00	First start	



	12:00	Quarantine for last starters	
	14:30–15:30	Public Event start	Luukkaa
	18:00–19:00	Team Official Meeting	Kisakallio
	18:00–19:30	Event Office open	Kisakallio
<b>Saturday 23.5.2020</b>	10:00–15:30	PreO 2	Röylä
	8:30–18:00	Event Office open	Röylä
	09:15	First transport to start	Röylä
	10:00	First start, O Class	
	10:20	First start, P Class	
	12:00	Deadline for name submissions - TempO	IOF Eventor
	14:00–15:00	Public event start	Röylä
	17:30–19:30	Event Office open	Kisakallio
	18:00	Prize-giving Ceremony	Kisakallio
	18:30	Team Official Meeting	
<b>Sunday 24.5.2020</b>	09:00–17:00	TempO	Veikkola
	08:30	Quarantine closes	
	09:00	First start, Qualification	
	12:00–13:30	Public Event	
	14:00	Final quarantine closes	
	14:30	First start, Final	
	16:30–17:30	Social Event	Veikkola
	16:45–18:30	Public Event	
	17:30	Prize-giving and Closing Ceremony	Veikkola



## 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, as they were already drawn and the courses set on them when the new map specifications were published.

## 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](#). 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!

Please start the entry process as soon as possible, in order to help the organiser's work.

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

## Corona virus and ETOC 2020

We follow the recommendations of the Finnish Institute for Health and Welfare. At the moment, their recommendations do not give a reason to move ETOC 2020. Should there be any changes, of course, we will inform all entered participants (and others via social media and the website).





## Payment information

All payments must be made to the organiser's bank account by the appropriate deadline – see below. Bookings and entries are only valid when the payment has been made.

### Deadlines for payments:

Transportation package: 15.3.2020

Entry fees: 8.4.2020

Accommodation: 28.4.2020

### Bank details:

Recipient: OK 77

IBAN: FI2740552920007558

BIC: HELSFIHH

Address of OK 77: OK 77, c/o Henrik Wallen, Soukankaari 2 A 1, 02360 Espoo, Finland

Address of the bank: Aktia Bank plc, Mannerheimintie 14, PO Box 207, 00101 Helsinki, Finland

NOTE! As the message, please write:

ETOC 2020: [name of the person whose fee it is] [country] [which fee]

i.e.

ETOC 2020: Anna Jacobson FIN accommodation

or

ETOC 2020: GBR team entry fee





## Entries received

Federation	O Athlete	P Athlete	Team Official	Accompanying Person	Escort	Total
Finland	9	6	1	1		17
Great Britain	8	2	1			11
Hungary	2					2
Italy	6	3				9
Japan	4	1		1		6
Latvia	6	5				11
Lithuania	3	3				6
Norway	6	3				9
Portugal	3	1			1	5
Slovakia	7					7
Slovenia	3					3
Ukraine	6	4	2	1		13
United States	1	1	1			3
<b>Sum</b>	<b>64</b>	<b>29</b>	<b>5</b>	<b>3</b>	<b>1</b>	<b>102</b>

## Eligibility Certificates

Copies of eligibility certificates for the P class must be sent to [etoc2020@ok77.fi](mailto:etoc2020@ok77.fi) in conjunction with the entries. The latest date for sending the certificates is 10 May 2020. The latest date to apply for eligibility from the IOF is 20 March 2020.

## Escorts

The organisers will provide escorts on steeper hills. According to the new rules (valid from 1.2.2020), those competitors who 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 Officials Meetings or make a complaint. Also, an escort does not have free entry 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.) When sending the request for an escort, please indicate what kind of wheelchair the athlete has and what is the weight class of the wheelchair and the athlete together: under 80 kg, 80–110 kg, over 110 kg.



# 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 11.50 EUR / meal. If not pre-booked, the price for the buffet is 13 EUR.

**N.B.** At the PreO 1 Event Centre there is the possibility to have lunch, which includes salad, bread and warm food, for 9.50 €. Please book your lunches in advance to guarantee that there is enough food. Lunch bookings should be made as soon as possible but at the latest by 10 May 2020 to [etoc2020@ok77.fi](mailto:etoc2020@ok77.fi).

**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.

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

## Course information

Event	Length	Controls	Timed control	Road surface	Drinks station	Climb
Relay	1.2 km	3x12	2/leg x 5 tasks	Mostly asphalt		35 m
PreO 1	1.3 km	25	2 x 3 tasks	Smooth gravel		25 m
PreO 2	1.6 km	30	2 x 3 tasks	Smooth to rough gravel	1	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 and control descriptions.

When the answer is zero, there are no flags on the same areal or linear feature closer than 4 metres from the right place. For 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.

## Punching system and results

In PreO competitions and in the Relay, SportIdent is used. The organiser provides SportIdent cards to the athletes, who shall return them to the Event Office after the last competition. The fee for a lost or broken SportIdent card is 40 €. In TempO, Relay and timed controls, ANT is used to record the answers. The competitors carry with them competition cards, and the answers are written on those too. In case of conflicting answers in ANT and on the card, the answer on the card applies, unless it has been modified by the athlete and/or unless the ANT answer can be heard on the recorded tape.

## 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. They will receive the transportation schedule closer to the time.



## Area map



It is 65 km from Kisakallio (1) to Helsinki Airport (7).

- 1) Kisakallio Sports Institute (Event Centre, Relay), Kaarina Karin tie 4, 08360 Lohja
- 2) Luukkaa, Röylä (PreO 1, PreO 2), Luukintie 33, 02970 Espoo. You are only allowed to approach the Event Centre from the North, i.e. via the road 120 (Vihdintie).
- 3) Oittaa (Model), Kunnarlantie 31, 02740 Espoo
- 4) Porkkala (reserve area)
- 5) Siuntio Spa (reserve area)
- 6) Veikkola (TempO), Eerikinkartanontie 5, 02880 Veikkola
- 7) Helsinki-Vantaa Airport

## 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 by email ([etoc2020@ok77.fi](mailto:etoc2020@ok77.fi)).

Date	Event	Start schedule for the public event	Location (number on the area map)
Thursday 21.5.2020	Relay, Public event	15:00-16:30	Kisakallio, 1
Friday 22.5.2020	PreO 1, Public race	14:30-15:30	Luukkaa, 2
Saturday 23.5.2020	PreO 2, Public race	14:00-15:00	Röylä, 2
Sunday 24.5.2020	TempO, Public event	Q from 12:00 F from 16:45	Veikkola, 6

## 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.

## 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/rq2/#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.

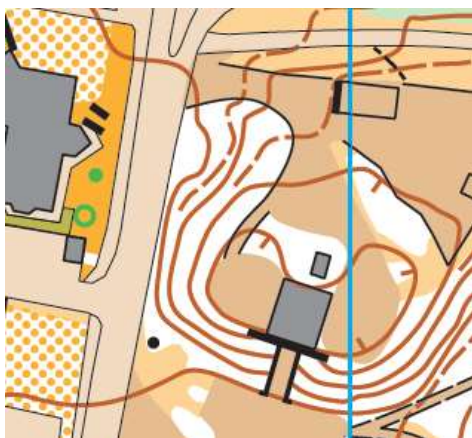


Previous map: <http://helsinginsuunnistajat.fi/harveli/cgi-bin/reitti.cgi?act=map&id=153>

## Tempo Qualification

*Veikkola (6)*

A suburban area with a mixture of open, park-like areas and patches of forest 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)

## 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)

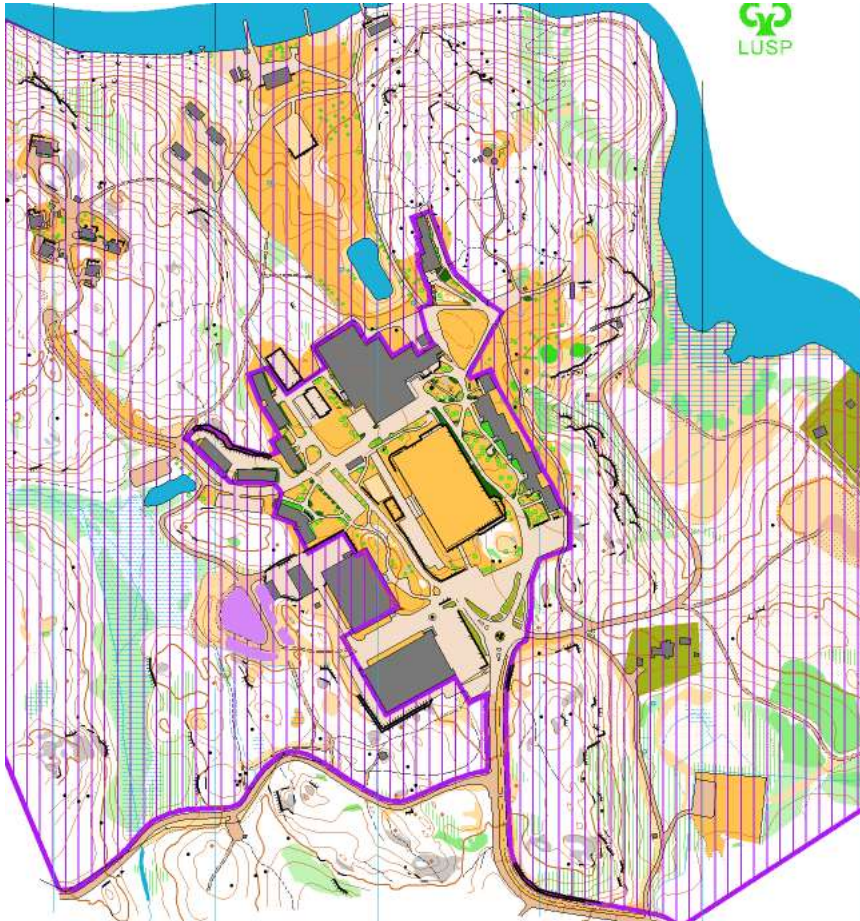
### 2) Siuntio Spa, Siuntio

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)

## Embargoed areas

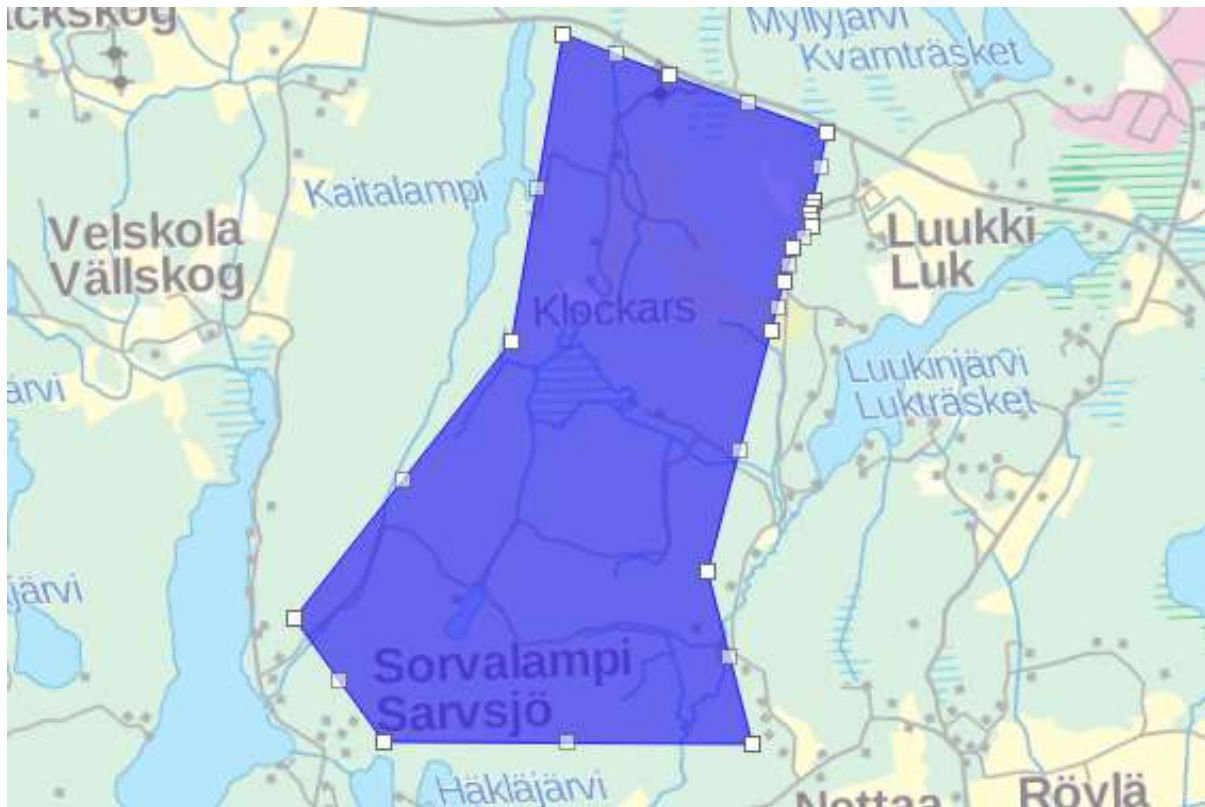
All potential ETOC 2020 participants, coaches, and team officials, as well all those people who could supply ETOC team members with information about the terrain, are prohibited to enter the embargoed areas. It is furthermore forbidden to fly drones above the embargoed areas. The detailed embargoed areas can be seen in [the map register of the Finnish Orienteering Federation](#) (“Harjoituskiellot”=Embargoed areas)

### 1) Kisakallio Sports Institute, Lohja. NB. Embargo slightly changed since Bulletin 2!

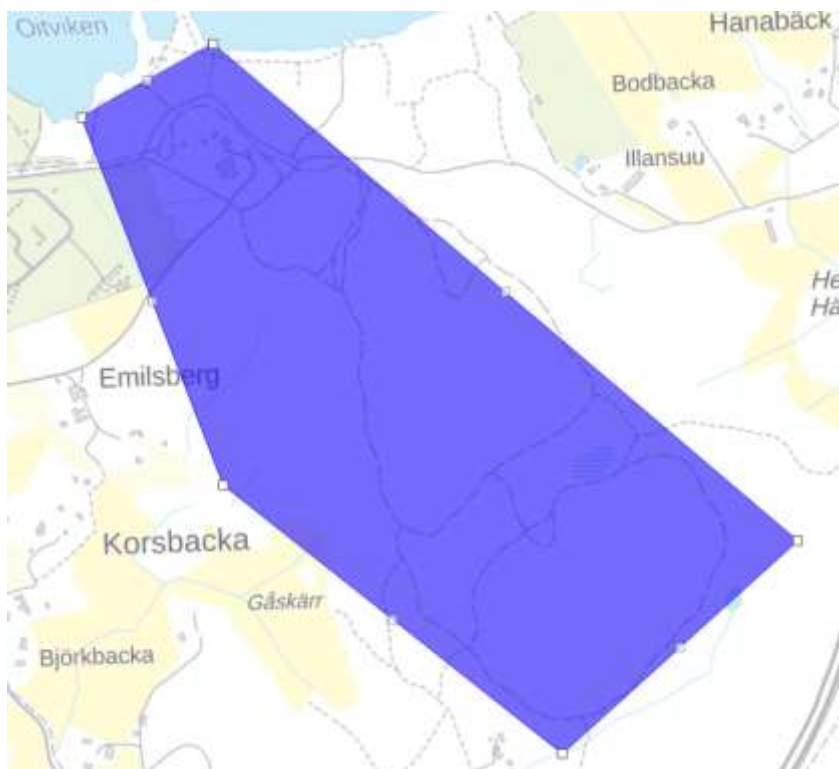




## 2) Luukki/Röylä, Espoo

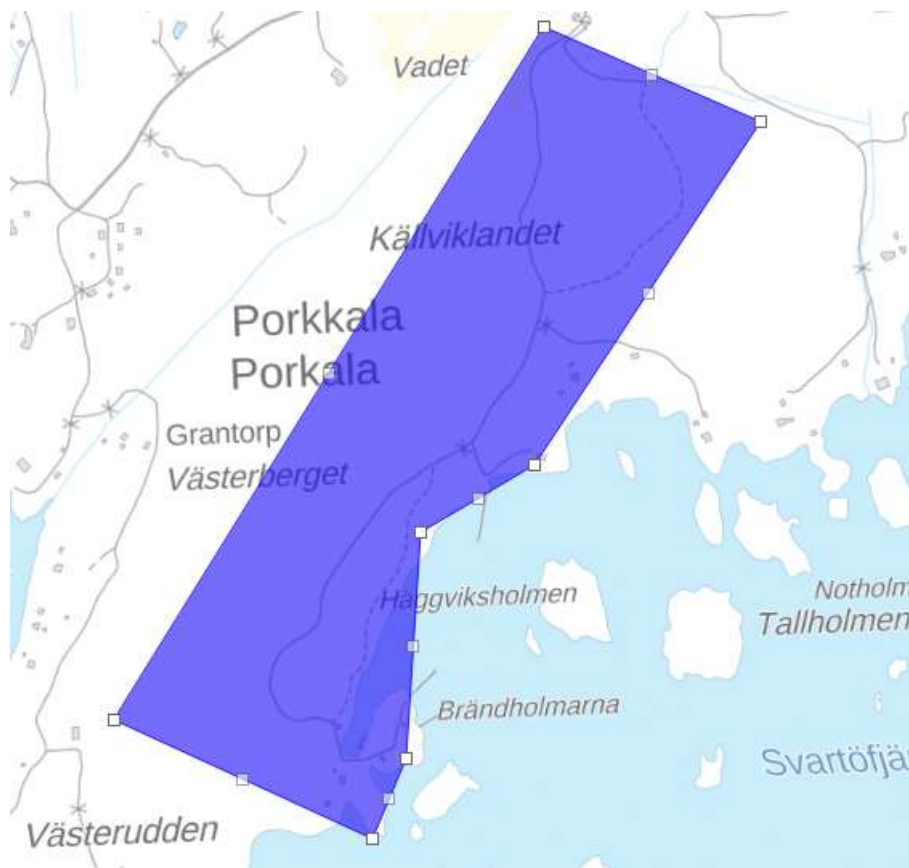


## 3) Oittaa, Espoo

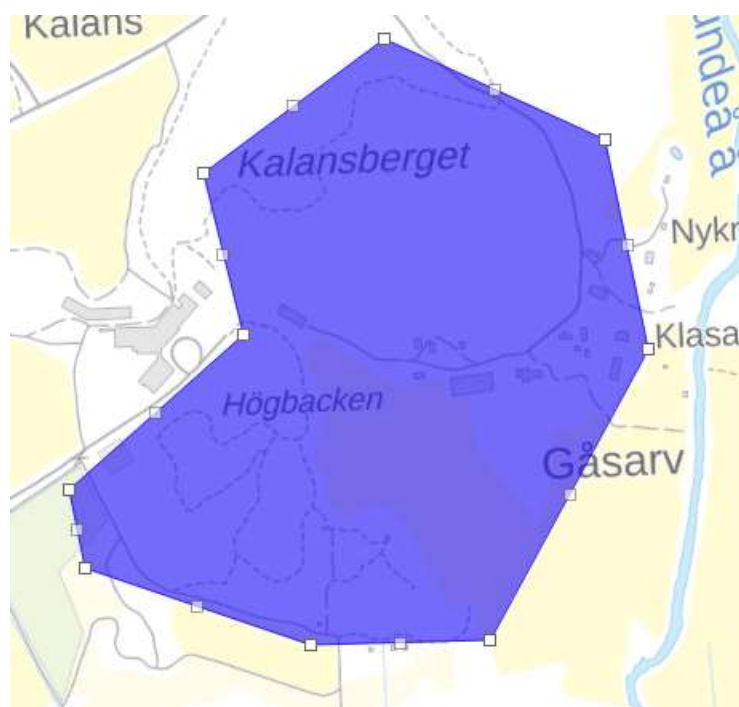




#### 4) Porkkala, Kirkkonummi

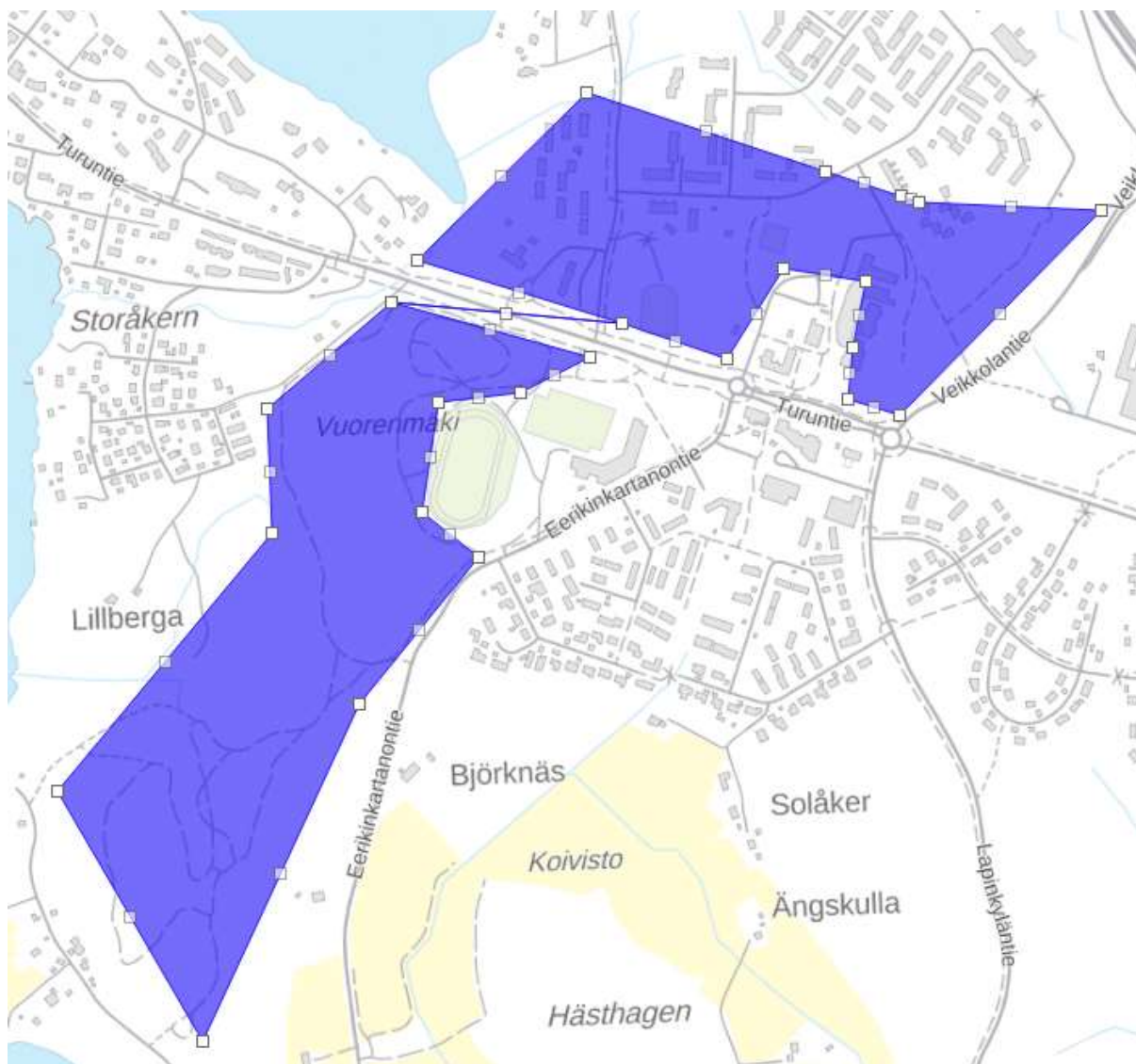


#### 5) Siuntio Spa, Siuntio





## 6) Veikkola, Kirkkonummi



## Social Event

A small social event with snacks and 'finger food' will be organised at the TempO Event Centre in Veikkola, 16:30–17:30. It is included in the athletes', team officials' and accompanying persons' accreditation. Other participants can buy a ticket to the Social Event in the Event Office on-site. Tickets cost 10 €.

## 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.

## Training possibilities

Training opportunities will be available, please refer to the national event calendar for [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, on request.

## 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**

## Sponsors



**SPORTident**