



**IOF WORLD
MTB ORIENTEERING
CHAMPIONSHIPS
&
JUNIOR WORLD
MTB ORIENTEERING
CHAMPIONSHIPS**

Kuortane
June 10 - 18, 2021

**BULLETIN
3**

APRIL 2021



CONTENTS

	Changes of 11 th of May 2021	3
	Covid 19 Information	4
	Invitation	4
1.	Organization	4
2.	Venues	5
3.	Program	8
4.	Participation and Classes	11
5.	Rules	11
6.	Entries	12
7.	Accommodation and Food	14
8.	Transport	16
9.	Entry Permits (visas) to Finland	18
10.	Opportunities for Training	18
11.	The Punching System	18
12.	Map Details, Map samples, Terrain Descriptions	19
13.	Course Details	21
14.	Embargoed Areas	22
15.	Team Leaders' Meetings	25
16.	Bibs	26
17.	GPS	26
18.	Bike Wash and Repair	26
19.	Health Care	26
20.	Live Coverage	27
21.	Local Weather Conditions	27
22.	Clothing	27
23.	Hazards	28
24.	Antidoping	28
25.	Media Services	28
26.	Bulletins	28
27.	Some Practical Facts about Finland/Kuortane OTC	28
APPEDIX	AREA MAP OF KUORTANE OTC	30



Changes made in Bulletin no. 3 published first time in April 2021**Page 9**

Tuesday 15th of June: Model event in Seinäjoki (Törnävä).

Page 11

Riding off the tracks is allowed, and all controls will be along the tracks, paths and roads.

Page 19

Sprint, Map scale: 1:5000

COVID19 INFORMATION

The first version of the Covid19 Bulletin of the Championships was released on 25th of March 2021. The information can be found both at the official website of the event (mtboc2021.com) and the IOF Eventor.

There will be a specific, detailed Covid19 Bulletin for the Championships. The main aim of the bulletin is to minimize the risks of a Covid19 infections and offer a safe event for both the participants and the organizers. All the published information is valid at the time of publishing. Any changes and updates to COVID19 recommendations and instructions will be shared when there will be new information available

The Covid19 Bulletin is considered additional regulations as per IOF MTBO Competition Rules 2.5 and any breaches to these regulations will be considered as per the Competition Rules. All participants will be required in advance of the event to confirm that they have read, understood and will abide by the provisions in the Bulletin.

INVITATION Dear friends of mountain bike orienteering,

On behalf of the Organizing Committee I am honored to invite all the IOF federations to take part in the World Mountain Bike Orienteering Championships 2021 in Alajärvi, Alavus, Kuortane and Seinäjoki in the beautiful region of South Ostrobothnia.

Under these curious and difficult circumstances the easiest way would have been to cancel the competitions. But with good will and cooperation with the IOF, our own team and you all, it is possible to organize the event respecting, following and taken the Covid19 protocol of the event into account.

The close connection between physical activity and nature makes mountain bike orienteering particularly attractive for both competitors and spectators. During the championships, I hope that you will enjoy the unpolluted and fresh air discover the versatility of our country, called the land of thousands of lakes and forests, as you may have heard.

We are looking forward to this special sports event and have done our best to make the 19th WMTBOC Championships to succeed with your positive attitude to the special features of the gathering. I hope you will have great time in Finland and I wish good luck to all competitors.

Tapio Korjus
President of the Organizing Committee
Director of Kuortane Olympic Training Center
Olympic champion in Javelin 1988



1. ORGANIZATION

Kuortane Olympic Training Center

Opistotie 1

63100 Kuortane, Finland

Tel. +358-516 6111

E-mail: wmtboc2021@kuortane.com

Websites: www.wmtboc2021.com, www.kuortane.com

Event Director

Ms Maarit Laitinen

E-mail: maarit.laitinen@kuortane.com

Tel. +358-6-516 6268

Competition Director

Mr Timo Laurila

E-mail: timolaurila@outlook.com

Tel. +358-500 567 688

IOF Event Advisor

Mr Maxim Kapitonov (RUS)

E-mail: maximkapitonov@gmail.com

Tel. + 7-962-9583042 or +358-46-543 3508

National Advisor

Mr Tuomo Marttinen

E-mail: tuomo.ruuhimaki@gmail.com

Tel. +358-500-833 164

Competition Management

Arja Stevander

E-mail: arja.stevander@kuortane.com

Tel. +358-44-350 0141

Media Liaison

Tanja Hietikko

E-mail: tanja.hietikko@kuortane.com

Tel. +358-6-516 6237

Course Planners

Mika Häkkinen, Niko Latva, Mika Rantala

Harri Yli-Ikkka and Jari Åkerman

Result Services

T:mi Result Fellows

Mr Risto Kivinen

Medical Liaison

PhD, MD and Specialist in Sport and Exercise

Medicine, Mr Esa Liimatainen

e-mail: esalii@utu.fi

2. VENUES Event Center/Athletes' Village

The Championships' Event Center/Athletes' Village is located at Kuortane Sport Institute/Olympic Training Center (OTC), the same venue, where the 21st World University Orienteering Championship was successfully arranged in 2018. The Center offers high-level accommodation and catering services as well as meeting and sports facilities for all participants.



The Athletes' Village will be open from Thursday 10th till Friday 18th of June 2021

Please note: also earlier arrival is possible, if required by teams and there are rooms available.

For more information on Kuortane OTC and its services/facilities, please visit: www.kuortane.com.
Our Reception will also help you if you need further information on available services.

Contact information: Kuortane Olympic Training Center/Kuortane Sports Institute
Opistotie 1 (P.O. Box 49)
63100 Kuortane
tel. +358-6-516 6111
e-mail: reception@kuortane.com
www.kuortane.com

Competition Venues

Alajärvi is a town and municipality located in the South Ostrobothnia region. The town has a population of 9,752 and it covers an area of 1,056.74 km².

Alavus (Swedish: Alavo) municipality is located in the province of Western Finland and is part of the Southern Ostrobothnia region. The town has a population of 11,545 (31 January 2019) and covers an area of 1,151.46 km² (444.58 sq mi) of which 52.31 km² (20.20 sq mi) is water.

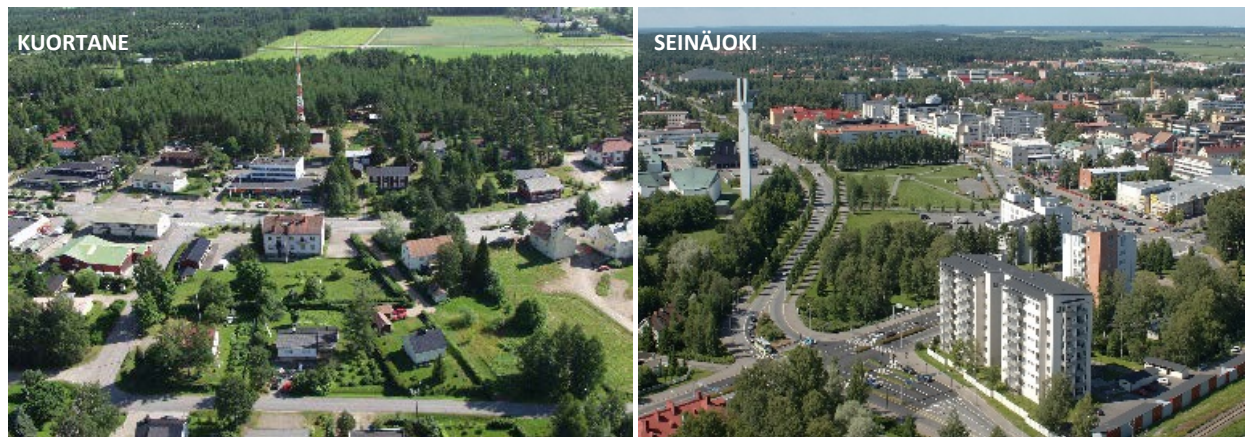


Kuortane is a small, lively municipality in Southern Ostrobothnia with an area of 485 km² and a population of about 3.500. Kuortane is set in a peaceful countryside environment on an idyllic lakeside. Kuortane is proven to be one of the safest surroundings in Finland (survey in 2015). The village is best known for the Olympic Training Center and the Sports High School.

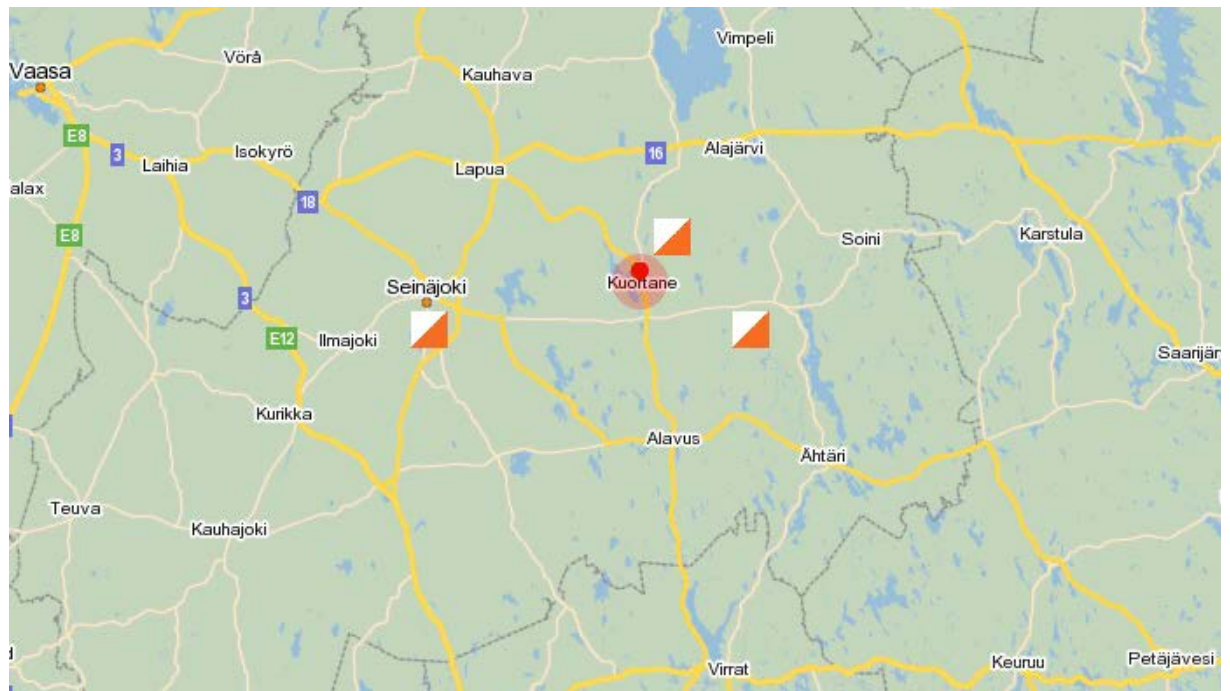
Seinäjoki is the centre of South Ostrobothnia and one of the fastest growing urban areas in Finland. Seinäjoki's population is 63.000 and it covers an area of 1.469,19 km². Formed by nine municipalities, the urban area of Seinäjoki has a population of 150,000.

Seinäjoki offers high-quality education from comprehensive school to university level as well as good employment opportunities and, as Finland's sixth largest market area, very competitive and attractive commercial services.

Seinäjoki is well known for its unique administrative and cultural centre, The Aalto Centre, designed by the architect and academic Alvar Aalto, as well as for its summer events e.g. Provinssirock, Solar Sound, Tangomarkkinat, and Vauhtiajot.



General map of the region



All the competitions will take place within about 30 minutes' drive by car from the Event Centre.

3. PROGRAM

DATE	WMTBOC and JWMTBOC
Thursday 10 th June 2021	Arrivals (earlier arrival possible, if there are rooms available) Covid19 tests Model Events
Friday 11 th June 2021	Arrivals Covid19 tests Model Events
Saturday 12 th June 2021	Mass start in Kuortane
Sunday 13 th June 2021	Sprint in Seinäjoki
Monday 14 th June 2021	Middle distance in Alajärvi
Tuesday 15 th June 2021	Day off
Wednesday 16 th June 2021	Long distance in Kuortane
Thursday 17 th June 2021	Relay in Seinäjoki
Friday 18 th June 2021	Departures

Detailed Daily Schedule

The schedule is subject to changes. There might be changes in the program due to the changes in official COVID19 instructions of the Finnish authorities. These changes may mainly concern matters outside of the competition events like training, model events, ceremonies etc.

According to the present COVID19 regulations, all matters outside of the competition events (opening and closing ceremonies, flower ceremonies, banquet etc.) have been left out of the program.

Thursday 10 th of June 2021	
12:00 – 21:00	Event Office Open
11:00 – 13:30	Arrivals/Covid 19 Protocol Lunch (EC) (Exact time will be confirmed later)
12:00 – 21:00	Accreditation
14:00 – 18:00	Model Event, Vetola Töysä
16:30 – 20:00	Dinner/Exact time will be confirmed later
Friday 11 th of June 2021	
09:00 – 19:00	Event Office Open
07:00 – 10:00	Breakfast (EC) (Exact time will be confirmed later)
09:00 – 19:00	Accreditation
11:00 – 13:30	Lunch (EC) (Exact time will be confirmed later)
12:00	Deadline for names for Mass Start (EC)
12:00 – 19:00	Model Event, Hallilanvuori, Seinäjoki
16:30 – 20:00	Dinner (EC) (Exact time will be confirmed later)
19:30	Team Leaders' Meeting

Saturday 12 th of June 2021/MASS START	
07:00 – 11:00 16:00 – 19:00	Event Office Open (EC)
07:00 – 10:00 10:00 – 14:00 12:00 – 14:30 12:00 16:30 – 20:00 18:30 19:30	Breakfast (EC) (Exact time will be confirmed later) Mass Start Competition in Kuortane 10:00 first starts Lunch (EC) (Exact time will be confirmed later) Deadline for names for Sprint (EC/CC) Dinner (EC) (Exact time will be confirmed later) (Opening Ceremony and) Prize Giving Ceremony Team Leaders' Meeting
Sunday 13 th of June 2021/SPRINT	
08:00 – 12:30 16:00 – 19:00	Event Office Open (CA) (EC)
06:00 – 10:00 09:00 – 12:30 13:00 – 14:30 12:00 16:30 – 20:00 18:30 19:30	Breakfast (EC) (Exact time will be confirmed later) Sprint Competition in Seinäjoki 09:00 starts Lunch (EC) or lunch boxes (Exact time will be confirmed later) Deadline for names for Middle (EC/CC) Dinner (EC) (Exact time will be confirmed later) Prize Giving Ceremony Team Leaders' Meeting
Monday 14 th of June 2021/MIDDLE	
08:00 – 15:00 17:00 – 19:00	Event Office Open (CA) (EC)
07:00 – 10:00 09:50 – 15:00 16:30 – 20:00 18:30	Breakfast (EC) (Exact time will be confirmed later) Middle Distance in Alajärvi 09:50 First pre-start 10:00 First start Lunch boxes Dinner (EC) (Exact time will be confirmed later) Prize Giving Ceremony
Tuesday 15 th of June 2021	
09:00 – 11:00 15:00 – 18:00	Event Office Open
07:00 – 10:00 11:00 – 13:30 12:00 13:00 – 17:00 16:30 – 20:00 19:30	Breakfast (EC) (Exact time will be confirmed later) Lunch (EC) (Exact time will be confirmed later) Deadline for names for Long (EC) Model event in Seinäjoki (Törnävä) Dinner (EC) (Exact time will be confirmed later) Team Leaders' Meeting

Wednesday 16th of June 2021/LONG DISTANCE	
08:00 – 11:00 16:00 – 19:00	Event Office Open (EC)
07:00 – 10:00 10:00 – 16:00 12:30 – 14:30 12:00 16:30 – 20:00 18:30 19:30	Breakfast (EC) (Exact time will be confirmed later) Long Distance Competition in Kuortane 10:00 First start (CA) Lunch/lunch boxes (EC) (Exact time will be confirmed later) Deadline for names for Relay (EC/CC) Dinner (EC) (Exact time will be confirmed later) Prize Giving Ceremony Team Leaders' Meeting
Thursday 17th of June 2021/RELAY	
08:30 – 12:00 16:00 – 18:00	Event Office Open (CA) (EC)
06:00 – 10:00 09:30 – 12:00 12:30 16:30 – 20:00	Breakfast (EC) (Exact time will be confirmed later) Relay in Seinäjoki 09:30 first starts Prize Giving Ceremony (CC) Lunch boxes Dinner (Exact time will be confirmed later)
Friday 18th of June 2021	
08:00 – 12:00	Event Office Open
07:00 – 10:00	Breakfast (Exact time will be confirmed later)

The detailed program will be republished on the official website always when new updates are available. Final program will be published in Bulletin no. 4.

Please note that all competitions will be carried out without audience.

4. PARTICIPATION & CLASSES

Competitors participate at their own risk. Third party insurance and personal injury insurance is mandatory and shall be the responsibility of their federation or themselves, according to national regulations.

World MTBO Championships (Women, Men)

- There is one class for women and one for men. There are no age restrictions.
- All competitors represent a Federation.
- In the mass start, middle distance and the sprint every Federation may enter up to 6 women and 6 men and, in addition, the current World Champions for the distance may be entered by their Federation(s) provided they are members of the federation's team.
- In the relay, each federation may enter 2 women's teams and 2 men's teams, each consisting of 3 team members. Incomplete teams and teams with cyclists from more than one federation are not allowed. Under no circumstances may persons other than entered competitors participate in the competition.
- For the long distance, the no of competitors who may enter is limited. The qualification rules are published as Special Rules decided by IOF Council and published at the latest by 31st January 2021.
- A competitor must have a valid IOF Athlete License.
- Each Federation may enter an unlimited number of team officials.

Junior MTBO Championships (W20, M20)

- There is one class for women and one for men. Only competitors who are IOF MTBO entitled to compete in the classes W20 or M20 may participate.
- All competitors represent a Federation. In each competition every federation may enter up to 6 women and 6 men.
- In the relay, each Federation may enter 2 women's teams and 2 men's teams, each consisting of 3 team members. Incomplete teams and teams with cyclists from more than one Federation are not allowed. Under no circumstances may persons other than entered competitors participate in the competition.
- Each Federation may enter an unlimited number of team officials.

5. RULES

All events will be organized in accordance with the valid Competition Rules of IOF MTB Orienteering Events, please visit: <https://orienteering.sport/mtbo/competition-rules/>.

Riding off the tracks is allowed, and all controls will be along the tracks, paths and roads.

Special features:

- duckboards (pitkospuut) on marsh areas - very slippery, if wet.

Permitted deviations from rules:

- punching system Emitag
- instructions for competitors in MTBO/Emit

Allocation of start slots for the WMTBOC Long Distance: All the named entries for the Long Distance Competitions will have a start in the A-final. There will be no qualification.

6. ENTRIES All entries via IOF Eventor

World MTBO Championships: <https://eventor.orienteering.org/Events/Show/6113>

Junior MTBO Championships: <https://eventor.orienteering.org/Events/Show/6114>

Competitors may be entered only by their Federations.

Deadlines

Team size prior to 28th of March 2021 at the latest (previously April 10th)

- Federation
- total no. of each gender
- number of competitors in each discipline
- number of relay teams
- number of team officials
- name of team manager (e-mail address and phone no.)
- number of EMItag rentals

If you wish to make changes in the team size entries after the given deadline, please contact the Secretary General, Ms Maarit Laitinen, maarit.laitinen@kuortane.com.

Team names by 1st of June 2021 at the latest

- each competitor's name, gender, year of birth, the competitions in which they will compete and EMItag number
- names of team officials

Arrival and departure information

All the teams are requested to provide the organizer with the exact arrival and departure information of their teams as early as possible and latest by 6th of June in order to organize the necessary COVID testing for the teams at the Athletes' Village.

When making travel arrangements, please note the time required for COVID19 testing and isolation (24 hours).

ENTRY FEES	WMTBOC	JWMTBOC	Officials
Accreditation (per person)	102,00 €*	82,00 €*	65,00 €
Mass	65,00 €	45,00 €	
Sprint	65,00 €	45,00 €	
Middle	65,00 €	45,00 €	
Long	65,00 €	45,00 €	
Relay (per team)	190,00 €	125,00 €	
Closing Banquet	35,00 €	35,00 €	35,00 €

* Includes Model Events

Full payment of all entries including accreditation fees must be made **by 30th of April 2021 at the latest**. An additional fee for late payment is 10 %.

Payment details

Payee: Kuortane Sports Institute (Kuortaneen Urheiluopistosäätiö)
Address: Opistotie 1, 63100 Kuortane, Finland

VAT-no.: 0180124-8

IBAN: FI9511923000000901, SWIFT: NDEAFIHH

Bank: Nordea Bank Oyj, Satamaradankatu 5, 00020 NORDEA, Finland

All charges and bank fees are to be paid by the payer

You will receive an invoice from the organizer according to the team size information you have entered in the Eventor by 28th of March 2021. When making the payment, please remember to mention the reference no. of the invoice on your payment document.

Late entries and withdrawals

Late entries (if there are rooms available at the Athletes' Village)/withdrawals will be accepted as follows:

After 30th of April 2021

- entries will be accepted without surcharges till 31st of May provided that there are rooms available at the Athletes' Village.
- withdrawals will receive a refund of 80 %

After 1st of June 2021

















- entries will be accepted with surcharge of 50 %
- withdrawals will receive a refund of 50 %

A charge for a possible name change, after 1st of June is 10 euros per name.

After 6th of June 2021 no entries will be accepted.

Summary of entries per 28.3.2021:

Elite

Federation	Men	Women	Team Officials	Total
 Austria	4	2	2	8
 Czech Republic	7	6	3	16
 Denmark	3	3	1	7
 Estonia	3	3	1	7
 Finland	6	6	1	13
 France	4	3	1	8
 Germany	2	1		3
 Italy	6		2	8
 Latvia	1			1
 Lithuania	4	3	1	8
 Neutral	7	7	1	15
 Poland		1	1	2
 Portugal	3	1		4
 Spain	3	2		5
 Sweden	4	4	1	9
 Switzerland	3		1	4
Sum	60	42	16	118

Juniors

Federation	Men 20	Women 20	Team officials	Total
 Austria	3	1	2	6
 Czech Republic	3	3	2	8
 Denmark	3	2	1	6
 Finland	6	6	3	15
 France	3	3	1	7
 Lithuania	3	3		6
 Poland	2	1	1	4
 Portugal	1	1	1	3
 Russian Federation	6	6	1	13
 Spain	3	2		5
 Sweden	2	1	1	4
 Switzerland	2	1	1	4
Sum	37	30	14	81

7. ACCOMMODATION AND FOOD

Due to the COVID19 protocol, the IOF and the organizers have decided that in order to be able to create and maintain an “event bubble” all teams stay at the Athlete’s Village accommodations in Kuortane.

Please find following information on our accommodation alternatives:

4 stars Sports Hotel

All the apartments are comfortably furnished, and they have a sauna, bathroom, fully equipped kitchen or kitchen corner, air conditioning, washing machine, drying cupboard, television, DVD player and Broadband Internet Access. Some of the apartments also have a glazed balcony.

There are four different sizes of the apartments:

1. Studio for max. four persons; two beds, sofa bed (34 m²)
2. 1-bedroom unit for max. four persons; two beds, two sofa beds (46,5 m²)
3. 2-bedroom unit for max. six persons; four beds, two sofa beds (58,5 m²)
4. 3-bedroom unit for max. eight persons; four beds, one double bed, two sofa beds (76 m²)



Resorts and dormitory apartments and rooms

Other accommodation alternatives are apartments, single, double and dormitory rooms. These rooms have own bathroom or they are shared with another room. Some of the rooms also have their own kitchen and sauna.



We also offer more modest level accommodation for e.g. youth groups with shared bathrooms and showers.



For full payment of all accommodation reservations you will receive an invoice from the organizer.

For more information on accommodation and reservations, please contact Ms Tanja Hietikko, e-mail: tanja.hietikko@kuortane.com or fill in the reservation form on our website: <https://www.wmtboc2021.com/prices-and-reservations.html>.

Please note that as most of the teams have already made their reservation by the official deadline, we do not anymore have rooms available in every level of the price list. The second deadline for the final accommodation reservations is by Friday 16th of April 2021.

Bike storage

Lockable/guarded bike storage will be arranged in the Athletes' Village.

Catering

During the Championship week the Buffet Restaurant offers daily tasty, healthy and especially for athletes designed breakfast, lunch and dinner for all participants and officials. Lunch boxes can also be bought at the Athletes' Village by pre order.

During the Covid19 test quarantine, we serve pre ordered meal boxes to your rooms.

Prices in euros (€)

COST PER ROOM/NIGHT	HOTEL	RESORT LEVEL 1-2	HOSTEL*
Single room (1 person)	112	78 – 88	60
Double room (2 persons)	164	116 – 136	80
Double room with 1 extra bed (3 persons)	208	145 – 165	110
Double room with 2 extra beds (4 persons)	252	174 – 194	140
4-bed apartment (4 persons)	328	232 - 272	-
4-bed apartment with 1 extra bed (5 persons)	372	-	-
4-bed apartment with 2 extra beds (6 persons)	416	-	-
6-bed apartment (4 beds + 1 double bed, 6 persons)	492	-	-
6-bed apartment with 1 extra bed (7 persons)	536	-	-
6-bed apartment with 2 extra beds (8 persons)	580	-	-
4-bed dormitory (4 single rooms,* 4 persons)	-	312	-
6-bed dormitory (2 single and 2 double rooms,* 6 persons)	-	388	-
Camper at parking lot**	30 €/day	-	-
Lunch and dinner package/day	24	24	24
Single lunch of dinner	13	13	13

All the room prices include towels, linen, breakfast and free use of OTC's basic training facilities (gym, indoor athletics arena) meeting rooms and indoor swimming pool and recovery center in the evenings under confirmed opening hours, if the Covid19 protocol allows the use of these facilities.

* shared bathrooms and showers

** includes electricity and access to shower

8. TRANSPORT

The IOF and the organizer strongly recommend that participants would consider using non-public transportation, if possible (e.g. own car).

By public transport Kuortane can be reached as follows:

Our nearest international airport is in VAASA and most flight are operated via HELSINKI Airport.

ARRIVING BY PLANE AT VAASA AIRPORT (110 km/1,5 hours from Kuortane)

There are daily flights to Vaasa from Helsinki and Stockholm.

Website of the Vaasa airport: <https://www.finavia.fi/en/airports/vaasa>

ARRIVING BY TRAIN AT SEINÄJOKI TRAIN STATION FROM HELSINKI AIRPORT (40 km/30 min. from Kuortane) There are daily many direct train connections between Helsinki and Seinäjoki.

Starting from Helsinki airport, you must change train in TIKKURILA (only 8 minutes from the airport). Travel time between the airport and Seinäjoki is approximately 2,5 - 3 hours.

More information about the train tickets and timetables, please visit:

<https://www.vr.fi/cs/vr/en/frontpage> and <https://www.vr.fi/cs/vr/en/group-tickets>

In case you need any assistance with your transport arrangements, please contact the Event Secretariat by e-mail: wmtboc2021@kuortane.com or inform us about your transport requests as soon as possible.

Updates on possible car rental services will be published at the Event's website later.



9. ENTRY PERMITS (VISAS) TO FINLAND

VISA REQUIREMENTS AND TRAVEL DOCUMENTS ACCEPTED BY FINLAND

The Schengen states have 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.

Even if you did 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.

In case you do not need a visa, you can stay in Finland or in the territory of other Schengen state for ninety days in any 180-day period.

For more information on visa requirements and travel documents accepted by Finland please visit: <https://um.fi/visa-requirement-and-travel-documents-accepted-by-finland>

Visas must be applied for at your nearest Finnish Embassy. For a list of Finland's missions abroad, check: <http://formin.finland.fi/public/default.aspx?nodeid=17195&contentlan=2&culture=en-US>.

The Finnish Border Guard has granted us a special group permission for the competitors to enter the country under special condition. This permission requires following of the valid instructions of the Finnish Institute of Health and Welfare and the COVID protocol of the event. The detailed travel information of the participants needs to be provided to the Finnish Border Guard at the latest 24 hours before entering the country by the organizer. Every participant also needs to have a copy of the permission when entering the country (will be provided by the organizer) and it is recommended that the organizer sends an invitation letter to all the participants.

10. OPPORTUNITIES FOR TRAINING

Information on opportunities for training will be published on the event website if the COVID19 situation allows training.

The local orienteering clubs (Kuortaneen Kunto, Rasti-Jussit and Rastiketut) will sell training maps for individual training. For further information on maps, please contact Mr Ville Siven, e-mail: ville.siven@kuortane.com.

11. THE PUNCHING SYSTEM

EMIT Electronic Punching and Timing system will be used in all competitions. There will be a training course for EMIT punching available at the EC and competitors can get acquainted with the punching system during model events too.

All competitors must use EMIT tags. The organizer will provide EMIT tags for all competitors free of charge. For a lost EMIT tag we will charge 90 € per lost device.

12. MAP DETAILS/MAP SAMPLES AND TERRAIN DESCRIPTIONS

MASS START (12th of June)

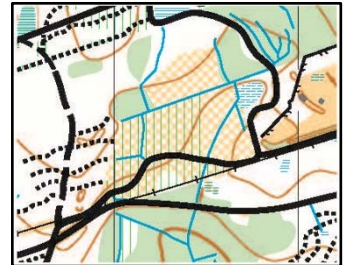
Kuortane

Map scale: 1:10000

Contour: 2,5 m.

Terrain description: Forest area with some agricultural fields. Located 85 - 125 m asl. Maximum elevation of 30 m. In the western part of the area track density is quite dense but in the eastern part it is fewer. All kinds of roads and paths, which rideability varies from very slow to very fast. Normal forest ground with some little bogs. In young forests visibility is lower, but in older ones good.

Distance from the EC: Event area will be at the EC.



SPRINT (13th of June)

Seinäjoki, Hyllykallio - Tanelinlampi

Map scale: 1:5000

Contour: 2,5

Terrain description: Partly urban and park forest terrain with dense network of roads, tracks and technical paths. Rather flat, but small hills here and there.

Distance from the EC: 40 km/30 minutes.



MIDDLE (14th of June)

Alajärvi, Valkealampi

Map scale: 1:10000

Contour: 5 m

Terrain description: The terrain for the middle distance competition is typical Finnish pine forest with fast tracks and paths, partly old sandpit area. There are short and steep climbs. The Valkealampi terrain has mostly good visibility. Max height difference is 40 m.

Distance from the EC: 26 km/20 minutes.



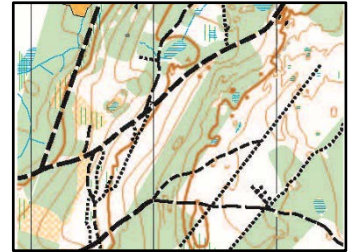
LONG (16th of June)

Kuortane

Map scale: 1:15000

Contour: 2,5 m

Terrain description: Completely forest area. The area has been normally lumbered and there are lots of vegetation boundaries. Located 90-130 m asl. Maximum elevation of 40 m. Fewer density of paths and roads. All kinds of roads and paths, which rideability varies from very slow to very fast. Normal forest ground with some cliffy areas and some bogs. At the northern part, there is a gravel area. In young forests visibility is lower but in older ones good. The area was last time mapped for orienteering in 1980s.



Distance from the EC: 5 km/5 minutes.

RELAY (17th of June)

Seinäjoki, Jouppilanvuori

Map scale: 1:10000

Contour: 2,5

Terrain description:

A technical terrain with a mid dense network of paths and tracks. Rather flat, but small hills here and there and a slope area with about 50 meters difference in altitude.



Distance from the EC: 46 km, about 40 minutes.

Some samples of old maps of the competition areas can be found on the Event's website at:

<https://www.wmtboc2021.com/travel-730098.html>

13. COURSE DETAILS

Competition	Detail	WMTBOC Men	WMTBOC Women	JWMTBOC Men	JWMTBOC Women
Mass Start	Length*	30,3 km	26,6	25	20,4
	Total climb	275	240	225	185
	Controls	28	24	24	21
	Refreshments	0	0	0	0
	Winning times	78 – 85 min.	75 – 85 min.	60 – 68 min.	60 – 68 min.
Sprint	Length*	9,2 km	7,3 km	7,1 km	5,9 km
	Total climb	85 m	65 m	65 m	55 m
	Controls	29	25	24	21
	Refreshments	0	0	0	0
	Winning times	20 – 25 min.	20 – 25 min.	16 – 20 min.	16 – 20 min.
Middle	Length*	19,5 km	17,6 km	13,4 km	11 km
	Total climb	315 m	305 m	285	270
	Controls	24	19	18	17
	Refreshments	0	0	0	0
	Winning times	50 – 55 min.	50 – 55 min.	40 – 44 min.	40 – 44 min.
Long	Length*	40,7 km	33 km	29,6 km	23,3 km
	Total climb	310	230	200	180
	Controls	27	23	20	18
	Refreshments	1 - 2	1 - 2	1 - 2	1 - 2
	Winning times	105 – 115 min.	105 – 115 min.	84 – 92 min.	84 – 92 min.
Relay	Length*	14,3 – 14,5 km	11,2 – 11,5 km	11 – 11,3 km	9,1 – 9,4 km
	Total climb	320 – 330 m	280 – 290 m	280 – 290 m	210 – 220 m
	Controls	22	16	17	13
	Refreshments	0	0	0	0
	Winning times	40 – 45 min.	40 – 45 min.	30 – 35 min.	30 – 35 min.
	Total	120 – 135 min.	120 – 135 min.	90 – 105 min.	90 – 105 min.

Please note: All the above information is preliminary and could be subject to changes.

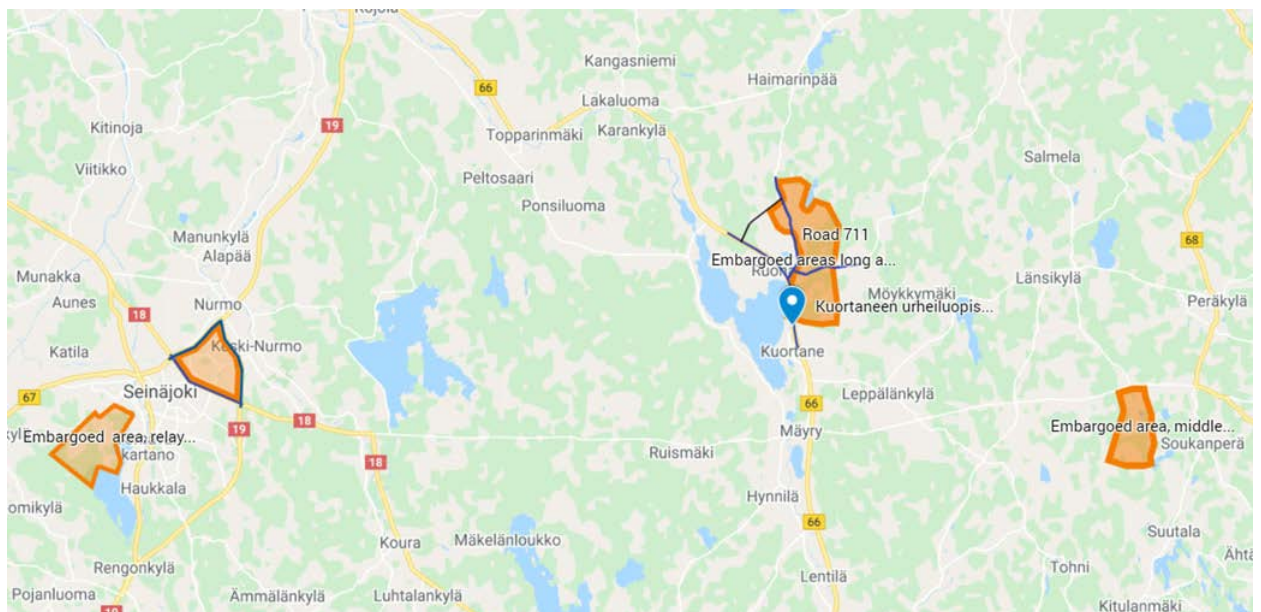
* Length = Shortest sensible route

14. EMBARGOED AREAS

The embargo remains in place until the end of the WMTBOC and JWMTBOC in June 2021. The areas marked on the map are embargoed for all orienteering activities, unless specifically permitted by the organizers. The embargoed areas are out of bounds for all potential participants and team members, including competitors, team coaches, manager or anyone associated the team/individual.

Obviously, any orienteering or MTBO activity is forbidden and it is strictly forbidden to ride a bike. Any permission for access into embargoed areas must be requested from the organizers, if needed and before access. This includes also if there are any MTB events taking place in the areas and potential competitors wish to participate. The embargo includes the use of drones in or about the terrain.

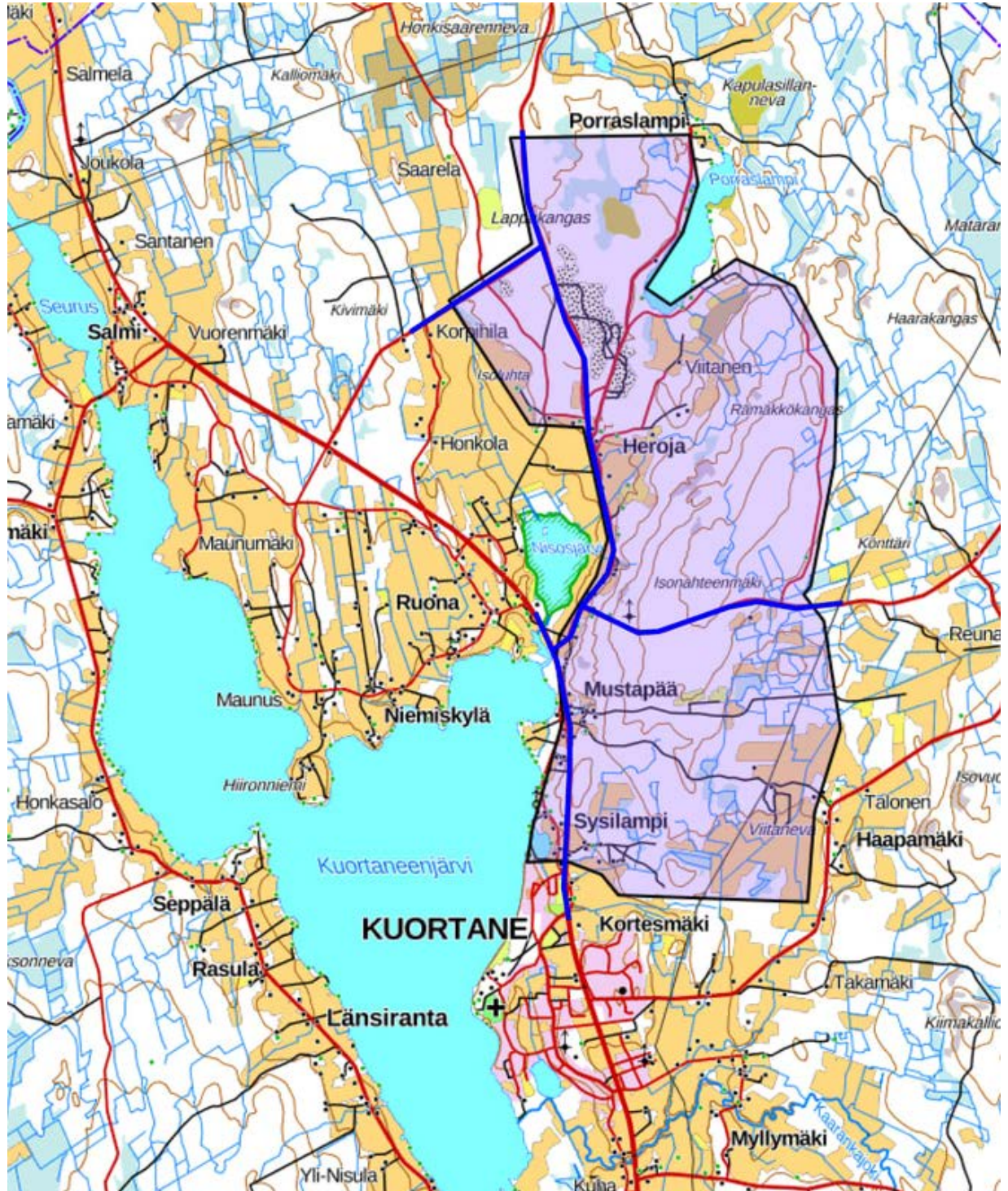
The roads marked in blue colour are open to travel through/along.



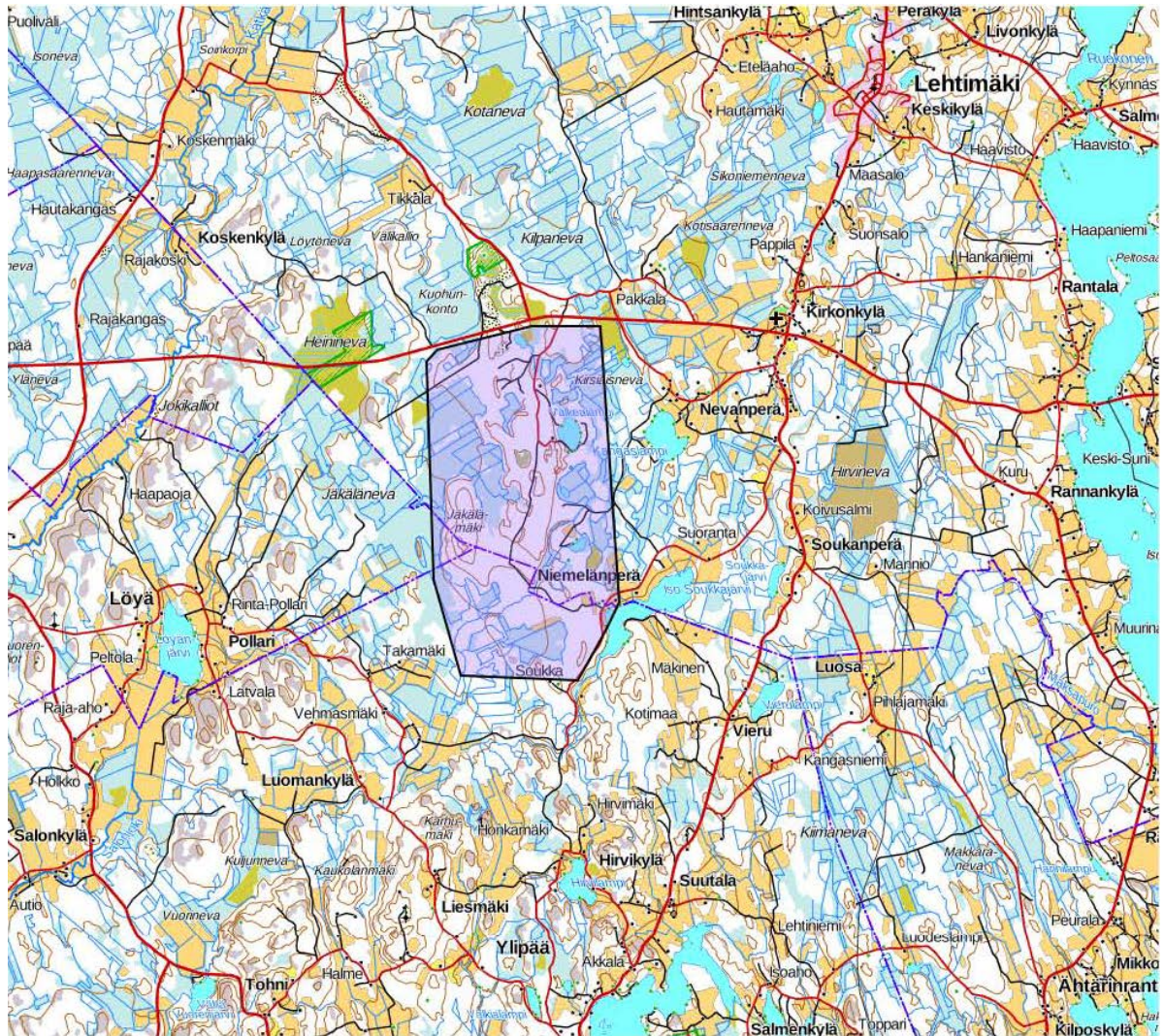
An interactive map of the Embargoed Areas can be found at the Event's website at:
<https://www.google.com/maps/d/u/0/edit?mid=1C857JYZ7-PfDOn7rP2Il6uQVI7MtbpfB&ll=62.815914182762256%2C23.31039320000003&z=10>

Map of Embargoed Area/Kuortane

Please note that the embargoed area of Kuortane has been changed since Bulletin 2 of June 2020.



Map of Embargoed Area/Alajärvi



15. TEAM LEADERS' MEETINGS

The Team Leaders' Meetings will be held in the evening preceding each competition day at 19:30 (7.30 pm) at the Event Center, if the COVID19 situation allows a "live meeting". Otherwise the meetings will be held outdoors or by Teams. In live meetings only max. two persons per team are allowed to participate.

After the meetings, all the material will be uploaded on the event website.

There will be a pre meeting for all Team Leaders by Teams two weeks prior to the event on Thursday 27th of May at 18:00 UTC. You will receive an invitation to the meeting from the IOF.

16. BIBS Start number bibs, start lists and other possible hand outs concerning the competition will be handed out in the evening before the competition at the TOM. If this is not possible the material will be delivered to the Team Leaders by the organizer.

17. GPS All competitors will carry GPS tracking device.

Adequate number of GPS vests (to be worn as underwear) of different sizes will be assigned to each team and shall be used by any athlete. These vests are kept and used by the athletes for all races during the Event. All these must be returned at the latest after relay to the Event Centre office (by complete teams). A charge of 40 EUR will be imposed for any lost or missing GPS vest. Competitors can use their own vests if they have closed pockets for devices.

18. BIKE WASHING AND REPAIR

Bike washing facilities will be available in the competition venues as well as in the Athletes' Village. A secure bike storage is available at the Athletes' Village.

There will be a private company offering bike repair services at the Event Center.

19. HEALTH CARE

There will be medical services in the arenas. The organizer will provide first aid at each competition arena. Each National Federation is responsible for the health and medical insurance of all their athletes and team officials. Between 10 - 17 June 2021, there will be medical service available at the Athletes' Village for emergencies.

The phone number for emergency calls in Finland is 112. In case of serious emergency, you can contact police, fire department and ambulance by dialing number 112.

In Finland we have one venomous snake, called viper. You can identify it from the zig-zag vertebral stripe of the adder. After a viper bite a doctor must be contacted immediately. No other dangerous animals live in this region, but please beware of ticks. They can transmit borrelioses and encephalitis. It is recommended to discuss with doctor after removing a tick.

HEALTH CARE CENTRES AND HOSPITALS

Alavus Health Care Centre/Open daily 24 hours (first aid and urgent treatment)
Salmentie 10, 63300 Alavus
Tel. +358-6-2525 7612

Lapua Health Care Center/Open on weekdays at 08.00 – 20.00 and on weekends at 10.00 – 18.00
Sairaalanatie 3, 62100 Lapua
Tel. +358-6- 6 438 4844

Seinäjoki Health Care Centre/Emergency Duty/Open daily at 08.00 – 22.00
 Hanneksenrinne 7, 60220 Seinäjoki
 Tel. +358-6-425 5311

Seinäjoki Central Hospital
 Open daily 24 hours
 Hanneksenrinne 7, 60220 Seinäjoki
 Tel. +358-6-415 4555

All the Health Care Centres and the Central Hospital have been informed about the WMTBOC 2021 Event in advance.

PHARMACY

There is a pharmacy in centre of Kuortane, about 1,5 km from the Athletes' Village. It is open on weekdays at 09.00 (9.00 am) – 17.00 (5.00 pm) and on Saturdays at 09.00 (9.00 am) – 14.00 (2.00 pm).

Some non-prescription medicines can be bought from the kiosk in the Hotel Building.

The COVID19 testing will be arranged by the organizer on teams' arrival to the Athletes' Village. All the costs of the testing will be paid by the participants. More information on testing will be available in the COVID19 protocol of the event.

20. LIVE COVERAGE

All the competitions will be streamed. Online split times/results and GPS tracking of competitors and speaker voice will be available online from the event website free of charge.

21. LOCAL WEATHER CONDITIONS

June	Average	Maximum	Minimum
Temperature	13,7 C	19,3 C	7,4 C
Precipitation	54,6 mm	yearly average 515	
Sunshine	266 hrs	yearly average 1700 hrs	

Weather forecasts for the WMTBOC 2021 region will be presented at the TOMs and the information is available also in the Event Office and Event website.

22. CLOTHING

During all the official events the competitors shall wear the team clothing of their Federation.

The participants are not allowed to use MTBO shoes in the indoor facilities and rooms in the Athletes' Village.

23. HAZARDS

In Finland we have one venomous snake, called viper. You can identify it from the zig-zag vertebral stripe of the adder. After a viper bite a doctor must be contacted immediately. No other dangerous animals live in this region, but please beware of ticks. They can transmit borrelioses and encephalitis. It is recommended to discuss with doctor after removing a tick.

24. ANTIDOPING

Doping is strictly forbidden, and the organizers of the WMTBOC2021 are dedicated to supporting the anti-doping authorities in their work.

Doping controls may be carried out at any time during the competition period. Doping tests are carried out in accordance with the procedures described in the WADA International Standard for Testing.

25. MEDIA SERVICES

Due to the COVID19 restrictions media representatives are not allowed to stay in the Athletes' Village.

All questions concerning media services will be handled by the Media Liaison.

26. BULLETINS

Bulletin no. 4 will be published in June 2021 and updates to the COVID19 protocol as often as needed.

27. SOME PRACTICAL FACTS ABOUT FINLAND/KUORTANE OTC

Local time

Finland is in the Eastern European Time Zone (EET). Finland does utilize Daylight Saving Time. In Europe daylight saving time is often referred to as "Summer Time."

Finland is GMT/UTC + 2h during Standard Time

Finland is GMT/UTC + 3h during Daylight Saving Time from the last Sunday in March to the last Sunday in October)

Electricity

In Finland the standard voltage is 230 V and the frequency is 50 Hz. You can use your electric appliances in Finland, if the standard voltage in your country is in between 220 - 240 V (as is in the UK, Europe, Australia and most of Asia and Africa).

In Finland the power sockets are of type F. if you need a power plug adapter or voltage converter in Finland, please remember to bring them with you; we do not sell adapters or converters at our Centre.

Language

Of the two official languages of Finland, Finnish is the first language spoken by 93 % of the inhabitants. The other official language, Swedish, is spoken by around 6 % of the population. Sámi is a minority language in the Nordic countries that is spoken by 0.03 % of the Finnish population. The most spoken foreign language is English.

Safety

By Western standards, Finland is a relatively safe place and the risk of violent crime remains low. In 2014 Kuortane was chosen to be the safest municipality in Finland.

No specific vaccinations are required from visitors traveling to Finland.

Emergency Services

Emergency call centre: 112 (police, ambulance, fire department). The above phone-number can be called free of charge.

Currency

Euro

Water

Finnish tap water is among the cleanest in the world and it is totally drinkable. You can fill in your drinking bottle by any cold water tap you'll find.

Laundry

There are no laundry services available at the Athletes' Village/Kuortane Sports Institute.

Ice

There is an ice machine available at Kuortane Arena.

Swimming in the lake

Swimming in the lake is permitted, but on your own responsibility. There are no life-guards on the beach.

Kuortane Sports Institute's Reception

Opening hours	Monday – Friday	08:00 – 20:30
	Saturday	08:00 – 17:00
	Sunday	08:30 – 16:00

Service no.

In urgent matters out of Event Office and Reception hours, please contact +358-400- 668 981 for assistance (e.g. losing your key card, having some maintenance problems etc.)

APPENDIX 1: AREA MAP OF KUORTANE SPORT INSTITUTE/OLYMPIC TRAINING CENTER



Finland
Kuortane
OLYMPIC TRAINING CENTER

