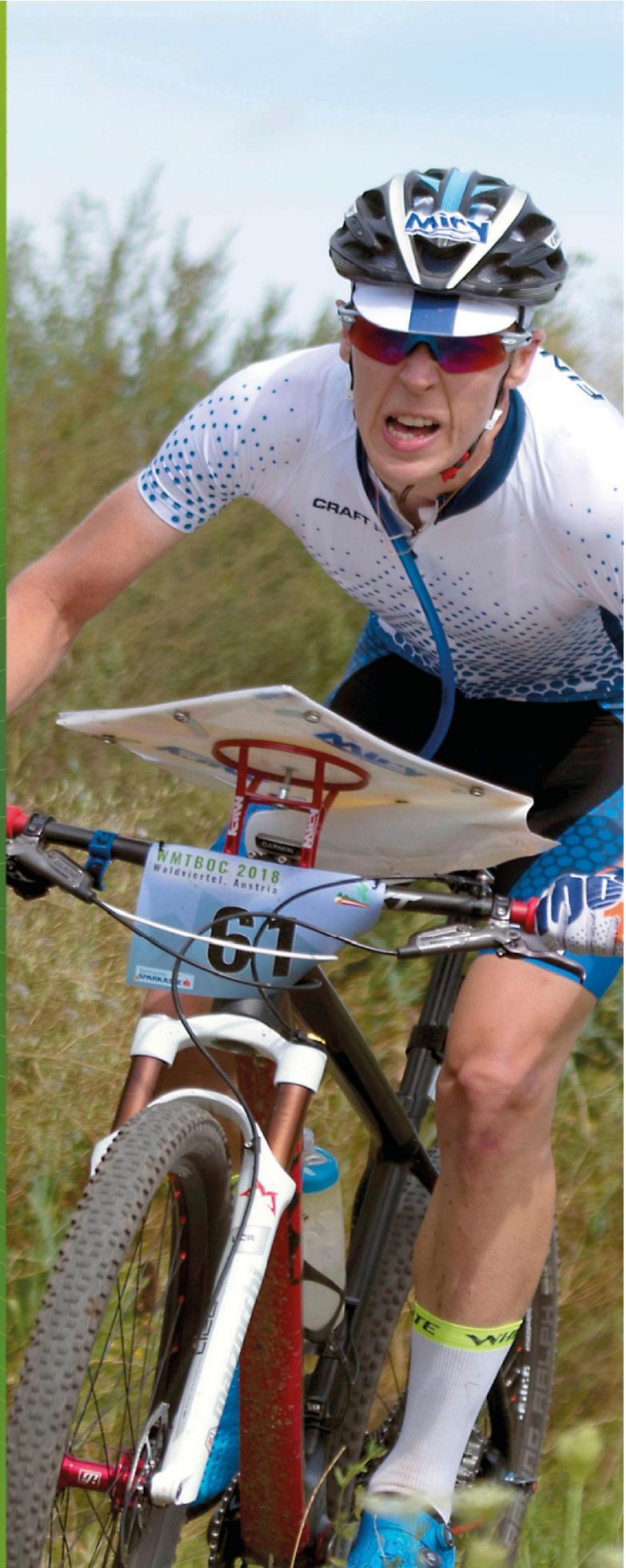




**IOF WORLD
MTB ORIENTEERING
CHAMPIONSHIPS
&
JUNIOR WORLD
MTB ORIENTEERING
CHAMPIONSHIPS**

Kuortane
June 10 - 18, 2021

**BULLETIN
4**



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COVID-19 INFORMATION

There is 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.

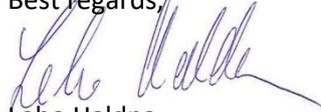
The information can be found both at the official website of the event (mtboc2021.com) and the IOF Eventor.

Welcome back!

On behalf of the International Orienteering Federation, I would like to welcome all MTBO teams and athletes back to exciting international competitions. After a very difficult year where the Covid-19 pandemic has made it impossible to compete at the highest level in the sport we love, I know that everyone is excited to get back into action.

A big Thank You also to the organisers and the Kuortane Olympic Training Center who have made extra efforts to be able to organise the event in challenging conditions. I wish everyone successful, safe, and fair competitions with great memories even in these challenging times!

Best regards,



Leho Haldna
IOF President



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



WELCOME TO FINLAND! On behalf of the Finnish Orienteering Federation, I am pleased to welcome you all to the World Mountain Bike Orienteering Championships 2021 to Finland.

The WMTBOC will be hosted the second time in Finland. The first time was 15 years ago in Joensuu. Now it is time already for the 19th World Mountain Bike Orienteering Championships.

During the Covid-19 pandemic Finland has been one of the safest countries in the world. There might still be some restrictions in Finland, but we will be ready for great competitions. Organizers have worked in close contact with both the authorities and the International Orienteering Federation to make this event possible.

The event will be organized in the small towns of Alajärvi, Alavus, Kuortane and Seinäjoki in the beautiful region of South Ostrobothnia. Hopefully you will have a great time in Finland and get the possibility to enjoy the beauty of the Finnish summer as well.

I wish the best of luck to all competitors.

Looking forward to seeing you all in Kuortane in June!

Timo Ritakallio
President, Finnish Orienteering Federation



Dear participants,

You are warmly welcome to Kuortane municipality! Kuortane is proud to be a part of an international cooperation in World Mountain Bike Orienteering Championships. Kuortane municipality offers excellent grounds to organize this kind of event for example because of its beautiful nature. In Kuortane also locates Kuortane Olympic Training Center, which is a strong centrum of sport, well known in Finland and also internationally. Nature and Olympic Training Center belongs to the strengths of Kuortane.

Kuortane and Kuortane Olympic Training Center are making a good cooperation, which benefits both organisations, municipal residents and also whole South Ostrobothnia region. Sport and exercise have an important meaning to advance people's well-being and communality. Sport event brings people together and activates them. We are happy that this event is organized, of course with paying attention to Covid19 pandemic. It's great that recognizability of The municipality and Olympic Training Center also grows by this event. These games are a great addition to the chain of event organized in Kuortane.

I wish you a good competition and hope you enjoy your stay in Kuortane!

Teemu Puolijoki
Mayor of Kuortane



1. ORGANISERS

On behalf of the International Orienteering Federation (IOF) the World and Junior World Mountain Bike Orienteering Championships will be organized by

Kuortane Olympic Training Center and Finnish Orienteering Federation

in co-operation with Municipality of Kuortane, City of Alajärvi, City of Seinäjoki and local orienteering clubs Kuortaneen Kunto, Rastiketut and Rasti-Jussit.

Event Director

Ms Maarit Laitinen
E-mail: maarit.laitinen@kuortane.com
Tel. +358-40-503 8545

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

National Advisor

Mr Tuomo Marttinen
E-mail: tuomo.ruuhimaki@gmail.com
Tel. +358-500-833 164

Competition Management/Event Office

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-Ilkka and Jari Åkerman

Result Services/Timekeeping

T:mi Result Fellows
Mr Risto Kivinen

Medical Care

PhD, MD and Specialist in Sport and Exercise
Medicine, Mr Esa Liimatainen
E-mail: esalii@utu.fi

Covid19 Liaison

Mr Joona Joensuu
E-mail: joona.joensuu@hotmail.com
Tel. +358-400-443 603

Accreditation/IT

Jussi Immonen
E-mail: jussi.immonen@kuortane.com

Logistics

Ari Saarikoski

Security

Jorma Salimäki

Volunteers and ceremonies

Heli-Maija Koukkari
E-mail: heli-maija.koukkari@kuortane.com

Jury

André Hermet (FRA)
Jiry Vraný (CZE)
Mika Ilomäki (FIN)
reserve: Anke Dannowski (GER)

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 officially open from Thursday 10th till Friday 18th of June 2021

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
www.wmtboc2021.com

GPS coordinates: 62.81946161090478, 23.504862398653867

Event Office

The Event Office is located in the Athletes' Village. You will find the Office on the 2nd floor of the Building no. 24 on the Area Map.

Please note that according to the Covid19 protocol only Team Leaders are allowed to visit the Event Office.

Event office opening hours (subject to changes)		
Date	In the Event Center	In Arenas
Wednesday 9 th of June	08:00 – 18:00	
Thursday 10 th of June	09:00 – 21:00	
Friday 11 th of June	09:00 – 19:00	
Saturday 12 th of June	08:00 – 12:00 & 16:00 – 19:00	
Sunday 13 th of June	16:00 – 19:00	09:00 – 12:00
Monday 14 th of June	08:00 – 09:00 & 16:00 – 19:00	09:00 – 15:00
Tuesday 15 th of June	09:00 – 12:00 & 15:00 – 18:00	
Wednesday 16 th of June	08:00 – 12:00 & 16:00 – 19:00	
Thursday 17 th of June	07:00 – 08:00 & 16:00 – 18:00	09:00 – 12:00
Friday 18 th of June	08:00 - 12:00	

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.

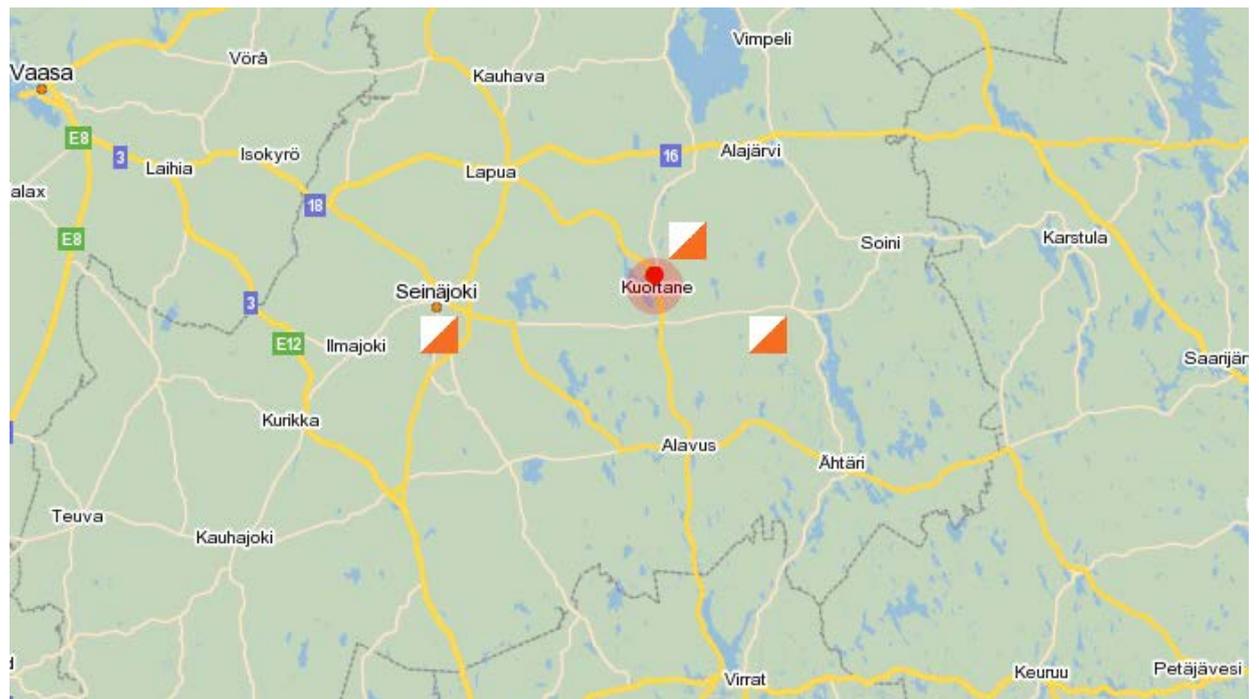
Seinäjoki is the centre of South Ostrobothnia and one of the fastest growing urban areas in Finland. Seinäjoki's population is 63.000 and it covers an area of 1.469,19 km². Formed by nine municipalities, the urban area of Seinäjoki has a population of 150,000.

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 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



3. PROGRAM

DATE	WMTBOC and JWMTBOC
Tuesday 8 th – Wednesday 9 th June 2021	Arrivals Covid-19 tests
Thursday 10 th June 2021	Arrivals Covid-19 tests Start setup model available Training opportunity in Töysä
Friday 11 th June 2021	Start setup model available Training opportunity in Seinäjoki, Törnävä Full Model Event, Kuortane
Saturday 12 th June 2021	Full Model Event, Kuortane 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 Training opportunity in Seinäjoki, Hallilanvuori
Wednesday 16 th June 2021	Long distance in Kuortane
Thursday 17 th June 2021	Relay in Seinäjoki Departures
Friday 18 th June 2021	Departures

Detailed Daily Schedule

Wednesday 9 th of June 2021	
08:00 – 18:00	Event Office Open
Thursday 10 th of June 2021	
09:00 – 21:00	Event Office Open Start setup model available in EC
07:00 – 10:00	Breakfast (EC)
11:00 – 13:30	Lunch (EC)
09:00 – 21:00	Accreditation
14:00 – 18:00	Training opportunity, Vetola Töysä
17:00 – 20:00	Dinner (EC)
Friday 11 th of June 2021	
09:00 – 19:00	Event Office Open Start setup model available in EC
07:00 – 10:00	Breakfast (EC)
09:00 – 19:00	Accreditation
11:00 – 13:30	Lunch (EC)
12:00	Deadline for names for Mass Start (EC)
12:00 – 19:00	Training opportunity, Törnävä, Seinäjoki
15:00 – 20:00	Full Model Event, Kuortane EC
17:00 – 20:00	Dinner (EC)
19:00	Team Leaders' Meeting (Live + Teams)

Saturday 12 th of June 2021/MASS START	
08:00 – 12:00 16:00 – 19:00	Event Office Open (EC)
07:00 – 10:00 07:00 – 09:00 10:00 – 14:00	Breakfast (EC) Model Event, Kuortane EC (same than on Friday) Mass Start Competition in Kuortane 10:00 M21 10:15 W21 11:45 M20 12:00 W20 10:00 – 11:15 Start quarantine for juniors
12:00 – 14:30 12:00 17:00 – 20:00 18:15 19:00	Lunch (EC) Deadline for names for Sprint (EC/CC) Dinner (EC) Prize Giving Ceremonies Team Leaders' Meeting (Live + Teams)
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	Breakfast (EC) Sprint Competition in Seinäjoki 09:00 – 10:35 Finish quarantine 09:00 First Junior start 10:30 – 12:32 Start quarantine 10.30 First Elite start
12:00 – 14:30 12:00 17:00 – 20:00 18:15 19:00	Lunch (EC) after sprint competition Deadline for names for Middle (EC/CC) Dinner (EC) Prize Giving Ceremonies Team Leaders' Meeting (Live + Teams)
Monday 14 th of June 2021/MIDDLE	
08:00 – 09:00 09:00 – 15:00 16:00 – 19:00	Event Office Open (EC) (CA)
06:00 – 10:00 09:30 – 15:00	Breakfast (EC) Middle Distance in Alajärvi 09:30 – 10:55 Finish quarantine 09:30 First Junior start 10.50 – 12.50 Start quarantine 10:50 First Elite start
12:00 – 15:00 17:00 – 20:00 18:15	Lunch (CA) Dinner (EC) Prize Giving Ceremonies

Tuesday 15 th of June 2021	
09:00 – 12:00 15:00 – 18:00	Event Office Open
07:00 – 10:00 11:00 – 13:30 12:00 13:00 – 17:00 17:00 – 20:00 19:00	Breakfast (EC) Lunch (EC) Deadline for names for Long (EC) Training opportunity in Seinäjoki (Hallilanvuori) Dinner (EC) Team Leaders' Meeting (Live + Teams)
Wednesday 16 th of June 2021/LONG DISTANCE	
08:00 – 12:00 16:00 – 19:00	Event Office Open (EC)
07:00 – 10:00 09:30 – 16:00 12:00 12:30 – 16:00 17:00 – 20:00 18:15 19:00	Breakfast (EC) Long Distance Competition in Kuortane 09:30 First start 09.30 – 11.05 Finish quarantine 11.00 – 12.30 Start quarantine Deadline for names for Relay (EC/CC) Lunch (EC) Dinner (EC) Prize Giving Ceremonies Team Leaders' Meeting (Live + Teams)
Thursday 17 th of June 2021/RELAY	
07:00 – 08:00 09:00 – 12:00 16:00 – 18:00	Event Office Open (EC) (CA) (EC)
06:00 – 10:00 09:30 – 12:00 12:00 – 13:30 12:30 17:00 – 19:00	Breakfast (EC) Relay in Seinäjoki 09:30 – 12:00 Start quarantine 09:30 M21 09:35 W21 09:45 M20 + W20 Lunch (CA) Prize Giving Ceremonies (CC) Dinner
Friday 18 th of June 2021	
08:00 – 12:00	Event Office Open
07:00 – 10:00	Breakfast

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/>.

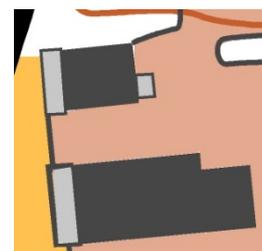
Riding off the tracks is allowed, and some controls may not be along the tracks, paths and roads.

Special features:

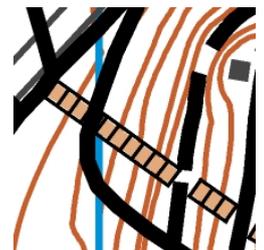
- bare rock is presented in gray color in the maps
- canopy
- stairs



Bare rock



Canopy



Stairs

Permitted deviations from rules:

- punching system emiTag
- instructions for competitors in MTBO/Emit: <https://emit.no/support-base/instructions-for-competitors-in-mtbo/>

Each control will have two Emit Touch-free pro long range units (TFP-LR).
Each competitor will have two emiTags mounted on the same wrist.

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.

Additional regulations

The regulations set forth in the Covid-19 Bulletin are valid for the event (Competition Rules sections 2.5 and 2.6):

- 2.5 Additional regulations which do not conflict with these rules may be determined by the organizer. They have been approved by the IOF Event Adviser.
- 2.6 These rules and any additional regulations shall be binding for all competitors, team officials and other persons connected with the organization or in contact with the competitors, team officials and other persons connected with the organization or in contact with the competitors. Any additional regulations shall be published in the final event Bulletin.

What this means in practise is that any violations of the Covid Bulletin regulations are treated like any other rules violation. Anyone involved in the event, including someone in the organising team, can make a complaint that someone has broken the Covid rules. It is then up to the organizers to determine if a rules violation has happened and what the punishment should be. For example, loss of accreditation for an individual or an entire team (if it is a serious violation). If the person affected does not agree with the ruling of the organizer, they can make a protest which will then be considered by the jury. The jury's decision is final.

Please note: Bottles in the forest/Long Distance

Due to the Covid-19 restrictions organizers' will not handle bottles during the competition. Please take your own hydration packs with you if the bottles you carry are not enough.

6. JURY The IOF Council ESB has approved the following jury for the event:

André Hermet (FRA)
Jiry Vransky (CZE)
Mika Ilomäki (FIN)
reserve: Anke Dannowski (GER)

7. COMPLAINTS

According to the IOF MTBO rule 27:

Any complaints shall be made in writing to the organizer as soon as possible. Time limit for complaints is 15 minutes after the last competitor has crossed the finish line, in mass start 30 minutes after the winner has crossed the finish line.

8. ENTRIES Withdrawals

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 4.6.2021:

Elite

Federation	Men	Women	Team Officials	Total
 Austria	5	2	1	8
 Czech Republic	7	5	4	16
 Denmark	3	4		7
 Estonia	3	3	1	7
 Finland	7	7	1	15
 France	5	4	1	10
 Germany	1	1		2
 Italy	5		2	7
 Latvia	1			1
 Lithuania	4	4	3	11
 Neutral	7	7	5	19
 Poland	1			1
 Portugal	3	1		4
 Spain	3	1		4
 Sweden	5	4	2	11
 Switzerland	3		1	4
Sum	63	43	21	127

Juniors

Federation	Men 20	Women 20	Team officials	Total
 Austria	5	1	2	8
 Czech Republic	3	3	2	8
 Denmark	3	2	1	6
 Estonia	1	1		2
 Finland	6	6	3	15
 France	3	2	1	6
 Italy		1	1	2
 Lithuania	3	3		6
 Poland	1	1	1	3
 Portugal		1		1
 Russian Federation	6	6	1	13
 Spain	2	2		4
 Sweden	1	1	1	3
 Switzerland	2	1	1	4
Sum	36	31	14	81

9. ACCREDITATION

Accreditation takes place in the Event Office. Only upon receipt of a negative test result, the participant will receive accreditation and may start with competition related activities (trainings, model event etc.).

There will be no individual accreditation by the participants, but the Team Leader will take care of all the team's accreditations. As part of this process the participants' passports must be shown to prove the nationality and full passport holding citizenship of the country of the Federation. Accreditation will be carried out by appointment to avoid crowding in the Event Office.

Each Team will receive an accreditation package with:

- Bulletin no. 4
- Emittags and list of Emittag numbers of the team
- Gps vests
- Form for "starting Group Allocation" for all competitions
- Complaint/Protest form
- Wrist bands or single tickets for meals (if ordered)
- Drinking Bottles

All training maps will be picked up from the EO.

Please note that receiving of an accreditation also requires that all the payments have been made (costs for accreditation and entry fees, ordered accommodation and Meals as well as Covid-19 tests).

Accreditation card must be used always when outside your room.

10. PIGEONHOLES

There are pigeonholes/boxes for each team at the Event Office. Please check your pigeonholes daily.

11. ACCOMMODATION AND FOOD

Rooms

The room reservations start at 14:00 on your arrival day and end by 12:00 on your departure day.

All the rooms have linen and towels. There is a wifi available in all the rooms, except hostel level rooms.

The normal room price includes breakfast and free use meeting rooms (pre-reservation) and some other indoor training facilities, if the Covid-19 situation allows the use of them.

IMPORTANT: All the rooms and indoor facilities/spaces of Kuortane OTC are **smoke free**. It is absolutely forbidden to smoke in any room, Meeting room, training facility etc. Smoking even at window/on balcony is forbidden!

Team leaders will be responsible for any damage in the rooms incurred by M21mbers of their delegation during their stay.

Please note: It is absolutely forbidden to take bikes inside the rooms.

Preordered Meals

The preordered breakfasts, lunches and dinners are served in Buffet Restaurant Eppula. It is reserved only for the private use of the Championships. If you have preordered Meals, there will be different colors of wrist bands in your accreditation package depending of the ordered Meals:

- green	breakfast, lunch and dinner (full board)
- grey	only breakfast
- pink	breakfast and dinner

If you have ordered only single meals, you will received separate meal tickets for those.

Meal hours

Day	Breakfast	Lunch	Dinner
Thursday 10 th of June	07:00 – 10:00	11:00 – 13:30	17:00 – 20:00
Friday 11 th of June	07:00 – 10:00	11:00 – 13:30	17:00 – 20:00
Saturday 12 th of June	07:00 – 10:00	12:00 – 14:00	17:00 – 20:00
Sunday 13 th of June	06:00 – 10:00	12:00 – 14:30	17:00 – 20:00
Monday 14 th of June	06:00 – 10:00	12:00 – 15:00 CA*	17:00 – 20:00
Tuesday 15 th of June	07:00 – 10:00	11:00 – 13:30	17:00 – 20:00
Wednesday 16 th of June	07:00 – 10:00	12:30 – 16:00	17:00 – 20:00
Thursday 17 th of June	06:00 – 10:00	12:00 – 13:30 CA*	17:00 – 20:00
Friday 18 th of June	07:00 – 10:00	11:00 – 13:30	

* Lunch will be served at the competition venue

Due to the Covid-19 restrictions the seating capacity of the restaurant is about max. 100 persons at the same time. If the restaurant capacity is full, you need to wait as long as there will be free seats available. If there will be problems with this arrangement, we will give the teams exact meal hours.

Please note: that you can eat as much as you want in the restaurants, but it is absolutely forbidden to take any food out of the restaurant!

During the Covid-19 test quarantine, we serve pre ordered meals to your rooms or your team leader can pick them up from the restaurant, if he/she has already been released from the quarantine.

On competition days the lunch will be served at the Event Center in Buffet restaurant Eppula after the competition except on

- Monday 14th of June in the Middle distance Arena (soup lunch)
- Thursday 17th of June in the Restaurant Joupiska terrace near the Relay Arena

Please note: there will be NO kiosks, cafés or restaurants in the competition arenas.

There are two grocery stores in Kuortane. S-Market (1,5 km from Kuortane OTC) and K-Market (1.9 km from Kuortane OTC). The S-Market is open from 7.00 to 21.00 on weekdays and Saturdays and from 09.00 to 21.00 on Sundays. The K-Market is open from 7.00 to 22.00 on weekdays and Saturdays and from 09.00 to 22.00 on Sundays.

Please note: Only Team Leaders are allowed to go to the grocery stores and pharmacy. Team Leaders need to inform the EO always, when leaving the Bubble for shopping.

12. BIKE STORAGE, WASH AND REPAIR

There is a secure/guarded bike storage in the Athletes' Village. Opening hours are from 6.00 to 9.30 (am) and from 16:00 to 21:00 (pm). You can enter the bike storage only during the opening hours.

If you have a room with your own entrance (no corridor) you can also keep the bike outside the door (not inside). Bring your own locks for extra safety.

There are bike washing points near the bike storage.

The Cycli bike shop will offer bike repair services and most common spare parts next to the bike storage as follows (subject to changes):

Friday 11 th June	17:00 – 20:00
Saturday 12 th June	08:30 – 10:00 and 13:30 – 16:00
Sunday 13 th June	12:30 – 15:00
Monday 14 th June	15:00 – 17:00
Wednesday 16 th June	15:30 – 17:30

Please remember proper social distancing, hand hygiene and masks always when visiting the shop.

13. TRANSPORT

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

14. THE PUNCHING SYSTEM

EmiTag Electronic Punching and Timing system will be used in all competitions. There will be a start setup model (10 and 11 June) as well as model event for EMIT punching (11 and 12 June) at the EC. Competitors can get acquainted with the punching system during Friday's and Saturday's Model Event.

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

For more information, please visit: <https://emit.no/support-base/instructions-for-competitors-in-mtbo/>.

Each control will have two Emit Touch-free pro long range units (TFP-LR). Each competitor will have two emiTags mounted on the same wrist.

The Emit Touch-Free PRO Longrange (Emit TFP-LR) punching system has only been approved for World Ranking events so far. It will be used at these World Championships following a rules deviation granted by the IOF. The MTBO Commission is doing a survey about the use of the Emit TFP-LR punching system at the WMTBOC & JWMTBOC 2021 and would be grateful if as many Elite and Junior participants could take part in the survey. The questionnaire is a Google form and is accessible at <https://tinyurl.com/ex435vj3>



Each competitor will have two emiTags mounted on the same wrist. emiTag with lowest number should be mounted on yellow strap.



15. TEAM LEADERS' MEETINGS

The Team Leaders' Meetings will be held in the evening preceding each competition day at 19:00 (7.00 pm) at the Event Center. Participation by Teams is also possible. In live Meetings only one person per team can participate (WMTBOC and JWMTBOC are considered as two different events).

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

- 16. BIBS** Start number bibs, start lists and other possible handouts concerning the competition will be handed out according to the start list in the evening before the competition at the Team Leaders' Meeting. If this is not possible the material will be delivered to the Team Leaders by the organizer.

The start bibs must be attached to the front of the bike and in Mass and Sprint competitions also on the back of the rider.

- 17. GPS** All competitors will carry GPS tracking device.

The GPS device will be given to the athlete in the start. The GPS device must be returned at the finish every day.

Adequate number of GPS vests of 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.

18. LIVE STREAMING SERVICES

Online split times/results and GPS tracking as well as speakers voice will be available online from the IOF Live channel (<https://orienteering.sport/live/>) and after the live service also on the event website.

19. PRIZE GIVING CEREMONIES

All prize giving ceremonies will take place according to the IOF protocol paying attention to the Covid-19 protocol. Due to the protocol there will be no flower or prize giving ceremonies at the competition venues, except on Thursday 17th of June immediately after the competition.

The prize giving ceremonies will be organized on competition day at 18:15 (6.15 pm) in the Event Center. Athletes and teams ranked 1 – 6 shall be present behind the podium 5 minutes prior to the beginning of the ceremony. Please note: no handshakes or hugging.

According to the IOF guidelines the athletes (except neutral athletes) are requested to dress in their official team uniforms on the podium and refrain from taking items such like hats, caps, sunglasses, head bands and other similar items on the podium.

There will be more detailed instructions for the prize giving ceremonies before the first ceremony.

20. 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 organizers will not be liable for any health insurance of the participants. We recommend that all participants have their own personal health insurance. Participants take part in the competitions at their own risk.

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
Sairaalantie 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 weabout 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 – 17.00 and on Saturdays at 09.00 – 14.00.

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

21. LOCAL WEATHER CONDITIONS

In June temperatures are generally good for outdoor activities, around +19 C during daytime (around +7 during nighttime). But be prepared also for rainy days, when the temperature can drop around + 13 C. The average rainfall in June is 52 mm.

The length of a day is about 20 hours (sunrise 3:20, sunset 23:30).

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.

Websites for weather forecast for Kuortane:

- <https://www.supersaa.fi/lahipaivat/suomi/kuortane/>

- <https://www.yr.no/en/forecast/daily-table/2-650166/Finland/South%20Ostrobothnia/Kuusiokunnat/Kuortane>

22. CLOTHING

During all the official events the competitors shall wear the team clothing of their Federation (except neutral athletes) according to the IOF rules.

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. 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 WMTBOC 2021 and JWMTBOC 2021 are dedicated to supporting the anti-doping authorities in their work.

The IOF Anti-Doping rules apply to all IOF events and 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.

Athletes, who are selected for the doping test must have their accreditation card with them.

It is the responsibility of the competitor to obtain any required therapeutic use exemption (TUE) certificate.

25. MEDIA SERVICES

Due to the COVID19 restrictions non-accredited and non-tested 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

Next Bulletins: Daily on 12 – 17 June 2021

The COVID19 protocol will be updated/published as often as needed.

27. FAIR PLAY

All persons taking part in a MTBO event shall behave with fairness and honesty. They shall have a sporting attitude and a spirit of friendship. Competitors shall show respect to each other and for officials, journalists as well as the inhabitants of the competition areas.

The usage of mobile devices in start and finish quarantine is prohibited.

If a rider abandons/does not finish the race, he/she should go to the finish immediately for the finish read out. They should stay in finish quarantine until the quarantine is over.

28. QUARANTINES

No telecommunication equipment is allowed in the quarantine. This refers also to phones used as cameras. Organizers may check compliance with these rules. Be also aware, that no old maps are allowed in the quarantine zones.

Start quarantine rules: Competitors and team officials must be inside the quarantine zone by the time it is activated (see time schedule of the competition day). Competitors leave the activated quarantine through start, team officials to the finish area.

Finish quarantine rules: Competitors and team officials may enter any time (via finish or as a team official). Nobody may leave until the official finish quarantine ends. The competitor's personal items will be transported from start to the finish quarantine.

In the quarantine zones, there will be access to toilets, water and shelter.

29. STARTING ORDER

For all competitions, teams are required to submit name entries and start group allocation of the athletes by 12:00 hrs the day before each competition. Templates are handed out on arrival and are available on the website.

WMTBOC

SPRINT, MIDDLE and LONG: Red and orange start groups will be allocated according to IOF MTBO ranking as of 10th of June 2021.

MASS START: The IOF MTBO ranking as of 10th of June and it will determine the starting order.

RELAY: The WMTBOC 2019 result will determine the starting order.

JWMTBOC

SPRINT, MIDDLE and LONG: Random drawn.

MASS START & RELAY: The JWMTBOC 2019 results will determine the starting order.

For teams not submitting the form in time the organizer will allocate the start time.

30. START PROCEDURE

In the quarantine there will be drinking water, toilets and shelter for competitors and coaches.

The GPS unit is inserted into the pocket of the vest with the help of a start official (see more on special instructions for each competition).

The competitor's bib number is called up at the pre-start. It is the competitor's responsibility to watch out for his/her start time.

Units for clearing and checking emiTag-units are situated at the entry to the start procedure of the individual competitions or at the entry to the changeover area of the relays. It is the competitors' responsibility to clear and check their emiTag-unit correctly. When zeroing the emiTag (holding it against the TFP start), the LED light in the emiTag starts flashing, and keeps flashing for 5 seconds after the punch at the start unit. This is a verification for the organizers that the emiTag is working.

At all individual interval starts, the maps will be placed on the map desk table. The competitor's map is placed face down. The competitor is allowed to move to the map desk 2 minutes before the start.

The competitor is allowed to take his/her map 1 minute before the start and move to the start point.

The competition clock will give a signal (beeb) to the competitor to start.

The start triangle is marked in the terrain by a control flag. The route to this flag is marked with corridors or tapes. Competitors must follow this marked route to the start point.

31. BAG DROP

Clothes and bags: Competitor's personal items will be transported from Start collection point marked Clothes or Bags to Finish delivery point marked Clothes or Bags. The competitors should use their own bags.

32. OPPORTUNITIES FOR TRAINING

Due to the Covid-19 protocol and the Bubble no kind of individual training is possible, after entering the Bubble. You can only participate in the official training opportunities in Vetola, Törnävä and Hallilanvuori, Model Event in Kuortane and use training terrain in Kuortane. Maps are available in the EO. There are flags, but no codes and no emiTags at controls.

Kuortane, open every day

Address: Haapamäentie 35, 63100 Kuortane, 62°48'32.5"N, 23°30'57.0"E

Map: Kiimakallio

Scale: 1:15000, contour: 2,5 m

Map Size: A3, 30x42 cm

Distance: about 2 km from the EC → take the bike

Thursday 10th of June – forest, Vetola, Töysä 14:00 – 18:00

Address: Kiiltomäentie 8, 63640 Töysä, 62.70175140834245, 23.880182904845405

Similar to the Middle distance terrain

Distance: 40 km/30 min from the EC

Map: Vetola

Scale 1:7500, contour: 5 m

Friday 11th of June – sprint, Seinäjoki 12.00 - 19.00

Map: Törnävä

Address and coordinates: Suunnistajanreitti 1, 60200 Seinäjoki, 62.7545775, 22.8761181

Distance: 45 km/36 min from the EC

Scale 1:5000, contour: 2,5 m

Tuesday 15th June Seinäjoki (Hallilanvuori) 13.00 - 17.00

Map: Halliska

Address and coordinates: Suunnistajanreitti 1, 60200 Seinäjoki, 62.7545775, 22.8761181

Distance: 45 km/36 min from the EC

Scale 1:10000, contour: 2,5

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>

33. MODEL EVENT

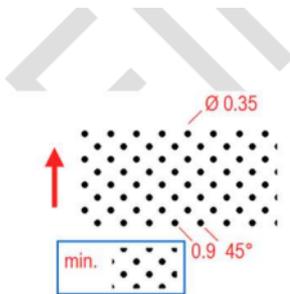
Kuortane EC

Friday 11th at 15:00 – 20:00

Saturday 12th at 07:00 – 09:00

The Model Event includes full start procedure + full finish procedure + emiTag control points. In this Model Event you can also train the emiTag punching.

There is a frisbee golf range in the area of the Model Event course you need to take a notice. There is also a new map symbol used. It is the new specification symbol: area with black dots.



825 Forested area, permitted to ride (A)

An area of terrain with a dense track network or little ground vegetation where riding everywhere is allowed. Predominant track/paths going through this area shall be shown to aid navigation. The permitted area should have obvious borders or be marked in the terrain. Black dots shall not interfere with other black elements and other optional point and line symbols which serves for navigation or as a features for control points.

The symbol is orientated to north.

Minimum width: 2 mm (footprint 30 m).

Minimum area: 25 mm².

Colour: black.



34. MASS START, SATURDAY 12TH OF JUNE

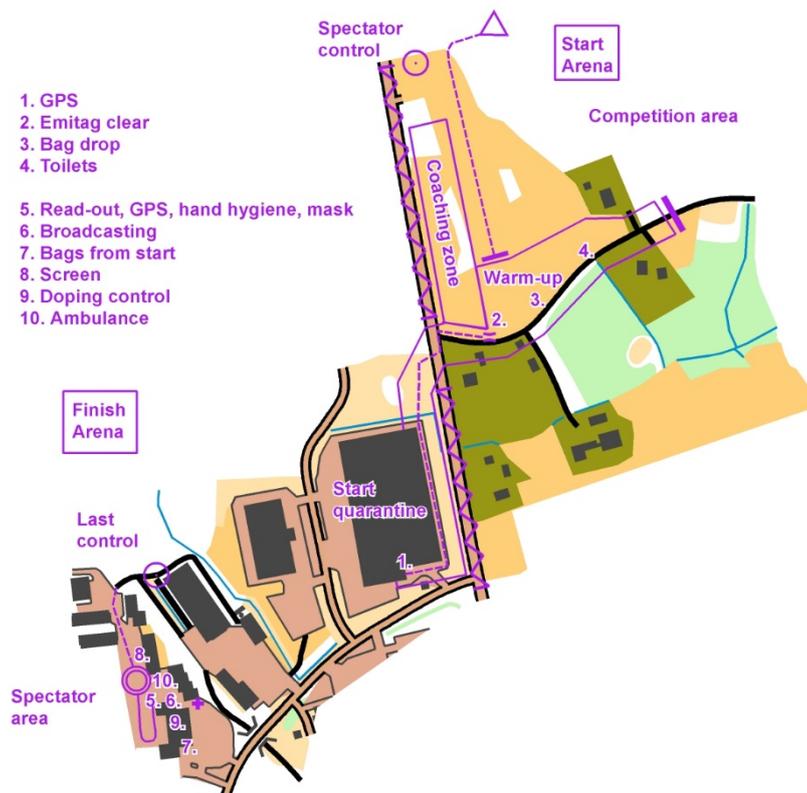
07:00 – 10:00	Breakfast (EC)
07:00 – 09:00	Model Event, Kuortane EC (same than on Friday)
10:00 – 14:00	Mass Start Competition in Kuortane 10:00 M21 10:15 W21 11:45 M20 12:00 W20 10:00 – 11:15 Start quarantine for juniors
12:00 – 14:30	Lunch (EC)
12:00	Deadline for names for Sprint (EC/CC)
17:00 – 20:00	Dinner (EC)
18:15	Prize Giving Ceremonies
19:00	Team Leaders' Meeting (Live + Teams)

Competitors will be guided (signs) to the start arena. Competition is in the vicinity of the EC. Start quarantine is in the EC.

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.



Competition Arena



Map: Mustapäänkalliot

Scale: 1:10000

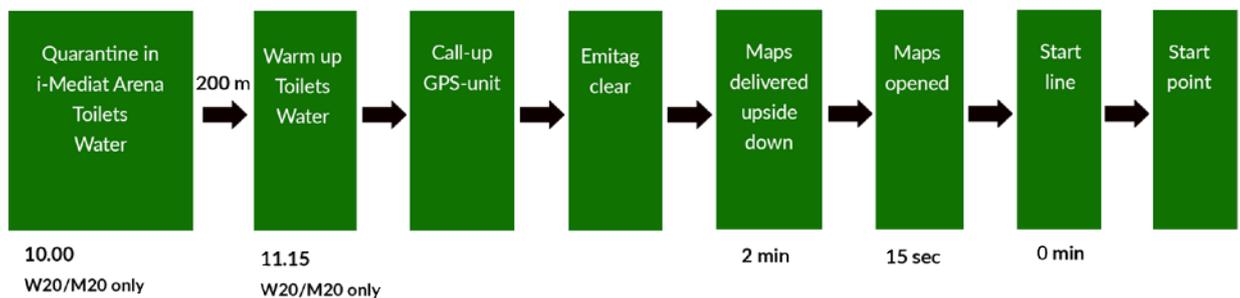
Contour: 2,5 m

Map Size: A3, map area 30x35 cm, **maps will not be collected in the finish.**

Detail	M21	W21	M20	W20
Length (shortest)	30120 m	26460 m	24830 m	20620 m
Length (straight)	19020 m	16770m	15650 m	12750 m
Total climb	275	240	225	185
Controls	30	26	25	22
Refreshments	0	0	0	0
Winning times	75 – 85 min.	75 – 85 min.	60 – 68 min.	60 – 68 min.
Max. cycling time	3,5 hours	3,5 hours	3,5 hours	3,5 hours

Route from start line to map start is marked with ribbon. Riders not passing the starting point will be disqualified.

MASS | start procedure



Quarantine (only for W20/M20)

- Closes at 10:00
- M21 and W21 enter the warm up area via I-Mediat Arena, where they leave their bags/gears.
- starting from 11:15 M20 and W20 can enter the warm up area, where they are called to collect their GPS devices
- There is no finish quarantine

Map change

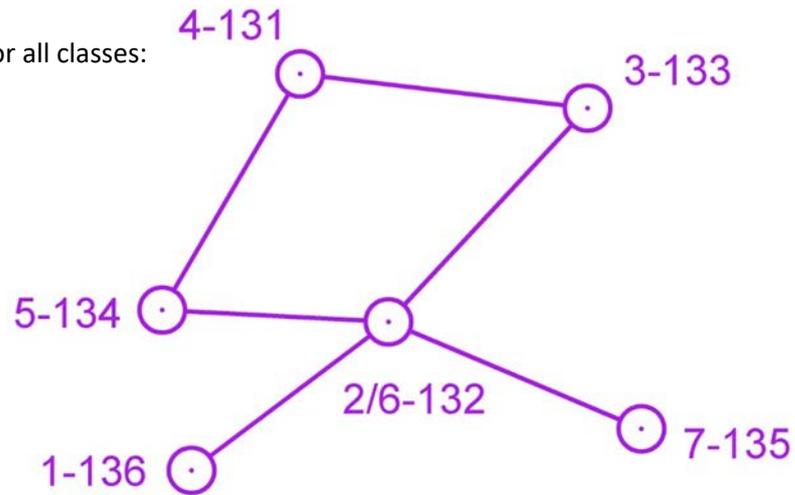
All classes: 3 maps. The maps are stapled together. The maps are marked with PART 1, PART 2, PART 3. When the maps are handed out, PART 1 will face up. When changing the map for PART 2 etc., the start triangle starts second map and so on, and the controls will continue. It is the rider's own responsibility to begin with the correct part.

There is a coaching zone and spectator control at the north end of the start arena. Anyone entering the coaching zone and spectator control is not allowed to watch neither GPS-follow-up nor streaming meaning phones or other communication devices are not allowed in the coaching zone. Once you leave the coaching zone, you can't enter it again anymore. E.g. coaches are not allowed to enter juniors' start or spectator control if entering the finish arena during M21/W21 finish.

Forkings:

All classes have forkings. Pay the utmost attention especially when entering loops from central control to ride controls in correct order.

Examples for all classes:



In general riding off the tracks is allowed. There are forbidden areas, which have marked on the map. It is not allowed to ride in cultivated land.

Race control: Marshalls will be present at forbidden areas.

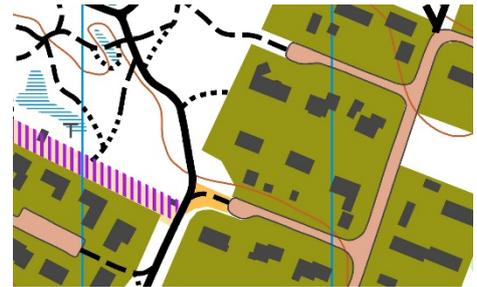


35. SPRINT 13TH OF JUNE

08:00 – 12:30	Event Office Open (CA)
16:00 – 19:00	(EC)
06:00 – 10:00	Breakfast (EC)
09:00 – 12:30	Sprint Competition in Seinäjoki 09:00 – 10:35 Finish quarantine 09:00 First Junior start 10:30 – 12:32 Start quarantine 10.30 First Elite start
12:00 – 14:30	Lunch (EC) after sprint competition
12:00	Deadline for names for Middle (EC/CC)
17:00 – 20:00	Dinner (EC)
18:15	Prize Giving Ceremonies
19:00	Team Leaders' Meeting (Live + Teams)

Terrain description

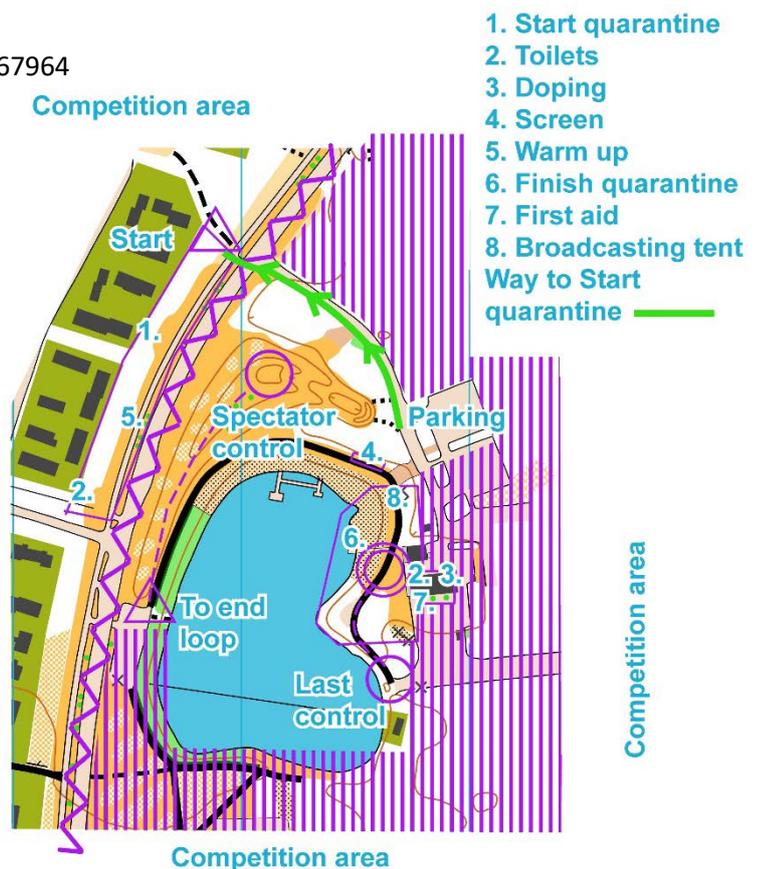
Partly urban and park forest terrain with dense network of roads, tracks and technical paths. Rather flat, but small hills here and there.

**Competition Arena**

Tanelinranta, 40 km/30 minutes from the EC to the CA/parking

Address: Lampitie, 60510 Hyllykallio,
62.79726499496557, 22.912413169267964

The parking lot is located about
50 m from the CA.



Driving instruction

From Kuortane OTC, turn to the south (right) to road 66. After 6 km turn to the right to road 697 (-> Seinäjoki). After 33 km turn to the right, to road 6981/Keski-Nurmontie, after 4,6 km turn to the left to road Mäki-Hakolantie. After 1,8 km the Competition Arena is on your left.

Map: Tanelinlampi

Scale: 1:5000

Contour: 2,5 m

Map Size: A4, Pretex, waterproof, but not tearproof

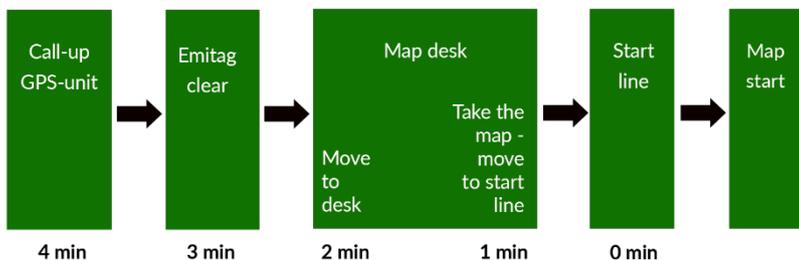
-> **maps will not be collected in the finish.**

Detail	M21	W21	M20	W20
Length (shortest)	9200 m	7300 m	7100 m	5900 m
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.	16-20min.
Max. cycling time	1,5 hours	1,5 hours	1,5 hours	1,5 hours

Start line

Start line to map start is marked with ribbon.

SPRINT | start procedure



Quarantines

- start quarantine from 10:30 – 12:32

- finish quarantine from 09:00 – 10:35

Map change

Two maps printed on the same sheet on different sides.

Please note: Some controls will not be along the tracks, paths and roads on open area.

36. MIDDLE, 14TH OF JUNE

08:00 – 09:00	Event Office Open (EC)
09:00 – 15:00	(CA)
16:00 – 19:00	
06:00 – 10:00	Breakfast (EC)
09:30 – 15:00	Middle Distance in Alajärvi 09:30 – 10:55 Finish quarantine 09:30 First Junior start 10:50 – 12:50 Start quarantine 10:50 First Elite start
12:00 – 15:00	Lunch (CA)
17:00 – 20:00	Dinner (EC)
18:15	Prize Giving Ceremonies

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.

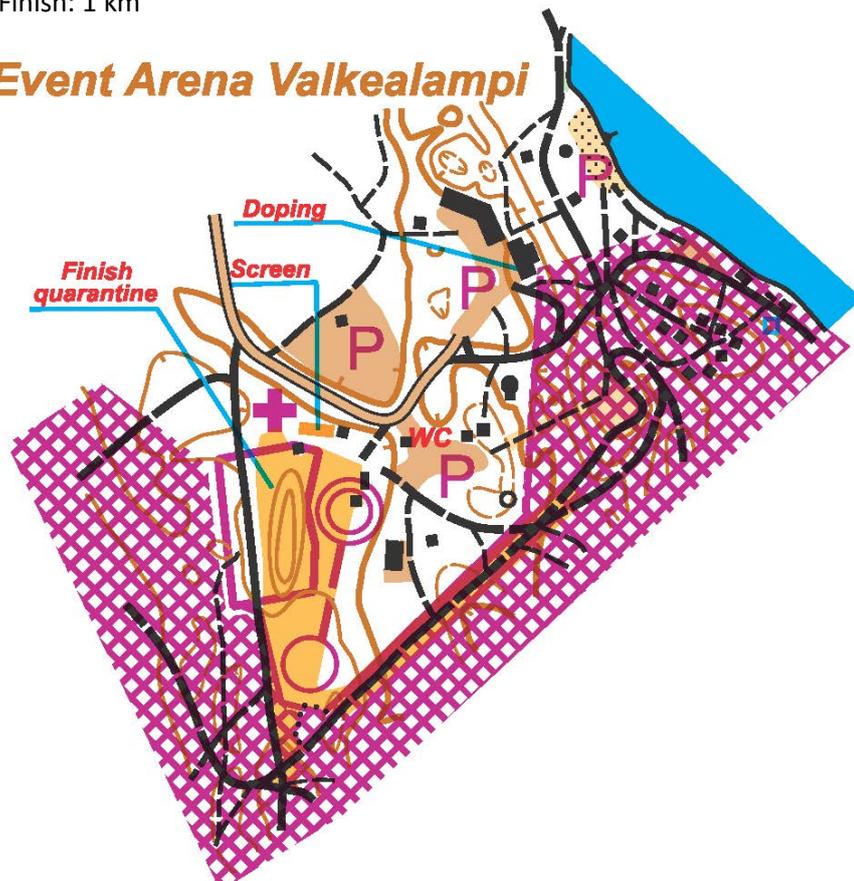
**Competition Arena**

Valkealampi, Alajärvi 26 km/20 minutes from the EC

Address: Valkealammentie 110, 63510 Alajärvi, 62.78218307755341, 23.860107362536894

Start quarantine: Valkealammentie 112, 63510 Alajärvi, 62.782098, 23.860374

Distance Start- Finish: 1 km

Event Arena Valkealampi

Map: Valkealampi
 Scale: 1:10000
 Contour: 5 m
 Max height difference: 40 m

Detail	M21	W21	M20	W20
Length (shortest)	19010 m	17370 m	15600 m	12770 m
Total climb	270 m	245 m	220 m	160 m
Controls	22	19	18	18
Refreshments	0	0	0	0
Winning times	50-55 min	50-55 min	40-45 min	40-45 min
Max. cycling time	2,5 hours	2,5 hours	2,5 hours	2,5 hours

No. of maps

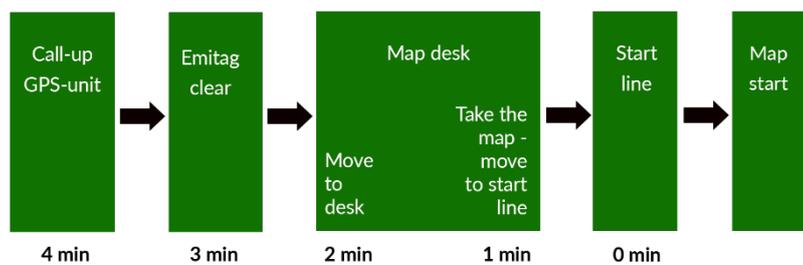
- M21 -> 3 W21 -> 3
- M20 -> 2 W20 -> 2

The maps are marked with PART 1, PART 2, PART 3.

Start line

Start line to map start is marked with ribbon.

MIDDLE | start procedure



37. LONG, WEDNESDAY 16TH OF JUNE

08:00 – 12:00 16:00 – 19:00	Event Office Open (EC)
07:00 – 10:00 09:30 – 16:00	Breakfast (EC) Long Distance Competition in Kuortane 09:30 First start 09.30 – 11.05 Finish quarantine 11.00 – 12.30 Start quarantine
12:00	Deadline for names for Relay (EC/CC)
12:30 – 16:00	Lunch (EC)
17:00 – 20:00	Dinner (EC)
18:15	Prize Giving Ceremonies
19:00	Team Leaders' Meeting (Live + Teams)

Distance from EC to start arena is 6,0 km. Marked route with signs.

Start quarantine: Porrasmäntie 6, 63150 Kuortane, 62.4840182, 22.7656299

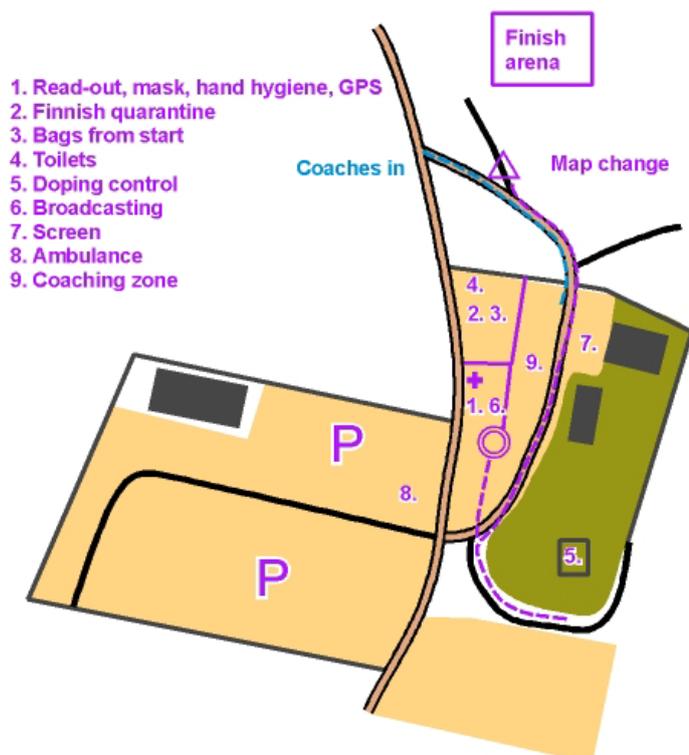
Finish: Alajärventie 111, 63150 Kuortane, 62.849708, 23.513943

Distance between start and finish: 1,5 km

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.



Competition Arena



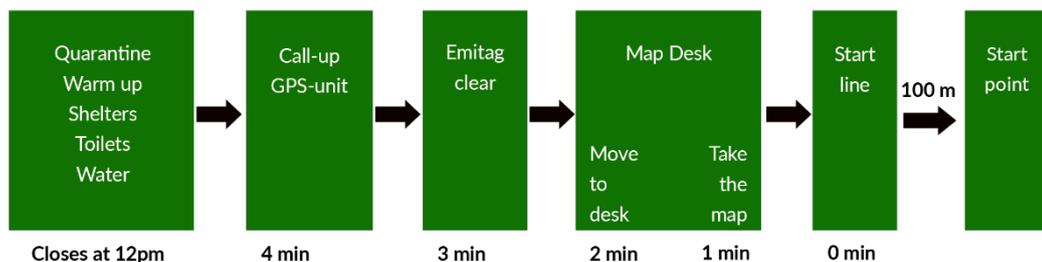
Map: Porraslampi
 Scale: 1:15000
 Contour: 2,5 m
 Map Size: A3, map area 30x35 cm

Detail	M21	W21	M20	W20
Length (shortest)	39000 m	31200 m	28300 m	21100 m
Total climb	310	230	200	180
Controls	26	23	20	18
Refreshments	none (Covid)	none (Covid)	none (Covid)	none (Covid)
Winning times	105 – 115 min.	105 – 115 min.	84 - 92 min.	84 - 92 min.
Max. cycling time	4 hours	4 hours	4 hours	4 hours

Start line

Start line to map start is marked with ribbon.

LONG | start procedure



Interval start, 3 min.

Map change

All classes: 2 - 3 maps. The maps are stapled together. The maps are marked with PART 1, PART 2, PART 3, when the maps are handed out, (PART 1) will face up. When changing the map for (PART 2) etc., the start triangle start second map and so on, and the controls will continue. It is the riders own responsibility to begin with the correct part.

Arena passing

M21 has arena passing. Route is marked with ribbon. Riders not using the marked route will be disqualified.

Traffic

The main road on the competition arena is closed, but the road is forbidden to ride. Local inhabitants shall use the road.

Race control

Marshalls will be present in the competitions at forbidden areas.

Road crossing

All classes have the road crossing. There are marshalls to stop the cars, but competitors must also be careful when crossing the road. In road crossing there is also control point, remember punching.

In general riding off the tracks is allowed. There are forbidden areas, which are marked on the map. It is not allowed to ride in cultivated land. Those are also marked on the map with symbol 709.

Please note:

Due to the Covid-19 restrictions organizers' will not handle bottles during the competition. Please take your own hydration packs with you if the bottles you carry are not enough. Each competitor must carry at least one bottle with him/her.

38. RELAY, 17TH OF JUNE

07:00 – 08:00	Event Office Open (EC)
09:00 – 12:00	(CA)
16:00 – 18:00	(EC)
06:00 – 10:00	Breakfast (EC)
09:30 – 12:00	Relay in Seinäjoki 09:30 – 12:00 Start quarantine 09:30 M21 09:35 W21 09:45 M20 + W20
12:00 – 13:30	Lunch (CA)
12:30	Prize Giving Ceremonies (CC)
17:00 – 19:00	Dinner

Competition Arena

Jouppilanvuoren jäähalli, address: Alaseinäjoenkatu 9, 60220 Seinäjoki
62.782937764497106, 22.820032211596534

Distance from the EC: 45 km, about 36 minutes to the car park/EA

Driving instruction

From Kuortane OTC, turn to the south (right) to road 66. After 6 km turn to the right to road 697 (-> Seinäjoki). After 38,5 km turn to the left (roundabout, take third exit) to road Kivistöntie. After 4,3 km drive straight ahead (over road Vapaudentie) to road Koskenalantie 850 m. Turn to the right to road Alaseinäjoenkatu, after 0,6 km Competition Arena is on your left.

Relay EC



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.



Map: Seinäjoki, Jouppilanvuori

Scale: 1:10000

Contour: 2,5

Map size: A4, Pretex, waterproof, but not tearproof -> maps will be collected in the finish.

Detail	M21	W21	M20	W20
Length (shortest)	14300 – 14500 m	11200 – 11500 m	11000 - 11300	9100 - 9400
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.
Max. cycling time	5 hours	5 hours	5 hours	5 hours

Map change

Two maps printed on the same sheet on different sides.

Quarantines

The whole competition center is quarantine area, there will be no separate finish quarantine.

Start procedure

Before entering the starting area CLEAR emiTag cards. The competitors will be lined up in rows of 10. Maps will be handed out (on the map holder) 15 sec. before the start.

More detailed information on start procedure will be given in the Team Leaders' Meeting one day before the Riley competition.

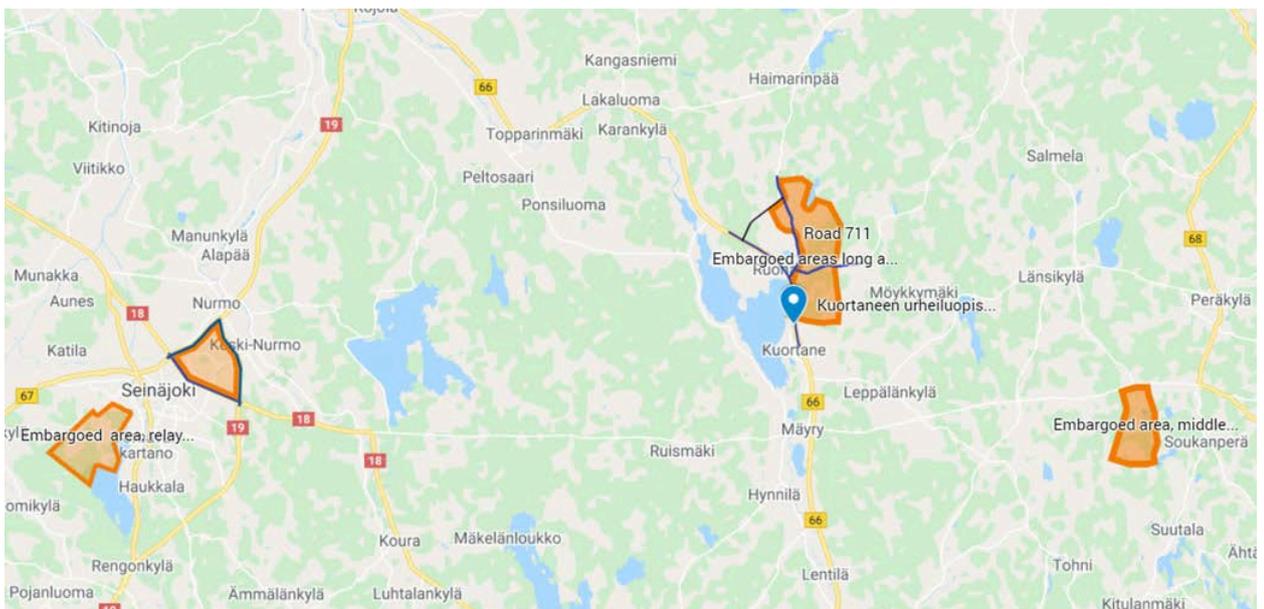
Please note: Some controls will not be along the tracks, paths and roads on open area.

39. 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.

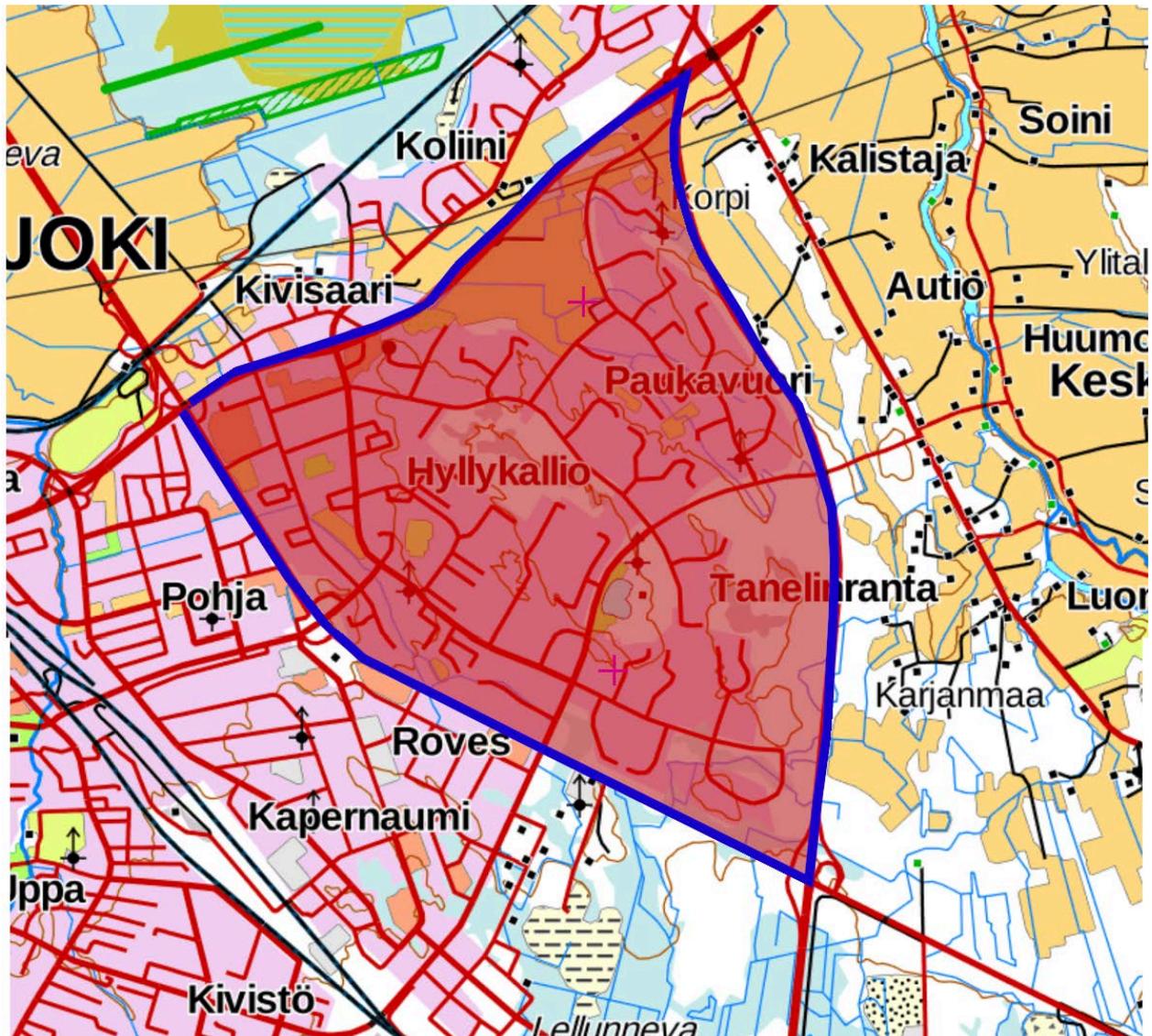
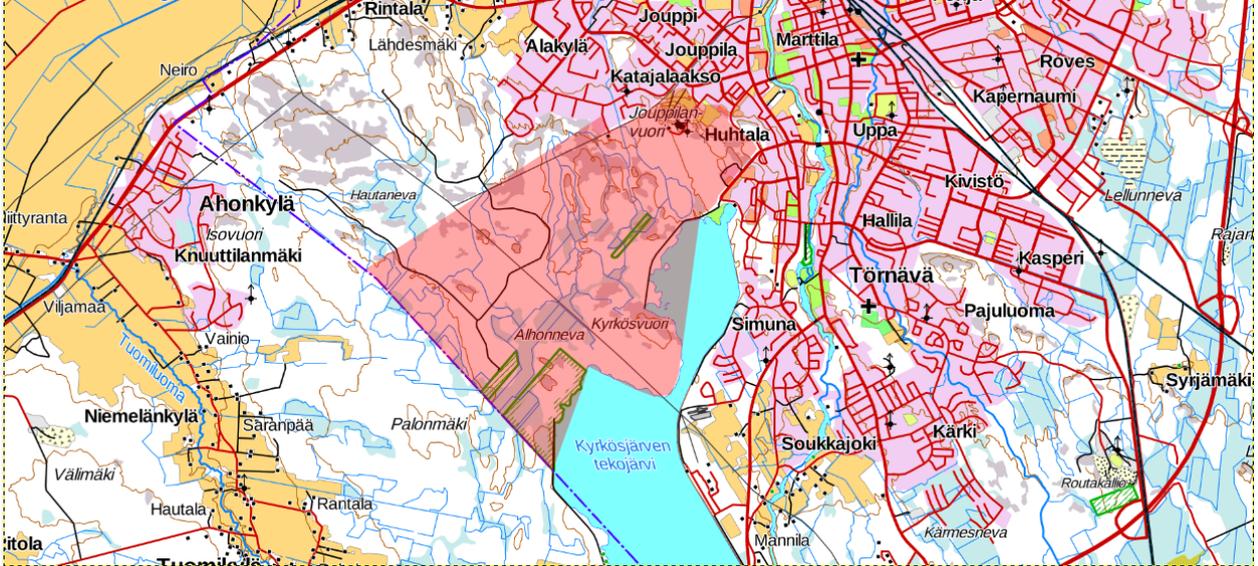
Obviously, any orienteering or MTBO activity is forbidden and it is strictly forbidden to ride a bike. Any permission for access into embargoed areas must be requested from the organizers, if needed and before access. This includes also if there are any MTB events taking place in the areas and potential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



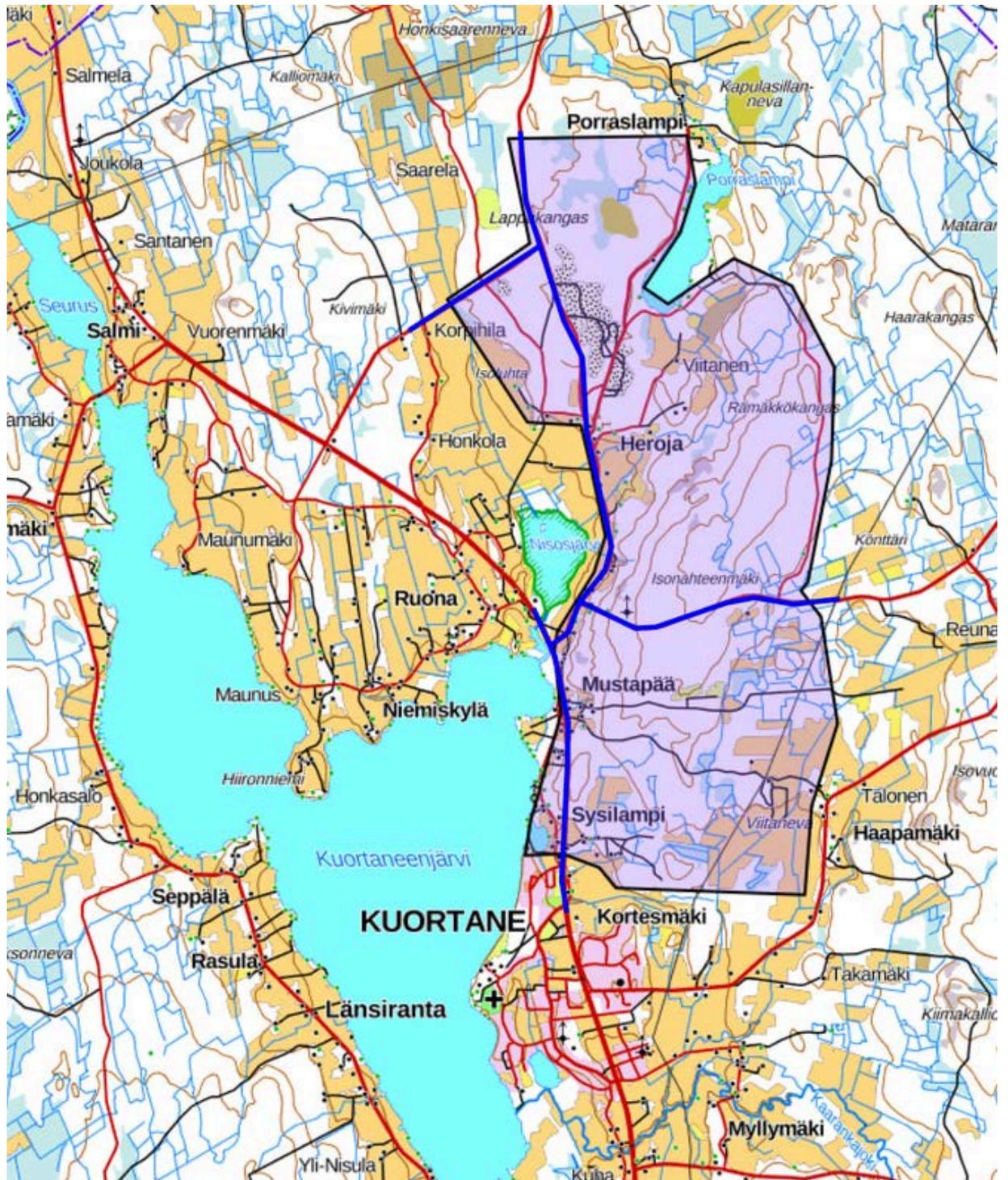
An interactive map of the Embargoed Areas can be found at the Event's website at:
<https://www.google.com/maps/d/u/0/edit?mid=1C857JYZ7-PfDOn7rP2II6uQVI7MtbpfB&ll=62.815914182762256%2C23.31039320000003&z=10>

Maps of Embargoed Areas/Seinäjoki

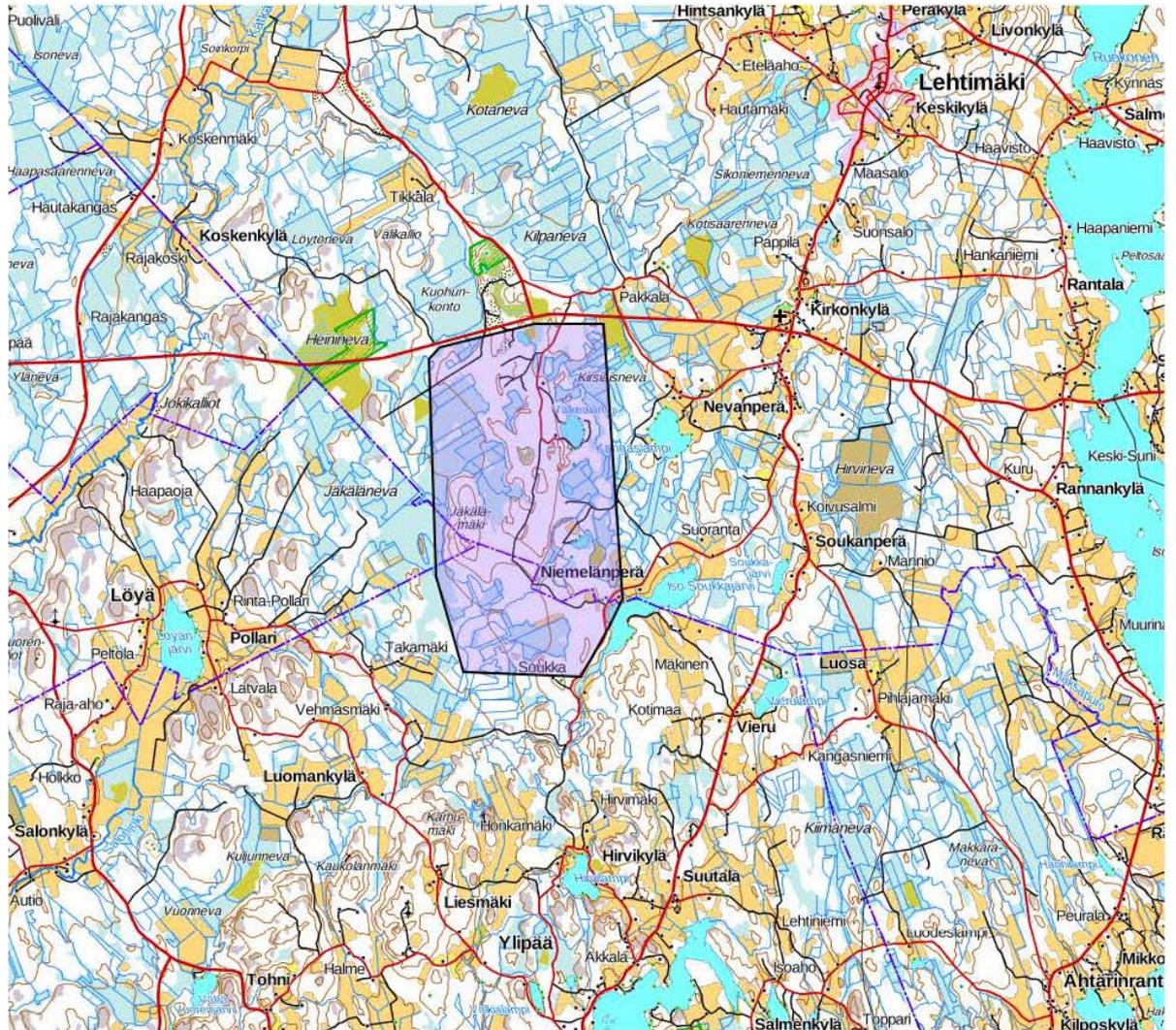


Map of Embargoed Area/Kuortane

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



Map of Embargoed Area/Alajärvi



40. 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 don't 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

Tap 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 Kuortane Sports Institute. However, teams may use small laundry room in Jukantupa's basement (no. 26 on Area map), if it is free. You need to have your own washing powder.

Drying cupboard

There is a drying cupboard in every room for drying your clothes (not in hostel level).

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 lifeguards on the beach.

Saunas

There are several saunas, which can be rented for your own use. Ask more from the EO.

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: BUBBLE AREA MAP OF KUORTANE SPORT INSTITUTE/OLYMPIC TRAINING CENTER



Finland
Kuortane
OLYMPIC TRAINING CENTER



PUBLIC PLACES

1. Kuortane Arena
 - Reception, Main Sports Arena, Equipment Rental
 - Conference Rooms: Kunto, Veto, Olympia, Kokoushuone
24. Sports hotel, Main building
 - Restaurants, Bowling Centre, Gymnastic Ha
 - Physiotherapy - Conference Rooms: 1-3,
 - Hairdresser - Lecture Rooms: 1-3
2. Indoor Swimming Pool
 - Mini Spa - Massage
 - Gym
3. Indoor Sports Gym
 - Lecture Rooms: Hyppyri, 1-Pesä
4. Wrestling Arena
5. Ice Arena
6. LÄHITAPIOLA -Arena
7. Kuortane Sports High School
8. Outdoor Practise Field
9. Beach Volley Court
10. Outdoor Tennis Court
11. Finnish Baseball Court
12. Discgolf/Tracks/Trails
14. Kuortane Track and Field Stadion
15. Training Area for Throwing
16. Sports Equipment Storage
17. Tar-burning Pit
18. Barbeque Grill
19. Shelter
20. Playground, Meeting Point
21. Beach
 - swimming, boats, canoes
22. Beach Sauna (max. 40 pers)
23. Family Sauna (max. 6 pers)
40. Honka Sauna (max. 10 pers)
25. Outdoor Climbing Wall
39. Hut
47. LEM-KEM - Arena
46. i-mediat -Arena
48. Outdoor Gym

ACCOMMODATION

24. Sports Hotel
26. Jukantupa
27. Ritola
28. Koskela
29. Rantamaja
30. Jormantupa
41. Matintupa
32. Mäntylä
33. Koulumaja 1, rooms 1-20
34. Koulumaja 2, rooms 21-36
35. Honkala
36. Rauhala
42. Ahola
37. Koulumaja 3, rooms 37-52
38. Koulumaja 4, rooms 53-68
31. Willentuvat
44. Kostintupa
45. Koulumaja 5, rooms 69-108



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