

SKI ORIENTEERING WORLD CUP SEASON OPENING ROUND YLLÄS, FINLAND

26th November – 2nd December 2015

BULLETIN 4
25.11.2015



Kolarin kunta



Saaga
Lapland Hotels

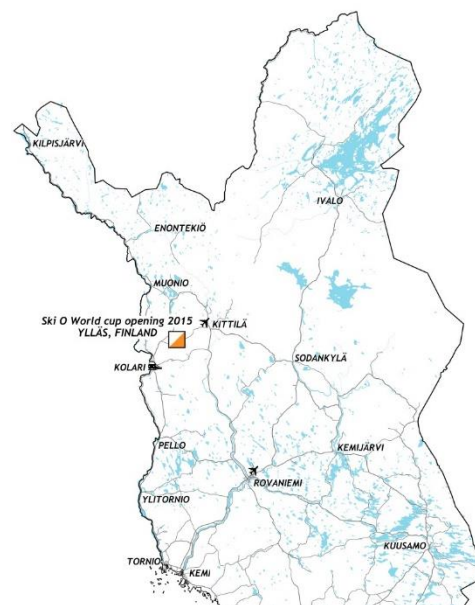
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Ylläs has opened for more than 20 years ski orienteering season in Finland. With the traditional Ensilumen Rastit there has also been excellent conditions for training.

Last time the Ski Orienteering World Cup was organised in Ylläs 2013 and by that feedback the event has been developed further. Now all the events are in a compact package on the southern side of Ylläs. Accommodation, training, meetings and competitions are all in one place so no local transport needed.

Welcome to enjoy ski orienteering!



ORGANIZERS

Orienteering clubs Länsi-Rajan Rasti, Suunta 2000 and Ylläksen Rasti

Chairman of the organizing committee	Veli-Markku Korteniemi v-m.korteniemi(a)lapinnova.fi
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Event director	Marko Vapa marko(a)dropper.fi +358 40 538 8132
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IOF Event adviser	Per Frost per(a)perfrost.se
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National controller	Tapani Partanen
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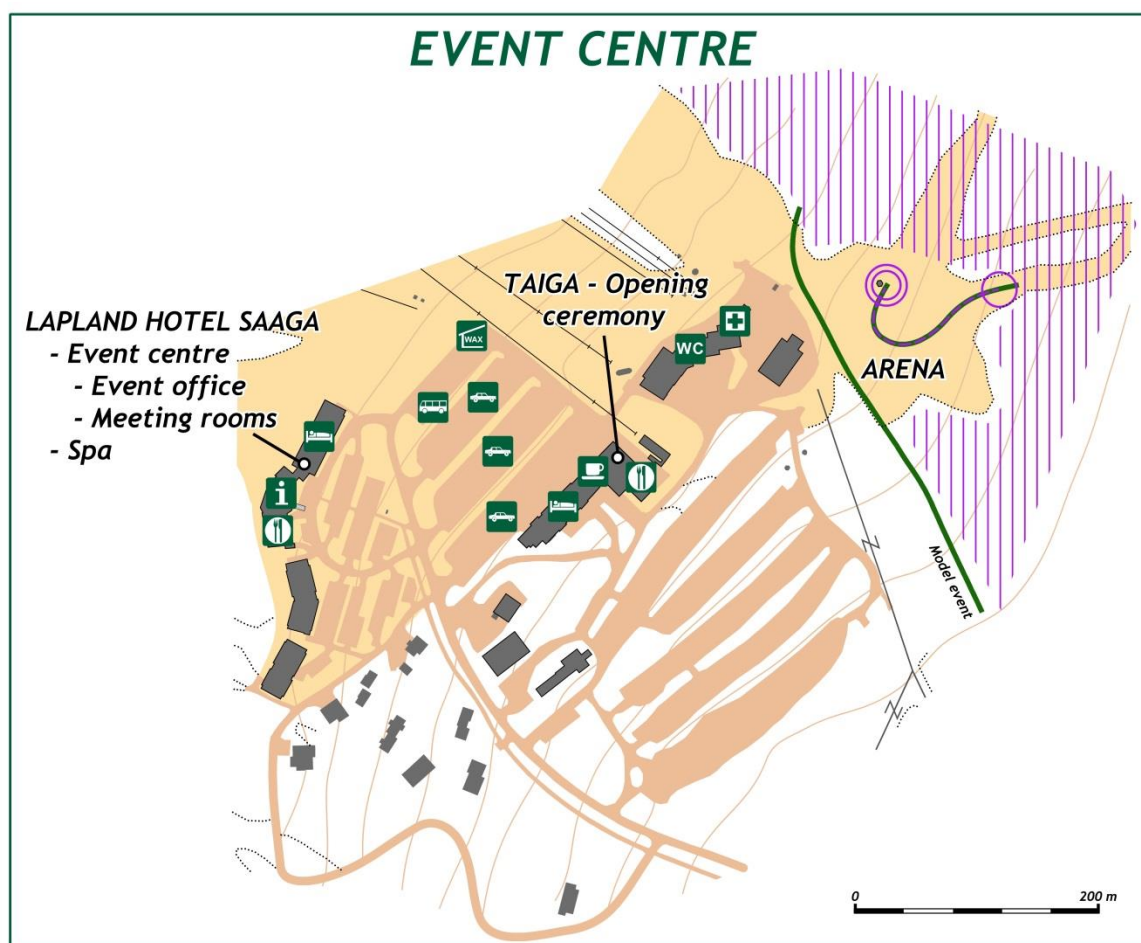
VENUE

IOF Ski Orienteering World Cup Opening Round will be arranged at Ylläs Ski Resort area in Kolari, Finland. Event Centre and Event Office will be at **Lapland Hotel Saaga**, Iso-Ylläksentie 42, 95980 YLLÄSJÄRVI. Start, finish and training areas will be within 500 m of the Hotel Saaga.

COMPETITIONS

Date		Competition
Thursday	November 26	Model Event
Friday	November 27	Sprint Distance Opening Ceremony
Saturday	November 28	Sprint Relay
Sunday	November 29	Middle Distance Banquet
Monday	November 30	Rest day
Tuesday	December 1	Long Distance
Wednesday	December 2	<i>Reserve day</i>
<i>Thursday Friday</i>	<i>December 3 - 4</i>	<i>Training possibility</i>
Saturday	<i>December 5 -6</i>	<i>Open 2-day competition Ensilumen Rastit</i>
Sunday		

EVENT CENTRE AND ARENA



DETAILED PROGRAM

Thursday 26th November - Model event

9.00-19.00	Event office open	Lapland Hotel Saaga
10.30-12.30	Model event	Model event terrain
15.00	Deadline of entry for Sprint	Event Office
17.30	Press conference	Lapland Hotel Saaga
18.00	Team officials' meeting for Sprint	Lapland Hotel Saaga

Friday 27th November - Sprint

9.00-19.00	Event office open	Lapland Hotel Saaga
11.00	Sprint women	Arena
12.00	Flowering Ceremony, Women	Arena
12.00	Sprint men	Arena
13.15	Flowering Ceremony, Men	Arena
15.00	Deadline of entry for Sprint Relay	Event Office
18.00	Team officials' meeting, Sprint Relay	Lapland Hotel Saaga
19.00	Opening ceremony & Prize giving ceremony of Sprint	TAIGA Restaurant

Saturday 28th November - Sprint Relay

9.00-19.00	Event office open	Lapland Hotel Saaga
11.00	Sprint Relay	Arena
12.00	Flowering Ceremony	Arena
15.00	Deadline of entry for middle distance	Event Office
18.00	Team officials' meeting for middle distance	Lapland Hotel Saaga

Sunday 29th November - Middle Distance

9.00-17.00	Event office open	Lapland Hotel Saaga
10.30	Middle Distance, Men and Women	Arena
13.00	Flowering Ceremony	Arena
19.00	Prize giving ceremony of Sprint Relay and Middle Distance	Lapland Hotel Saaga
20.00	Banquet dinner	Lapland Hotel Saaga

Monday 30th November - Rest day

12.00-19.00	Event office open	Lapland Hotel Saaga
15.00	Deadline of entry for Long Distance	Event Office
17.00	Open Ski-O Commission meeting	Lapland Hotel Saaga
18.00	Team officials' meeting for long distance	Lapland Hotel Saaga

Tuesday 1st December - Long Distance

8.30-16.00	Competition office open	Lapland Hotel Saaga
10.30	Long Distance Men, mass start	Arena
10.45	Long Distance Women, mass start	Arena
12.30	Prize giving ceremony	Arena

Reserve day 2nd December will be used if some race has been cancelled in previous days.

FAIRNESS

To ensure the fairness of the competitions:

- Team officials and non-competing athletes are not allowed to enter the competition terrain areas
- Telecommunication equipment, including portable phones, may not be used in coaching areas and start areas except by the organizers
- Team members may not take any maps of the competition terrain to the pre-start areas and start areas
- Using radio sets is prohibited in the pre-start areas and start areas
- Coaching (handover of any information, equipment, material, drinks ...) is only allowed in indicated coaching zones. Only team officials may arrive to the coaching zones

The above rules will be enforced by the organizer. A competitor who breaks any rule, or who benefits from the breaking of any rule, shall be disqualified. Officials who break any rule are liable to disciplinary actions.

ANTI-DOPING

Doping is strictly forbidden and the organizers of the IOF Ski Orienteering World Cup Opening Round are dedicated to support the anti-doping authorities in their work.

The rules as indicated in the IOF Anti-doping Rules, valid from January 1st, 2015 apply.

JURY

Members of the Jury are Alexander Bliznevskiy (Russia), Roland Hellberg (Sweden) and Antti Myllärinen (Finland).

RULES, CLASSES AND ENTRY REGULATION

World Cup Opening Round 2015-2016 in Ylläs will be organized in accordance with the Competition Rules for IOF Ski-Orienteering Events, valid from 1st of November 2015, the IOF Ski-Orienteering World Cup 2015-2016 Special Rules and the Start Allocation Method for World Cup will also be followed.















There is one class for men and women in individual distances. Sprint Relay is for mixed teams with one man and one woman. For further details on classes and regulations please refer to the Competition Rules on the IOF Web: www.orienteeing.org

Each Federation may enter up to 6 women and 6 men in each individual competition. Finland as organizing federation may enter two additional competitors in each individual competition. Finland as organizing federation may enter up to 10 additional competitors (National Group) for the competition, but these must start prior to the official World Cup competitors (in individual starts) and they cannot be awarded World Cup points or prizes. In mass start events the National Group starts behind the rest of the competitors.

Each Federation may enter up to 3 teams in Sprint Relay. Finland as organizing federation may enter up to 5 additional national teams.

The deadline of the entry for each competition is at 3 PM the day before the event in question. For the Sprint and the Middle distance the Teams should inform the competitors divided into 4 start groups, where red group is limited for the 20 best in WRE ranking.

SUMMARY OF ENTRIES

	Federation	Men	Women	Officials	Total
Sum		49	39	12	100
 Belarus		2			2
 Bulgaria		1	1	1	3
 Czech Republic			1		1
 Estonia		3	3	1	7
 Finland		18	18	2	38
 Germany		1			1
 Great Britain			1		1
 Kazakhstan		1	1		2
 Latvia		1			1
 Lithuania		2			2
 Norway		3	1	2	6
 Russian Federation		6	6	2	14
 Sweden		7	6	3	16
 Switzerland		4	1	1	6

MEDIA

Contact person: Heikki Roimela, +358 50 343 5090 / heikki.roimela(a)pp.inet.fi.

All the distances are broadcasted out live daily starting at 10.00 - 10.30 o'clock on channels:

www.skioullas.fi

livecenter.orienteeing.org

kestavyysurheilu.fi

FOOD SERVICES

Partner restaurants of Ski-Orienteeing World Cup

- Eväskori
- Pihvikeisari
- Otso
- Poro
- Rouhe
- Routa
- Taiga
- Ylläs-Kota

The restaurants have different time tables when they are open. See more details on www.skioyllas.fi
>> Food.

TRANSPORTATION

There are no local transportations arranged by the organizer.

The Event Office will offer help in transportations need but teams have to pay the cost of the transportation.

TERRAIN, CLIMATE AND DAYLIGHT

The terrain is situated on the slope areas of Ylläs fell. The terrain is gentle fell terrain. Area consists of pine and spruce forests and open areas. There are also open and tree covered marsh areas. Altitude of the competition terrain is 200-450 m. There are permanent skiing tracks in the competition area.

The climate is normal winter weather. Temperature is normally between -5 to -20°C.

Daylight at Ylläs region is between 9 AM to 2 PM.

WEATHER FORECASTS

Weather forecasts will be available in the Event Office. Forecasts for next competitions day will be updated at 12.00 and 17.00.

Local weather forecasts are also available at: <http://ilmatieteenlaitos.fi/saa/kolari/yll%C3%A4stunturi>

SKI WAXING

Ski waxing facilities reside at the accommodations. For this reason there are no ski waxing facilities at the competition centre. There are no AC-power sockets available at the competition centre as well.

Teams who have hired own waxing cabin, can get the key from the Event Office. The waxing cabins are near Lapland Hotel Saaga.

MODEL EVENT AND TRAINING POSSIBILITIES

The Model Event is arranged on November 26th, 10:30-12:30.

Start point for the Model Event is located 750 meters from the Event Centre Lapland Hotel Saaga.

There are three maps with scales 1:5 000, 1:10 000 and 1:15000 printed on A4 paper.

Tracks and controls in terrain and the printing of the maps are as in the competition. Control points are built as in the competition terrain. There are control points with emiTag punching equipment in the Model Event area.

It is possible to train on the permanent skiing tracks outside the embargoed areas.

INSTRUCTIONS FOR CEREMONIES

Opening

There will be a short opening in TAIGA Restaurant on Friday 27th of November at 19.00 followed with prize giving ceremony of the Sprint.

Prize-giving Ceremonies

Prize-giving ceremonies will be arranged as in the Detailed program.

GENERAL INSTRUCTIONS FOR THE COMPETITIONS

Competition Center

Hiihtokeskus Iso-Ylläs (Sport Resort Ylläs), Iso-Ylläksentie 44, 95980 Ylläsjärvi

Entries

Entries will be done at Event Office as follows:

Sprint distance	Thursday 26 th November, before 15:00
Sprint Relay	Friday 27 th November, before 15:00
Middle distance	Saturday 28 th November, before 15:00
Long distance	Monday 30 th November, before 15:00

Start draws

Start draw for the Sprint and Middle distance will be done according to the rules under the supervision of the IOF Event Advisor. There will be no public draw.

There is no start draw for the Long distances (mass start is used) because starting order is the order in the WRE ranking. The competitor with the best ranking will get the start number one.

Team Officials' Meetings

Team officials' meetings will be organized at Lapland Hotel Saaga meeting room (3rd floor) as follows:

Sprint distance	Thursday 26 th November at 18:00
Sprint Relay	Friday 27 th November at 18:00
Middle distance	Saturday 28 th November at 18:00
Long distance	Monday 30 th November at 18:00

Competition material will be submitted in the beginning of meeting.

Number vest and bibs

Each competitor is given number vest and two number bibs for each race. The bibs will be fastened to both legs. The number bibs will be fastened to legs such that they can be seen in angle 45° (front-side). The number bibs shall not be folded or cut.

Punching system and GPS-tracking

Emit Touch-Free punching system will be used. All World Cup skiers will be equipped with 2 emiTags from the organizer. Both emiTags have to be in same hand. Private emiTags will not be allowed.

The competitors will use the same emiTag timing chips in every competition. The competitor himself is responsible for his card during all competitions. After the last competition the teams have to bring the emiTag chips to the Event Office. For unreturned emiTag chip the team will be charged 100 €.

GPS devices will be installed on the backside of their number vests. The installation is done 15 minutes before the start on mass starts and 3 minutes before on the interval starts. All athletes wear GPS device. Athlete who doesn't wear GPS device may be disqualified based on the competition rule 21.6.

Pre-Start & quarantine

Will informed in Team officials' meetings.

Camera Controls

Camera controls start procedures at all mass start events (Sprint Relay and Long Distance).

Refreshment Points

There is refreshment point in Long Distance at map exchange.

Courses and control points

The courses are described detailed in the section: Special Instructions for each Competition. The control points are marked with control flag, number code and punching equipment. Controls are set over the track or beside the track.

Map Specification and Tracks

Maps are drawn according to the International Specification for Orienteering Maps and for the International Specification for Ski-Orienteering Maps.

Coaching Zone

See the arena map for coaching zone for each distance. Detailed information will be given in Team Officials' Meetings.

Toilets and showers

Toilets are situated in the Competition centre.

There are no showers in Competition centre. Please use showers in your accommodation.

Medical services

There is first aid group in competition centre.

Clothes

Clothing bags will be transported to the finish area. There are plastic bags for clothes in start.

Returning of competition maps

The maps are returned to Team officials as informed in Team Officials' Meetings.

Complaints and Protests

Any complaint in writing shall be handed over to the organizer at the Event Centre or at the competition arena as soon as possible. The complaint is adjudicated by the organizer and the complainant is informed about the decision immediately.

Complaints regarding the results shall be made no later than 15 minutes after publishing the official result list. A written protest can be made against the organizers decision about a complaint. Protest shall be made no later than one hour the organizer has announced the decision about the complaint.

SPECIAL INSTRUCTIONS FOR EACH COMPETITION

Sprint, Friday 27th November

Courses and Map Details




Course details	Men	Women
Length straight line	3,8 km	2,7 km
Length shortest sensible route choice	5,1 km	3,9 km
Total climb (shortest sensible route choice)	70 m	55 m
Number of controls	11	9
Winning time	13 min	12 min
Max. time	40 min	40 min

Map scale	1:5000
Contour interval	5 m
Map size	A4 (21 x 29 cm)
Area	1,3 km ²
Crossroads/km ²	170

Terrain and tracks

Terrain is partly sparsely grown forest on the fell slope and fast downhills. On the lower part of the fell forest changes to more dense. The competition area of the sprint distance is situated about 240 – 380 metres above the sealine.

In total there are 21,5 km tracks of which

Very wide track 5-8 m (wide continuous line)		4,3km 20%
Wide track 2.5 m (continuous line)		1,2km 6 %
Track 1.0-1.5 m (dashed line)		16,0km 74%

Start

Individual start with one minute start interval according to the starting order from the start draw.

The start is situated 900 m from the competition center. Follow the tape marking to starting area. Starting procedure in the starting grid is

- Number bibs are checked 4 minutes before the start
- Clearing of the emiTag is done 3 minutes prior to starting
- The map of competition area can be seen 2 minutes before the starting time
- The competitor may proceed to starting line 1 minute before start.
- The competitor is allowed to place the map into map holder 15 s prior to start.

The competitor must ensure that she/he gets the right map. The marked track from starting line to Start-point (location of the start triangle) must be followed strictly.

Sprint Relay, Saturday 28th November

Courses and Map Details




Course details	Legs/Men	Legs/Women
Length straight line	1,8 km	1,5-1,7 km
Length shortest sensible route choice	2,4 – 2,5 km	2,0-2,1 km
Total climb (shortest sensible route choice)	45 m	40 m
Number of controls per leg	5-6	5
Leg time	8 min	7 min
Winning time (Time from start to women's 3 rd leg finish)		45 min
Max. time		90 min

Map scale	1:5000
Contour interval	5 m
Map size	A4 (21 x 29 cm)
Area	1,0 km ²
Crossroads/km ²	210

Terrain and tracks in Sprint Relay

Terrain is partly sparsely grown forest on the lower part of the fell slope which changes to more dense forest on the bottom. The competition area of Sprint Relay is situated about 250 – 320 m above the sealine.

In total there are 19,1 km tracks of which

Very wide track 5-8 m (wide continuous line)		3,4 km 18 %
Wide track 2.5 m (continuous line)		1,2km 6 %
Track 1.0-1.5 m (dashed line)		14,5km 76%

Teams

In the Sprint Relay, each team consists of one woman and one man. Both competitors have 3 legs in their turns.

1st leg: men **2nd leg:** women

Start and Change-Over

GPS devices will be installed on the backside number vests 15 minutes before start. First leg starter are called to start area via emiTag clearing 4 minutes before start. Competitors are called to starting lines 3 minutes before start. Maps are delivered to competitors left hand 45-60 seconds before start. Maps can be placed to map holder 15 seconds before start by command "MAPS". The start signal is indicated by command "GO"! Competitors must use the marked track from starting line to Start-point (location of the start triangle).

Change-over occurs at the area according to the competition arena map. In the change over there must be a clear contact between the skiers. After the change-over the next skier picks the map with the team's number and respective leg number. At the changeover the runners have to leave their map to officials after they change over to the next skier.

Middle distance, Sunday 29th November

Courses and Map Details





Course details	Men	Women
Length straight line	8,9 km	7,5 km
Length shortest sensible route choice	12,6 km	10,6 km
Total climb (shortest sensible route choice)	255 m	185 m
Number of controls	22	17
Winning time	40 min	40 min
Max. time	80 min	80 min

Map scale	1:10 000
Contour interval	5 m
Map size	A4 (21 x 29 cm)
Area	3,1 km ²
Crossroads/km ²	100

Terrain and tracks in middle distance

Terrain is mainly sparsely grown pine forest. Some spruce forest areas and also some marshes are also on the way. The competition area of middle distance is situated about 200 – 350 m above the sealine.

In total there are 49,9 km tracks of which

Very wide track 5-8 m (wide continuous line)		7,3km	14%
Wide track 2.5 m (continuous line)		1,2km	2%
Track 1.0-1.5 m (dashed line)		40,1km	80%
Snow mobile route		2,2km	4%

Start

The individual start is used with two minutes start interval according to the starting order from the start draw.

The start is situated 1 km from the competition center. Follow the tape marking to starting area. Starting procedure in the starting grid is

- Number bibs are checked 4 minutes before the start
- Clearing of the emiTag is done 3 minutes prior to starting
- The map of competition area can be seen 2 minutes before the starting time
- The competitor may proceed to starting line 1 minute before start.
- The competitor is allowed to place the map into map holder 15 s prior to start.

The competitor must ensure that she/he gets the right map. The marked track from starting line to Start-point (location of the start triangle) must be followed strictly.

Long distance, Tuesday 1st December

Courses and Map Details




Course details	Men	Women
Length straight line	16,7 km	12,2 km
Length shortest sensible route choice	25,0 km	17,2 km
Total climb (shortest sensible route choice)	455 m	280 m
Number of controls	23	15
Winning time	85 min	75 min
Max. time	150 min	150 min

Map scale	1:15000
Contour interval	5 m
Map size	A4 (21 x 29 cm)
Area	7,2 km ²
Crossroads/km ²	90

Terrain and tracks in Long distance

Terrain changes from sparsely grown pine forest to densely grown spruce forest and open marshes. On the fell slope there is mainly sparsely grown forest with partly rolling hilly surface. The competition area of long distance is situated about 200 – 400 m above the sealine. Total climb: women 390 m and men 630 m.

In total there are 69,4 km tracks of which

Very wide track 5-8 m (wide continuous line)		12,9km 19 %
Wide track 2.5 m (continuous line)		1,2km 2%
Track 1.0-1.5 m (dashed line)		55,1km 79%

Start

The start is at the competition center. See arena map. Warm-up track is indicated in the competition arena map.

The competition is mass start with forking.

Competitors are called to start area via emiTag clearing 15 minutes before start. GPS devices will be installed on the backside number vests 15 minutes before start. Competitors are called to starting lines 3 minutes before start. Maps are delivered to competitors' left hand 45-60 seconds before start. Maps can be placed to map holder 15 seconds before start by command "MAPS". The start signal is indicated by command "GO"! Competitors must use the marked track from starting line to Start-point (location of the start triangle).

Map Change-over, Coaching Area and Refreshments

The map change occurs in the competition center. Competitor has to give old map to officials before taking a new map. There are also refreshments (water and sports drink) and coaching area at the change-over area.

The coaching area is marked into terrain. It resides on the side of the ski track. While the skiers are passing the coaching area the coaching and service persons are not allowed to cross the ski track.

EMBARGOED AREA

It is forbidden for all potential competitors, trainers, team leaders etc. to visit the area shown in the map, unless permission is specifically given by the organizers and the IOF Event Adviser. Violation of the embargo will result in disqualification.

