



WORLD CUP 2022

Round #2

European Orienteering Championships

Rakvere/Estonia, 3rd – 7th August 2022

BULLETIN 1+2

Madli-Johanna Maidla, Head of Secretary
email: info@eoc2022.ee - mobile: +372 55 889 55

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WELCOME

Dear orienteering family,

We are glad to welcome You all to Estonia for World Cup round #2 together with European Championships 2022. The waiting has been long but the big day is getting closer - the competition that has seemed like a faraway dream is finally becoming a reality.

Organizers from Sportsclub 100 and Orienteering club Rakvere are working hard to ensure the best experience for all athletes and spectators. Carefully chosen indigenous forests for the world-class competition near Rakvere are rough and demanding – athletes have to give their very best to fight for the top places.

We invite all orienteering fans to Estonia to support and motivate their favourite athletes and to experience the great atmosphere of the competition. The spectator race Tallinn Orienteering Week 2022 gives the best possibility to undergo the same challenges as top athletes – spectator races will be held on the same terrain as the Championships.

Welcome to Estonia!

Raido Jaan Rei
Event Director



Dear orienteering friends!

It is a great honor to welcome You to the World Cup and European Orienteering Championships 2022 on Estonian soil. Since 2019 we are living at a time of unexpected health challenges, due to the pandemic this event has been postponed for two years. The organizers of the event have had a very long wait after the maps and courses were planned already for 2020. Even during the last months before the event, there is no full certainty about all the possible restrictions we could face at the event. All of us have missed both small and large scale orienteering events because of the pandemic and I hope this event will well quench our thirst for exciting orienteering experiences.

Rakvere has hosted the world's best orienteers once before – in 2013 World Mountain Bike Orienteering Championships were held here in good co-operation between the local orienteering club and supporters from many other Estonian orienteering clubs. The outcome was highly appreciated by the participants then and we will do our best to guarantee your satisfaction this time, too.

The terrains of this event have been chosen for their peculiar and varying landforms, which offer intricate tasks for mappers, course setters and sportsmen. Widely changing runnability adds another dimension to route choice equations, which in their complexity get well suited for world-class orienteers.

I wish you all exciting competitions in a friendly atmosphere and an enjoyable stay in Estonia!

Sixten Sild
The president of the Estonian Orienteering Federation



Rakvere Castle (photo: Simo Sepp).

WORLD CUP 2022

The World Cup 2022 consists of the following 9 competitions.

Comp.	Date	Format	Event	Location
1	26 May	Sprint	World Cup round 1	Borås, Sweden
2	28 May	Knock-Out Sprint		
3	29 May	Sprint Relay		
4	4 August	Long Distance	World Cup round 2 with European Championships	Rakvere, Estonia
5	6 August	Middle Distance (Qual on 3 August)		
6	7 August	Relay		
7	1 October	Relay	World Cup round 3	Davos Klosters, Switzerland
8	2 October	Middle Distance		
9	3 October	Long Distance		



1. ORGANISATION AND CONTACT

1.1 ORGANISING COMMITTEE

NGO Sports Club 100 (MTÜ Spordiklubi 100) and Estonian Orienteering Federation

Raido Jaan Rei	Event Director
Madli-Johanna Maidla	Event Office, Secretary
Kuno Rooba	Maps, Courses
Marie Tammemäe	Start
Tiit Tähnas	Finish, Arena, Infrastructure

Event Advisors	
Jaakko Lajunen	IOF Senior Event Advisor, Finland
Edoardo Tona	Assistant Senior Event Advisor, Italy
Margus Sarap	National Event Advisor, Estonia

Contact address

Office: C.R.Jakobsoni 3 Tallinn 10128 Estonia

Web page: eoc2022.ee

Email: info@eoc2022.ee

Phone: +372 55 889 55 (Madli-Johanna Maidla, Head of Secretary)

Bulletin 3 will be published by 1st June 2022.

Final details will be released in Bulletin 4 upon arrival at the Event Centre and on the homepage on 1st August 2022.

2. EVENT PROGRAMME

Monday, 1st August	Model event
Tuesday, 2nd August	Model Event
Wednesday, 3rd August	Middle qualification Opening ceremony
Thursday, 4th August	Long distance
Friday, 5th August	Rest day
Saturday, 6th August	Middle final
Sunday, 7th August	Realy Closing ceremony Banquet

3. VENUES, ACCESS AND TRANSPORT

The World Cup round #2 and European Orienteering Championships 2022 will take place in Rakvere and its near surroundings. Rakvere is a town with 15 000 inhabitants, situated in northern Estonia, 100 kilometers from Tallinn, the capital of Estonia.

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

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

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

4. EVENT CENTRE

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

Address: Piiri 8, 44316 Rakvere
Phone +372 55 889 55
e-mail: info@eoc2022.ee

The Event Centre will provide the following facilities: Event Office, Media Centre, toilets, free Wi-Fi access and parking.



Rakvere Vocational School (photo: Raivo Tasso).

5. ENTRY

5.1 ENTRIES AND ENTRY DEADLINES

All entries have to be done via IOF Eventor. The entry form will be available from 3rd of April 2022 on [IOF Eventor](#). Entries are done by the National team manager.

Important dates

- Event start date is 3rd August.
- The deadline for team size entry is 3rd June 2022 (-2 months).
- The deadline for team names entry is 24th July 2022 (-10 days).
- The deadline for competition entry is 12:00 the day before an individual race.
- The deadline for Late Entries, Changes of Team Size or Team Names is 2nd August 2022 at 12:00.

Team size entry (deadline 3rd June 2022)

The following information shall be filled in via IOF Eventor:

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

Team names entry (deadline 24th July 2022)

The following information shall be filled in via IOF Eventor:

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

Competition entries (deadline 12.00 the day before the race)

The following information shall be filled in via IOF Eventor:

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

Late Entries, Changes of Team Size or Team Names

Late Entries and changes will be accepted, if possible, up to 2nd August 2022 at 12:00. No late entries or changes will be accepted after that date. Late entries and changes will always have a defined extra cost (surcharge). Late entries and changes will always be treated equally and must be communicated directly to the organiser info@eoc2022.ee. The organiser makes the changes in IOF Eventor after deadlines.

5.2 ENTRY FEES

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

The accreditation fee for team officials includes: model events, competition maps, start and result lists.

Middle distance fee contains participation in the model event, qualification and final (either A or B).

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

Changes made after team size entry (3rd June 2022) have a surcharge of 20% and withdrawals receive an 80% refund.

Changes made after team names entry (24th July 2022) have a surcharge of 50% and withdrawals receive a 50% refund, name changes have a fee of 10EUR.

5.3 PAYMENT

After the Team Size deadline (3rd June, 2 months before), the organiser will invoice the federation for entries and services. The invoices should be paid before 22nd June 2022 (6 weeks before). If the Federation has done changes after that date it will be paid/refunded on the event at the Event Office at the latest.

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

Bank	LHV Pank
Address of the bank	Tartu mnt 2, 10145 Tallinn
IBAN	EE977700771005272502
SWIFT Code	LHVBEE22
To the credit of	MTÜ SPORDIKLUBI 100 (NGO Sports Club 100)

Federations can request copies of invoice via email: info@eoc2022.ee

5.4 REGISTRATION FOR IOF FAMILY

All registrations are made in IOF Eventor, please select the correct category and role. Entry will open on 3rd April 2022 on [IOF Eventor](#).

The IOF Family is a new category to motivate more IOF member federation officers to take part in the IOF Family tent to have meetings and small talk. It is offered to IOF member federations' officers, IOF commissions, Event Advisers, future WOC organisers and partners of EOC 2022.

The accreditation fee for IOF Family is 40 EUR. The accreditation includes IOF Family services in the competition arenas and competition maps.

The deadline for registration and payment is 3rd June 2020.

6. ACCOMMODATION AND FOOD

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

The dormitory of [Rakvere Vocational School](#) is located at the same complex as the Event Centre. The new dormitory building was opened in 2020 and it can host up to 200 persons. Each room has two beds and two rooms are sharing a toilet and a mini kitchen. The building has a gym.

[Vinni Sports Complex Hostel](#) is located in Vinni borough, 8 kilometers from Event Centre in Rakvere. The complex has 110 places. There are 2, 4 or 6 beds in a room. In some rooms, there are bunk beds. The sports complex has a pool and a gym.

Hostel	Price per person per night
Dormitory of Rakvere Vocational School	30 EUR
Dormitory of Rakvere Vocational School - including breakfast, dinner	45 EUR
Vinni Sports Complex Hostel	30 EUR
Vinni Sports Complex Hostel - including breakfast, dinner	45 EUR

Contact to book the accommodation: info@eoc2022.ee.

The latest date to book the accommodation is 3rd June 2022, but the principle “first-come, first-serve” is applied.

There are multiple hotels, hostels and other accommodation facilities in the area, find more information on the [Visit Estonia webpage](#). Teams are allowed to book their own accommodation besides the accommodation provided by organisers.

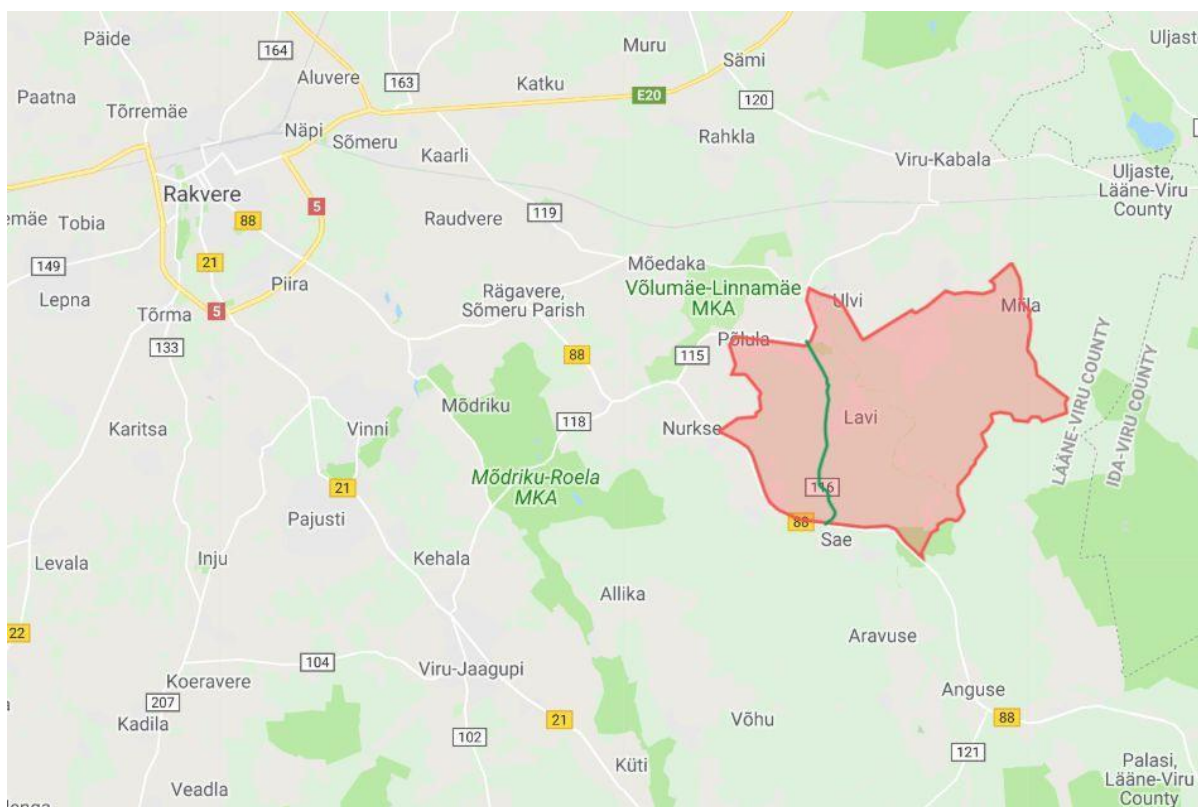
Catering service will be provided in the arenas.



Dormitory of Rakvere Vocational School (photo: Tiit Veermäe).

7. EMBARGOED AREAS

With regard to the IOF Competition Rules (article 26.5), the embargoed areas are forbidden for all potential EOC2022 athletes, team officials and other persons that may be in a position to give information to the team members.



On the embargoed area map, the red colour indicates areas with the strict embargo, meaning that competitors, team officials, and other persons, who, through knowledge of the terrain, may influence the results of the competitions, are not allowed to enter the area. Green colour indicates roads through embargoed areas that are permitted for transit but may not be used for trainings. A more detailed map can be viewed in [Google Maps](#).

7.1 PREVIOUS ORIENTEERING MAPS

Colour copies of the most recent orienteering maps can be downloaded on the EOC 2022 web page.

Map name/area	Map discipline	Map year	Other map details
Põlula	Foot-O	1993	link
Põlula	Foot-O	2012	link
Pukametsa	Foot-O	2015	link
Miila	Foot-O	1984	link

8. TRAINING

8.1 CONTACT

Mait Tõnisson – Trainings Coordinator

trainings@eoc2022.ee

+372 513 8911

Find training opportunities from the EOC website [trainings' section](#).

8.2 MAPS

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

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

8.3 PERMANENT COURSES

Three permanent courses will be available:

- Lasila
- Kõverjärve
- Miila

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

8.4 PRICES

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

Prepared trainings:

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

8.5 TERRAINS

Training maps' location on [Google Maps](#).

Year of mapping	Name	Exam./ Old Map	Description	Mapper	Note
2020	Vetla	link	Quite bad runnability	Margus Klementsov	
2019	Miila	link	EOC model terrain	Kuno Rooba	Map available with permanent controls.
2019	Tamsalu S	link	Runnability similar to EOC	Kuno Rooba	

2019	Rakvere	link1 link2	Runnability similar to EOC	Kuno Rooba	
2019	Ännijärve	link	Mice terrain closer to Tallinn. Lots of overgrown felled areas	Mait Tõnisson	
2018	Käsmu	link	Mostly pine forest with many boulders	Mait Tõnisson	
2018	Palmse	link	Somewhat different terrain than EOC	Mait Tõnisson	
2017	Mägede	link	Nice terrain closer to Tallinn	Margus Klementsov	
2016	Lasila	link	Runnability similar to EOC	Kulno Voolaid, Kuno Rooba	Map available with permanent controls
2015	Mõndavere	link	Runnability similar to EOC	Toivo Saue	There is a training area of the Defense Forces in the western part of the map, which is forbidden to enter.
2014	Nelijärve	link	Nice terrain closer to Tallinn. Some fallen tree areas	Margus Klementsov	
2013	Köverjärve	link	Runnability similar to EOC, a lot of felled areas	Juozas Smalinskas	Map available with permanent controls. Not a lidar-based map.
2012	Viitna	link	Mostly pine forest	Tõnis Laugesaar	Not a lidar-based map. Mapped 5 m contour.
2010	Uljaste	link		Juozas Smalinskas	Not a lidar-based map. Mapped 5 m contour.

8.6 COMPETITIONS IN 2022

Local competitions in Estonia:

- 30 April–1 May – [Ilves GP 2022](#) in Päidla palu
- 21 May – [Championships of Järva-Rapla County](#) in Vetla
- 30-31 July – [34. Koprakarikas](#) in Koigera

See the full Estonian [orienteering calendar](#) and the [calendar of weekday evening events](#).

The Selection races will be held in July 2022. The exact dates will be decided.

9. RULES AND GENERAL INFORMATION

9.1 COMPETITION RULES

The complete rules for the World Cup 2022 consist of:

- Orienteering competition rules 2022.
- World Cup special rules 2022.

The latest versions of the rules are found on the IOF webpage.

Runners are awarded World Cup points as per 2022 World Cup special rules.

9.2 CLASSES AND PARTICIPATION RESTRICTIONS

There are two classes, Women and Men.

Participation restrictions, classes and qualification system will follow the [World Cup Special Rules for 2022](#).

9.3 ANTI-DOPING

Doping is strictly forbidden, and the organizers of the World Cup are dedicated to supporting the Anti-Doping authorities in their work. Doping controls may be carried out at any time during the competitions in accordance with the procedures described in the WADA International Standard of Testing and Investigations. The latest IOF Anti-Doping rules and the World Anti-Doping Code applies. Athletes who are selected for doping control must bring an official identification (with photo) to the doping test area. The athlete should also present the personal therapeutic use exemption (TUE) if applicable. In general, it is advisable that athletes take their ID to all competitions and events.

Further information on [IOF Anti-Doping web page](#).

9.4 INSURANCE

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

9.5 COVID-19 MEASURES

Measures to avoid the spread of the coronavirus may be needed. If so, we will kindly ask participants and spectators to follow the measures and possible restrictions.

If needed, the information regarding COVID measures and protocol will be distributed separately in a special COVID-bulletin.

9.6 CLIMATE AND HAZARDS

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

Ticks carrying encephalitis and Lyme disease are common in Estonia.

9.7 VISA PERMITS

According to the current regulations, citizens of some countries must obtain a visa in order to enter Estonia. Please check the [website of the Estonian Ministry of Foreign Affairs](#) for more information.

9.8 ATHLETE'S LICENCE

All athletes must have a valid [IOF Athlete's Licence](#) to participate in the World Cup races.



Photo: Karl Ander Adami.

10. MEDIA SERVICES

Media representatives do not pay an entry fee; they are however required to register in order to receive an ID card which will entitle them to access all model and competition areas as well as the media zones. Media accreditation form and instructions will be posted on [IOF Eventor](#).

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

Media contact: Madli-Johanna Maidla
Email: info@eoc2022.ee

11. COMPETITION INFORMATION

11.1 PUNCHING SYSTEM

The punching system used during competitions is in negotiation. Updated information will be published as soon as possible.

11.2 CLOTHING

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



Photo: Aldis Toome.

12. EVENT INFORMATION

12.1 TERRAIN

All competition days use different parts of the same terrain.

The terrain has many typical moraine features (eskers, kames, drumlins). The height difference on the terrain is around 30 metres and 20 metres on one slope. There are many hillocks and depressions with depths and heights up to 10 metres.

Larger marshes and flat areas are situated around streams and rivers. Depending on the weather, the marshes can be wet.

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



Photo: Aldis Toome.

12.2 COMPETITION 1

Format	Middle qualification
Map	1:10 000, h=5m
Terrain	Middle qualification terrain offers detailed contours with many depressions and ridges between them.
Vegetation	Predominantly spruce forest with some new felling sites.
Runability	Runability varies from very good to poor.
Visibility	Visibility varies from very good to poor.
Women	winning time 25', approximate length 4,5 km
Men	winning time 25', approximate length 5 km
Mapper	Mait Tõnisson
Course setter	Raivo Pellja

12.3 COMPETITION 2

Format	Long distance
Map	1:15 000, h=5m
Terrain	Long distance terrain offers a very varied landscape. Many marshes can be found in the terrain.
Forms	The height difference in the terrain is not large. Detailed contours areas alternate flat areas.
Vegetation	The high fern sometimes restricts ground visibility.
Runability	Runability varies from good in the coniferous forests to poor in the deciduous forests.
Women	winning time 70'-80', approximate length 11 km
Men	winning time 90'-100', approximate length 16 km
Mappers	Kuno Rooba and Maris Strautnieks
Course setter	Kuno Rooba

12.4 COMPETITION 3

Format	Middle final
Map	1:10 000, h=5m
Terrain	Middle final terrain offers very detailed contours with many depressions and ridges between them.
Vegetation	The high fern sometimes restricts ground visibility.
Runability	Runability varies from very good to poor.
Visibility	Visibility varies from very good to poor.
Women	winning time 30'-35', approximate length 5 km
Men	winning time 30'-35', approximate length 6,5 km
Mappers	Mait Tõnisson and Maris Strautnieks
Course setter	Mait Tõnisson

12.5 COMPETITION 4

Format	Relay
Map	1:10 000, h=5m
Terrain	Relay terrain offers very detailed contours with many depressions and ridges between them.
Vegetation	The high fern sometimes restricts ground visibility.
Runability	Runability varies from very good to poor.
Visibility	Visibility varies from very good to poor.
Women	winning time 30'-40' (per leg), approximate length 5 km
Men	winning time 30'-40' (per leg), approximate length 7km
Mappers	Mait Tõnisson and Maris Strautnieks
Course setter	Raivo Pellja

13. PRIZE MONEY

Prize money in the World Cup 2022 is distributed according to the following schedule. All sums are set in Euro.

Place	Individual race	Relay race	Total Individual World Cup
1	1000	1000	5000
2	700	700	2000
3	400	400	1000
4	200		600
5	200		500
6	200		400

14. PUBLIC RACES

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

Day	Date	Distance
Day 1	4 August	Middle
Day 2	5 August	Sprint in Rakvere
Day 3	6 August	Long (100CP Run)
Day 4	7 August	Middle

More information on [Tallinn Orienteering Week web page](#).

NB! EOC 2022 athletes are not allowed to participate in Tallinn O-Week races.



Photo: Aldis Toome.

