



WORLD CUP 2022
Round #2
European Orienteering
Championships

Rakvere/Estonia, 3rd – 7th August 2022

BULLETIN 3

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WELCOME

Dear athletes, team members and the whole orienteering family,

We welcome you all to Rakvere, Estonia. The second round of the World Cup 2022, together with the European Championships 2022, is just on our doorstep - taking place in two months.

World Cup + EOC 2022 is the most important forest orienteering event this year. We are looking forward to seeing the battles for the medals. It's only a few weeks left to find out the answers to burning questions, like who has succeeded while specialising in forest orienteering rather than sprint orienteering, and who has managed both...

This year spring in Estonia has been relatively late and cold, and the vegetation growth was very slow. Regardless of late spring, we'll promise that for the first week of August the terrain will be ready for you – with all the characteristics so common to typical Estonian terrain.

Organizers are doing the last preparations to ensure a good-quality competition for both athletes and spectators. We wish the best for all athletes - may your last training sessions go according to your plans! We invite all orienteering fans to support their favourite athletes and to take part in the Public Race!

Welcome to Estonia!

Raido Jaan Rei
Event Director





Dear orienteering friends,

As the mayor of Rakvere, I am very pleased to welcome you to Rakvere - the city that proudly holds the title of European Town of Sport 2022!

In Rakvere, sports have always been honoured and it is a great pleasure that the European Orienteering Championships and World Cup round 2 take place here.

I believe that Rakvere is one of the most advanced cities in Estonia in terms of investments in the field of sports and wide opportunities. Rakvere has a strong and cohesive sports community and many exciting events.

I wish you success and memorable experiences in the competition, and I hope that you will also have time to explore our beautiful city, which this year celebrates the 720th anniversary of Lübeck city rights!

Welcome to Rakvere!

Triin Varek
The mayor of Rakvere



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		



KULTUURIMINISTEERIUM



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
Mait Tõnisson	Maps, Courses, Trainings
Marie Tammemäe	Start, Quarantine
Mirje Roasto	Finish, Arena,
Tiit Tähnas	Infrastructure
Miina Liisi Liivrand	HR
Ruth Severt	Volunteers
Tomi-Andre Piirmets	Marketing, Public Race
Helen Maria Tamm	Public Race Secretary

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

1.2 CONTACT INFORMATION

Official information: [IOF Eventor](#)

Web page: eoc2022.ee

Office: C.R.Jakobsoni 3 Tallinn 10128 Estonia

Email: info@eoc2022.ee

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

Bulletin 3 was published on 10th 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

Date	Time	Activity	Location
Monday, 1 st August	12:00-19:00	Event Office open	Event Centre, Rakvere Vocational School
Tuesday, 2 nd August	09:00-12:00 11:00-13:00 11:00-13:00 12:00 12:00 15:00-20:30 18:00 19:00	Event Office open Model Event for all competitions Technical Model Event Late Entry deadline Competition entry deadline for Middle Distance Qualification Event Office open Opening Ceremony Team Officials' Meeting (Middle Q)	Event Centre Põlula (Männikvälja) Põlula (Männikvälja) IOF Eventor IOF Eventor Event Centre Event Centre Event Centre
Wednesday, 3 rd August	09:00-11:00 12:00 13:00-17:30 12:00-17:30 18:30-20:30 19:00	Event Office open Competition entry deadline for Long Distance Middle Distance Qualification Event Office open Event Office open Team Officials' Meeting (Long)	Event Centre IOF Eventor Competition Centre Competition Centre Event Centre Event Centre
Thursday, 4 th August	11:00-17:00 10:00-18:00 19:00-23:00	Long Distance Event Office open Dinner and cultural event	Competition Centre Competition Centre Rakvere Castle
Friday, 5 th August	09:00-12:00 16:00-21:00 17:00-18:30 19:00	Event Office open Event Office open IOF Family/VIP and media participation in public race Team Officials' Meeting (Middle F and Relay)	Event Centre Event Centre Rakvere Event Centre
Saturday, 6 th August	11:00-18:00 12:00 12:00-16:00 16:30 15:30-18:00	Event Office open Competition entry deadline for Relay Middle Final (A-final) Medal Ceremony (Long and Middle) Middle Final (B-final)	Competition Centre IOF Eventor Competition Centre Competition Centre Competition Centre
Sunday, 7 th August	08:30-16:30 10:00-14:30 14:30-15:30	Event Office open Relay Medal and Closing Ceremony	Competition Centre Competition Centre Competition Centre

3. VENUES, ACCESS AND TRANSPORT

3.1 OVERVIEW

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 20 kilometers south-east of Rakvere.

3.2 TRAVEL OPPORTUNITIES

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 the 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.

3.3 COMPETITION CENTRE

All competitions (Middle Q and F, Long Distance and Relay) will be held at the same Competition Centre (CC) in Põlula, 20 kilometers from Rakvere.

Location: RMK Põlula Fish Rearing Centre, Lavi village

Coordinates: [59.296268, 26.636445](https://www.google.com/maps/place/59.296268,26.636445)

Follow the temporary traffic signs and the instructions of the organisers. Parking in Competition Centre costs 5€ per day. Tickets can be purchased from the Event Office.

4. EVENT CENTRE

4.1 LOCATION AND FACILITIES

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

Address: Piiri 8, 44316 Rakvere

Coordinates: [59.338095, 26.376610](#)

Phone +372 55 889 55

e-mail: info@eoc2022.ee

At the Event Centre, there will be accreditation for teams, officials, media and IOF Family.

The Event Centre will provide the following facilities:

- Event Office
- Media Centre
- Team Officials' Meetings
- Accommodation for some teams
- Meeting rooms (has to be pre-booked)

There is free Wi-Fi and parking in the Event Centre.



Rakvere Vocational School (photo: Raivo Tasso).

4.2 EVENT OFFICE

The Event Office will be located at the Event Centre. On competition days, a satellite will be open at the Competition Centre. Event Office opening hours and location:

Date	Programme	Event Centre	Arena
Monday, 1 st August	Team arrivals and accreditation	12:00-19:00	
Tuesday, 2 nd August	Team arrivals and accreditation Model Event	09:00-12:00 15:00-20:30	
Wednesday, 3 rd August	Middle Distance Qualification	09:00-11:00 18:30-20:30	12:00-17:30
Thursday, 4 th August	Long Distance		10:00-18:00
Friday, 5 th August	Rest day	09:00-12:00 16:00-21:00	
Saturday, 6 th August	Middle Distance Final		11:00-18:00
Sunday, 7 th August	Relay		08:30-16:30

5. ENTRY

5.1 ENTRIES AND ENTRY DEADLINES

All entries have to be done via [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 ¹	110 EUR
Middle distance ²	140 EUR
Long distance ³	95 EUR
Relay (team)	210 EUR
Transport package ⁴	50 EUR

Dinner and cultural event⁵ 35 EUR

¹The accreditation fee for team officials includes: model events, competition maps, start and result lists.

²Middle distance fee contains participation in the model event, qualification and final (either A or B).

³Long distance fee contains participation in the model event and final competition.

⁴Transport package includes transport from Tallinn airport/ferry terminal/bus station to the Event Centre in Rakvere and back (in condition that the whole team is travelling together); transport between the Event Centre/official accommodation in Rakvere Vocational School and Vinni Sports Complex and the competition centre and back on each competition day. Model event is included. Transport to the dinner and cultural event in Rakvere Castle is included. The deadline to purchase the transport package is 1st July. The following instructions will be available on the home page in mid-June.

⁵The dinner and cultural event takes place on 4th August from 19:00-23:00 in Rakvere castle, which is one of the oldest castles in Estonia. Participants are regaled with delicious food, speeches, different performances and cultural activities. Registration details will be specified on the web page in mid-June.

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 ACCREDITATION

Accreditation takes place at the Event Office. The Team Manager and all registered competitors must be present at the accreditation in case any clarification is needed about citizenship, the validity of the IOF licence etc. Each registered team member must present her/his personal passport before she/he can be accredited.

A personal World Cup/EOC ID card with a photo will be handed out at the accreditation. All accredited persons must wear this card at all relevant times, and it must be presented for access to all means of transport and authorized zones.

The online entry form on IOF Eventor requires that all persons to be accredited, provide a personal portrait photo for use on the ID card. A guide is available [here](#).

Accreditation for World Cup/EOC events is only possible if all payments are fully settled by 2nd August at 12:00.

5.5 REGISTRATION FOR IOF FAMILY

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

The IOF Family is a rather 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 organisers of IOF events and partners of EOC 2022.

The accreditation fee for IOF Family is 40 EUR.

The accreditation includes the following services:

- Access to the IOF Family tent with tables and chairs
- Wi-Fi and electricity
- Maps/start lists
- Coffee/tea and small snacks
- Participation in IOF Family race (Public race on 5th August in Rakvere)
- Parking close to the arena

The deadline for registration and payment is 3rd July 2022.

All IOF Family members are welcome to join the Dinner and cultural event on 4th August. It takes place from 19:00 to 23:00 in Rakvere castle, which is one of the oldest castles in Estonia. Participants are regaled with delicious food, speeches, different performances and cultural activities. The entrance fee is 35 EUR (registration details will be specified on the web page in mid-June).

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 in 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 the 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	50 EUR
Vinni Sports Complex Hostel	30 EUR
Vinni Sports Complex Hostel - including breakfast, dinner	50 EUR

* The price of the room is calculated by the number of places (not by the number of people staying at that room. For example, a double room costs 60 EUR per night despite whether there are one or two people living in it.

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.



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

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 beside the accommodation provided by organisers.

Food at the competition centre

Food at the competition centre can be pre-ordered from 4 to 17 July (the exact instructions will be available on the web page). A variety of food to meet various dietary requirements will be available.

In the spectators' tent, there will be offered a variety of cold and hot food and drinks.

More details will follow on the website.

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 a 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. The green colour indicates roads through embargoed areas that are permitted for transit but may not be used for trainings. During the event traffic on these roads are restricted by the organiser. The yellow colour indicates the embargoed area of selection races - the area is not allowed to enter before the selection races (16.-17.07.2022). After the selection races, the yellow area is released from the embargo and it is allowed for trainings.

A more detailed map can be viewed on [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:

- 30-31 July – [34. Koprakarikas](#) in Koigera

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

8.7 SELECTION RACES

We will offer official selection races as possibly the most relevant competition opportunity in EOC terrains - therefore we will focus a lot on proper terrain choice and course-setting, using fresh areas not used for training. Selection races will consist of Middle Distance and Long Distance races.

Date and location:

Saturday, 16th June – Middle Distance - Sae (map and course by Mait Tõnisson)

<https://orienteerumine.ee/kaart/?eolcode=2022015>

Sunday, 17th June – Long Distance – Pukametsa (map and course by Kuno Rooba)

<https://orienteerumine.ee/kaart/?eolcode=2020069>

More info can be found at EOC 2022 website and Rakvere OK website.



Photo: Aldis Toome.

9. RULES AND GENERAL INFORMATION

9.1 COMPETITION RULES

The Competition Rules for IOF Foot Orienteering Events 2022, valid from 1 January 2022 and the World Cup 2022 Special Rules apply.

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 forbidden. “Think positive – test negative”!

The organizers of the World Cup are dedicated to supporting the Anti-Doping authorities in their work. The IOF Anti-Doping Rules (1 January 2021) and the World Anti-Doping Code 2021 apply. 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. Both the IOF and/or the anti-doping agency of the organising country can order doping tests at any time during the stay of the participants.

Athletes who are selected for doping control must bring an official identification (with a 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 bring along their ID IOF Athlete Licence to all competitions and events. It is the responsibility of the competitors to obtain any required TUE (therapeutic use exemption) certificate (§26.3).

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

The Covid-19 situation in Estonia is normalised and there are no restrictions on daily life.

Measures to avoid the spread of the corona virus may be needed if the situation worsens. If so, we will kindly ask participants and spectators to follow measures and possible restrictions. If needed, the special 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

All media content creators are welcomed. 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. The media accreditation form is available on [IOF Eventor](#). The entry deadline is 3rd July 2022.

Accredited media personnel will have access to a Media Centre in Competition Centre. Services for Media will include:

- Working facilities with Wi-Fi access and electricity
- Displays showing broadcast/arena production
- Maps and start lists
- Cofee/tea
- IOF Family/Media race participation
- Parking close to arena
- Access to photo control/zones
- Access to mixed zone

A Media Centre with limited space is located at the Event Centre.

Special access to the terrains may be provided to accredited photographers.

All Media representatives are welcome to join the Dinner and cultural event on 4th August. It takes place from 19:00 to 23:00 in Rakvere castle, which is one of the oldest castles in Estonia. Participants are regaled with delicious food, speeches, different performances and cultural activities. The entrance fee is 35 EUR (registration details will be specified on the web page in mid-June).

Email: media@eoc2022.ee

11. COMPETITION INFORMATION

11.1 PUNCHING, TIMING SYSTEM AND GPS TRACKING

Punching system:

Emit Touch-Free Pro punching and timing system is used in all races. It will be possible to test the system at the Technical Model Event. Timekeeping services will be provided by Emit AS. EmiTags (two per athlete) will be handed out at accreditation.

GPS tracking:

Tracking devices will be used for viewing the competition on the large video screen in the event arenas, for live transmission, and as part of the TV production. All competitors must be prepared for GPS tracking, and the tracking device must be carried on the back of the competitor in an elastic harness. The organizers will provide GPS-harnesses. Borrowed harnesses will be handed out to the team officials at the accreditation and must be returned to the Event Office after the last race. Missing harnesses will be charged 20EUR/pcs and a lost GPS device 250EUR/psc. More detailed information will be released in Bulletin 4. GPS Tracking will be provided by GPS Seuranta.

11.2 CLOTHING

There are no regulations regarding clothing and footwear.

11.3 MODEL EVENT

A model event will be offered on the 2nd of August in Põlula (Männikvälja).

The technical model will be held together with the model event on the 2nd of August in Põlula (Männikvälja).

Maps for the Model Event will be handed out to the team officials in the Event Office during accreditation.

11.4 QUARANTINES

Quarantines are used before every competition. The exact location and mandatory routes are published at a later stage.

The use of mobile phones, computers or any communication devices inside the quarantine is strictly forbidden. It is not allowed to bring any maps of the competition area into the quarantine zones.

Team tents will be allowed at all the quarantines and in the team zone at the finish.

Teams may use their own transportation to the Quarantine areas.

11.5 TEAM OFFICIALS' MEETINGS

There will be 3 Team Officials' Meetings (TOM) during the competition week. All the TOMs are held in the Event Centre in Rakvere Vocational School.

TOM for Middle Distance Qualification: 2nd August 19:00

TOM for Long Distance: 3rd August 19:00

TOM for Middle Distance Final and Relay: 5th August 19:00



Photo: Aldis Toome.

12. EVENT INFORMATION

12.1 TERRAIN

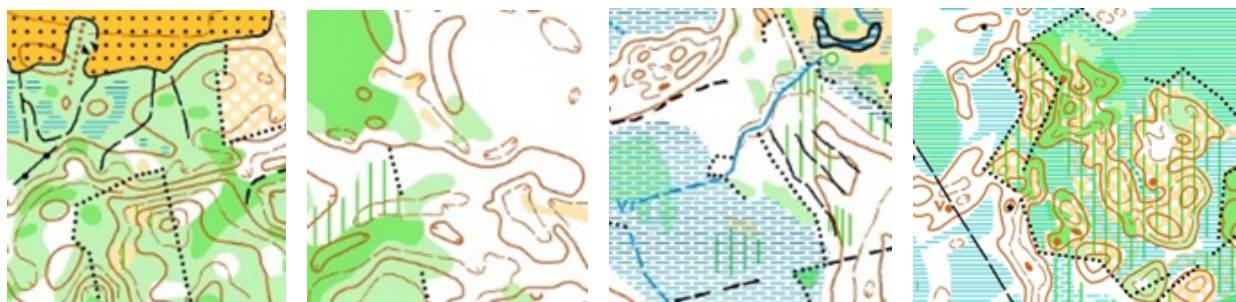
All competition days use different parts of the same terrain.

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 that are on the borders of the terrain.

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. Old logging areas can be overgrown. Runnability varies from the 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.

Map samples:



12.2 MAPS

Discipline	Scale	Contour interval	Specification	Map maker
Middle Distance (Qualification and Final)	1:10 000	5 m	ISOM2017-2	Mait Tõnisson
Long	1:150000	5m	ISOM2017-2	Maris Strautinieks, Kuno Rooba
Relay	1:10000	5m	ISOM2017-2	Mait Tõnisson

12.3 COURSE DETAILS

Discipline	Class	Winning time	Length (km)	Climb (m)	Number of controls	Number of refreshments	Course setter
Middle distance Qualification	MEN	26	5,0-5,1	65	15	0	Raivo Pellja
	WOMEN	26	3,9	50	12	0	
Long distance	MEN	92	16,8	275	30	5	Kuno Rooba
	WOMEN	80	12,8	225	19	4	
Middle distance Final	MEN	36	6,4	85	23	0	Mait Tõnisson
	WOMEN	36	5,2	65	17	0	
Relay (per leg)	MEN	35	6,5-6,6	75	23	1	Raivo Pellja
	WOMEN	33	5,6-5,7	60	20	1	

13. IOF FAMILY AND MEDIA RACE

The IOF Family and media race will take place on the rest day, 5th August 17:00-18:30. IOF Family and media representatives will get a coupon to take part in the public race of EOC. It will be a sprint competition in the town of Rakvere.

14. 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

15. PUBLIC RACES

In parallel to the EOC competitions, Public Race will take place. Public Race gives 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 the town of Rakvere.

Day	Date	Distance	Time
Day 1	4 August	Middle distance	11:00-14:30
Day 2	5 August	Sprint in Rakvere	17:00-20:30
Day 3	6 August	Shortened Long distance	10:00-14:00
Day 4	7 August	Middle distance	14:00-18:00

More information on [EOC Public Race web page](#) and [bulletin 1](#).

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



Photo: Aldis Toome.

