



WORLD CUP 2022

Round #2

European Orienteering Championships

Rakvere, Estonia
3rd – 7th August 2022

BULLETIN 4

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European Regional Development Fund supports European Orienteering Championships 2022 with 65 000 euros during 2019-2022.



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WELCOME

Dear participants,

Welcome to EOC 2022 in Estonia! We have organized several major orienteering competitions over the years, and now it is time to get to know the next European champions.

Estonian nature and orienteering terrains are perfect for that. This time, we have chosen the Põlula forests near Rakvere for you. In my youth, I tested my athletic abilities and my orienteering skills in this region several times. I can say with my full belief that this area is very suitable for orienteering enthusiasts to compete for the titles.

Enjoy each moment of your stay in Estonia and achieve the best result in your athlete's career so far! The whole organizing team gives its best to organize a successful event.

"Okas päkka!"
Stay safe and secure!

Aigar Pindmaa
The president of Estonian Orienteering Federation



Dear orienteering friends,

As the mayor of Rakvere, I am delighted 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 broad opportunities. Rakvere has a strong and cohesive sports community and many exciting events.

I wish you success and memorable experiences in the competition. I hope 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 major of Rakvere



Dear athletes, team members and the whole orienteering family,

It's a great honour to welcome you to Estonia in World Cup second round and in European Championships 2022.

Organizing the event has been a long and challenging process as the competitions were postponed for two years. During that time, life has changed both for the organizers and athletes. Some of the organizers had to leave aside from the process and some of the athletes ended their careers in top-level orienteering. On the other hand, we got new young people in the organization and young athletes who will be doing their first starts at European Championships.

I would like to thank all people who have contributed so that this event could take place. It wouldn't have been possible without you! Thank you to all sponsors for the support!

Athletes, keep your head clear and run fast! Organizers and fans would like to see excellent performances and tight competitions!

Raido Jaan Rei
Event Director



WORLD CUP 2022

The World Cup 2022 consists of the following nine 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		



Photo: Aldis Toome

1. ORGANISATION AND CONTACT

1.1 ORGANISING COMMITTEE

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

Raido Jaan Rei	Event Director
Jaan Tarmak	COO
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 and Media
Tiina-Maria Tali	Public Race
Helen Maria Tamm	Public Race Secretary
Kaisa Rooba	Accommodation
Meelis Mälberg	Estonian Orienteering Federation

1.2 EVENT ADVISORS

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

1.3 PARTNERS

EMIT	Timekeeping
GPS SEURANTA	GPS service
GEARBOX	TV Production
KEMMERLING	Infra
UC RENT	Infra
MEDTRANS	First Aid service
RAKVERE VOCATIONAL SCHOOL	Partner
RMK PÕLULA FISH REARING CENTRE	Partner
PÕLULA MANOR	Partner
ELISA	Internet
ATEA	IT
KAKS KROONI	Catering
VINNI SPORTS COMPLEX	Accommodation

1.4 CONTACT INFORMATION

Official information: [IOF Eventor](#)

Web page: eoc2022.ee

Event Office: Piiri 8, 44316 Rakvere

Email: info@eoc2022.ee

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

2. EVENT PROGRAMME

Date	Time	Activity	Location
Monday 1.08	12:00-19:00	Event Office open, accreditation	Event Centre (Rakvere Vocational School)
Tuesday 2.08	09:00-12:00 11:00-13:00 12:00 12:00 15:00-20:30 18:00 19:00	Event Office open, accreditation Model Event for all competitions Late Entry deadline Competition entry deadline for Middle Distance Qualification Event Office open, accreditation Opening Ceremony Team Officials Meeting (Middle Q)	Event Centre Põlula Manor IOF Eventor IOF Eventor Event Centre Event Centre Event Centre
Wednesday 3.08	09:00-11:00 12:00 12:30 13:00-16:00 12:00-17:00 18:30-20:30 19:00	Event Office open Competition entry deadline for Long Distance Quarantine check-in deadline Middle Distance Qualification First start Women: 13:01 First start Men: 13:00 Event Office open Event Office open Team Officials Meeting (Long)	Event Centre IOF Eventor Põlula Manor Competition Centre Competition Centre Event Centre Event Centre
Thursday 4.08	10:00-18:00 9:00 9:30-17:00 15:22 16:50 19:00-23:00	Event Office open Quarantine check-in deadline Long Distance First start Women: 9:30 First start Men: 9:40 Flower Ceremony Women Flower Ceremony Men Dinner and cultural event	Competition Centre Põlula Manor Competition Centre Competition Centre Competition Centre Competition Centre Rakvere Castle
Friday 5.08	09:00-12:00 16:00-21:00 17:00-18:30 19:00	Event Office open Event Office open VIP and media participation in public race Team Officials Meeting (Middle F and Relay)	Event Centre Event Centre Rakvere Event Centre
Saturday 6.08	11:00-18:00 11:15 12:00 11:45-16:00	Event Office open Quarantine check-in deadline Competition entry deadline for Relay Middle Final (A-final) First start Women: 11:45	Competition Centre Põlula Manor IOF Eventor Competition Centre

	14:40 15:50 16:30 15:30-18:00	First start Men: 13:10 Flower Ceremony Women Flower Ceremony Men Medal Ceremony (Long and Middle) Middle Final (B-final)	Competition Centre Competition Centre Competition Centre Competition Centre
Sunday 7.08	08:30-16:30 9:45 10:00-14:30 11:50 13:50 14:30-15:30	Event Office open Quarantine check-in deadline Relay Start Women: 10:00 Start Men: 12:00 Flower Ceremony Women Flower Ceremony Men Medal and Closing Ceremony	Competition Centre Competition Centre Competition Centre Competition Centre Competition Centre Competition Centre



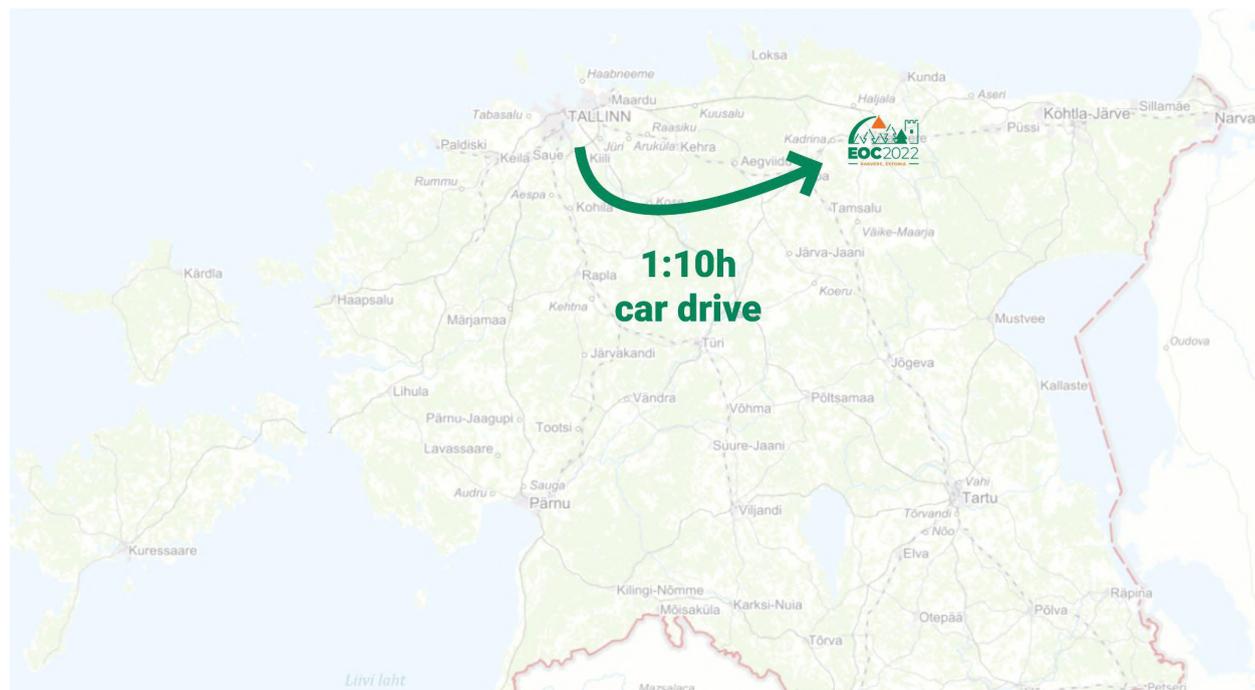
Photo: Aldis Toome

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.

The 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

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.

For teams who have ordered a transport package, the organizer will provide transport from the official accommodations to Tallinn airport/ferry terminal, Competition Centre, model event, cultural event and back

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)



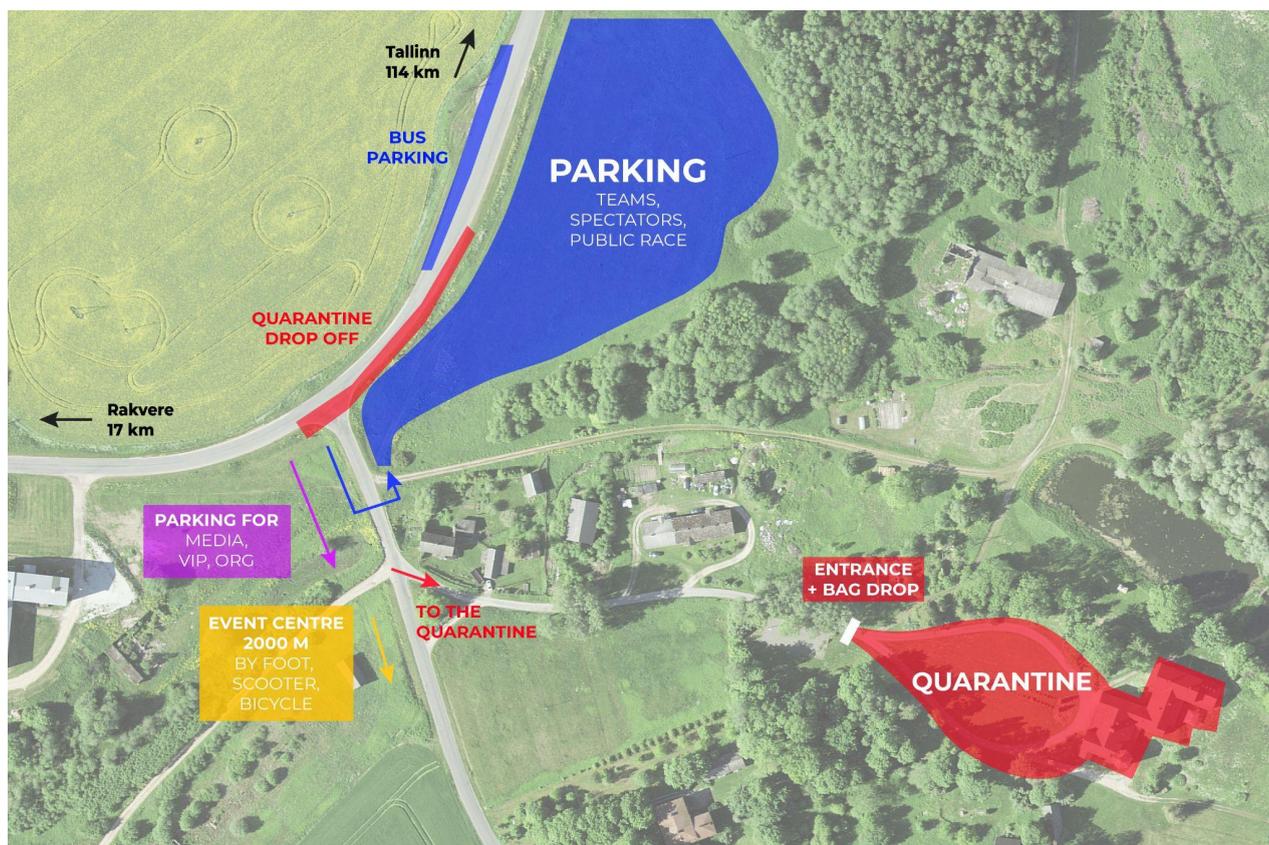
Parking

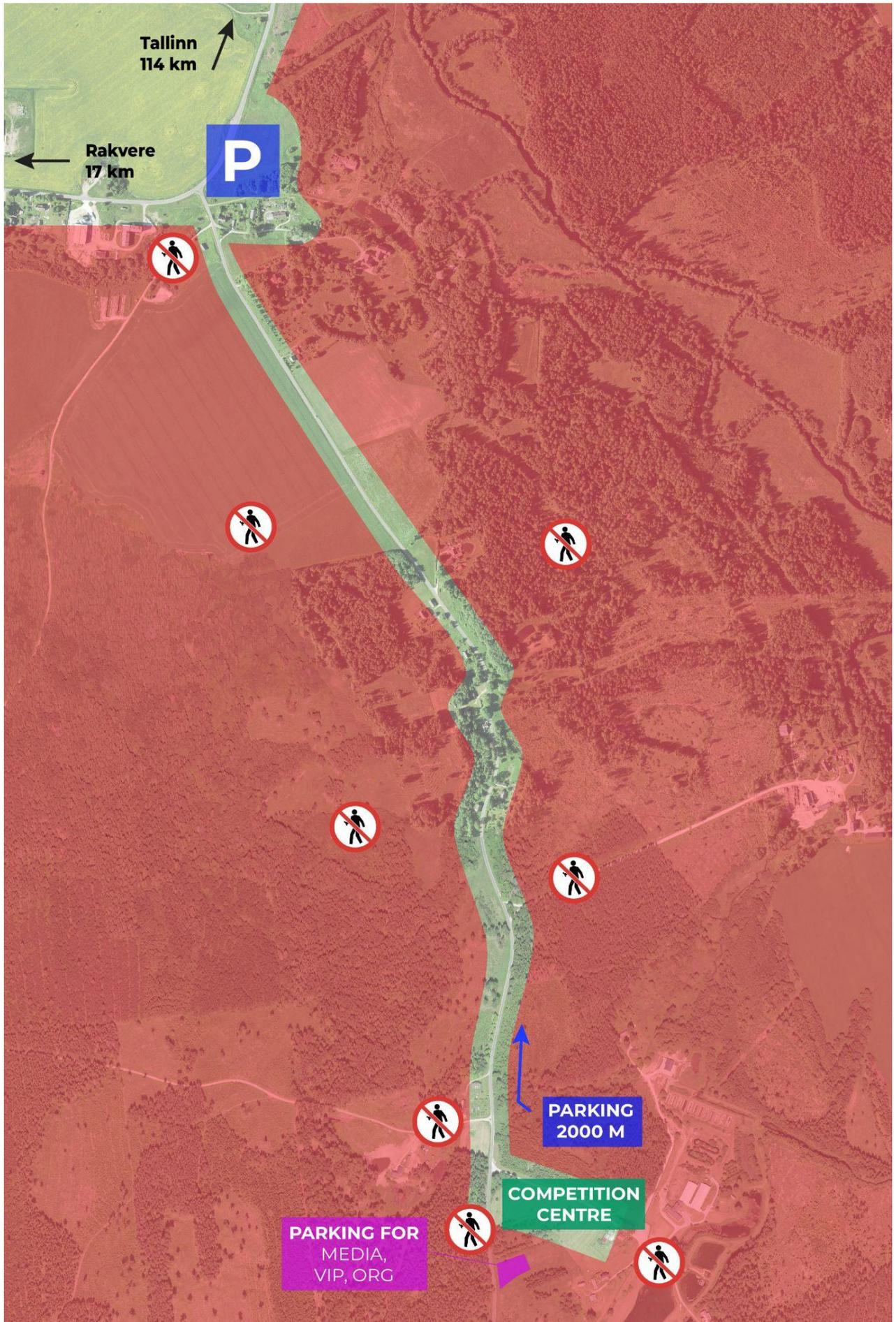
Location: [59.314164, 26.623212](https://www.google.com/maps/place/59.314164,26.623212)

Parking is located 2 kilometres from the Competition Centre - reserve enough time to walk from the parking to the Competition Centre! The road has an asphalt surface, so you are welcome to use a trolley, scooter or bicycle. There will be a designated bicycle parking area in the Competition Centre. Teams are allowed to drive to the Competition Centre to drop off big bags etc, but after that have to return to the parking area 2 km away.

Follow the temporary traffic signs and the instructions of the organisers!

Parking costs 5€ per day (20€ for four days). 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 VIP.

The Event Centre will provide the following facilities:

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

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, an additional Event Office will be open at the Competition Centre. Event Office opening hours and location:

Date	Programme	Event Centre	Competition Centre
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.

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.

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)

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 event ⁵	35 EUR

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

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

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

⁴The Transport 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

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 National Team Manager should collect the passports of all athletes and team officials and present those for accreditation. Each registered team member must be available if any clarification is needed about citizenship, the validity of the IOF licence etc. A personal WCup/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.

Any member of a team (athlete or team official) without a proper photo uploaded into IOF Eventor will get an accreditation card without a photo. These persons must always bring an ID with them and the accreditation card.

Accreditation for World Cup/EOC is only possible if all payments are fully settled. At the Event Centre, paying with a bank/credit card will be possible.

At accreditation, every athlete receives a package with the WCup/EOC ID card, two emiTags, a printed version of Bulletin 4, and a model event map. The emiTags are personally assigned and both shall be used in all competitions. The emiTags must not be used by other athletes.

Accreditation for VIP and media is possible within the opening hours of the Event Office, see section 4.2.

5.5 REGISTRATION FOR VIP (IOF FAMILY)

The VIP area is there to motivate more IOF member federation officers to take part in the VIP 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 VIP is 40 EUR.

The accreditation includes the following services:

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

All VIP members are welcome to join the Dinner and cultural event on the 4th of August. It takes place from 19:00 to 23:00 in Rakvere castle, one of Estonia's oldest castles. Participants are regaled with delicious food, speeches, different performances and cultural activities. The entrance fee is 35 EUR and shall be paid to the Event Office.

On Friday, the 5th of August, we would like to welcome all VIP members to a VIP/Media race in Rakvere. The race will be held as a part of the Public Races next to the fascinating Rakvere castle. Participants can choose between two open sprint courses (long - 4.0km, short - 2.1km). Free start nearby (300m) arena between 17:00 and 19:00. Before the race, visit the information desk and register your participation. More information about the courses and arena plan can be found in the Public Races bulletin.

Free parking in Rakvere. Arena coordinates: [59.348298, 26.361813](#)

More information about the sprint race:

publicrace@eoc2022.ee or <https://eoc2022.ee/publicrace/>

5.6 SUMMARY OF ENTRIES

The number of entries per the 28th of July.

Federation	Men = 163	Women = 130	Team Officials = 59	Total = 352
 Australia	6	6		12
 Austria	6	6	3	15
 Belgium	6	3	2	11
 Bulgaria	3	2	1	6
 Canada	1			1
 Czechia	4	4	2	10
 Denmark	8	12	5	25
 Estonia	10	7	2	19
 Finland	9	10	5	24
 France	9	6	4	19
 Germany	4	3	2	9
 Great Britain	7	7	2	16
 Hong Kong China	5	4	2	11
 Hungary	1			1
 Israel	4			4
 Italy	4	3	3	10
 Japan	4			4
 Latvia	7	4	2	13
 Lithuania	6	4	2	12
 Republic of Moldova		1		1
 New Zealand	1	1		2
 Norway	10	10	6	26
 Poland	4	3	1	8
 Portugal	3		1	4
 Slovakia	5	2	1	8
 Spain	6	4	1	11
 Sweden	11	12	6	29
 Switzerland	12	9	6	27
 Turkiye	1			1
 Ukraine	6	6		12
 United States		1		1

6. ACCOMMODATION AND FOOD

Accommodation

For information about accommodation, see information in Bulletin 3.

Food

In the Quarantine and in the team zone in the arena, drinking water will be provided.

In the spectators tent at the Competition Centre cold and hot food and drinks are sold. A variety of food to meet various dietary requirements will be available.

Dinner and Cultural event

The dinner and cultural event takes place on 4th August from 19:00-23:00 in [Rakvere castle](#), one of Estonia's oldest castles. Participants are regaled with delicious food, speeches, different performances and cultural activities.

Waste management

Help us keep our arena clean!

Please use our rubbish bins for your waste. PET-bottles/aluminium cans and glass bottles (Estonian deposit system) are collected separately in order to be recycled.



Photo: Aldis Toome

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 except for model event and competitions. Model event and competitions terrains remain in embargo after the race, so competitors (and team officials) are not allowed to re-enter the areas after the finish. 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 is 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](#)/EOC web page..

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 detail
Põlula	Foot-O	1993	link
Põlula	Foot-O	2012	link
Pukametsa	Foot-O	2015	link, larger map
Miila	Foot-O	1984	link

8. TRAINING

Contact: Mait Tõnisson – Trainings Coordinator
trainings@eoc2022.ee
+372 513 8911

Find training opportunities from the EOC website [trainings' section](#) and on Bulletin 3.

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 (WCup/EOC ID card is suitable) 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, EOC 2022 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.

9.9 EMERGENCY AND HEALTH SERVICES (FIRST AID)

First-aid services will be provided at the Competition Centre (contact +372 5373 4444).

Outside the competitions, you may use the emergency and health services of the region. The phone number for emergency calls in Estonia is 112 (medical, police and fire).

9.10 FIRE SAFETY

In the Competition Centre area smoking is allowed only in a designated place. Smoking in parking area is forbidden.

Making fire in the Competition Centre, Quarantine area and parking area is forbidden. There's a high fire hazard.

9.11 PHOTO AND VIDEO DISCLAIMER

By taking part in WCup/EOC 2022 as a participant or spectator, you acknowledge your consent to interview(s), photography, audio recording, video recording and its/their release, publication, exhibition, or reproduction to be used for news, webcasts, promotional purposes, telecasts, advertising, inclusion on websites, or any other purpose by WCup/EOC 2022 organisers and their affiliates and representatives. No drones are allowed in the competition area without written permission from the organisers.

9.12 WORLD CUP/EOC FAIRNESS RULES

1. It is not allowed (and not fair) to gain any unofficial information about the race, especially about courses, maps, location of pre-starts etc.

2. On individual distances, team members heading to quarantines are not allowed to visit the arena before their respective competitions. It is also not allowed (and not fair) to gain any unofficial information about the arena from other persons.
3. It is allowed to use music players without any built-in connectivity. Inside the quarantine, athletes wearing headphones might be randomly asked to display their players for checking.
4. All tents inside the quarantine must stay open so one can have a look inside.
5. It is strictly forbidden to bring any electronic devices (except for watches) to bathrooms or any other private rooms – no matter if the device is turned on or not.
6. Competitors must not use or carry communication devices that can transmit or receive information, to or from a remote source, between entering the quarantine zone (or the start area if there is no quarantine zone) and reaching the finish in a race.
7. GPS-enabled devices (watches etc.) must not be carried unless the device has been provided by the organiser.
8. It is not allowed to use any maps (self-made, old, or other) of the competition areas after having left the accommodation on competition day.
9. It is strictly forbidden for team members to re-enter the competition terrain after the finish.
10. Violations of these rules should be immediately reported to any staff to preserve fairness.
11. Violation of these rules may result in the disqualification of the whole team.



Photo: Aldis Toome

10. MEDIA SERVICES

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

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

Accreditation takes place at the Event Centre in Rakvere (see the opening hours in section 4.2).

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

There will be only one Media Centre which is located in the Põlula competition centre. Media centre working hours will be specified in the Media Bulletin at <https://eoc2022.ee/media/>.

10.1 MEDIA INSTRUCTIONS

Photo and Video:

During the competitions, all photographers and video operators have to wear a special photo bib. The bibs will be handed out at the Media Center at the arenas of each competition day during media briefing sessions. A EUR 10.00 deposit in cash will be required, and it will be paid back upon return of the photo bib.

A media briefing for all photographers and video operators will be held on each competition day in the Media Center. Exact times will be published in the Media Bulletin.

Organisers official photographers will upload photos from each competition day to <https://drive.google.com/drive/folders/1lueN-zbuzYGGQGYh5w9YkLEuxPYt3ul-?usp=sharing>. These photos can be used free of charge, but please credit the author when using the photos.

Social Media:

Official hashtag: #eoc2022

Facebook: <https://www.facebook.com/eoc2022>

Instagram: <https://www.instagram.com/eoc2022estonia>

Email: media@eoc2022.ee

Media bulletins, organisers photos and more information: <https://eoc2022.ee/media/>

Transportation:

There will be no dedicated transportation for the media. Media is expected to use their own transportation. Anyway, we might be able to arrange transportation to dedicated photo controls in the forest during some of the competition days.

Press conferences:

There will be no press conferences. Mixed zone area can be used by all accredited media representatives.

10.2 LIVE SERVICES

There will be a TV production from all the finals by Gearbox Production (Karel Jonak). Preliminary, the following TV stations will broadcast live: YLE, SVT, ERR, TV8 Mt Blanc (FRA).

We will offer a big screen in the Põlula competition arena of all finals with live cameras, GPS tracking and live results. Speaker Ivars Bacis will provide great action with his live reporting in the arenas. Live streaming will be available on orienteering.sport during the finals (partly paid service), whereas live results are free of charge. For the Middle qualification competition, GPS tracking and live results will be provided via web/mobile. During the competitions, athletes may encounter camera crews on the terrain. The intermediate time controls are marked as manned controls. Athletes may also be followed by a running camera or by camera drones during the race. The drones will keep a safe distance from the athletes.

10.3 VIP / MEDIA RACE

On Friday, the 5th of August, we would like to welcome the Team officials, VIP and Media to an VIP/Media race in Rakvere. The race will be held as a part of the Public Races next to the fascinating Rakvere castle. Team officials, VIP and Media can choose between two open sprint courses (long - 4.0km, short - 2.1km). Free start nearby (300m) arena between 17:00 and 19:00. Before the race, visit the information desk and register your participation. More information about the courses and arena plan can be found in the Public Races bulletin.

Free parking in Rakvere.

Arena coordinates: [59.348298, 26.361813](https://www.google.com/maps/place/59.348298,26.361813)

More information about the sprint race:

publicrace@eoc2022.ee or <https://eoc2022.ee/publicrace/>

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. Timekeeping services will be provided by Emit AS.

Each runner will wear two emiTags on the same wrist. During the race, both emiTags must be carried on the same arm next to each other. emiTag with the lowest number should be on yellow band closest to your hand. The punching is performed by holding the emiTag 0 - 50 cm above the Emit control unit for a short moment. The LED light in the emiTag will start flashing after a successful punch and will keep flashing for 5 seconds. In case of any Emit-unit failure (no feedback signal), athletes must punch using the second Emit unit as a backup. It will be possible to test the system at the Technical Model Event.

The emiTags are handed out in the Event Centre as a part of the accreditation. It is the athlete's responsibility to bring the emiTags to the start for each race. The emiTags are tested at pre-start on all competitions. The emiTags will be collected at the finish of the relay. For athletes not running the relay, a team manager shall return all emiTags at the Event Office no later than Sunday at 16:30. Any lost or missing emiTag will be charged 80€.

Start timing: At the start beep, the competitor will be released by an official who is removing a hand from the map (except for Relay). At start, the exact start time is measured with a startgate which the runner opens with his/her leg when starting the race. It's allowed to start between -2 and +2 seconds of the given starttime. Starting before -2 seconds of given start time will lead to disqualification. A runner starting more than 2 seconds after the given start time will get the allocated start time instead of the gate time.

Finish timing: The finish time is taken with the photo cells on crossing the finish line on individual competitions. In Relay, the finish time is taken when the athlete's chest crosses the finish line. There is no punching at the finish line. The running times are rounded down to whole seconds.

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. If an athlete refuses to carry the GPS unit, the athlete will be disqualified. The GPS unit will be placed in the athlete's harness by the organizer at the call-up and be collected again at the finish. Athletes are encouraged to use their own harnesses. Borrowed harnesses will be handed out to the team officials on Tuesday (2 August) from the Event Office and must be returned to the Event Office after the last race (no later than Sunday at 16:30). Missing harnesses will be charged 20EUR/pcs, and a lost GPS device 250EUR/psc. GPS Tracking will be provided by GPS Seuranta.

11.2 CLOTHING

There are no regulations regarding clothing and footwear other than Rule 21.6. Competitors must wear the team clothing of their own Federation.

11.3 MODEL EVENT

Date and time: Tuesday, 2 August 11:00-13:00

Location: Põlula manor, Põlula, 46711 Lääne-Viru County ([Google Maps link](#))

Coordinates: [59.313106, 26.628172](#)

Parking: [59.314164, 26.623212](#) (the same as on competition days)

Start is located 600 m from parking - start is shown on the model map.

Map: 1:10 000 and 1:15 000, contour interval 5m, ISOM 2017-2, print by IOF Certified printer nr 003, mapped by Maris Strautnieks in July 2022.

Only orienteering flags and EMIT TFP Control Units are in the control points. No timekeeping. The aim of the model event is to offer a highly relevant forest to EOC mapped by the EOC cartographer and to show examples of potential control placement and runnability. Note: Controls will be set out only in dedicated time and it's forbidden to enter the terrain before or after the dedicated time.

Põlula manor will also be the center Quarantine for Middle Distance Qualification, Long Distance and Middle Distance Final races. Teams can tour the Quarantine rooms during the model event.

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

11.4 TEAM OFFICIALS MEETINGS

There will be three Team Officials Meetings (TOM) during the competition week. All the TOMs are held in the Event Centre in Rakvere Vocational School and additionally broadcasted online (MS Teams link will be sent to Team Contact person). Two persons per team are allowed to participate at TOM.

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

Slides from the presentations at the TOM will be uploaded to IOF Eventor after the meeting. Questions for the TOM shall be sent by e-mail to tom@eoc2022.ee until 16:00 on the respective day of the meeting and will be answered during the meeting.

11.5 CONTROL DESCRIPTIONS

Control descriptions are in accordance with the IOF standard. The control descriptions are printed on the competition maps but will also be available in the start corridor at the Middle Distance Qualification, Long Distance, and Middle Distance Final. At the Relay, control descriptions are only printed on the map.

11.6 OUT-OF-BOUNDS AREAS

Out-of-bounds areas may be marked with tape in the terrain in case they are difficult to distinguish in the terrain. The red-yellow coloured tape will be used:



11.7 NEW COMPETITION MAPS

Competition maps will remain for competitors at the finish of all races. New maps will be handed out to a team official at the Event Office in the arena after the quarantine has closed.

11.8 BIB NUMBERS

All bib numbers will be prepared for self-service pick up in the quarantine of each competition. One bib number is provided that has to be on the chest. The bib number must be placed visibly on the chest and must not be folded or cut. The size of the bib number is 25 x 25 cm.

Organizers will provide one set of safety pins for each competitor during accreditation. Please reuse them.

11.9 LATE STARTS

Athletes who miss their start time due to their own fault are permitted to start but are timed as if they had started at their allocated start time. Runners who are late because of a fault by the organizers are given a new start time. In both cases, the following procedure must be used at the start: A late athlete must report at the entrance of the pre-start. If the organizers decide there is still enough time to start at the allocated start time, she/he can continue through the start lanes, followed by an official. If it is not possible for the athlete to start at the allocated start time, she/he will be allowed to start in the first half part of the next start interval. However, athletes from the same federation are not allowed to start consecutively.

11.10 QUARANTINES

Quarantines are used before every competition. Quarantine for Middle Distance Qualification, Long Distance and Middle Distance Final races will be situated in Põlula manor (the place of the Model event). The Quarantine for Relay will be in the Competition Centre.

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

The quarantine zone consists of the quarantine itself, the warm-up area, prestart areas, start areas, and any connecting routes in between. A quarantine zone is defined as a secure area where communication with the outside world by any person in the quarantine zone is forbidden. Athletes are considered in quarantine once they have checked in and until they reach the finish of the race.

On arrival at the quarantines, the athletes must check in by showing their accreditation card and sign the list before the quarantine closes. No-one will be allowed to check in after the specified deadline. All quarantines offer covered areas (buildings or tents). Toilets and water are available. There will be a clock showing the official competition time. Bags are transported to the team zone at the finish. All competitors are strongly advised to perform the emiTag battery test and, in case of low battery indication, request an emiTag replacement at the quarantine check-in desk. The logistics of each quarantine are described separately for every competition. Coaches and athletes can leave a quarantine at any time, but once they have left, they are not allowed to return. Remember to respect the fairness rules when you are in quarantine:

- The use of mobile phones, computers or any other communication device inside the quarantine is strictly forbidden.
- All tents and rooms inside the quarantine must stay open so others can have a look inside.
- It is strictly forbidden to bring any electronic devices (incl. smart watches) to bathrooms or any other private rooms, no matter if the device is turned on or not.
- It is allowed to use music players without any built-in connectivity. Athletes wearing headphones might be randomly asked to display their players for checking.
- It is not allowed to bring any maps into the quarantine zones.
- Coaches are not allowed to follow the athletes beyond the prestart/call-up at any competitions. See also the fairness rules described in Section 9.12.

11.11 PRE-START AND START

The athletes are called up for a start at the pre-start, and after the call-up they are not allowed to return. The pre-start is at all competitions located in connection with the quarantine. Coaches are not allowed to follow the athletes beyond the entrance to the pre-start at any competitions.

Athletes must wear their bib numbers when they enter the pre-start. Athletes will get warm-up maps (if applicable) when entering the pre-start. Warm-up maps are considered as part of the pre-start.

The competitor's name and bib number are called at the pre-start. It is the competitor's responsibility to watch for his/her start time. There is also a clock showing the competition time at the pre-start and in all the consecutive start boxes. Athletes will have their GPS units placed in the harness, emiTags are checked and cleared, and the control descriptions are available. There will be clocks on the start line showing the competition time. For specific details on start procedures at each start, see descriptions in Section 12. The start triangle is marked in the terrain by a control flag. The route to the start point is marked and is compulsory for the competitors to follow all the way to the start point.

11.12 COACHING ZONES

There will be a marked coaching zone for Relay during the arena passage. It can be entered through the team zone by team officials. Teams who don't have any accredited team officials will get two special accreditation cards to enter the coaching zone.

11.13 FINISH AND FINISH AREA

The marked route from the last control to the finish must be followed. After crossing the finish line, the athletes read out emiTags and return the GPS. Refreshments will be provided as well as access to first aid and team officials if needed. Athletes will pass through the media zone on their way to the team zone. At the finals, the current leader shall take his/her place in the leaders chair on the podium and stay there until a new leader comes to the leaders' chair. Athletes selected for antidoping testing will meet their chaperones in the finish area.

11.14 COOL-DOWN AND TEAM ZONES

Cooling down is only allowed in the team zone, in the arena and on the road from the Competition Centre to parking. It is forbidden for team members to re-enter the competition terrain. There will be a large tent in the team zone and access to toilets. Team tents are allowed in the team zone. It is not allowed to attend the arena and the team zone before the quarantine is closed (except for Relay)!

11.15 ABANDONING A RACE

Athletes who are forced to abandon a race must report to the finish staff. A retiring athlete may not influence any other competitor.

11.16 MEDIA IN THE RACE AREA

During the competitions, athletes may meet photographers and TV camera crews in the race area. Athletes may also be followed by a running camera operator during the race or by drones. The drones will keep a proper distance from the athletes.

11.17 COMPLAINTS AND PROTESTS

Any complaint must be made in written form and handed to the organiser situated at the readout/IT tent as soon as possible. A special form is available for this. A written protest can be made against the organiser's decision about a complaint. Written protests must be delivered personally to the organiser at the readout/IT tent no later than 15 minutes after the organisers have announced the decision about the complaint. A protest fee of 50 EUR shall be paid in cash to the IOF Senior Event Adviser. The fee will be returned if the protest is accepted by the jury.

11.18 JURY

IOF has appointed the following jury for the competition:

- Bo Simonsen (DEN)
- Jerzy Antonowicz (POL)
- Jüri Joonas (EST)

11.19 CEREMONIES

Opening Ceremony

The opening ceremony of World Cup/EOC 2022 will take place on 2 August at 18:00 at the Event Centre at Rakvere Vocational School. There will be a short flag parade (not with athletes), music and talks to declare the competition open. All the team officials and athletes are welcomed and encouraged to participate. The opening ceremony will last for about 30 min.

Flower Ceremonies

During the live broadcast the best 3 athletes/teams will be awarded with flowers on the stage immediately after the races have finished. World Cup and EOC ceremonies will be held consecutively. Please note, that it is the responsibility of the athletes/teams in concern to be ready for the ceremonies. They are requested to remain in the finish area until after the flower ceremony. Please follow the guidance from the organisers.

Medal Ceremonies

World Cup and EOC ceremonies will be held consecutively. Athletes/teams ranked in positions 1-6 are kindly requested to line up behind the stage 10 minutes prior to the medal ceremonies. It's the athletes' responsibility to be there on time. Athletes taking part in the medal ceremony must wear their national team uniform.

The medal ceremonies for Long and Middle distances will be held on 6 August at 16:30 in the Competition Centre. The medal ceremony for Relay will be held on 7 August at 14:30 in the Competition Centre.

Please follow the guidance from the organisers. The IOF guidelines for ceremonies will be followed: National flags, signs, sunglasses, headbands, bottles, and other such items are not allowed on the stage. Headbands around the neck are allowed.

Closing Ceremony

The WorldCup/EOC 2022 closing ceremony will be held at the Competition Centre in continuation of the Relay medal ceremony.



Photo: Simo Sepp

12. EVENT INFORMATION

12.1 TERRAIN AND MAPS

All competition days use different parts of the same terrain.

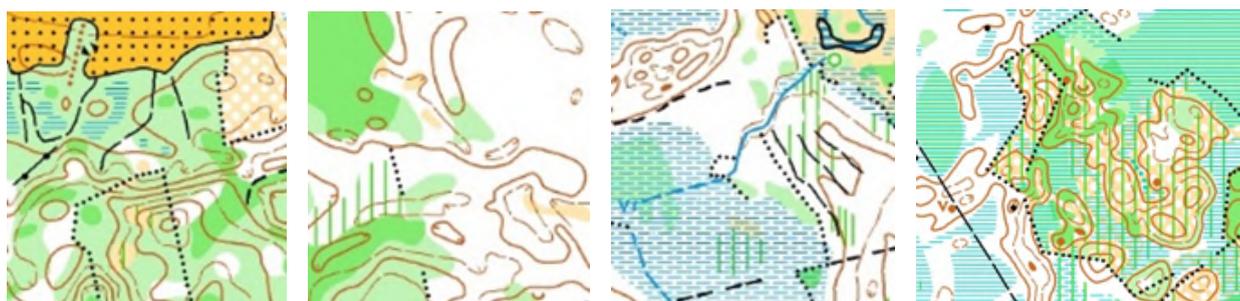
The terrain has many typical moraine features (eskers, kames, drumlins). The height difference on the terrain is around 30 metres and 20 metres on one slope. There are many hillocks and depressions with depths and heights up to 10 metres.

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.

In the forest, there could be camera podiums that are not marked on the map.

Map samples:



Discipline	Scale	Map size	Contour interval	Specification	Mapper
Middle Distance (Qualification and Final)	1:10 000	A4 (297x210mm)	5 m	ISOM2017-2	Mait Tõnisson
Long	1:15 000	A3 (297x420mm)	5m	ISOM2017-2	Maris Strautnieks, Kuno Rooba
Relay	1:10 000	A4 (297x210mm)	5m	ISOM2017-2	Mait Tõnisson, Maris Strautnieks

Maps are printed by IOF Certified printer nr 003 (Siguldas Dizains, Ltd “Janius”) on paper and will be handed out in sealed plastic bags.

For clarity, all new felled forest areas are shown in the map with the symbol 404 Rough open land with scattered trees, combined with symbol Vegetation: slow running, good visibility (407) or Vegetation: walk, good visibility (409) to show reduced runnability.



Mapped by symbol nr 404.

Special symbols: black cross = small man-made feature

12.2 DETAILS FOR ALL COMPETITIONS

Venue: Põlula Fish Rearing Centre, Lavi village, [59.296268, 26.636445](#)

Bags and warmup clothing: Athlete's bags, marked with bib number can be left at the bag drop in the quarantine. There will be sticky labels for marking bags. Organisers will transport them to the team zone at the Arena. Warmup clothing will be brought from the pre-start (changeover in Relay) to the team zone after the last athlete has started.

Finish: Team officials and athletes having finished their race are not allowed to go back to the competition area. Cool-down is possible within the arena, the team zone and the road from Competition Centre to parking, see the map in section 3.3. No cool-down map will be provided.

12.3 MIDDLE DISTANCE QUALIFICATION

Date: Wednesday, 3 August

Schedule: The parking opens at 10:00

Quarantine: Põlula manor (the place of the Model event), [59.313106, 26.628172](#)

Quarantine check-in time: 11:15-12:30

Pre-start: 12 min before the start time

Warmup map: no warmup maps

Start procedure:



Start: The maps will be placed face down on a table next to the start line. The bib number will be visible.

Transport: Team officials will reach the arena by walking (look at section 3.3, the road from parking to Competition Centre).

Arena passage and coaching zone: There is no arena passage and coaching zone.

Map: 1:10 000, 5m. Mapper: Mait Tõnisson.

Course setter: Raivo Pellja

Course details

	Women	Men
First start	13:01	13:00
Start interval	2 min	2 min
Course length	4.2 km	4.7 km
Total climb	50 m	65 m
Number of controls	15	15
Winning time	28	26
Maximum time	120	120
Control description size	60*140mm	60*140mm
Refreshment points	0	0

12.4 LONG DISTANCE

Date: Thursday, 4 August

Schedule: The parking opens at 7:30

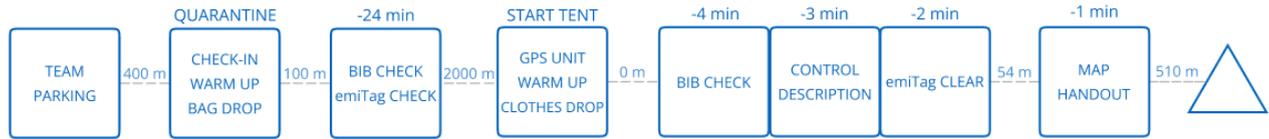
Quarantine: Põlula manor (the place of the Model event). Quarantine Coordinates: [59.313106, 26.628172](#)

Quarantine check-in time: 7:45-9:00

Pre-start: 24 min before the start time

Warmup map: available at the pre-start

Start procedure:



There are toilets near the start tent.

Start: The maps will be placed face down on a table next to the start line. The bib number will be visible.

Transport: Team officials will reach the arena by walking (look at section 3.3, the road from parking to Competition Centre).

Arena passage and coaching zone: There is no arena passage and coaching zone.

Map: 1:15 000, 5m. Mappers: Maris Strautnieks and Kuno Rooba.

Course setter: Kuno Rooba

Course details

	Women	Men
First start	9:30	9:40
Start interval	2 min / 3 min for the last 30 competitors	2 min / 3 min for the last 30 competitors
Course length	12.9 km	17.3 km
Total climb	225 m	275 m
Number of controls	20	31
Winning time	73	96
Maximum time	240	240
Control description size	60*170mm	60*230mm
Refreshment points	4	6

WOMEN Refreshment points: 4 (20%, 50%, 65%, 85 of course length)

MEN Refreshment points: 6 (20%, 40%, 43%, 48%, 75%, 86% of course length)

Refreshment controls in Long Distance will offer water and sports drink (SIS Go Electrolyte Powder Orange). At refreshment points, water will be served in white cups and sports drinks will be in transparent cups. There is a possibility to taste sports drinks during the model event.



SPORT DRINK / WATER

12.5 MIDDLE DISTANCE FINAL

Date: Saturday, 5 August

Schedule: The parking opens at 9:30

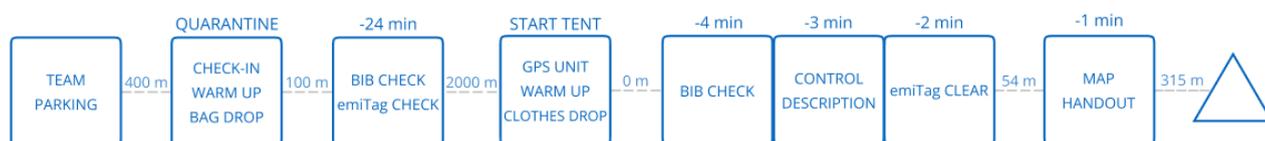
Quarantine: Põlula manor (the place of the Model event). Quarantine Coordinates: [59.313106, 26.628172](https://www.google.com/maps/place/59.313106,26.628172)

Quarantine check-in time: 10:00-11:15

Pre-start: 24 min before the start time

Warmup map: available at the pre-start

Start procedure:



There are toilets near the start tent.

Start: The maps will be placed face down on a table next to the start line. The bib number will be visible.

Transport: Team officials will reach the arena by walking (look at section 3.3, the road from parking to Competition Centre).

Arena passage and coaching zone: There is no arena passage and coaching zone.

Map: 1:10 000, 5m. Mapper: Mait Tõnisson.

Course setter: Mait Tõnisson

Course details

	Women A final	Men A final	Women B final	Men B final
First start	11:45	13:10	15:31	15:30

Start interval	2 min	2 min	2 min	2 min
Course length	5.3 km	6.3 km	5.3 km	5.7 km
Total climb	90 m	100 m	75 m	90 m
Number of controls	20	22	17	20
Winning time	34	33	35	35
Maximum time	120	120	120	120
Control description size	60*160	60*170	60*155	60*160
Refreshment points	1	1	1	1

Refreshment point on all courses is situated at 80% distance from the start.

12.6 RELAY

Date: Sunday, 7 August

Schedule: The parking opens at 8:00

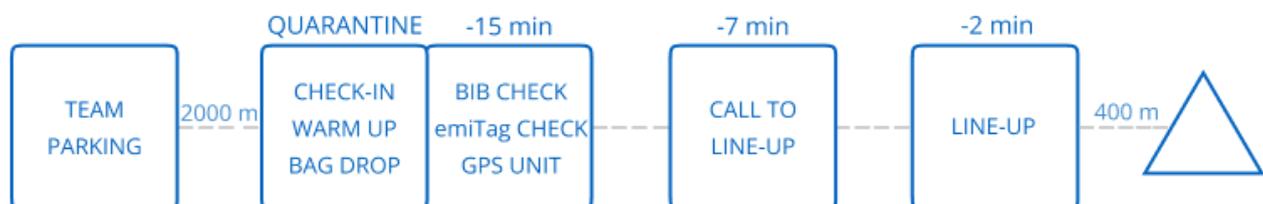
Transport: All athletes, team officials and spectators will reach the arena by walking 2 km (look at section 3.3, the road from parking to Competition Centre). Teams are allowed to drive to the Competition Centre to drop off athletes or big bags etc, but all vehicles have to be returned to the parking area 2 km away.

Quarantine check-in time: 8:30-9:45

Warmup map: available at the quarantine

Pre-start: approximately 15 min before the start

Start procedure: Mass start. The pre-start assembly area opens -15 min before the mass start and closes -7 min before the mass start. -7 min before the mass start, call to the line-up. First leg takes the map placed on the ground before them. It is not allowed to open the map roll before the start signal. Maps are two-sided, and the first map is on the inside of the rolled map. From -2 minutes before the mass start, all first leg runners shall stay on their dedicated spot in the line-up area.



Change-over: The change-over area opens 15 min prior to the estimated time of the next change-over. Runners will be called by the organiser, given GPS units and are guided to the change-over. It is the runner's responsibility to be on time at the pre-call.

Incoming runner will:

1. Cross the finish line
2. Continue to the map board
3. Collect the map marked with bib number and nation
4. Hand over the map over the barrier to the next runner

NB: It's the competitors' responsibility to take the correct map. Teams running with the wrong map will be disqualified at the next change-over.

Maps are two-sided, and the first map is on the inside of the rolled map. The outgoing runner is allowed to open the map immediately after the change-over.

Map change: Each course has a map change. Both maps are delivered in the same plastic cover at the start, first one marked "team nr - leg nr - 1" and second one marked " team nr - leg nr - 2". Example 23-1-1 and 23-1-2. Map nr 2 has a new start and control numbers continue from part 1.

There will be a mass start for the later legs for relay teams that have not changed over, it will take place 10 minutes after the winning team finish.

Arena passage and coaching zone: There is one arena passage on all legs. There will be a marked coaching zone during the arena passage. It can be entered through the team zone by team officials. Teams who don't have any accredited team officials will get two special accreditation cards to enter the coaching zone.

Map: 1:10 000, 5m. Mappers: Mait Tõnisson and Maris Strautnieks.

Course setter: Raivo Pellja

Course details

	Women	Men
Start for first leg	10:00	12:00
Course length (per leg)	5.5 km	6.5 km
Total climb (per leg)	50 m	60 m
Number of controls (per leg)	17	20
Winning time (per leg)	33	33
Maximum time (per leg)	120	120
Refreshment points	1	1

Refreshment point is located on the arena passage.

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 World Cup / 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 2](#).

NB! EOC 2022 athletes are not allowed to participate in Public races.



Photo: Aldis Toome.

