

Bulletin 1

National Orienteering Competition, Huippuliiga 1st Stage and World Ranking Event (WRE)

XXX Silja-Rastit in Paimio, Finland, April 17, 2016

We'd like to welcome you to the 30th national Silja-Rastit competition in Paimio with WRE status in classes M/W21E and M/W21EB.

Event organizer

Orienteering club Paimion Rasti

Main officials

Event Director:	Jyrki Laine	jyrki.ilm.laine@saunalahti.fi ; +358 40 0823895
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WRE Event Adviser:	Vesa Elovaara	vesa.elovaara@icloud.com ; +358 50 5579068

Event information

Rules

The rules of the Finnish Orienteering Federation as well as instructions given by the organizer and the International Orienteering Federation will be applied in the competition. The rules of The Finnish Orienteering Federation are available on the website www.suunnistusliitto.fi.

Classes

Classes H21E (=M21 Elite), D21E (=W21 Elite), H21EB (=M21 Elite B) and D21EB (W21 Elite B) have WRE status.

Participants in classes H/D21E will be selected according to the Finnish Orienteering Federation's instructions for Huippuliiga. Those not getting selected into H/D21E classes are placed into H/D21EB classes.

Middle distance in WRE classes. Estimated winning time appr. 35 minutes.

In classes H/D21E, the competition is also the first stage of Finnish Huippuliiga ("Elite League") series as well as a Finnish national team selection race for European Championships.

Punching system

Electronic Emit punching system will be in use.

Entries and entry fees

Entries and payments should be made primarily through IRMA service or, alternatively, via email: silja@paimionrasti.fi. All WRE competitors make an entry to classes H/D21E (no entries to EB classes). Entry fee for WRE competitors is 37 €.

Emit card number must be included in the entry. The need for a rental Emit card has to be indicated in the entry. If Emit card number is missing, the organizer will reserve an Emit card and charge 5 €.

The IOF World Ranking system only uses the Latin alphabet from A to Z. It is very important for all runners to check that the information about them is correct. Please check the following: the spelling of your first and last name, birth year and nationality. If you find any mistakes, please report them via email: changes_AthleteData@orienteering.org. When reporting, make sure you add your complete birth date (day, month, year).

It is not possible to pay through Eventor. The bank details for entry fee payment without access to IRMA are as follows:

Account owner: Paimion Rasti
Bank name: Lounais-Suomen OP
Bank address: Vistantie 21, 21530 Paimio, Finland
IBAN: FI26 5319 0420 0058 65
BIC: OKOYFIHH

*Entries and payments have to be made **no later than Monday, April 11, 2016 at 11:59 pm**.* No late entries allowed!

IOF ID

WRE athletes have to include their IOF IDs in their entry. Athletes who don't yet have an IOF ID will get one by registering a user account in IOF Eventor:

<https://eventor.orienteering.org/Register>

Competition map

Scale 1:10 000, contour interval 5 m. 6-colour offset printing in 4/2016. Map size A4 or A4S. The competition maps are in plastic cases.

Embargoed area

The competition area is indicated on this link:

<http://www.karttarekisteri.fi/kartta2015/index.php/pages/map/7062>.

Competitors are not allowed to train in or otherwise enter the embargoed area prior to the competition.

Terrain

The competition area mainly consists of detailed bare-rock terrain typical of southwestern Finland. Runnability is mostly very good. Some flat areas and marshes also exist between hills. Biggest single elevation differences on the courses are appr. 30 metres.

A minor part of the competition area was used in the Jukola Relay 2015.

Timetable of the competition

The first start of the competition is at 11:00 am.

In H/D21E classes, the start is in the competition centre. A quarantine zone, located in immediate vicinity of the competition centre, must be entered by 11:10 am.

In H/D21EB classes, the start is located at a walking distance of 1.5 km from the competition centre. No quarantine zone in H/D21EB classes.

Food and beverage

There will be basic food and beverages at a moderate cost available at the event centre.

Guiding and venue

Signposts will start from road 110 turnoff to road 181 (navigation address: Sauvontie 2, Paimio). The driving time to the parking area is appr. 10 min. Parking takes place on road edges, max. 2.5 km from the competition centre. No parking fee.

The competition centre is located in a rock quarry with a hard bottom.

Training opportunities

There will be several trainings available in nearby terrains a couple of weeks prior to the competition. More information on these can be found closer to the competition on the organizer's website: <http://www.paimionrasti.fi>.

Accommodation and travelling to Paimio

Paimio is easily reached via E18 motorway from Turku (30 km) and Helsinki (135 km). Also some of the buses between Turku and Helsinki stop in Paimio. There is no public transport to the event centre.

You may look for suitable accommodation in Turku region on this website: <http://www.visitturku.fi/en/majoitus>.

Weather and clothing

In April, the weather in south-western Finland could be anything from pleasantly warm and sunny (up to 20 degrees °C) to very cold, windy and rainy (down to 0 °C). Competitors should be prepared for a changeable weather.

Visa requirements

According to current regulations, citizens of some countries must obtain a visa in order to enter Finland. Please check the following website for more information: <http://www.formin.fi>.

Visas should be applied for at your closest Finnish Embassy. Please note that conditions of entry may change and all participants are advised to keep themselves updated on the current situation by consulting their local Finnish Embassy.

Final event instructions, start times and other information

There will be more information on the organizer's web page closer to the date of the competition.

Bulletin 2 will be published in early April.

We are looking forward to meeting you in Paimio on Sunday April 17!