

Bulletin 2

Competition Instructions (WRE)

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

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

These competition instructions are preliminary. The final version can be seen in the competition centre on April 17.

Event organizer

Orienteering club Paimion Rasti

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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.

WRE classes, course lengths and climb

H21E	6.5 km	245 m	21 controls
D21E	5.5 km	190 m	17 controls
H21EB	6.6 km		16 controls
H21EC	6.5 km		16 controls
D21EB	5.3 km		15 controls

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.

Out of WRE classes, H/D21EB and H21EC will visit the area used in the Jukola Relay 2015. Not all tracks formed in Jukola are marked on the map.

Competition Map

Scale 1:10 000, contour interval 5 m, offset printed 4/2016. Map size A4 or A4S. A model map can be seen at the start.

The competition maps are in plastic cases.

Out-of-Bounds Areas

Areas indicated with vertical stripes in purple on the competition map as well as all settlement areas and cultivated land (black dots on yellow) are forbidden to enter. Entering an out-of-bounds area leads to disqualification. A competitor is allowed to enter the competition area only during his/her own competition performance.

Model Control

A model control can be seen next to the guiding pole in the competition centre.

Punching System and Emit Cards

Electronic Emit punching system is in use. A competitor is responsible for that he/she has a functional Emit card. It is not allowed to compete with a broken card. A competitor competing with an Emit card not marked in the start list will be disqualified, if the card change is not made at the Info prior to the start.

A card can be used only once during the competition. Check the functionality of your card at the model control prior to your start.

Check your Emit card number on the start list and, if needed, make a number change at the Info prior to the start.

It's possible to hire an Emit card at the Info for 5 €. The number of hire cards is limited. A change of the Emit card number at the Info costs 3 €.

Hired Emit cards must be returned to the Info after the competition. Hired cards not returned will be charged at 60 € each.

NB. An Emit card with a display may show a different control code than that on the control.

First Aid Points

There is a first aid point in the competition centre. In the terrain, there are no specific first aid points, but you may contact any starting point if need be.

Start Lists

Start lists can be seen on the results board in the competition centre and at the start as well as on the website www.paimionrasti.fi.

Starts

First starts are at 11:00 a.m.

Start n:o 4, for classes H/D21E (Huippuliiga), is in the competition centre. See also "Quarantine zone and start procedure (classes H/D21E)" below.

Start n:o 1, for classes H/D21EB and H21EC, is located 0.5 km from the competition centre; check the signposting tape colour at the guiding pole. The signposting to the start must be followed. There is no transport for clothing and other equipment from the start to the competition centre.

Competition Numbers, Emit Control Slips and Control Descriptions

Competition numbers are used only in classes H/D21E. The numbers are available at the start as self service.

Emit card control slips are available at the start.

Control descriptions are printed on the competition map and also available separately at the start. There are neither attaching equipment nor covers available.

Quarantine zone and start procedure (classes H/D21E)

A quarantine zone in classes H/D21E. The quarantine zone is located 250 m from the guiding pole, and must be entered **at 11:00 a.m. at the latest**.

In the quarantine zone, there is a tent and a few toilets. It is forbidden to use old maps over the competition area as well as cellular phones or other electric communication devices in the quarantine zone. There is a clothing / equipment transport from the quarantine zone to the competition centre; transported stuff can be claimed next to the finish after the competition.

GPS devices are in use. They are available in the quarantine zone.

There are warm-up maps available in the quarantine zone. Warm-up is allowed in the area indicated on the map.

Pre-start is located in the quarantine zone. Pre-start takes place 5 minutes prior to the competitor's starting time.

Start procedure (classes H/D21EB, H21EC)

The competitor is called out four minutes prior to his/her starting time.

Emit card is reset three minutes prior to the starting time; this is on the responsibility of the competitor.

The competition map can be seen two minutes prior to the starting time.

The competitor moves next to his/her map one minute prior to the starting time.

The competitor can take the map at the starting moment. There is a signposted route to the starting point.

Finish

There is a marked route from the last control(s) to the finish. Remember to punch on the finish line! After the finish, the competitor continues to the Emit data extraction point. Unclear cases are solved immediately. The finish will be closed at 3:30 p.m.

Drop-outs

Dropped out competitors must report at the finish or, alternatively, pass on the information about dropping out to the finish through another person.

Complaints

Possible complaints regarding results can be filed at the Info next to the finish not later than 15 minutes after the final results of the class in question have been published. Complaints filed thereafter will not be dealt with.

Prizes

Prize-giving takes place after the results are clear. The number of awarded competitors can be seen on the results board. Prizes that are not picked up will not be sent or delivered afterwards. In classes H/D21E, there will be a prize-giving ceremony.

Dressing and washing

Dressing and washing take place in the competition centre in outdoor conditions.

Ban on Spike Shoes

Wearing spike shoes in the competition is forbidden.

Toilets and waste management

Toilets are in the vicinity of the competition centre, next to the marked route to starts 1 and 2. There are no separate toilets in starts (with the exception of those in the quarantine zone for classes H/D21E).

There are garbage collection points in the competition centre. Sorting is done independently.

Food and beverage

There is a restaurant in competition centre serving sandwiches, coffee, other beverages etc. There is no warm food available.

Children's day care

There is a children's day care point in the competition centre.

Open courses

An open course orienteering available at 11:00 a.m. – 1:00 p.m. Course alternatives: 3 km (easy) and 5 km (more demanding). Entries to open courses at their own start; map fee 10 €/course, under 16-year-olds 5 €/course.

The open course start is located 0.4 km from the competition centre. The open courses have a finish separate from the “normal” competition finish, located close to the competition centre. Open course runner: Do not run into the competition finish!

Other information

The route from the second parking area to the competition centre as well as the route to starts 1 and 2 cross the marked route from the last control to the finish. There are guards at the crossing point, but special caution needs to be followed! Competitors during their performance have a right of way, and they must not be disturbed.

The organizer wishes everyone welcome as well as good luck in the competition!