

COMPETITION INSTRUCTIONS LAHTI-SUUNNISTUS 2014

COMPETITION RULES

The competition will be conducted according to the competition rules of the Finnish orienteering Federation and the instructions provided by the organizers.

MAP

The competition map is a 6-coloured printer copy from June 2014 on the scale of 1: 10,000. The contour interval is 5 metres. The maps have a plastic covering.

The size of the map is A3 on both days. In classes W/M9 to W/M14 the size of the map is A5 on both days.

The competitor can keep the map after arriving at the finish. The organizers emphasize fair play presumed by the rules.

CLASSES, COURSE LENGTHS AND STARTS (H = Men, D = Women)

	Sat	Sun	Start		Sat	Sun	Start
H21A	6,0	9,7	1	D21A	4,1	6,3	1
H21AL	3,4	5,9	1	D21AL	2,7	3,9	1
H21C	2,7	4,6	1	D21C	2,4	3,9	1
H35	4,6	7,6	1	D35	3,3	4,7	1
H40	4,4	7,3	1	D40	3,3	4,3	1
H45	3,9	7,0	1	D45	3,3	4,3	1
H50	3,3	5,8	1	D50	2,7	3,9	1
H55	3,2	5,8	1	D55	2,7	3,9	1
H60	3,1	4,7	1	D60	2,7	3,9	1
H65	2,7	4,5	1	D65	2,5	3,3	1
H70	2,7	3,9	1	D70	2,5	3,3	1
H75	2,5	3,3	1	D75	2,3	3,2	1
H80	2,3	3,2	1	D80	2,3	3,2	1
H85	2,3	3,2	1	D20	3,3	4,7	1
H90	2,3	3,2	1	D18	3,3	4,7	1
H20	4,4	7,3	1	D16	3,3	4,3	1
H18	3,9	7,0	1	D15	3,2	4,0	1
H16	3,3	4,7	1	D14	3,0	2,7	2
H15	3,2	4,0	1	D13	2,4	2,2	2
H14	3,0	2,7	2	D12	1,6	2,1	2
H13	2,4	2,2	2	D12TR	1,8	1,8	2
H12	1,6	2,1	2	D10RR	2,2	2,5	2
H12TR	1,8	1,8	2	D9RR	2,2	2,5	2
H10RR	2,2	2,5	2				
H9RR	2,2	2,5	2				

Intermediate times

	Sat	Su
n		
	Sat	Sun
H21A	2,3	3,4
D21A	1,9	3,4

COMPETITOR BIBS AND COMPETITION MATERIAL

The bibs will be found in the rack near the result board at the event centre. Remember to take your own safety pins with you!

H/D21A will use bibs with yellow bottom on both days. On Saturday the bibs will be collected by the organizers and will again be distributed on Sunday. All the other competitors will use the same bibs on both days.

Control descriptions and emit back-up tags will be at the starts.

There will be no equipment for fastening the control descriptions at the starts. You can buy a plastic covering for 0,20 € at the Info.

CHECKING EMIT-CARDS

Each competitor is responsible for the operation of their emit-card and for using the emit-card that is mentioned on the start list. The organizers will not check the validity before the start. If the competitor uses another emit-card than made known to the organizers, the performance will be disqualified (the event rules 11.518). The change of an emit-card (for a good reason e.g. because it is broken) will cost 2 €. In case of losing a rented Emit-card, the charge will be 60€.

The changes of the emit-cards with payment shall be attended at the Info, not at the starts.

STARTS AND DISTANCES TO THE STARTS

The start lists will be available for review at the competition centre and at the starts.

Start 1. Marked out with blue and white fibre ribbons. On Saturday 1.0 km along a road. On Sunday 1.0 km along a road.

Start 2. Marked out with blue and yellow fibre ribbons. On Saturday 850 m along a road or a path. On Sunday 850 m along a road or a path.

The ribbons will start from the sign post.

The first start is at 11 am on Saturday. On Sunday the first start is at 10 am.

Start 1: The map point will be at the start on both days.

Start 2: 5 m from the start to the map point on both days.

On Sunday the A-classes will start in reverse order and have an interval start on the basis of Saturday's results. The winner of Saturday will start last in his / her class. Those who only participate on Sunday and those who are left without result on Saturday will start first in the class in an order drawn by lot. On Sunday the first start is in W21A at 10.30 and in M21A at 10.40 am. The start interval will be 2 minutes.

Start procedure:

5 minutes before the start the competitor will be called to the start lane.

4 minutes before the start the bib will be checked.

3 minutes before the emit-cards will be cleared.

2 minutes before the competition the map can be reviewed.

1 minute before the start the competitor will step to the maps.

The competitor can take his map at the last beep of the clock.

CONTROLS

The controls will be identical to the model control point. The model controls and the emit-check point will be situated by the sign post.

REFRESHMENT

On Sunday there will be a drink station at one control in classes M21A, W21A, M35, M40, M45, M20, M18 and M21AL. There will be an opportunity of getting in contact with the competition centre. The drink will be water.

FORBIDDEN AREAS

The forbidden areas will be marked on the maps. Some small forbidden areas will be marked in the terrain with a ribbon. There is a gravel pit with deep edges near the start. A red and white ribbon on the brink of it will warn about it.

FINISH

There is a marked route to the finish from the last control. Competitors must punch at the finish line. After punching everyone will move to a reading unit where the emit-card is discharged and the punches checked. Any cases of confusion will immediately be cleared up at a separate checking point (the Wailing Wall). The competitor whose performance is for some reason disqualified has to prove the validity of his / her performance before leaving the finish area. The finish is closed at 3 pm on Saturday and at 2.30 pm on Sunday.

SHOWER AND TOILETS

Changing clothes and showers outdoors. The showers will have warm water. Guidance from the guide post.

There will be toilets at the competition centre. Guidance from the guide post. There will be no toilets at the starts.

DROP-OUT

A competitor who wants to drop out must pass the finish, punch normally and report to the officials at the finish.

FIRST-AID

There will be a first aid station at the competition centre. There will be no first aid stand in the terrain.

INFO

Mistakes on the start list, emit-changes and any unpaid entry fees will be handled at the Info.

Rented emit-cards can be collected at the Info and they shall be returned there, too. 60 € will be charged for an unreturned emit-card. The change of an emit-number will cost 2 €.

The parking fee of 3 € per day must be paid at the info where you get a parking card. Put the parking card visibly at the windscreen. It will be checked when you leave the competition area.

VIP will be served by the info.

SPLIT TIMES

The split times are available near the finish.

CHILDCARE SERVICE

Childcare is available at the competition centre.

RESULTS

The results will be updated on the result board according to the progress of the competition. The results can also be reviewed on the website of Lahden suunnistajat -37 on www.ls37.fi. The start times of the A-classes for Sunday will be available on the website www.ls37.fi since 7.00 pm on Saturday.

PRIZE GIVING CEREMONIES

The prizes are awarded according to the combined results of both days and can be collected at the prize stand on Sunday. The amount of prizes in each class can be reviewed on the result board. A

piece of paper with text “palkinnot noudettavissa” will appear on the result list when the prizes of the class can be collected. The prizes will not be delivered afterwards.

Only classes W21A and M21EA will be awarded their prizes on a podium at the event centre.

BUFFET

The buffet serves since 9 am on Saturday and since 8.30 am on Sunday. Warm meals, coffee and refreshments will be available in the buffet. Grilled sausages etc. available.

Accommodation at the event centre and in the parking area is forbidden!

The competitors and the audience have not been insured by the organizers.

ORGANIZING COMMITTEE

Event manager	Tapio Irri	Prizes	Paavo Nikkari
Main course setter	Ville Kauppi	Buffet	Suvi Rantalainen
Children's course setter	Juha Palo	Child care	Miia Karetjoki, Salla Tiihonen
Event secretary, info	Anniina Niiranen	Traffic, parking	Matti Railo
Start 1	Juha Hirvonen	Result board	Jarmo Pikkarainen
Start 2	Lea Anttolainen	First aid	Hannu Huusari, Juho Makkonen
Results	Hannu Korhonen		SPR Lahti
Finish	Jouko Heinonen	Showers	Lassi Koivuniemi
Speaker	Kari Käyhkö	Keep-fit orienteering	Joni Tyni
VIP	Kari Valonen		
Controller	Jouni Tourunen, Rastivarsat		
Judge council:			
Chairman	John Laukka, Rastivarsat		
Member	Sisko Anttila, Lammin Säkiä		
Member	Timo Gröhn, Hollolan Urheilijat -46		

KEEP-FIT ORIENTEERING

Look at separate instructions.



Enjoy your orienteering – good luck!