

COMPETITION INSTRUCTIONS

VIERUMÄKI-SPRINT 2016

COMPETITION RULES

The competition will be conducted under the competition rules of the Finnish Orienteering Federation and the instructions provided by the organizers.

Event manager Kristian Leppänen **Main course setter** Teemu Niskanen

Results Antti Halme

Controller Matti Laitinen, IHR

Judge council:

Chairman Marko Väisänen, RR

Member Jari Lahtinen, IHR

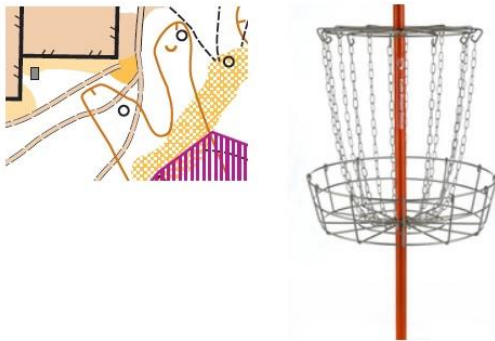
Member Timo Gröhn, HU-46

MAP

The competition map is a 6-coloured printer copy with the scale of 1:4 000. The contour interval is 2,5 metres. The updating of the map has been made by Jussi Silvennoinen and Teemu Niskanen (6/2016). The size of the map is A4. The maps will have a plastic covering

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

There is a special map symbol, a circle, for the disc golf baskets that are situated in the competition area.



CLASSES AND COURSE LENGTHS

Class	Distance shortest way (km)	Distance straight (km)	Note
M21A	3,56	2,7	Map change
M35	2,97	2,5	
M40	2,90	2,3	
M45	2,80	2,1	
M50	2,34	1,9	
M55	2,35	1,7	
M60	2,40	1,8	
M65	2,30	1,6	
M70	2,05	1,7	

M75	1,98	1,4	
M80	1,98	1,4	
M85	1,98	1,4	
M20	2,90	2,3	
M18	2,80	2,1	
M16	2,68	2,2	
M14	2,05	1,6	
M12	1,89	1,6	
M10	1,80	1,3	
W21A	3,04	2,3	Map change
W35	2,68	2,2	
W40	2,50	2,0	
W45	2,50	2,0	
W50	2,05	1,7	
W55	1,97	1,4	
W60	1,97	1,4	
W65	1,98	1,4	
W70	1,98	1,4	
W75	1,98	1,4	
W80	1,98	1,4	
W20	2,68	2,2	
W18	2,50	2,0	
W16	2,40	1,8	
W14	2,05	1,6	
W12	1,81	1,6	
W10	1,80	1,3	

COMPETITOR BIBS AND COMPETITION MATERIAL

The competitors shall take their number bibs from the files at Vierumäki Centre at the event centre. **Note that you need your own safety pins. Control description sheets and emit back-up tags will be at the start.** All classes will have loose control description sheets. No control descriptions will be printed on the maps. There will be no equipment for fastening the control descriptions at the starts. The plastic map covering will not be sealed so it will be possible to insert the loose control description sheet inside it. The control descriptions for classes M/W10-12 can be reviewed at the event centre.

CHECKING THE EMIT CARDS

Each competitor is responsible for the operation of the 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 (e.g. because the emit card is broken) will cost 2 €. In case of not returning a rented emit card, the charge will be 60 €.

The changes of the emit cards with payment shall be attended at the Info.

STARTS AND DISTANCES TO THE STARTS

There is only one start. The distance there is 600 m along a road/running path. Follow the white and blue ribbons from the sign post.

Start procedure:

4 minutes before the start the competitor is called to the starting box.

3 minutes before the start the emit card is cleared and the model map can be reviewed.

2 minutes before the start the competitors get their loose control description sheets.

1 minute before the start the competitor steps to the maps. The competitor can take the map at the last beep of the clock.

Classes M/W14 and the younger classes

The competitors in classes M/W12 and 14 will be shown an oriented map with the map point (a triangle).

The competitors in classes M/W10 will be shown a map with the course. The competitors in classes M/W10 will get the map 2 minutes before the start by an organizer who will help the competitor to orient the map and give guidance about the controls.

The other classes will get the map one minute before the start.

CONTROLS

The controls are identical to the model control point. The model control and the emit check point are situated by the sign post. The control numbers are printed on the maps.

CHANGING OF MAPS

Classes M/W21A will have changing of maps. The procedure at the map change is following: You punch at the control. You leave the map in the place that is shown to you and you take a new map yourself. Note the right class! There will be a supervisor on the spot who will follow the procedure and help if needed but the competitor is responsible for taking the right map. The other classes will have no changing of maps.

COMPETITION TERRAIN















The sprint will take place around the Sports Institute of Vierumäki. The area consists of grass areas and terrain that has very good runnability but also of a forest area with slow runnability and big differences in altitude which is untypical of sprint. Read the course setter's statement, too.

CHOOSING THE SHOES AND THE OUTFIT

The competition outfit must be agreeable to the rules of the Finnish Orienteering Federation. Spike shoes are forbidden. Orienteering shoes without dobbs or trail running shoes are recommended. Ordinary trainers are not recommended because of the steep terrain area with low runnability except in classes M/W10-12 and M/W65+ whose courses use areas with better runnability.

OUT-OF-BOUNDS

The forbidden areas according to the sprint rules are described in the following grid. The terrain will be supervised and runners entering the forbidden areas will be disqualified.

	Impassable cliff
	Impassable body of water
	Impassable marsh
	Cultivated land
	Impassable vegetation
	Impassable wall
	Impassable fence
	Building
	Forbidden area
	Impassable pipeline
	Forbidden to cross
	Out-of-bounds area
	Dangerous area
	Temporary construction or closed area

Especially note the following forbidden areas: To increase technical challenge four fences have been built in the competition area. They have been marked on the map with the symbol of an impassable wall. At the competition centre, there will be a model of the fence that has been marked with the symbol of an impassable wall. The adventure theme park Flowpark situating in the competition area has been marked as a forbidden area on the map and there will be a tape around it to show the forbidden area. It will be forbidden for competitors to enter the Flowpark area.

FINISH

There is a marked route to the finish from the last control. Competitors punch at the finish line. After punching everyone will move to a reading unit where the emit card will be discharged and the punches checked. Any cases of confusion will immediately be cleared up at a separate checking point nearby. The competitor whose performance is for some reason disqualified has to prove the validity of his / her performance or accept being disqualified before leaving the finish area. The finish is closed at 21 pm on Friday.

SHOWER AND TOILETS

Clothes can be changed at Vierumäki Arena. Showers available there, too. **DO NOT WEAR YOUR ORIENTEERING SHOES INSIDE VIERUMÄKI ARENA.** Toilets can be found at the event centre and at Vierumäki Arena. Guidance from the sign 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 is a first aid station at the competition centre. There are no first aid stands in the terrain.

INFO

Mistakes on the start list, emit card changes and unpaid entry fees are handled at the Info.

Rented emit cards can be collected and the fee of 5 € paid at the Info and the emit cards must be returned there, too. 60 € will be charged for an unreturned emit card. The change of an emit number costs 2 €.

VIP will be served by the Info.

CHILD CARE SERVICE

Child care is available at the event 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.

PRIZE GIVING

The prizes will be given out at the prize stand on Friday. 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 board when the results of the class are ready. The prizes will not be delivered afterwards.

Only classes M21A and W21A will be awarded their prizes on a podium at the event centre. Listen to the announcements on the loudspeakers. The winners of M/W21A will receive gift cards of 200 € to the Sports Institute of Finland, Vierumäki.

BUFFET

There is a cafe at Vierumäki Centre at the event centre. Coffee, rolls and refreshments will be available.

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