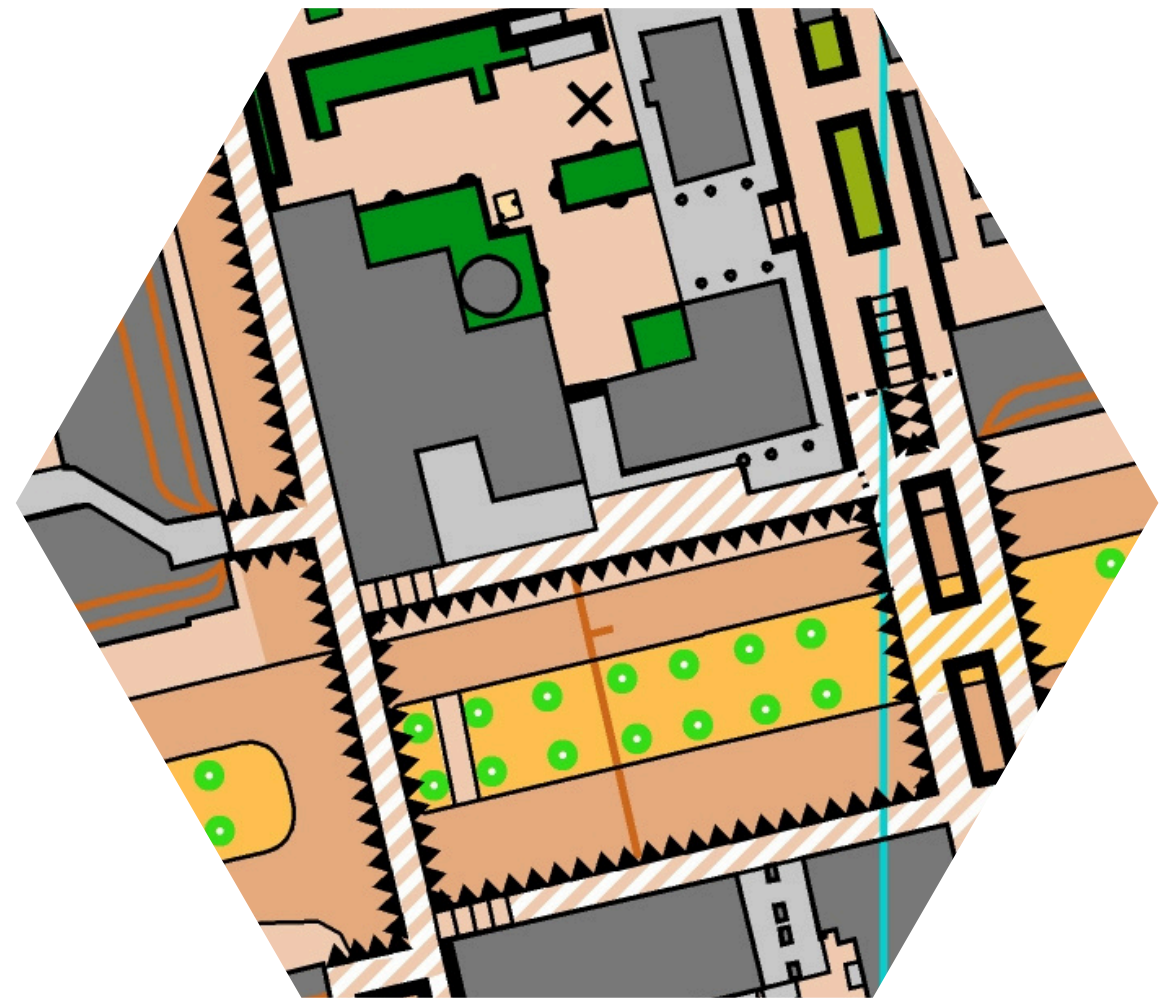


SATURDAY / 28.3.2026

NMJ #3 Itä-Pasila / Heats



TRAINING TYPE:

KO-Heats.

Quarter 1,6km | 8CP | 15m

Semi 1,8km | 9CP | 20m

Final 1,7km | 9CP | 10m

MAP:

Itä-Pasila 1:4000 (A.Vainio 2019)

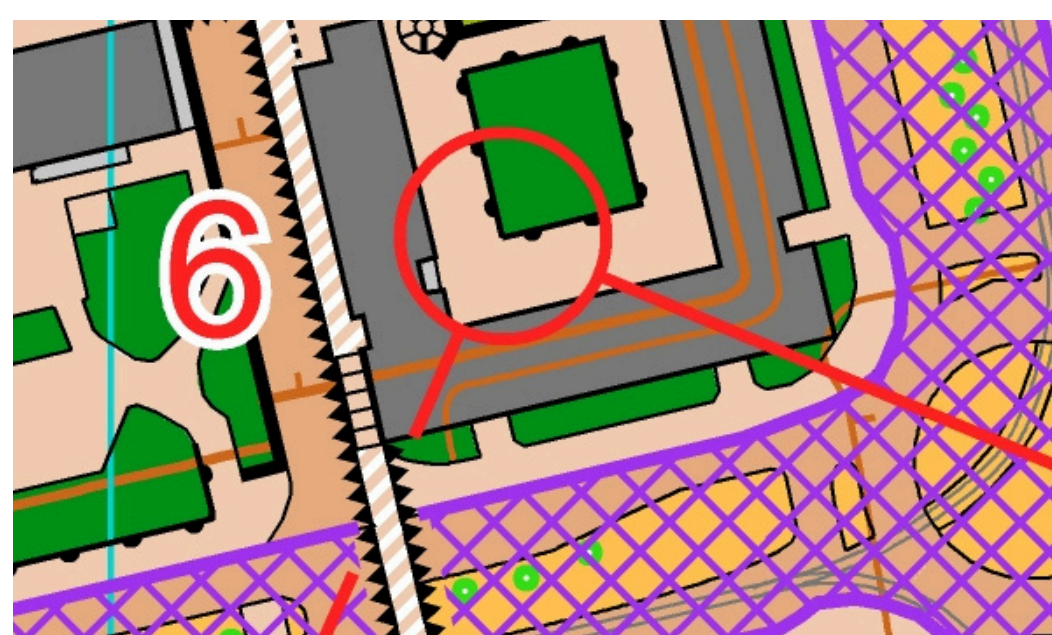
INFO:

Very complex area of Itä-Pasila. If you dont handle the latest ISSPROM 2019-2 or dont understand the multilevel areas you are cooked before the training has even started. Anyway I have tried to make the courses as fair but also as safe as possible.

New round in every 30 minutes. The group size is 6-8 runners. Every time 2 best athletes will get promotion and 2 last ones will get downgrade to another group. Boys and girls are having their own classes. There might be some kind of forking (butterfly, runners choice...). Small flags- no Emit but touch free punching.

Course setting symbols are drawn with color "blood red" (see the picture). That's because there are quite many forbidden areas and the aim was to make the map as readable as possible. First start at 14:00. Start lists will be published in Basecamp.

	YES / NO
Separate control description	X
Warmup map	X
Livelox	X
EMIT	X
Start list	X



Parking

<https://maps.app.goo.gl/iCKKX8gLRGRuPE2R6>

Arena

<https://maps.app.goo.gl/WRCwqD35dFjsxkyo6>