Nordic Match 2026 in Lahti 18.-20.9.2026

(Part of European CUP in TrailO 2026)

Bulletin 2

Organizer: Lahden Suunnistajat -37
Event Director: Tuomo Niskanen
(tuomo.niskanen96@gmail.com, +358452618353)

IOF Event Adviser: Juha Villikka
National controller: Martti Inkinen
Course setter: Teemu Niskanen
Mapmakers: Teemu Niskanen (PreO Sprints, TempO); Janne Seppälä (PreO)
Classes: Elite, Open A
Website: https://www.ls37.fi/suunnistustapahtumat/tarkkuussuunnistuksen-maaottelu-2026/
Jury: William Rex (Sweden), Jo Inge Fjellstad (Norway), Ari Tertsunen (Finland)

Event program

Friday 18th September – PreO Night Sprint (non-WRE). Location: Pajulahti, Lahti
First start at 20.30

Saturday 19th September – TempO (**WRE + ECTO**). Location: Pajulahti, Lahti
Mandatory quarantine closes at 10.00

Saturday 19th September – PreO Sprint (**WRE**). Location: Pajulahti, Lahti
Starts directly after tempo competition

Social Event on Saturday evening starting 20.15. Prize giving ceremony, sauna and a chance to swim in a lake. No organized food available. Alcoholic drinks are available for order. Location: Pajulahti, Lahti

Sunday 20th September – PreO (**WRE + ECTO**). Tiirismaa, Lahti/Hollola
First start at 10.00

The Saturday and Sunday competitions with the World Ranking Event (WRE) status will be part of the Nordic Match. Official Nordic Match team participants start last in each WRE race.

Entries

Entries: until September 12th
Late entries: Open A class entries allowed also on site with 50% increased price

International entries to WRE competitions through Eventor:
TempO (https://eventor.orienteering.sport/Events/Show/8764)
PreO Sprint (https://eventor.orienteering.sport/Events/Show/8765)
PreO (https://eventor.orienteering.sport/Events/Show/8766)

International entries to the PreO Night Sprint via Google Forms: LINK
And here you can confirm that your entry is registered: LINK

Finnish, and Open A class entries through IRMA:
https://irma.suunnistusliitto.fi/public/competitioncalendar/list

Note that if you enter for all 4 competitions in IRMA and you want to compete in Elite class, you need to select “Daily classes” (Päiväkoht.) as the Friday competition only has A-class available. Then select Friday with A-class and the rest with Elite. See image below for details.



Any 5 competitors can create their own team for the team competition but will not be eligible for the Nordic Match title. Team entries are free of charge. Entries to the open team competition should be submitted via email to tuomo.niskanen96@gmail.com by Tuesday 15.9.

Entry Fees:

Elite class (WRE): Tempo 25€, PreO Sprint 25€, PreO 25€
Open A: Tempo 18€, PreO Sprint 18€, PreO 18€
PreO Night Sprint: 18€

Payments:

If you do entries via Eventor, then you need to pay the entry fee with the following bank details:

Name: Lahden Suunnistajat -37
Address: Salpausselänkatu 8, 15110 LAHTI, FINLAND
IBAN: FI38 5612 1120 3225 62
BIC/SWIFT: OKOYFIHH
Text: Nordic Match and competitors names

Please select the option “Payer pays the fees” when making a foreign payment.

Entries via IRMA are paid either by club, or while making the entry.

Maps:



Pajulahti sprint map 2021, updated 9/2026. Scale 1:3000. Contour interval 2,5m.
Tiirismaa mapped 9/2026. Scale 1:3000. Contour interval 2,5m.

Old maps available on the event website and Eventor. Pajulahti map from 2024 Leimaus orienteering camp. Tiirismaa map from 2026 training event.

Tempo and timed control maps are laminated. PreO maps are in plastic covers.

Terrain and Paths:



PreO night sprint, TempO and PreO sprint races will all be held in Pajulahti Sports Campus. Everything is within walking distance of the campus, so most of the terrain is urban with buildings and park type features. Routes are mainly covered by asphalt or gravel. Only moderate elevation. Perfect terrain for TempO and PreO sprint events, which require quick decision making.

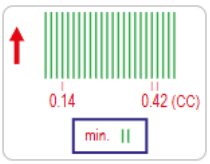
PreO competition will be held on the other side of Lahti at Tiirismaa. Tiirismaa hill is the highest point of Southern Finland peaking at 223m from sea level. It is known to be a stony terrain on a steep hill side and it has been granted an official UNESCO Global Geopark status. Despite the high hill, the PreO course has only minimal elevation (around 10m). This will be the first TrailO competition in this terrain, but it is regularly used for foot orienteering events. Perfect terrain for PreO with demanding details. Some of the more untypical features described on the map include large fallen trees (root stocks) and ant hills.

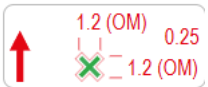




Picture of an ant hill. Described in the map a prominent landform feature (brown triangle).

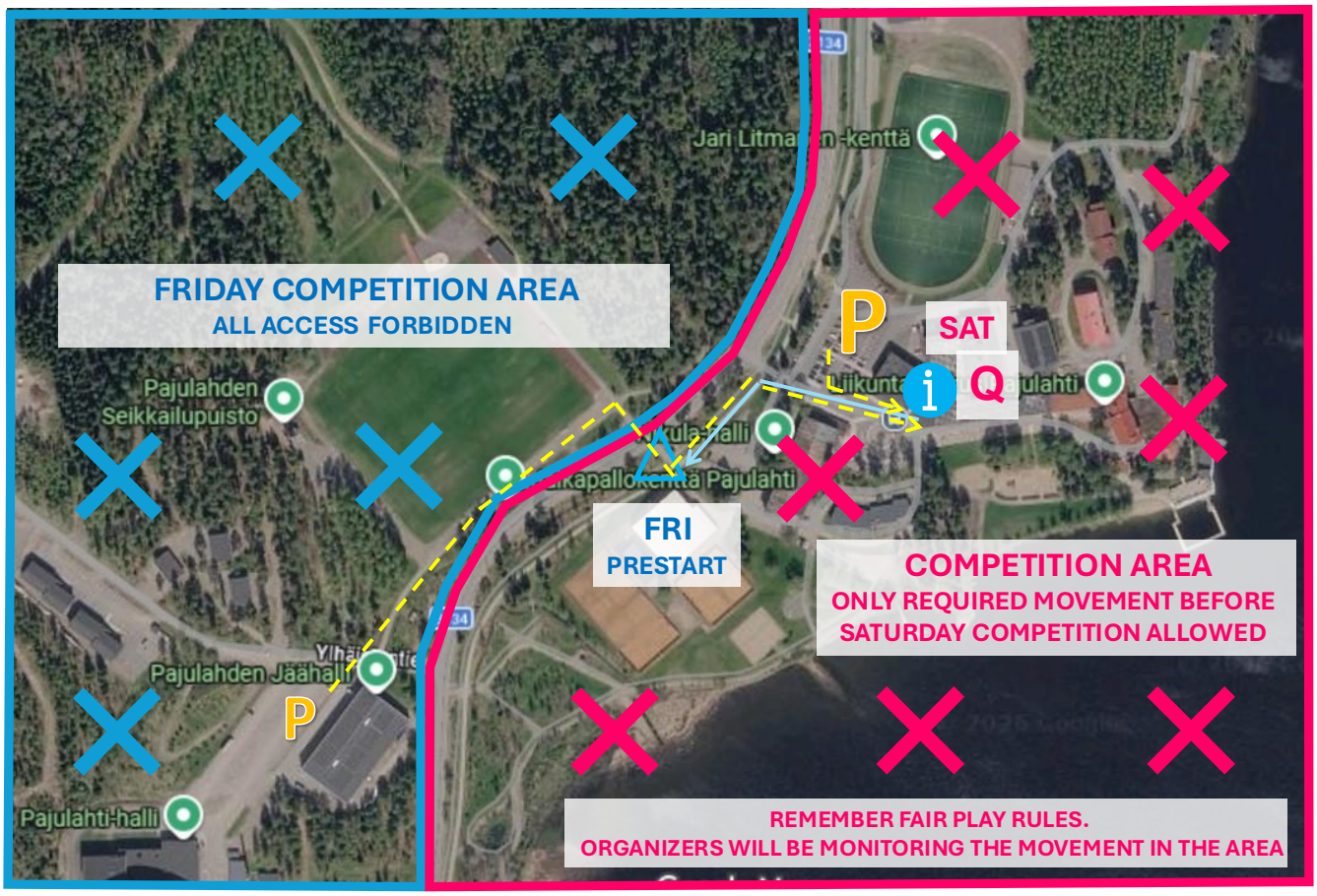






Picture of a fallen tree and root stock. Described in the map either as a slow vegetation (green lines) or prominent vegetation feature (green X).

Event Center FRIDAY & SATURDAY:



On Friday and Saturday, the event center is located at the Pajulahti Sports Campus (Liikuntakeskus Pajulahti). Link to Google Maps.

Parking instructions:

1. If you are staying at Pajulahti, you should follow the instructions given to you when you check in.
    a. If your accommodation happens to be on the west side of the road (unlikely), you cannot go there before the PreO night sprint as this is competition area.
2. Those not staying in Pajulahti, should park in the parking area indicated with the large yellow P-sign on the east side of the road
    a. In case this is full on Saturday morning, please park on the secondary parking area on the west side of the road marked with smaller yellow P-sign. **Please note that parking in this secondary parking area is forbidden on Friday!**

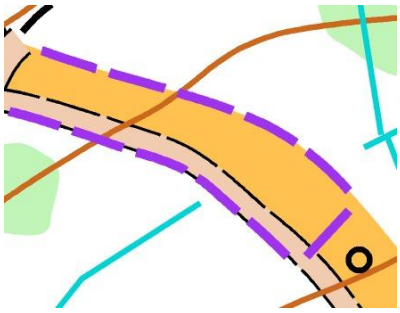
Buses stop in front of the info entrance.

The same entrance will be used for info on Friday & Saturday, as well as for the quarantine on Saturday. Saturday's quarantine is in the auditorium, which is located on the second floor. There is an elevator nearby for easy access with wheelchair.

PreO Night Sprint (Friday)

Controls will have reflectors hanging below or above the flags. Example can be viewed at the pre-start, as well as in the start for parts 1 and 2. Controls are visible even with smaller lamps, but it is recommended to have something larger than just a map-reading light. There are streetlights in the area to give additional light and visibility.

Distance to the start is 200m. First start at 20.30, or a bit sooner if it is a cloudy day and thus, we have darkness arriving early. Queueing start, but we follow the starting order determined in the start list. The course is split into two parts. Total course is 21 controls, 270m / 5m ascent. Surface of the first part is asphalt. Second part is based on a weak path that is difficult to see on the terrain. To avoid any confusion, and to give more space to the competitors, the grass area between the path and the forest is allowed to access. The allowed area is marked on the map using dashed purple line symbol (symbol 707). The allowed area is marked on the terrain using white tape on the ground that is often used in Finland to mark a route to the terrain for young children (rastireitti). See example picture below. Boundary between the grass and forest is clear and cannot be mistaken.

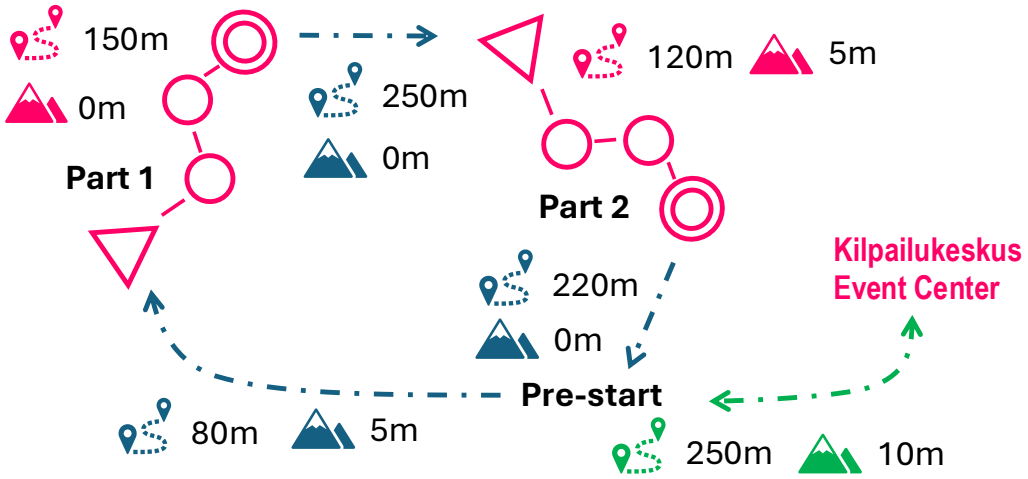




Maximum times:
Open 30min (multiplier 1.0)
P-class wheelchair 37min 30s (multiplier 0.8)
P-class others 33min 20s (multiplier 0.9)

Once you punch at the finish of part 1, you can proceed towards the part 2 start. Distance to part 2 start is 250m, which will be marked. In the start 2 you need to give your part 1 map to the organizer. After punching at start 2, you will receive part 2 map in a new plastic cover. After punching at the finish of section 2, you can continue back to pre-start where the chip read-out happens. 1:3000 scale. 2,5m contour intervals.

Zero tolerance 4m. No exceptions. No control is more than 50m away.



TempO (Saturday)

We have organized a possibility for lunch to be available in the quarantine (advance purchase necessary). Competitors who start before or at 12:00 will be able to eat lunch after their race in the restaurant (available until 14:00). Those who start after 12:00 will be able to eat their lunch at the quarantine around 11:00-11:30. Those who are staying at Pajulahti sports campus, and have a food package included with their stay, will receive their lunch to the quarantine automatically. If you are not staying at Pajulahti, or haven't purchased the food package, it is possible to order lunch to quarantine through the organizers (price 13€). If you wish to do so, please email tuomo.niskanen96@gmail.com and we will organize it.

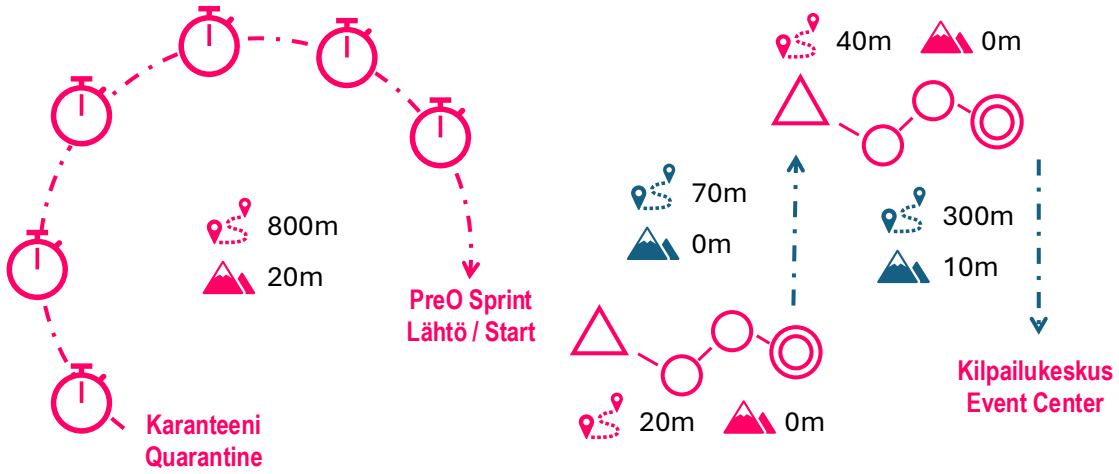
Quarantine closes 10:00. Please note that any competitors that are late from this will not be allowed to participate in the WRE class. Quarantine locates on the second floor, so wheelchair users require an elevator to access. No quarantine for the A-class competitors. A-class start happens outside of the quarantine, same as Elite class.

Toilets are in the quarantine area. Exception with the wheelchair accessible toilet, which is just outside of the quarantine area, to access, you need to notify the start personnel who grants you permission to use it. More toilets are available to use between tempo and sprint competitions.

First start at 10:30. The "start" is located at the quarantine, not in the first timed control. So, the competitors are expected to leave the quarantine at their start time. The way to the first station includes stairs or elevator, so wheelchair users are allowed to start 1min before their start time to avoid queues from forming.

The route through the Tempo course is marked. There are no handout maps or scorecards for answers. The distance from the quarantine – through the tempo stations – to the sprint start, is 800m with 20m ascent. All classes: 6 tempo stations, each with 6 flags and 5 tasks. The whole route is indoors, asphalt or good condition gravel. The route is easily passable using a wheelchair. 1:3000 scale. 2,5m contour intervals.

Zero tolerance 4 m, no exceptions.



PreO Sprint (Saturday)

Start happens after TempO race. From the last TempO station, there is a marked route to the PreO sprint start. If you are only participating for the PreO sprint, please follow the yellow markings from the quarantine to the PreO sprint start. Start officials will be monitoring the number of competitors on the first part to assure sufficient space for competitors to resolve tasks. Some viewing points are located close to each other, but due to the start interval being 2,5min on average, and organizers monitoring the number of competitors on the course, we don't expect queuing, or congestion, to occur during the race.

The PreO sprint course has 22 controls and 60m distance, with no ascent. The course is split into two parts. Asphalt and tile pavement. 1:3000 scale. 2,5m contour intervals.

Maximum times:
Open 24min (multiplier 1.0)
P-class wheelchair 30min (multiplier 0.8)
P-class others 26min 40s (multiplier 0.9)

Once you punch at the finish of part 1, you need to hand over your map to the finish official and proceed towards part 2 start. Distance to part 2 start is 50m, which will be marked. After punching at the part 2 start, you will receive part 2 map in a new plastic cover. After punching at the finish of section 2, finish official will read-out your TOE chips, and you can continue back to the event center.

Zero tolerance 4m, except for flags located more than 50m away, where the zero tolerance is 8m. Long distance flags (over 50m away) are double flagged (two flags on top of each other).

Important fair play information
Some part 2 flags will be visible when walking from part 1 finish towards part 2 start. Stopping to view the controls is forbidden and organizers have a right to disqualify competitors who stop or walk backwards to view the controls of part 2 on the way from part 1 finish to part 2 start. There is a stop sign to indicate the waiting area before part 2 where the competitors are expected to wait until the part 2 start official invites you to the start.

Social Event (Saturday at 20.15-)

Traditional social event will not include a shared dining experience this year, but we have something much more Finnish available. We have reserved a sauna and fireplace room next to it. We will complete the prize-

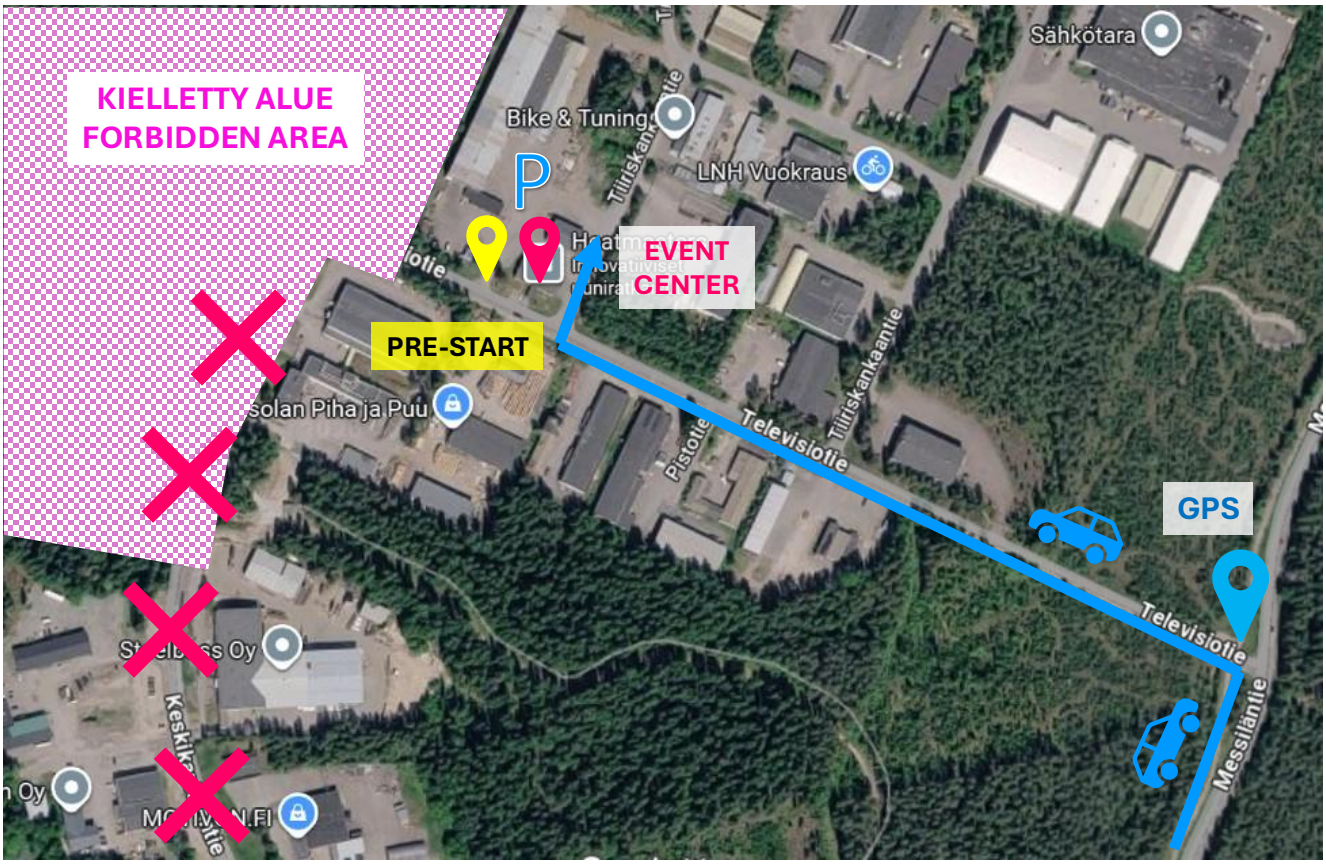
giving ceremony for the Friday and Saturday competitions, followed by the option to go to sauna and swimming. Casual conversations with fellow competitors in the fireplace room are also recommended. There is only one sauna reserved for us. This will be available for men to use, but fear not ladies, there are public saunas with changing rooms available right next door. One for men and one for women. These are free to use, so women can use the public sauna. Bring your own towels, if you plan to use the sauna facilities.

The sauna area and fireplace room are both considered to be alcohol selling areas (comparable to a restaurant), so own alcoholic drinks are not allowed. If you want to get a beer or few to drink, or something small to eat, please let the Event Director (Tuomo Niskanen) know. Please do so either in advance or at the latest on Saturday afternoon, as we need to order them together. Finnish alcohol laws are not the easiest to manage, so we apologize for the inconvenience.

Prices for alcoholic beverages:

- Beer 6,50€
- Long drink 8,00€
- Cider 8,00€

Event Center SUNDAY:



Sunday's event center is on the other side of Lahti at Tiirismaa. Area is known for UNESCO Global Geopark and the high TV mast, which you will see when approaching. LINK to GPS navigation address Messiläntie 132, 15860 Hollola. **Please note that approaching is only allowed from east using Messiläntie**, not from south using Keskikankaantie. Parking is in the competition center. If the event center's parking area gets full, you can park on the side of the Televisiotie.

Sunday's event center will not have a wheelchair accessible toilet available nearby. We recommend to use the closest public option at K-Supermarket Hollola (Tarmontie 7, 15860 Hollola). This is ~2km away from the Event Center.

Local transportation:

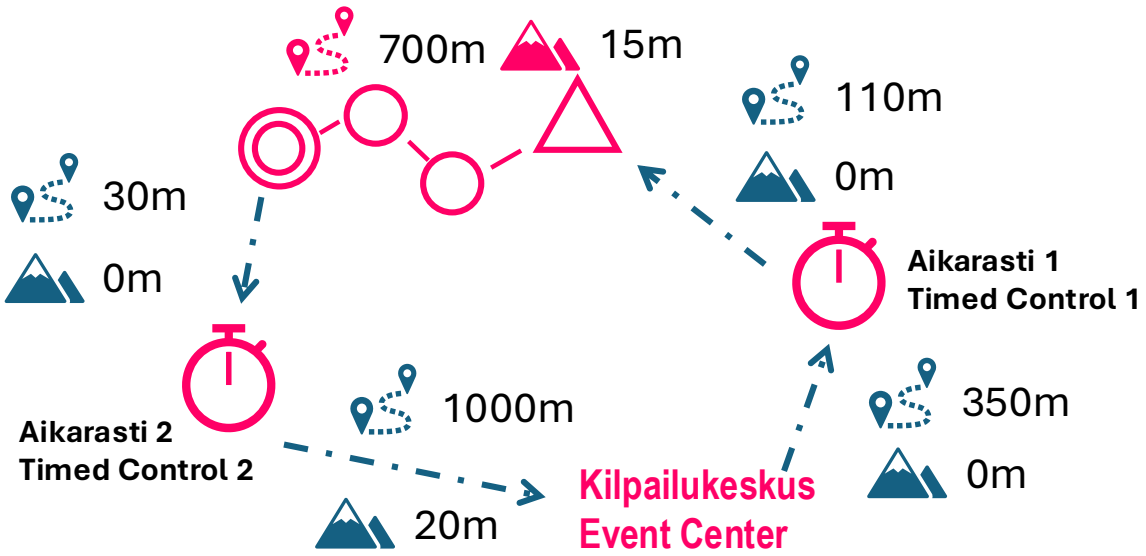
Unfortunately, there are no good connections from Pajulahti to Tiirismaa event center. We recommend doing carpooling to reach from Pajulahti to Tiirismaa. Detailed information on the local bus connections can be found from LSL website: https://www.lsl.fi/

PreO (Sunday)

The first start is at 10.00. Pre-start is in the event center. Competitors start from the pre-start with their start times. Total course is 33 controls, 700m / 15m ascent. Maximum time 120min for Open classes, 135min with P-certificate. Good condition gravel outdoor trail. 1:3000 scale. 2,5m contour intervals.

The first timed control is located before the course. Second timed control is located after the course. After you punch at the finish, hand your map to the organizer, and move to the queue for the second timed control. After the second timed control, the same route back from finish to event center is taken.
Remember fair play rules, no interaction with other competitors.

Zero tolerance 4m, no exceptions.



Embargoed area:

https://karttarekisteri.fi/en#type=FORBIDDEN



Classes, Results and Competition Information

Nordic Match, team competition:
Nordic national teams consisting of 5 athletes. Each team should include one P or J (under 20 years old) class competitor.

Nordic Match, individual: Elite
Other classes: Open A

The athlete and team with the best combined result from the three competitions will win the Nordic Match in the individual and team competition respectively. Every Nordic nation may have a maximum of two official teams.

Other countries (or any group of athletes) may also have teams. These teams can win the team competition, but they cannot win the Nordic Match trophy. See more information under “Entries”.

Combined results, and team event results will be calculated using the “CHIS” formula. Objective is to weight different competitions evenly, and not just take the exact difference in seconds, as this is most likely more in PreO than in PreO sprint. Winner of each race will receive 100 points, and others will receive less points based on their gap to the winner. Exact calculation formula is available here: http://oktrzin-klub.si/sl/chis.html.

The competitions will follow the rules for IOF Trail Orienteering Events. The latest version of the rules is available for download from the IOF website.

Results:

Results and start lists will be available in TOP website (https://top.yq.cz/event/nordic-match-2026). Start lists will be also published on the competition website for easy access.

General information:

Number bibs are used in all competitions. Same number is used in each start. Own safety pins.

TOE and ANT are used for time keeping and punching. TOE sets are provided by the organizers. Same TOE set is used in each competition and only returned after your last race. 30€ fee is invoiced for unreturned TOE sets. TOE chips will be collected in the Sunday’s PreO finish. Those competitors, who don’t participate in the Sunday’s race, must return the TOE chips to Event Center after their final race.

Both number bibs and TOE sets are available from the event center.

Free punching order in PreO sprints and PreO race.

Assistance

Pushers and punching assistance must be arranged by the participants.

Punching System

PreO: Toe Punch, provided by the organizer.
Timed controls: ANT
TempO: ANT

Back-up punching

If the TOE punching unit is not working, you can do a back-up punch on your control descriptions with a safety pin. You need to poke a hole to the correct line and column. Top of the control descriptions shows which column corresponds to which answer. See image below.



Prizes

Best individuals in each competition will be rewarded with product prizes according to the table below. Best team in the overall competition will be rewarded, and best official national team in the Nordic Match event will be awarded with the Nordic Match trophy.

Class	**PreO Night Sprint**	**TempO**	**PreO Sprint**	**PreO**	**Overall**
Elite	-	3	3	3	3
A	3	1*	1*	1*	1
Team	-	-	-	-	1

*A-class winner will be rewarded if 3+ competitors participate. Otherwise only total winner is rewarded.

Friday and Saturday prizes will be awarded at the social event. Sunday and overall prizes will be awarded Sunday once the final results are ready. PreO Night Sprint results are not considered for the overall results.

Toilettes

Lot of wheelchair accessible toilet options in Pajulahti for Friday and Saturday.

Sunday's event center will not have a wheelchair accessible toilet available nearby. We recommend to use the closest public option at K-Supermarket Hollola (Tarmontie 7, 15860 Hollola). This is ~2km away from the Event Center.

Local transportation:

From Lahti city center to Pajulahti sports campus (EC1) bus line 11 and 11K can be used.

From Pajulahti to Tiirismaa (EC2) bus lines 11 and 11K take you to the city center, where you need to change to bus line 4. This will take around 2h and the first bus gets you to the event center only at 11AM, so other travel arrangements (carpooling with others) are recommended.

More information on the local bus service can be found from LSL website. https://www.lsl.fi/

Accommodation

Organizers recommend booking accommodation from Pajulahti Sport Campus, which is the site for Friday and Saturday including the social event, which will be organized on Saturday evening in Pajulahti.

Lunch will be served in Saturday's quarantine for those who have the Full board -package for Fri-Sat night. See more under 'Tempo (Saturday)'.

If you want to ask whether there are rooms still available, reach out to Sari Mikkola, sari.mikkola@kolmekampusta.fi.

Pajulahti Address: Sports Institute of Three Campuses / Pajulahti Olympic & Paralympic Training Center, Pajulahdentie 167, 15560 Nastola, Finland

https://www.kolmekampusta.fi/en





If you’ve got any questions, contact the Event Director:

Tuomo Niskanen, tuomo.niskanen96@gmail.com