

# Competition Instructions for Finnish Championship Middle Distance

## Hyvinkää 10.9.2022

### a) The Organization of the Competition

Event Director: Jussi Borgenström, tel. 040 555 6977  
Course Setter: Ari Kattainen  
Course Controller: Arto Niemi  
Technical Advisor: Juha Miettinen, tel. 045 6088475  
Result Service: Sakke Ahoniemi  
Publicist: Riikka Ahoniemi, tel. 040 541 0881

### b) Jury

Chairman: *To be nominated*  
Jury Member: *To be nominated*  
Jury Member: *To be nominated*

### c) Competition Terrain

The competition terrain is located in the eastern parts of Kytäjä-Usmi forest. The qualification takes place in Paarijoki and the finals in Usmi. Old maps of Usmi 2008 and Paarijoki-Usminkallio 2009 can be found from the competition website and they display well the special characteristics of the terrain. Several significant competitions have been held in the competition terrain, such as Jukola Relay Riihimäki/Paarijoki in 1970 and R1 SM Relay in 2008.

### d) Competition Map

Offset printed map. Mapped in 2008–2009. Updated in 2022 by Arvo Paulin.

The map is enclosed in a plastic cover.

The scale of the maps:

- Classes D/H15 – D/H40 1:10 000
- Classes D/H45 – D/H85 1:7 500

### e) Lengths of the Legs

#### Qualification

Class (L1)	Length	CP's	Start	Scale
D15K1	1810 m	7	L1	1:10 000
D15K2	1850 m	7	L1	1:10 000
D16K1	1950 m	8	L1	1:10 000
D18K1	2220 m	9	L1	1:10 000
D18K2	2200 m	9	L1	1:10 000
D20K1	2340 m	8	L1	1:10 000
D20K2	2290 m	8	L1	1:10 000
D21K1	2880 m	10	L1	1:10 000
D21K2	2890 m	10	L1	1:10 000
D21K3	2830 m	10	L1	1:10 000
H15K1	2020 m	8	L1	1:10 000
H15K2	2020 m	8	L1	1:10 000
H16K1	2190 m	8	L1	1:10 000
H18K1	2820 m	11	L1	1:10 000
H18K2	2770 m	11	L1	1:10 000

H20K1	3150 m	10	L1	1:10 000
H21K1	3800 m	14	L1	1:10 000
H21K2	3790 m	14	L1	1:10 000
H21K3	3790 m	14	L1	1:10 000
H21K4	3810 m	13	L1	1:10 000
H35K1	3150 m	10	L1	1:10 000
H40K1	3050 m	12	L1	1:10 000
H40K2	3070 m	12	L1	1:10 000

<b>Class (L2)</b>	<b>Length</b>	<b>CP's</b>	<b>Start</b>	<b>Scale</b>
H45K1	2970 m	12	L2	1:7500
H45K2	2980 m	11	L2	1:7500
H50K1	2740 m	10	L2	1:7500
H50K2	2710 m	10	L2	1:7500
H50K3	2730 m	10	L2	1:7500
H55K1	2360 m	9	L2	1:7500
H55K2	2390 m	9	L2	1:7500
H60K1	2190 m	8	L2	1:7500
H60K2	2190 m	8	L2	1:7500
H65K1	2080 m	7	L2	1:7500
H65K2	2040 m	7	L2	1:7500
H70K1	1890 m	7	L2	1:7500
H70K2	1880 m	8	L2	1:7500
H75K1	1640 m	6	L2	1:7500
H75K2	1600 m	7	L2	1:7500

### Finals

<b>Class (L-E)</b>	<b>Length</b>	<b>CP's</b>	<b>Start</b>	<b>Scale</b>	<b>Climb</b>
D21	4490 m	16	L-E	1:10 000	190 m
H21	5620 m	19	L-E	1:10 000	290 m

<b>Class (L1)</b>	<b>Length</b>	<b>CP's</b>	<b>Start</b>	<b>Scale</b>
D15	2280 m	7	L1	1:10 000
D16	2530 m	9	L1	1:10 000
D18	3160 m	11	L1	1:10 000
D20	3260 m	11	L1	1:10 000
H15	2480 m	9	L1	1:10 000
H16	2810 m	10	L1	1:10 000
H18	3700 m	14	L1	1:10 000
H20	4140 m	16	L1	1:10 000
H35	4380 m	16	L1	1:10 000
H40	4290 m	16	L1	1:10 000
H45	4130 m	15	L1	1:7500

<b>Class (L2)</b>	<b>Length</b>	<b>CP's</b>	<b>Start</b>	<b>Scale</b>
D35	3570 m	13	L2	1:10 000
D40	3310 m	12	L2	1:10 000
D45	3020 m	11	L2	1:7500
D50	2540 m	10	L2	1:7500
D55	2360 m	9	L2	1:7500
D60	2160 m	9	L2	1:7500
D65	1990 m	9	L2	1:7500
D70	1820 m	8	L2	1:7500
D75	1730 m	8	L2	1:7500
D80	1440 m	8	L2	1:7500
D85	1440 m	8	L2	1:7500
H50	3430 m	13	L2	1:7500
H55	3040 m	12	L2	1:7500
H60	2750 m	11	L2	1:7500
H65	2440 m	10	L2	1:7500
H70	2110 m	8	L2	1:7500
H75	1920 m	8	L2	1:7500
H80	1760 m	8	L2	1:7500
H85	1440 m	8	L2	1:7500

#### **B-Finals**

<b>Sarja (L1)</b>	<b>Matka</b>	<b>Rasteja</b>	<b>Lähtö</b>	<b>Kartta</b>
D15B	2270 m	7	L1	1:10 000
D18B	2530 m	9	L1	1:10 000
D20B	3160 m	11	L1	1:10 000
D21B1	3260 m	11	L1	1:10 000
D21B2	3160 m	11	L1	1:10 000
H15B	2280 m	7	L1	1:10 000
H18B	2810 m	10	L1	1:10 000
H21B1	4650 m	16	L1	1:10 000
H21B2	4380 m	16	L1	1:10 000
H21B3	4290 m	16	L1	1:10 000
H21B4	4140 m	16	L1	1:10 000
H40B	3700 m	14	L1	1:10 000

<b>Sarja (L2)</b>	<b>Matka</b>	<b>Rasteja</b>	<b>Lähtö</b>	<b>Kartta</b>
H45B	3430 m	13	L2	1:7500
H50B	3040 m	12	L2	1:7500
H50B2	3020 m	11	L2	1:7500
H55B	2750 m	11	L2	1:7500
H60B	2440 m	10	L2	1:7500
H65B	2110 m	8	L2	1:7500
H70B	1920 m	8	L2	1:7500
H75B	1760 m	8	L2	1:7500

## **f) Start Lists**

The start list has been made in accordance with the rules of Finnish Orienteering Federation and special instructions given for the Finnish Championship competitions in 2022. In WRE classes (H/D21), the start lists of the qualifications are made in accordance with IOF world ranking list, the way specified in the special instructions for the Finnish Championship competitions.

Start lists are available on the competition website, on the information board at the competition center as well as in the starting areas.

The start lists for classes with qualifications will be posted on the competition website and printed to the information board immediately after the results of the qualifications have been finalized.

## **Special Instructions for the B Finals**

B finals follow the routes of Finnish Championship finals for the most part. The class symbols printed in control descriptions on the map are those of the Finnish Championship competition, e.g. D15. All classes using the same leg, e.g. D15, H15B and D16B, can be found under the control descriptions on the map.

## **g) Starts and Markings**

### **Qualification Starts**

- First starts at 09.00
- There is a pre-start for classes in start L1
- There is no cover for rain in pre-start
- The pre-start will be closed at 09.30
- There is transportation from start to competition center available for additional items
- The starts will be closed 10 minutes after the last starting time

### **Finals Starts**

- First starts for classes without qualification at 12.00
- First starts for classes with qualification at 13.00
- There is a pre-start for classes in starts L1 ja L-E
- There is no cover for rain in pre-start
- The pre-start for finals will be closed at 13.30
- The starts will be closed 10 minutes after the last starting time
- There is no pre-start for B finals

The competitor who is late for the pre-start may not enter the competition.

Marked routes to the starts begin from the competition center. The only way to the starts is via the marked routes, other routes may not be used. The marked routes are mainly on roads and trails. *Due to the tight schedule in the morning, the competitors may go to the qualification starts directly from the parking area or via drop point on the way to the competition center (see point r)!*

The route to the start is marked with a blue ribbon.

The K Point and the way from last control point to the finish are marked with a continuous white plastic band with HyRa logos on it.

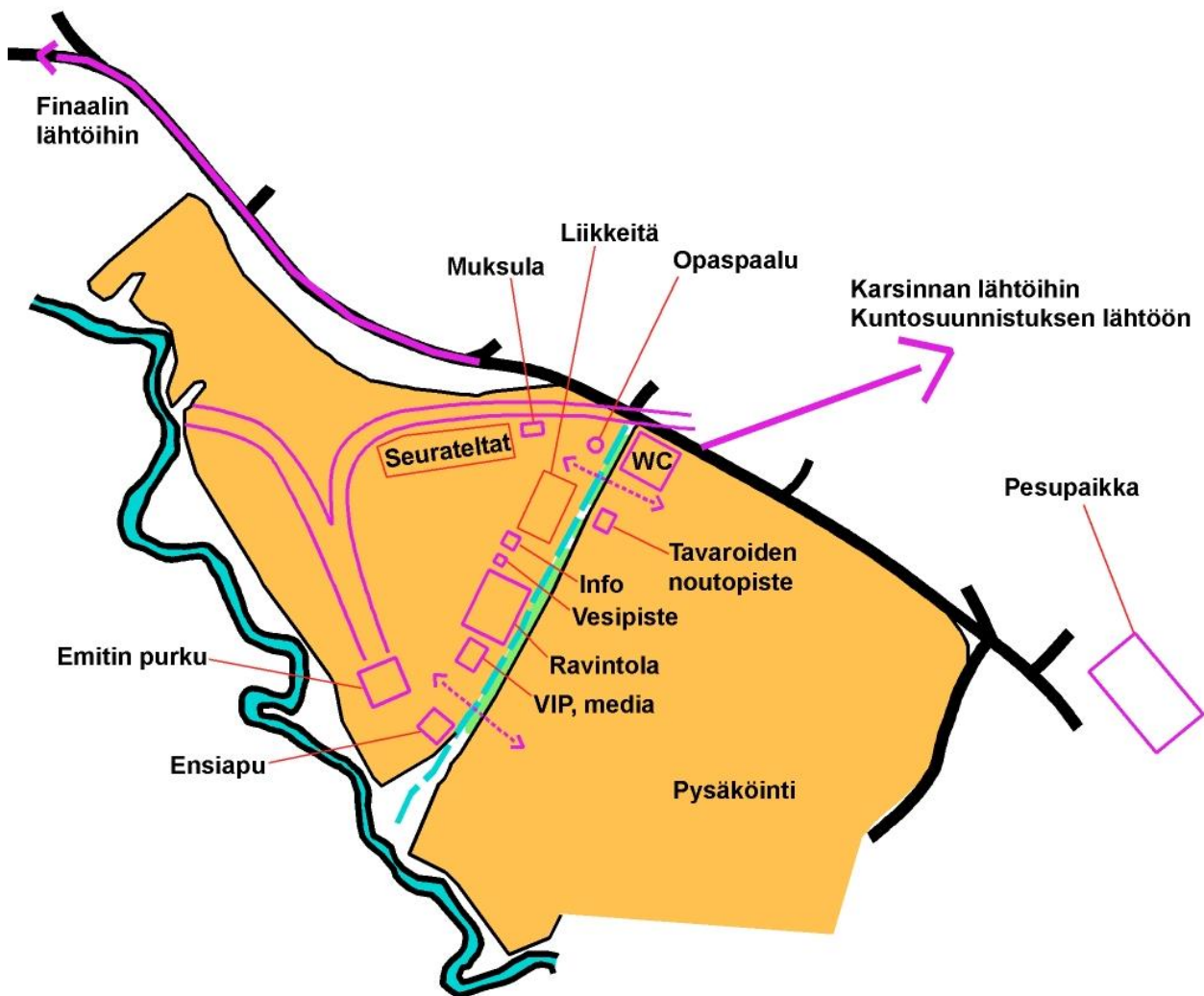
Forbidden areas are marked with a red and white plastic band.

## **h) Competition Center, Toilets, Dressing and Washing**

There are 30 portable toilets and 4 urinals in the competition center.

There are 8 portable toilets in both starts.

There is a possibility to change clothes in the washing area, but there is no covered dressing area. Warm water can be found from the washing area. Shampoo and soap are forbidden.



## Competition Center

### Club Tents and Audience

The competition center is on a hillside field, which creates a natural place for the audience to follow the finish.

Club Tents are allowed only on marked areas.

### i) Emit Punching System

Emit punching system will be used in the competition. Please verify the number of your Emit Card from the start list and check the functionality of your Emit Card on the model control point near the Info. Wrong or dysfunctional Emit Card has to be exchanged in the info. The correct number and functionality of the Emit Card are the responsibility of the competitor. Competitor with wrong Emit Card will be disqualified.

Information about changes in the number of the Emit Card should be sent by email to (timo.kokko@kokkens.fi) by Friday 9.9. at 21.00. Thereafter, 5 € fee will be charged for Emit Card number changes and the changes should be made in the Info before going to the start. The number of the Emit Card may not be changed in the start.

Emit Cards may be rented from the Info for 5 € per card, and the rented cards must be returned to the Info after the finals. A fee of 80 € will be charged for an Emit Card not returned.

Emit Card control slips are available at starting areas of both qualifications and finals.

### **j) Competition Numbers**

Competition numbers for Start L1 classes can be found at the pre-start both at the qualifications and finals. The number vests and GPS tracking systems for start L-E finals (WRE) will be distributed 200 m after the pre-start.

Competition numbers for start L2 can be found close to the start.

Competitors in B finals will use the same number as in qualifications.

The organizer will not provide safety pins for the numbers.

### **l) Control Descriptions**

The control descriptions are printed on the maps. Separate control descriptions are given in the start stalls 4 minutes prior to the starting time.

There are no separate control descriptions in B finals.

### **n) Forbidden Areas**

Forbidden areas are marked on the maps. They are also marked in the terrain with a continuous red and white tape, when there is a continuous line on the border of the forbidden area on the map.

### **p) Refreshment and First Aid Points**

There are no refreshment points in the forest. Water is available in the finish.

There are no first aid points in the qualifications. An injured competitor should try to continue to the start or the finish, if at all possible.

In the finals, there is one first aid point, which is marked in the map. An injured competitor may also continue to the start or the finish.

The telephone number for emergencies is 112.

### **r) Guiding and Distances to the Starting Areas**

#### **Qualifications: Start 1:**

Signpost – pre-start: 1 300 m

Drop-point – pre-start: 700 m

Pre-start – start: 650 m

#### **Qualifications: Start 2:**

Signpost – start: 1 500 m

Drop-point – start: 900 m

#### **Finals: Start E and Start 1:**

Signpost – pre-start: 1 750 m

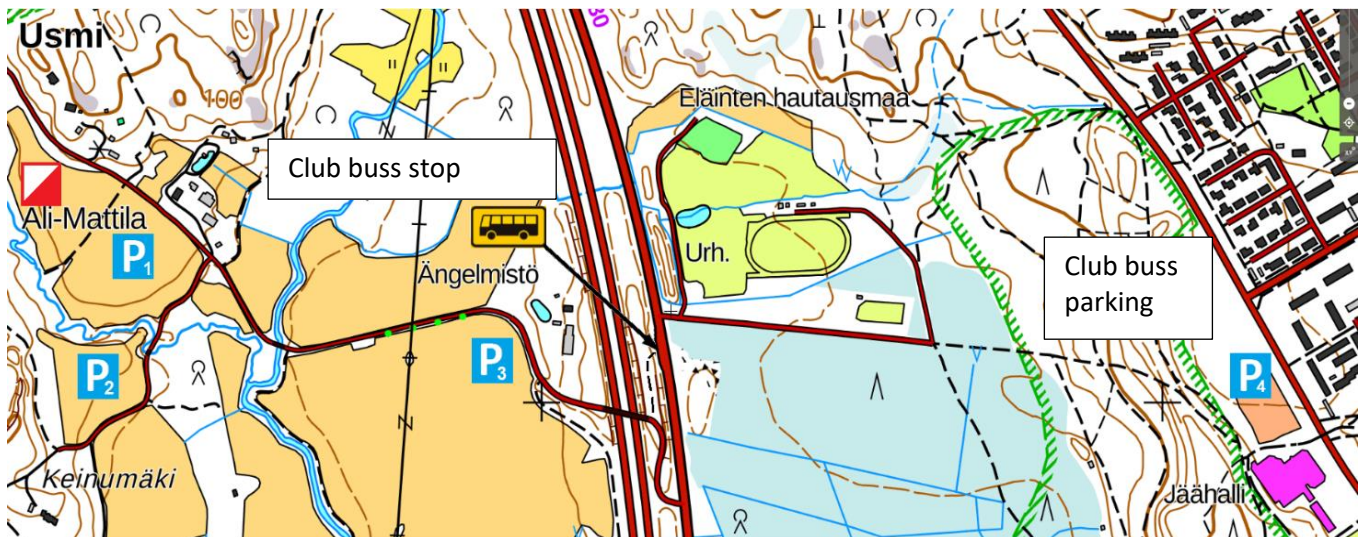
Pre-start – start: 250 m

#### **Finals: Start 2:**

Signpost – start: 1 800m

### **s) Arrival to the Competition Center and Drop Point**

For the sake of safety, the arrival to the competition center via Route 130 may only happen from north, so that the cars only have to take a safe right turn. The signs begin from the northern bypass road (Road No 143). Vehicles arriving from Helsinki-Tampere motorway (Road No 3) should drive from interchange No 17 to a roundabout and turn to Road 130.



Parking arrangements, Club Buss stop

### Parking

It is approximately 4 km (or 10 min) from the beginning of the signs to the parking area of the competition center. Vehicles arriving to the competition center will be directed to parking areas P1 and P2 on the fields. All traffic follow the same directions. The marked route from the competition center to the qualifications start begins from the northern corner of parking area P1.

It is approximately 50–500 m from parking areas P1 and P2 to the competition center. If parking areas P1 and P2 fill up, back-up parking area P3 will be used, from which it is approximately 1 km to the competition center.

Club busses or caravans may not be parked in the competition center parking areas. Club busses have a buss stop on Road 130 close to the intersection of Usmintie. It is approximately 1,2 km from the buss stop to the competition center. Parking area for club busses (P4) is located in the northern parking area of Hyvinkää ice rink, address: Vaiveronkatu 70. It is approximately 2,5 km from the ice rink to the competition center. The route is marked starting from the entrance of the ice rink.

It costs 5 € to park in parking areas P1 and P2. The fee should be paid to the Info. Receipts of the payment will be checked upon departure.

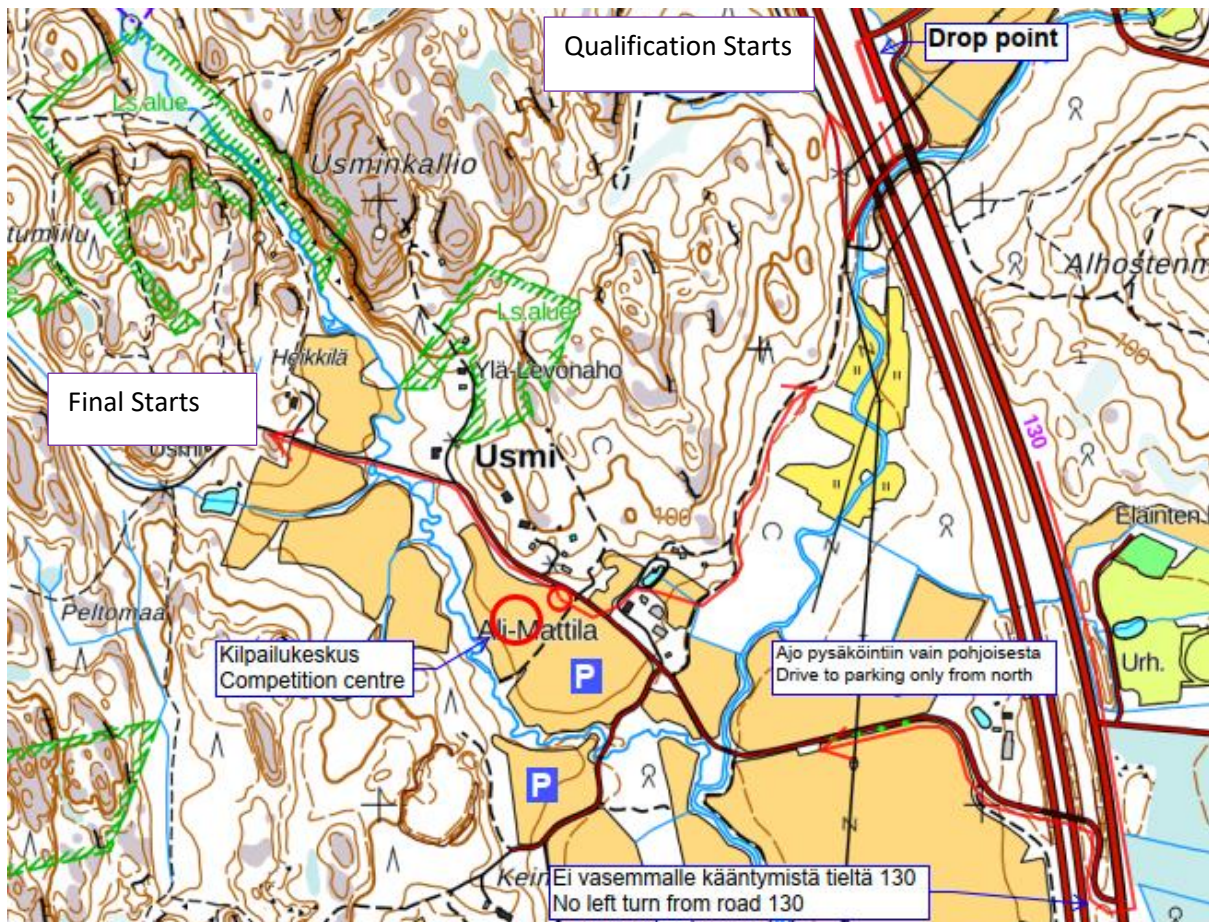
Local spectators are hopefully arriving by bicycles. There is a signed route of 2,5 km starting from the entrance of the ice rink.

### Drop Point

Competitors arriving for the qualifications may be dropped off at the dropping point on Route 130. There is an extended buss stop in the intersection of Route 130 and Pöölitie. This prevents competitors from getting stuck in the traffic to the competition center and the way to the starting area is also shorter.

There is only space for a couple of cars at a time, so all items to be taken from the car should already be packed ready. It is possible to take a bag to the pre-start, because there is transportation for items from the pre-start to the competition center.

There is a marked route of 700 m from the drop point to the pre-start.



Guiding into the competition center, Drop-Point for qualification starts, quidings to starting areas

#### u) Finish

The timing of the competition ends with the punching at the finish.

There is a marked route from the last control point to the finish. All competitors will run to the same finish.

The finish of the qualifications will close at 12:00.

The finish of the finals will close at 17:30.

#### w) Withdrawals

Those who want to withdraw from the competition should go to the finish and punch there.

#### x) Awards and Ceremony

Three best competitors are awarded with medals and honorary awards in all Finnish Championship classes. In Finnish Championship classes H/D15–21 positions 4–10 and in Finnish Championship classes H/D35–70 positions 4–6 will be awarded with Finnish Championship plaques. Classes H/D75–85 will be awarded with medals and honorary awards.

The awards will be given after the results are finalized. The recipients and timetable of the awarding ceremonies will be announced later on.

#### y) Other Matters

##### Babysitting

There is babysitting available at the competition center with nice orienteering-themed activities for children while their guardians are orienteering. The babysitting opens on the competition day at 8.00 and is



open until the competition has ended. Additional information and advance registration by morning 9.9.  
to: [marika.damskagg@gmail.com](mailto:marika.damskagg@gmail.com)

### **Recreational Orienteering**

Recreational orienteering takes place after the qualifications in the qualifications terrain. The start of recreational orienteering is open 12.00–14.00. Maps may be bought from the Info for 10 € a piece from 12.00 on. The maps are printed.

The lengths of the recreational orienteering legs are 3,3 km, 2,4 km and 1,4 km. The distance to the start of recreational orienteering is 700 m. The start can be found following the marked route to the qualifications start. The finish is the last control point of the qualifications. The finish of the recreational orienteering will be closed at 15.00.

### **Selling of Competition Maps**

Competition maps with or without control points may be bought from the Info for 10 € a piece, 10 maps for 50 €.

Maps of the qualifications will be sold from 13.00 on and maps of the finals from 16.00.

### **Safety Plan**

The Safety Plan will be available at the competition website and on the information board at the competition center.

### **Cafe and Restaurant**

Lunch will be served at the restaurant 10.00–14.30. The menu and prices can be found from the competition's web site.

The cafe is open from 07.30 until the competition has ended.

### **Lost & Found**

Lost & found items may be reclaimed from the Info and after the competition from: Riikka Ahoniemi, tel. 040 541 0881

### **GPS Tracking**

The competitors in classes H/D21 (WRE) finals will be given GPS tracking devices and vests at the pre-start. The competitors of these classes must wear the vest given by the competition organizers. Competitors refusing to carry the GPS tracking device will be disqualified.

### **Competitors' Own GPS Devices**

Competitors may use own GPS devices.

- Map display may not be used.
- Notifications and other communication functions must be switched off.
- The devices may not be used to help orienteering.

### **TV Broadcast**

TV broadcast may not be viewed at the competition center before the last competitor of H21 final has started.