

Finnish Championships Middle Distance in Kangasala 21.5.2017

IOF World Ranking Event (WRE), Finnish Top League Event

Competition instructions

Main officials

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Head of the judge council: Timo Saarinen, VaHa
Members of the judge council: Elisa Tuomisto, KyRa and Petri Annila, Koovee

Competition rules

Competition rules of the Finnish Orienteering Federation, IOF's guidelines for World Ranking Events, special instructions concerning Finnish Championships and these instructions shall be followed.

Terrain

The competition terrain is technically demanding, detailed rocky hill terrain. The terrain in the qualification race is similar to the terrain in the final race (the terrain is partly same in both races). Please take a look at the course setters statement.

Map

Scale 1:10 000. 5 metre contour interval. 6-colour offset printing 5/2017. The size of the map is A4. The map is in a plastic case. Field survey is made by Janne Weckman, 2016-2017.

Control descriptions

There are separate control descriptions available in pre-start both in the qualification and final races (A- and B-finals). However there isn't any fixing tools or covers for the control descriptions. Control descriptions are also printed on the map.

Quarantine zone

Quarantine zone is used in the qualification races and in the A-final. Only the competitors who enter the quarantine zone and take their number bibs in time are allowed to race. One can exit the quarantine zone only through the start. Inside the quarantine zone use of any telecommunication devices is forbidden.

Closing and opening times for the quarantine zone:

- In the qualification race: closed at 9:15 and opened again after the last start
- In the A-final: closed at 12:15 and opened again 15:05 (after that B-finalists are allowed to the area)

The quarantine zone is accommodated with two rain shelters (5x12m ja 5x9m) and toilets (5).

It's allowed to pick up ones gear from the quarantine zone after it's been opened for the qualification race and till it's closed for the A-final. The quarantine zone is located in the competition area so You are not allowed to stray from the markings.

Delivery of the clothes and belongings

There isn't any delivery system for your clothes or belongings from the quarantine zone. You can leave your clothes and belongings in the marked spot near the quarantine zone. The organizers do not provide any bags or other packing material for the clothes.

After the qualification race: You can pick up your belongings from the quarantine zone after the zone is opened. The area is supervised.

After the A-final: You can pick up your belongings after your race. The boarder of the quarantine zone will be transferred 5-10 m every 30 minutes and you can pick up ypur belongings from the area which will be released. Competitors who have already finished their race are not allowed to pass any information to the competitors in the quarantine zone. The area is supervised.

There isn't any delivery system or supervised area for your belongings in B-final.

The colours of the quidance and distances to the starts and quarantine zones

You will find the guidance for the starts at the info pole. You are not allowed to stray from the markings. The route to the start will follow roads and paths.

The route to the start for B-final opens at 15:05!

	Distance	to the quarantine zone	to the start	the colour of the quidance
Start 1:	200 m		600 m	white-red
Start 2:	200 m		700 m	blue
Start 3:	200 m		1100 m	yellow
Start 4:	200 m		200 m	black-yellow

Classes, Distances, Number of the Controls and Starts

The qualification race

Class	Distance [km]:	Controls	Climb [m]	Start	To A-final (number of athletes)
D21 K1	3,26	10	80	start 2	10
D21 K2	3,19	10	80	start 2	10
D21 K3	3,23	10	75	start 2	10
D21 K4	3,23	9	85	start 2	10
D20 K1	3,11	8		start 3	20
D20 K2	3,09	9		start 3	20
D18 K1	2,83	8		start 3	20
D18 K2	2,85	8		start 3	20
D16 K1	2,24	7		start 3	20
D16 K2	2,23	7		start 3	20
D15 K1	2,21	7		start 3	13
D15 K2	2,20	8		start 3	13
D15 K3	2,23	7		start 3	13
H21 K1	4,22	11	115	start 2	7
H21 K2	4,24	11	110	start 2	7
H21 K3	4,21	10	115	start 2	7
H21 K4	4,25	11	120	start 2	7
H21 K5	4,27	11	120	start 2	7
H21 K6	4,24	10	125	start 2	7
H21 K7	4,20	10	120	start 2	7
H20 K1	3,78	11		start 3	20
H20 K2	3,73	12		start 3	20
H18 K1	3,56	10		start 3	13
H18 K2	3,55	9		start 3	13
H18 K3	3,57	10		start 3	13

H16 K1	2,73	8	start 3	20
H16 K2	2,76	8	start 3	20
H15 K1	2,72	8	start 3	13
H15 K2	2,68	8	start 3	13
H15 K3	2,71	8	start 3	13

A-finals

Class	Distance [km]:	Controls	Climb [m]	Start
D21	4,09	14	150	Start 4
D20	3,45	12		Start 1
D18	3,45	12		Start 1
D16	2,54	9		Start 1
D15	2,54	9		Start 1
H21	5,30	18	210	Start 4
H20	4,32	14		Start 1
H18	4,32	14		Start 1
H16	3,24	11		Start 1
H15	3,24	11		Start 1

B-finals

The route to the start for B-final opens at 15:05!

Class	Distance [km]:	Controls	Climb [m]	Start
D21 B1	3,90	11	145	Start 1
D21 B2	3,81	12	130	Start 1
D21 B3	3,66	12	140	Start 1
D20 B	3,45	12		Start 1
D18 B	3,13	12		Start 1
D16 B	2,52	8		Start 1
D15 B	2,51	8		Start 1

H21 B1	5,07	15	195	Start 1
H21 B2	5,09	15	180	Start 1
H21 B3	5,09	15	185	Start 1
H21 B4	4,80	12	170	Start 1
H21 B5	4,71	13	160	Start 1
H20 B	4,32	14		Start 1
H18 B	3,80	14		Start 1
H16 B	3,11	10		Start 1
H15 B	3,13	11		Start 1

Start lists

The start lists are based on the competition rules of the Finnish Orienteering Federation and special instructions concerning Finnish Championships. The start lists of the qualification race in the classes H/D21 will be formed according to IOF World Ranking.

Start lists of the qualification will be published in event homepage (<http://sm2017.kangasalask.fi/>) and can also be seen on the result board and in the qualification zone on the competition day. Please check that there is the right emit number on the start list! If a change must be done so contact info@kangasalask.fi.

Start lists of the finals will be published right after the results of the qualification are complete.

The best-ranked runner according to the qualification will start last to the A-final.

There is an interval start in every class in the B-final. Start lists will be on the result board.

H/D21 classes: Those who don't make their way to A-final will be divided in groups according to the results of the qualification (The best ones will be on group one, second best on group two etc.). Those who don't take part on the qualification will be raffled off to the beginning of the last B-final group. The amount of the classes depends on the amount of entries to the qualification.

Start interval is 1 minute in the qualification and B-final, and 2 minutes in the A-final.

First starts

First start of the qualification at 09:00

First start of the A-final at 12:00

First start of the B-final at 15.22

Start Procedure- Qualification (start 2 and 3)

There is a pre-start 20 minutes before start in the quarantine zone. You're allowed to go from pre-start to start only by showing your number bib. The distance to start 2 from the pre-start is 400 meters and to start 3, 800 meters.

Start procedure is as follows:

- The start time is announced every minute.
- 20 min before: The competition number is checked and athletes are allowed to go to the start
- 5 min before: Athletes should go to the right starting line
- 4 min before: The competition number is checked and athletes can take control descriptions
- 3 min before: EMIT Clearance
- 2 min before: Athletes can see the model map
- 1 min before: Athletes should go next to the bucket that has the map of the correct competition category. Map can be picked up from the bucket at start time. It's athlete's responsibility to take the right map.
- If you miss your own starting time, you must inform the officials at the start about it.

Start Procedure- A-final classes H/D15-20 (start 1)

Start procedure is as follows:

- 5 min before: Athletes should go to the right starting line
- 4 min before: The competition number is checked and athletes can take control descriptions
- 3 min before: EMIT Clearance
- 2 min before: Athletes can see the model map
- 1 min before: Athletes should go next to the bucket that has the map of the correct competition category. Map can be picked up from the bucket at start time. It's athlete's responsibility to take the right map.
- If you miss your own starting time, you must inform the officials at the start about it.

Start Procedure- A-final: Huippuliiga H/D21 (start 4)

There is a pre-start 10 minutes before start in the quarantine zone.

Start procedure is as follows:

- The start time is announced every two minutes.
- 10 min before: Athletes should go to the right starting line
- 9 min before: The competition number is checked and the gps-gadget will be slipped into the vest

- 8 min before: EMIT Clearance and athletes can take control descriptions
- 7–3 min before: Going to the start along separate markings, distance 200 meters
- 2 min before: At the start athletes can see the model map
- 1 min before: Athletes should go to the Huippuliiga starting gate. Map can be picked up from an official at start time. It's athlete's responsibility to take the right map.
- If you miss your own starting time, you must inform the officials at the start about it.

Start Procedure- B-finals (start 1)

Start procedure is as follows:

- The start time is announced every minute.
- 5 min before: Athletes should go to the right starting line
- 4 min before: The competition number is checked and athletes can take control descriptions
- 3 min before: EMIT Clearance
- 2 min before: Athletes can see the model map
- 1 min before: Athletes should go next to the bucket that has the map of the correct competition category. Map can be picked up from the bucket at start time. It's athlete's responsibility to take the right map.
- If you miss your own starting time, you must inform the officials at the start about it.

Model Control and Checking of the EMIT Cards

Model control and punching unit to test the EMIT cards can be found from the proximity of information pole. The runner is responsible for the working order of his Emit card and the correct number of his Emit card.

The rules of the Finnish Orienteering Federation say: "The competitor is disqualified if he has used an Emit card other than the one presented to the organizer...". Inaccurate Emit number must be corrected before the competition at the "Itkumuuri" (fee 3 e). Emit number can not be corrected at the start.

Rental cards can be collected at the info desk, for the price of 5 €. Rental cards must be returned to the info after the race. If the rental card is not returned, the competitor will be charged 70 €.

Finish

The control card is punched at the finish line. Classes in Huippuliiga have their own lane to finish in the final.

Maps should be placed in the plastic bag of your club in the finish after the qualification race.

Maps will be returned approximately at 12:20 according to speakers instructions.

Maps won't be collected in finish in the finals. However, A-finalists are not allowed to show their map to the B-finalists.

WC, Shower and Clothes Changeover

About 15 toilet facilities can be found at the competition center and 5 at the quarantine zone

Distance to the showers is 300 m. Showers and clothes changing takes place outdoors. There is warm water. Use of any shampoo is forbidden.

Competition numbers

All competitors must wear a start number that can be picked up **from the quarantine zone (applies in the qualification and A-final race; In B-finals athletes can find a new number at the competition center.)** In the qualification race the numbers are red and in the finals black.

There are no safety pins available, competitors must have their own. A runner's bib should be attached to chest and it must be fully visible for the entire race.

In H/D21 classes A-finalists wear a number vest that can be found in the quarantine zone.

Forbidden and dangerous areas

Forbidden areas are marked on the map and in the terrain.

There are some over 10 meters high cliffs in the competition area.

Shoes

Spike shoes are forbidden, dobb shoes for orienteering are allowed.

Drink and first aid stations

There isn't any drink or first aid stations in the terrain. Water is available after the finish.

GPS Tracking

All the athletes in H/D21 A-final (Huippuliiga) wear GPS tracking devices. The gps-gadget will be slipped into the vest at the pre-start in start 4. Athletes must wear the tracking device. Anyone refusing to do so will be immediately disqualified.

Finish Closing Times

Finish closes at 10:30 in the qualification.

Finish closes at 18:00 in the finals.

Dropping out

Competitors who drop out the race must let the staff at the finish know about it.

Distribution of prizes

The three best will be awarded with SM-medals and a honor prizes. Those on the places 4-10 will get a SM-plaque.

Three best of Huippuliiga will be awarded separately.

There isn't prizes for the B-finalists.

Follow the announcements.

Parking

Parking is on a grass field on 500-900 m walking distance to the competition center. You must follow the parking instructions given by the organizers.

Buses are parked approx. 1200 – 1500 m from the competition center. There isn't a separate parking area for the caravans.

Parking tickets (5€) are sold at the info in the competition center. Parking tickets will be checked on the way out from the parking area.

INFO

Info is in the competition center. There you can:

- Change your EMIT number
- Pick up a rental EMIT
- Make complaints to "Itkumuuri"
- Find your missed belongings
- Buy a parking ticket

First aid

There is a first aid station at the competition center.

Children's daycare

Muksula is open in the competition center at 8:15-17:00. Registration to Muksula should be done on 14th May at latest (info@kangasalask.fi).

Club tents

Club tents can be mounted only for the informed places.

Restaurant and cafe

There is a restaurant in the competition center that sells food, refreshments and snacks. Cash payments only. At the INFO you can also buy "food/coffee tickets" by card.

Lost and found

During the competition lost equipment and clothes can be asked from info. After the competition from +358400750884 or info@kangasalask.fi.