

# Orienteering World Cup

**IOF**  
Orienteering  
WORLD CUP

Round 1  
Helsinki  
Finland  
8.-11.6.2019



BULLETIN 4

## Content



HELSINKI - VIHTI  
8. – 11.6.2019

- 1. Welcome words
- 1.** Organizers
- 2.** Competition officials
- 3.** Programme
- 4.** Important deadlines
- 5.** Payments
- 6.** Event centre and World Cup office
- 7.** Medical care
- 8.** Media, TV & Internet
- 9.** Ceremonies
- 10.** Transport and parking
- 11.** Team material and information
- 12.** Anti-Doping
- 13.** IOF Licence
- 14.** Competition
- 15.** Training opportunities
- 16.** Embargoed areas
- 17.** Competition areas and arenas
- 18.** Maps and courses
- 19.** Model events
- 20.** Model event
- 21.** Entries
- 22.** Spectator races

# Welcome to Nuuksio National Park!



Orienteering World Cup round 1 takes place in the scenic Nuuksio Lake Highlands, and a large part of the competition area locates within the boundaries of the Nuuksio National Park, founded in 1994, with an area of 55km<sup>2</sup>.

Nuuksio National Park is a green oasis in the Helsinki capital region. The landscape is dominated by valleys and gorges formed by the Ice Age, and barren rocky hills covered by lichen and sparse pine forest. At some places the hills reach the height of 110 metres above the sea level. The rocks descend vertically or step by step to damp gorges, which are dominated by moist forests, and spruce and pine mires. Under the water seeping cliffs, the dense spruce forests are cool, damp and dim. There are over 80 little lakes and ponds inside Nuuksio National Park.

The emblem species of the Nuuksio National Parks is Flying Squirrel - the population in Nuuksio is one of the densest Flying Squirrel populations found in Finland. There are almost 200 places, where they live in the park. It mostly moves about by gliding from trees, using a flap of loose skin that connects its back and front limbs. It can glide up to 75 metres.

National parks are extensive areas with the main objective of ensuring natural values and giving people the opportunity to relax and enjoy nature. The Nuuksio National Park, like many of Finland's 40 national parks, is the iconic landmark in our country, and in terms of visitor numbers it is the second most popular National Park with 343 700 visitors during 2018.

Orienteers can also enjoy on their own way Nuuksio and other spectacular national parks - when we do it responsibly. I am very pleased that orienteering event organizer, Helsingin Suunnistajat, has taken the natural values carefully into account in good cooperation with the National Park management, Metsähallitus, Parks and Wildlife Finland. In practice, this means that the controls are not placed in sensitive nature areas, and the courses are planned so that they bypass the habitats of wilderness species, such as capercaillie, that need peace for nesting. The competition's traffic arrangements and the location of the competition center are also exemplary solutions that take into account nature values and other hikers in the area.

On behalf of the Nuuksio National Park, I wish all organizers, competitors and spectators a great orienteering event in Nuuksio National Park!

Harri Karjalainen  
National Park Director  
Parks and Wildlife Finland / Metsähallitus

# Partners



# Main Sponsors



# 1. Organizers



HELSINKI - VIHTI  
8. – 11.6.2019



Helsingin Suunnistajat



City of Helsinki



Suomen Suunnistusliitto

Finnish Orienteering Federation



VIHTI

Municipality of Vihti

# 2. Competition officials



## Organizing Committee

Chairman	Pekka Väisänen	owcup2019@helsinginsuunnistajat.fi
General Secretary	Pauliina Lankinen	owcup2019@helsinginsuunnistajat.fi
Senior Event Advisor	Göran Andersson (SWE)	byorienteeing@gmail.com, +46 70 601 53 26
National Controller	Hannu Pyy	pyy.hannu@gmail.com +358 40 5072071
Communications & media	Markku Sormunen	markku.sormunen@helsinginsuunnistajat.fi

## Middle and Chase start:

Event director	Pekka Väisänen	owcup2019@helsinginsuunnistajat.fi
Map Maker	Kimmo Nykänen/Mapline	kimmo.nykanen@mapline.fi
Course Planner	Hannu Lammi	hannu.lammi@helsinginsuunnistajat.fi

## Sprint relay:

Event director	Henrik Tala	henrik.tala@helsinginsuunnistajat.fi
Map Maker & Course Planner	Atte Lahtinen	atte.lahtinen@helsinginsuunnistajat.fi

## Jury

Petteri Palmi	FIN	
Lars Lindstrøm	DEN	
Christine Luescher-Fogtmann	SUI	Only Middle and Chase start
Aron Less	HUN	Only Sprint Relay

Lindstrøm and Luescher-Fogtmann are team leaders and teams have to accept this at the first Team officials meeting.

**More information:** [www.helsinkiowcup.fi](http://www.helsinkiowcup.fi)

## 3. Programme



HELSINKI - VIHTI  
8. - 11.6.2019

Date	Time	Event	Place
<b>Thu 6.6.</b>			
	16:00-21:00	Competition office open	Kisakallio Event Centre
	17:00-21:00	Model Event Forest races open	Haukkalampi
<b>Fri 7.6.</b>			
	09:00-14:00	Model Event Forest races open	Haukkalampi
	10:00-14:00	Competition office open	Kisakallio Event Centre
	15:00-16:00	Technical Model Event	Kisakallio Event Centre
	17:00-18:00	Competition office open	Kisakallio Event Centre
	18:00	Team officials meeting Forest races	Kisakallio Event Centre
<b>Sat 8.6.</b>			
	08:00-17:00	Competition office open	Arena Tervalampi
	08:30	World Cup Middle quarantine opens	Arena Tervalampi
	09:20	World Cup Middle quarantine closes	Arena Tervalampi
	09:18-16:30	World Cup Middle Distance (Women + Men)	Arena Tervalampi
<b>Sun 9.6.</b>			
	08:00-15:00	Competition office open	Arena Tervalampi
	08:45	World Cup Long, chase start quarantine opens	Arena Tervalampi
	09:30	World Cup Long, chase start quarantine closes	Arena Tervalampi
	10:10-12:30	World Cup Long, chase start Women	Arena Tervalampi
	11:25-13:30	World Cup Long, chase start Men	Arena Tervalampi
<b>Mon 10.6.</b>			
	13:00-14:30	Model Event Sprint Relay open	Hietaniemi
	17:00-18:00	Competition office open	Kisakallio Event Centre
	18:00	Team officials meeting Sprint Relay	Kisakallio Event Centre
<b>Tue 11.6.</b>			
	16:00-19:00	Competition office open	Arena Senaatintori
	16:00	World Cup Sprint Relay quarantine opens	Arena Senaatintori
	16:30	World Cup Sprint Relay quarantine closes	Arena Senaatintori
	17:57-19:00	World Cup Sprint Relay	Arena Senaatintori

## 4. Important deadlines



HELSINKI - VIHTI  
8. – 11.6.2019

### Late entries and changes

After the team names deadline, additional entries incur a surcharge of 50%, withdrawals receive a 50% refund, and name changes incur a 10 euro fee.

## 5. Payments



HELSINKI - VIHTI  
8. – 11.6.2019

All payments must be done before any of the team members will receive accreditation. Late payments can be accepted at accreditation, no possibility to pay by cards.

Entry fees must be paid by May 31st 2019. Please note that all bank charges must be paid by the applicant. Please note, that we will add a late payment fee of 40 € per person for late payment! The entry submission is confirmed after the payment is received. Unless entry fee is paid, the entry is not valid.

**Account owner:** Helsingin Suunnistajat  
**Bank name:** Nordea Bank AB  
**Bank address:** Satamaradankatu 5, 00020 NORDEA  
**IBAN:** FI05 1243 3000 1989 69  
**BIC:** NDEAFIHH

For the payment identification, please write 3-letter code of your country ([online here](#)) to the note in the payment order.

## 6. Event centre and World Cup office



HELSINKI - VIHTI  
8. – 11.6.2019

The event centre is located at Kisakallio sports institute.  
Address: Kisakalliontie 284, 08360 LOHJA, FINLAND

### Competition office

#### Opening hours of the competition office:

Date	Time	Location
Thu 6.6.	16:00-21:00	Kisakallio Event Centre
Fri 7.6.	10:00-14:00	Kisakallio Event Centre
	17:00-18:00	Kisakallio Event Centre
Sat 8.6.	08:00-17:00	Arena Tervalampi
Sun 9.6.	08:00-15:00	Arena Tervalampi
Mon 10.6.	17:00-18:00	Kisakallio Event Centre
Tue 11.6.	16:00-19:00	Arena Senaatintori

### Event Office

World Cup Event Office is located at the Event Centre in Kisakallio Sports Institute. Accreditation is performed at the main building (lecture room Syke) and Team Officials Meetings are held in the same building (auditorium Kunto).

At the arenas, World Cup Office is located on the site of the finish area. It is the place for official communication between team and organisers during the competition (to get complaint forms, to make a complaint, etc.).

For accreditation, team leaders must show their team members' passports to prove their nationality and full passport-holding citizenship of the country of their Federation (Rule 6.2.). Teams will be asked to give the phone numbers of team contacts to the World Cup Office so that the organisers can quickly contact key team officials if necessary.

### Meals

The restaurant in Kisakallio Sports Institute offers athlete friendly buffet-style food for breakfast, lunch, dinner and evening snack on demand or included in the reserved accommodation.

#### The opening hours for Kisakallio's restaurant are:

<b>Breakfast</b>	7.00-9.00 (8.-9.6. 6.30-9.00)
<b>Lunch</b>	11:00-14:30
<b>Dinner</b>	16.00-19.30 (11.6. 16.00-20.30)
<b>Evening snack</b>	21:00-22:00

At the Arenas there is a cafe that sells snacks. There is no warm food available at the arena

## 7. Medical care



There is a first aid station at the competition centres during competitions. If a competitor is injured in the terrain, the situation and the location of the patient must be notified to the nearest control point person / finish line. An athlete is responsible to help injured competitor in the forest. First aid and the evacuation are organised by the first aid crew. Injuries / illness occurring outside of competitive activities are treated by the public health care system.

Lohja health centre; Ojamonkatu 36, Lohja. 60.245861, 24.056267  
An on-duty doctor for appointments: Mon, Tue, Thu 8-16, Wed, Fri 8-14  
Nurse: health advice / appointments tel. (+358) 19 369 2319

At other times and for emergency situations:  
Lohja hospital; Sairaaliatie 8, Lohja. 60.223516, 24.016882  
Emergency duty service on Monday - Thursday at 16.00-8.00  
Weekend service from 16.00 on Friday to 8.00 on Monday.

In the case of emergency: The national emergency number is 112.

## 8. Media, TV & Internet



HELSINKI - VIHTI  
8.-11.6.2019

For basic information: <http://helsinkiowcup.fi/media/>  
Media contact person: Markku Sormunen [markku.sormunen@helsinginsuunnistajat.fi](mailto:markku.sormunen@helsinginsuunnistajat.fi)

### Media Accreditation

You need to have an accreditation in order to work in the media. Media accreditation is open until 31.5.2019. Information concerning the approval of the accreditation will be sent by email. The Media ID cards and Photo vests for the accredited representatives are available at the media tent at the Arena.

### The IOF World cup is TV broadcasted with following schedule:

Competition	Date	Time	Broadcaster
Middle distance, Women	Sat 8th June 2019	11:30-13:00	YLE TV2
Middle distance, Men	Sat 8th June 2019	14:30-16:00	YLE TV2
Long, chase start W & M	Sun 9th June 2019	10:00-12:55	YLE TV2
Sprint Relay	Tue 11th June 2019	17:52-18:55	YLE TV2

### Internet, live services and social media

Homepage: [www.helsinkiowcup.fi](http://www.helsinkiowcup.fi)  
Live-stream & IOF Livecenter: [www.liveorienteering.com](http://www.liveorienteering.com)  
Live-results: <http://helsinkiowcup.fi/live-center/>  
Twitter & Instagram & Facebook : @helsinkiowcup  
Hashtags: #owcup #orienteering #spectatorrace  
#helsinkiowgames #helsinki

## 9. Ceremonies



HELSINKI - VIHTI  
8. – 11.6.2019

### **Middle distance**

In Middle distance competitions the winners will receive the prize provided by the organiser. The first 6 competitors receive diplomas provided by the IOF.

### **Overall results from the World Cup Round 1 (Long, chase start)**

The first athlete to finish on Long, chase start competition is the overall winner of the IOF World Cup Round 1 and will receive the prize provided by the organiser. The first 6 competitors in overall results receive diplomas provided by the IOF.

### **Sprint Relay**

The winner will receive the prize provided by the organiser. The 6 first teams will receive diplomas provided by the IOF.

### **Prize giving ceremony**

The prize giving ceremonies will be organised immediately after the races. The three best placed teams (Sprint Relay) or six best placed runners (Middle and Long) are kindly asked not to leave the arena before the prize giving ceremony.

## 10. Transport and parking



Teams are responsible to organize their own transport. Follow given driving instructions to the parking areas on Arenas and quarantines.

## 11. Team material and information



HELSINKI - VIHTI  
8. – 11.6.2019

Teams will receive World Cup information/material package from the Event office after accreditation. The package includes:

- Bulletin 4
- Event ID card, which the participants must carry with them throughout the event and also to quarantines.
- EmiTags for the whole World Cup round 1. The equipment is assigned by name to each competitor and shall not be used by another athlete. All the given equipment must be returned in at the latest after the Sprint Relay competition to the World Cup Event Office at the Arena. A charge of 50 EUR will be imposed per a lost or missing EmiTag.
- Model event maps for all model events
- Parking tickets for team vehicles. Maximum number of parking tickets is five (5).

Bulletin 4 will be the most important source of competition information to teams. This information will be completed in Team Official's Meetings. The Team Officials Meeting for Middle and Chase start will be held on Friday 7th of June at 18:00 and for the Sprint Relay on Monday 10th of June at 18:00 in the Event Centre at Kisakallio Sports institute.

The teams are invited to send questions for the Team Officials Meetings to the address [owcup@helsinginsuunnistajat.fi](mailto:owcup@helsinginsuunnistajat.fi). For both meetings the deadline for questions is at 15:00 of the day of the meeting.

All competitors must wear their respective number bibs at all World Cup events. The bibs will be available at the quarantine zone. Bibs must be worn both on the front and the back. The bibs must be visible in their entirety, they shall not be folded or cut.

## 12. Anti-Doping



HELSINKI - VIHTI  
8. – 11.6.2019

The IOF Anti-Doping Code and rules and the World Anti-Doping Code 2019 apply as of 1st January 2019. Doping tests are always carried out in accordance with the procedures described in the WADA International Standard for Testing. Athletes who are selected for the doping tests must bring an official identification (with photo) to the doping test area. The athlete should also bring along their therapeutic use exemption (TUE) if applicable. In general, the athletes must bring along their ID to all the competitions and events. For more information, please consult: <http://orienteering.sport/anti-doping/> IOF Anti-Doping Rules apply, valid as of January 1, 2019. Note that, even if the IOF or the organizer have not ordered any tests, anti-doping control can be conducted by other organizations (Finnish Antidoping Agency FINADA – Finnish Centre for Integrity in Sports FINCIS) without any prior notice.

## 13. IOF Licence



HELSINKI - VIHTI  
8. – 11.6.2019

Only athletes with a valid IOF Licence are allowed to start.  
Licence form and Licence payment should be addressed to IOF Office, at the latest, 10 days before the Event to assure a valid licence at the start of the Event.  
Late licence applications must be addressed to [iof@orienteering.org](mailto:iof@orienteering.org)

For more information, please consult: <http://orienteering.sport/athletes-licence>

# 14. Competition



HELSINKI - VIHTI  
8. – 11.6.2019

## Rules and participation

The Competition Rules for IOF Foot Orienteering Events (valid from 1st February 2019, as published on the IOF website <http://orienteering.sport>) apply to all competitions.

In the individual competitions, in each of the men's and women's events the leading 6 Federations (according to the IOF World Federation League as of 1st January 2019) may enter 8 competitors, and all other Federations may enter 6 competitors. In addition to this all 2018 individual World Champions have a personal place. In Sprint Relay all federations can start with a maximum of 4 teams.

## Clothing and shoes

No restrictions on competition clothing. Spike shoes are not permitted on any of the events. Stud shoes are allowed in the Middle and Long, Chase start competitions.

## Punching and timing system

Emit Touch-free punching is used in all World Cup races. Each runner will carry two emiTags around the same wrist. The emiTags are handed out at the accreditation. The emiTags are assigned to a runner for the whole World Cup Round 1 and it is competitor's responsibility to bring both emiTags to the start. EmiTags are collected at the Sprint Relay finish. Runners who do not participate in the Sprint Relay must leave their emiTags at the Event Office before the start of the Sprint Relay. A charge of 50 EUR will be imposed per a lost or missing EmiTag.

## EmiTag punching

To clear an emiTag before the start, competitor places their emiTag next to the start unit. This clears the emiTag memory and takes less than one second. The bright LED on the emiTag will flash for 5 seconds. Competitors must ensure that both of their emiTags are cleared.

In speed the punching is performed by holding the emiTag 0-50 cm above the control for a short moment. The LED light in the emiTag will start flashing, and keeps flashing for 5 seconds after the punch.

NOTE! It is important to see this flashing, since this is the only feedback telling you that the punch is performed correctly!

Finish times are measured with help of loops in the ground so that you can pass the finish line at full speed.

Each runner will carry two emiTags around the same wrist. After the finish a competitor's punching record is combined from the two emiTags.

Video instructions for punching:

<https://www.youtube.com/watch?v=NK8wb5dOWYw>

<https://www.youtube.com/watch?v=Rh4isbvZUJY>

## GPS tracking

GPS tracking will be used in all competitions. If athlete is selected in GPS tracking they must take the GPS-device.

Competitors are allowed and encouraged to use their own GPS vests. If athlete does not have an own vest, they will receive one at the quarantine.

A charge of 40 EUR will be imposed per a missing vest.

## Team areas at the Arenas

There is one common team area on all the arenas. The organiser will provide tents for teams. It is not possible to set up own tents.

## Coaching

Coaches are allowed to go to the quarantine area. They are allowed to leave the quarantine area at any time but after leaving it is not possible to come back. There are coaching zones at the arenas when there is an arena passage in the competition. Only two accredited coaches per team are allowed in those coaching zones.

## Complaints

Complaints are made at the Event Office at the arena. The time limit for complaints will be announced by the speaker.

## 15. Training opportunities



HELSINKI - VIHTI  
8. – 11.6.2019

Four different forest training maps are available in the vicinity of Solvalla Sports Institute. One sprint training map is available, located in Ruoholahti, Helsinki.

More at: <http://helsinkiowcup.fi/training-possibilities/>

## 16. Embargoed areas



HELSINKI - VIHTI  
8. – 11.6.2019

Embargoed areas apply to all potential World Cup 2019 Round 1 competitors, team officials, and other persons who, through knowledge of the terrain, may influence the results of the competitions or may be in a position to give information to the team members. [The embargoed areas can be viewed here.](#)

Previous maps from the competition areas are available in the organiser's web page.

<http://helsinkiowcup.fi/old-maps/>

## 17. Competition areas and arenas



HELSINKI - VIHTI  
8. – 11.6.2019

### Middle and Long, chase start - Tervalampi

The Arena is located at: 60.326035, 24.425636. See [Map of embargoed areas](#). Competitors, team officials, and other persons who may be in a position to give information to the team members, are not allowed to visit the location of the arena at any time before Saturday 8th of June when the quarantine for Middle is closed. Arena Tervalampi is also closed from public on Saturday 8th of June after 17:00.

### Sprint Relay - Senaatintori

The Arena is located at: 60.169523, 24.952231. See [Map of embargoed areas](#). Competitors, team officials, and other persons who may be in a position to give information to the team members, are not allowed to visit the arena on the day of the event before the quarantine is closed.

## 18. Maps and courses



HELSINKI - VIHTI  
8. – 11.6.2019

Maps are drawn according to the International Specification for Orienteering Maps (ISOM 2017) and the International Specification for Sprint Orienteering Maps (ISSOM 2007). The same style of mapping has been used in official training maps as well as for model event maps and competition maps.

Controls may be guarded during the competitions. The officials may or may not be sitting close to the control locations. Radio and TV controls are not specified on the control descriptions. Any structures made for TV cameras are not drawn on the maps.

All control descriptions are printed on the maps. Separate control descriptions are available 4,5 minutes before start in the Middle distance competition. The maps will be handed out at the starts sealed in plastic bags.

The colour of taping for forbidden areas is red and yellow.

## 19. Model events



HELSINKI - VIHTI  
8. – 11.6.2019

Maps to both model events are handed out in the team material. There are control flags on the control points for Middle and Long distance model event. For Sprint Relay model event there are plastic tapes on the controls. Traffic is not closed during model event, be careful and follow traffic rules.

### **Model event for Middle and Long, Chase start**

Times: Thursday 6th June at 17:00-21:00 and Friday 7th June at 09:00-14:00

Map: Haukkalampi

Location of the parking area: 60.309742, 24.521010

Distance from Kisakallio to the parking is about 48 km or 45 minutes.

The model event for forest races is open at given time frame only. On Friday all team vehicles should leave the parking area by 14:00. Please respect the National Park's request about this.

### **Model event for Sprint Relay**

Time: Monday 10th June at 13:00-14:30

Map: Hietaniemi

Location of the parking area: Parking in the streets Hietaniemenkatu and Krematoriontie, 60.171833, 24.914073. Parking can be done elsewhere, always follow normal parking regulations.

The model event for Sprint Relay can be run during the weekend but there will not be control markers outside the given time frame.

### **Technical model event**

Time: Friday 7th June at 15:00-16:00

Location: Kisakallio Event Office

### Middle 8.6.2019 Arena Tervalampi

The start order is determined strictly by the standing of the IOF Orienteering World Ranking List as of 6th June 2019 (highest ranked start last).

The start interval is 90 seconds.

First starts are at 09:18:30 for women and 11:51:30 for men.

#### Courses and terrain

Map	Sex	Length	Climb (km)	Controls (m)	Winning time	Map scale	Contour interval	Control description size
Tervalampi	W	4.8	215	17	32 min	1: 10 000	5 m	132x48 mm
Tervalampi	M	5.9	290	20	34 min	1: 10 000	5 m	150x48 mm

Map size is A4. Maximum running time is 100 minutes.

All of the terrain is within Nuuksio National Park. Mainly coniferous spruce forest with open hilltops. Between hills are small swamps and bogs, with decreased runnability. Overall runnability varies from good to excellent. However there are some very rocky slopes with fallen trees that are slower. There are no areas of recently cleared forest. There is a fair amount of outdoor paths and roads, including some marked hiking routes. The terrain is undulating, but includes some steeper slopes. Altitude 40 – 110 m above sea level.

There are no refreshment points on the Middle distance course.

A spectator race will take place during the competition, but on different area.

#### Parking, quarantine and warm-up area

All the competitors will travel directly to the quarantine. It is not allowed to visit the arena or the embargoed area before the event. Team officials can drop athletes to quarantine and continue to arena parking, or stay at the quarantine and park team cars to team parking, located next to the quarantine (but not inside the quarantine!) at 60.328731, 24.408968. The walking distance from team parking to the arena is ~1,2 km.

The quarantine opens at 08:30 and closes at 09:20.

The quarantine consists of an old school building and its surroundings. There are toilets, drinking water, and limited indoor space available. In order to have their bags transported to the team zone at the arena, competitors must leave their bags at a designated area in the quarantine. It is not allowed to go back to the quarantine or pre-start to fetch bags or clothes before the day's event is over. Bibs and GPS vests are available in the quarantine.

It is not allowed to possess a map of the embargoed area at the quarantine. Also, per IOF rules, competitors and team officials are not allowed to use telecommunication devices within the quarantine.

### Pre-start

Competitors are allowed to move towards the pre-start 25 minutes before their start time. At the quarantine exit gate the GPS unit is placed in the GPS vest. Distance from quarantine to the start is 1,5 km. Coaches are allowed to go to the pre-start, but they may not go back to quarantine from there before the race is over. The jackets etc left at a designated area at the pre-start will be transported to the team zone.

At the start the call-up is 4,5 minutes before start time.

4,5 minutes before start the control descriptions are available.

3 minutes before start the competitor clears their emiTags.

1,5 minutes before start the competitor moves next to the map, which they shall take at their start time.

### Team area

The team area at the Arena is located north of the run-in. Bags from the quarantine and jackets from the start will be transported to the team area.

### Prize giving ceremony

The prize giving ceremony will be organised 15 minutes after the finish of the last starter, barring any protests. Please follow instructions from the speaker. The six best placed runners are kindly asked not to leave the arena before the prize giving ceremony.

## Long, chase start 9.6.2019 Arena Tervalampi

Start times will be determined by times in the Middle competition, with the following bonus seconds deducted according to placings in the Middle: 120-90-60-45-30-25-20-15-10-5 for places 1-2-3-4-5-6-7-8-9-10. Published times for the event will be the sum of the times from the Middle and Long, Chase start, minus any applicable bonus seconds. Placings will be determined by order across the finishing line for those who start in the true chasing start. Any runners more than 20 minutes behind the winner of the Middle distance after the bonus seconds have been deducted, will start from 20 minutes after the first start at 15-second intervals, in order of placings in the Middle; all such competitors will be ranked after those who started in the normal chasing start, and in order of their total time for the Middle and Chase start. Competitors who are not placed, or do not start, in the Middle may start in the Chase start after all other runners, but are not eligible for an official result.

First start is 10:10 for women and 11:25 for men.

### Courses and terrain

Map	Sex	Length (km)	Climb (m)	Controls time	Winning	Refresh ments	Map scale	Contour interval
Tervalampi	W	8.9	335	17	59 min	2	1: 10 000	5 m
Tervalampi	M	13.4	510	26	75 min	2	1: 10 000	5 m

Map sizes vary from max 44 cm x 33 cm to A3 and A4. Maximum running time is 150 minutes.

All of the terrain is within Nuuksio National Park. Mainly coniferous spruce forest with open hilltops. Between hills are small swamps and bogs, with decreased runnability. Overall runnability varies from good to excellent. However there are some very rocky slopes with fallen trees that are slower. There are no areas of recently cleared forest. There is a fair amount of outdoor paths and roads, including some marked hiking routes. The terrain is undulating, but includes some steeper slopes. Altitude 40 – 110 m above sea level.

A spectator race will take place during the competition, and the spectator courses will cross the World Cup courses.

### **Map change**

On the chase start, there is one map change for women and two for men. The map changes are at controls during the course. The athlete punches the control and leaves the old map to the organiser and thereafter picks up the new map from a bucket. The map buckets are marked for women "W21" and for men "M21". It is on the athlete's responsibility to make sure they take the correct map.

Men's 1st map change:

In the first map there will be marked:

- the last control of the first map

In the second map there will be:

- the last control of the first map, and the following controls numbered in the normal way.

Men's 2nd map change and women's map change:

In the first map there will be marked:

- the last control of the first map and
- the marked route to the starting point where the orienteering continues on the second map.

In the second map there will be:

- the new starting point, and the controls numbered in the normal way.

### **Parking, quarantine and warm-up area**

All competitors will travel directly to the quarantine. It is not allowed to visit the arena or the embargoed area before the event. Team officials can drop athletes to quarantine and continue to arena parking, or stay at the quarantine and park team cars to team parking, located next to the quarantine (but not inside the quarantine!) at 60.328731, 24.408968. The walking distance from team parking to the arena is ~1,2 km.

The quarantine opens at 08:45 and closes at 09:30.

The quarantine consists of an old school building and its surroundings. There are toilets, drinking water, and limited indoor space available. In order to have their bags transported to the team zone at the arena, competitors must leave their bags at a designated area in the quarantine. It is not allowed to go back to the quarantine or start to fetch bags or clothes before the day's event is over. Bibs and GPS vests are available upon arrival to quarantine. GPS units are put in the vest before athlete leaves the quarantine. See time-table below.

It is not allowed to possess a map of the embargoed area at the quarantine. Also, per IOF rules, competitors and team officials are not allowed to use telecommunication devices within the quarantine.

### **Pre-start**

Competitors are let out of the quarantine in three groups. First group includes everyone who starts 0-10 minutes behind the lead. Second group includes competitors starting 10-20 minutes behind the lead. Third group includes all remaining athletes.

For women, the groups leave the quarantine at 09:45, 09:55 and 10:05 respectively. For men the times are 11:00, 11:10 and 11:20. The competitors must stay with the group as they are escorted to the pre-start area. No competitors are let towards the pre-start area by themselves. The distance from quarantine to pre-start is about 1,4 km.

### GPS units

The GPS units will be delivered for the runners as follows:

Women: 1st group: 09:25-09:40 2nd group: 09:40-09:50 3rd group: 09:50-10:00

Men: 1st group: 10:40-10:55 2nd group: 10:55-11:05 3rd group: 11:05-11:15

### Start procedure, chasing start

In the chasing start, the runners are called in by bib number at the pre-start 5 minutes before their start time. The runner clears their emiTags after the call-in gate. After that there are two lanes in the pre-start; one for odd and one for even bibs. The runners form lines within the lanes based on their bib numbers and starting order. Start guard hands over the runner their map at the correct start time. A false start will lead to a disqualification.

### Team area

The team area at the Arena is located north of the run-in.

### Prize giving ceremony

The prize giving ceremony will be organised after the finish of the 10 best athletes. The six best placed runners are kindly asked not to leave the arena before the prize giving ceremony.

Please follow instructions from the speaker. The six best placed runners are kindly asked not to leave the arena before the prize giving ceremony.

## Sprint Relay

All Federations can start with a maximum of 4 teams. Each team consists of 4 team members of whom at least two must be women. Only the best placed team of each Federation will count for the World Cup result list.

Information concerning only the teams from mixed federations: Such teams are allowed and federations have to make an entry via e-mail ([owcup2019@helsinginsuunnistajat.fi](mailto:owcup2019@helsinginsuunnistajat.fi)) no later than May 29th with the names of their athletes. Then the organizers will make the line-ups for these teams. Payment has to be done by bank statement (€ 37,5 per leg) by May 31st at latest.

### Courses and terrain

Map	Sex	Leg	Length (km)	Climb (m)	Controls	Winning time	Map scale	Contour interval
Senaatintori	W	1 & 4	3.37-3.39	50	16	13 min	1: 4 000	2m
Senaatintori	M	2 & 3	3.70-3.73	50	18	13 min	1: 4 000	2 m

The Sprint Relay course lengths are given as the shortest possible route as specified by rule 16.3. There are no refreshment points. Map size is A4. Maximum running time is 75 minutes for a team.

There will be a map change in all legs. The two maps are on the same side of the same paper; first map on the left and second map on the right.

In the first map there will be marked:

- the last control of the first map and and
- the flagged route to the starting point where the orienteering continues on the second map.

In the second map there will be:

- the new starting point, and the controls numbered in the normal way.

The terrain is urban city centre with mainly old buildings and some parks. Approximately 90 % of the courses will be on hard surfaces. Altitude 0-30 m above sea level.

The car traffic will be strongly restricted and the public transport (trams, buses) completely shut down in the area used by competitors during the race. However, there will be tourists, pedestrians and cyclists moving in the area. Guards are located at all passages where the risk of collisions between runners, or runners and pedestrians or cyclists, are foreseen. However, the athlete has the responsibility to avoid collisions in all cases.

### **Parking, quarantine and warm-up area**

NOTE! The number bibs for Sprint Relay will be handed out at the Team Officials Meeting on Monday 10th of June 18:00 at the Kisakallio Sports Institute. If teams do not pick up the numbers at the Team Officials Meeting, the number bibs will be available at the Sprint Relay quarantine.

All the competitors will travel directly to the quarantine. It is not allowed to visit the arena or the embargoed area before the event. Team officials can go to the Senaatintori arena after the quarantine is closed, ie. 16:30. Team officials can follow athletes to quarantine and continue to arena, or stay at the quarantine. There will be no parking in the city! Travelling to the quarantine is by metro or train to either University of Helsinki Metro station (0,2 km to quarantine) or the Central Railway station (0,5 km to quarantine), and walk to the quarantine by given instructions.

The quarantine is located at Kaisaniemi school, 60.173217, 24.947899. The quarantine opens at 16:00 and closes at 16:30. When arriving to the quarantine the runners must check-in and show their bibs and emiTags. GPS vests and any remaining bibs are available at the quarantine. Warm-up is only allowed in the designated area. From the quarantine the distance to the arena is about 0,8 km.

The runners' bags will be transported to the team zone (arena). The runners or team officials must bring the bags into the transport vehicle 20 minutes before each leg's predicted start-time, at the latest. It is not allowed to go back to the quarantine to fetch bags or clothes before the relay is over.

### **GPS units**

The GPS units will be delivered for the runners at the quarantine as follows:

1st leg: 17:10-17:25 2nd leg: 17:25-17:40 3rd leg: 17:40-17:55 4th leg: 17:55-18:10

The runners are responsible for picking up the GPS unit in time.

### **Pre-start, leg one**

The athletes will gather in the SW corner of the quarantine at 17:35. They are lined up in 3 lines following the bib-numbers: 1-17, 18-34 and 35-52. At 17:40 a guard will guide the runners in the numerical order at jogging speed to the arena, where they stay at the warm-up area (ca 300 m<sup>2</sup>).

The maps, wrapped with tape or rubber band, will be given to the runners on arrival to the warm-up area in the arena. It is not allowed to open or try to open the map before the changeover. Breaking this rule leads to disqualification of the team. On arrival to the arena warm-up, the runners also clear their emiTags. The runners in the warm-up area will be called to the start area about 3 minutes before the start.

#### **Pre-start, legs two, three and four:**

The athletes of each leg will gather in the SW corner of the quarantine following this schedule: 2nd leg 17:50, 3rd leg 18:05, 4th leg 18:20. They are lined up in 3 lines following the bib-numbers: 1-17, 18-34 and 35-52. Fifteen minutes before the predicted changeover time a guard will guide the runners in the numerical order at jogging speed to the arena, where they stay at the warm-up area (ca 300 m<sup>2</sup>).

The maps, wrapped with tape or rubber band, will be given to the runners on arrival to the warm-up area in the arena. It is not allowed to open or try to open the map before the changeover. Breaking this rule leads to disqualification of the team. On arrival to the arena warm-up, the runners also clear their emiTags. The runners in the warm-up area will be called to the changeover when the first team has passed the prewarning about 3 minutes before the change-over.

#### **Mass-start**

The arena speaker will give a start sign. There is a marked route of 130m to the start point.

#### **Changeover**

The incoming runner passes the finish line and continues running ca 10 m further to the changeover barrier. The changeover is done by touching by hand.

The outgoing runner can open the map only after the changeover. There is a marked route of 50m to the start point marked with a control flag in the terrain.

#### **After the changeover**

The runner walks back to the emiTag-reading, where they give the used map to the organiser. EmiTags and GPS devices & vests are collected here as well. One or two athletes of each leg might be asked for a short interview before they can continue to the team zone.

#### **Additional race information**

Forbidden areas and objects: Some streets are marked with the forbidden area -symbol. Some artificial barriers are also built to avoid entering these areas, either with red-yellow-taping or fences. None of these objects and areas shall be trespassed during the race!

#### **Team zone**

Team zone is located at the arena. In the team zone there will be tents for cover. The bags from the quarantine will be transported to the team zone. The teams may not set up their own tents.

#### **Cool down area**

In the team zone the athletes will receive cool-down maps. It's forbidden to cool down outside this area until the relay is finished!

#### **Prize giving ceremony**

The aim is to organise the prize giving ceremony at 19:05, barring any protests. The six best placed teams are kindly asked not to leave the arena before the prize giving ceremony.

## 21. Entries



HELSINKI - VIHTI  
8. – 11.6.2019

### Entry summary

Federation	Men	Women	Team Officials	Total
Australia	5	3		8
Austria	5	5	2	12
Belarus	4	1		5
Canada	2	2		4
Czech Republic	7	6	3	16
Denmark	5	4	3	12
Estonia	8	6	2	16
Finland	14	13	5	32
France	8	6	3	17
Germany	7	6	2	15
Great Britain	6	5	3	14
Hungary	2	2	1	5
Ireland	2			2
Israel	4			4
Italy	6	6	1	13
Latvia	6	6	1	13
Lithuania	3	6	1	10
Moldova, Republic of	4	2		6
New Zealand	1	1		2
Norway	10	8	3	21
Poland	6	4	2	12
Portugal		1		1
Russian Federation	10	12	2	24
Spain	0	2	1	9
Sweden	8	9	4	21
Switzerland	9	8	4	21
Ukraine	6	4	1	11
United States	2	1	1	4
Sum	156	129	45	330

## 22. Spectator races



HELSINKI - VIHTI  
8. – 11.6.2019

Helsinki O-Games 2019 will be arranged this year as a spectator race of the Orienteering World Cup Round 1 (<http://helsinkiogames.fi>) on 8th and 9th of June in Vihti. There will be an open sprint orienteering event on the 11th of June in Helsinki