

Bulletin 2



Knock-Out Sprint Finnish Championships WRE

9.5.2024 Helsinki, Munkkiniemi-Munkkivuori

Organisers

Helsingin Suunnistajat

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Event information

Event office

Event office (competition info) works on the competition day and is located in the competition center. It will open at 7.00. Any other queries before competition day has to be sent in via email (Pauliina.lankinen@helsinginsuunnistajat.fi).

Competition Center

The competition center is located at Munkkiniemen ala-aste schoolyard, Tietokuja 1, Helsinki. There are no indoor facilities available for competitors. Competitors must arrive at the competition center according to the organizer's arrival instructions.

At the competition center, there is information, toilets, first-aid, orienteering equipment shops, and a café selling soup (vegetable puree soup), coffee, sandwiches, pastries, and sausages. There is no facility for setting up club tents.

There is no shower facility provided by the organizer.

Arrival and Parking

Separate arrival instructions to the competition center will be published by 12:00 on 7 May 2024. Parking costs €5. The parking ticket can be paid and collected from the competition information desk.

Transport

No transport is provided by the organisers

Rules

The competition will be held in accordance with Finnish Orienteering Federation rules, the separate instructions for the 2024 Finnish Championships and the instructions issued by the organisers. In the WRE series M/W21, the IOF competition rules will also apply.

Terrain and embargoed area

The terrain consists of apartment building areas as well as park areas and well-founded mixed forests in between. The terrain is fast with minimal elevation differences.

A competition embargo is registered in the FOF's map registry, on the competition website and in IOF eventor. According to section 18.132 of the competition rules, a full competition and training ban will be in effect from Thursday, April 25 onwards. After this, all movement in the area is prohibited with the following exceptions:

- Use of the Turku highway is permitted.
- Where the prohibited area borders on a road, the pavement on the side facing the prohibited area is considered part of the prohibited area. Driving a car or public transport and using the pavement on the opposite side is allowed.
- Arrival at the competition venue and movement on the competition day, May 9, is allowed in accordance with instructions provided specifically by the organizers. Arrival instructions will be published by Tuesday, May 7, at 12 PM.

The competition and training embargo applies to both athletes and their support personnel. The embargo is the same for both the WRE competition and the national competition and remains in effect until the end of the WRE competition. If movement within the area is necessary due to work, residence or study, please contact the competition director. Be cautious when moving around on the competition day! Any violation of the rules will result in disqualification.














Map

The map has been created by Atte Lahtinen and it has been updated throughout April 2024. The map is in accordance with the latest version of the ISSPrOM 2019-2 mapping standard, and, for

instance, includes the new symbol 533 *Area with obstacles* in several locations. The competition maps have been printed in 5/2024. The scale is 1:4000 for all categories and stages of the WRE competition. All maps are A4 in size and come in a plastic cover. The contour interval is 2 meters.

Forbidden areas

Forbidden objects on the map

-  Impassable cliff
-  Uncrossable water
-  Uncrossable marsh
-  Uncrossable vegetation, bushes
-  Entrance to a bridge or tunnel (the map symbol can only be passed under)
-  Uncrossable wall
-  Uncrossable fence or railing
-  Forbidden area
-  Building
-  Uncrossable line feature
-  No crossing
-  Out-of-bounds area
-  Temporary construction or closed area

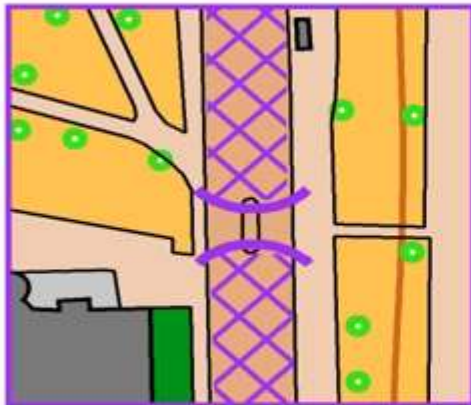
Normal forbidden features for sprint orienteering, see image. Many hedges are trimmed low in the spring, and these locations are emphasized in the terrain with red-yellow plastic tape. Likewise, other forbidden features as needed are reinforced in the terrain with the same tape. Forbidden areas marked on the map with a purple hatched pattern are demarcated in the terrain with red-yellow plastic tape, at the very least at the points where the edge of the area is continuous. Forbidden areas and forbidden features specific to sprint orienteering are monitored, and any infractions will result in the disqualification of the competitor.

Forbidden Roads / Crossing Points

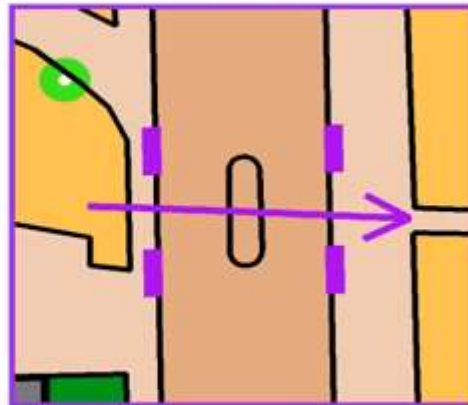
The most heavily trafficked roads have been marked as forbidden areas on the competition maps. Using the sidewalk is allowed. In the competition, there are a few controlled crossing points. The permitted crossing point is marked in the terrain with white-red plastic construction fences as shown in the picture. Competitors must pass between these fences at both ends of the crossing point. The crossing points are monitored, and any shortcuts taken will result in disqualification.



Marking on the map



Access in the terrain



■ = fence

Artificial Fences

There are some so-called course-technical fences in the terrain. The following rules apply to them:

- Fences marked on the map with a thick purple line are indicated in the terrain with red-yellow plastic tape. If possible, these are highlighted on the map with the forbidden area hatch pattern.
- Artificial fences denoted with the black fence symbol on the map are either metal crowd-control barriers or white and red plastic fences in the terrain.
- If a fence is present on the map for only some stages of the competition, it is marked with a thick purple line. This means if there is a change in the terrain, it is always indicated with the color purple.
- If a fence remains the same through all stages of the competition, its notation on the map might be either the black fence symbol or a thick purple line, depending on the case.

Control descriptions

Loose control descriptions are available in the start for the qualification races and the B-finals. See the section on starting procedures. In the heats, control descriptions are only on the map. No

fastening materials are provided for control descriptions. Control descriptions are also printed on all the maps. The maximum size of the descriptions is 160x50 mm.

Punching Systems

In the qualification and B-finals of the National Championship (WRE) as well as in both stages of the national competition, the standard Emit punching system is used. In the heat stages of the National Championship (WRE), the emiTag punching system is used.

Emit Card Checking

The functionality of the Emit card can be tested in the competition center. Competitors are responsible for the functionality of their Emit card and ensuring that they use the competition card reported to the organizers in the start list. The organizer does not verify the correctness of the competition card before the start. If a competitor uses an Emit card other than the one reported to the organizers, the performance will be disqualified (Competition Rules 11.518). Changes should be reported to the information desk on the morning of the competition. A fee of 3 € will be charged for changes. Emit verification slips are available at the starts.

Allowed Emit Cards

According to the rules of the Finnish Orienteering Federation (FOF), only the use of Emit cards in their original condition is permitted. The use of an opened card will lead to disqualification. Do not use cards whose battery has been changed!

Emit Rental Cards

For those participants who registered without providing an Emit number, the organizer has reserved rental cards. The cards can be picked up from the information desk located in the competition center, with a rental fee of 5 €. For any rental card not returned, a fee of 80 € will be charged.

EmiTags

The organizer has provided two emiTags for every participant who qualifies for the initial rounds of the National Championship. They will be distributed at the starting threshold for the preliminary rounds. The emiTags must be attached to the same wrist in such a way that the one with the smaller number is closer to the fingers. A fee of 110 € will be charged for each unreturned emiTag. The functionality of the emiTag can be tested with the punching device located at the starting threshold for the initial rounds. This is also when you can see how it indicates a successful punch by flashing. The clearing of the emiTag will be done at the start location.

Punching with emiTag

Run past the control and at the same time bring the emiTag **over the top** of the punching unit (within 50 cm). Passing the emiTag by the side of the punching device does not necessarily result in a successful punch. Remember to check that the emiTag's LED flashes after punching (for 5

seconds). Each control has one punching unit (TFTP). Do not touch the punching unit with your emiTag. Additional instructions for using the emiTag can be found on Emit's webpage.

Controls

The controls have control flags, and either Emit or emiTag punchers. Note! **Some of the controls used in the heats will also be used in the afternoon's national competition and B-finals. These controls will have both a standard Emit puncher and an emiTag puncher on the same stand. If you have a standard Emit card, then you must punch with the standard Emit puncher!**

A model control is available for viewing near the guidepost, where there is also Emit testing.

Classes and Distances

The classes, distances, and the number of controls are provided in a separate table on the competition page. [A link to this information can be found here.](#)

Bib Numbers

Bib numbers are used in all classes. The bib numbers for the qualification and heats of the National Championship (WRE) categories are located near the gate of the starting threshold area. It is the competitor's responsibility to collect and attach their own bib number. Bib numbers will be removed from the starting threshold area after it closes (qualification at 9:15 a.m. and heats at 12:00 p.m.). Bring your own safety pins. The bib number must not be folded. Those who progress to the knockout phase will receive new bib numbers from the starting threshold area for the heats. In the World Ranking Event (WRE) classes, bib vests are used during the knockout phases. In the knockout phase, the same number is used all the way to the final. In the B-finals, the competition number from the qualification is used.

Start Thresholds

National Championship Qualification (WRE)

The start threshold for the National Championship (WRE) qualification opens at 8:45 a.m. and closes at 9:15 a.m. The distance from the competition center to the starting threshold is 1200 m (from the parking area to the starting threshold is 300–400 m). The starting threshold area has a good, defined, and supervised warm-up area and toilets. There are toilets in the competition center – please use the toilets before heading to the starting threshold. There is no covered or warm area at the starting threshold. There is a gear transport service from the starting threshold to the competition center. The start for the qualification is on the edge of the starting threshold area. The first start is at 9:15 a.m.

Quarter-Finals

The start threshold for the quarter finals opens at 11:25 a.m. and closes at 11:55 a.m. The distance from the competition center to the starting threshold is 600 m. The starting threshold has indoor facilities, and there is a gear transport service to the competition center. The distance from the starting threshold for the quarter-finals to the start location is 1000 m. At the edge of the starting threshold area for the heats, there is a so-called pre-start area. **From the pre-start, competitors are**

released towards the start in starting groups 15 minutes before their own start time. Do not deviate from the marked path.

Semi-Finals

The start threshold for the semi-finals opens at 2:20 p.m. and closes at 3:15 p.m. The starting threshold for the semi-finals is the same as for the heats. The distance from the starting threshold to the start is 600 m. At the edge of the starting threshold area, there is a pre-start area where GPS devices are distributed to athletes in the M/W21 categories. From the pre-start, competitors are released towards the start in starting groups 10 minutes before their own start time. An official will escort competitors along the final section of the route to the start.

Final

The start threshold for the final opens at 4:50 p.m. and closes at 5:15 p.m. The start threshold for the final is located indoors within the competition center. Additionally, there is a small warm-up area outside. The distance from the starting threshold to the start is less than 100 m. Competitors will be escorted to the start by an official 5 minutes before their start time.

General Information about Start Thresholds

It is not permitted to carry a phone or any other communication devices (e.g., tablets) at the start threshold, even if they are switched off. No maps of the area, including maps from previous stages, are allowed at the starting threshold. Coaches and support staff are not granted access to the starting threshold. Access to the start threshold is not possible after the closing time, and competitors can only leave to go to the start. Competitors who miss the closure of the start threshold will be disqualified from the competition.

Gear Transport

A gear transport service to the competition center is arranged from the starting thresholds (qualification, heats, semi-finals, and final) (see location on the map of the competition center). Competitors must leave their gear for transportation in their own labeled bag or backpack.

Starts

Numbering of Starts

Start	Explanation
Start 1	National Championship (WRE) qualification start. The starting place is on the edge of the starting threshold area, a distance of 1200 m from the competition center.
Start 2	Helsinki O-Games sprint in the morning. Distance from the competition center is 1100 m.
Start 3	National Championship (WRE) quarter finals start, 1000 m from the starting threshold.
Start 4	Helsinki O-Games sprint in the afternoon as well as B-finals. Distance from the competition center is 200 m.

Start 5 National Championship (WRE) semi-finals and finals. The start is located within the competition center.

There is signage to Starts 1 and 2 from the car parking as well.

Operation at the Start (National Championship Qualification (WRE) and B-finals)

- 4 min, competitors are called into the starting grid. Loose control descriptions available, no attachment materials provided.
- 3 min, Emit check-in (clear and check).
- 2 min, in the H/D10, H/D12, and H/D14 categories, a sample map is available for viewing.
- 1 min, map stands where the competitor waits for the final minute.
- The map can be taken at the moment of starting. It is the competitor's responsibility to take the correct map.

There is a consistent marked route to the start point ("K-point") in all categories.

Operation at the Start (National Championship Quarter-Finals, Semi-Finals, and Final)

Officials call competitors to clear their emiTag four minutes before starting. Two minutes before the start, competitors are directed to their respective grids. If a "runner's choice" forking is in use, one minute before the start they will hear the command "maps". At this point, an official will lift the cover from the choice maps. The choice map is attached to a base and cannot be held in hand. There is a 20-second period for viewing. Then, the command "time" is given and the official places the cover back over the map. The competitor then moves to stand beside the map corresponding to the chosen option. The cover has letters A, B, and C indicating the map locations, and the map itself displays the category information (see section Marking of course information on competition maps). The map can be touched before the start, but it can only be taken at the exact start time.



Photo taken during practice showing the direction of start - the competitor is starting towards the photographer.

Forking

In the National Championship races, forking may be used during the heat stages. It could be a diamond loop (or similar) or a runner's choice. Forking might not be implemented for all categories and at all stages of the heats.

In a runner's choice forking, competitors have 20 seconds in the starting grid to choose from three options labeled A, B, and C (see operation at the start). These options become visible 1 minute before the heat's start time. The choice is made based on three map segments which show only the part of the course with forking. The map segments are on the same piece of paper. At the start moment, the competitor takes the competition map corresponding to their choice.

Marking of Course Information on Competition Maps

During the heat stages, the competition maps are marked with the series information, indicating the phase of the day (QF = quarter-finals, SF = semi-finals, and Final), the category identifier, and when using forking procedures, the forking identifier (A/B/C). The markings follow this logic:

- QF M21 A = Quarter-final M21 with runner's choice forking A
- SF D18 B = Semi-final D18 with runner's choice forking B

- Final W21 = Final for W21
- etc.

If a forking procedure is not used in a particular phase of the competition, or if a diamond loop or similar forking is used, there will be no marker following the category identifier. If multiple categories share the same course, the map will display markings for both categories.

The competitor is responsible for taking the correct map at the start location. The competitor can verify the category identifier before the start moment.

Start Lists National Championship (WRE)

Qualification and National

Start lists for the National Championship qualification are prepared according to the Orienteering Federation of Finland's competition rules and the specific guidelines for the National Championships. For the World Ranking Event (WRE) competitions, the world rankings are used as the basis. Start lists can be found on the competition pages as soon as they are published. [Link to start lists](#)

National Championship Quarter-Finals and B-finals

The top 36 competitors from the qualification proceed to the quarter-finals, which is 12 best competitors from each qualification group. They are allocated to the quarter-finals according to the following table, which complies with the IOF's competition rules. For example, 1H3 indicates the winner from qualifying heat 3, 4H1 indicates the person who finished fourth in qualifying heat 1, etc.

QF1	QF2	QF3	QF4	QF5	QF6
1H3	2H2	1H1	2H3	1H2	2H1
4H1	3H3	4H2	3H1	4H3	3H2
5H2	6H1	5H3	6H2	5H1	6H3
8H3	7H2	8H1	7H3	8H2	7H1
9H1	10H3	9H2	10H1	9H3	10H2
12H2	11H1	12H3	11H2	12H1	11H3

If two or more competitors achieve the same time in a qualification race, the competitor with the higher points from the ranking used in the preparation of the start list for the competition gets the better placement in the qualification race. If the ranking points are equal, the placement is drawn by lot. A tie in qualification does not change the maximum number of competitors advancing to the heat phase, which is 36 competitors. For example, if there are two competitors in 12th place, only one of them will advance. All other competitors are placed in the B-final (including those who were disqualified, withdrew, or did not start). The starting order for the B-final is determined based on the qualification. The start lists for the heats and the B-finals will be published at the competition center and on the competition's website as soon as they are ready.

National Championship Semi-Finals

The top three (3) competitors from each heat advance to the semi-finals. Semi-final 1 will include the top three competitors from heats 1 and 2. Semi-final 2 will include the top three competitors from heats 3 and 4. Semi-final 3 will include the top three competitors from heats 5 and 6. The start lists for the semi-finals will be published as soon as they are ready.

National Championship Finals

The top two competitors from each semi-final advance to the finals. The start lists for the finals will be published as soon as they are ready.

Timetable

Qualifications

9:15 The starting threshold closes
9:15 First starts of the qualification
10:00 Last starts of the qualification

Quarter Finals

11:55	Starting treshold closes	
13:15	M21 QF1	
13:20	M21 QF2	
13:25	M21 QF3	
13:30	M21 QF4	
13:35	M21 QF5	
13:40	M21 QF6	
13:45	W21 QF1	
13:50	W21 QF2	
13:55	W21 QF3	
14:00	W21 QF4	
14:05	W21 QF5	
14:10	W21 QF6	

Semi-Finals

15:15	Starting treshold closes	
16:00	M21 SF1	

16:12	M21 SF2
16:24	M21 SF3
16:36	W21 SF1
16:48	W21 SF2
17:00	W21 SF3

Finals

17:15	Starting treshold closes
17:28	M21 F
17:40	W21 F

B-finals

The first starts at 14:15, no starting threshold.

Finish

In qualification and B-finals, finish punch is used, after which competitors immediately proceed to checking. Any discrepancies are handled at the protest desk near the punch checking. In the National Championship (WRE) heat phases, competitors run through the finish line, and if necessary, a finish judge will decide the positioning. The placement is determined by the chest crossing the finish line; swinging an arm does not count. Times are automatically entered into the online results based on the emiTags. Placements and times can be adjusted, if necessary, following the decision of the finish judge.

Upon arriving at the finish, the competitor gives their lower-numbered emiTag to an official. It is read into the system. If there are any problems with the punches on that emiTag, the competitor is directed to the protest desk. There, both emiTags are read to check if the missing punches can be found in the other emiTag. If the correct punches are not found, the competitor is disqualified.

Competitors are also directed to the protest desk if field controllers have observed them entering a forbidden area or crossing a forbidden feature. After discussion, the competition management may disqualify the competitor. If a potential rule violation occurs near the end of the course and the information does not reach the protest desk before punch checking, the competitor can be called back from the finish quarantine to the protest desk.

For the national competition, the morning finish closes at 11:45 and the afternoon finish at 15:30.

Finish Quarantine

In the quarter-finals and semi-finals, after reading the emiTag, competitors who have finished are held in a designated area near the finish line. Competitors must stay in this area until the results of that round have been confirmed. The results will be brought to the finish quarantine on paper.

When leaving the finish quarantine, emiTags and GPS devices are collected from competitors who did not advance.

Instructions for Those Who Withdraw

Competitors who withdraw must report to the finish.

Collecting Maps

Maps from the morning's qualification can be kept.

Maps from the afternoon competitions, quarter-finals and semi-finals are collected at the finish.

Maps will be returned when the starting threshold for the final closes at 17:15.

Please remember that maps must not be taken to the starting threshold and must not be shown to competitors who have not yet started.

Warm-up Areas

After the competition performance, warming up is allowed between the parking area and competition center with designated signage and outside the competition and embargoed area.

After the quarter-finals, warming up towards the starting threshold is only allowed once the semi-final starting threshold has opened.

GPS Tracking

GPS tracking is used in the M21 and W21 categories as part of the ISTV broadcast. Tracking is for these categories' semi-finals and finals. Tracking devices are distributed at the semi-final pre-start, where the device is placed in the pocket of the number bib. Devices are collected from those not advancing immediately after the semi-final. From those advancing to the final, devices are collected only after the final.

Complaints

National Championship (WRE)

The National Championship uses the procedure according to Annex F of the competition rules. A competitor or their support person must notify a judge of any infringement no later than 5 minutes after the publication of the results of the round. The complaint may be given verbally but must be confirmed in writing shortly after the verbal notification. There is no fee for an complaint. The judge is located near the protest desk. The judge will make a decision as quickly as possible and immediately inform the parties involved. There can be no objections to the judge's decision. Any subsequent appeals after the competition must be made according to section 6.7 of the competition rules.

Shoes

The basic recommendation is to wear running shoes, but in wet conditions, it's advised to consider shoes with a stronger sole pattern. Spikes and studded orienteering shoes are forbidden, and their use will result in disqualification.

Photography and Videography

Part of the competition will be televised. Photographers and recording equipment in the terrain and competition center will capture the event and atmosphere of the race. Images from the competition may be published on the competition website.

Good luck in the competition day!