



INTERNATIONAL FINNSPRING 5.-6.5.2007 Lieto, Finland 2007

Competition PM

The Finnish Orienteering Federation rules apply as well as the following information from the organizer.

INDIVIDUAL COMPETITION 5.5.2007

Map

In six colours, printed 04/2007, **scale 1:10 000, contour 2,5 m**. Map size A3, A4 or A5 depends on classes. The map is in plastic cover. The model map is shown in start areas. The competitor can keep the map at the Finish. However, the competitor is not allowed to show the map to any other competitor who has not started.

Terrain

The terrain consists of varying rocky parts divided with hollows, which is typical in South West Finland. It is possible to run fast in most parts of the terrain. There are a lot of paths in the terrain. The slopes and difference in altitude issue a challenge to the most demanding courses.

Prohibited areas

Cultivated fields (marked with usual yellow with black points) and private land (marked in usual dark olive green colour) are prohibited to cross. The longest courses go around a field which is also marked as prohibited area on the map. Crossing a prohibited area leads to disqualification. Fields that are not marked as prohibited areas can be crossed. The competition area is only allowed to enter by a competitor during his/ her competition.

Controls, punching system, emit card

A model control is shown by the information pole. Emit –system is used. Only correctly working emit card can be accepted at the start. Check your emit card at the model control. You can rent a new emit card at the info, if needed.

Water stations and first aid

are marked on the map. At the competition centre you will find a first aid, too.

Start and starting lists

First start is at 12.00. Guidance to the starts is from the information pole. A good path/road all the way to the starts. Starting lists are shown at the result board as well as at the start. Start 1: 2,6 km (green), start 2: 2,0 km (yellow) and start 3: 1,0 km (red).

Number bibs, emit –control cards and control descriptions

can be obtained at the start. **There is no material for attaching the control descriptions.** You are not allowed to fold the number bib. Elite classes use yellow number bibs.

Start information

The competitor is called to the start area five minutes before his starting time. Four minutes before the starting time the emit number is checked. Three minutes before the starting time the emit card is cleared. The competition map is shown two minutes before the starting time. A minute before the starting time the competitor can enter the starting area where he/she takes the map at the starting time. Starting point is marked with a control and there is guidance to the starting point if needed.

Start 3, additional information

M and W 12,13 and 14:

The competitor is called to the starting area five minutes before the starting time and he/she can study a model map which is correctly directed. A starting point is marked on this map. Four minutes before the starting time the emit number is checked. Three minutes before the starting time the emit card is cleared. Again, a correctly directed map is shown two minutes before the starting time. One minute before the starting time the competitor can go to the start point, where he/she can take the map and study the course.

M and W 12 TR and 10 RR

The competitor is called to the starting area five minutes before the starting time and he/she can study a model map which is correctly directed, with the course printed on the map. Four minutes before the starting time the emit number is checked. Three minutes before the starting time the emit card is cleared. Two minutes before the starting time the competitor gets the map and if the competitor wants, some advise (map directed correctly, starting point on the map, model control, guidance). One minute before the starting time the competitor can go the the start point. Both RR ant TR courses are marked with white tape.

Public control

All Elite classes pass a public control at the competition centre.

Finish

A guidance from the last control to the Finish, where the last emit punching is made. After passing the Finish the competitor goes to emit reading point. The Finish is closed at 16.30 on Saturday.

Competitors not completing their course

have to visit the check –out at the Finish or otherwise inform the Finish.

Classes, lengths of courses and number of controls

Start 1 (2,6 km, green)

Classes	km	Number of controls
M21E	14,5	34
M20E	10,3	21
M18E	8,3	21
W21E	9,4	21
W20E	7,4	17
W18E	5,8	17
M21A1	10,6	24

M21A2 10,6 22

Start 2 (2,0 km, yellow)

Classes	km	Controls
M21AL1	7,8	16
M21AL2	7,7	16
M21B	6,9	14
M21C	3,8	9
M35A	9,7	19
M35AL	6,6	15
M40A	8,0	17
M40AL	5,9	13
M45A	7,5	14
M45AL	5,5	11
M50A1	6,5	13
M50A2	6,7	13
M50AL	4,6	11
M55A1	6,1	13
M55A2	6,1	13
M55AL	4,2	11
M60A1	5,6	12
M60A2	5,5	14
M60AL	3,7	9
M65A1	4,5	12
M65A2	4,5	13
M70	4,0	10
M75	3,5	10
M80	2,8	8
M85	2,4	7
M90	2,1	6
M20A	7,4	13
M18A	6,6	12
M16A	6,3	12
M16B	3,8	9
M15	5,4	12
W21A	7,3	14
W21AL1	4,5	10
W21AL2	4,7	11
W21B	4,1	9
W21C	3,5	10
W35A	5,8	13
W35B	3,6	8
W40A	5,1	12
W40B	3,6	8
W45A	4,7	12
W45B	3,4	9
W50A	4,5	11
W50B	3,4	9
W55	4,0	10
W60	3,9	11
W65	3,5	10

W70	2,8	8
W75	2,4	7
W80	2,1	6
W20A	5,2	14
W18A	4,5	10
W16A	4,1	11
W16B	3,5	10
W15	3,3	7

Start 3 (1,0 km, red)

Classes	Km	Controls
M14	3,6	11
M13	2,7	9
M12	2,3	8
M12TR	2,1	6
M10RR	2,7	6
W14	3,3	12
W13	2,4	8
W12	2,2	9
W12TR	2,1	6
W10RR	2,7	6

Fitness orienteering

On Saturday and on Sunday. Courses 3 km and 5 km. You can buy a map at the info, 7 €. Start and Finish near the competition centre. New courses on both days. There is a possibility to get the split times at the information.

RELAY

VIESTI JA VIESTILIIGA 6.5.2007

Map

Printed map 04/2007, 6-colours, contour 5 m, scale 1:10 000. The map is in plastic cover. Control descriptions are printed on the map. On the reverse side of the map the team number and number of the leg is marked. Check that you get the right map. A reserve map can be obtained from the organiser. A model map is shown at the starting area.

Terrain

Terrain is the same as on Saturday.

Team composition

has to be informed to the entry service by 19 hours on Saturday or to the information when it is open on Saturday. There are points at the competition centre where you can type in your team composition. After 19.00 are changes are charged 10€/team

Competition material

The number bibs and emit control cards can be obtained at the info on Saturday after 14 hours. **No new safety pins to attaché the bibs will be distributed.** The runner in the first leg uses blue number, second leg runner uses red and M21A –class third leg runner uses green number. In all classes the last legs runner uses black number with a yellow background.

Start and exchange

Start and change area will be opened at 9.45. Emit card and number bib are checked at the entering point. One emit card can be used in only one leg. After checking the emit card you will have to clear the emit card. When coming to the finish, you need to punch your card on the finish line. After handing over the map to the next runner, you have to go to the check-out. If you have rented the emit card, you should return it to the info. For not returning the rented emit card you will be charged 50 €. In all classes no spikes are allowed in the first leg.

M/W10 – 12 extra information

In M/W10 -12 class there should be at least one girl in the team. All team members can be 12 years old (birth year 1995 or later). Two first legs are RR and the last leg is TR. There are no split controls on the courses

M/W14 extra information

M/W14 class there should be at least one girl the team. There are no split controls on the courses.

M /W 120, 150 and 180 extra information.

The total age of the runners in the teams have to be minimum 120, 150 or 180 years.

Restart

If necessary, there will be a restart in the class M21A . The normal exchange will be closed 10 minutes prior the restart. This will be announced by the speaker. Also disqualified and teams that have not finished a leg may participate in the restart.

Finish

When approaching the finish, make sure to enter the right run-in line. The finishing order is determined at the finish line. You have to punch the finish control after the finish line. The finish is closed at 15.30.

Return of the maps

Maps are returned after the restart.

Classes, course lengths and start times

Class	km	Start time
M21A	7,5-7,8	10.30
M21AL	4,5-4,6	10.30
W120	3,4-3,5	10.30
M180	3,4-3,5	10.40
W150	3,0-3,1	10.40
W180	2,5-2,6	10.40
M/W14	2,2	10.40
M/W21C	4,0-4,1	10.40
M15-18	4,9-5,0	10.50
W15-18	3,8-3,9	10.50
M120	5,6-5,8	10.50
M150	4,4-4,5	10.50

W21A	4,6-4,8	11.00
W21AL	3,9	11.00
M/W10-12	2,6	11.00

Public control, intermediate times and GPS-online

Classes M21A and W21A passes a public control at the competition center. There is an online GPS tracking at M21A 2. and 4. legs. You can follow chosen runners at a screen. Chosen runners will be announced prior the start of the legs..

Functions at the competition center

Results

Are shown at the competition center. The results are also available at www.liepa.fi after the competition.

Prize ceremonies

Will be held according to speakers announcements. Some prizes are given at the podium and some must be collected from the prize tent. Information about prizes per class is available at the result board as also which classes get the prizes at the podium. All runners in M- and D10RR get prizes..

Toilets

Toilets are located in the competition center. On Saturday there also are toilets close to the starts.

Showers

In the competition center with warm water.

Child care

There is child care (Muksula) arranged in the competition center.

First aid

In the competition center and in the terrain at locations marked it the map.

Parking

There is a nonstop bus transport from the parking to the competition center and back. On Saturday the transport starts at 9.30 and on Sunday at 8.00. The transport lasts 20-45 minutes. Please reserve enough time. The transport is free of charge.

Competition Management

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Head of Jury
Memeber of Jury
Memeber of Jury

Timo Grönroos
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