

LAPIN LUMIRASTIT 2013 COMPETITION INSTRUCTIONS

Program

Sprint on Friday 29.3 Kallinkangas starting at 15 o'clock

Finnish Championships ultra-long distance on Saturday 30.3 Puuluoto at 10 o'clock

Middle distance on Sunday 31.3 Puuluoto at 10 o'clock (Note! Summertime)

Competition Organization:

FOF's technical advisor: Unto Kanerva
Course supervisors: Ilkka Kotala OH, Kallinkangas
Jorma Pietiläinen LänRa, Puuluoto
Jury: Kimmo Määttä OH, president
Ulla Silventoinen SalRe, member
Juha Similä SK Vuoksi, member
Competition leaders: Susanna Sandberg, Keminmaa, p. 040 7705223
Tapani Heikkuri, Tornio, p. 0400 585727

Courses and tracks:

Keminmaa: Velu Sipola, head course setter
Erkki Alakuijala, Pekka Alavahtola
Tornio: Tero Taulavuori, head course setter, FC-ultra-long
Lauri Mustonen, head course setter, final middle distance
Pekka Aho, Marcus Lahtinen

Rules

Competitions follow the ski orienteering rules of Finnish Orienteering Federation, ski orienteering Finnish Championships extra instructions 2013 and the instructions given by technical advisor and the organizers.

Competition center and terrain

Kallinkangas ski center. Competition terrain is partly open rock-formed terrain and partly thick forest. The lowest and highest point difference is 45m.

Puuluoto ski center. Competition terrain has pine and boreal forest, thick bushes and icy water areas. Terrain is located near residences so extra tracks can be present. Height difference is maximum at 20m.

Info

Info will be open at 13 o'clock in Kallinkangas and at 8 o'clock in Puuluoto on both competition days. Info is also the tear wall.

Competition material and bibs

Info serves and gives for example the rented EmiTags. Bibs and safety pins are outside in front of the main building. **Lapin Lumirastit 2013 participation award is attached to the bids.**

The same bib will be used in all competitions of Lapin Lumirastit. The bib will be attached visibly to left leg on Friday and to right leg on Saturday and Sunday. The bib should not be folded in any way.

Map

Kallinkangas: A4-sized printed map. Old map can be seen on the bulletin board. The old map can be seen until the first start occurs. Sprint map has a scale of 1:5 000 and contour interval 5 m.

Notice! The forbidden areas are downhill ski slope and the sled hill. Forbidden areas also include the road leading to Kallinkangas and other main roads and bicycling roads. Also roads leading to uphill cottage of Kallinkangas and the parking lot of the cottage are forbidden areas. Watch the map on the competition center!

Puuluoto: Ski orienteering map 03/2013, printed. Contour interval 2,5 m. The scale of the map is 1:15 000 (except classes H/D12-14 and D75, D80, H85 have scale 1:10 000) on Saturday's ultra-long distance and 1:10 000 on Sunday's middle distance. The size of the map on both days is A4.

Notice! Forbidden area starts directly near competition center. Watch the map on the competition center!

Orienteering Tracks

Kallinkangas: Orienteering tracks are total of 25,3 km. Snowmobile tracks are total of 11,0 km, narrow free style skiing tracks are total of 0,9 km, wide free style skiing tracks are total of 13,8 km, skiable driving road are total of 0,1 km and snow mobile driving tracks are total of 0,5 km.

At the east side of the map goes a wide power line area, which has hobbyists' snow mobile tracks. These tracks are not printed on the map. There are small paths coming from the nearby residence area and these are not either in the map. The snow mobile tracks made by organizers have been done using leveling drag. The competition area has also snow shoe walker tracks, which are not in the map.

Puuluoto: The total track length of Puuluoto is 99 km. Also there are some snow mobile tracks. Narrow freestyle skiing tracks in open areas, like sea, open marshes and fields are marked as consistent green and they have been done using leveling drag. The total length of snow mobile made skiing tracks is 52 km, narrow free-style skiing tracks 22 km, wide free-style skiing tracks 10 km and skiable roads 14 km. Also there is one kilometer snow mobile track, which you have to take particular care when skiing.

Notice!

Competition areas are popular outdoor recreational areas where people move freely and ski. Beware also of snow mobilists driving in the forest and on the water areas. Orienteers participate on their own risk.

Starts

Phases of the start: 4 minutes before start is the checking of bib, 3 minutes before start is the emptying of EmiTagin, 2 minutes before start is the model map visible and 1 minute before start the competitor can take the competition map. The competitor is responsible by self for taking the correct map. The line marked to the K-point needs to be followed.

Kallinkangas: All classes will have the same starting place at 300 meters distance from the competition center. There will be blue flagging to the start. Watch the map in the competition center. The first start of sprint is at 15.00 o'clock.

Puuluoto: The first start on Saturday and Sunday is at 10.00 o'clock. There is 600 meters to start from competition center and the start will be the same on both competitions. **The will be blue flagging to the start. On Sunday the competitor having the best scores will start last in his/her class.**

Saturday's mass start classes H/D16-H/D21 start is in the competition center. **Classes H21, D21 and H20 will start at 12 o'clock and classes D20, H18, D18, H16 and D16 at 12.15. On Sunday the best scores from two first days give the last starting time except classes H/D12, H/D14 and H/D21C.** K-point is the same for all on both days.

Phases of the mass start: 5 minutes before the start gathering to the start lines according to the competition number. Emptying of the EmiTag starts 4 min before the start. Maps are given to the competitors 2 min before on the map holder bottom side up. Maps are allowed to turn around 1 min before the start and this moment as well as start is given by field alert. **Skating is prohibited until the end of the classic ski tracks.**

Map exchange

Map exchange is only in Saturday's ultra-long distance Finnish Championships in the specifically informed classes. The number of map exchanges is listed in Classes and Race Lengths list. **Mass start classes having a map exchange have maps according to the bid number of competitor and the new map has control numbers starting from No. 1. In classes H35 and H40 the maps are in boxes/buckets. In classes D35, H45, H50 and H55 the map change is made by turning the map around.** Some classes have map exchange control point near competition center and **these classes are mentioned in the Classes and Race Lengths list** for bringing own drinks and spare gears on the map exchange.

Control Points and Punching

Control points are mainly skiable through. Some control points have been put on the side of the track. Cord above the control point has the control point identifier number, control point flag and the punching unit, look at the model control point. Notice that you do not need to touch the control point to get the stamp from the control. With EmiTag-punching you need to empty the card in the start and when coming to control point do not hit the control point, it is enough just to pass EmiTag near the control point flag to get the stamp. For a qualified control point punching you will see a light flashing in your EmiTag for 10 seconds.

In the finish there is no punching, because time will be registered when crossing the finish line. EmiTag needs to be read directly after you come to the finish. **Maps are collected in Puuluoto on Saturday until 12.15 and on Sunday until 11.30.**

The finish will be closed on Friday at 18.00 o'clock, on Saturday at 16.30 o'clock and on Sunday at 14.00 o'clock.

The competitor is responsible by self to make sure that EmiTag works and that the correct EmiTag is being used printed in the starting list. The competitor organizers will not check the correctness of the EmiTag number before start. If the competitor uses some other EmiTag than what has been informed then the race result of the competitor will be disqualified (ski orienteering rule 11.518). Disqualifications are not done in H/D14 and younger classes.

Rented EmiTag can be obtained from information point and it needs to be returned to information point after competitions. The EmiTag rent is 5 euros per day or 10 euro/3 days and it will be paid in the information point. Unreturned EmiTag will be charged 80 euros.

GPS tracking

There is GPS tracking for selected competitors in the classes H21 and D21. List of names is informed in the competition centre. In the mass start the competitors selected for GPS tracking need to be present 15 min before the start for the attachment of GPS device.

Warm-Up, Ski Waxing and Ski Testing

Kallinkangas: Warm-up and ski testing will be done on the north side of the finishing line. Passage to the area is at the end of organizers' building. Warm-up can also be done between start place and forest. Warming up or ski testing on the finish line area is forbidden. Watch the map on the competition center.

Puuluoto: Warm-up is allowed only on the track leading to the start and also in places specifically described on the web pages and the map on the competition center. Ski waxing can be done in waxing tent.

Dressing and Shower

Kallinkangas: Dressing and showering facilities are in the new service building of the ski center.

Puuluoto: Dressing and showering facilities are in the ski center.

Child Care

Child care is present in all competitions. Register beforehand to Tuula Aho (tel. 040-842 0654). Saturday's and Sunday's competitions will be charged 5 euro per day for child care covering food and rent costs of the child care place. Inform also possible allergies.

First Aid

First aid is present in competition center (Finnish Red Cross sections)

Awards

In Finnish Championships ultra-long distance medals, plakets and honorary awards will be given. Lapin Lumirastit 2013 whole competition prizes will be given on Sunday based on total points. **The winners of the two first days in each class will get 1000 points. In the final day 1000 points is given for the target time.** The number of prizes for each classes can be seen in the bulletin board.

Classes and distances

Class	Friday 29th March			Saturday 30th March				Sunday 31st March		
	shortest track, km	distance, km	cont rols	shortest track, km	distance, km	contr ols	Map changes	shortest track, km	distanc e	contr ols
H21A	4,6	3,4	10	44,0	30,1	42	3* (3)	11,1	8,2	19
H21C	2,7	2,1	8	10,9	7,8	9	- (1)	6,1	4,6	11
H35	4,3	3,1	10	31,5	21,8	29	2* (2)	9,1	6,8	14
H40	4,0	3,1	9	28,8	19,8	27	2* (2)	9,1	6,8	12
H45	4,1	2,9	9	25,5	17,7	25	1 (1)	8,7	6,6	12
H50	4,1	2,9	9	23,2	15,8	20	1 (1)	8,2	6,2	12
H55	3,6	2,8	10	22,1	15,4	19	1 (1)	8,2	6,2	12
H60	3,5	2,5	10	20,0	14,1	23	- (1)	7,3	5,5	12
H65	3,3	2,5	8	18,5	13,5	19	- (1)	6,7	5,1	12
H70	2,4	1,9	7	13,5	9,6	16	- (1)	6,1	4,6	11
H75	2,4	1,9	7	10,9	7,8	9	- (1)	4,5	3,4	8
H80	2,1	1,4	6	10,5	7,4	10	- (1)	4,1	3,1	8
H85	2,1	1,4	6	7,5	5,6	9	-	3,6	2,7	7
H20	4,3	3,1	10	28,6	19,9	27	2* (2)	9,1	6,8	14
H18	4,0	3,1	9	23,0	16,1	21	1 (1)	8,6	6,5	12
H16	3,6	2,8	10	19,0	13,7	21	- (1)	8,2	6,2	12
H14	2,4	1,9	7	7,5	5,6	9	-	4,5	3,4	8
H12	1,8	1,4	6	3,5	2,6	7	-	3,6	2,7	7
D21A	4,0	3,1	9	32,0	22,2	32	2* (2)	8,6	6,5	12
D21C	2,2	1,6	5	10,5	7,4	10	- (1)	4,1	3,1	8
D35	3,3	2,5	8	22,1	15,4	19	1 (1)	6,7	5,1	12
D40	3,3	2,5	8	20,0	14,1	23	- (1)	6,7	5,1	12
D45	2,7	2,1	8	18,5	13,5	19	- (1)	5,6	4,2	11
D50	2,7	2,1	8	13,5	9,6	16	- (1)	5,6	4,2	11
D55	2,4	1,9	7	10,9	7,8	9	- (1)	4,5	3,4	8
D60	2,4	1,9	7	10,9	7,8	9	- (1)	4,5	3,4	8
D65	2,2	1,6	5	10,5	7,4	10	- (1)	4,1	3,1	8
D70	2,2	1,6	5	10,5	7,4	10	- (1)	4,1	3,1	8
D75	2,1	1,4	6	7,5	5,6	9	-	3,6	2,7	7
D80	2,1	1,4	6	7,5	5,6	9	-	3,6	2,7	7
D20	3,6	2,8	10	23,0	16,1	21	1 (1)	7,3	5,5	12
D18	3,6	2,8	10	19,0	13,7	21	- (1)	5,7	4,2	11
D16	2,7	1,5	8	14,0	10,0	16	-	4,5	3,4	8
D14	2,2	1,6	5	5,7	4,3	9	-	4,1	3,1	8
D12	1,8	1,4	6	3,5	2,5	7	-	3,6	2,7	7

* The map exchange control point near competition center for bringing own drinks and spare gears. No. of beverage controls in the terrain is given in brackets.

Thanks for the land owners, Tornio Church, Keminmaan municipality and Tornio City for good co-operation with Lapin Lumirastit!

Alatornion Pirkat and Suunta 2000 hope all the participants demanding ski-o-moments in Kemi-Tornio region. Thanks for being here! Enjoy!

www.lapinlumirastit.fi/2013