

COMPETITION GUIDELINES

LAPIN LUMIRASTIT AND FINNISH CHAMPIONSHIPS IN LONG DISTANCE 30.3. – 1.4. 2018-03-28

Directives and rules

At the competition, competitors must abide by SSL and IOF rules, special directives for ski orienteering FC 2018 and the organizer's advice. The competitors take part in the competition on their own responsibility.

Organisation

Competition director: Antti Häkämies, +35841 4579467, a_hakamies@hotmail.com

Course setter: Jarmo Pyhtinen,

Controller TD: Olli Mäkipää,

Course controller: Tapio Tahkola,

Result service: Petri Pesonen, PP Timing

Head of starts: Pertti Ahola

Information: Teija Keränen

Media: Saara Soudusaari, +35845 651 9963, saarasou@gmail.com

Jury

Seppo Keltamäki (chairman), Johanna Perkkalainen, Eero Haapasalmi

Info, competition office

The competition office is at the accommodation building of Hotel Kirikeskus. The office opens at 11 on Friday, at 8 on Saturday and Sunday. ALL PAYMENTS IN CASH IN THE OFFICE

Terrain

On Friday there isn't much change in the elevation of the terrain. On Saturday and Sunday the terrain is forest terrain of wooded hills typical of northeastern Finland. The highest height difference is about 115 m. There are lots of crosscountry skiing tracks and cottage roads in the competition area.

Safety

There are numerous roads (marked by brown in the map), snow mobile routes and skiing tracks meant for public use in the competition area. There will be warning signs and competition officials in the most critical spots, but still **THE COMPETITORS HAVE TO BE EXTRA CAREFUL WHEN USING THESE ROUTES AND PAY ATTENTION TO THE TRAFFIC!**

Map

A printed map, size A4. In the sprint the scale is 1:5000, in the long distance

1:10 000 or 1:12 500 and the middle distance 1:10 000. You can find exact information of the scales in a separate table.

The maps are taken from the competitors in the finish on Saturday's long distance competition. The maps can be got back after the last start of the day.

Forbidden areas

The competition area is permitted area only during the competition times. If your accommodation is in Kirintövaara competition area, you are allowed to go there using the public roads. The forbidden areas are marked in the map.

Competition numbers

The competition numbers will be hanging on a line in the competition office. The same number is used every day in the competition, and it is to be attached on the front of the right thigh.

The controls and the punching system

EmiTag punching system. The controls are on wooden posts (5cm x 5cm) with a punch, a flag and a control point code. The model control point is in the competition centre. There is no need to touch the control point with the EmiTag, but the competitor will be registered at the control point by showing the EmiTag about 30 cm from the punch unit inside the flag. **DO NOT HIT THE PUNCH !**

Homestretch

There is a taped route to the finish line from the last control point to the finish line.

EmiTags rented from the organizers

The organizers reserve EmiTags for the competitors who have not given their EmiTag card number at the time of the registration, the price being 8 €/day. If you forget to hand in the rented EmiTag after the competition, you will be charged 100 euros.

Ski waxing

There is no separate place for waxing the skis in the competition area.

Warm up and ski testing

The warm up area is located in the immediate vicinity of the competition centre. The warm up and ski testing tracks are offside the road leading to the competition centre.

Route guidance

From the centre of Posio and the main road 81, Kuusamontie.

Competition center and parking

Competition centre is in Kirintövaara, at Wilderness Hotel Kirikeskus, address Kirinteentie 1, 97900 Posio. There is a restaurant and a cafeteria in the competition centre, as well as toilets, showers and dressing rooms.

Parking: at the parking lots of Kirikeskus and by the nearby roads. The parking fee, 5 €/day or 10 €/3 days, must be paid in cash at the info of the competition centre. These parking permits will be checked when you leave the competition centre.

Restaurant, cafeteria

Kirikeskus Hotel at the competition centre has a restaurant serving lunch on competition days. Warm sausages, pastries, coffee etc can be bought at the cafeteria also at the competition centre; PLEASE NOTICE YOU CAN ONLY PAY CASH IN THE CAFETERIA!

Toilets

The toilets of Kirikeskus Hotel are available for the competitors and the audience. There are also some portable outdoor toilets in the competition area.

Dressing/washing

Washing and dressing facilities are situated in the Kirikeskus Hotel.

First aid

First aid personnel can be found at the ground floor of Kirikeskus Hotel.

DISTANCES AND SCALES											
30.3.2018				31.3.2018				1.4.2018			
Class	Distance	Shortest track	Scale	Class	Distance	Shortest track	Scale	Class	Distance	Shortest track	Scale
D11	2,2	2,9	1:5 000	D11	3,1	4,1	1:12 500	D11	3,0	4,0	1:10 000
D13	2,5	3,3	1:5 000	D13	3,3	4,4	1:12 500	D13	3,1	4,1	1:10 000
D15	2,6	3,4	1:5 000	D15	4,5	6,0	1:12 500	D15	3,6	4,8	1:10 000
D17	2,8	3,6	1:5 000	D17	8,7	11,6	1:12 500	D17	5,4	7,1	1:10 000
D20	3,1	4,0	1:5 000	D20	8,9	11,8	1:12 500	D20	6,0	7,9	1:10 000
D21	3,1	4,1	1:5 000	D21	13,4	17,8	1:12 500	D21	7,2	9,5	1:10 000
D35	3,1	4,0	1:5 000	D35	8,7	11,6	1:12 500	D35	5,4	7,1	1:10 000
D40	2,9	3,8	1:5 000	D40	8	10,6	1:12 500	D40	4,7	6,2	1:10 000
D45	2,9	3,8	1:5 000	D45	7,4	9,8	1:12 500	D45	4,7	6,2	1:10 000
D50	2,8	3,6	1:5 000	D50	7,3	9,7	1:10 000	D50	4,6	6,1	1:10 000
D55	2,8	3,6	1:5 000	D55	6,8	9,0	1:10 000	D55	4,5	5,9	1:10 000
D60	2,7	3,5	1:5 000	D60	6,5	8,6	1:10 000	D60	3,9	5,1	1:10 000
D65	2,7	3,5	1:5 000	D65	5	6,7	1:10 000	D65	3,9	5,1	1:10 000
D70	2,7	3,5	1:5 000	D70	3,4	4,5	1:10 000	D70	3,2	4,2	1:10 000
D75	2,7	3,5	1:5 000	D75	3,4	4,5	1:10 000	D75	3,2	4,2	1:10 000
D80	2,1	2,7	1:5 000	D80	3,3	4,4	1:10 000	D80	3,1	4,1	1:10 000
D21C	2,7	3,5	1:5 000	D21C	4	5,3	1:12 500	D21C	3,4	4,5	1:10 000
H11	2,2	2,9	1:5 000	H11	3,1	4,1	1:12 500	H11	3,0	4,0	1:10 000
H13	2,5	3,3	1:5 000	H13	3,3	4,4	1:12 500	H13	3,1	4,1	1:10 000
H15	2,7	3,5	1:5 000	H15	4,6	6,1	1:12 500	H15	3,6	4,8	1:10 000
H17	3,1	4,0	1:5 000	H17	9	12,0	1:12 500	H17	6,0	7,9	1:10 000
H20	3,2	4,2	1:5 000	H20	11,6	15,4	1:12 500	H20	7,2	9,5	1:10 000
H21	4,1	5,3	1:5 000	H21	18,3	24,3	1:12 500	H21	8,4	11,1	1:10 000

H35	3,2	4,2	1:5 000	H35	14,8	19,7	1:12 500	H35	7,5	9,9	1:10 000
H40	3,1	4,0	1:5 000	H40	13,4	17,8	1:12 500	H40	7,2	9,5	1:10 000
H45	3,1	4,0	1:5 000	H45	11,6	15,4	1:12 500	H45	7,2	9,5	1:10 000
H50	3,1	4,0	1:5 000	H50	9,5	12,6	1:10 000	H50	6,1	8,1	1:10 000
H55	2,9	3,8	1:5 000	H55	8,7	11,6	1:10 000	H55	5,4	7,1	1:10 000
H60	2,8	3,6	1:5 000	H60	7,3	9,7	1:10 000	H60	4,6	6,1	1:10 000
H65	2,8	3,6	1:5 000	H65	7,2	9,6	1:10 000	H65	4,5	5,9	1:10 000
H70	2,7	3,5	1:5 000	H70	6,6	8,8	1:10 000	H70	4,2	5,5	1:10 000
H75	2,6	3,4	1:5 000	H75	6,3	8,4	1:10 000	H75	3,7	4,9	1:10 000
H80	2,1	2,7	1:5 000	H80	3,3	4,4	1:10 000	H80	3,1	4,1	1:10 000
H85	2,1	2,7	1:5 000	H85	3,3	4,4	1:10 000	H85	3,1	4,1	1:10 000
H21C	2,6	3,4	1:5 000	H21C	5,9	7,8	1:12 500	H21C	3,9	5,1	1:10 000

Interrupted competitors

The competitors that interrupt their competition are to arrive at the finish line. If that is not possible, the interrupters must inform the termination of their competition at the EmiTag checkpoint.

Start

On Friday the first start is at 14.00. On Saturday and Sunday the first start takes place at 10.00. All classes have interval starts every day.

On Friday the start is located about **300 m from the competition centre** and the competitors can walk or ski there.

On Saturday and Sunday the starts of all classes are situated on the top of Kirintövaara hill. The competitor can use the T-bar lift of the skiing slope by showing their competition number to the officials (1 use of lift/competitor/day) or walk or ski a special route at the south side of the slope. It is **about 900 metres from the competition centre to the start and the height difference is about 100 metres.**

There will also be a lot of skiers from 11.00 on at the slopes, so **PLEASE MAKE SURE THAT YOU HAVE ENOUGH TIME TO BE ON TIME AT THE START !**

If a competitor feels they are not able to use the T-bar lift, walk or ski to the start, the organisers can transport them if necessary. Those in need of transportation are to register at the info desk by 9.00 on Saturday. The transportations are organized according to the amount of the registrations and take place every 30 minutes, starting at 9.30.

The equipment of the competitors are transported from the start to the finish line. The competitors are to pack their warm up clothes in a bag (available from the officials at of the T-bar lift) The equipment bags and other gear will be taken to the vicinity of the finish line using snow mobiles. **MAKE SURE THAT YOU MARK THE NAME AND CONTACT INFO ON YOUR EQUIPMENT BAGS!**

Orienteering tracks

Sprint, Friday:

Very wide track (over 3 m): 2,9 km (13,0%)

Wide track (1,5 – 3 m); 2,1 km (9,4%)

Track (0,8 – 1,5 m); 16,3 km (72,8%)

Slow track (dotted line 0,8-1,0 m): 0,1 km (0,5 %)

Snow mobile driving track: 1,0 km (4,5 %)

Total length of the tracks: 22,4 km

Kirintövaara, Saturday and Sunday:

Very wide track (over 3 m): 15,8 km (22,6%)

Wide track (1,5 – 3 m); 0,6 km (0,9%)

Track (0,8 – 1,5 m): 43,6 km (62,5%)

Slow track (dotted line 0,8-1,0 m): 0,1 km (0,1 %)

Snow mobile driving track: 1,7 km (2,4 %)

Total length of the tracks: 69,8 km

Please notice:

Outside the slopes in the competition area there are some tracks made by the skiers. These tracks are not marked in the map.

In addition, there are trails of snow-shoe trekkers in Kirintövaara area. All of these trails are not marked in the competition map.

Action at the start

3 min: the competitor is called, EmiTag reset.

2 min: Model map is available. Children (classes H/D 11-13) get their maps installed by the officials and 11-year-olds are instructed how to act in the start and the finish line, and their questions are answered.

1 min: Classes H/D 15 ->: The competitor goes next to a bucket marked with their own class code. The competitor is allowed to take the map **15 seconds** before start, not earlier! The competitor is responsible for taking the right map.

0 min: starting signal

Finish line

There is no punching at the finish line. The EmiTag is to be read directly after crossing the finish line.

Results

The official results and split times can be found on the site lapinlumirastit.fi/2018.

Prizes

On Friday the winner of each class is awarded and the prizes are available at the info as soon as the result lists are completed.

On Saturday the prize giving ceremony of all classes takes place in Kirikeskus auditorium at 15.00 providing that the result lists are completed by then.

On Sunday the prizes are given according to the overall results of Lumirastit. The prizes are to be fetched at the auditorium as soon as the result lists are completed.

LAPIN LUMIRASTIT: NUMBER OF THE PRIZE WINNERS

	30.3. SPRINT	31.3. FC LONG DISTANCE	OVERALL RESULTS
H21C	1	1	3
H21	1	6	6
H35	1	3	3
H40	1	3	4
H45	1	3	4
H50	1	3	6
H55	1	3	6
H60	1	3	6
H65	1	3	6
H70	1	3	6
H75	1	3	5
H80	1	3	3
H85	1	3	3
H20	1	6	3
H17	1	6	5
H15	1	6	3
H13	1	3	6
D21C	1	1	3
D21	1	6	6
D35	1	3	3
D40	1	3	3
D45	1	3	3
D50	1	3	3
D55	1	3	3
D60	1	3	3
D65	1	3	3
D70	1	3	3
D75	1	3	3
D80	1	3	3
D85	1	3	3
D20	1	6	3
D17	1	6	5
D15	1	6	4
D13	1	3	12
H11	1	3	4
D11	1	3	3

