

LAPIN LUMIRASTIT, Sprint, Middle distance (Finnish Champs. FC) and Ultra long distance (Finnish Champ. FC). 18.–20.3.2016

Competition Guidelines:

(These are initial instructions. Please check the latest instructions from scoreboard in competition center.)

Directives and rules

At the competition competitors must abide by SSL's rules, special directives for ski orienteering FC 2016 and organizer's advices.

Organization:

Competition director:	Aki Aikio
Supervisor of Competition	Taisto Kemppainen
Course setters:	Timo Ronkainen Santeri Aikio Aki Aikio
Supervisor of Courses:	Jarmo Pyhtinen
Results service:	Petri Pesonen
Head of departure:	Tiina Aikio
Head of finish:	Jari Oikarainen
Publicist/Press officer:	Seppo Linjakumpu Asta Flöjt

the Judicial Council:

Kimmo Määttä, OH	(chairman)
Seppo Keltamäki, JoKu	(member)
Ulla Silventoinen, SalRe	(member)

Terrain:

The competition area is very varied terrain. Eastern part of the terrain has a dense growth of young forest, which is crossed by the old golf course fairways and open woodlands wetlands, as well as some of the fields. The west side of Rukajärventie (road) the terrain is mostly spruce forest and hilly (Pyhävaara Hill) with cutting opens and swamps. In the western region of the map is a young pine forest and swamps.

There are other skiers and snowmobile drivers in the terrain, which have been informed of the competition. **Follow, however, caution, especially near of snowmobile trails!!**

The terrain is extremely rich in snow. In the region of Golf area there are some wide ditches, which are due to the amount of snow almost impossible to cross except along the ski tracks. However, for reasons of clarity the map all the ditches could not be described as a black border line.

The warm period in the week before the snow has melted from roads, so in some places on the roads may have stones. Blizzard snow is maybe hidden them from view. There are some places a lot of extra snowmobile routes which are not accurately described on the map. These areas are described in the map with plenty of snowmobile (point) trails. **These snowmobile trails are clearly visible to the organizer's snowmobile trails. Critical false tracks are marked with spray paint.**

Map:

The map is printed map, size A4. In the sprint the scale is 1:5000, in the middle distance 1:10 000 and in the ultra long distance 1:10 000 1:12 500 or 1:15 000. You found exactly information of the scales from a separate table. The maps are taken out in the finish every day until the last mass start on Sunday. Maps will be returned on Sunday after the mass start. Maps will be returned nearby INFO.

Restricted area:

All prohibited areas have been marked to the map. The road Rukajärvi (Rukajärventie) is restricted area all the way. The crossing is allowed only the marked place (2 possibilities). Nature reserve of Pyhävaara Hill is also prohibited area as part of the north of Pyhäjärvi lake (because of landowner). All yard countries are prohibited. In addition competition center areas are restricted area during competition.

There are roadway in the north-west region of Golf area (owned by safaricompany). That is also restricted area. In the Pyhävaara Hill there exist reindeer pen, which is marked restricted area. Also some part of roads and snowmobile tracks is marked by symbol not to allowed to cross it.

Competition numbers:

In competition center. Competition number attached to the front of the right thigh.

The controls and the punching system

EmiTag punching system. The controls are on the side of the ski tracks and snowmobile tracks. The model control point is in the competition center.

Signposts:

There is signpost from last control point to finish line. In ultralong distance there is signpost from previous control point to map change place. There is also signpost from map change place to start point. On Sunday there is signpost from competition center to both start points (interval start, the mass start).

emiTag for rent:

If competitor has not register emiTag he/she should rent emiTag from organizers. Payment is 5€/day or 10€/three days. If the emiTag was not returned the payment is 100€.

Ski waxing:

Waxing takes place outdoors (limited electrical outlets).

Warm Up and Ski testing:

On Friday and Saturday it is possible to make warm up and ski testing near Rukajärvi school. It is not allowed to go to the competition area. There are also possibility to do warm up and skiing test on the track from competition center to the school area and on the warm up track in the golf center area. (Please check competition area map). On Sunday, warm up and ski testing is only possibility on the track from golf center are to the school area and on the warm up track in the golf center area.

Classes and distances::

See separate table.

Gps:

On Saturday (middle distance) GPS tracking is in the classes H/D21. On Sunday (ultra long distance) GPS tracking is in the classes H/D21A ja H/D20. Those athletes who have been selected to use GPS have to use it. Otherwise will be disqualified!

Parking:

There is two parking area near to the competition center (0-400 meter). The parking fee (5 €/day or 10 €/3 days) must be paid in the info in competition center.

Race restaurant:

There is race restaurant in the competition center.

WC

Competition center has toilets outside and a few indoors.

Dressing:

Competition center has limited warm dressing room for men and women. Please not leave bags or backpacks to dressing room.

Washing facilities:

Washing facilities are situated at the Ruka International Ski Stadium. Distance is about 6 kilometres. Address is Hiihtostadionintie 3, 93830 Rukatunturi. It is situated in stadium building on the ground floor.

First Aid:

First aid person is situated at the Info Centre. Snowmobile and sleigh is reserved for the transport of the patient from terrain. The general emergency number is **112**.

Results:

The scoreboard is near info. Results and split times can be also found on the Internet www.lapinlumirastit.fi/2016/.

Dropouts competitors:

Dropouts competitors must come through the finish line, or if that is not possible, then the competitor must register at emiTag checkpoint in the finish and at the same time hand over their maps.

Palkinnot:

Finnish Champs. (FC) prize giving ceremonies starts on Saturday and on Sunday 13.00. Overall results prizes starts on Sunday 13.00. Prizegiving is made as the series result lists will be completed. Prizegiving takes place outside of info-building.

SPECIAL INSTRUCTIONS FOR SPRINT 18.3.**MAP:**

Printed map, size A4. 1:5000. Contour interval 5m. The serial number and code are next to the circle.

TERRAIN:

Competition will be held in golf center area where fairways interspersed grow fairly dense, different-aged forest. Height differences in the area is moderate, but the ups and downs are in some places steep.

SKIING TRACKS:

Cross-country skiing tracks are a total of 21.2 km:

Skating tracks driven by tamper:	0,0km
Skating tracks driven by snowmobile, a width of about 2m:	4,9 km
Normal snowmobile tracks, width 1,2m:	15,1 km
Road with good skiing possibilities:	1,2 km
Other tracks marked with green points :	0,0 km
(Snowshoe-, ski- or not so good snowmobile track)	

ACTION IN STARTING PLACE:

- 3min: competitor is called, emiTag reset.
- 2min: model map. (Not for R1: H/D21, 20, 18, 16). Children will get map properly installed. 12-year-olds are taught on the map departure, paint, and to answer questions.
- 1min: Group R2 competitor take his/her map. The competitor is responsible for taking the right map
- 15sek: **Group R1 (H/D 21A, 20, 18, 16)** will receive a map.
- 0 min: Starting signal.

SPECIAL INSTRUCTIONS FOR MIDDLE DISTANCE 19.3.

MAP:

Printed map, size A4. 1:10 000. Contour interval 5m. The serial number of control point are next to the control point circle. Controls codes are listed in a separate side of the map.

Series H21E, H20, H18, H35, H40, H45, H50, H55, D21E, D20 and D35 is a map change, in order to maintain the readability of the track. **Make sure the output of the map is the right way up!** Part 1 begins ticking sequence number 1. 2nd part starts K-point, which is the last tick of the previous map, and the track will continue running number from where the previous one ended on a map.

TERRAIN:

Golf course, open bogs and fields dissected, mostly thick the forest. Height differences are modest, but rises and falls are some places and steep.

SKIING TRACKS:

Cross-country skiing tracks are a total of 58.5 km:

Skating tracks driven by tamper:	3,4km
Skating tracks driven by snowmobile, a width of about 2m:	6,2 km
Normal snowmobile tracks, width 1,2m:	44,7 km
Road with good skiing possibilities:	3,2 km
Other tracks marked with green points :	1,0 km
(Snowshoe-, ski- or not so good snowmobile track)	

ACTION IN STARTING PLACE:

- 3min: competitor is called, emiTag reset. GPS installed. Be on time!
- 2min: model map. (Not for Group R1: H/D21, 20, 18, 16). Children will get map properly installed. 12-year-olds are taught on the map departure, paint, and to answer questions.
- 1min: **Competitor from group R2** take his/her map. The competitor is responsible for taking the right map

- 15sek: **Group R1 (H/D 21A, 20, 18, 16)** will receive a map.

0 min: Starting signal.

SPECIAL INSTRUCTIONS FOR ULTRA LONG DISTANCE 20.3.

MAP:

Printed map, size A4. 1:15000, 1:12500 and 10000. Contour interval 5m. The serial number of control point are next to the control point circle. Controls codes are listed in a separate side of the map.

TERRAIN:

Terrain is dominated by Pyhävaara Hill. Spruce forest with logging. There is also swamps, fields and golf area fairways the low land areas.

SKIING TRACKS:

Cross-country skiing tracks are a total of 128,3 km:

Skating tracks driven by tamper: 10,8km

Skating tracks driven by snowmobile, a width of about 2m: 9,0 km

Normal snowmobile tracks, width 1,2m: 79,6 km

Road with good skiing possibilities: 18,4 km

Other tracks marked with green points : 10,5 km

(Snowshoe-, ski- or not so good snowmobile track)

SERVED DRINK PLACES:

There are two served drink places: one in the terrain and one in the map change area. There are warm juice and drinking water. In the terrain drinking place there is also person with snowmobile if needed first aid. In addition, there is one of the unmanned drinking place with drinking water (top of the Pyhävaara Hill).

CHANGING THE SKI EQUIPMENT:

Ski equipment changing place with competitors own drinks is situated near mass start and map changing area. The ski equipment must be in a closed ski bag. Organizer mark the area. Supporter can give you extra ski pole if needed in the mass start and map changing. Area is on the field at the side of the parking area. In other situations, the competitor has to pick up itself the ski equipment.

In addition, there is extra ski equipment changing possibility in the terrain. Organizer carry extra ski equipment from competition centre to terrain with trailer. Transport start on Sunday at 10.00. So ski equipment should be in the trailer before that. Transport back to competition centre is about 14:30.

ACTION IN STARTING PLACE, INTERVAL START (GROUP R2):

- 3min: competitor is called, emiTag reset.
- 2min: model map.Children will get map properly installed. 12-year-olds are taught on the map departure, paint, and to answer questions.
- 1min: Competitor take his/her map. The competitor is responsible for taking the right map
- 0 min: Starting signal.

ACTION IN STARTING PLACE, MASS START (GROUP R1):

GPS-tracking in classes H21E, D21E, H20, D20. GPS is installed 20 minutes before starting time. **Be on time!** Those athletes who have been selected to use GPS have to use it. Otherwise will be disqualified!

the transition to the starting line is about 10 minutes before start. Access to the starting line through the starting gate, please watch out for any map change coming to the R2 series' competitors !! Sharing maps, beginning about 3 min before departure. Map is divided into a competitor's left hand, and keep it next to your left leg. 15 seconds before the start command "MAP" competitor may set the map. Not before.

Starting signal is given by car near starting point. The starts are videotaped. If somebody take false start, the competitor will be disqualified.

MAP CHANGE:

Map change will be the marked route from the last control of previous map. Maps are the stand on the left side of the ski track. Before map change the skiing track cross other skiing tracks. BE CAREFUL!

Maps are overlapped. Maps have been identified competition number and part number. The competitor is responsible for taking the right map. To have taken a wrong map of the competitor will be disqualified. A competitor with a missing map, will get extra map from officials.

PHOTO- AND VIDEOGRAPHERS

Terrain moves potentially KEV SkiO-Team athletes in action with the cameras. They may follow the elite series competitors. Mass starts are videotaped. The finish line are videotaped. In addition, representatives of the press can be in the terrain.

ULTRA LONG DISTANCE COMPETITION WILL BE PUBLISHED YET ADVANCED INFORMATION BY SATURDAY EVENING. INFORMATION WILL BE FOUND ON THE WEBSITE AND IN THE COMPETITION CENTRE.