

# Competition Guidelines

## LAPIN LUMIRASTIT and FINNISH CHAMPIONSHIPS LONG DISTANCE 8.3.–10.3.2019

### Directives and rules

At the competition competitors must abide by SSL's rules, special directives for ski orienteering FC 2019 and organizer's advices. The competitors take part in the competition on their own responsibility.

### Organising committee

Competition director: Veijo Ekonoja  
Supervisor of Competition: Olli Mäkipää  
Course setter: Mauri Huusko  
Course supervisor: Velu Sipola  
Result Service: Risto Kivinen  
Head of start: Tarmo Uusitalo  
Information: Soili-Iiris Taivainen  
Media: Antti Ekonoja

### Jury

Ossi Lakkala (chair), Päivi Lassila, and Jarkko Urpalainen

### Info

Opening times for event office/Info are 11:30 on Friday, 8:30 on Saturday and 8:30 on Sunday.  
**AT INFO YOU CAN ONLY PAY BY CASH!**

### Terrain

Sprint competition area is mostly fast and there is not much change in the elevation. End of the courses will be fast downhill ski-orienteering. On Saturday and Sunday the terrain is typical Lapland terrain with wooded hills. The highest elevation differences are about 60 meters.

There are many good xc-skiing trails in the sprint terrain. Tracks (0,8 m–1,2 m) are made by snowmobile. There are plenty of small snow paths in the sprint area made by tourists and those paths are not marked in the map. There is a snowmobile route going through the area and **competitors must be extra careful when using the snowmobile route!**

On Saturday and Sunday the competition will be mostly on tracks (0,8 m–1,2 m). There is a snowmobile route on the area and it has warning signs on the terrain. Snowmobile routes are driven through with pist machine what makes them fast to use.

**Local skiers and other people who are using the area are informed about the competitions. Anyway when using or being close to snowmobile routes be extra careful!**

There can be quite many individual snowmobile tracks near by bigger snowmobile routes. These tracks are not marked in the map but it is easy to recognize they are not competition tracks.

## Map

The map is printed map, size A4. In the sprint the scale is 1:5000, in the long distance 1:10 000 or 1:15 000 and in the middle distance 1:10000. You find exact information of the scales from a separate table.

In long distance the maps are taken out in the finish until the last start. Maps will be returned after the last start nearby INFO.

## Forbidden areas

The competition area is permitted area only during the competition times. If your accommodation is in Ritavaara/competition area you are allowed to go there by using the public roads. The forbidden areas are marked in the map with appropriate map symbols.

## Number bibs

Number bibs will be found in the folder at INFO. Same number every day. **Number bib is attached to the front of the right thigh. Bring your own safety pins.**

## The controls and the punching system

EmiTag punching system. The controls are on wooden post (5 cm x 5 cm) with a punch unit, 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!**

## EmiTags

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. **ONLY CASH IS VALID IN INFO!**

Competitors are responsible that EmiTag will be working. It is good to test the EmiTag at the model control in the competition centre. Voltage of EmiTag is possible to test in the INFO.

As a decision of Finnish Orienteering Federation it is possible to use two EmiTags but only one is reported to the result service.

**When using two EmiTags the following rule must be abide by!**

”If using two EmiTags you must take reported (marked in the starting list) EmiTag away from your wrist after coming to the finish. Give the EmiTag to the person in result service and keep the other Tag behind your back that it won't disturb the reading and result service”.

## Ski waxing

There is a small waxing room located in the ski hut.

## Warm up and skitesting

The warm up area is located just next to the competition centre. There is also small warm up area at the start.

## Guidance to the competition centre

6 km from Pello in direction to Rovaniemi.

### **Competition center and parking**

The competition center is located in Ritavaara ski centre. There are changing rooms, showers and toilets available. It is possible to buy there lunch on Saturday and Sunday, as well as daily café services. **At café you can pay in cash only.**

Parking is available at the competition center. There is no parking fee.

### **First aid**

First aid personnel are at the first aid point on the downstairs of the speaker's building for all days.

### **Start**

On Friday the first start is at 14:00. On Saturday and Sunday the first start is at 10:00. Every day is intervall start for all classes.

The distance to the start is every day about 600 m from the competition centre. It is possible to ski and/or walk to the start. **The way to the start is marked by orange flags.**

There will be clothes transfer from the start area to the finish area available on Saturday and Sunday. Athletes are kindly asked to pack their clothes in bags marked with their name or starting number. Bags and pens will be available at the place of clothes transport departure.

### **Start procedure**

- 4 min: Call-up
- 3 min: Clear EmiTag
- 2 min: All athletes are allowed to watch the provided map template. Children (classes M / W11-13) are given their maps in their mapholders by organizers, 11-year-olds are guided about the start and finish and get answers to their prospective questions.
- 1 min: Classes M/W 15 ->: Athletes move to their map box marked with their class, from which they are allowed to take the map 15 seconds before their start, not earlier. All athletes are responsible to take their own map.
- 0 min: Start clock gives a starting signal. **Athletes start from the place next to their class map box.**

### **Finish**

The way from the last control to the finish is marked with stripes. There is no punching in the finish. Time will be measured at the moment of EmiTag crossing the finish line. When athletes make it to the finish they are supposed to read out their EmiTag. Please come to the read out one by one.

The finish area will be fenced and only athletes making it to the finish are allowed to enter this area.

The finish will be closed on Friday at 17:00, on Saturday at 15:00 and on Sunday at 14:00.

### **DID NOT FINISH -competitors**

DNF competitors must come through the finish line or if that is not possible then the competitor must register at EmiTag checkpoint in the finish.

## Classes, length, climbing and maps scale for long distance

8.3.2019

Class	Length	Climbing
D11	2,1 / 1,5	35
D13	2,3 / 1,7	40
D15	3,1 / 2,2	60
D17	3,4 / 2,5	75
D20	3,8 / 2,7	75
D21	4,0 / 2,8	90
D35	3,8 / 2,7	75
D40	3,9 / 2,7	65
D45	3,4 / 2,4	60
D50	3,2 / 2,3	65
D55	3,4 / 2,5	75
D60	3,4 / 2,5	75
D65	3,1 / 2,2	60
D70	3,1 / 2,2	60
D75	2,8 / 1,9	45
D80	2,8 / 1,9	45
D85	2,1 / 1,5	35
D21C	2,8 / 1,9	45
H11	2,1 / 1,5	35
H13	2,3 / 1,7	40
H15	3,4 / 2,5	75
H17	3,8 / 2,7	85
H20	4,2 / 3,0	95
H21	4,5 / 3,2	95
H35	4,2 / 3,0	95
H40	4,0 / 2,9	85
H45	4,0 / 2,9	85
H50	3,9 / 2,8	75
H55	3,9 / 2,8	75
H60	3,9 / 2,7	65
H65	3,8 / 2,7	65
H70	3,4 / 2,4	60
H75	3,2 / 2,3	65
H80	2,8 / 1,9	45
H85	2,1 / 1,5	35
H21C	3,2 / 2,3	65

9.3.2019

Class	Length	Climbing	Map scale
D11	3,6 / 2,8	25	1:10 000
D13	5,2 / 3,9	45	1:10 000
D15	6,8 / 4,9	100	1:10 000
D17	9,9 / 7,0	155	1:15 000
D20	13,2 / 9,3	300	1:15 000
D21	20,1 / 13,9	330	1:15 000
D35	13,2 / 9,3	300	1:15 000
D40	12,6 / 8,9	250	1:15 000
D45	11,1 / 8,3	230	1:15 000
D50	10,3 / 7,4	205	1:15 000
D55	9,9 / 7,0	155	1:15 000
D60	9,9 / 7,0	155	1:15 000
D65	6,8 / 4,9	100	1:10 000
D70	6,8 / 4,9	100	1:10 000
D75	5,5 / 4,2	90	1:10 000
D80	5,5 / 4,2	90	1:10 000
D85	3,6 / 2,8	25	1:10 000
D21C	5,5 / 4,2	90	1:10 000
H11	3,6 / 2,8	25	1:10 000
H13	5,2 / 3,9	45	1:10 000
H15	9,9 / 7,0	155	1:15 000
H17	15,6 / 11,0	280	1:15 000
H20	20,1 / 14,1	405	1:15 000
H21	26,5 / 18,8	460	1:15 000
H35	20,1 / 14,1	405	1:15 000
H40	18,8 / 13,4	320	1:15 000
H45	18,8 / 13,4	320	1:15 000
H50	13,8 / 9,8	310	1:15 000
H55	13,8 / 9,8	310	1:15 000
H60	12,6 / 8,9	250	1:15 000
H65	11,9 / 8,4	225	1:15 000
H70	11,1 / 8,3	230	1:15 000
H75	9,1 / 6,5	160	1:15 000
H80	5,5 / 4,2	90	1:10 000
H85	3,6 / 2,8	25	1:10 000
H21C	10,3 / 7,4	205	1:15 000

10.3.2019

Class	Length	Climbing
D11	3,0 / 2,4	35
D13	3,6 / 2,7	50
D15	4,9 / 3,6	70
D17	6,0 / 4,6	110
D20	7,7 / 5,6	120
D21	9,4 / 7,1	200
D35	7,5 / 5,6	120
D40	6,8 / 5,1	180
D45	6,2 / 4,7	165
D50	6,3 / 4,8	125
D55	6,0 / 4,6	110
D60	6,0 / 4,6	110
D65	4,9 / 3,6	70
D70	4,9 / 3,6	70
D75	3,6 / 2,7	40
D80	3,8 / 2,9	40
D85	3,0 / 2,3	35
D21C	3,6 / 2,7	40
H11	3,0 / 2,4	35
H13	3,6 / 2,7	50
H15	6,0 / 4,6	110
H17	8,2 / 6,2	165
H20	9,1 / 6,8	180
H21	10,9 / 8,1	220
H35	9,1 / 6,8	180
H40	8,6 / 6,5	180
H45	8,6 / 6,5	180
H50	8,2 / 6,2	180
H55	8,2 / 6,2	180
H60	6,8 / 5,1	180
H65	6,6 / 5,0	175
H70	6,2 / 4,7	165
H75	6,1 / 4,7	125
H80	3,6 / 2,7	40
H85	3,0 / 2,3	35
H21C	6,3 / 4,8	125

## Tracks

### Sprint, Friday:

Very wide track (over 3 m): 5,5 km (22 %)

Wide track (1,5–3 m): 5 km (20 %)

Track (0,8–1,2 m): 13 km (52 %)

Slow track (dotted line): 0 km (0 %)

Snowmobile route: 1,5 km (6 %)

Total length of the tracks: 25 km

## FC-long distance and middle, Mellajavaara Saturday and Sunday:

Very wide track (over 3 m): 4 km (7 %)  
Wide track (1,5–2,5 m): 4 km (7 %)  
Track (0,8–1,2 m): 48 km (79 %)  
Slow track (dotted line): 0 km (0 %)  
Snowmobile route: 5 km (8 %)

Total length of the tracks: 61 km

Long cold period after warm period has made some tracks hard and icy. The surface of the tracks is tried to make soften but still be careful in the fast tracks especially in the downhill!

### **Roads**

Roads located in the competition area are covered by snow. There is short road located in competition centre (before finish of Saturday and Sunday) where could be sand on the road. Using or crossing Pello–Rovaniemi highway is forbidden. Forbidden roads are marked in the map.

### **Results**

The result board is located next to the speaker room on the wall of the storehouse. The official results and split times can be found on the site <https://lapinlumirastit.fi/2019/>.

### **Prizes**

The prizes are given according to the overall results of Lumirastit. Prizes can be collected from the INFO on Sunday after the results lists are completed.

On Saturday the prizes for Finnish Championships are given in the competition centre about 14:00 if the results are completed.

### **Changes and weather**

Changes due the cold weather will be shown at <http://lapinlumirastit.fi/2019/>. Temperature limit is - 20 °C one hour before the competition. Starts can be delayed by the decision of the jury.

### **Special rules for the Finnish Championships long distance**

#### **GPS-following**

In the classes M21 and W21 all competitors will get a GPS-device before the starts. GPS will be given at the starting place before the competitor will be called in.

#### **Drinking**

Classes W21, M20, M21, M35, M40, and M45 have drinking control. Water and sportdrink will be served.

#### **Changing the equipment**

Competitor can place equipments and own drinking bottles to the pitstop area. Pitstop area is located just next to the map change area. Equipments must be in the closed skibag.

#### **Map change**

Map change is on the control which is located just next to the starting area. Maps are located in stand where competitor will take map on his/her own. Competitor has responsibility to take correct map. Classes with map change are W21, M21, M20, M35, M40, and M45. Remember to punch the control also at the map change!