



Bulletin 3

European Ski Orienteering Championships
Junior World Ski Orienteering Championships
European Youth Ski Orienteering Championships
Ski Orienteering World Cup

19.-23.3.2025 - Posio, Finland



ESOC - JWSOC - EYSOC - Posio, Finland

Welcome to Posio!

We are excited to organize international ski orienteering competitions in Posio. It is a great honour to have received the most valuable ski orienteering competitions of this winter, and we want to thank IOF and the Finnish Orienteering Federation for this trust. Posio is a small and beautiful town in Finnish Lapland with 100% snow guarantee. The actual event will be a joint effort of all the townspeople. We wish everyone warmly welcome to Posio in 2025.

- Antti Häkämies, Event Director of ESOC 2025 -

Event program

	ESOC/WC	JWSOC	EYSOC
Wednesday 19.3.2025	Model event	Model event	Model event
Thursday 20.3.2025	Sprint relay	Relay	Relay
Friday 21.3.2025	Sprint (Interval start)	Sprint (Interval start)	Sprint (Interval start)
Saturday 22.3.2025	Middle (Interval start)	Middle (Interval start)	Middle (Interval start)
Sunday 23.3.2025	Long (Interval start)	Long (Interval start)	Long (Interval start)

Event program

Tuesday 18.3.

16.00 - 19.00	Event office is open - accreditation	Event center
12.00	Wax cabins are open for use	Waxing area

Wednesday 19.3.

9.00 - 16.00	Event office is open - accreditation	Event center
10.00 - 14.00	Model event ESOC/JWSOC/EYSOC	Kirintövaara
12.00	Deadline for team changes and late entries	
15.00	Competition entry deadline - relays	IOF Eventor
18.30	Posio municipality reception	Town hall
19.00	Team officials meeting - relays	Town hall

Thursday 20.3.

9.00 - 15.00	Event office is open	Event center
11.00	Sprint relay W/M21	Event center
12.30	Relay M20	Event center
12.35	Relay M17	Event center
12.40	Relay W20	Event center
12.45	Relay W17	Event center
14.30	Prize giving ceremony	Pentik gallery
15.00	Competition entry deadline - sprint	IOF Eventor
19.00	Team officials meeting - sprint	Town hall

Friday 21.3.

8.30 - 16.00	Event office is open	Event center
10.00	Quarantine entry closed	Quarantine area
10.00	Sprint M/W17	Event center
10.45	Sprint M/W20	Event center
11.30	Sprint W21	Event center
12.15	Sprint M21	Event center
14.00	Public race - Lapin Lumirastit, sprint	Event center
14.00	Prize giving ceremony	Pentik gallery
15.00	Competition entry deadline - middle	IOF Eventor
19.00	Team officials meeting - middle	Town hall

Event program

Saturday 22.3.

8.30 - 16.00	Event office is open	Event center
10.00	Quarantine entry closed	Quarantine area
10.00	Middle M/W17	Event center
10.30	Middle M/W20	Event center
11.00	Middle M/W21	Event center
13.30	Public race - Lapin Lumirastit, middle	Event center
14.00	Prize giving ceremony	Pentik gallery
15.00	Competition entry deadline - long distance	IOF Eventor
19.00	Team officials meeting - long distance	Town hall

Sunday 23.3.

7.30 - 16.00	Event office is open	Event center
9.00	Quarantine entry closed	Quarantine area
9.00	Long M/W20	Event center
9.30	Long M/W17	Event center
10.20	Long M/W21	Event center
13.30	Public race - Lapin Lumirastit, long	Event center
14.00	Prize giving ceremony	Pentik gallery

Additional program

Thursday 20.3. klo 17.00-20.00

Finnish ice swimming and sauna at hotel Kirikeskus - 10€/person

Address Kiririnteentie 1, 97900 Posio

Friday 21.3. klo 19.00

Traditional finnish dances at house of Pyrintö

Address Posiontie 24, 97900 Posio

Saturday 22.3. klo 20.00

Bar night and a skiing Finnish rap artist on stage Peikonpesä - 15€/person

Address Kauppakuja 2, 97900 Posio

Venue

Event center & Competition center address:
[Koulutie 2 D, 97900 Posio](#)



Competition venue and Kotivaara

Embargoed areas

Embargoed areas can be found on IOF Eventor. Click on the relevant area to view detailed information regarding the embargo:

<https://eventor.orienteering.org/Events/Show/8420>



ESOC - JWSOC - EYSOC - Posio, Finland

Classes and participation restrictions

ESOC/JWSOC/EYSOC has different classes: W21, M21, W17, M17, W20, M20

All competitors represent a National Federation.

A competitor may represent only one National Federation during any one 12 month period running from November to October. Competitors shall have full passport-holding citizenship of the country of the National Federation they are representing.

ESOC/WC:

Each Federation may enter a team of an unlimited number of competitors and a number of team officials. Each Federation may enter up to 6 women and 6 men in each individual competition. In addition, each Federation may enter up to a further 2 women and 2 men, who qualify for the Women U23 and Men U23 classes respectively.

In the Sprint Relay, each Federation may enter up to 3 teams, each consisting of 2 competitors. Each team must contain at least one woman. Athletes entered to the JWSOC or the EYSOC may complement Sprint Relay teams. All competitors must have a valid IOF Athlete Licence. Please ensure that the Athlete Licence fees are paid before the competitions.

JWSOC:

Each Federation may enter a team of up to 14 competitors - up to 7 women and up to 7 men - and an unlimited number of team officials.

In each individual competition, each Federation may enter up to 6 women and 6 men. In the relay, each Federation may enter up to 2 women's and 2 men's teams, each consisting of 3 team members.

If a Federation is unable to make up full relay teams, it may form incomplete teams or teams with competitors from other federations. Under no circumstances may persons, other than competitors entered for the competition, participate in the competition, with the exception of athletes entered to the EYSOC, who may complement JWSOC relay teams.

EYSOC:

Competitors representing member Federations of the IOF, defined by the International Olympic Committee as belonging to the European continent, can compete in EYSOC. Competitors representing other member Federations of the IOF can participate in EYSOC but will not be eligible for European titles, medals or diplomas.

Each Federation may enter a team of up to 14 competitors - up to 7 women and up to 7 men - and an unlimited number of team officials. For each individual competition a Federation may enter a maximum of 6 competitors in each class.

In the relay, each Federation may enter up to 2 women's and 2 men's teams, each consisting of 3 team members.

Entries

Entries are to be registered by team managers via IOF Eventor.

The following information is required at the latest by 19th January 2025 (-2 months):

1. Number of participants (men, women).
2. Number of relay teams.
3. Number of team officials.
4. Team manager's name, address, e-mail address and mobile telephone number.

This information should also be sent to: Event Secretary satu.teperi@gmail.com

The following information is required at the latest by 9th March 2025 (-10 days):

5. Name and gender (man, woman) of the participants.
6. Names of the team officials.

Late Entries:

Late entries and changes to registered entries will be possible up until 15.00 (UTC+2) on 19th March 2025. These should be sent directly to the event organizer who will then register the details in IOF Eventor.

Entry fees

ESOC/WC

	Regular Entry until 19.1.2025	Late Entry until 9.3.2025	Very Late Entry until 19.3.2025
Accreditation fee (competitor)	75€	+20 %	+50 %
Accreditation fee (team official)	100€	+20 %	+50 %
Entry fee per competition	75€ (Sprintrelay: 150€/team)	+20 %	+50 %
Name change			10€

JWSOC & EYSOC

	Regular Entry until 19.1.2025	Late Entry until 9.3.2025	Very Late Entry until 19.3.2025
Accreditation fee (competitor)	75€	+20 %	+50 %
Accreditation fee (team official)	100€	+20 %	+50 %
Entry fee per competition	55€ (Relay: 165€/team)	+20 %	+50 %
Name change			10€

The accreditation and entry fees include access to the race venues, the model event, any mandatory transport, EmiTag rental, team official meetings and competition maps.

Payments

Following the deadline for registering the number of participants and team officials (-2 months), the event organizer will issue invoices for accreditations, entry registration and waxing areas.

Invoices should be paid in full at the latest by 5th February 2025 (-6 weeks).

For changes made after this date, the payment/refund of fees is to be made at the event secretariat upon arrival at the competitions. A penalty fee will be liable for late payments.

Summary of pre-entry

	H21	D21	H20	D20	H17	D17	TOTAL
AUT	3	1	3	1		1	9
BUL	1	2					3
CZE	8	2	4	4	3	3	24
EST	4	4	6	1	3	3	21
FIN	8	8	6	6	4	4	36
ITA	1	1			3	3	8
JPN	5	2		1			8
LAT	3	1	4	3	2	4	17
LTU	3	1	1		1	3	9
NOR	8	7	6	6			27
SWE	8	6	6	6	4	4	34
SUI	8	2	3	2	4	4	23
TUR	1	1	1	1	1	1	6
UKR	1		1	1	4	1	8
USA					4		4
TOTAL	62	38	41	32	33	31	237

Permitted deviations from the rules

- The IOF Ski Orienteering Rules nov 2024, Appendix 9 address the European Ski Orienteering Championships. Contrary to the rules (section 2), there will be no regular relay competition in Posio (classes M21 / W21) and all individual competitions will be held with interval starts.
- There will be no opening or closing ceremonies at the event.
- Map exchange or map flipping may be used in the competitions.

Team officials meeting

Team officials meetings will be held every evening before the competition at the Posio Town Hall, address at Kirkkotie 1, 97900 Posio.

The meeting starts daily at 19:00. It is possible to attend the meeting in person or via Teams.

Finish and starting points

The finish line is located at the competition center every day, near at the address Koulutie 2D, 97900 Posio. Directions to the starting points are available from the competition center and the quarantine area.

Accreditations

All athletes, coaches and other officials must complete accreditation before arriving at the event. Accreditation cards and other materials can be picked up from the competition office after arriving at the event. Accreditation will be monitored.

Accommodation

No official event organizer accommodation is organized.
For accommodation check out following options:

For accommodation support you may contact: henrikvonenke@hotmail.de

Accommodation in Posio: www.posiolapland.com/accommodation/

Himmerki: www.himmerki.com/
info@himmerki.com
puh. 0440 352 602

Wilderness Hotel Kiri: <https://www.kirikeskus.fi/en/>

National youth centre Oivanki: www.oivanki.fi/en/

Booking: www.booking.com/city/fi/posio.fi.html

Airbnb: www.airbnb.fi/posio-finland/stays

Ruka/Kuusamo is about 45-60minuted drive from Posio and there are also plenty of options for accomodation: www.ruka.fi/en/accommodation

Meals

Meals will be available at the venue:

- Lunch 10.30-17.00 12€
- Race Cafe open 09.00-17.00

Travel information

Simplest way to get to Posio is by car. Flying to Kuusamo (ca.1hr from Posio) or Rovaniemi (ca.1hr 30min from Posio) and then getting a rental or coming by bus is also an option.

For support you may contact: henrikvonenke@hotmail.de

Waxing facilities and ski waxing service

Waxing facilities are available near the competition arena right next to the quarantine area. Electrical connections and heating is provided. 15m² and 10m² areas are available at the waxing facility. Facility is lockable but the areas are only separated by light walls. Price for one 15m² waxing area is 600€ and the 10m² price is 500€. Availability is first come-first served.

Bookings are made by sending email to: henrikvonenke@hotmail.de

Reservations for waxing facilities must be made 28.2.2025.

Ban of fluorinated waxes

All waxes containing fluoride are banned from IOF competitions.

Map scales

Distance	Map scale / contour interval
Relay	1:10 000 / 5m
Sprint and Sprint relay	1:5000 / 5m
Middle	1:10 000 / 5m
Long	1:15 000 / 5m

All maps are A4 size (21 x 30 cm) with a 5-metre contour interval.
All courses will be according to the rules.

Winning times

	ESOC/WC	JWSOC	EYSOC
Thursday 20.3.2025	Sprint relay 6-8min/each leg 36-48min overall	Relay 30-35min/each leg 95min overall	Relay 20-25min/each leg
Friday 21.3.2025	Sprint 12-15min	Sprint 12-15min	Sprint 8-12min
Saturday 22.3.2025	Middle 40-45min	Middle 25-35min	Middle 20-25min
Sunday 23.3.2025	Long 85-95min	Long 65-75min	Long 40-45min



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Terrain

20.3.2025	Steep but lesser height differences, flat marsh area.
21.3.2025	Steep but lesser height differences, flat marsh area.
22.3.2025	Mild height differences, various forest types.
23.3.2025	Considerable height differences, various forest types.

Punching system

EmiTag (EMIT) will be used.

The race organizing provides the competitors with EmiTag competition cards. All competitors will receive two competition cards.

The competition cards can be collected from the race office.

Opportunities for training

Model event will be held in Kirintövaara 19.3.2025. Kirintövaara has also groomed tracks over 20km. Model event is open at 10.00 - 14.00 on wednesday 19.3.

Ski track map: www.infogis.fi/posio/

Visa requirements

Information regarding requirements for visas can be found at the following sites:

<https://finlandabroad.fi/frontpage>

<https://um.fi/visa-to-visit-finland>

Public races

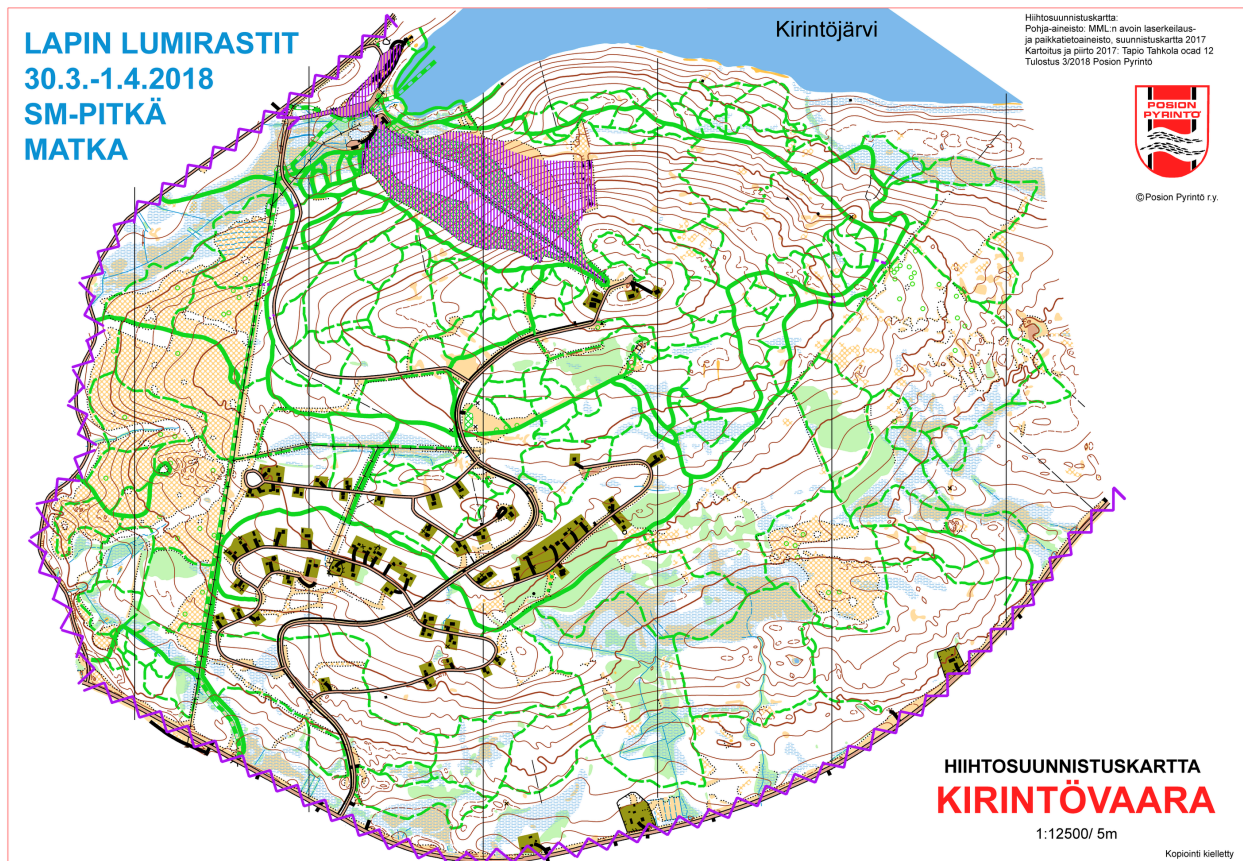
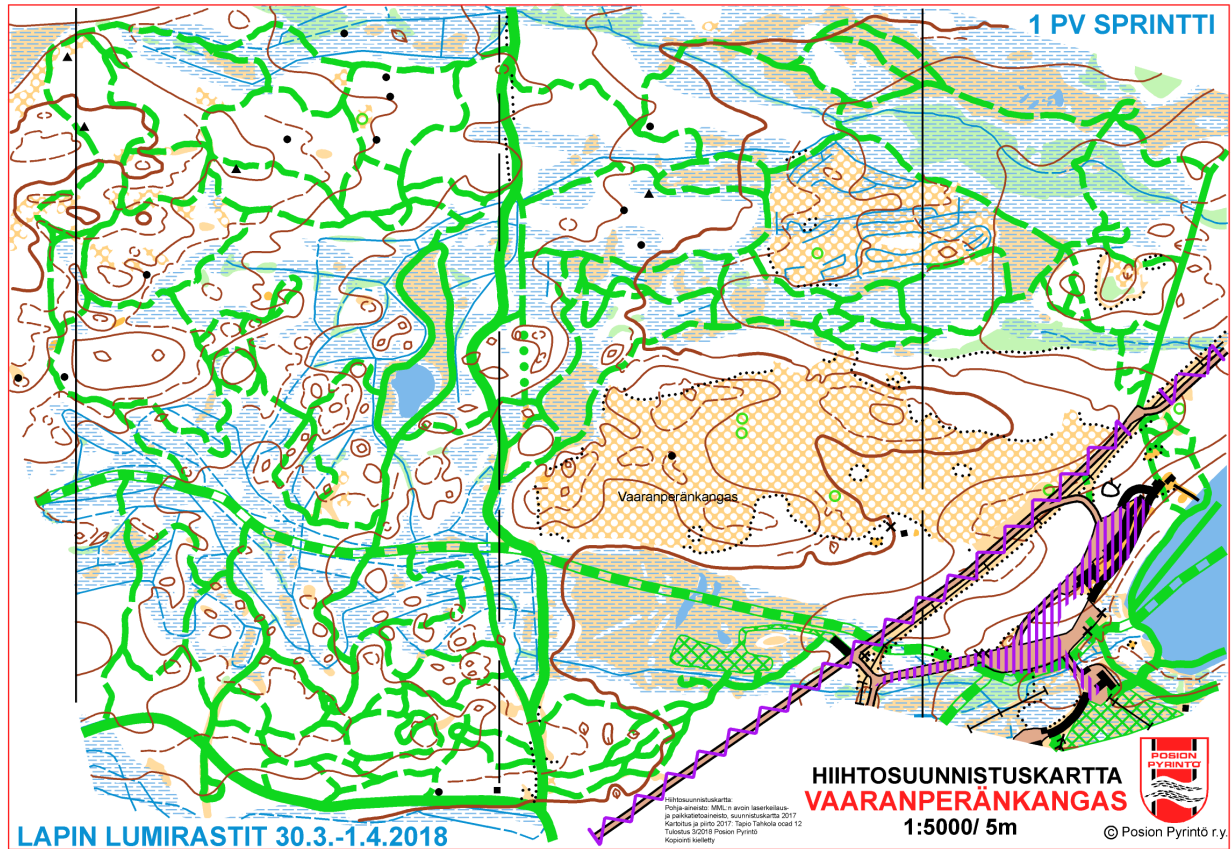
In conjunction with the European and World Championships, three open competitions will be held. On Friday, March 21st, there will be a sprint; on Saturday, March 22nd, a middle distance; and on Sunday, March 23rd, a long distance.

More information about the public competitions can be found at www.lumirastit.fi/2025.

You can register for the competitions through the IRMA system at <https://irma.suunnistusliitto.fi/public/competitioncalendar/list>.



Previous orienteering maps



Media contacts and accreditation

Chief of media: Vesa Huokuniemi vesa.huo@hotmail.com , +358 400 673454

Event Secretary: Satu Teperi satu.teperi@gmail.com , +358407415361

Organisers

Posion Pyrintö ry.

Event Director: Antti Häkämies, Email: a_hakamies@hotmail.com

Support functions: Henrik Enke, Email: henrikvonenke@hotmail.de

Technical support: Tuomas Laatikainen

Map: Tapio Tahkola

Tracks: Jarmo Pyhtinen

Media: Vesa Huokuniemi

Course setters: Santeri Aikio, Aki Aikio

Event controllers

IOF Senior Event Adviser:

Sture Noren (SWE) Email: sture.noren@outlook.com

National Controller:

Tapani Partanen (FIN) Email: tapani.partanen@cleanosol.fi, +358 40 754 4024

Contact information

Address: Event Secretary, Satu Teperi, Posion Pyrintö, Aholantie 33, 97900 Posio, Finland

Telephone: +358407415361

IOF Eventor: <https://eventor.orienteering.org/Events/Show/8420>

E-mail: satu.teperi@gmail.com

Web page: <https://lapinlumirastit.fi/2025/>

Summary of important dates

The final dates for registering entries, booking accommodation etc. are summarised in the table below. Please note the additional fees that apply for late entries.

- Entry registration 19.1.2025 (-2 months) – phase 1
- 9.3.2025 (-10 days) – phase 2
- Payment of accreditation fees (closing date) 14.2.2025
- Late entry 19.3.2025
- Event/competition dates 19-23.3.2025

Posio Lapland

Experience diverse nature, local delicacies, genuine culture, art and design in Posio – a small nature-loving community where enchanting landscapes inspire you to rediscover the essentials. In Posio, nature embraces, carries through the seasons and gives life its pace. Hurries vanish in the tranquility of nature and amongst the locals. Here, anyone can find their own rhythm, be it fast or slow.

Posio is better known as the hidden gem of Finnish Lapland. Away from the highways Posio's travel sector has developed to a somewhat different direction than other bigger destinations. The tourism companies are rather small family businesses operated by locals. Hotels and cabins are situated in their own privacy by lakes, in forests or forested areas. Hence the sense of space and silence are very much part of the experiences offered to tourists. International tourism to Posio has been growing steadily, and after the coronavirus pandemic Posio has caught the attention of tour operators looking for non-touristic, authentic and sustainable destinations.



Suomen
Suunnistusliitto



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