

Competition instructions

## LAPIN LUMIRASTIT CHECKPOINTS AND FINNISH CHAMPIONSHIP LONG DISTANCE 21.3.-23.3.2025 **Rules and instructions**

the competition follows the rules of the Finnish Ski Orienteering Federation and the IOF, the separate instructions of the Finnish Ski Orienteering Championships and the instructions given by the organizer. Competitors compete at their own risk.

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Competition info: Satu Teperi, p. 040 7415361

### **Judges' Council**

Kimmo Määttä (chairman), Staffan Tunis and Mari Tuokko.

**Info.** Situated at the ice hockey ring. The info opens on Friday at 8.30 am, Saturday at 8.30 am and Sunday at 7.30 am. At the info, you can pay by card and cash.

### **Competition terrain**

The competition area on Friday is mainly low altitude and there are moderate height differences in the area. On Saturday and Sunday, the competition terrain is a variation of forest and hill terrain like the typical northeast Finland area, where there is a variety of terrain in terms of altitude differences, passability and speed.

The competition terrain has snowmobile tracks for the event, wide ski tracks maintained with a groomcat, snowmobile routes and some roads that are suitable for skiing.

### **Safety**

There are several snowmobile trails in the competition area as well as cross-country ski trails in public use. There are warning signs and officials at the most critical points, but competitors must be especially careful when moving on such tracks and take other traffic into account!

### **Competition map**

Print map. The size for all series on all days is A4. The scale is 1:5000 for everyone in the sprint, either 1:7 500 or 1:10 000 in the middle distance and 1:10 000, 1:12 500 or 1:15 000 in the long distance. More detailed league-specific scales can be found in a separate table.

Maps are not collected at the finish line. Remember the ethical guidelines for orienteering, i.e. the map must not be shown to a person who has not yet completed their own competition performance after the finish.

### **Prohibited areas**

Moving around the competition area is prohibited except for competition performances.

During the competition, prohibited areas are marked on the map with map markers in accordance with the description instructions.

### **Competition numbers**

The competition numbers are in folders located in the info. The same number tag is used on all days. The competition number is attached to the front of the right thigh with safety pins.

### **Controls and punching**

The controls are located in the terrain on wooden poles (5cm\*5cm), to which a stamp, a control flag and a control code are attached. At the control points in the terrain, there are two stamps on both sides of the track at each control. One post has only a stamp and the other has a stamp, a control flag and a control code. The punches also have a control code visible. Both punches are identical, and it doesn't matter which punch the athlete is stamping from.

The model control can be found at the competition centre. The competition uses emiTag punching. The control punch must not be touched with the emiTag, but the punching is registered using the competition card about 30 cm from the punch unit that is in the vicinity of the control flag. Under no circumstances must the control be hit!!

**Signposts** from the start to the K-point and from the last control to the finish are signposted.

### **EmiTags rented from the organizers**

The organizer reserves emiTags for those competitors who have not provided the emiTag number when registering. The price of the rental card is 10e/day. A fee of 100€ will be charged for an unreturned card.

### **Ski waxing**

There is no separate waxing room.

### **Warm-up and ski testing**

The warm-up and ski testing area is located in the ski area about 400 m north of the competition centre. A more detailed location can be found on the Lumirasti website at [www.lapinlumirastit.fi/2025/area-mapsaluekartat/](http://www.lapinlumirastit.fi/2025/area-mapsaluekartat/)

### **Distances to the start from the competition center**

Friday 700m

Saturday 700m

Sunday 400m

The way to the start is marked from the competition center with orange plowing signs with a blue ribbon. There is a snowy road to the start and skiing along it is at your own risk.

### **Guidance**

Guidance to the competition centre from the centre of Posio. When you arrive in Posio, follow the P signs and you will find the parking area intended for competitors.

### **Competition centre and parking**

The competition centre is located near the Posio ice rink and gym, address Koulutie 2D, 97900 Posio. Lunch and café services are available daily at the competition centre. Washing, dressing and toilet facilities can be found in the competition centre.

Parking fee 10€/day or 20€/3 days. Parking in the parking lot along Sysitie. The distance from the parking area to the competition center is 600m. The parking ticket must be redeemed at the information desk at the competition centre. Parking tickets will be checked when leaving the competition area.

### **Restaurant services**

The competition centre has a restaurant and a café. The restaurant serves lunch daily, a more detailed menu can be found on the Lumirastien website at [www.lapinlumirastit.fi/2025/ruokailu-food-services/](http://www.lapinlumirastit.fi/2025/ruokailu-food-services/)

The café offers delicious pastries, coffee, tea and a variety of soft drinks. There is also sausage sales in the area.

### **Toilet**

Facilities of the ice rink in the Competition Centre are available to competitors and spectators. In addition, the competition centre has outdoor toilet facilities.

### **Dressing/washing**

The dressing and washing facilities are located at the ice ring.

### **First aid**

First aid personnel are at the first aid station at the competition centre every day. The EA point is located in the gym building. The person in charge of first aid is Antti Pietilä, tel. 040 7511270.

### **Competitors who have dropped out**

The competitors who have dropped out must come through the finish line or, if that is not possible, those who have dropped out must register at the finish line at the emiTag checkpoint.

### **Start**

On Friday the first start is at 14.00 and on Saturday at 14.15.

On Sunday, the starts will be in two heats due to the Finnish Championships. The classes H/D 17, H/D 20 and H/D21 will start at first from 9.00 a.m. and after a break of about 10 minutes, the same classes of the European Championships and the World Championships will start. The first starts of the series other than those mentioned above are at 1.30 pm. Every day all classes have an intermediate start.

Guidance to the start will take place at the competition centre.

### **Map flip**

Lapin Lumirastit 2025 Sprintti on 21.3.2025

The map flip is with the following series:

H21, D21, H20, D20, H17, D17, H15, H35, H40, D35, D40, D45, H45, H50, D50 ja D55

### **EmiTag**

Emit recommends that emiTags with the number 4121510 or lower should no longer be used in the winter season 2024/2025.

## Distances, series and scales

### Classes and distances

Series	21.3.		22.3.		23.3.	
	Track directly	Shortest Measure- Tracks formula	Track directly	Shortest Measure- Tracks formula	Track directly	Shortest Measure- Tracks formula
D11	1,2 km	1,5 km 1:5 000	2,1 km 2,6 km 1:10 000		2,8 km 3,4 km 1:10 000	
D13	1,7 km	2,1 km 1:5 000	3,2 km 4,3 km 1:10 000		4,6 km 6,3 km 1:10 000	
D15	2,1 km	2,8 km 1:5 000	3,5 km 4,2 km 1:10 000		5,6 km 7,6 km 1:10 000	
D17	2,7 km	3,4 km 1:5 000	4,0 km 5,2 km 1:10 000		7,5 km 10,4 km 1:15 000	
D20	3,2 km	3,9 km 1:5 000	4,7 km 6,5 km 1:10 000		11,2 km 16,5 km 1:15 000	
D21	3,0 km	4,2 km 1:5 000	6,2 km 8,2 km 1:10 000		12,4 km 19,2 km 1:15 000	
D35	2,7 km	4,0 km 1:5 000	5,7 km 7,4 km 1:10 000		8,8 km 12,3 km 1:12 500	
D40	2,7 km	4,0 km 1:5 000	5,7 km 7,4 km 1:10 000		8,8 km 12,3 km 1:12 500	
D45	2,7 km	4,0 km 1:5 000	5,7 km 7,4 km 1:10 000		8,8 km 12,3 km 1:12 500	

D50	2,7 km	3,7 km	1:5 000	4,5 km 6,0 km 1:7 500	8,0 km 10,8 km 1:12 500
D55	2,7 km	3,7 km	1:5 000	4,5 km 6,0 km 1:7 500	8,0 km 10,8 km 1:12 500
D60	2,2 km	3,0 km	1:5 000	3,6 km 4,4 km 1:7 500	6,0 km 8,5 km 1:10 000
D65	2,1 km	2,8 km	1:5 000	3,5 km 4,2 km 1:7 500	5,6 km 7,6 km 1:10 000
D70	2,0 km	2,5 km	1:5 000	2,6 km 3,4 km 1:7 500	4,6 km 6,2 km 1:10 000
D75	2,0 km	2,5 km	1:5 000	2,6 km 3,4 km 1:7 500	4,6 km 6,2 km 1:10 000
D80	1,8 km	2,2 km	1:5 000	2,1 km 2,6 km 1:7 500	2,5 km 3,5 km 1:10 000
D85	1,8 km	2,2 km	1:5 000	2,1 km 2,6 km 1:7 500	2,5 km 3,5 km 1:10 000
H11	1,2 km	1,5 km	1:5 000	2,1 km 2,6 km 1:10 000	2,8 km 3,4 km 1:10 000
H13	1,7 km	2,1 km	1:5 000	3,2 km 4,3 km 1:10 000	4,6 km 6,3 km 1:10 000
H15	2,7 km	3,7 km	1:5 000	4,5 km 6,0 km 1:10 000	8,0 km 10,8 km 1:12 500
H17	2,9 km	3,7 km	1:5 000	4,6 km 6,2 km 1:10 000	8,4 km 12,1 km 1:15 000
H20	3,0 km	4,4 km	1:5 000	5,3 km 7,2 km 1:10 000	11,2 km 18,1 km 1:15 000
H21	3,7 km	5,0 km	1:5 000	7,0 km 10,7 km 1:10 000	16,8 km 25,2 km 1:15 000
H35	3,0 km	4,5 km	1:5 000	6,3 km 8,2 km 1:10 000	12,5 km 18,4 km 1:15 000
H40	3,0 km	4,5 km	1:5 000	6,3 km 8,2 km 1:10 000	12,5 km 18,4 km 1:15 000
H45	2,7 km	4,0 km	1:5 000	5,6 km 7,3 km 1:10 000	11,0 km 16,2 km 1:15 000
H50	2,7 km	4,0 km	1:5 000	5,6 km 7,3 km 1:10 000	11,0 km 16,2 km 1:15 000
H55	2,7 km	3,7 km	1:5 000	5,1 km 7,0 km 1:7 500	9,4 km 13,7 km 1:12 500
H60	2,7 km	3,7 km	1:5 000	5,1 km 7,0 km 1:7 500	9,4 km 13,7 km 1:12 500
H65	2,4 km	3,2 km	1:5 000	4,5 km 5,8 km 1:7 500	8,3 km 12,2 km 1:12 500
H70	2,1 km	2,8 km	1:5 000	3,8 km 4,9 km 1:7 500	5,7 km 7,9 km 1:10 000
H75	2,1 km	2,8 km	1:5 000	3,8 km 4,9 km 1:7 500	5,7 km 7,9 km 1:10 000
H80	1,8 km	2,5 km	1:5 000	2,3 km 2,9 km 1:7 500	3,1 km 4,1 km 1:10 000
H85	1,8 km	2,5 km	1:5 000	2,3 km 2,9 km 1:7 500	3,1 km 4,1 km 1:10 000

### Tracks

Sprint	Km %
Extra wide	4,8 19 %
Wide	2,5 10 %
Narrow	18 70 %
Snowmobile route	0,5 2 %
	25,8

Middle distance	Km	%
Extra wide	2,8	7 %
Wide	1,6	4 %
Narrow	31,8	79 %
Snowmobile route	2,3	6 %
Skiable road	2	5 %
	40,5	

Long	Km	%
Extra wide	7,1	8 %
Wide	1,5	2 %
Narrow	73,9	81 %
Snowmobile route	7,2	8 %
Skiable road	2	2 %
	91,7	

### Start procedure

- 4min: The competitor is called to the start
- 3 min: Reset the EmiTag.
- 2 min: Model map available. Children (classes H/D 11-13) will receive the map placed on the rack upside down, 11-year-olds will be instructed on the map to start, finish and answer questions.
- 1 min: Classes H/D 15 and older: The competitor will move to the bucket marked with the series code on their own map, from where they will be given permission to take the map 15 seconds before the start.

The competitor is responsible for taking the map of their own series.- 0 min: Permission to start will be given.

### Results

Official results and split times are published daily on the Snow Checkpoint website. A link to the online results can be found on the Lumirasit website during the competitions.

### Finish

There is no punching at the finish. The stamp check is right after the finish line. The finish line closes on Friday at 16:30, Saturday at 17:30 and Sunday at 17:00.

## Awards

On Sunday, long-distance Finnish Championship medals and plaques will be handed out. In addition, prizes will be awarded based on the overall competition of the Lapin Lumirastit. The award ceremony will take place in front of the Pentik Gallery. A more detailed schedule will be confirmed on the Lumirastien website on the "Schedule" page.

The number of winners for the overall competition will be announced on the Lumirasti website.

FINNISH CHAMPIONSHIPS LONG DISTANCE SEPARATE INSTRUCTIONS (Separate instructions for the 2025 Finnish Ski Orienteering Championships have been published in pdf format (update 19.2.2025).

Finnish Championship long distance, Posion Pyrintö, 23.3.2025 WRE (in connection with the Lapin Lumirastit and the European Championships as well as the Junior World Championships and European Championships)

### 6.1 Classes and participation

Classes H15, H17, H20, H21, H35–85, D15, D17, D20, D21 and D35–85, unlimited participation.

### 6.2 Starting order in all classes

In classes H21 and D21, the start lists for the WRE series are formed so that the competitors' ranking points are based on the world ranking points available on 13.3.2025 plus two hundred (e.g.  $45 + 200 = 245$ ) or the SSL online ranking points on 13.3.2025 if the person does not have world ranking points. The world's highest score of 0 is interpreted as a lack of points. The start list of the other classes is formed based on the situation of the SSL online ranking on 13.3.2025 so that the best in the ranking are placed as the last runners in the series. The starting place and time determined on the basis of rank is personal. If the participant does not compete, the place will be empty. If a competitor is not on the ranking list, he or she will be placed to start in random order at the beginning of his or her series. The starting order of classes H17, H20, H21, D17, D20 and D21 is formed so that the starting order of the classes in question. The series will start before the corresponding series of the European Championships and World Championships so that the best of the rank will be placed as the last runners in the series. Finns competing in the European Championships and World Championships will be taken into account. series, because they ski the same course. If necessary, the instructions will be specified in the competition instructions. The departure interval is 2 minutes.

### 6.3 Starting order of members of the same club

The starting order formed on the basis of the ranking list will not be changed, even if those representing the same club are consecutive starters.

### 6.4 SM-rules

The special provisions concerning the Finnish Championships are recorded in Chapter 19 of the Orienteering Rules. Participants must be at least 14 years old during the year of the competition.