

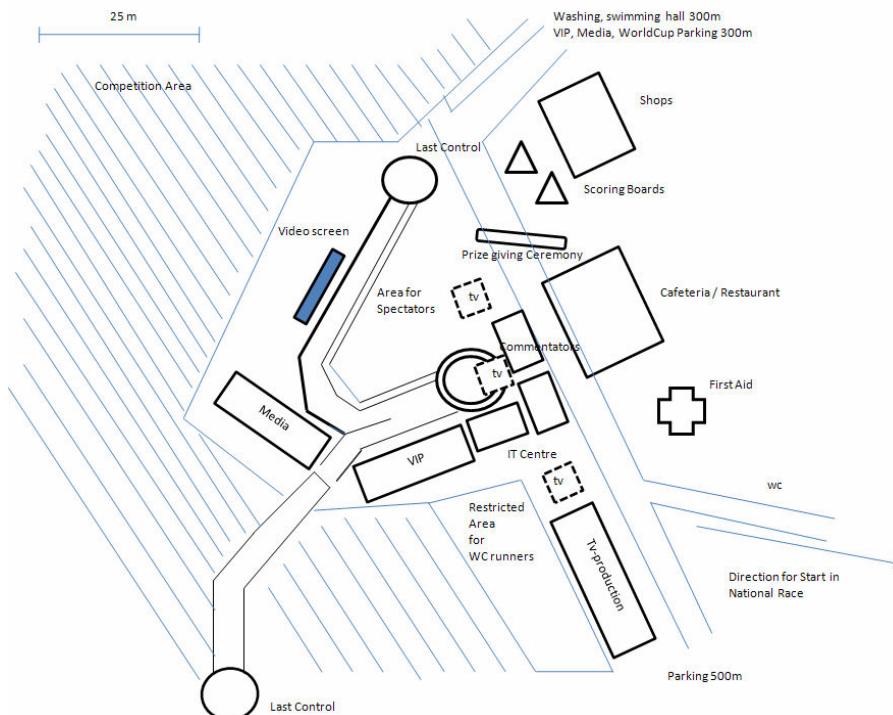


INSTRUCTIONS FOR OPEN MIDDLE DISTANCE ORIENTEERING COMPETITION IN TUUSULA 17TH OF JUNE, 2010.

ORGANISED BY ORIENTEERING CLUB TUUSULAN VOIMA-VEIKOT

1 SUMMARY

Tuusulan Voima-Veikot organizes open middle distance orienteering competition along with 2010 World Cup Event 4 and opening stage of 2010 Nordic-O-Tour. Competition Centre is located close town center of Tuusula in address, Rykmentie 1, 04300 Tuusula.



Organisation for Event:

- Event Director: Esa Tihilä
- Course planner: Petri Tonteri
- National Advisor: Eero Hyvönen, Porvoon Urheilijat
- Competition Centre: Pekka Kolehmainen
- Info: Hannele Vuola
- Start: Risto Sirola, Jaakko Helminen
- Finish: Markus Korhonen
- Results: Anssi Raitanen
- Guidance & Parking: Mikko Saleva

- Jury: Toivo Setälä, JäPa (chairman), tel. +358 50 390 9988
Lisa Juga (member)
Reima Vainio (member)

Competition will be held according to the Rules of Finnish Orienteering Federation for foot- and special rules given by organizer.

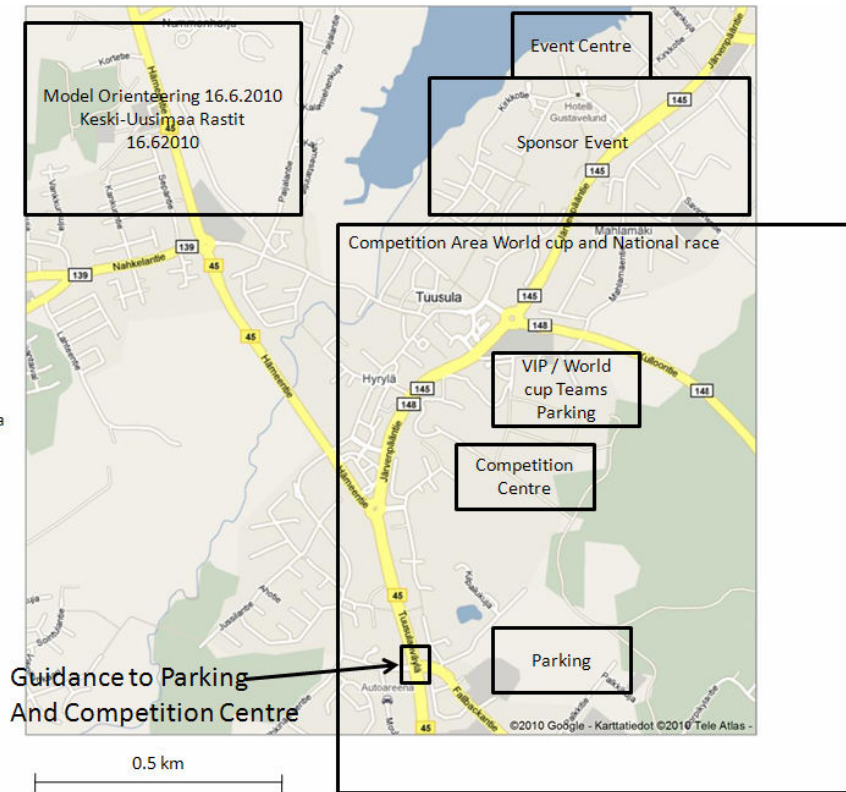


2 GUIDANCE AND PARKING



Tuusula

- 28 km North from Helsinki
- 15 km North from Helsinki-Vantaa Airport



Guidance to Competition Centre

Direction Helsinki (South) From main road # 45 1 kilometer south from Tuusula center towards Tuusula SportCenter (URHEILUKESKUS). Parking place is located 500m from URHEILUKESKUS junction. Competition Center is located 500-800meters from parking place.

Direction Hyvinkää/Järvenpää/Kerava (North) From main road # 45 1 kilometer south from Tuusula center towards Tuusula SportCenter (URHEILUKESKUS). Parking place is located 500m from URHEILUKESKUS junction. Competition Centre is located 500-800meters from parking place.

Address for parking place is Kilpailutie 9, 04300 Tuusula.

Guidance is available 17th June.2010 from 3pm on.

Parking

Parking will be organized to the open place by football hall at Sport Centre.

There will be guidance from parking to Competition Centre. Parking is free of charge.



3 MAP AND TERRAIN

3.1 Map

Map is printed in scale of 1:10 000, 6/2010. Vertical contour interval is 2.5 meters. Size of the map is A4 and it is covered. Control descriptions are separately available at START they are not printed on map.

Map is available at start according to the rules of Finnish Orienteering Federation. Previous maps from region are available in competition centre and on organizers web site.

Competitors may keep maps when they finish their race. It is forbidden to show map for others competitors who have not started for completion yet.

3.2 Terrain

Terrain for middle distance is mixed forest, good visibility, dense network of paths and mainly good run-ability. There will be report given by Course Planner and Event Advisor of terrain and courses prior to completion on web site www.tvv.fi and information board at competition centre.

There are no refreshment available either first aid in the terrain.

3.3 Areas of out of bounds

Map descriptions will show areas of out of bounds. Competitor going to areas of out of bounds will be disqualified from the competition. Competitors may go to area for competition only when they are on race.

Areas, which are out of bounds, on top of what map descriptions will show, are shown on the map with vertical red lines. If area of out of bounds is highlighted with solid red line on the map it is also marked in terrain with red-yellow band. There are also inspectors controlling areas of out of bounds.



4 CLASSES, ROUTES, NUMBER OF CONTROLS AND START PLACE

Class	Length	# of controls	Start
H21A1	6.5 km	15	1
H21A2	6.4 km	15	1
H21B	4.4 km	9	1
H21C	3.1 km	11	1
H10	1.7 km	5	1
H12	1.9 km	9	1
H14	2.8 km	12	1
H16	4.0 km	14	1
H18	4,9 km	15	1
H20	5.6 km	16	1
H35	5.5 km	14	1
H40	5.1 km	13	1
H45	4.9 km	16	1
H50	4.6 km	14	1
H55	4.1 km	12	1
H60	3.9 km	11	1
H65	3.7 km	10	1
H70	3.0 km	11	1
H75	2.6 km	10	1
D21A	5.1 km	13	1
D21B	3.7 km	9	1
D21C	2.6 km	9	1
D10	1.7 km	5	1
D12	1.9 km	9	1
D14	2.8 km	12	1
D16	3.7 km	11	1
D18	4.2 km	12	1
D20	4.9 km	13	1
D35	4.5 km	11	1
D40	4.0 km	12	1
D45	3.9 km	12	1
D50	3.9 km	12	1
D55	3.3 km	10	1
D60	3.1 km	9	1
D65	2.8 km	11	1
D70	2.4 km	9	1
D75	2.4 km	9	1



Controls and Punching System

The official punching system used will be EMIT. Own EMIT cards are allowed. EMIT cards will be rented by the organizer to runners not having their own card. They are available from INFO. They will be used for the event and must be returned after the competition to the INFO. A charge of 70 euro's for each lost or unreturned EMIT card will be made to person held responsible.

All competitors are asked to check from start list that EMIT card numbers and other pieces information at start list are right. If they are errors and invalid information please inform organizers immediately. Organizer is not checking functionality of EMIT card in START. If competitor's use other EMIT card than informed in advance competitor will be disqualified (FOF Rule # 11.518). Disqualification is not executed on classes 14 years and younger. If there are changes to EMIT card they must be done prior to competition via INFO.

Functionality of EMIT card can be tested by competitor at model control in competition centre.

Competitors can rent EMIT cards from organizers with price of €6.

Backup labels for EMIT cards are available at START.

Model control is in competition centre and there will 0 punch for testing EMIT cards.

Control descriptions are not printed on maps. Separate control descriptions are available in START. It is the responsibility of the competitor to bring a suitable cover or holder for the control description.

All competitors are wearing number bib's. Number bib's are available in START.

START

There will be one START place

- Guidance to START starts from competition centre.
- First start is 5pm.
- Start list will be available on web site and on information board.
- Competitor is in charge of taking right map.

- Distance to start 1500m
- Guidance to start is marked **blueyellow** marks.



Procedure in START

- 4 min before start time competitor is called to starting area
- 3 min before start time EMIT –card is cleared and competitors move to starting grid via tunnel.
- 2 min before start time map is available for overview.
- 1 min before start time competitor goes to by his/her map.
- Start will happen on "beeb" and competitor may take his/her map and start competition.
- Start position is marked in terrain with control flag.

Additional rules for Classes H/D10-14

- Competitors in classes H/D10-14 can have their map 1 min before of their start time.

Finish

From last control there will be guided route to finish line which is the same for all classes. Competitor punches at finish line. After crossing the finish line the competitor will be guided through the finish zone:

- Enters a queue according to the run-in order
- Walks through the time keeping for reading the EMIT-card
- Gives number bib for organizers.

Unclear cases will be cleared at finish. All rented EMIT cards must be returned to INFO.

Competitors who, for any reason, decide not to complete their race must report to the finish as soon as possible.

5 OTHER INFORMATION RELATED COMPETITION

Results

There will be scoring board in competition centre where all results are published. They will be available on web site www.tvv.fi as well.

Prizes

In classes H/D21A (1 and 2) three best will be awarded. In classes H/D10 all competitors will be awarded. Prizes can be collected immediately after arriving to finish. All other classes only winner is going to be awarded.

In addition to that there will be 40 lottery awards for all competitors. Results of lottery can be checked from the list which is available in scoring board. All competitors do receive a number bib when they arrive to finish if number is found from lottery list competitor wins award. Lottery wins can be collected immediately from prize giving point.

All awards based on results can be collected individually by competitors from prize giving point from 7pm onwards.



WC

All WC's are located in Competition Centre.

Washing

Washing is organized in Tuusula Swimming hall (300 meters from competition centre) Entry tickets for swimming hall can be collected from info.

Restaurant and cafeteria

Food, sandwiches, coffee, tea and beverages are sold in competition centre.

First Aid

First Aid is in center of Competition Centre. Tuusula Red Cross is charge of the service.

WELCOME!

TUUSULAN VOIMA-VEIKOT RY