



Bulletin 3 Update November 1st

The IOF World Cup in Ski Orienteering in Ylläs, Kolari December 2nd to 8th 2013

Traditional Finnish Ski Orienteering Season Opening the Ensilumen Rastit with classes H/D 10-80 will be arranged together with World Cup Opening as scheduled in program. See more www.ensilumenrastit.fi

Bulletin 3 contains all information included in the Bulletin 1 and the Bulletin 2. There is some updated information – read carefully the Bulletin 3.

Organizers

The organiser is Lapin Suunnistus ry (the Orienteering Association of Lapland) together with local orienteering clubs.

Event Director Contact person Email Homepage

Controllers

IOF Senior Event Adviser National Controller Course Controller Veli-Markku Korteniemi Tero Taulavuori info(at)ensilumenrastit.fi http://ensilumenrastit.fi/en

Tommy Jauhojärvi (NOR) Ossi Lakkala Unto Kanerva

Competition office

Address (from 2nd to 8th December) Email Phone Tunturintie 54, 95970 Äkäslompolo, Finland info(at)ensilumenrastit.fi +358 40 778 1122







MUNICIPALITY



Venue

World Cup opening in Ski Orienteering will be organized in the Ski Resort Ylläs, Kolari, Finland.

The Event Centre is situated in Äkäslompolo village at Kellokas Visitor Centre. The address is Tunturintie 54, 95970 Äkäslompolo, Finland. See more http://www.outdoors.fi/customerservicepoints/visitorcentres/kellokas/Pages/Default.aspx

The nearest international airport is Kittilä Airport. See more information: <u>www.finavia.fi</u>. There is bus connection from each flight to Ylläs Ski Resort (60 min).

The nearest railway station is in Kolari. See more information: <u>www.vr.fi</u>. There is bus connection to the Ylläs Ski Resort (30 min).



Program

Monday, December 2nd Competition Office is opened Ski training option

Tuesday, December 3rd Model event Opening Ceremony Team Officials' Meeting for Middle Distance

Wednesday, December 4th World Cup Middle Distance, Mass start Team Officials' Meeting for Mixed Sprint Relay

Thursday, December 5th World Cup Sprint Relay Ensilumen Sprint Relay Team Officials' Meeting for Long Distance

Friday December 6th World Cup Long Distance, Mass start

Saturday, December 7th World Cup Rest day Ensilumen Long Distance Team Officials' Meeting for Sprint

Sunday, December 8th World Cup Sprint Distance Ensilumen Sprint Distance Prizegiving ceremony

Entries and entry fees (Updated new information here)

There entries of 100 competitors from 13 federations. See the summary of entries <u>http://ensilumenrastit.fi/en</u>

The IOF Ski Orienteering Commission has asked the organizer to find solutions that the total entry fee for competitors could be less than 180 €. Because nearly all teams – according to the information from the Commission – are using their own cars or rental cars, the organizer has decided to make following two main changes in services during the World Cup Opening Round in Ylläs compared with information in Bulletin 2 and Bulletin 3.

- there are no organizer's local transports from accommodation villages to competition centre
- there is no banquet on Friday 6th December

New Entry fee for competitors is \in 105 and accreditation fee for team officials \in 40. Entry fee for competitors includes model event, participation in individual races, competition maps, start and result lists. Accreditation fee includes model event, team officials' meetings (two participants by each nation), competition maps, start and result lists. If a competitor will take part in less than all three individual races, entry fee is \in 35 less/race – information has to be given in the final entry (November 22nd)

Entry fee for mixed sprint relay team is \notin 60 per team.

Preliminary Entries will be done by using official Entry Form A which can be copied from the organizer's official website.

Each competitor's name and gender and the names of the team officials shall reach the organizer at the latest November 22^{nd} , 2013. Entries will be done by using official Entry Form B which can be copied from the organizer's official website.

Payments (Updated deadline here)

Payments of World Cup entry fees and accreditation fees shall be paid at the latest November 8th, 2013. Fees should be paid to:

Ensilumen Rastit/Lapin Suunnistus ry IBAN: FI48 5533 0020 0580 66 BIC: OKOYFIHH Bank: Ylitornion Osuuspankki

Accommodation

There are available hotel, hotel apartments, apartments and cottage accommodation in different price categories. See detailed information in Bulletin 2.

Teams have to book and pay their accommodations by contacting local hotels and booking offices.

www.laplandhotels.com Email sales@laplandhotels.com and tel. + 358 (0)16 3232 www.destinationlapland.com Email info@destinationlapland.com / tel. +358 (0)16 510 3300 You can find more options for accommodation via: http://www.yllas.fi/en

Food

There are many restaurants for meals with different price categories and supermarkets for shopping of food in the Ylläs Resort area.

Transports (Updated new information here)

The teams have to arrange their travels to the Ylläs Resort. See above information how to reach Ylläs from Kolari railway station and from Kittilä Airport.

There are no local transports arranged by the organizer. Teams without own car or rental car can get local transports from the accommodation villages. The Event Office will offer help in arrangements but teams has to pay the cost of transport.

Visa requirements

According to the current regulations, citizens of some countries must obtain a visa in order to enter Finland. Please check the following website for more information.

http://www.formin.fi/

Visas should be applied at your nearest Finnish Embassy. Please note that conditions of entry to Finland can change and all participants are advised to keep up to date with the current situation by consulting their local Finnish Embassy.

Rules, Classes and Entry Regulation

There is one class for men and women in individual distances. Sprint Relay is for mixed teams with one man and one woman. For further details on classes and regulations please refer to the Competition Rules on the IOF Web: <u>www.orienteering.org</u>

Each Federation may enter up to 6 women and 6 men in each individual competition. Finland as organizing federation may enter two additional competitors in each individual competition.

Each Federation may enter **up to 6 teams in mixed sprint relay**. This is updated information according to the special rules for season 2013-2014.

Terrain, climate and daylight

The terrain is situated on slope areas of Ylläs fell and consists of pine and spruce forest and partly open areas. Altitude is 200-450 m.

The climate is normal winter weather. Temperature is normally between -5 to -20°C. Daylight at Ylläs region is between 9 AM to 2 PM.

Local weather http://en.ilmatieteenlaitos.fi/weather/kolari

Maps

Maps are drawn according to the International Specifications for Orienteering Maps.

Competition	Scale	Contour interval
Long distance	1:15 000	5 m
Middle distance	1:10 000	5 m
Sprint	1:5 000	5 m
Mixed Sprint relay	1:5 000	5 m

Punching system

Emit Touch-Free punching system will be used. All World Cup runners will be equipped with emiTags from the organizer. Private emiTags will not be allowed.

Courses

Competition	Winning time	Length of the course	Winning time	Length of the course
	men	men	women	women
Long distance	90 min	27 km	70 min	18 km
Middle distance	40 min	13 km	40 min	11 km
Sprint	13 min	4 km	12 min	3 km
Mixed Sprint relay/leg	8 min	3,0 km	7 min	2,5 km

Length of course is according to the shortest skiable route.

Terrains

Middle distance (Kellokas competition centre)

The terrain is gentle fell terrain partly with detailed one curve contours and the tree stand is sparse pine forest. There are permanent skiing tracks in the competition area. The biggest height difference between the lowest and the highest track in terrain is 90 meters. The area is 280-380 meters above the sea level.

Mixed Sprint relay (Kellokas competition centre)

The terrain is gentle fell terrain. Area consists of forest and marsh areas. The tree stand is sparse pine forest. Marsh areas are open or covered by sparse forest. There are permanent skiing tracks in the competition area. The biggest height difference between the lowest and the highest track in terrain is 80 meters. The area is 280-380 meters above the sea level.

Long distance (Iso-Ylläs competition centre)

The terrain is mainly lower hillside of the fell and marsh areas. Terrain at the foot of the fell is flat or moderately hilly. The forest in upper parts of the fell is sparse. The lower part of the terrain is covered by sparse pine and dense spruce forests. Marsh areas are generally open or covered by sparse forest. The ground on marsh areas is flat. There are permanent skiing tracks in the competition area. The biggest height difference between the lowest and the highest track in terrain is 200 m. The area is 200-420 meters above the sea level.

Sprint distance (Iso-Ylläs competition centre)

The terrain is mainly lower hillside of the fell. The forest on the hillside is sparse. Terrain at the foot of the hillside is covered by sparse pine forest. There are permanent skiing tracks in the competition area. The biggest height difference between the lowest and the highest track in terrain is 100 m. The area is 240-360 meters above the sea level.

Competition	Date	Area	Finish arena
Model event	Tuesday, December 3 rd	Kellokas	
Middle distance	Wednesday, December 4 th	Kellokas	Kellokas
Mixed Sprint relay	Thursday, December 5 th	Kellokas	Kellokas
Long distance	Friday December 6 th	Iso-Ylläs	Iso-Ylläs Arena
Sprint	Sunday, December 8 th	Iso-Ylläs	Iso-Ylläs Arena

Competition program, competition areas and finish arenas

The Kellokas area is the North-West area and the Iso-Ylläs area is the South-East area on the map of embargoed areas.

Detailed programme (Updated new information here)

Monday 2 December:

15.00-19.00 Competition office open in Kellokas

Tuesday 3 December:

08.00-20.00	Competition office open in Kellokas
10.00-13.00	Model Event
15.00	Deadline for entry for Middle distance.
17.00	Opening ceremony
18.00	Team officials' meeting for middle distance.
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Wednesday 4 December:

08.00-20.00	Competition office open in Kellokas
10.30	Middle distance men, mass start
11.45	Middle distance women, mass start
13.00	Flower ceremony
15.00	Deadline for entry for Mixed sprint relay
18.00	Team officials' meeting for Mixed sprint relay

Thursday 5 December:

08.00-20.00	Competition office open in Kellokas
10.00	Mixed sprint relay
11.30	Ensilumenrastit sprint relay
12.00	Flower ceremony
15.00	Deadline for entry for the long distance.
18.00	Team officials' meeting for the long distance.

Friday 6 December

08.00-16.00	Competition office open in Iso-Ylläs competition centre
10.00	Long distance men, mass start
10.10	Long distance women, mass start
12.30	Flower ceremony

Saturday 7 December:

08.00-19.00	Competition office open in Iso-Ylläs competition centre
10.00	Ensilumenrastit long distance
15.00	Deadline for entry for the sprint.
18.00	Team officials' meeting for the sprint.

Sunday 8 December:

08.00-15.00	Competition office open in Iso-Ylläs competition centre
10.00	Women and Men sprint, individual start
11.30	Ensilumenrastit sprint
12.30	Flower ceremony
14.00	Prizegiving ceremony for Ensilumenrastit

Monday 9-12 December:

Training camp - see special info in http://ensilumenrastit.fi/en

Summary of entries

The summary of entries will be shown on the organizer's website http://ensilumenrastit.fi/en

Team officials' meetings

Team officials' meetings will be organized according to the schedule above. Max. 2 participants by each nation.

Place is auditorium in the Kellokas Event Centre, Tunturintie 54, Äkäslompolo.

Competition material will be submitted during meetings.

Training possibilities

There is no training camp before the World Cup Event. Skiing on permanent tracks outside the embargoed area is normally possible. Actual information on snow situation will be on the organizer's web page since the middle of November.

The Kellokas area is allowed to use for training since December 6th.

Training after World Cup

From Monday, December 9th until Thursday 12th there is a training camp on World Cup tracks. See special info on <u>http://ensilumenrastit.fi/en</u>

Media

Media Centre will be located inside the Event Centre during opening hours of the Event Office. Press conferences will be held after flowering ceremony or prize giving ceremony (Sprint) in Competition centers. Also top athletes and some head coaches will be interviewed during the day of the Model Event.

Media accreditation will be done by email, info (at) ensilumentastit.fi. There is no fee for media accreditation.

Accommodation: see as for teams above.

Copies of previous ski-orienteering and orienteering maps

Previous ski-orienteering maps and orienteering maps can be downloaded from the Organizer's website since September 1st, 2013.

Embargoed area

The competition areas are shown in the map below. Areas are embargoed until 9th December 2013 for competitors and team officials'. The area is closed for all orienteering activity. Outside the embargoed area there are some permanent ski tracks for skiing. Information on Ski tracks: <u>http://www.yllas.fi/en/maps-0</u>



IOF World Cup in Ski Orienteering in Finland

3rd to 8th December 2013

Ylläs Ski resort in Kolari, Finland

