



COMPETITION INSTRUCTIONS

Schedule:

Thursday, 5th December, Sprint relay, start at 11.30 AM, Kellokas, Tunturintie 54, Äkäslompolo

Saturday, 7th December, Long distance, Mass start at 10.00 AM for H/D21A, Others individual starts from 10.30 AM onwards, Sport Resort Ylläs (Iso-Ylläs), Iso-Ylläksentie 44, 95980 Ylläsjärvi

Sunday, 8th December, Sprint, individual starts from 11.30 AM onwards, Sport Resort Ylläs

Competition Organization:

Competition leader: Veli-Markku Korteniemi, phone +358 400 392494
Course supervisors: Unto Kanerva
Result service: Timo Kokko and Risto Kivinen
Courses and tracks: Jorma Pietiläinen, Kellokas and Velu Sipola, Iso-Ylläs
Media: Heikki Roimela, tel. +358 50 3435 090, heikki.roimela(at)pp.inet.fi
Jury: Kimmo Määttä, Chair, OH, Virpi Juutilainen, SKVuoksi and Martti Köngäs, PuolPy

Rules

Competitions follow the ski orienteering rules of IOF and Finnish Orienteering Federation and the instructions given by the Organizer.

Competition terrain

The terrain is gentle fell terrain. Area consists of forest and marsh areas. The tree stand is pine and spruce forest. Marsh areas are open or covered by sparse forest. There are permanent skiing tracks in the competition area. The area is 200-450 meters above the sea level.

Competition office

Competition office will be open from 8.30 AM to 7 PM in Kellokas until Thursday. In Iso-Ylläs competition office is open on Friday and Sunday from 9.00 AM to 3 PM. On Saturday office is open from 8.00 AM to 3 PM.

Competition material and number bibs

Rental EmiTags and number bibs are available at the competition office. Please, use your own safety pins. The fees for the rented EMITags are: 5 €/competition or 10 € / from Thursday to Sunday. The EmiTag-rents are paid at competition office. The competitor himself

is responsible for her EmiTag. After the competition(s) the EMITag must be returned to the Competition Office. For unreturned EmiTag the participant will be charged 100 €.

The same number bib will be used in all competitions of Ensilumen Rastit. The bib will be attached visibly to *right* leg both in relay and individual races. In sprint relay the first leg has red number and 2nd leg has a black number in bid.

Maps

All maps are printed maps from December 2013.

Sprint relay and individual sprint event: Map scale 1:5000, Contour interval 5 m and Map size A4 (21 x 29 cm)




Long distance: Map scale 1:15000 (H21A, H21B, H20-16, H35-60, D21A, D20-18, D35-45), others 1:10000, Contour interval 5 m, Map size A4 (21 x 29 cm)

Forbidden areas




Areas are presented in the competition arena maps, see at the end of these instructions.

Orienteering tracks

Kellokas, Äkäslompolo, Total of 10.2 km of which:

Very wide track 5-8 m (wide continuous line)		0 km
Wide track 2.5 m (continuous line)		1.6 km
Track 1.0-1.5 m (dashed line)		8.6 km

Iso-Ylläs, Ylläsjärvi Total of about 55 km of which:

Very wide track 5-8 m (wide continuous line)		20 %
Wide track 2.5 m (continuous line)		2 %
Track 1.0-1.5 m (dashed line)		78 %

Branches hinder skiers in some places. As we are on Pallas-Ylläs National Park area, the branches have been cleared to minimum extent.

Starts and special instructions for each competition

Thursday, 5th December Sprint relay, Kellokas, Äkäslompolo

Mass starts at 11.30 am HD25, H/D80-140 and at 12.30 H21A, D21A, H16 and D16

The start is at close vicinity of the competition center. Runners need to be informed to information latest on Wednesday by 6 pm. Clearing of the EMITags is done 4 minutes prior to starting time at the clearing point. Maps are delivered upside down on top the map holder 2 minutes prior to start time. According to organizer instructions, the maps can be turned right side up and placed to map holder 1 minute before the start. The start signal is indicated by the organizer using the loudspeaker. Skating is not allowed in the first 50 meters after the starting line.

Changeover occurs at the marked area. There must be a clear contact at the back of the next runner. The next runner picks the map with team's number and respective leg number. At the changeover all runners have to leave their map to officials after they change over to the next runner. EmiTag is cleared before each leg!

Saturday, 7th December Long distance, Sport Resort Ylläs, Ylläsjärvi

The start is at the close vicinity of the competition center.

Categories H/D21A, Mass start at 10.00 AM

The start is at close vicinity of the competition center. Clearing of the EMITags is done 4 minutes prior to starting time at the clearing point. Maps are delivered upside down on top the map holder 2 minutes prior to start time. According to organizer instructions, the maps can be turned right side up and placed to map holder 1 minute before the start. The start signal is indicated by the organizer using the loudspeaker. Skating is not allowed in the first 50 meters after the starting line.

There is one map change over in both categories H21A and D21A. There are also refreshments at the map change over. It is also possible to leave spare equipment at the map change over.

Other categories, individual starts from 10.30 AM onwards

Number bibs are checked 4 minutes before the start. Clearing of the EMITags is done 3 minutes prior to starting time at the clearing point. The competition map is available 2 minutes before the starting time. The competitor is allowed to place the map into map holder 1 minute prior to start. The competitor must ensure herself that she gets the right map. The marked track from starting line to Start-point (location of the start triangle) must be followed strictly!

There is one map change over in categories H20, H35 and H40. There are also refreshments at the map change over. It is also possible to leave spare equipment at the map change over.

Sunday, 8th December Sprint, individual starts from 11.30 AM onwards

The start is situated 300 m from the competition center. Follow the blue tape marking to starting area. Number bibs are checked 4 minutes before the start. Clearing of the EMITags is done 3 minutes prior to starting time at the clearing point. The competition map is available 2 minutes before the starting time. The competitor is allowed to place the map into map holder 1 minute prior to start. The competitor must ensure herself that she gets the right map. The marked track from starting line to Start-point (location of the start triangle) must be followed strictly!

Control points and punching

Control points are mainly skiable through. Some control points have been put on the side of the track. Cord above the control point has the control point identifier number, control point flag and the punching unit. The model of the control point is available at competition center.

The punching system used will be EMITag. Notice that you do not need to touch the control point to get the stamp from the control, it is enough just to pass EmiTag near the control point flag to get the stamp. For a qualified control point punching you will see a light flashing in your EmiTag for 10 seconds.

Remember to clear the EMITag in the start at the clearing point.

There is no punching at the finish line. The time will be registered in crossing the finish line. EmiTag needs to be read directly at the organizers' discharge point after the finish line. A personal printout of the controls are available at the completion office.

The finish will be closed on Thursday, Saturday and Sunday at 2 PM. Complaints (e.g. due to punching related disqualifications) should be directed to the time-taking office in the finishing area ("Itkumuuri", "The Wailing Wall").

The competitor is responsible by self to make sure that EmiTag works. The EMITag must be the same one as printed in the starting list. The competitor organizers will not check the correctness of the EmiTag number before start. If the competitor uses the other EmiTag than what has been informed the race result of the competitor will be disqualified (ski orienteering rule 11.518). There will not be disqualifications for H/D14 and younger classes, though.

Warm-Up, Ski Waxing and Ski Testing

Warm-up is allowed only on the selected tracks. The allowed warm-up tracks are described on the web pages and the competition arena map on the competition center. Ski waxing is allowed only outdoors.

Dressing and Shower

There are no showers or dressing rooms in the competition center area. Use showers in your accommodation.

First Aid

There is a first aid group present in competition center (Finnish Red Cross sections). More detailed information from Competition Info.

Weather

In case of extreme temperatures, -15...-20°C the competitors are advised to protect themselves properly. The organizers will be glad to assist on how to tackle cold conditions. Temperature measurement is made both in the competition centre and in terrain at 9 am. Decision on whether to postpone or cancel the competition due to the cold weather will be made at 9.30m by jury.

Results

Results are available immediately after competition at the organizers' web site:
www.ensilumenrastit.fi

Awards

Prize ceremony for the sprint relay will be held at 1.30 PM. In the H/D21 and H/D16 the three best teams will be awarded. In the class HD25 all the teams will be awarded. In the senior categories the winning teams are awarded.

In the individual categories the awards are given on Sunday at 2 PM, based on the total points earned in two individual competitions. 1000 points are awarded to the best competitor of the day. The points awarded by other competitors are related to their result times. The number of prizes for each category will be listed in the bulletin board.

Training

It is possible to train in terrains after the World cup competitions. The World cup middle distance terrain in Äkäslompolo is available for training from Wednesday 4th December, 1 PM onwards. The sprint relay terrain is free for training from Thursday 5th December, 2 PM onwards. The terrains on the Iso-Ylläs, Ylläsjärvi are freed for training from Sunday 8th December 2 PM onwards. Terrain is available for training until Thursday 12th December. Training maps are available at the competition office and from Monday 9th December onwards from the location informed later. The price for the training map is 5 € / map.

Lapin Suunnistus, Länsi-Rajan Rasti, Suunta 2000 and Ylläksen Rasti hope all the participants demanding ski-o-moments in Ylläs Kolari municipality. Thanks for being here! Enjoy!

Categories and distances

ELR-sprint relay (km)

	Straight	shortest	No. of legs
H21A	2,3 - 2,4	3,0 - 3,1	3+3
D21A	1,7 - 1,8	2,2 - 2,3	3+3
H80	1,9 - 2,0	2,5 - 2,6	2+2
H100	1,9 - 2,0	2,5 - 2,7	2+2
H16	1,9 - 2,0	2,5 - 2,8	2+2
H120	1,8 - 1,9	2,3 - 2,5	2+2
H140	1,8 - 1,9	2,3 - 2,6	2+2
D80	1,8 - 1,9	2,3 - 2,7	2+2
D16	1,8 - 1,9	2,3 - 2,8	2+2
D100	1,6 - 1,7	2,1 - 2,2	2+2
D120	1,6 - 1,7	2,1 - 2,3	2+2
D140	1,4 - 1,5	1,8 - 1,9	2+2
H/D25	1,4 - 1,5	1,8 - 1,9	2+2

Length of courses**Long distance**

preliminary

	Straight	Shortest	Controls
D10	2,6 km	3,1 km	7
D12	2,9 km	3,6 km	7
D14	3,7 km	4,9 km	8
D16	5,8 km	7,7 km	9
D18	7,8 km	10,2 km	12
D20	8,1 km	10,7 km	12
D21A	10,2 km	13,6 km *	17
D21C	5,8 km	7,7 km	9
D35	8,1 km	10,7 km	12
D40	7,8 km	10,2 km	12
D45	7,8 km	10,2 km	12
D50	5,6 km	7,4 km	9
D55	4,3 km	6,1 km	7
D60	4,3 km	6,1 km	7
D65	4,3 km	6,1 km	7
D70	3,7 km	4,9 km	8
D75	3,7 km	4,9 km	8

Sprint preliminary

	Straight	Shortest	Controls
D10	0,9 km	1,0 km	3
D12	1,3 km	1,6 km	5
D14	1,4 km	1,7 km	5
D16	1,9 km	2,5 km	7
D18	2,2 km	2,9 km	7
D20	2,4 km	3,1 km	8
D21A	2,5 km	3,4 km	9
D21C	1,9 km	2,5 km	7
D35	2,4 km	3,1 km	8
D40	2,2 km	2,9 km	7
D45	2,2 km	2,9 km	7
D50	2,0 km	2,5 km	7
D55	1,7 km	2,1 km	7
D60	1,7 km	2,1 km	7
D65	1,7 km	2,1 km	7
D70	1,4 km	1,7 km	5
D75	1,4 km	1,7 km	5

H10	2,6 km	3,1 km	7
H12	2,9 km	3,6 km	7
H14	4,3 km	6,1 km	7
H16	7,0 km	9,1 km	9
H18	8,5 km	11,2 km	12
H20	11,2 km	15,0 km *	13
H21A	13,9 km	18,7 km *	21
H21B	7,0 km	9,1 km	9
H21C	4,5 km	6,0 km	8
H35	11,2 km	15,0 km *	13
H40	11,2 km	15,0 km *	13
H45	8,5 km	11,2 km	12
H50	8,5 km	11,2 km	12
H55	7,0 km	9,1 km	9
H60	7,0 km	9,1 km	9
H65	6,2 km	8,2 km	10
H70	5,6 km	7,4 km	9
H75	4,5 km	6,0 km	8
H80	3,7 km	4,9 km	8

H10	0,9 km	1,0 km	3
H12	1,3 km	1,6 km	5
H14	1,7 km	2,1 km	7
H16	2,2 km	2,9 km	7
H18	2,5 km	3,3 km	8
H20	2,7 km	3,6 km	8
H21A	3,1 km	4,2 km	9
H21B	2,2 km	2,9 km	7
H21C	1,7 km	2,1 km	6
H35	2,7 km	3,6 km	8
H40	2,7 km	3,6 km	8
H45	2,5 km	3,3 km	8
H50	2,5 km	3,3 km	8
H55	2,2 km	2,9 km	7
H60	2,2 km	2,9 km	7
H65	2,1 km	2,8 km	7
H70	2,0 km	2,5 km	7
H75	1,7 km	2,1 km	6
H80	1,4 km	1,7 km	5

CHANGE OF MAPS IN LONG DISTANCE

* CLASS H21A: Change of maps at 9,2km.

CLASS D21A: Change of maps at 6,5km.

CLASSES H20, H35 ja H40: Change of maps at 11,5km.

