

## **Bulletin 1 (WRE)**

### **Finnish Long Distance Orienteering Championships August 31-September 1, 2024**

Joutsenon Kullervo and SK Vuoksi are hosting the Finnish Long Distance Orienteering Championships in Lökkiö, in the municipality of Ruokolahti. The competition is also a World Ranking Event (WRE) in the classes M21 and W21.

#### **Competition rules and instructions**

Competition rules as well as directives for Finnish Championships of the Finnish Orienteering Federation (FOF), guidelines of the International Orienteering Federation for World Ranking Events, and instructions given by the organizers shall be followed.

#### **Courses**

Estimated winning times are in accordance with the rules of the FOF.

Qualification 31.8.2024:

M21, 8,2 km, climb 215 meters, estimated winning times 53-55 minutes.

W21, 6,7 km, climb 200 meters, estimated winning times 53-55 minutes.

Final 1.9.2024:

M21, 14,6 km, climb 550 meters, estimated winning times 94 minutes.

W21, 11,8 km, climb 375 meters, estimated winning times 94 minutes.

#### **Classes**

The M21 and W21 classes have a qualification race on Saturday, and the final takes place on Sunday.

75% of the contestants registered for the qualifiers can reach the A-final by series, so that the final competition has at least 10 participants and a maximum of 50 participants per series.

#### **Entries**

Entries are made primarily through the IRMA service. International runners who do not have IRMA ID, register via IOF Eventor (WRE classes M21, W21). Entries must be made no later than Thursday, August 22th, at 11.59 pm. Late registration is not possible. All competitors entering WRE classes (M21, W21) must have an IOF-ID, issued by the IOF. Instructions on how to obtain the IOF-ID can be found on the IOF website.

## Entry fees

The entry fee for WRE classes M21 and W21 is 56,00 €. When registering via IRMA, the entry fee is also paid in the IRMA service. Foreigners registering via IOF Eventor must pay the entry fee in euros no later than Thursday, August 22th, at 11.59 p.m. using the following bank details:

Account owner SK Vuoksi

Bank name Kaakkois-Suomen Osuuspankki

Bank Address Kirkkokatu 9, 53100 Lappeenranta, Finland

IBAN FI42 5620 0920 3957 86

BIC OKOYFIHH

The name of the competitor shall be written in the information field.

## Guiding, parking, bus transport to the competition center and competition center

The departure point for parking and non-stop bus transport is located at Virmutjoki in Ruokolahti. Guidance to parking starts from road number 62 at the intersection of Puumalantie and Piikamäentie (coordinates 61.344805, 28.769709, address Piikamäentie 1, Ruokolahti, [Google Maps link](#)). The signs will be put in place on Friday 30.8. by 8 p.m.

Parking is in the field. Parking for motorhomes (and other large cars) is 500 m from the bus departure point. The guidance for parking motorhomes is from the same place as for parking cars.

There is a non-stop bus shuttle between the parking area and the competition center. At least 70 minutes must be reserved for the transfer to the competition center. The bus transport fee is 12 €/competitor/day, and it is paid at the competition center (info).

The competition center is located in Ruokolahti's Lökkiö. You are not allowed to drive to the competition center with your own car or bicycle.

## Starts

The first start in the qualification is at 11.00 am, and in the final at 10.00 am.

The distances to the starts in the qualification is 3 km. There is no quarantine on qualification.

The distances to the starts in the final is 1,5-2 km. The classes M/W21 A-finals have a quarantine zone, nearby the start, which must be entered no later than at 11.00 am. B-final do not have a quarantine.

## Map

Orienteering map, scale 1:15000, contour interval 5 meter, offset printed. Field survey has been made between 05/2022-07/2024 by Jarmo Tonder. The old orienteering map of the competition area can be seen on the competition's website.

## Terrain

The terrain has rocky hills with cliffs, but also ridges and more flat coniferous forest. The biggest height differences in the terrain are about 75 m. Runnability is variable, but mostly good.

The terrain has conifer forest of different ages. Most of the young pine forest. In some places there is older spruce forest. Traces of forestry to varying degrees can be seen in the terrain.

The embargoed area is marked on the map on the competition's website: <https://sm-pitka2024.fi/kilpailijat/> and the map register of the Finnish Orienteering Federation: <https://karttarekisteri.fi/index.php/pages/maps#>

## Punching system

Emit punching will be used. The Emit number must be given when entering the competition. If no Emit number is given, a rented Emit card will be assigned to the competitor for a renting fee of 10 €. The rented Emit card is available at the info. If the rented card is not returned, a fee of 90 € will be collected.

## Cafe and restaurant

There will be a café and restaurant in the competition center.

## Toilet, changing rooms and washing

There are toilets in the competition center, at the parking area and in the starts. There are no indoor facilities for changing clothes. There is no washing facility at the competition center. Washing is possible in the maintenance building of the sports field in Ruokolahti.

## Childcare

There will be a childcare service in the competition center. Registration (number of children and ages) by e-mail (rautiomikko0(at)gmail.com) by Thursday, August 22, 2024.

## Accommodation

Contact information to local accommodations will be available on the competition website.

## **Training possibilities**

On the competition website, there is information about the training package, which is available the whole summer. The preliminary competition will be held on May 25, near the WRE-competition area.

## **Main organizers**

Event director: Mikko Rautio, rautiomikko0(at)gmail.com, +358 505432327

Head of the course setter group: Jarmo Tonder, jarmo.tonder(at)gmail.com, +358 400945041

Communication Essi Korhonen, essi.m.korhonen(at)gmail.com, +358 407504120

IOF Event Adviser Börje Vartiainen, Kalevan Rasti

FOF Adviser Kristian Liljeström, Olavin Rasti

The competition website: <https://sm-pitka2024.fi/>

Welcome to the Lökkiö, Ruokolahti

**Joutsenon Kullervo ja SK Vuoksi**