

SAIMAAN HIIHTOSUUNNISTUSVIIKKO 6-9.1.2022

WRE-KISA 6-7.1.2022 (H/D21)

KaaSun aluemestaruuskilpailut sprintti 6.1, keskimatka 8.1

Suunnistavan Uusimaan aluemestaruuskilpailu sprintti 6.1

Optiwax-cup 6-7.1.2022 (H/D21)

Competition Instructions

Rules:

IOF and FOF rules are followed on the competitions with instructions given by organisers.

Kilpailunjohto:

Head of competitions: Raimo Väisänen (6–7.1), 0400 920 050

Mikko Rautio (8–9.1), 050 543 2327

Course setter team leader: Lauri Nenonen (6–7.1) 0405438847

Antti Myllärinen (8–9.1)

Course advisor: Vesa Herttuainen RaKaS

WRE-advisor: Hannu Myllärinen (6–7.1), puh. 0400 682 400

Resultus and finish: Pekka Rautio 040 7471350, Heikki Husu 0500 231890

Press: Anni Toiviainen, 050 370 8243

First aid: Jaakko Ahtiainen, 050 496 5184

Jury:

Vesa Tiainen, LuuRa, pj

Competition centers and how to get there:

6-7.1, Rauha

<https://www.google.com/maps/d/edit?mid=1ICs5znte9hOVw-F9PnOjCgJeeHKWgNsk&usp=sharing>

8-9.1, Muukko:

https://www.google.com/maps/d/edit?mid=1C8Z_v_HUHoqhX_b0FmPZu8Hv0WW2Ja2i&usp=sharing

Map:

The scales are 6.1 Sprint 1: 5000, 7.1 Middle 1:10000, 8.1.Middle 1:7500 ja 9.1 Middle 1: 10 000.

Map size is A4 and contour interval is 5 m.

Printing is done 1 / 2022 (Mapline).

Control codes are printed on the map next to control number in Rauha (6-7.1). In Muukko control codes are in the side of the map.

You can keep the maps after the race, but remember fair play!

Classes and distances:

Classes	Thursday 6.1 sprint	Friday 7.1 middle	Saturday 8.1 middle	Sunday 9.1 middle
H21	4,83 km	9,37 km	7,82 km	12,14 km
H35	4,47 km	8,42 km	7,28 km	10,83 km
H40	4,47 km	8,42 km	6,79 km	9,80 km
H45	4,47 km	8,42 km	6,79 km	9,80 km
H50	4,16 km	7,56 km	6,26 km	9,37 km
H55	3,83 km	5,98 km	6,26 km	9,37 km
H60	3,83 km	5,98 km	5,98 km	8,64 km
H65	3,51 km	5,14 km	5,98 km	8,64 km
H70	3,09 km	4,74 km	5,01 km	6,18 km
H75	2,82 km	3,83 km	4,78 km	5,71 km
H80	2,36 km	2,98 km	3,92 km	4,71 km
H85	2,36 km	2,74 km	2,88 km	3,85 km
H20	4,60 km	9,02 km	7,28 km	10,83 km
H17	4,09 km	7,82 km	6,79 km	9,80 km
H15	3,86 km	5,56 km	5,98 km	8,64 km
H13	2,63 km	3,56 km	3,92 km	4,71 km
H11	2,39 km	2,74 km	2,09 km	3,17 km
D21	4,59 km	8,41 km	7,28 km	10,83 km
D35	4,16 km	7,56 km	5,98 km	8,64 km
D40	3,75 km	6,45 km	5,76 km	7,34 km
D45	3,75 km	6,45 km	5,76 km	7,34 km
D50	3,51 km	5,14 km	5,01 km	6,18 km
D55	3,51 km	5,14 km	4,78 km	5,71 km
D60	3,51 km	4,74 km	3,92 km	4,71 km
D65	2,82 km	3,83 km	3,92 km	4,71 km
D70	2,36 km	3,83 km	2,88 km	3,85 km
D75	2,36 km	2,98 km	2,88 km	3,85 km
D80	2,36 km	2,74 km	2,88 km	3,85 km
D85	2,36 km	2,74 km	2,88 km	3,85 km
D20	4,23 km	7,98 km	6,26 km	9,37 km
D17	3,86 km	7,32 km	5,76 km	7,34 km
D15	3,51 km	4,74 km	5,01 km	6,18 km
D13	2,63 km	3,56 km	3,92 km	4,71 km
D11	2,39 km	2,74 km	2,09 km	3,17 km
Kunto A	3,83 km	5,98 km	6,79 km	9,80 km
Kunto B	2,63 km	3,56 km	4,78 km	5,71 km

EmiTags

There is Emitag check point at both competition centers. While punching take the emitag close to control. When the punching happens Emitag should flash light for 10 seconds. Controls are in poles. There are model controls in competition centers.

Number bibs

All competitors use bibs. They are located outside close to Info. In WRE classes competitors get their numbers from Info when they give a signed **Ban on fluorinated products for ski-waxing Declaration of Conformity**. Make sure that you take your own bib. The same bib is used in every competition. Bib should be put in your right leg. Extra numbers are in Info.

Use of EmiTags

As a competitor you are responsible to use the Emitag number on the start list and you should also test your tag at model control in the competition centre. The organizer doesn't check the Emitag number on the start line. If competitor uses other Emitag than mentioned on the start list the competitor will be disqualified (FOF-rule 11.518). Disqualification doesn't concern H/D13 and younger. There is no punching at the finish just cross the finish line. Emitags for rent are at Info. Take some extra time on Thursday because there might be also some other people. Rent for emitag is 5€/week. Return the emitag after the last competition. Lost Emitag is 100€.

Start

Signs to start starts next to Info. Competitors are called in 5min before start. There are start list. 1 min competitor takes the map from box marked with class nr (H/D13 and younger classes)
15 sec competitor takes the map from box marked with class nr (H/D15 and older classes)
Competitors in classes H and D11 can be assisted with the map.

Rules for chase starts:

In Friday 7.1.2022 chase starts are in classes H/D21, H/D20 ja H/D17 starting from 11:00.

H21	11:00
H20	11:05
D21	11:10
D20	11:15
H17	11:20
D17	11:25

In the start there is a digital start clock. Competitor has his own start time and is responsible for his own start. There is a call in 2min before the start. There are startlists in the start area. After the start take your own map with your bib number from the wall of maps. The starts are filmed and the competitors who are not following their start time are punished with 5min time penalty.

In Friday 7.1.2022 there is own start times for following people:

If you are disqualified or not started in Thursday in H/D21, H/D20 and H/D17 classes. Or if you lose more than 10min in classes H/D21 or more than 5Min in H/D20 and H/D17 classes.

To start:

Thursday 6.1	Friday 7.1	Saturday 8.1	Sunday 9.1
400 m	800 m	at Competition center	900 m

Tracks:

It can be tricky at some points so be extra careful.

Rauha (6–7.1):

Wide skating tracks (more than 2 m)	8,3 km (Big green line)
Narrow skating tracks (more than 1,2m)	7,5 km (narrow green line)
Snow mobile tracks (between 0,8–1,2 m)	27,1 km (cutted green line)
Small car road	1,9 km (black)
Big car road	0,0 km (brown)

Muukko (8-9.1)

Wide skating tracks (more than 2 m)	0,7 km (Big green line)
Narrow skating tracks (more than 1,2m)	8 km (narrow green line)
Snow mobile tracks (between 0,8–1,2 m)	26,7 km (cutted green line)
Small car road	1,6 km (black)

Big car road

1,3 km (brown)

Forbidden areas

Some roads and some other areas are marked forbidden. Violet V-symbols indicate that the route is allowed but it might be sandy

Warm up

Warm up areas are shown in competition center map. In Thursday 6.1 you can only do the warm up at competition center. In Friday 7.1 there is also warm up area at the start.

Optiwax Cup

First competitions for Finnish Optiwax cup are at H/D21 6.1 and 7.1.

More info: <https://www.o-skills.fi/cup/view/35>

Waxing

There is no extra room for waxing.

Finish:

There is no punching at the finish, only a finish line. Finish is closed 6-8.1 at 15 (on Thursday not for H/D 17-21) and on Sunday 14:00. For WRE competition 7.1 finish jury is Jussi Miikki.

There are signs from last control to finish.

Results

Online results: <https://live.oriento.fi/>,

More info after the race on www.hisu.fi result page.

DNF

Go to finish and tell that you are DNF

First aid

First aid is close to finish

Toilets

4 toilets are at the competition center

Dressing and shower

There is no dressing or shower.

Cafe

There is no cafeteria

Prizes

They are sent after the competitions. If you know that you are getting a prize let your personal details to Info or send them to ht.myllarinen2@pp.inet.fi.

Prizes are shown below.

In WRE top 3 are getting prizes just after the Finnish in 7.1.2022

Prizes for classes

Class		Prizes for	Class		Prizes for
H 21	27	5	D 21	17	3
H 35	4	1	D 35	1	1
H 40	7	2	D 40	4	1
H 45	6	2	D 45	5	1
H 50	13	3	D 50	3	1
H 55	8	2	D 55	2	1
H 60	9	2	D 60	2	1
H 65	12	3	D 65	4	1
H 70	18	3	D 70	3	1
H 75	14	3	D 75	1	1
H 80	6	2	D 80	1	1
H 85	1	1	D 85	0	1
H 20	9	3	D 20	9	3
H 17	9	3	D 17	4	1
H 15	9	3	D 15	5	2
H 13	8	3	D 13	3	3
H 11	2	2	D 11	5	5

Public races Kunto (A ja B) there is lottery for prizes.

For more safety rules: www.hisu.fi

Use the face mask all the time when not racing or warming up at the competition center.

Good luck!

SK VUOKSI

JOUTSENON KULLERVO