

# Competition instructions

*Note: If conflicts with the Finnish Competition instructions, the Finnish version is valid*

## Summary for the busy orienteers

**Start 1 Adults** blue-white string - on Saturday 0.5 km and on Sunday 1.9 km

**Start 2 Adults** blue-white string - only on Sunday 2.1 km

**Start 3 Children** red-white string - on Saturday 0.4 km and on Sunday 0.5 km  
On Sunday two toilets near starts 1 and 2

**Bibs** are in the assembly

**Own safety pins** for bibs

**Separate control descriptions**, not printed on the map

**No showers**, use [beaches in espoo](#)

**Notice to all who are not used in Emit cards**

Emit card backup labels are available in the starts before you go to the start area.

## MAP

Map is coloured, 5 meters contour, in the plastic sheet. Different maps on both days

### Starts 1 ja 2

On Saturday map scale is 1:10 000, except categories HD45 and older. These have map scale on 1:7500.

On Sunday map scale is 1:10 000, except categories H21E and D21E. These have map scale on 1:15000.

### Start 3 (children)

Map scale is 1:10 000

Some old maps of the competition area can be seen in the information board at the assembly.

## CATEGORIES, STARTS, DISTANCES AND CONTROLS

Look, please, look [the competition instructions in Finnish](#).

## START LISTS

Start list are available at the assembly, in the starts and even on the web page of Helsingin Suunnistajat <http://www.helsinginsuunnistajat.fi/suuntogames>

## STRINGS TO THE STARTS

Strings begin from the guide pole at the assembly. The string to starts 1 and 2 is blue and white and to start 3 (children) red and white

## DRESSING, WASH AND TOILETS

No indoor available for dressing. Toilets are available

No showers available. Use instead the several [beaches in Espoo](#)

## MODEL CONTROL

Model control with emit checking unit is near the guide pole. Check that your emit card works. Otherwise go directly to the info point. You can't start with a faulty emit card.

## BIBS (COMPETITOR NUMBERS)

All competitors use bibs. They are not collected back in the finish. Bibs are the same in both days. H/D21E bibs are yellow, all the others are white

Bibs are near the info point. Attach the bib with your own safety-pins. A new bib is available at the info point. It costs 2 Euros.

## CONTROL DESCRIPTIONS

Separate sheets of control descriptions are available in the starts. Control descriptions are not printed on the map.

## EMIT BACKUP LABELS - IMPORTANT TO THOSE WHO ARE NOT USED WITH EMIT CARDS

Emit card backup labels are available in the starts before you go to the start place.

## RESTRICTED AREAS (OUT OF BOUNDS)

Some restricted (out of bounds) areas exist. These are marked on the map.

## FIRST-AID AND WATER REFRESHMENT

The doctor is on duty at the assembly.

On Sunday there is a first-aid point and water refreshment point marked on the map.

## DISTANCES TO THE STARTS

### Distance on Saturday

Start 1: 0.5 km - along the path, the way to two steep uphill - blue-white strings

Start 3: (children): 0.4 km - along the road and path - red-white strings - other direction than the adult start

Start to open orienteering 0.5 km.

### Distance on Sunday

Start 1: 1.9 km - along the path and mostly the road - blue-white strings

Start 2: 2.1 km - along the path and mostly the road - blue-white strings

Start 3: (children): 0.6 km - road and forest - red-white strings other direction than the adult starts

Start to open orienteering 0.5 km (same place as on Saturday)

All strings start from the guidance pole.

You must use the marked route to the start.

## START

At the starts there are lists of all competitors with bib numbers, start times and emit numbers.

Control descriptions and **Emit card backup labels** are available in the start area before you go to the start place.

The late competitors go directly to the late start official.

## Start 1 and 2 - adults (H/D 15 -)

Start procedure

- **4 minutes** before your start time: the bib (competitor number) is checked.
- **3 minutes** before: reset your emit card.
- **2 minutes** before: look the model map.
- **1 minute** before: go near the map bucket of your category.
- **At your start time** take your map and start your run. You are responsible that you have taken the right map. The string leads you to the K-point .

## Start 3 - children and open category ( - H/D 14)

Start procedure:

- **4 minutes** before your start time you will be called by name to the start place. Your Emit card will be checked.
- **3 minutes** before; reset your emit card.
- **2 minutes** before: competitors of string categories (RR and TR) can look their model map with all controls. In the model map for other categories only the K-point is marked.
- **1 minutes** before: the rest of competitors can take their maps from the map bucket.
- **Start signal** gives you permission to start your run.

String course is marked with a continuous white tape in the terrain. Controls are marked with the symbol RR (RR1, RR2, RR3...).

In the string course ten minute penalty for each missing control is added to the total time of the competitor.

## FINISH

Several punching units are on the finish line. Punching at some of the units stops your time counting. After the finish line your emit card is checked for downloading.

Maps are not collected back in the finish. You are not allowed to show the map or route to the competitors, who are not yet started or came to the finish (official competition code §3.75).

Near the finish you will find water refreshment point, emit split time printing point and disqualification clearing point.

**Interrupted competitors must go to the finish and inform at the emit checking point that they have interrupted their competition.**

## PRIZES AND VICTORY CEREMONIES

Prizes are given according the total results of the both days. The number of prizes in each category can be seen on the information board.

Victory ceremonies are only in categories D21E, H21E, H/D14, H/D13 and H/D12, H/D10 and H/D12TR. Three best will get prizes at the victory ceremony area.

All competitors of categories of H/D9RR and H/D10RR will get their prizes at the victory ceremony area.

All other prize winners will get their prizes from the prize tent after the results of their category is confirmed. You will see this in the result list on the information board. The number of prize winners in each category is shown in the information board.

Prizes are not send afterwards by mail.

## **OTHER IMPORTANT**

### **- Info point**

At the info point you can pay your fees, rent emit cards and get information about all kind of problems considering to the competition.

Emit cards are rented at the info point 3 Euros/day. If you fail to return your emit card, you will be charged 70 Euros. The change of emit card number costs 2 Euros.

### **- Emit punching**

Every competitor is responsible that his or her emit card works and the emit number is the same as in the start list. You may check the function of your emit card in the model control at the assembly.

You can rent a new working emit card at the info point. The rent includes even the change of the emit number.

Control number shown in the emit card display can be different compared to the control number printed in the control descriptions.

### **- Spike shoes**

Spike (2-3 cm long spikes) shoes are not allowed. Orienteering shoes with short lugs are allowed.

### **- Results**

Results are updated in the results board. Final results are available on the web site of Helsingin Suunnistajat during the afternoon <http://www.helsinginsuunnistajat.fi/suuntogames>

### **- Open orienteering**

Open orienteering is available. Costs are 10 Euros per day, 18 years and younger pay 3 Euros per day.

The start of the open orienteering is on both days 50 meters from the assembly. Start period on Saturday 11-13 and on Sunday 10-12. The finish will be closed on Saturday 15.30 and on Sunday 14.30.

Emit cards are used. You can rent an emit card at the start point of the open orienteering. It costs 3 Euros per day. The finish of the open orienteering is in the same place as the start. You must not come to the finish of Suunto Games

### **- Kindergarten (children care)**

Kindergarten is available at the assembly. It is free. Children under one year old must be informed to information secretary beforehand.

### **- Cafe**

The assembly cafe serves coffee, tea, refreshment drinks, rolls and buns. Also hot sausages are available.

### **- Parking and public transport**

Parking fee is 5 Euros per car day in each day. Parking tickets are available at the info point. Remember to put the parking ticket so that the parking officials can see it when driving out.

There is a free 5 minutes bus link from parking to the distance of 700 meters from the assembly.

Look the info about the [public transport connections](#) from Espoo railway station to the assembly

### **- Safety and cleanliness**

Smoking is prohibited everywhere at the assembly. Please, take all your garbage to waste containers.

### **- Camping**

Camping is not allowed at the assembly. The nearest camping areas are in [Oittaa](#) and [Rastila](#)

### **- Lost and found**

All lost and found are collected to the info point. After competition you can ask these by email: pekka.vaisanen(at)pekkasport.fi or by phone: +358- 400 490837

## **WELCOME TO SUUNTO GAMES**

Helsingin Suunnistajat ry.  
Pekka Väisänen  
Chair of the organization committee

Translation by Kari Sane  
sorry for all my mistakes...