



COMPETITION INSTRUCTIONS

Kainuu MTBO Week, Finnish MTBO Cup, 2.-7.7.2023

Sun 2.7. Kalevalan sprort center, sprint 10:00

Mon 3.7. Multikangas shooting range, middle distance 11:00

Wed 5.7. Huhtikangas shooting range, long distance 11:00

Fri 7.7. Kuhmon sport center, longer middle distance as chasing start 13:00

Competition Rules

The competition will be held according to the rules of the Finnish Orienteering Federation and the rules given by the organizer.

Health Security

Participate the event only in good health and follow the good hand hygiene.

Event Centre

There are four event centers during the week. Look the guide maps of the event centers for additional information.

2.7. competition center is at [Kalevala sport center](#) and you arrive there from road 912. Navigation address is Väinämöinen 3, 88900 Kuhmo. The parking is in the Kuhmon Kelo parking place and at the side of sport center road. Follow the instructions of parking marshals. No parking fee.

3.7. competition center is at [Multikangas shooting range](#) and you arrive there from road 900. Navigation address to the start of guidance is Pohjoispuolentie 739, 88900 Kuhmo. The parking area is in the near sand field/sand pit. Follow the instructions of parking marshals. Parking fee 5€/car can be paid in info.

5.7. competition center is at [Huhtikangas shooting range](#) and you arrive there from Kuhmontie 76 via Hamppulamintie. Navigation address to the start of guidance is Hamppulamintie 1, 88600 Sotkamo. Parking at the shooting range are and at the side of shooting range road. Follow the instructions of parking marshals. Parking fee 5€/car can be paid in info.

7.7. competition center is at [Kuhmo sport center](#) ja and you arrive there from road 912. Navigation address is Martinpolku 4, 88900 Kuhmo. Parking is at the near sand field besides icehockey hall. Follow the instructions of parking marshals. No parking fee.

Info

Info is located in the Competition centre every day and the service desk is either outside or in pentice.

Competition Material

The emiTag punching system is used in the competition. The emiTag card number will be informed via the IRMA system. For those who have not informed the number, the organizer will reserve a rental card, which can be picked up from the Info for 5 € / competition, 15 € / week. Payment is made via MobilePay (14036 / Tampereen Fillarirastit), by bank transfer (IBAN FI72 5730 7320 0482 76) or in cash. SmartumPay, Edenred, ePassi and similar sports vouchers are also available as payment options. A lost emiTag will be charged 100€. The competitor must check the number of his/her emiTag

card from the start list and report any mistakes or changes. We will charge 5 € for changes made after the registration period. The competitor is responsible for the functionality of his/her emiTag competition card and for using the competition card mentioned in the starting list. The card number is not checked at the start. Competing with the wrong card will result in disqualification.

Race numbers are in use and will be picked up from the information before the start of the race. There are also strings or cable ties for attaching the number in the same place. The same number will be used throughout the competition week. The numbers are visibly attached to the handlebar / front of the bike. A lost or non-returned number will be charged 20€.

Controls

The model control is available at the competition center. The controls are located next to the paths so that punching in speed is possible. The controls are attached with cable ties to a 30mm thick plastic pole and the control flag is located below the emiTag control..

Start

First start of competitors is 2.7 at 10:00, 3. and 5.7 at 11:00 and 7.7 at 13:00. The distance to the starts is about 200m at first and second day, 400m at third day ja 4km at last day. The starting points can be seen in more detail on the competition centre maps. At last day you can pick up guide map to the start from info.

Start take place as follows during first three days:

- 4 min before the start the competitor is invited to the start box / read in
- 3 min reset emiTag
- 2 min H/D11 series receive a race map
- 1 min competitor is allowed to take the race map (excluding H/D11 series)

At last day there's chasing start (except in youngest classes and classes below five participants). Chasing start starting times are ruled by the overall results after three competitions. Chasing start is continued 20 minutes and after that one minute starting interval is used. Chasing start starting times are published at 6.7.2023. At the last race map can be taken only at the starting time – no minute before (except classes H/D11).

Chasing start first starting times by classes:

H21	14:10	D21	14:40
H40	13:10	D45	14:31
H45	13:40	D55	14:00
H50	13:15	D15	13:30
H55	13:50		
H60	13:09		
H65	13:35		
H70	13:04		
H17	14:10		
H15	14:01		

Finnish, Wailing Wall

All classes have the same finish. **Please note that finish punching is used. The finish line is punched with a wireless emiTag just like normal controls.** After punching in the finish, competitor will continue, under the guidance of the officials, to check the punches. Keep your distance from the preceding competitor in the emiTag check. Also avoid moving near the emiTag check before or after the on race with the emiTag to avoid interruptions to the timing system. The finishes of the competitions will be closed after the arrival of the last competitor. Those who have dropped out come

out of the terrain through normal finish and notify the officials of their dropout. The wailing wall is located next to the emiTag check.

Map

The size of the map is 2. and 3.7 A4 and 6. and 8.7 A4/A3. The size can also be found in the separate course table. The scale is 2.7. 1: 5000, 3.7. 1:10 000, 5.7. 1: 15000 and 7.7. 1:12500/1:5000. Contour interval is 2.7 2.5m and 5m on other days. The longest courses have a map change or turn map and all maps are distributed at the start. The course continues from the last control of the ending map to the next map with a Start-point. Printed map 6/2023. There are no control descriptions, the control code follows the control number.

Embargoed areas

In addition to the courtyards, areas that are not allowed to be used are marked on the map as a forbidden area. Use caution and traffic rules, and pay attention to other explorers.

Shortcutting

In the competition terrain you proceed along the routes marked on the map, but shortcutting is allowed, except for in areas marked with map markings or otherwise in the embargoed area signs.

Classes, distances, scales and map turns

Can be found from separate table from race web pages.

Open courses:

In the open courses you can participate Kainuu MTBO week on all race days. There are seven different courses and skill level options in the open classes. Open classes are carried out without emiTag timing. Participants starts next to the race start.

You can register for the open classes at the competition centers on site at the MTBO Info throughout the whole race week from 2nd to 7th of July 2023.

Open courses starting times:

2.7. 10:15-11:30

3.7. 11:15-12:30

5.7. 11:15-12:30

7.7. 13:15-14:30

Open courses entry fees:

OPEN (A/B/C courses) 70€/week 20 €/day

OPEN (A/B/C courses) under 13 year-old 50€/week 15 €/day

OPEN (A/B/C courses) family: adult and 2 children 30 €/day

Payment can be made via MobilePay (number 14036), bank transfer (IBAN FI72 5730 7320 0482 76) or cash. SmartumPay, Edenred and ePassi are also available as payment options.

WC, wash and café

Toilets can be found in the competition centers. There are no toilets at the starting points. The services of the center of Kuhmo city can be found nearby Kuhmo sport center competition center. There's no cafeteria services in competition centers so please reserve on drinks and energy based on weather and own needs. There are no separate changing and washing areas.

First Aid

The competition centre has a first aid point either next to the Info.

On Sunday 2.7 the emergency aid will be available in Kajaani at the Kainuu Central Hospital. The nurse's emergency number is 116 117. The address is Sotkamontie 12, 87300 Kajaani.

3.-7.7. Kuhmo health center is available at address Kirkkotie 16, 88900 Kuhmo and Sotkamo health center at address Keskuskatu 9, 88600 Sotkamo.

Prices and results

Individual races' price giving:

Individual races' prize giving is held after Kainuu Orienteering Week price giving ceremony in the following way:

Kainuu MTBO Week 1st and 2nd race price giving at Monday 3.7. 14.30 at Kuhmo House (Koulukatu 1, 88900 Kuhmo). Please be present at 14.15.

Kainuu MTBO Week 3rd race price giving at Thursday 6.7. 18.45 at Kuhmo market (Torikatu 22, 88900 Kuhmo). Please be present at 18.00.

Overall race:

Prizes will be awarded to the winners based on the overall result. Prizes will be collected from the Info after the results have been clarified.

Terrain and safety

Competitors must note that there are other outdoor explorers in the terrain. Care must be taken when encountering and traffic rules (beware the right-upcoming, when encounter keep on the right). The use of a helmet is mandatory.

Refreshment controls

Not included.

Bike wash

Not included.

Jury

Pekka Lång, Kuopion Suunnistajat, chairperson

Terhi Kallio, Suunta Jyväskylä

Pasi Martikainen, Itä-Päijänteen Rasti

Organization:

Chief of Competition: Mika Häkkinen, +358 40 7459032

Head of Security: Jussi Partanen

Start: Timo Mustikkamaa

Finish: Jussi Partanen

Results: Keijo Viilo / TP

Info: Riikka Häkkinen

Control Group: Janne Virkki

Course Setter: Mika Häkkinen

Event Advisor: Tommi Peltonen, JRV

Media: Mika Häkkinen, 040 7459032, mika@hiiltomiehet.com

Welcome!

Hiiltomiehet