

COMPETITION INSTRUCTIONS

Kainuu MTBO Week 29.6.-4.7.2024, Sotkamo

Sun 29.6. Hiukka stadium, sprint distance, first start 10:00

Mon 30.6. Hiukka stadium, middle distance, first start 11:00

Wed 2.7. Tipsakka village hall, long distance, first start 11:00

Fri 4.7. Vuokatti Sport Academy, middle distance, first start 13:00

Rules

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

Competition centers

There are three competition centers during the week. See detailed information on each center's guide map.

From June 29th to 30th, the competition center is located at the [Hiukka stadium](#). The navigation address is Tervatie 1, 88600 Sotkamo. The public parking spaces in Sotkamo will serve as the parking area. There will be no separate parking guidance; instead, competitors will park independently in public parking areas. No parking fee will be charged. We recommend arriving by bike, if possible.

On July 2nd the competition center is located at the [Tipsakka village hall](#). The navigation address is Tipasojantie 71, 88600 Sotkamo. The parking area is located in the field near the Tipsakka village hall. Please follow the instructions of the parking attendants. The parking fee is 5€ per car and can be paid at the info desk.

On July 4th the competition center is located at the [Vuokatti Sport Academy](#). The navigation address is Opistontie 13, 88615 Vuokatti. The public parking spaces at the Sports Academy will serve as the parking area. There will be no separate parking guidance. Competitors are expected to park independently in the public parking areas. No parking fee will be charged. We recommend arriving by bike, if possible.

Info

Info is located each day in the competition center. See detailed information on each center's guide map.

Competition materials

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 and ePassi 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. 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. The competitor is allowed to carry another emiTag card and show the right punches through this card. Both emiTag cards must be carried in the same hand. The number of a possible second card will be announced before the competition in the info.

Race numbers are in use and will be picked up from the info before the start of the race. There are also 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

The distance to start areas are on June 29th 1,0km, on June 30th 3,2km, on July 2nd 2,0km and on July 4th 300m. On the first three competition days, start direction maps will be distributed at the info desk.

Starts takes place as follows:

- 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)

Finish, wailing wall

All classes have the same finish. **FINISH PUNCHING** will be used. Competitors must punch at the finish line using a contactless finish unit, just as at the control points. After finish punching, competitors proceed under the guidance of the finish officials to the punch verification, where the emiTag card will be read. Please keep a distance from the competitor ahead of you at the verification point.

On Wednesday, July 2nd, a distance finish will be used at Tipasoja. After crossing the finish line, return to the event center and remember to go to the punch verification near the info desk at the village hall.

The competition finish areas will close at 3:00 PM on June 29th, June 30th, and July 2nd, and at 5:00 PM on July 4th. Competitors who discontinue their race must exit the terrain via the punch verification point and inform the officials of their withdrawal. The 'Wailing Wall' is located next to the punch verification. Maps will not be collected at the finish. Remember the fair play.

Map

The size of the map is in all days A3. Scale is on June 29th 1:5000, on June 30th 1:7500, on July 2nd 1:12500/1:15000 and on July 4th 1:7500. Contour interval is on June 29th 2,5m and in other days 5m. A map turn is used in several courses. More detailed, class-specific information can be found in the

course table on the event website. The maps are weather-resistant (Pretex), printed in 06/2025. There are no separate control descriptions; the control code is shown after 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 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 three 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 courses at the competition centers on-site at the MTBO Info throughout the whole race week from 29th of June to 4th of July 2025.

Open courses starting times:

On June 29th at 10:15-11:30

On June 30th at 11:15-12:30

On July 2nd at 11:15-12:30

On July 4th 13:15-14:30

Open courses entry fees at info desk:

OPEN (A/B/C -courses)	80€/week	20 €/day
OPEN (A/B/C -courses) under 13-year-old	55€/week	15 €/day

Payment can be made via MobilePay (14036 / Tampereen Fillarirastit), 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. Coffee services will be available at the competition centers on race days. Changing and shower facilities are available at the Hiukka stadium and the Vuokatti Sports Academy. NOTE: The Tipsakka village hall has very limited toilet facilities.

First Aid

First aid supplies will be available at the info point.

Sotkamo Health Center opening hours: Mon-Thu 8:00-16:00, Fri 8:00-15:00. Closed on Saturdays and Sundays. When the health center is closed, emergency care is available at Kainuu Central Hospital, Sotkamontie 13, 87300 Kajaani. For medical assistance, call 116 117.

Prices and results

Individual races' price giving:

Monday, June 30th – Sotkamo town center, market square at 2:30 PM: Prize ceremony for the winners of the 1st and 2nd stages of the Kainuu MTBO Week. Award recipients are requested to arrive by 2:15 PM.

Thursday, July 3rd – Hiukka Stadium at 5:30 PM: Prize ceremony for the winners of the 3rd stage of the Kainuu MTBO Week. Award recipients are requested to arrive by 5:15 PM.

Overall Competition Awards: In the H/D11 and H/D13 classes, all competitors with an overall result will be awarded. In other classes, only the overall winners of the Kainuu MTBO Week will be awarded. Prizes can be collected from the MTBO Week info desk once results are published.

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

Bike wash is available in Vuokatti Sport Academy.

Jury

To be named later.

Organization:

Chief of Competition: Mika Häkkinen, +358 40 7459032

Head of Security: Jussi Partanen

Start: Katri Niittymäki

Finish: Juha Kankaanpää

Results: Keijo Viilo / TP

Info: Riikka Häkkinen

Control Group: Janne Virkki

Course Setter: Mika Häkkinen

Event Advisor: Tommi Peltonen, JRV

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Welcome!

Hiiltomiehet