



# FinTrailO 2015

2-3 May 2015 Espoo, Finland

## COMPETITION INSTRUCTIONS



## Organisers

The events will be organised by the orienteering clubs Espoon Suunta and OK 77.

<b>Event Director</b>	Anna Jacobson (+358 45 347 4770)
<b>Vice Event Director</b>	Jan Biström
<b>Course setters</b>	Åke Jacobson (PreO 1), Marko Määttälä (TempO, PreO 2)
<b>Results manager</b>	Jouni Junkkaala
<b>Controllers</b>	Marko Määttälä (PreO 1), Anna & Åke Jacobson (TempO, PreO 2)
<b>Jury</b>	Owe Fredholm (SWE), Hannu Niemi (FIN), Jana Kostova (CZE)

## Contacts

Contact person: Anna Jacobson, [fintrailo2015@ok77.fi](mailto:fintrailo2015@ok77.fi)

Website: [www.ok77.fi/FinTrailO2015](http://www.ok77.fi/FinTrailO2015)

Facebook: <https://www.facebook.com/FinTrailO2015>

Instagram: <https://instagram.com/FinTrailO2015/>

## Event Programme

Saturday 2 May	9:00	Introduction to trail orienteering	Hanikka, Espoo
	09:30 11:15	PreO 1 first start TempO first start right after PreO finish	Hanikka, Espoo
	13:00	TempO continuation first start	Puolarmaari, Espoo
Sunday 3 May	10:00	PreO 2 first start	Haukilahti, Espoo

## Competition Venues

**PreO 1, Saturday:** Hanikka, Espoo. Coordinates: N 60° 07' 45", E 24° 41' 28" Street address for parking: Suvisaarentie 3, Espoo. Sign posting from Suvisaarentie, Espoo.

Indoor facilities, indoor toilet (also for wheelchairs), café.

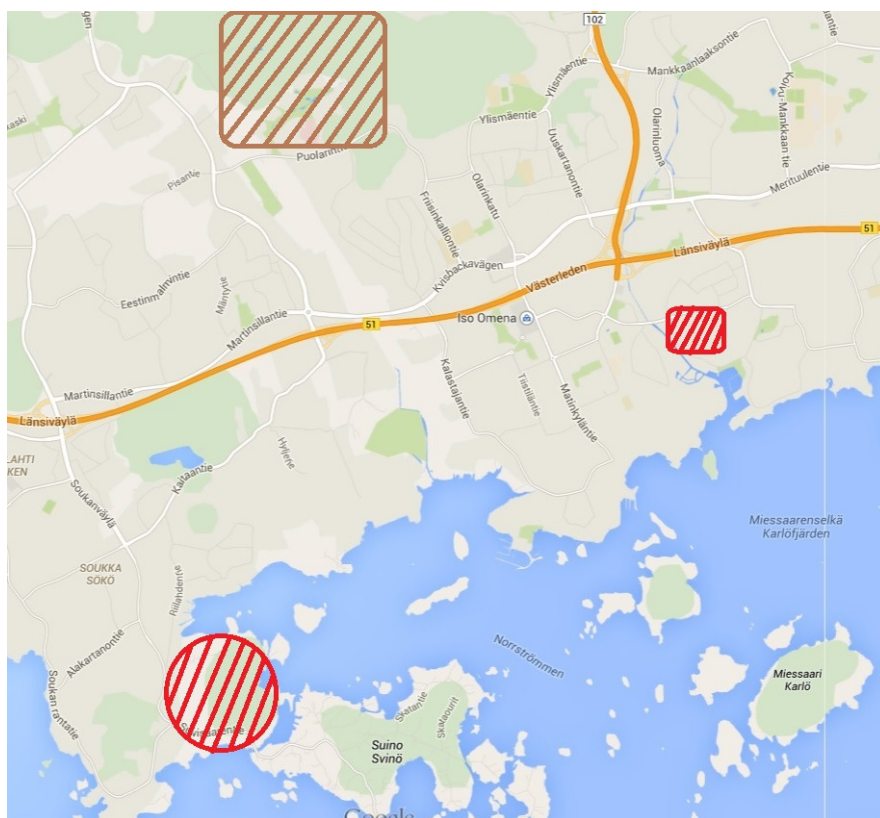
**TempO, Saturday:** Puolarmaari, Espoo. Coordinates: N 60° 10' 38", E 24° 41' 49" Street address: Kylänvanhimmanpiha 7, Espoo. Sign posting from Finnoontie/Puolarmetsänkatu junction. Limited indoor facilities, toilet indoors, quarantine indoors after finishing the course until 16.00. Café. Closest toilet for wheelchairs, 600 m (Puolarmaari Hospital, Puolarinportti 1). Luggage transport from start waiting area to quarantine in a specified vehicle.

**PreO 2, Sunday:** Haukilahti School, Espoo. Coordinates: N 60° 09' 57", E 24° 45' 59" Street address: Haukilahden koulu, Koulutanhua 3, Espoo. Sign posting from Lohitie. Indoor facilities and toilet for wheelchairs. Café.



## Embargoed Areas

All embargoed areas (below) are out of bounds for all potential FinTrailO E class participants from 25 February 2015 until the start of each competition.



## Classes

There are two classes, Elite (E) and A. The TempO and PreO 2 in Elite class are part of the Unofficial European Cup in Trail Orienteering. A class has in PreO less controls and easier tasks than E class.

**In TempO, E class begins in Hanikka (3 stations) and continues in Puolamaari (5 stations). A class will only compete in Puolamaari (5 stations).**

If you have not paid the entry fee in advance, you must pay it at arrival in info. Please note that we only accept cash (euros).

## Café

There will be a café selling coffee, tea, soft drinks, sandwiches, and other food at the events. You can only pay cash in euros in the café. The café is open:

**Hanikka**, Saturday 9:00-14:00

**Puolamaari**, Saturday 14:00-19:00 **NOTE:** If you want to have coffee or something to eat between PreO and TempO, please use the café in Hanikka. The café in Puolamaari is in the TempO finish.

**Haukilahti**, Sunday 09:00-15:00



## Competition Rules

The Competition Rules for IOF Trail Orienteering Events (valid from 1 January 2015) apply. Copy of the rules is available for download on the IOF website [www.orienteering.org](http://www.orienteering.org).

The zeros in the competition are clear and can be solved with map reading.

The time limit for complaints is 10 minutes after the final results have been published at the competition centre. Any protest shall be made in writing to a member of the jury no later than 15 minutes after the organiser has informed the complainant of the decision about the complaint. A protest fee of 50 EUR shall be paid to the Event Controller in cash when making a protest. The fee will be returned if the protest is accepted by the jury. If the protest is signed by several competitors, each of them shall pay the protest fee.

## Course and Map details

### PreO 1

**Hanikka, Elite:** 2 km, 24 controls, max time 120 minutes (for participants with eligibility for paralympic class in IOF Events 132 min), total climb 40 m **NOTE:** Rule deviation: Competitors have 3 min / km but only 2.5 min / control. Paralympic participants have the normal time (3 min / control).

**Hanikka, A class:** 2 km, 19 controls, max time 120 minutes (for participants with eligibility for paralympic class in IOF Events 130 min) total climb 40 m. There may be zero controls in A class too.

Time control has 5 flags and two tasks and is staged right after the finish. Answers must be given out loud in English using the alphabets Alfa, Bravo, Charlie, Delta, Echo. If you cannot pronounce the answer, please show the letter on the map. Max time is 60 seconds. An extra 60 seconds will be added for a wrong answer. There is no Zero choice.

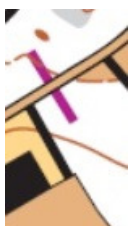
Map 1:4000, contours 5 m. Original map 1:10 000, orienteering map (ISOM), mapper Matti Toivonen. Adjusted for trail orienteering by Åke Jacobson.

*PreO 1 will be held in coastal open rock terrain with moderate climbing and good visibility. The road surface is very good for wheelchairs. The tasks can be solved with careful map reading.*

### Competition specific instructions:

The road to start is not closed for cars. The cars tend to drive fast, so please be careful.

You are only allowed to move on black roads. Exception: On Elite control 3 you are allowed to cross the brown road, as showed in the map and in the terrain. Note that the road is open for traffic. Forbidden roads have been marked on the map and in the terrain.



Red line on each side of the road means that it is not allowed to go further on that road.



There is one downhill on the course that is marked in the map and in the terrain as one-way. You are not allowed to go back on the one-way route. There will be officials close to the place at all times.

At Elite control 10 and A-class control 7 there are double flags (a second flag on top of the original flag) in order to make the flags more visible.

In the terrain there will be many other people walking, running or biking. There are warning signs for them, but please be careful.

Maps are in plastic bags and control cards are water-proof. **NOTE that Elite class competitors should have with them in PreO 1 two PreO control cards and two TempO control cards!** The first PreO control card will be collected after control 14.

**NOTE** that Zero answer is to be given in the empty row without a letter in the control card.

There are snakes (European adder) in the forest, but less often on the roads. The adders are not aggressive, and they tend to avoid people, but their bites can be painful and venomous. In the unlikely event that an adder bites you, please contact a competition official as soon as possible.

## TempO:

Elite class: Eight stations, which all have four tasks. Maximum time 120 seconds per station. Prologue in Hanikka with 3 stations directly after the PreO course without a possibility to visit the Event Centre in between the PreO and the TempO. Directly thereafter the competitors move to Puolarnaari, where 5 stations will be staged. A quarantine zone (inside, with access to café, toilet, online results and a spectator control) will be organised for all participants who have finished the TempO course before the last participants have started in Puolarnaari.

A class: Five stations in Puolarnaari. Maximum time 120 seconds per station. There may be zero controls in A class too.

Answers must be given out loud in English using the alphabets Alfa, Bravo, Charlie, Delta, Echo, Foxtrot, Zero. If you cannot pronounce the answer, please show the letter on the map. Map 1:3000, contours 2 m. Sprint map (ISSOM). Original map 1:10 000, mapper Matti Toivonen. Adjusted for trail orienteering by Pentti Koponen and Marko Määttäälä.

*TempO is held partly in detailed forest terrain (Hanikka) and partly in more open forest and park terrain (Puolarnaari).*

**Please note that you should move from Hanikka as soon as possible to Puolarnaari. The start area closes at 16:15, and it is not possible to enter the waiting area after that.**

## PreO 2:

Haukilahti, Espoo, Elite: 0.6 km, 32 controls, max time 114 minutes, (for participants with eligibility for paralympic class in IOF Events 135 minutes), total climb 5 m. A class: 0.6 km, 20 controls, max time 78 minutes, (for participants with eligibility for paralympic class in IOF Events 95 minutes), total climb 5 m. There may be zero controls in A class too.

Time control has 5 flags and two tasks and is staged right after the finish. Answers must be given out loud in English using the alphabets Alfa, Bravo, Charlie, Delta, Echo. If you cannot pronounce the answer, please show the letter on the map. Max time is 60 seconds. An extra 60 seconds will be added for a wrong answer. There is no Zero choice.



Map 1:3000, contours 2.5 m. Sprint map (ISSOM). Original map 1:10 000, mapper Matti Toivonen. Adjusted for trail orienteering by Pentti Koponen and Marko Määttä.

*PreO 2 is organised in an extremely detailed forest terrain with lots of boulders and cliffs. In order to be able to have 30 controls in a small area, the map scale 1:3000 is used.*

In the terrain there is one downhill that is marked in the map and in the terrain as one-way. You are not allowed to go back on the one-way route. There will be officials close to the place at all times.

There are many other people walking, running or biking. There are warning signs for them, but please be careful.

Maps are in plastic bags and control cards are water-proof. The first control card will be collected after control number 16. **NOTE** that Zero answer is to be given in the empty row without a letter in the control card.

## Distance to start

PreO 1: 200 m

TempO: 0 m (from PreO 1)

PreO 2: 950 m

## Number bibs

All competitors in Elite class shall wear their number bib in all three events. The number bib shall be visible from start to finish.

## Results

Results will be published at [www.ok77.fi/fintrailo2015](http://www.ok77.fi/fintrailo2015) and at [www.facebook.com/fintrailo2015](https://www.facebook.com/fintrailo2015).

Combined results will be counted like this:

PreO competitions: Points are counted, and seconds (from timed controls) are counted.

TempO: Total time is converted to points and seconds as follows:

- Maximum number of points is 32 (8 stations, 4 tasks at each station).
- Then we calculate how many 50 second periods fit in the TempO total time of the competitor. Each period decreases the total points by one. The remaining seconds will be counted the seconds.

The competitor with most points is the winner. If equal points occur, the competitor with least seconds wins.

## Prizes

Prizes are given according to combined results from the three events. There are money prizes for the three best in Elit class. The ten best in Elit class and winner of A class will receive a prize. Prize giving will take place as soon as the final results are available and the protest time has passed.

## Welcome to FinTrailO 2015!

Espoon Suunta & OK 77



[www.facebook.com/FinTrailO2015](https://www.facebook.com/FinTrailO2015)

