

Competition instructions

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

Summary for the busy orienteer

Start 1 Adults blue-white string - on Saturday 1.8 km and on Sunday 1.3 km

Start 2 Adults blue-white string - on Saturday 1.3 km and on Sunday 1.8 km

Start 3 Children blue-white string - on Saturday 1,0 km and on Sunday 1,0 km

Start 4 on Sunday blue-white string - 1.2 km to start area, which is closed 10.45

No toilets in starts 1-3

Bibs Bibs are along (in the beginning) the string to the starts except competitors of start 4. Their bibs are in the start area.

Own safety pins for bibs

Separate control descriptions, not printed on the map

No showers, use [beaches in Vihti](#)

MAP

Map is coloured, 5 meters contour, in the plastic sheet. Different maps on both days. The map size is A3 at starts 1, 2 and 4.

On **Saturday** all maps are in scale 1:10 000

On **Sunday** maps are in scale 1:10 000 in all categories except H/D21E, H/D18E and H/D16E. These categories have map scale 1:15 000.

Start 3 (children): Map size is A4 or A5

The old map of the competition area can be seen in the information board at the event centre.

CATEGORIES, STARTS, DISTANCES AND CONTROLS

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

START LISTS

Start list are available at the event centre, 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 event centre. The string to all starts is **blue and white**. The colour of the string to the open orienteering (*kuntosuunnistus*) can be seen in the guide pole.

DRESSING, WASH AND TOILETS

No indoor available for dressing. Toilets are available

No showers available. Use instead the several near-side beaches of Espoo. Guidance on the information board.

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 **except H/D18E and H/D16E, which have new light-blue bibs on Sunday**

Bibs are along the string to the start. 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 start. Control descriptions are not printed on the map. Start 4 control descriptions are given just few minutes before the start moment.

RESTRICTED AREAS (OUT OF BOUNDS)

No restricted areas exist

FIRST-AID AND WATER REFRESHMENT

The doctor is on duty at the event centre. First-aid point is in the terrain. It is marked on the map.

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

DISTANCES TO THE STARTS

Distance on Saturday

Start 1: 1.8 km - path and terrain

Start 2: 1.3 km - path and terrain

Start 3: (children): 1.0 km, - path and terrain. 400 meters are common with other starts

Start to open orienteering: 0.6 km

Distance on Sunday

Start 1: 1.3 km - path and terrain

Start 2: 1.8 km - path and terrain

Start 3: (children): 1.0 km, - path and terrain. Start is along the string to other starts

Start to open orienteering: 0.6 km

All strings start from the guide pole. Strings to all starts is blue and white.

You must use the marked route to the start.

START

At the starts 1-3 there are lists of all competitors with bib numbers, start times and emit numbers. No toilets are in the starts.

At the starts 1-3 control descriptions and punching control slips are available in the start area before you go to the start place.

The late competitors go directly to the late start official.

No toilets in the start area 1-3.

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

Start 4 - H/D 18E and H/D 16E ON SUNDAY

You must enter to start area before 10.45. After this start area is closed and bibs removed. Late competitors are not allowed to participate the competition.

Punching control slips are available in the start area before you go to the start lines. Control descriptions are given to you in the start lines few minutes before the start moment.

There are two toilets and rain shelters (if needed) in the start area. The extra clothing can be left to start area in an own bag. It will be transferred back to event centre by organizers.

Don't forget your own mosquito repellent.

You are not allowed to leave start area. The start area is marked with out of bounds strings. The warm-up area is the path and the area between the path and the adjacent meadow.

You are not allowed to bring cell phones or similar electronic devices to the start area. Contributors are not allowed to enter start area or near it.

The distance from the start area to start lines is 150 meters. Separate control descriptions are in the start lines. They are not printed on the map.

After your run you can't enter to start area until all competitors have received their start permission.

Otherwise start 4 works as the starts 1 and 2.

FINISH

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

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 rule §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 to 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/D18E, H/D16E, 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 the 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.

Prizes are not sent 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 must pay 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 event centre.

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 shoes are not 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 (corrected according the entry) per day, 18 years and younger pay 2 Euros per day.

The start of the open orienteering is on both days 600 meters from the event centre. Start period on Saturday 12-13 and on Sunday 11-12. 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 in the event centre. It is free. Children under one year old must be informed to information secretary beforehand.

- Cafe

The event centre cafe serves coffee, tea, refreshment drinks, rolls and buns.

Folks from *Tervalampi* sell fried sausages.

- Parking

Parking fee is 2 Euros per car day in each day. Parking tickets are available at the info point. Remember to put the parking ticked so that the parking officials can see it when driving out. If you forget, you can buy the ticket even before you drive out.

- Safety and cleanliness

Smoking is prohibited everywhere in the event centre. Take, please, all your garbage to waste containers.

- Camping

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

- Lost and found

All lost and found are collected to the info point. After competition you can ask these by email: [synnove.miettinen\(at\)helsinginsuunnistajat.fi](mailto:synnove.miettinen@helsinginsuunnistajat.fi) or by phone: +358-40 512 3288

WELCOME TO SUUNTO GAMES

Helsingin Suunnistajat ry.
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Chair of the organization committee

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