

Competition instructions

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

Corrections:

- 31.5.2015: **Map scale in the categories HD60 and older is 1:7500.**
- 1.6.2015: **Van and camping spaces available in [Salmi outdoor area](#)**

Summary for the busy orienteers

Start 1 Adults blue-white string - on Saturday 1.7 km and on Sunday 2.8 km

Start 2 Adults blue-white string - on Saturday 1.1 km and on Sunday 1.6 km

Start 3 Children blue-white string - on Saturday 0.5 km and on Sunday 1,0 km

No toilets in starts 1-3

Bibs are near the info point

Own safety pins for bibs

Separate control descriptions, not printed on the map

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

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 HD60 and older. These have map scale on 1:7500. The size of the map is A4.

On Sunday map scale is 1:10 000, except categories H21E and D21E. These have map scale on 1:15000. The size of the map is in start 1 A3 and in start 2 A4

Start 3 (children)

Map scale is 1:10 000 and the size A4 or A5.

The old map 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 all starts is **blue and white**.

DRESSING, WASH AND TOILETS

No indoor available for dressing. Toilets are available

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

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 two water refreshment points marked on the map.

DISTANCES TO THE STARTS

Distance on Saturday

Start 1: 1.7 km - along the outdoor area road

Start 2: 1.1 km - along the outdoor area road

Start 3: (children): 0.5 km, - along the outdoor area road

Start to open orienteering and Rastiralli (small children orienteering): 50 m

Distance on Sunday

Start 1: 2.8 km - half along the outdoor area road, half path and forest. Distance from parking to start 1 is 1300 meters

Start 2: 1.6 km - along the outdoor area road

Start 3: (children): 1.0 km, - outdoor area road

Start to open orienteering and Rastiralli (small children orienteering): 50 m

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

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. No toilets are in the starts.

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.

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 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 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/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 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 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 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 per day, 18 years and younger pay 2 Euros per day.

The start of the open orienteering is on both days 50 meters from the assembly. 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

- Rastiralli (small children orienteering)

Rastiralli is available at the same place as the open orienteering, 50 meters from the assembly. Costs are 1 Euro per day.

The start period of the Rastiralli is on Saturday 12-13 and on Sunday 11-12. Orienteers in competition may take part in Rastiralli before or after their own competition.

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

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..

- 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](#)

In [Salmi outdoor area](#) camping and van spaces are available, too.

- 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(at)helsinginsuunnistajat.fi) or by phone: +358-40 512 3288

WELCOME TO SUUNTO GAMES

Helsingin Suunnistajat ry.
Pekka Väisänen
Chair of the organization committee

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