



Kisakallio-rastit WRE Bulletin 3 (Final)

Hiidenkiertäjät welcomes you to Lohja for two days of competition at Kisakallio-rastit.

This Final bulletin has finalized information about the competition.

Organizer:

Orienteering club Hiidenkiertäjät

Competition web page: <https://www.hiidenkiertajat.fi/kilpailut/kisakallio-rastit-2024/>

Event director	Pekka Luoma
Director of course setters	Eemeli Suominen
Contact email:	eemeli.suo@hotmail.com
Contact telephone:	+358 440 343393
Competition office:	Open at the competition center during competition days from 8:00 until 17:00. Address: Kaukelantie 1, 03850 Pusula. Email: eemeli.suo@hotmail.com Phone: +358 440 343393

IOF Event adviser:

Tapani Koskela, FIN

Competition schedule:

WRE Middle Distance 25th of May 2024

First starts at 11 am.

WRE Long Distance 26th of May 2024

First starts at 10 am.

Classes and entry fees:

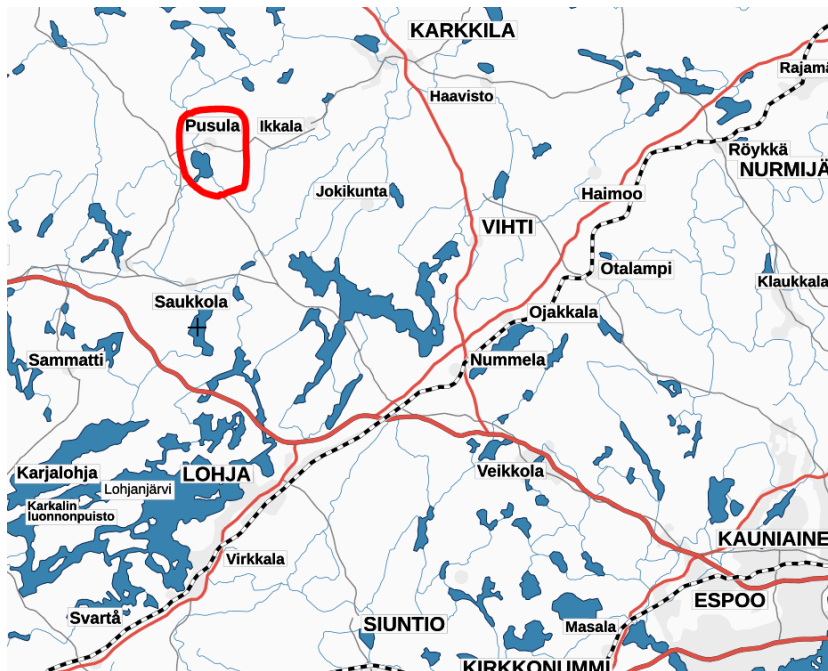
M21E, W21E

Entry fee: 36 € for single day entries. 66 € for both days.

~~In the WRE classes M/W21E, 60 competitors will be selected for both days. Competitors that are not selected in classes M/W21E are transferred to parallel classes M/W21EB according to IOF's WRE rules. Selection is made according to world ranking points dated 19th May 2024. Competitors running in M/W21E for either day will be ensured to be running in the same class for both days by having additional spots for the class in case entry lists differ for middle and long distance. Starting order is set according to the world ranking score at 19th May 2024. The main classes and possible parallel classes are all WRE competitions.~~

Competition venue:

The competition is held in northern Lohja at Pusula:



The competition is held at Pusula school. Address Kaukelantie 1, 03850 Pusula ([Google maps link](#)).

Arrival via personal cars. Traffic guidance from Somerontie (road number 280). Guidance begins at the junctions of Somerontie 280 ja Kaukelantie 1270 and Somerontie 280 ja Hyönöläntie 127. Guidance is set up starting from 8 o'clock 25.5.2024 until the end of competition.

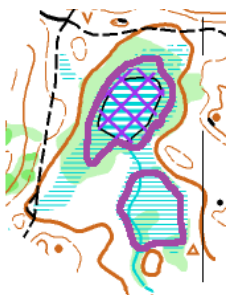
The embargoed area



Terrain and climate:

The terrain is typical northern Lohja terrain with significant hills (elevation of 50-75 m). Terrain has few tracks. The vegetation is mainly well runnable, some areas with forestry work slowing down the running speed.

There is a marsh that is very wet in an area quite near the competition center. The thin part of the marsh has crossing that point marked in the terrain but not on the map. Map of area below (circled parts are very wet, crossing between these areas).



The weather in southern Finland at the end of May is often moderately warm. Check the forecast for more exact information. The latest forecast is showing temperatures of approximately 25 degrees Celsius.

Map samples:



Warm up maps are available on both days in an open container near the competition office. The maps will show marked route to the start and a designated warm up area.

Courses:

Saturday 25th of May 2024

Middle Distance

Map scale: 1:10 000, Contour interval 5 m

Estimated winning times: 30-35 minutes

Start 1: distance to start 1500 m.

Course information:

M21E1: 5,8 km, 190 m climb, 22 controls

M21E2: 5,3 km, 160 m climb, 21 controls

W21E1: 4,7 km, 150 m climb, 18 controls

W21E2: 4,1 km, 120 m climb, 16 controls

Control description max size 5 cm x 16 cm.

In men's E1 and E2 classes a map flip is used. Map flip is marked in the control description as follows:



On the map the course ends on the control before the map flip and continues with following symbol as the start of the next part of the course:



Sunday 26th of May

2024 Long Distance

Map scale: 1:15 000, Contour interval 5 m

Estimated winning times: 85-95 minutes

Start 1: distance to start 1600 m.

Course information:

M21E1: 12,2 km, 530 m climb, 26 controls

M21E2: 10,8 km, 470 m climb, 23 controls

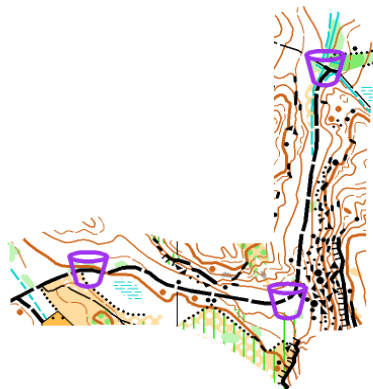
W21E1: 10,0 km, 400 m climb, 19 controls

W21E2: 9,4 km, 360 m climb, 20 controls

Control description max size 5 cm x 20 cm.

Drinking water available at the start and at two locations marked on the map/control descriptions during Sunday's long distance course.

There will be additional drinking stations that are not marked in the map due to forecasted warm weather. The stations are located in the forest as the map sample below shows.



There will be a road crossing on Sunday's competition that is guided through a crossing point which must be used.

In M21E1 class a diamond forking is used. Competitors with odd and even start numbers will take different maps at the start. The maps are marked for odd or even start numbers with (1) and (2) markings on the back of the map. Every map has M21E1 printed on the front.

On the map, following special symbols are used:

special symbols:

- o Water tank
- x climbing frame/car frame

Rules:

This event follows the rules of the Finnish Orienteering Federation and the IOF guidelines for World Ranking Events. No spike shoes allowed. Studded orienteering shoes are allowed.

EMIT punching system is used. A rental card is reserved for competitors who have not entered an Emit card number at the time of registration. Rental cards are collected from the information point for a fee of 5 euros. The fee for unreturned cards is 90 euros. Competitors who use the wrong punching card are disqualified. The competitors are responsible for using the Emit card marked on the start list.

The time limit for complaints and protests is 30 min after the last finish in each category. The complaints must be made at the competition office (info).

There is no quarantine in the event. The IOF Rule 15.6 will apply. The use of either any orienteering map, or any other map, of the competition area is prohibited during the competition day until the last starting time of the day (Saturday at 13:42, Sunday at 13:56). It is prohibited to go visit the terrain before Sunday 15:00.

Jury:

jury president	Aapo Leskinen, FIN
member	Saila Kinni, FIN
member	Petri Harjamäki, FIN

Entries:

The deadline for entries is at midnight on 19th May 2024 through IRMA (<https://irma.suunnistusliitto.fi>). IRMA instructions in English [here](#).

Non-Finnish participants without IRMA ID register via IOF Eventor (WRE classes M21, W21). Non-Finnish participants who register for a WRE class through IOF's Eventor must pay their registration fees in euros to:

Account holder: Hiidenkiertäjät ry

Bank name: Länsi-Uudenmaan Säästöpankki

IBAN: FI43 4006 1040 0244 44 BIC / SWIFT: ITELFIHH

Put name(s) of the athlete(s) in the message field.

The deadline for participation fees is 19th May 2024. Late registration by midnight on 21st April through IRMA with double fee.

In the event of any changes to registration information, please email: timo.kokko@kokkens.fi

The total number of entries after entry deadline is:

Saturday Middle distance:	Men: 82	Women: 36
Sunday Long distance:	Men: 79	Women: 22

Due to the number of entries being relatively close to 60, it has been decided that there is no division to Men elite1 and elite2 classes. Every athlete in the men's class will run the M21E1 course.

Training:

Official training possibilities will be published later on the competition webpage.

<https://www.hiidenkiertajat.fi/kilpailut/kisakallio-rastit-2024/harjoittelu/>

Food:

There will be a canteen in the competition center offering various options including warm food/lunch.

Traveling and accommodation:

Information about traveling to Finland, visas etc. can be found from the web page of Finland's Ministry for Foreign Affairs.

<https://um.fi/entering-finland-and-travelling-abroad>

Hiidenkiertäjät recommends accommodation at Kisakallio sports institute:

<https://www.kisakallio.fi/en/homepage.html>