



Kisakallio-rastit WRE Bulletin 1

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

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
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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 ([Google maps link](#)).

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.

The weather in southern Finland at the end of May is often moderately warm. Check the forecast for more exact information.

Courses:

Saturday 25th of May 2024

Middle Distance

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

Estimated winning times: 30-35 minutes

Sunday 26th of May

2024 Long Distance

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

Estimated winning times: 85-95 minutes

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 70 euros. Competitors who use the wrong punching card are disqualified. The competitors are responsible for using the Emit card marked on the start list.

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>

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

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.

Accommodation:

Hiidenkiertäjät recommends accommodation at Kisakallio sports institute:

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