



UUSI

# ORIENTEERING FINNISH CHAMPIONSHIPS (SPRINT) AND IOF WORLD RANKING EVENT 10th of May 2026, KERAVA

## COMPETITION INSTRUCTIONS 8th of May 2026 (UPDATED)



### Change log – additions or changes to the competition instructions made after 3 May 2026

- Finish closing time. The qualification finish closes at 11:10 unless otherwise announced over the PA. The final finish closes at 18:10 unless otherwise announced over the PA.
- Between the qualification and the final you may visit the parking area via the guided route. You must not deviate from it. Visiting the Karuselli shopping centre is allowed. It is located along the signposted route from the parking area and the railway station. During the competition you may not visit other shops in central Kerava.
- The rules on forbidden objects in sprint orienteering have been updated for this season — please familiarize yourselves with them in particular.
  - <https://www.suunnistusliitto.fi/kilpailu/saannot-ja-ohjeet/hylkaaminen-sprintin-kiellettyjen-kohteiden-rikkomuksista/>
- Any complaints for other classes than WRE must be submitted by closing of finish.
- Map flip
  - Map flip is used in the classes M21E1, W21E1, H17, H17B, H18, H18B, H20, H20B.
  - In the control descriptions, the map flip is marked as shown below.

8	38				
9	39				

- Important terrain points to note
  - Some low objects that may be hazardous to competitors—such as clotheslines, roof corners of outbuildings, and swings—have been marked with white SK Uusi tape.



- Chain
  - In the final, on the longer courses, you may encounter a chain like the one in the picture that is not shown on the map. It is placed in a clearly visible location and has been highlighted with yellow plastic tape to improve visibility. The chain is approximately 50 cm high; you may jump over it, and you can also go around it via one end.



## ORGANIZER AND CONTACT INFORMATION

Organizer: SK Uusi ry.

**Information:** The event centre and information desk open on the competition day at 7:30am. The information desk serves e.g. distribution of bib numbers and matters related to Emit changes and rental Emit cards.

Questions before the event: [esatihila@yahoo.co.uk](mailto:esatihila@yahoo.co.uk). The information desk also provides valuables storage (phone, wallet, keys etc.) during your race.

Key officials

- Event Director: Esa Tihilä, [esatihila@yahoo.co.uk](mailto:esatihila@yahoo.co.uk), +358 40 480 7098
- Course Setters: Tommi Hakuli, Antton Koivisto, Matti Kallio
- Results Service: Samuli Seppälä
- WRE contact person: Esa Tihilä, [esatihila@yahoo.co.uk](mailto:esatihila@yahoo.co.uk), +358 40 480 7098
- Jury: Katri Niittymäki, Juha Nivukoski, Kari Maijala
  
- Technical Adviser and IOF Event Advisor: Atte Lahtinen
- Course Controller: Mika Kulmala, Rajamäen Rykmentti

## EVENT WEBSITES

- <https://skuusi.sporttisaitti.com/sm-sprintti-2026/>
- [IOF Eventor - Event information: Finnish Championship, Sprint distance](#)

## EVENT CENTRE AND PARKING

The location of the event centre and arrival instructions will be published on Wednesday 6th of May at 16:00. Distance from parking to event centre is less than 2 km. Arrival by train is recommended.

## **COMPETITION RULES**

The rules of the Finnish Orienteering Federation apply, and in WRE classes primarily the IOF rules, as well as the separate instructions issued for the Finnish Championships 2026 and the organizer's instructions:

IOF rules:

<https://orienteering.sport/orienteering/competition-rules/>

Finnish Orienteering Federation (FOF) rules for Finnish Championships:

[Lajisäännöt – Suomen Suunnistusliitto](#)

Separate instructions for Finnish Championships:

<https://www.suunnistusliitto.fi/kilpailu/sm-ohjeet/suunnistuksen-erillisohjeet/>

The use of spiked or studded shoes is forbidden. During the competition it is not allowed to use or carry communication devices unless specifically permitted by the organizer. GPS devices (watches etc.) are allowed as long as they are not used for communication or navigation.

For television coverage, the organizer requires competitors in classes M21E and W21E to use a tracking device / GPS locator.

## **TERRAIN**

Urban terrain consisting of paved routes, grass areas and parks.

## **MAP**

Contour interval: 2 m, printed 05/2026 (Mapline).

Mapper: Tommi Hakuli

Scale

- 1:4000 / M/W14–40, M21E and W21E, map size A4, in plastic cover
- 1:3000 / M/W45–90, map size A4/A3, in plastic cover

## **CLASSES**

**Group 1 (R1):** M21E, H20, H18, H17, H16, H15, H14, W21E, D20, D18, D17, D16, D15, D14,

**Group 2 (R2):** H35–H90, D35–D90

Classes M21E and W21E have WRE status. All participants first compete in the qualification race. There will be a B final is available for all competitors who do not qualify for the A final.

## **PUNCHING SYSTEM**

Electronic punching systems Emit and emiTag are used at the event.

Qualification race

- In the qualification race, all classes use the Emit punching system.

Finals

A final

- In the R1 classes A final, the emiTag punching system is used.
- In the R2 classes A final, the Emit punching system is used.

B final

- In all B finals in both R1 and R2 classes, the Emit punching system is used.

In the R1 classes A final, the emiTag punching system is used and an emiTag card is reserved by the organizers for each competitor who qualifies for the A final. The emiTag card for the A final is handed out in the quarantine area together with the bib numbers for the final. The competitor may also use their own emiTag card or one rented from Suunnistajan Kauppa, in addition to the organizer-provided emiTag card as a backup in same hand as official one.

In the R2 classes A final and in all B finals, the Emit punching system is used.

Rental Emit cards are available from the organizer for a fee of 5 €. Requests for renting an Emit card must be submitted when registering. Failure to return a rented Emit card after the competition will be charged 100 €.

### **Emit card check**

Participants can test their Emit cards at the guidepost in the event centre. Each competitor is responsible for ensuring that their card works correctly and that the organizer has the correct Emit card number. Card numbers are not checked before the start. If a competitor uses an electronic Emit card different from the one reported in advance to the organizer, a prerequisite for an approved result is a penalty fee equal to the entry fee, paid at the information desk. Otherwise the performance will be disqualified.

Emit card changes (e.g., due to broken cards) are allowed until 8th of May at 12:00 by email [timo.kokko@kokkens.fi](mailto:timo.kokko@kokkens.fi). After that, requested changes must be made at the competition information desk and a fee of 5 € will be charged.

Emit punch backup slips are available at the start threshold and at the start.

### **Emit card rental**

For those registered without an Emit card, the organizers have reserved an Emit card. Rental cards can be collected from the information desk. Rental fee 5 €. Competitors who do not return the rental Emit card will be charged 100 €.

### **CONTROL DESCRIPTIONS**

Control descriptions are printed on the map. Loose control descriptions are available in all classes in both the qualification and final races. Loose control descriptions are distributed in the start lanes.

No fastening equipment is provided for control descriptions. The maximum size of the descriptions is 180 x 50 mm.

### **CONTROLS**

Controls have a control stand, control flag and an Emit / emiTag punch. In the final race, the Emit and emiTag punches may be in the same control location, but they are always on separate stands and the distance between the stands is at least one metre.

The control flag and the Emit / emiTag punches are attached to the control stand. The stands are wooden. The control flag may be either below or above the stand, on top of a pole. A model control can be seen at the guidepost in the event centre, where Emit testing is also available. emiTag punching can also be tested in the event centre and in the quarantine area.

#### Qualification race

- In the qualification race, Emit punches are used at the controls.

#### Finals

##### A final

- In the R1 classes A final, emiTag punches are used.
- In the R2 classes A final, Emit punches are used.

##### B final

- In all B finals in both R1 and R2 classes, Emit punches are used.

## BIB NUMBERS

Bib numbers are used in both the qualification and final races. Each competitor has two bib numbers to be attached to the front and back of the competition suit. Safety pins are not provided. The competitor needs eight (8) safety pins to attach the bib numbers.

Bib numbers for R1 classes

- In the R1 classes, bib numbers for the qualification race are distributed in the quarantine area from 8:00 onwards, and for the A final from 13:00 onwards. Bib numbers can be collected throughout the time you are in the quarantine area.
- In the R1 classes B final, the same bib numbers are used as in the qualification race.

Bib numbers for R2 classes

- In the R2 classes, bib numbers for the qualification race are distributed at the information desk in the event centre from 7:30 onwards.
- In the R2 classes A and B finals, the same bib numbers are used as in the qualification race.

## START LISTS

Start lists will be prepared in accordance with the competition rules of the Finnish Orienteering Federation and the separate instructions for Finnish Championships.

In classes M21E and W21E, the start list for the qualification race is determined based on IOF World Ranking points as follows:

- In classes M21E and W21E, the start lists for the qualification race are formed so that the competitors' ranking points are the World Ranking points available on 3 May 2026

increased by two hundred (e.g.  $45 + 200 = 245$ ), or the Finnish Orienteering Federation's sprint online ranking points as of 3 May 2026 if the person has no World Ranking points. A World Ranking points value of 0 is interpreted as the person not having World Ranking points. Competitors with the highest ranking points are placed as the first starters in the qualification heats. Possible qualification heats are formed to be as equal as possible based on ranking points. The start time determined by the ranking is personal. If the competitor is not on either ranking list, they will be placed in random order at the end of the qualification heat.

Start lists for the qualification races will be available on the website no later than 8th of May 2026 at 9:00, and on the competition day in the event centre, in the quarantine area (R1

classes) and in the start area (R2 classes). Please check your Emit number in the start list; any changes must be reported according to the “Emit card check” instructions.

The start lists for the A and B finals will be published on the competition website and in the event centre as soon as the results of the qualification races are available. Start times for the A finals are based on the qualification results so that the best competitors start last. For those who do not qualify for the A final, as well as for competitors who retired or were disqualified in the qualification, and for those who did not start in the qualification, a B final will be organized as a national competition in all classes.

The start order is formed from the qualification results in reverse order. The start interval is one minute. If necessary, the B final may be divided into several groups so that the division is made based on the qualification results (first group: best, second group: next best, etc.). Competitors who retired or were disqualified in the qualification, and those who did not participate in the qualification, will be placed at the beginning of the last group in random order.

The B finals in classes M21E and W21E are organized as an interval start. The start order is formed from the qualification results in reverse order and the start interval is one minute.

### **START – R1 CLASSES QUALIFICATION AND A FINAL**

In the Finnish Championships Sprint, R1 classes (M21E, H20, H18, H17, H16, H15, H14, W21E, D20, D18, D17, D16, D15, D14) have a quarantine for the qualification and the A final. The quarantine is located about 350 metres from the event centre. The quarantine opens for the qualification race at 8:00 and access to the area closes at 9:00. For the A final, the quarantine opens at 13:00 and access to the area closes at 14:00. The R1 classes B finals do not have a start threshold.

The quarantine area has both outdoor and indoor facilities and a WC. Shoes may not be worn indoors. Each competitor must have a shoe bag to store their shoes while indoors. The organizer provides transport of equipment back to the event centre from the gate of the quarantine area, both in the qualification race and in the A final, to the equipment return point in the event centre.

Note: bring your own waterproof bag for your equipment. Markers are available at the quarantine for labelling the bags.

Note: Bringing phones or other devices to the quarantine area to follow the competition or to communicate is forbidden. Coaches and supporters are prohibited from entering the quarantine area. Viewing old or new maps of the competition area is prohibited.

Competitors in the R1 classes will be given competition-specific bib numbers in the quarantine area for both the qualification and the A final. Safety pins (8 pcs) are required for the bib numbers. There are two bib numbers, attached to the front and back of the competition suit. Each competitor participating in the A final will also receive an emiTag punching card together with the bib number.

In the A final, competitors in classes M21E and W21E will receive bib vests and GPS transmitters. If a competitor in M21E or W21E refuses to use the GPS transmitter, their performance will be disqualified.

Backup slips for Emit punches are available in the quarantine area in the qualification race.

A pre-start is used at the start for the qualification and A final before the actual start time. The pre-start is located at the quarantine area. From the pre-start, competitors must move to the start along the taped route and must always stay on the marked route.

Competitors will be guided from the quarantine area towards the start area according to a predetermined schedule linked to the competitor’s start time.

The last start in the A final is approximately at 17:50.

Distances from the event centre to the start(s)

<b>R1</b> <b>Qualification race</b> Start 1 (blue tape)	<b>Event centre –            Quarantine</b> 350 metres	<b>Quarantine –            Pre-start</b> 0 metres	<b>Pre-            start –            Start</b> 1600 metres exit from pre-start 25 min before own start time	<b>Total</b> 1950 metres
<b>R1</b> <b>A final</b> Start 3 (blue tape)	<b>Event centre –            Quarantine</b> 350 metres	<b>Quarantine –            Pre-start</b> 0 metres	<b>Pre-            start –            Start</b> 700 metres exit from pre-start 12 min before own start time	<b>Total</b> 1050 metres

Start procedure:

- 25 min (qualification) / 12 min (A final) before your start time: move from pre-start to the start
- 4 minutes before the start: competitors are called into the start box
- 3 minutes before the start: Emit reset
- 2 minutes before the start: control descriptions
- 1 minute before the start: move to the maps; the map may be taken at the start signal.

### **START – R2 CLASSES QUALIFICATION, A FINAL, AND R1 & R2 B FINALS**

R2 classes do not have a quarantine in the qualification, A final or B final. The R1 classes B finals also do not have a quarantine.

Bib numbers for R2 classes are distributed at the competition information desk in the event centre. Safety pins (8 pcs) are required for the bib numbers. There are two bib numbers, attached to the front and back of the competition suit.

Competitors in the R2 classes may move to the start for the qualification and finals at their own pace. There is an orange taped route to the qualification start; it must not be left and competitors must stay on the marked route.

The R2 A and B finals are divided between start 3 (blue tape) and start 4 (orange tape). Check your own start location in the start list. For R2 classes and for R1 classes B finalists there is no equipment transport from the start location back to the event centre.

Backup slips for Emit punches are available at the start.

Distance from the event centre to the starts:

- R2 qualification race (Start 2, orange tape) 370 metres
- R1 B -final & R2 A and B finals, some classes (Start 3, blue tape) 1200 metres
- R1 B-final & R2 A and B finals, some classes (Start 4, orange tape) 2000 metres

Start procedure:

- 4 minutes before the start: competitors are called into the start box
- 3 minutes before the start: Emit reset
- 2 minutes before the start: control descriptions
- 1 minute before the start: move to the maps; the map may be taken at the start signal.

## **FINISH**

There is a marked route from the last control to the finish.

1. Qualification race (R1 and R2 classes), R2 A final and all B finals

There is a marked route from the last control to the finish. Finish punching is used at the finish, after which competitors proceed immediately to punch checking. Any issues will be handled at the “complaints wall” located near punch checking. In the qualification race, the finish closes at 11:10 unless otherwise announced over the PA. In the finals, the finish closes at 18:10 unless otherwise announced over the PA. Competitors who retire must also report to the finish.

2. R1 A final

There is a marked route from the last control to the finish. With the emiTag punching system, competitors run through the finish and the time is taken when crossing the finish line. After finishing, the competitor proceeds to punch checking. Any issues will be handled at the “complaints wall” located near punch checking.

In the finals, the finish closes at 18:10 unless otherwise announced over the PA. Competitors who retire must also report to the finish.

## **COMPLAINTS**

Any complaints must be submitted for WRE classes no later than 15 minutes after the final results for each class (M21E and W21E) have been published, and for other classes by closing of finish. The morning qualification and the afternoon final are two separate competitions. A complaint must be made in writing on the form available from the information desk or the complaints wall and delivered to the information desk within the deadline stated above. More detailed instructions can be found in the orienteering competition rules section 6.4 and in the IOF WRE instructions section 28.

## **PRIZES**

In the Finnish Championship classes, the three best are awarded Finnish Championship medals. In classes M/W14–21, places 4–10, and in classes M/W35–75, places 4–6 are awarded Finnish Championship plaques. In addition, product prizes are awarded to the top three in each class. The top three of the WRE competition will be awarded. However, only orienteers who are Finnish citizens and represent a club of an IOF member federation, or foreign citizens who have resided permanently in Finland at least since the beginning of the competition calendar year and represent a member club of the federation, are included in the official Finnish Championship result list and prizes.

Prizes will be awarded by class shortly after the results of the class are finalized, according to a separate schedule. Prize winners are asked to arrive at the prize-giving area on time.

## **FOOD AND DRINK**

There is a restaurant and a takeaway café in the event centre, offering hot food, coffee, tea, snacks and pastries. The restaurant and café are open 7:30–18:00. Food portions (soup, bread, juice) are available between 10:00 and 16:00 on a *first come, first served* basis. The price of a meal portion is 12 €. Payment on site by cash, card and MobilePay.

Access to the Karuselli shopping centre along the marked route is permitted, but only via the entrances on Torikatu and Aleksis Kiven tie.

## **WC AND WASHING**

There are shower and indoor changing facilities in the event centre. WC facilities are located in the event centre and in the quarantine area.

## **CLUB TENTS**

Setting up club tents and club signs in the event centre is allowed in the designated areas.

## **FIRST AID**

A doctor and a first aid team operate at the first aid point in the event centre.

## **TV COVERAGE**

The A final in classes M21E and W21E of the Finnish Championships Sprint will be broadcast on YLE Areena, IS TV and the Ruutu service.

## **PHOTOGRAPHY AND VIDEO RECORDING**

There are photographers and recording equipment in the competition area and the event centre to document the competition and atmosphere. Photos from the competition may be published on the official competition website.

### **WITHDRAWALS**

Entry fees are not refunded in case of withdrawals.

### **LOST & FOUND**

Items left at the competition venue can be inquired about by email [terhi.latvala@kotikone.fi](mailto:terhi.latvala@kotikone.fi) or by phone 040 358 9275.

### **MODEL EVENT**

The model event is planned by the course setters and is available on the day before the competition. All participants must take the embargoed area into account when arriving at the model event. Anyone seen in the embargoed area in the days preceding the competition (this will be monitored) will be disqualified. Training maps are sold separately. More information is available on the organizer's website.