

Finnish Orienteering Championships in Long Distance FootO on 6.-7.9.2025

Invitation to the competition (WRE bulletin 1)

Orienteering club Kangasala SK ry. organizes the Finnish Orienteering Championships in the long distance on 6.-7.9.2025 in the legendary terrain of Ponsa in the areas of the cities Orivesi and Kangasala.

In connection with the competition, the International Orienteering Federation's (the IOF's) World Ranking Event (WRE) will be held in classes H21 (WRE M21E) and D21 (WRE W21E) and the final of the INOV-8 league on 7.9.2025 in classes H20 and D20.

The general map of the competition area can be found on the competition website www.kangasalask.fi/smpitka2025/kilpailuinfo/yleiskartta/. A map of traffic routes, an arena map and other competition information will be added to the competition website later.

Competition rules and instructions

The competition follows the rules of the IOF and the Finnish Orienteering Federation (SSL), the separate instructions given by SSL for the Finnish Championships for 2025 and the instructions given by the organizers, as well as the rules of the WRE and INOV-8 league. Competition-specific instructions will be published on the competition website on the days before the competition.

Competition target times / Lengths of courses

Lengths of courses are in accordance with the rules of SSL for organizing the long-distance orienteering championships.

The estimated winning time for the H21 and D21 classes (WRE M21E and W21E) in the A-final is 90 minutes (55 minutes in the qualifying competition).

Classes

Classes H21 (WRE M21E), H20, H18, H16, H15, D21 (WRE W21E), D20, D18, D16, D15, H35, H40, H45, H50, H55, H60, H65, H70 and H75 will have qualifying competitions on Saturday 6.9.2025 and the final competition on Sunday 7.9.2025.

Classes H80, H85, H90 and D35, D40, D45, D50, D55, D60, D65, D70, D75, D80, D85 and D90 will have a final without qualification on Sunday 7.9.2025.

Open orienteering on 6.9.2025

On Saturday 6.9.2025, an open orienteering event will be held in the area of the qualifying competition map (course lengths will be about 3 km and 5 km). Separate instructions on this event will be added to the competition website later.

Qualifying competitions

When at least 51 competitors register for the class, the class will be divided into two or more qualifying heat if necessary. The start interval is at least 2 minutes. The number of qualifying heat is determined as follows:

Number of registrations	Number of qualifying heats
1-50	1
51-100	2
101-150	3

In classes H21 (WRE M21E) and D21 (WRE W21E), the start lists of the qualifying competition are formed so that the competitors' ranking points are based on the world ranking points (FootO) available on 29.8.2025 plus two hundred (e.g. $45 + 200 = 245$) or the points of the SSL orienteering (FootO) online ranking on 29.8.2025 if the person does not have world ranking points. A world ranking score of 0 is interpreted to mean that a person does not have a world ranking point. The competitors with the best ranking points will be placed as the last to start the qualifying heats. The starting place and time determined on the basis of ranking are personal. If a competitor is not on either ranking list, he or she will be placed to start in random order at the beginning of the qualifying heat.

The start lists for the qualification competition in other classes will be formed based on the SSL orienteering (FootO) online ranking on 29.8.2025 so that the best in the ranking will be placed as the last competitors in the qualifying heats. The possible qualifying heats of the qualifying competitions will be formed according to the ranking points to be as equal as possible. The starting place and time determined on the basis of ranking is personal. If a competitor is not on the ranking list, he or she will be placed to start in random order at the beginning of the qualifying round.

Finals (A-finals)

Finnish Championship finals in classes H21 (WRE M21E), H20, H18, H16, H15, D21 (WRE W21E), D20, D18, D16, D15, H35, H40, H45, H50, H55, H60, H65, H70 and H75 on Sunday 7.9.2025: 75% of the competitors who have registered for the qualification will advance to the Finnish Championship Finals (A-final) by class, with a minimum of 10 competitors and a maximum of 50 competitors per class. Based on the number of qualifying heats, the number of competitors closest to 50 or an equal number of competitors according to the number of heats will qualify for the Finnish Championship finals. If the quantities are equally close to 50, the higher of these two options is chosen. If more than one competitor gets the last place entitling them to the finals, the number will be correspondingly higher. The starting order of the final competition is formed from the results of the qualifying competition in the reverse order according to "FINNISH ORIENTEERING FEDERATION SM-OHJE 2025 Kilpailutoiminta 1/2025". The starting interval is at least 2 minutes.

Finnish Championship finals in classes H80, H85, H90, D35, D40, D45, D50, D55, D60, D65, D70, D75, D80, D85 and D90 on Sunday 7.9.2025:

Each class will be divided into two equal start groups based on the situation of the SSL orienteering (FootO) online ranking on 29.8.2025 so that the group with the better placement in the ranking will be drawn at the end of the start list of the class and the group with the lower placement at the beginning of the start list. If a competitor is not on the ranking list, he or she will be considered to have zero (0) ranking points and will be drawn to the start list accordingly. The starting interval is at least 2 minutes.

B-finals

On Sunday 7.9.2025, the B-finals will be held as a national competition in the classes H21, H20, H18, H16, H15, D21, D20, D18, D16, D15, H35, H40, H45, H50, H55, H60, H60, H70 and H75.

The B-finals of classes H21 and D21 will be carried out with an interval start. The starting order is formed from the results of the qualifying competition in reverse order. The start interval is 2 minutes. If necessary, the B-final can be divided into several groups so that the division is made based on the results of the qualifying competition (the best competitors in the first group, the next best competitors in the second group, etc.). Those who have dropped out or disqualified in the qualifying competition and who have not participated in the qualification will be placed at the top of the last group. The groups must be as equal in size as possible.

The B-finals of classes other than H21 and D21 will be carried out as an interval start. The starting order of the B-final is formed from the results of the qualifying competition in reverse order. Those who have dropped out or disqualified in the qualifying competition and those who have not participated in the qualification will be placed as the first to start in the B-final. The start interval is 1 or 2 minutes.

Ranking

The start lists are based on the online ranking of the orienteering (FootO) of SSL and the world ranking in orienteering in classes H21 and D21 (M21E and W21E). The date of both ranking is 29.8.2025.

Competitors must be at least 15 years old in the competition year 2025.

Registration and entry fee

Registration takes place no later than Thursday 28.8.2025 at 12 pm. Late registrations will not be accepted.

Choose the correct registration method from the following options:

1. The competitor represents a member club of SSL: Registration takes place in IRMA.
2. The competitor does not represent a member club of SSL, but participates in the H21 or D21 classes, which is also an IOF WRE competition: Registration takes place in the IOF Eventor. All competitors in the WRE classes (M21E, W21E) must have an IOF ID issued by the IOF. The SSL website has instructions on how to obtain and save the logo in IRMA.
3. A competitor is a Finnish citizen who registers for a Finnish Championship other than for the H21 or D21 classes, and who represents a foreign club that is a member of the IOF: Registration by email: info@kangasalask.fi . Registrations received by email within the registration period will be confirmed as received.

When proceeding according to section 1, the participation fee will be paid in accordance with IRMA's practices. If you follow section 2 or 3, the participation fee must be paid at the time of registration with the following information:

Beneficiary: Kangasala SK ry
IBAN: FI57 5104 0020 2015 33
BIC: OKOYFIHH

The class and name of the competitor must be added to the message field of the payment.

The entry fee must be paid at the time of registration, otherwise the registration is not valid. The payment instructions of the participation fee for open orienteering event on 6.9.2025 will be announced later.

The entry fee is:

- WRE classes (H/D21 i.e. M21E and W21E) 56€;
- in classes H/D15-20 and H35-75 53€; and
- in classes H80, H85, H90, D35, D40, D45, D50, D55, D60, D65, D70, D75, D80, D85 and D90 35€.

When registering through IRMA, the participation fee is paid through IRMA.

Foreigners registering for WRE classes through the IOF Eventor must pay their participation fee in euros with the following information:

Account holder: Kangasala SK

Name of the bank: OP Kangasala (new name as of 1.8.2025: OP Pirkanmaa)

Bank address: Torikatu 5, 36200 Kangasala

IBAN: FI57 5104 0020 2015 33

SWIFT/BIC: IBAN, SWIFT/BIC OKOYFIHH

Message: Competitor's name

Competition centre and travel guidance

The competition centre is located in Suomasema, Orivesi, in field conditions. The address is Pihlajamäentie 79, 35300 Orivesi. The functions of the competition centre (except parking) are on the north side of Pihlajamäentie.

Guidance starts from the Kangasala-Orivesi road number 58 in Naappila at the Kellosalmentie intersection, from where the driving time to the parking lot of the competition centre is about 10 minutes.

The signs will be in place on 6.9.2025 at 7 am.

Parking

Parking for passenger cars takes place in the immediate vicinity of the competition centre as a field parking lot on the south side of Pihlajamäentie, the distance is 100-300 m. Buses must be notified in advance by email: [ilari.gronholm\(at\)kangasalask.fi](mailto:ilari.gronholm@kangasalask.fi). Bus parking is located along Kellosalmentie at the location indicated by the parking supervisors. The distance from the competition centre is about 1000 m. There is no separate caravan car park at the competition centre, but these vehicles are parked in the passenger car park.

The parking fee is 10 euros/vehicle and it covers both competition days. For those who park for one day alone, the parking fee for the vehicle is 5 euros. Payment is made at the info. The payment confirmation provided by the information desk must be placed visibly in the vehicle. Each vehicle will be checked when leaving the car park.

Starts and start quarantine – preliminary program for the competition days

The signs will be in place on 6.9.2025 at 7 am.

The first start of the qualifying and final competitions is at 10 am.

There is no quarantine in qualifying competitions, neither in the B-finals. In the A-finals, the quarantine is only for classes H21 (WRE M21E) and D21 (WRE W21E). The quarantine is close to the start.

The quarantine for the A-finals closes at 11:20 am.

The finish closes on 6.9.2025 at 3 pm. and on 7.9.2025 at 4 pm.

The distance to the starts of the qualifying competitions is 1000-1500m. The distance to the starts of the A and B finals and to the quarantine of the A final is 1000-2500 m. The exact distances to

the quarantine and starts can be found in the competition instructions.

Competition numbers

Competition numbers are used in all classes and by all competitors. The numbers are at the competition centre at the info if there is no quarantine in the classes. If the classes have a quarantine (H21 (WRE M21E) and D21 (WRE W21E)), the numbers are given at the quarantine location. In the B-finals, the competitors use their numbers from the qualifying competitions.

Terrain

The competition terrain is detailed open rock terrain with large height differences. There are some high (5-20m) cliff lines in the terrain. Running passability in the terrain is good.

Map

Orienteering map in scale 1:15000 (classes H/D15-21), 1:10000 (classes H/D35-45), 1:7500 (classes H/D50-90).

The map has a vertical contour interval of 5 m and is digitally printed. The map is in a plastic cover. The mapping was carried out by Janne Weckman and Timo Joensuu during the period 05/2024 - 06/2025.

Old maps of the competition terrain can be seen on the competition website

www.kangasalask.fi/smpitka2025/.

Punching method

Emit punching is used in the competitions. Competitors who do not have an Emit card number in their Irma system registration information will be reserved a rented Emit card, the rent of which is 5 euros. These rented Emit cards can be picked up at the info against payment. A fee of 90 euros will be charged for non-returned cards.

An orienteerer who competes with the wrong competition card will be disqualified. The competitor is responsible for using the competition card indicated in the start list.

Dressing, washing and toilets

There is no indoor space for dressing. There is an area reserved for club tents at the competition centre. There is no washing facility in the competition centre. There are showers at the Raudanmaa Village House (Ponsantie 1269, Kangasala) (orienteering shoes must be left outside!). The beach of the city of Kangasala (Pilkkimiehenpolku 40) opposite to the Raudanmaa Village House is available for the competitors to wash themselves. There are toilets in the competition centre and near the starting points.

Child Care

There is no child care at the competition centre. Child care will be arranged at the Raudanmaa Village House (former school house, Ponsantie 1269, Kangasala, 11 km from the competition centre) for children of 5 years and older. Child care is open on 6.9. and 7.9. from 8:30 am until appr. 2:30 pm. Daily fee is 20 euros. Activities are both indoor and outdoor. Children will also visit the Children's Farm Pikkupiha to get to know the animals and feed them. Children need to have sufficient food/snacks with them, or parents can buy food/snacks for the child from the café Mäyrä.

All children must be pre-registered to the child care by 28.8.2025 by e-mail to: info@kangasalask.fi by stating the name and age of the child, the day(s) on which the child care is needed and the contact information of the parent.

Children younger than 5 years are welcome to come to play, with their parent or other adult, to the child care facilities, both indoor and outdoor, however these children are not under the supervision and responsibility of the child care operation.

Everyone is welcome to Children's Farm Pikkupiha during the competition days and at other times. Opening hours and entrance fees will be added to the competition website later.

Café-restaurant

There is a café-restaurant in the competition centre, where hot food (including vegetarian options and gluten-free offerings) with side dishes and the usual café products are available. The price list and more detailed instructions will be added to the competition website later.

In addition, the Raudanmaa Village House (Ponsantie 1269) has a versatile café Mäyrä (www.raudanmaa.com), where you can get hot food and café products throughout the weekend 6.-7.9.2025. Detailed information will be added to the competition website later.

Training and restricted area

Training opportunities are available in the comparable terrains and maps in Kangasala. The courses are designed to prepare orienteers to Ponsa terrain and competition requirements. Training package 1 opens on 9.5.2025 for spring and early summer training. Training package 2 opens in July. See the section Training: www.kangasalask.fi/smpitka2025/harjoittelu/. Training is prohibited in the competition area, which can be found on the competition website: www.kangasalask.fi/smpitka2025/kilpailuinfo/harjoituskieltoalue/ and in the Finnish Orienteering Federation's map register.

Accommodation, travel and weather

In the Kangasala and Orivesi area, there is plenty of accommodation alternatives for pre-training, as well as for the competition weekend itself and for longer-term tourism. See the section Accommodation: www.kangasalask.fi/smpitka2025/majoitus/. The accommodation, food and other costs in the area are average in Finland. See Finland's statistics: www.stat.fi/. Public transport is comprehensive in the Kangasala and Orivesi areas: www.vr.fi/ and www.nysse.fi/. If you need transport assistance, please contact the organising club. See about typical weather in the area in September: www.ilmatieteenlaitos.fi/.

GPS Tracking

Some of the competitors of the A-finals of the H/D21 classes (WRE M21E and W21E), as well as the finalists of the INOV-8 league in the H/D20 classes, will be equipped with a GPS tracking device by the organizers. The list of these competitors will be published as soon as the start lists for the A-finals are ready. These devices will be given at the start places. Detailed instructions will be published on the competition website later.

Awards

The three best competitors in the official Finnish Championships will be awarded with a medal and

an honorary prize. In addition, plaques will be awarded to those who have placed 4-10 in classes H/D15-21 and to those who have placed 4-6 in classes H/D35-75.

In addition, there will be a separate award ceremony for the best competitors of the INOV-8 league (H/D20) in connection with the award ceremony of the Finnish Championship classes H/D20.

Principal Officers and additional information

Competition Director Mikko Heikkinen, mikko.heikkinen(at)kangasalask.fi, tel. (0)400 750 884

Secretary General Ilari Grönholm, ilari.gronholm(at)kangasalask.fi, tel. (0)40 831 8717

Course Setting Team Leader Jarkko Liuha, jtliuha(at)hotmail.com, tel. (0)44 327 4623

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SSL's TA Jukka Westerlund, westerlund.jukka(at)gmail.com, tel. (0)400 332 400

WRE's Event Advisor Tapani Koskela, tel. 040 451 0670, tapani.j.koskela(at)gmail.com

Course Supervisor Ilkka Kivisara, tel. (0)40 513 8243, ilkkakivisara(at)gmail.com

Jury:

Kari Maijala, EE, Chairman of the Jury

Hetti Kirves, ESSU, Member of the Jury

Maritta Nurmi, VaaSu, member of the Jury

The website of the competitions is at: www.kangasalask.fi/smpitka2025/ .

Competition instructions, WRE bulletin 2 and other information will be added to this website later.

Welcome to Ponsa, the legendary rocky landscape of Orivesi and Kangasala!

Kangasala SK ry