

Competition instructions (WRE bulletin 2)

Kangasala SK ry will organize the Finnish Long Distance Orienteering Championships on September 6–7, 2025 in the legendary terrain of Ponsa, in the area of the cities of Orivesi and Kangasala.

The competition will be accompanied by the International Orienteering Federation (IOF) World Ranking Competition in the M21E and W21E classes (SSL classes H21 and D21) and the INOV-8 League Final on 7 September 2025 in the H20 and D20 classes. The M21E (H21) and W21E (D21) classes will be called M21 and W21 later in the competition instructions.

A general map of the competition area is available on the competition website.
www.kangasalask.fi/smpitka2025/kilpailuinfo/yleskartta.

Competition day program and most important instructions

The signs will be in place on Saturday, September 6, 2025 at 7:00 am.

The competition center's services open at 8:00 am on both days. Hot food is available from 11:00 am.

The first starts are at 10:00 am on both days. The start lists for Saturday and the direct A-finals will be published on the competition website early in the competition week.

On both days, the control descriptions are printed on the map and loose control descriptions are also available in the pre-starts. No control description holders or other fastening means are provided. Emit check slips are only available in the pre-starts on both days.

Qualifying competition on Saturday, September 6, 2025

On Saturday, there is an open (recreational) orienteering opportunity between 10 am and 2 pm (starting 10 am – 12 am). Open orienteering has its own starting point (K3). Read more below "Open Orienteering on Saturday 6.9.2025".

Start numbers for all competition classes are available at the competition center.

There are two starting points in the competition classes:

- K1: main classes M21 and W21 and junior classes H/D15–20 (white-red signage).
- start times between 10:00 am and 12:50 pm.
- K2: classes H35–H75 (yellow-blue signage).
- start times between 10:00 am and 12:50 pm.

The finish closes on Saturday, September 6, 2025 at 3:15 pm.

Saturday's competition maps will be collected at the finish line and returned on Sunday after the last A-final start.

Finals on Sunday, September 7, 2025

The starting lists for Sunday's finals will be published on the competition website as soon as possible after Saturday's qualifying competition.

Start numbers are at the competition center, except for the main classes M21 and W21.

The main classes M21 and W21 have a separate quarantine gate and quarantine area. Quarantine gate closes at 11:30 am (distance 2.5 km).

There are three starting points:

F1: A-final classes M21 and W21 (2.9 km yellow-blue signage)

- Start times between 10 am and 12:40 pm.

F2: A-final heats H/D15-20 (2.1 km yellow-orange signage)

- Start times between 10 am and 12:40 pm.

F3: A-final classes H/D35-90 and all B-final classes (500 m white-red signage)

- Start times between 10 am and 13:25 pm.

The finish closes on Sunday, September 7th at 4:15 PM .

The competition maps will be collected in the team bags at the finish line until the last A-final competitor has started.

The award ceremony will be held on Sunday, September 7th from 2pm to 4pm in a few groups of classes, immediately after the results of the respective classes have been confirmed. Awards will not be given to those who leave the competition venue in advance.

Competition center and guidance

The competition center is located in Orivesi Suomasema in field conditions. The address is Pihlajamäentie 79, 35300 Orivesi. The competition center's operations are on the north side of Pihlajamäentie. The competition center has reserved space for club tents. In addition to the competition functions, the competition center also has restaurant and café services and sales outlets.

Directions start from Kangasala–Orivesi road number 58 from Naappila at the Kellosalmentie intersection, from where the driving time to the competition center parking lot is approximately 15 minutes. The signs will be in place on September 6, 2025 at 7:00 am. Directions point: <https://maps.app.goo.gl/oWsmJfiphD378sFN7>.

Incoming traffic will be congested in the morning of competition days – you must reserve enough time for traffic! In addition to obeying traffic rules, you must also exercise extra caution and follow the instructions of traffic controllers.

Traffic on Pihlajamäentie is two-way. The road is narrow and extra caution must be exercised when passing. Parking is not allowed on the road side. The road must be kept open at all times, as in addition to the vehicles of competitors and spectators, it is also used by emergency vehicles and maintenance traffic from the restaurant and other operations.

The mobile phone network coverage in the competition center area is quite weak for all operators. Don't unnecessarily load the network! **Be prepared to pay in cash at the café-restaurant and at the information desk if a connection problem prevents you from using payment cards and Mobilepay!** Have coins and small bills ready!

The use of drones in the competition area and the competition centre area is prohibited. Commercial activities, as well as other activities not related to Finnish orienteering, are prohibited unless the organizer has given their consent. Privacy rules apply.

Parking

Parking for cars is in the immediate vicinity of the competition center in a field parking lot on the south side of Pihlajamäentie, the distance from the competition center is 50–300 m. Buses must be notified in advance by email to [ilari.gronholm\(at\)kangasalask.fi](mailto:ilari.gronholm(at)kangasalask.fi). Bus parking is along Kellosalmentie in a place indicated by the parking controllers. The distance from the competition center is approx. 1000 m. Caravans and motorhomes park in their own parking area at the competition center (on the right in the direction of entry). Overnight stays at the competition center are permitted between 6 and 7 September 2025.

The parking fee is 10 euros/vehicle, and it covers both competition days. For those parking for only one day, the parking fee per vehicle is 5 euros. Payment is made at the information desk. The payment confirmation provided by the information desk must be placed visibly in the vehicle. The payment of each vehicle will be checked when leaving on both days. Unpaid vehicles will be directed to the side to wait until the payment is processed at the information desk and the exit route opens. Vehicles that have paid have the right of way to exit.

Information desk

The information desk is located in the competition center along Pihlajamäentie. The information desk is open both days from 8 am to 4 pm.

Info serves, among other things, the following:

- emit changes

- emit rentals
- parking tickets : €5/ day, €10/ both days
- meal tickets 13 €/ lunch
- lost and found items
- sale of training maps, €10/piece (see Training on the competition website)
- Registration for open orienteering on Saturday 9-11:30 am, fee 15 €/map

Competition rules and instructions

The competition follows IOF and Finnish Orienteering Federation ([SSL](#)) rules for the Finnish National Championships for 2025 [separate instructions](#) and instructions given by the organizers, as well as the instructions of the WRE and INOV-8 leagues. Competition-specific details will be published on the competition website www.kangasalask.fi/smpitka2025/ during the competition week.

The use of spikes in competitions is prohibited. Studs are permitted.

Course times and lengths

The course lengths are in accordance with the SSL long-distance championships rules.

The estimated winning time for the M/W21 classes in the final competition (A-final) is 90 minutes (53 minutes in the qualifying competition).

Class-specific course lengths, numbers of controls and total climbs are stated in a separate Classes and Courses file for both competition days.

Classes

In the classes M21, H20, H18, H16, H15, W21, D20, D18, D16, D15, H35, H40, H45, H50, H55, H60, H65, H70 and H75, the qualifying competitions will be held on Saturday, September 6, 2025, and the final competition will be held on Sunday, September 7, 2025.

Participants must be at least 15 years old in 2025.

In the classes H80, H85, H90 and D35, D40, D45, D50, D55, D60, D65, D70, D75, D80, D85 and D90, the final competition without qualifying will be on Sunday, September 7, 2025.

Competition numbers

All competitors in all classes will have numbers. Numbers will be distributed at the competition center, except for the A-finals on Sunday in classes M21 and W21. Numbers for these classes will be distributed at the quarantine gate.

In the B-final, competitors will use the numbers from the qualifying competition. The A-final will have new numbers on Sunday, September 7, 2025. Competitors must

have their own safety pins to attach their numbers! The competition number may not be folded.

Qualifying competitions on Saturday, September 6, 2025

The start lists for the qualifying competitions will be published at
<https://www.kokkens.fi/kilpailut/2025/smpitka/>.

When at least 51 participants have registered for the class, the class will be divided into two or more qualifying heats. The number of qualifying heats is determined as follows:

Number of participants	Number of qualifying heats
1–50	1
51–100	2
101–150	3
151–200	4

The qualifying heat code is followed by the class code K1, K2, etc. (e.g. D20K1, D20K2). In WRE classes, the qualifying heat code is followed by the class code Q1, Q2, etc. (e.g. M21Q1, W21Q2). The starting interval is 2 min.

In the M21 and W21 classes, the starting lists for the qualifying competition are formed in such a way that the competitors' ranking points are the world ranking points available on 29.8.2025 plus two hundred (e.g. 45 + 200 = 245) or the points of the SSL foot-o online ranking on 29.8.2025, if the person does not have world ranking points. A world ranking point of 0 is interpreted as meaning that the person does not have world ranking points. The competitors with the best ranking points are placed as the last starters in the qualifying heats. The starting place and time determined based on the rank are personal. If the 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 starting lists for the qualifying competition for other classes will be formed based on the SSL foot-o online ranking as of 29.8.2025, so that the best ranked competitors will be placed as the last starters in the qualifying heats. The possible qualifying heats for the qualifying competitions will be formed based on ranking points to be as equal as possible. The starting place and time determined based on the 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 heat.

See separate Classes and Courses file!

Open orienteering on Saturday 6.9.2025

An open orienteering event will be held in the qualifying competition area on Saturday, September 6, 2025. The map fee is €15.

Orienteering courses and start place:

Start K3, distance to start 600 m (yellow-blue signage)

- Course 3 km, map scale 1:7 500
- Course 5 km, map scale 1:10 000

Departures 10 am – 12 am, finish line closes at 2 pm.

The open orienteering courses and controls have the same level of requirements as those in the Finnish Orienteering Championships. The controls have a control flag and a control structure. The emit punching device and control code are attached to the control structure.

Orienteers register and pay the map fee at the competition venue information desk between 9 am and 11:30 am. Orienteers use competition numbers, which are distributed at the information desk. Orienteers are allowed to keep their competition numbers. Orienteers must have their own pins to attach their numbers!

Orienteers are not allowed to leave their own map terrain area and are not allowed to influence the competitors in the qualifying competitions. They must also follow any additional instructions given by the organizers. Open orienteering has a separate start (Start K3) and finish. **Participants of open orienteering are NOT allowed to come to the finish of the competition.**

Open orienteering maps will be collected at the finish. The map can be picked up from the information desk on Sunday at the same time as the competition maps are returned.

Finals (A-finals) on Sunday 7.9.2025

Finnish Championship finals in the classes M21, H20, H18, H16, H15, W21, D20, D18, D16, D15, H35, H40, H45, H50, H55, H60, H65, H70 and H75 on Sunday 7 September 2025:

75% of the competitors who have registered for the qualification will qualify for the Finnish Championships final (A-final) in each class, so that there are at least 10 participants and a maximum of 50 participants per class. Based on the number of qualifying heats, the number closest to 50 or an equal number of competitors according to the heats will qualify for the Finnish Championships final. If the numbers are equally close to 50, the larger of these two options will be selected. If more competitors receive the last qualifying place, the number will be correspondingly larger. The starting order for the final is determined by the results of

the qualifying heat in the order translated from the "FINNISH ORIENTEERING FEDERATION SM-OHJE 2025 Competition Activities 1/2025". The starting interval for the M21 and W21 and H/D15-20 classes is 3 minutes. The starting interval for the H35-H75 classes is 2 minutes.

Finnish Championships finals in the 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 starting groups based on the SSL foot-o online ranking as of August 29, 2025, with the group with the higher ranking being drawn at the end of the class' starting list and the group with the lower ranking being drawn at the beginning of the starting list. If a competitor is not on the ranking list, they are considered to have zero (0) ranking points and will be drawn on the starting list accordingly. The starting interval is 2 minutes.

B-finals on Sunday 7.9.2025

On Sunday, September 7, 2025, for those who were eliminated from the A-finals, as well as those who dropped out of the qualification and were rejected and did not participate in the qualification, the B-finals will be organized as a national competition in the classes M21, H20, H18, H16, H15, W21, D20, D18, D16, D15, H35, H40, H45, H50, H55, H60, H65, H70 and H75. The time limits for the B-finals are in accordance with the rules of the national competitions.

All B-finals will be held as interval starting. The starting order will be determined by the results of the qualifying competition in reverse order. The starting interval is 2 minutes.

The M21 B-final classes are divided into three parallel classes (M21B1, M21B2 and M21B3) based on the results of the qualifying competition (the first group includes the best qualifiers from the A-final, the second group includes the next best, etc.).

Those who have dropped out or been rejected in the qualifying competition and those who did not participate in the qualifying competition will be placed in the beginning of the last group. The parallel classes will be as evenly matched as possible.

The starting lists for the A and B finals will be published at <https://www.kokkens.fi/kilpailut/2025/smpitka/>.

See separate Classes and Courses file!

Starts and quarantine gate

Qualifying competitions 6.9.2025

The first starts of the qualifying competition are at 10 am. There is no quarantine gate for the qualifying competitions.

Qualifying starts, classes, distances to the start and signage color:

Starts	Classes	Distance	Signage
Start K1	M/W21, H/D15–20	1400 m (of which forest / slow approx. 600 m)	white-red
Start K2	H35–75	900 m (of which 150 m is forest, the rest is path/road)	yellow-blue

Allow time to get to the start in time! You are not allowed to leave the route leading to the start. Warm-up is possible along the route and/or near the start.
There are no toilet facilities at the start of the qualifying competitions.

Operation of the K1 and K2 starts of the qualifying competitions

- 5 min** Entrance and checking of start numbers
- 4 min** Control descriptions
- 3 min** Emit reset
- 2 min** Model map
- 1 min** Waiting for the starting signal next to syour own map container
- Starting time** The map can be taken and the competition begins. The starting competitor takes the competition map by herself/himself.

A late arriving competitor must report to the start officials. The start closes 10 minutes after the last start time listed on the start list for that start.

Starts and quarantine gate

Finals 7.9.2025

The first starts of the finals are at 10 am.

Only the M 21 and W21 A finals have a quarantine gate in use.

Finals starts, classes, distances to the start and signage color:

Start	Classes	Travel	Signage
Start F1	A-finals M21 and W21	2900 m (of which forest/slow approx. 800 m, the rest path/road)	yellow-blue
Start F2	A- finals H/D15–20	2100 m (of which forest/slow approx. 800 m, the rest path/road)	yellow-orange
Start F3	A-finals H/D35–90 and	500 m (of which approx. 100 m	white-red

	all B-finals	is forest, the rest is road)	
--	--------------	------------------------------	--

Allow time to get to the start in time!

There are toilet facilities in the quarantine area at start F1. There are no toilet facilities in start areas F2 and F3.

You are not allowed to leave the route leading to the start. Warm-up is possible along the route and/or near the start.

Operation of starts F2 and F3:

-5 min Entrance and checking of start numbers

-4 min Control descriptions

-3 min Emit reset

-2 min Model map

-1 min Waiting for the starting signal next to syour own map container

Starting time The map can be taken and the competition begins. The starting competitor takes the competition map by herself/himself.

A late arriving competitor must report to the start officials. The start closes 10 minutes after the last start time listed on the start list for that start.

Special arrangements for the start of F1 (M21 and W21 A-finals) on Sunday 7 September 2025:

At the start F1 there is a quarantine gate and a quarantine area. The distance to the quarantine gate is 2500 m, of which there is approx. 400 m to the start. **The quarantine gate closes at 11.30 am.**

Start numbers are distributed at the quarantine gate. Only competitors who have crossed the quarantine gate within the specified time and collected their start number within the specified time may participate in the competition. A person who has crossed the quarantine gate is not allowed to return to the competition center before the last competitor starts, except with their own competition performance. The prohibition on returning also applies to assistances and guardians. Once the quarantine gate has closed, competitors who are late lose their right to start.

There is a 15-minute pre-start from the quarantine area before the actual start time, after which the competitor can move to the starting point. The distance to the start is approx. 400 m.

The quarantine area has weather protection (tent 5x9m).

The quarantine area has toilet facilities and drinking water available.

A separate, larger area has been reserved for warm-up in the quarantine area. A map of the quarantine and warm-up area (scale 1:7500) will be distributed at the quarantine gate.

GPS device distribution takes place at the quarantine gate. Further instructions can be found below in the GPS tracking devices section.

The use of mobile phones or other SIM card or similar communication devices in the quarantine area is prohibited for competitors and assistants and guardians.

Start F1 operation:

-15 min It is possible to move from the quarantine to the starting point. The distance from the quarantine to the starting point is approx. 400 m. You must not leave the signage route.

NOTE : Only the starting time is announced at the pre-start, not the names of the competitors. You can also move from the pre-start to the start closer to your own starting time. You are not allowed to return to the quarantine area from the pre-start.

-5 min Entrance and checking of start numbers

-4 min Control descriptions

-3 min Emit reset

-2 min Model map

-1 min Waiting for the starting signal next to your own map container

Starting time The map can be taken and the competition begins. The starting competitor takes the competition map by herself/himself.

NOTE: In the A-final of the M21 and W21 classes, those using odd numbers will take the control descriptions and map “M21 (1)” or “W21 (1)” in the starting box, and those using even numbers will take the control descriptions and map “M21 (2)” or “W21 (2)”. It is the competitor’s responsibility to take the control descriptions and map for their own course.

A late arriving competitor must report to the start officials. The start closes 10 minutes after the last start time listed on the start list for that start.

Equipment transportation

Only on Sunday will there be equipment transport from the F1 quarantine gate / quarantine area (A-final classes M21 and W21) to the competition center. Bring your own designated backpack or bag or similar for your equipment. Equipment must be left for transport at the location indicated by the organizer. Equipment cannot be picked up from the quarantine gate / quarantine area before the last competitors in the classes have started.

Terrain

The competition terrain is open rocky terrain with detailed features and in places large differences in height. The terrain has some steep lines with high (5–20 m) cliffs and several steep slopes. The terrain is passable. The lichens in the rocky areas are very slippery. Be especially careful on slopes and cliffs!

Also read the separate statement from the course setters on the competition web pages.

Use of the terrain after competition

The competition terrain is a valuable terrain for orienteering and will be temporarily closed to orienteering events as soon as the control materials for the Finnish Championships have been removed from the terrain, which will happen by September 14, 2025. The area is actively used by hunting clubs for dog training. The hunting clubs have promised to take a break from dog training for the time required by the competition. Dog training activities will continue immediately after this and the hunting clubs will then continue to use the terrain for elk hunting starting in October. We ask orienteers to respect this activity and avoid visiting the competition terrain, even in the autumn of 2025.

Map

On both competition days, an orienteering map with a scale of 1:15,000 (classes M21 and W21 and H/D15–20), 1:10,000 (classes H/D35–45), 1:7,500 (classes H/D50–90) will be used.

The map has a curve interval of 5 m. The map is digitally printed. The map size is A4 or A3. The map is in a sealed plastic cover. The mapping was done by Janne Weckman and Timo Joensuu between 05/2024 and 08/2025.

Old maps of the competition terrain are available [on the competition pages](http://www.kangasalask.fi/smpitka2025/kilpaluinfo/vanhat-kartat/) www.kangasalask.fi/smpitka2025/kilpaluinfo/vanhat-kartat/.

Control descriptions

Loose control descriptions are available in the starting boxes. The maximum size of the control descriptions is 160 mm x 60 mm. No control description holders or other fastening means are provided. The control descriptions are also printed on the competition maps.

Control points

Controls have a control flag and one or several emit stamping devices. A model control can be seen at the competition center. It is recommended to check the functionality of the Emit card at a model control.

Stamping method

The competition uses Emit stamping. For competitors whose registration information in the IRMA system does not include an Emit card number, a rental Emit card will be reserved, the rental fee of which is 5 euros. Loan cards can be picked up from the information desk for a fee. A fee of 90 euros will be charged for unreturned cards.

Check your Emit card number from the start list and the card's functionality at the model control point in the competition center near the guide pole. An incorrect Emit number or an inoperative Emit card must be replaced at the information desk. It is the competitor's responsibility to verify that the card is in good working order and has the correct number. If the competitor uses an Emit card other than the one notified to the organizers, the performance will be disqualified.

Emit card number changes can be made by email to timo.kokko@kokkens.fi by Friday 5 September at 12 am. After this, Emit card changes will incur a fee of €5/number change. Changes must be made at the competition center information desk before proceeding to the start. Emit card number cannot be changed at the start.

Emit card control slips strips are available at the starting points on both days. According to the competition rules, only Emit cards in original condition are allowed. Using a modified or repaired card will result in disqualification. Do not use a card with a changed battery!

Prohibited areas

Prohibited areas are marked on the map according to the rules. The only prohibited area marked on some of the competition maps is the horse manure dumping area. Tall grass grows in the area. The area is not on the optimal routes for competitors. The area is not marked with a prohibited area tape on the terrain. There are several life-threateningly high cliffs in the competition area. They are not taped to the terrain. Read the map and the terrain. Be careful and do not put yourself or your fellow competitors in danger!

Drinks and first aid

Drinking water is available on all courses exceeding the one-hour time limit in Sunday's finals. Water points at the controls are marked in the control descriptions. Water points outside the controls are marked on the map. Competitors must not leave litter in nature!

The number of drinking places by classes is indicated in a separate Classes and Courses file.

There are personnel and first aid equipment at the water points.

Competitors have a duty to help an injured or ill fellow competitor.

The Finnish Red Cross's first aid station (also a medical doctor) is located in the competition center. The necessary off-road rescue capability is available throughout the competition.

Check out the competition safety, rescue, first aid and traffic plans, as well as the instructions for reporting accidents and injuries, on the competition web pages.

GPS tracking devices

The use of GPS tracking devices provided by the organizers during the competition performance is mandatory for competitors designated by the organizer. GPS devices will be used by all competitors in the M21 and W21 A-finals on Sunday, as well as some of the INOV-8 league finalists in the H/D20 classes. The list of device recipients will be published as soon as the A-final start lists are completed.

M21 and W21 classes GPS devices and vests will be distributed in the immediate vicinity of the pre-start at the quarantine area. H/D20 classes GPS devices will be distributed in the immediate vicinity of the F2 start area.

Competitors are not allowed to view GPS tracking before their own performance, and outsiders are not allowed to provide or share information obtained from GPS tracking to competitors before their performance.

Use of personal GPS devices, mobile phones and cameras

The use of a recording GPS device without a map display is permitted, but the recorded data may only be shared with the public after the finish has closed on Sunday.

The use of cameras in the qualifying competition and open orienteering is allowed only if the orienteer gives the memory card for the organisers in the finish. You can get it back on Sunday after the competition.

In the final competition, the use of cameras is permitted, but the recorded data may not be shared with the public until after the finish has closed time on Sunday.

Finish

The finish line for all competition classes is at the competition center. Finish punching is used at the finish line. All classes will arrive at the same finish line. There is a signage to the finish line from the last control point, which must be followed.

Saturday's open orienteering will have its own finish line slightly to the side of the competition center. These recreational orienteers are not allowed to enter the competition center finish line.

Return of competition maps

Maps for the qualifying and final competitions and open orienteering will be collected at the finish lines. Maps for the qualifying competition will be returned by clubs at the same time as the maps for the final competition. Open orienteering maps will be distributed at the information desk.

The collection of maps at the finish line will end when the last competitor in Sunday's A-final competition has started the competition. The return of the maps will be announced by announcement. The organizer will not mail the collected maps to competitors or recreational orienteers.

Finish closing times

The finish line closes on Saturday, September 6th at 3:15 pm and Sunday, September 7th at 4:15 pm. The open orienteering finish line closes on Saturday, September 6th at 2 pm.

Instructions for dropouts

Those who have ceased their performance must definitely report at the finish line and, if possible, should stamp at the finish line. Any stoppage due to injury must also be reported to the finish line staff. Recreational orienteers who have ceased must report at the open orienteering finish line.

Klagomur

Any ambiguities that arise during competition performances will be resolved immediately at the Klagomur located near the finish line.

Awards

The top three results in the official Finnish Championships competitions will be awarded with medals. In addition, plaques will be awarded to those who placed 4–10th in the M21 and W21 and H/D15–20 classes and to those who placed 4–6th in the H/D35–75 classes. Honorary awards will be given to the top six in the M21, W21, H20 and D20 classes and the top three in all other classes.

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

The prizes will be awarded in groups according to the instructions in the announcement on Sunday from 2 pm to 4 pm. The supervisors, the landowners of the competition center and other collaborating parties will also be awarded at the awards ceremony.

Dressing, washing and toilets

There is no indoor space or separate dressing area for dressing. There are no washing facilities in the competition centre. There are three individual shower points at the Raudanmaa village hall (Ponsantie 1269, Kangasala) (orienteeing shoes must be left outside!). The Kangasala city beach (Pilkkimiehenpolku 40), opposite the Raudanmaa village hall, is available for competitors to wash themselves. Toilets are in the competition centre and in the F1 quarantine area for Sunday's start.

Child care

There is no child care in the competition center.

Child care will be held at Raudanmaa village hall (former school, Ponsantie 1269, Kangasala, 11 km from the competition centre) for children aged 5 and over. Muksula is organised by Raudanmaa Village Cooperative. Muksula will be open 6.9.–7.9. from 8:30 am until about 2:30 pm (longer if necessary). The daily fee is 20 euros, and it is paid at the village hall café when bringing the child. There are activities both inside the classroom and outside. During the activity day, the children will also visit the nearby Children's Farm Pikkupiha to get to know the animals and feed them. The child must have enough food or parents can buy food/snacks for the child at the café Mäyrä.

You must register for the child care by 28.8.2025 by email to [ilari.gronholm\(at\)kangasalask.fi](mailto:ilari.gronholm(at)kangasalask.fi), stating the child's name and age, the day(s) the child care is needed, and the guardian's contact information. You can also inquire later from the above-mentioned email address whether it is still possible to register for the child care (currently there are openings for Sunday child care).

Children under the age of 5 can come with a guardian to play in the play area, both indoors and outdoors, but these children are not under the supervision or responsibility of the play area activities.

Everyone is welcome to visit the Children's Farm Pikkupiha on competition days and at other times. Opening hours and prices:
<https://www.raudanmaa.com/lastenmaatila-pikkupiha/>

Café-restaurant and water point

The competition center has a café-restaurant, where hot food (including vegetarian options and gluten-free options) with side dishes and standard café products are available. The price list and more detailed instructions are on the competition website.

In addition, the Raudanmaa village hall (Ponsantie 1269) houses a versatile café, Mäyrä (www.raudanmaa.com), which offers hot meals and café products throughout the weekend of September 6–7, 2025.

There is one public water point at the competition center. It is free of charge, but is only intended for essential drinking water (e.g. after crossing the finish line). Equipment may not be washed at the water point!

Practice good hand hygiene.

Training and no-training zone

Training opportunities are available in Kangasala on competition-type terrain. The training is designed to prepare the Ponsa terrain for the demands of the Finnish Long Distance Championships. See the competition pages under [Training](#) : www.kangasalask.fi/smpitka2025/harjoittelu/.

Training is prohibited in the competition area, which can be seen on the competition website: www.kangasalask.fi/smpitka2025/kilpaulaninfo/harjoituskieltoalue/ and in the map register of the Finnish Orienteering Federation.

Accommodation, transportation and weather

There is plenty of accommodation available in the Kangasala and Orivesi areas, both for pre-training and for the competition weekend itself, and even for longer-term travel. See the competition pages under Accommodation: www.kangasalask.fi/smpitka2025/majoitus/. Public transport is extensive in the Kangasala and Orivesi area: www.vr.fi/ and www.nysse.fi/. If you need transportation assistance, please contact the organizing company: [ilari.gronholm\(at\)kangasalask.fi](mailto:ilari.gronholm@kangasalask.fi). Weather conditions in the area in September: www.ilmatieteenlaitos.fi/.

Principal officers and additional information

Competition Director Mikko Heikkinen, [mikko.heikkinen\(at\)kangasalask.fi](mailto:mikko.heikkinen@kangasalask.fi), tel. 0400 750 884

Secretary General Ilari Grönholm, [ilari.gronholm\(at\)kangasalask.fi](mailto:ilari.gronholm@kangasalask.fi), tel. +358 40 831 8717

Director of the Course Setting Team Jarkko Liuha, [jtliuha\(at\)hotmail.com](mailto:jtliuha@hotmail.com), tel. +358 44 327 4623

Spokesperson Outi Hytönen, [hytonen.outi\(at\)gmail.com](mailto:hytonen.outi@gmail.com), tel. +358 400 772 574

Results Services Manager Jussi Lahdenniemi, [jussi\(at\)lahdenniemi.fi](mailto:jussi@lahdenniemi.fi), tel. +358 40 027 2676

SSL TA and WRE Event Advisor Tapani Koskela, tel. 040 451 0670, [tapani.j.koskela\(at\)gmail.com](mailto:tapani.j.koskela@gmail.com)

Course Controller Ilkka Kivisara, tel. 040 513 8243, [ilkkakivisara\(at\)gmail.com](mailto:ilkkakivisara@gmail.com)

Jury:

Kari Maijala, EE, Chairman of the Jury

Riku Kopra, OrPo, member of the Jury

Maritta Nurmi, VaaSu, member of the Jury

The competition websites are at: www.kangasalask.fi/smpitka2025/. Follow more information on the website and the event's social media pages: Instagram @smponsa2025

**Welcome to the stunning rocky terrain of Kangasala and
Orivesi in Ponsa!**



Kangasala SK orienteering club