



# Finnish MTBO Championships 2021

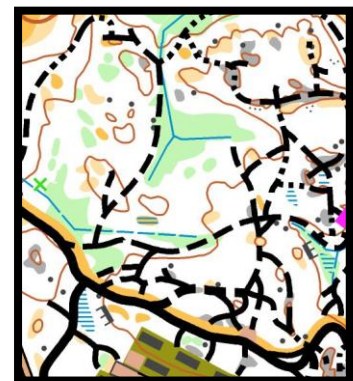
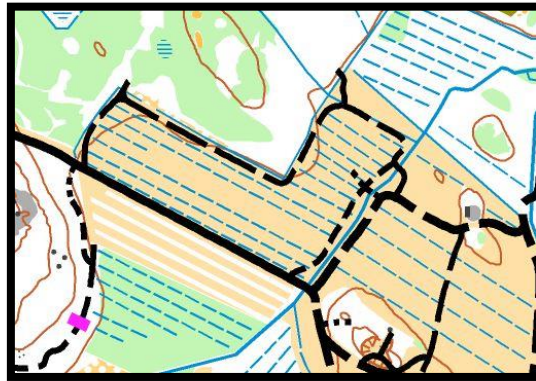
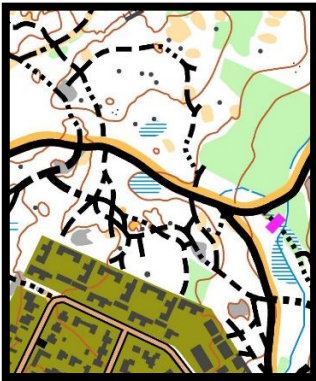
## Espoo, Finland

WRE's -Finnish MTBO Championship Sprint, 22/5, 2021

WRE's -Finnish MTBO Championship Long, 23/5, 2021:

#smpysu2021

**Welcome to the Finnish MTB-O Championships in Espoo, Finland, 22–23 April 2021**



### Event website

Espoon Suunta - <https://espoonsuunta.fi/tapahtumat/sm-pyorasuunnistus-2021/>

### Covid19 instructions

Due to Covid19 competition lacks certain services

- no dressing or shower possibilities
- no food service
- no live announcements or results boards on place
- no drinking points in the terrain

**Special instructions to prevent viral infections.**



### Competitor responsibilities:

- Don't arrive if feeling sick.
- Arrive only to do our race performance and avoid gatherings. Arrive as close to your starting time as possible.
- When arriving by car, take into account instructions required by the virus situation, use a carpool only if it is safe to do so.
- Take care of safe distances.
- The use of a face mask is mandatory except when starting and during the race.
- Take care of careful hand hygiene both before leaving into the terrain, after returning from the terrain and during toilet visits.
- Do not touch the controls – use touch-free 20-30cm from the stamp - this is where the organizer's touch free helps.
- After successfully finished with control, move on and avoid traffic.
- When you reach the finish line, disinfect your hands and put the mask provided by the organizer on your face.

### Measures taken by the organizer to protect competitors:

- Disinfectant is available in several places.
- More space at start and finish area.
- Toilets are cleaned and disinfected more efficiently during the race.
- The results are only online.

## Rules

The competition follows the rules and separate instructions of the IOF and SSL, as well as the instructions of the competition organizer.

- Using helmet is mandatory
- The competitor must follow the general traffic rules and the instructions of the administrators when moving among other traffic on public lanes.
- Encountering competitors avoid each other from the right.
- At the request, the competitor must evade the faster competitor.
- Particular care should be taken when crossing public roads.
  
- **Competitors should note that there are a lot of other outdoor enthusiasts in the area**
- **The race course has a few very fast hills and underpasses with limited visibility in some places. Drive in these places on the right. The organizer's recommendation is that the bike has a bell**
- **On behalf of the organization, there are officials in the terrain who can warn the athlete and other outdoor enthusiasts when an emergency threatens.**
  
- **Make sure that there is no debris left in the terrain!**



## Terrain description

Sprint's terrain consists of two different areas: an urban industrial area and a local outdoor area. There are various commercial buildings in the urban area, with small parks in between. The area is mainly asphalt-based. The outdoor area includes both meadows and a forest with lots of trails. Most of the trails are fast to bike. Elevation differences are moderate in both parts of the terrain.

The long-distance terrain consists mainly of the Espoo Central Park outdoor area. The outdoor area is mainly forest, in addition to which there are few meadows and fields between the forests. The terrain includes many different trails of varying condition. The largest outdoor trails are really fast, while the smaller ones that climb bare cliffs can be very tricky. The maximum height difference in the area is about 30 meters.

## Riding off the track is allowed.

Riding off the track is possible in both Saturday and Sunday competitions

Sallittua ajaa / allowed to ride

Kiellettyä ajaa / forbidden to ride



## Map

The scales of the race map are 1: 10:000 and 1: 7:500 (long distance), 1: 7:500 and 1: 5:000 (sprint), with a contour interval of 5 m on both maps. Map is made by Emil Laaksonen 5/2021. The size of the map is A4 in both events. The map is printed in weatherproof material. If there are map exchanges, the maps are stapled together. The rivet may be difficult to tear off due to the material on the map.



## Controls

The control points have both orienteering flag and Emi-Tag.

Model control can be seen in the competition center. The functionality of EmiTag wristband can be tested in the model control. The competitor is responsible that EmiTag is functioning properly.

There can be orienteering flags or controls from motion and school orienteering in the area, that can be seen from the tracks. However, controls of this competition can always be distinguished based on EmiTag

Some controls are located of the tracks.



## Classes and distances

	Sprintti / Sprint					Pitkä / Long					
	matka linnuntietä / distance (km)	matka lyhintä mahdollista uraa pitkin / distance, shortest possible track (km)	rastit / controls	kartanvaihtoja / map exchanges	mittakaava / scale	matka linnuntietä / distance (km)	matka lyhintä mahdollista uraa pitkin / distance, shortest possible track (km)	rastit / controls	kartanvaihtoja / map exchanges	mittakaava / scale	
SM-kilpailu / WRE	H21 WRE	6,7	9,3	21	1	1:7 500	26,8	33,3	37	4	1:10 000
	H35	5,5	8,0	17	1	1:7 500	21,0	26,5	29	4	1:10 000
	H40	5,5	8,0	17	1	1:7 500	21,0	26,5	29	4	1:10 000
	H45	5,5	8,0	17	1	1:7 500	21,0	26,5	29	4	1:10 000
	H50	5,3	7,9	14	1	1:7 500	19,3	24,8	28	4	1:10 000
	H55	5,3	7,9	14	1	1:7 500	19,3	24,8	28	4	1:10 000
	H60	3,7	4,7	11	1	1:5 000	17,9	21,7	25	3	1:10 000
	H65	3,7	4,7	11	1	1:5 000	14,0	17,8	18	3	1:7 500
	H70	2,6	3,5	9	1	1:5 000	14,0	17,8	18	3	1:7 500
	H75	2,6	3,5	9	1	1:5 000	11,0	14,0	18	2	1:7 500
	H80	2,6	3,5	9	1	1:5 000	6,2	7,8	11	1	1:7 500
	D21 WRE	6,0	9,2	19	1	1:7 500	24,6	31,1	33	4	1:10 000
	D35	5,5	8,0	17	1	1:7 500	17,9	21,7	25	3	1:10 000
	D40	5,5	8,0	17	1	1:7 500	17,9	21,7	25	3	1:10 000
	D45	5,3	7,9	14	1	1:7 500	17,9	21,7	25	3	1:10 000
	D50	5,3	7,9	14	1	1:7 500	14,0	17,8	18	3	1:7 500
	D55	3,7	4,7	11	1	1:5 000	14,0	17,8	18	3	1:7 500
	D60	3,7	4,7	11	1	1:5 000	11,0	14,0	18	2	1:7 500
	D65	3,7	4,7	11	1	1:5 000	11,0	14,0	18	2	1:7 500
	D70	2,6	3,5	9	1	1:5 000	6,2	7,8	11	1	1:7 500
	D75	2,6	3,5	9	1	1:5 000	6,2	7,8	11	1	1:7 500
	D80	2,6	3,5	9	1	1:5 000	6,2	7,8	11	1	1:7 500
	D20	6,0	9,0	19	1	1:7 500	17,9	21,7	25	3	1:10 000
	D17	6,0	9,0	19	1	1:7 500	17,9	21,7	25	3	1:10 000
D15	3,7	4,7	11	1	1:5 000	11,0	14,0	18	2	1:7 500	
H20	6,0	9,0	19	1	1:7 500	24,6	31,1	33	4	1:10 000	
H17	6,0	9,0	19	1	1:7 500	24,6	31,1	33	4	1:10 000	
H15	3,7	4,7	11	1	1:5 000	14,0	17,8	18	3	1:7 500	
Kansallinen kilpailu / National competition	H11-13	2,6	3,5	9	1	1:5 000					
	D11-13	2,6	3,5	9	1	1:5 000					
	H11-14						3,7	4,3	8	0	1:7 500
	D11-14						3,7	4,3	8	0	1:7 500

## Starts

First start for the sprint is 2pm on Saturday and 9.40am on Sunday.

The distance to start on Saturday is 2,3km and on Sunday 1,5km. WRE and HD 15-21 classes have quarantine.

Warm up map can be received from the competition info, which allows competitor to navigate into starting place. There is also signage to start. It's not allowed to exit the marked path on warm up map.

There is WC on Saturdays starting place.

The racing bibs with their mounting accessories are located at the start.

Chosen WRE and HD 15-21 competitors will get GPS-tracking device, that they will receive from the start.



**The GPS tracking device should be placed in a carrying vest - not in the back pocket, to get the best possible quality of tracking. Organizer vests are available on the starting place.**

Start procedure:

- 4 min.: competitor is announced to start. Competitor must wear helmet.
- 3 min.: resetting Emi-Tag
- 2 min.: competitor can examine model map
- 1 min.: competitor receives race map
- 0 min.: start happens from the starters beep

## GPS-Tracking and webTV

On Saturday, an online TV broadcast will be broadcast from the sprint to ISTV and Ruutu services. The broadcasts follow the competition of the main series. In addition, its own GPS tracking will be carried out from Sunday's event. Links to tracking the broadcasts will be posted on the competition website, but it's allowed to be followed by the competitor or his / her guardian before going into race.

In sprint all competitors in classes H/D 20 and H/D 21 will receive GPS tracking device.

In long distance last eight competitors starting in H/D 21 will receive GPS tracking device.

## Quarantine (WRE and HD15-21 classes)

In Saturday's sprint, the WRE and HD15-21 classes have quarantine. The quarantine is located in the immediate vicinity of the start and must be reached no later than 15.20 and pick up your own race number. Once you arrive at the quarantine, you can no longer return to the competition center. At the quarantine, the use of all mobile devices is prohibited. There is a toilet in the area and there is a transportation service for clothes to the competition center. No plastic bags are provided by the organizer for the transportation.

On Sunday, the long distance WRE and HD15-21 have quarantine. The quarantine is located about 500 meters from the competition center and is marked on the warm-up map. The quarantine must be exceeded no later than 12:00 and the race number must be picked up no later than 12:10. After arriving at the quarantine, it is no longer possible to return to the competition center. At the quarantine, the use of all mobile devices is prohibited. There is no toilet on Sundays quarantine. From the quarantine, there is transport service to the competition center. No plastic bags are provided by the organizer for the transportation.

## Starting lists

Starting lists are published on competition website. Check your Emi-Tag number from the list.



(<https://espoonsuunta.fi/tapahtumat/sm-pyorasuunnistus-2021/>)

## Race bib

Race bibs are used in the competition and they can be found from the starts. Bibs are collected back after each race and re-distributed. Race bibs are attached with a cable ties, which are available to the numbers from their pick-up point.

## Punching system

Emit-Tag punching system is used. The competitors who have not reported their EmiTag-number, have to reserve a rental one. EmiTag can be paid through internet and can be picked up from the competition info in the competition center. EmiTag rent is 5€ per race.

EmiTag payment - <https://navisport.appspot.com/events/45fb33eb-faa4-421e-9d67-7620e738ef45/register>

Rental Emi-Tag that is not returned to organizers will be fined with 100€

## Finnish

After finishing, the competitor proceeds to the result checking.

Competition maps are collected at the finish. Collected maps will not be returned. The maps can be seen in the evening on the competition website.

## Interrupting race

If you are about to interrupt your race performance, you need to come through finish. Otherwise, we can't know that everyone is out of the forest. If this is not possible due to injury or other similar reason, the suspension must be notified as soon as possible.

## Prizes

Finnish Championship medals and gift cards are awarded for the winners.

You can pick up championship medals from competition info after the results are final. Gift cards will be sent to the winners by e-mail, for which the winners must provide their own e-mail either to competition info or [karipekka.seppanen@espoonsuunta.fi](mailto:karipekka.seppanen@espoonsuunta.fi)

Unallocated medals will be sent to the clubs.



## Motion orienteering and audience

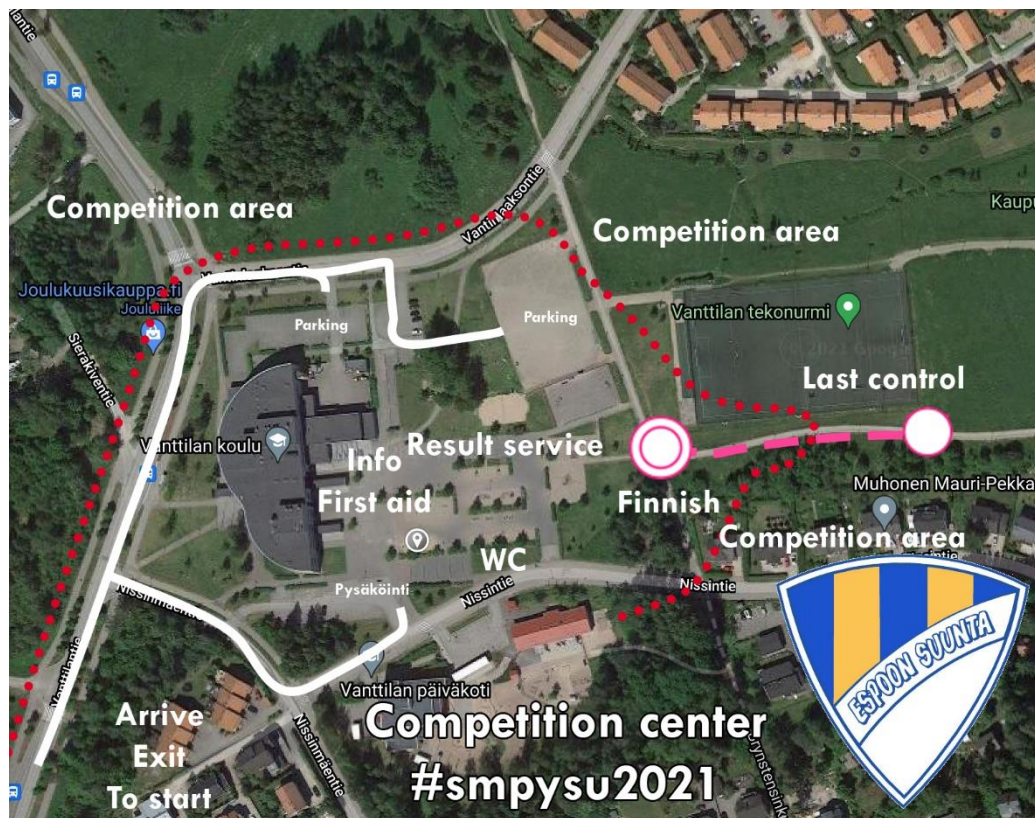
There will be no motion orienteering at the event and no audience will be admitted to the venue.

## Competition venue and parking

The competition center is Vanttila School, which is accessible from Kauklahti passage via Vanttilantie according to the signs.

Navigation address:  
Vanttilantie 16, 02780 Espoo

Parking in the parking lot according to the competition center map. Follow the instructions and instructions.



## Childcare

There is no childcare offered by organizers.

## First aid





The competition center has a first aid point. There are no first aid points in the terrain. Race patrols are EA-skilled and can assist when the situation arises.

## **Dressing, showers and WC**

There are no washing and dressing facilities at the competition center because of current circumstances. Outdoor toilets are in the competition center and on Saturday at the quarantine area.

## **Washing bikes**

Washing bikes is possible in the competition center, next to the school.

Location: <https://goo.gl/maps/aFKKNg3hpMtLoTFZ9>

## **Results**

Online-results can be found from the competition website.

## **Photos**

Both traditional and video photography will be carried out at the event. Images can be used by organizer for advertising and marketing purposes. If you do not want pictures of you to be published, let the photographer know, or contact the organizer.

## **Feedback**

Feedback on the competition can be given at the competition venue to the organizers' representatives or by e-mail [kilpailut@espoonsuunta.fi](mailto:kilpailut@espoonsuunta.fi)

## **Lost and found**

Found items found in the competition will be stored for a week and can be queried [karipekka.seppanen@espoonsuunta.fi](mailto:karipekka.seppanen@espoonsuunta.fi)

## **Race jury**



Chairman – Pekka Niemensivu (KanSu)  
Member – Max Lindfors (OK Trian)  
Member – Lea Pirttilä (OH)

## Key personnel

Race director – Pasi Laaksonen  
Course-setters – Emil Laaksonen, Lauri Hollo and Harri Hollo  
Results – Result Fellows / Risto Kivinen

IOF-Event Advisor – Arto Voutilainen  
TA – Mikko Niskanen (KYS)  
Course controller – Mika Rantala (HS)

Contact:

Event secretary and contact person (also in English) Kari-Pekka Seppänen  
karipekka.seppanen@espoonsuunta.fi  
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Welcome to Espoo, Finland!

Espoon Suunta

Partners:





**NVII**

**stro**

