

## **Baltic Orienteering Championships**

World Ranking Event (WRE), June 11

## **Baltic Masters Open Championships**

## **Baltic Open Competition**

## **COMPETITION INFORMATION**

### **ORGANIZERS**

**Estonian Orienteering Federation, OK Põlva Kobras**

Event director: **Alar Assor**

Course setter: **Raido Mitt**

IOF Event Adviser: **Sixten Sild**

National controller: **Paul Poopuu**

### **EVENT VENUE and COMPETITION CENTRE**

Event venue is Põlva town in Põlva county, South-East Estonia ([www.polvamaa.ee](http://www.polvamaa.ee))

Competition centre is in Veskimõisa village, 23 km west from Põlva. Road signs will be on Võru-Tartu (E263) road and Põlva-Tartu (N61) road.

Driving to the competition centre:

<http://kaart.delfi.ee/?bookmark=500239aa4a9ab00aaf3854cafd3eac>

### **PROGRAMME**

#### **Friday, June 10**

15:00-19:00 BOC2016 event office is open in Põlva Spordikool (address: Uus 3, Põlva)

17:00-19:00 Model event in Sulaoja

#### **Saturday, June 11**

7:00-9:00 Breakfast at the accommodation

10:00 First start of long distance competition (national teams, WRE)

12:00 First start of long distance competition of Baltic Masters Open Championships and Baltic Open Competition

19:00 Põlva sprint ([Information](#))

20:30 Prize-giving of the first day of Baltic championships and Põlva sprint at the event centre of Põlva sprint (address: Kooli 1, Põlva)

#### **Sunday, June 12**

7:00-9:00 Breakfast at the accommodation

10:00 First start of the relay competition for national teams

10:30 First start of the middle distance competition of Baltic Masters Open Championships and Baltic Open Competition

13:30 Prize-giving and closing ceremony at the competition centre

## START

The way to the start is marked with signs and red-white plastic strips. The start interval is 3 minutes for the elite classes and 2 minutes for the rest of the classes. Pre-start is 3 minutes, additional control descriptions are at the pre-start. Clothes can be left at the start and they will be transported to the competition centre. Maximum running time on the long distance is 2,5 h and 1,5 h on the middle distance. Start lists will be at the competition centre and at the start. Warm-up is allowed only on the roads leading to the start.

Start lists of the relay will be published on Saturday, June 11th.

### Distances to the starts:

June 11th: **start 1** – 750 m, **start 2** – 2000 m.

June 12th: relay mass start at the competition centre; **start 2** (middle distance) – 2500 m.

## FINISH

The competition time stops by SI punching on the finish line. Every competitor will get a printout of split times. Official results will be put out at the competition centre after the last competitor has finished. Rental SI-cards must be returned to the organizers after finishing. There is a bottle of Värška drinking water for every competitor at the finish. Medical help is close to the finish. All the competitors have to go visit the finish, this includes runners who quit and runners who run longer than the maximum running time.

## MAP and TERRAIN

### Long distance map:

Maaritsa-Veski, nr. [2016031](#). Mapper Kalle Remm, drawn in 2014-2016. Previous map: [Maaritsa](#).



Classes MW16E, MW18E, MW20E, MW21E and MW35, MW35, M40, M45, M16, MW18, MW21 have a map scale of 1:15 000, h=5 m. Map size 340x260 mm.

Classes MW14E, MW10, MW12, MW14, W16, W40, W45, MW50, MW55, MW60, MW65, MW70, MW75 have a map scale of 1:10 000, h=5 m. Map size A4.

**Terrain:** Diverse moraine landscape. Maximum height difference in the terrain is 49 meters. The biggest slope in the terrain is 29 meters. The size of the mapped area is 12,8 km<sup>2</sup>, 26 % of which is marsh or marshy area. 17 % of the terrain has been drawn by using the undergrowth symbol, mainly due to logging residue and dead wood, but also due to some particularly unpleasant vegetation or planting furrows. Cultivated land covers 8%, rough open land and

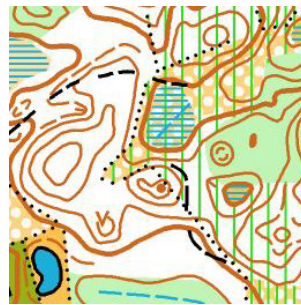
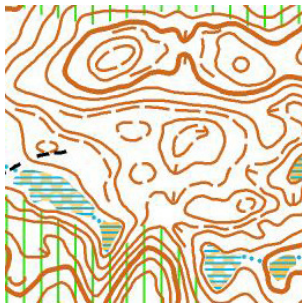
rough-open land with scattered trees cover a total of 21% of the competition area. The vegetation is not at its lushest yet. Difficult-to-run forest covers 28% of the map.

Course setter's (Raido Mitt) comments of the long distance:

“I tried to plan the long distance courses as much as possible using nicer parts of the terrain to offer fine and rather fast orienteering. That is why some of the courses are probably a little bit longer than the competitors would want them to be. The control features are very easy to understand and have been chosen carefully and that’s why there will be no such thing as lottery. My recommendation for the competitors who are chasing medals is that one has to be ready for fast orienteering and running from the very start.”

**Relay and middle distance map:**

Veskimõisa-Poka, nr. [2016049](#). Mapper Avo Veermäe, drawn in autumn 2015. Previous map [Sahkri-Veskimõisa-Poka](#). Map scale in all classes 1:10 000, h=2,5 m. Map size A3 and A4.



**Terrain:**

More than half of the forest is old coniferous forest partly with many large felled trees. There are clearings of different ages, which therefore have different runnability and visibility. For the most part, the trees felled during forest maintenance clearings, have been left lying on the ground. A marshy area with small ditches runs through the terrain. Ditches coalesce into a small crossable stream on the map’s NE part.

Small and medium sized hills as well as depressions are interlaced by marshes of different shapes and sizes. The terrain is very variable in regard to contour features and vegetation. Maximum height difference is between 30-45 m, on the biggest slope 15 m. Paths and narrow rides are often overgrown.

Course setter's (Raido Mitt) comments of the relay:

“My goal was to plan interesting and challenging relay courses and for that I chose the best part of the terrain available near the competition centre. I can say that the courses are not typical relay courses, because there are very few roads and paths in the relay terrain. Thus the courses are technically very challenging. Moreover, the terrain expects also solid physical condition. There is a large number of controls in the forest during the relay race and obviously forking is used in every class. Be careful and check the control codes. My recommendation is to enjoy the terrain and navigation that relay offers and keep focused till the very last control. Special attention is needed after spectator control, because it will be very easy to make mistakes in the end due to speed that spectator control can give.”

Maps are printed on water-proof paper at the Printcenter printing company. After finishing, the competition map has to be left in a plastic bag marked with a nation's or a club's name. On both competition days the maps will be handed out after the last competitor has started.

## **FORBIDDEN AND DANGEROUS AREAS**

All forbidden areas (cultivated land, settlement) are marked on the map as out of bounds areas, but are not marked in the terrain. The runner is responsible to keep away from forbidden areas.

NB! Running on the edge of a cultivated land is allowed.

Dangerous areas are some of the small marshes which are at times bottomless, logged areas and young-growth forests because of sharp-tipped tree stumps. Roads running through the terrain are open for traffic, but the driving speed has been limited to 30 km/h. Competitors must be very careful when crossing the gravel roads and running along them.

## **COURSES**

### **Baltic championships**

**1st day (June 11th)**

**LONG DISTANCE**

**M21E and W21E courses have forking. Maps and control descriptions are marked with a runner's number.**

M21E	14,5 km	34 CP	M18E	8,3 km	17 CP
W21E	8,9 km	24 CP	W18E	6,2 km	18 CP
			M16E	7,2 km	19 CP
			W16E	4,7 km	13 CP
M20E	10,6 km	23 CP	M14E	4,7 km	16 CP
W20E	7,2 km	19 CP	W14E	4,3 km	12 CP

### **Baltic championships**

**2nd day (June 12th)**

**RELAY**

M21E	6,5–6,6 km	23 CP
W21E	4,9 km	18 CP
M20E	5,1 km	20 CP
W20E	4,5–4.6 km	16 CP
M16E	3,7 km	13 CP
W16E	3,4–3,5 km	12 CP

### **Baltic masters championships and open competition**

**LONG DISTANCE (June 11th)**

M10	2,3 km	6 CP	M18	6,2 km	18 CP
M12	2,5 km	7 CP	M21	10,6 km	23 CP
M14	3,8 km	14 CP	M35	8,9 km	24 CP
M16	4,7 km	13 CP	M40	8,3 km	17 CP

M45	7,2 km	19 CP	W18	4,7 km	13 CP
M50	6,2 km	18 CP	W21	7,2 km	19 CP
M55	6,2 km	18 CP	W35	6,2 km	18 CP
M60	5,5 km	18 CP	W40	5,5 km	18 CP
M65	4,9 km	17 CP	W45	4,9 km	17 CP
M70	4,4 km	16 CP	W50	4,4 km	16 CP
M75	4,2 km	15 CP	W55	4,2 km	15 CP
			W60	4,2 km	15 CP
W10	2,3 km	6 CP	W65	3,8 km	14 CP
W12	2,5 km	7 CP	W70	2,8 km	12 CP
W14	2,8 km	12 CP	W75	2,8 km	12 CP
W16	4,3 km	12 CP			

## **Baltic masters championships and open competition**

### **MIDDLE DISTANCE (June 12th)**

M10	1,7 km	6 CP	W10	1,7 km	6 CP
M12	2,1 km	9 CP	W12	2,1 km	9 CP
M14	2,1 km	9 CP	W14	2,0 km	9 CP
M16	2,8 km	13 CP	W16	2,3 km	10 CP
M18	3,8 km	17 CP	W18	2,6 km	12 CP
M21	4,5 km	24 CP	W21	3,8 km	17 CP
M35	4,5 km	24 CP	W35	3,4 km	16 CP
M40	4,4 km	22 CP	W40	3,2 km	15 CP
M45	4,1km	19 CP	W45	2,8 km	13 CP
M50	3,8 km	17 CP	W50	2,6 km	12 CP
M55	3,4 km	16 CP	W55	2,4 km	12 CP
M60	3,2 km	15 CP	W60	2,4 km	12 CP
M65	2,8 km	13 CP	W65	2,3 km	10 CP
M70	2,6 km	12 CP	W70	2,1 km	9 CP
M75	2,4 km	12 CP	W75	2,0 km	9 CP

### **Control descriptions**

The control numbers are not printed next to the control circles on the map. Control descriptions are printed on the map. Additional control descriptions are given to the competitors at the pre-start, 2 minutes before the start. The additional control descriptions for **M21E and W21E are marked with the number of the competitor**. The maximum size of an additional control description is 50 x 230 mm.

### **ELECTRONIC PUNCHING SYSTEM**

**SportIdent** punching system will be used in all classes. Participants with their own SI-cards must indicate their card numbers in the application. All series of SI-cards are accepted (incl. series 10 and 11). A SI-card can be rented for 1€ per day. If the rented SI-card is lost, a compensation fee of 30 € has to be paid.

If a punching unit is not working, a competitor must use the backup provided – use pin punch and make a mark in the R-square on the map. **Please check your SI-card number on the starting lists!**

## REFRESHMENT

**Long distance (June 11th):** one refreshment point **in the terrain**, away from control points, location marked on the map; another refreshment point at a control point.

**Relay and middle distance (June 12th):** refreshment point of the relay race is at the spectators' control. There are no refreshment points on the middle distance courses. There is only fresh water at the refreshment points and at the finish.

## TRAINING POSSIBILITIES

### **Baltic Championships (national teams, WRE runners):**

Model event on Friday, June 10<sup>th</sup> from 17:00 to 19:00 in a terrain next to the competition area (distance 2 km). Model event maps (both 1:10 000 scale and 1:15000 scale, printed on the same A4 page) will be available at the event office or as agreed with organizers prior to arrival.

No time keeping, only flags at the CPs. An example of a complete control point set will be put out at the competition centre on Saturday. The terrain of the model event is more similar to the 1<sup>st</sup> day of BOC2016 than to the 2<sup>nd</sup> day.

### **Baltic Masters Open Championships and Baltic Open Competition:**

Model event maps are available on request (2 €). Model event map request has to be indicated in the entry. Maps will be handed out at the model event start area.

## ADDITIONAL TRAINING POSSIBILITIES:

Social orienteering event (15:00-20:00) on Tuesday, June 7<sup>th</sup> in Krüüdneri, map 2015061.  
Info: <http://kobras.polvamaa.ee/>

## GPS TRACKING AND USE OF COMMUNICATION DEVICES

GPS devices will be delivered out on the 1<sup>st</sup> day to MW21E runners whose names will be published after the drawing of the start lists. Devices will be given to the competitors by the organizers at the pre-start. Please ask for your device in good time before the start. The time needed for attaching the device to the arm takes about 1-2 minutes. Information about the use of GPS devices in relay will be provided before the relay race.

National team members are strictly prohibited to use any kind of communication devices or any other sources of information for obtaining information about route choice of the runners with GPS. There are two online CPs and one pre-warning CP on the long distance. In relay all classes have at least one spectator CP and most of the classes have a pre-warning.

## NUMBER BIBS

Number bibs will be used on both days only for the elite classes. On the first day the number bibs are at the pre-start, everyone must take their own number. On the second day the number bibs by national teams will be delivered out in the morning at the information tent of the competition centre. Please use the safety pins you receive on the 1<sup>st</sup> day on both days.

## WARM-UP AREA

Warm-up is allowed only on the road to the start. On the 2<sup>nd</sup> day relay warm-up is allowed only at the competition centre and in an area marked with signs.

## PRIZE-GIVING

**Baltic Championships:** medals and diplomas for the 3 best in each class both days and prizes to individual winners of each class on long distance.

**Baltic Masters Open Championships:** medals and souvenirs for the 3 best runners in each class in sum of two days.

**Baltic Open Competition:** prizes for the best runner in each class in sum of two days. Number of additional prizes in each class depends on number of participants.

## ACCOMMODATION

**National teams of Saint-Petersburg and Estonia:** [Taevaskoja Puhkekeskus](#)

**National team of Latvia:** [Põlva spordikooli hostel, Metsa 7](#)

**National team of Lithuania:** [Mammaste Tervisespordikeskus](#)

**National team of Belarus:** [Jäägri pubi, Jaama 16, Põlva](#)

**Other accommodation possibilities in Põlva County:**

<http://www.visitpolva.ee/index.php?lang=en>

[Hotell Pesa](#)

[Hotell Cantervilla loss Pikajärvel](#)

## CULTURAL EVENTS

Põlva days with lots of different events will be organized from June 10<sup>th</sup> to 12<sup>th</sup>.

Programme: <http://www.kultuurikeskus.ee/sundmused/xxvii-polva-paevad-2016/>

Other events in Põlva county: <http://www.polvamaa.ee/kalender>

## ADDITIONAL

Parking will be organized at the competition centre. Parking fee for cars and vans 1 €/day. Big busses free of charge. Toilets in finish area and near start 2.

Showers at the competition centre.