EMTB OC
WM MTB OC
Lahti - Heinola

WORLD MASTERS
MTB ORIENTEERING CHAMPIONSHIPS

EUROPEAN
EUROPEAN JUNIOR
MTB ORIENTEERING CHAMPIONSHIPS

5.7.2020 Version 2.2
Welcome to Lahti!

In the midst of winter, preparations for the mountain bike orienteering World Cup final and World Seniors Championship are in full swing. The events are being built step by step, following the course from one control point to the next.

Lahti is a city with a wide range of sports events and leisure sports activities. We have an extensive history and a solid reputation in organising international winter sports events. The range of sports on offer is growing all the time; there are recreational activities and competitions all the year round.

Mountain bike orienteering is a good example of a sport that allows competitors of various ages and skill levels to participate. The varying terrain of Salpausselkä ridge and its network of bicycle paths provide an excellent environment for mountain bike orienteering. The control points are off road, so competitors will need to leave the bicycle paths to find them.

Lahti was appointed European Green Capital for 2021. Our environmental goals are ambitious; among other things, we are committed to promote all sustainable forms of urban transport.

Sports events create an exciting atmosphere and convey the joy of physical activity to spectators and participants alike. Behind every event is an active body of organisers, most of them volunteers – contributing their labour simply out of love for the sport. I would like to take this opportunity to thank everyone involved in organising the event. For the spectators and the support staff, I hope you may have many memorable moments and feel the thrill of the sport.

Good luck, everyone!

Pekka Timonen
Mayor of Lahti
ORGANIZERS

IOF
International Orienteering Federation  www.orienteering.org

SSL
Finnish Orienteering Federation  www.ssl.fi
Suomen Suunnistusliitto
Valimotie 10, 00380 Helsinki, Finland
email: info (at) suunnistusliitto.fi

Lahden Taimi
Finnish orienteering club  www.lahdentaimi.fi
email: suunnistus (at) lahdentaimi.fi

SOC Asikkala
Finnish orienteering club  www.socasikkala.com
socasikkala (at) socasikkala.com

Patron of the event: Pekka Timonen, Mayor of Lahti

Event director:  Kari Kokkinen
Technical event director:  Teuvo Lehtinen
Map maker:  Heikki Saarinen
Course planner:  Heikki Saarinen

EVENT CONTROLLING

IOF senior event advisor: Mark Stodgell
Course controller: Matti Laitinen

INFORMATION

Webpage:  www.2020mtbo.fi
Email:  info (at) 2020mtbo.fi
Mobile phone (event director): +358 40 7530957
VERSION HISTORY
6.11.2019 – Version 1.4 – First published version
2.3.2020 – Version 1.5 – Updated punching system and punching card rental fee information. Updated entry information for WCUP participants. Added link to open series registration.
16.3.2020 – Version 1.6 – Updates to WMMTBOC series. Added W/M 35 and removed W/M 90, 95 and 100.
27.5.2020 – Version 2.0 – Updated WCup to EMTBOC and added EJMTBOC. Postponed entry deadlines. Added known bulletin 2 related information.
5.7.2020 – Version 2.2 – Updated accommodation information. Updated entry fee return policy.

GENERAL LOCATION – EVENT CENTRE
Vierumäki Resort & Sport Institute of Finland
Urheilupistontie 400
19120 Vierumäki
GPS: 61°06′50″N, 026°00′30″E, 61.113889, 26.008333

Distance to event centre from Helsinki-Vantaa airport: 125 km
Distance to event centre from Lahti railway station: 30 km
See the map below for an overview of event centre and event locations.
TOURIST INFORMATION
Welcome to Lahti Region – Gateway to Finnish Lake District

Practical info for travelers

About Finland

PROGRAM OVERVIEW

<table>
<thead>
<tr>
<th></th>
<th>Elite</th>
<th>Juniors</th>
<th>Masters</th>
<th>Open</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.9</td>
<td>Wednesday</td>
<td>Model Event</td>
<td>Model Event</td>
<td>Model Event</td>
</tr>
<tr>
<td>10.9</td>
<td>Thursday</td>
<td>Mass start</td>
<td>Mass start</td>
<td>Mass start</td>
</tr>
<tr>
<td>11.9</td>
<td>Friday</td>
<td>Sprint</td>
<td>Sprint</td>
<td>Sprint</td>
</tr>
<tr>
<td>12.9</td>
<td>Saturday</td>
<td>Mixed relay</td>
<td>Relay</td>
<td>Middle</td>
</tr>
<tr>
<td>13.9</td>
<td>Sunday</td>
<td>Long</td>
<td>Long</td>
<td>Long</td>
</tr>
</tbody>
</table>

Generally all competition days start at 10 o’clock starting with the elite then juniors and finally masters. Tentatively the first competition day Thursday 10th of September starts in the morning at 10 o’clock with EMTBOC. At 11:45 the juniors have their first start and masters at 13:30 o’clock. The last competition day 13th of September the first start of juniors and world masters is in the morning at 10 o’clock.

CLASSES

EMTBOC  W/M 21; mixed in relay

EJMTBOC  W/M 20

WMMTBOC  W/M 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85

(Two adjacent classes in the same decade shall be merged if either or both have fewer than 5 entries. W/M 70 and older keep the 5 year steps independent on registered starters)

Open series  Open1 and Open2. Open2 is mainly intended for the young and beginners. Preliminary distances for open series:  12.9  Open1: 12km and Open2 6km;  13.9  Open1: 19km and Open2: 10km

PARTICIPATION RESTRICTIONS

EMTBOC Each federation may enter a team of 12 competitors - up to 6 women and 6 men in each individual event and an unlimited number of team officials. Current World and European champion in each competition format shall be given a wild card in addition to the entries from his/her federation. Each federation may enter a maximum of 4 teams of 3 riders in the mixed-relay. Each team must include at least one woman. Only federations belonging to the European continent will be eligible for European titles, medals or diplomas.

EJMTBOC Each federation may enter a team of 12 competitors - up to 6 women and 6 men in each individual event and an unlimited number of team officials. Each federation may enter a maximum of 2 teams of 3 riders in the relay for both classes (W/M20). Only federations belonging to the European continent will be eligible for European titles, medals or diplomas.

WMMTBOC Participation in WMMTBOC is open to all competitors according to their age classes.
WINNING TIMES

<table>
<thead>
<tr>
<th></th>
<th>Elite</th>
<th>Juniors</th>
<th>Masters</th>
</tr>
</thead>
<tbody>
<tr>
<td>Middle</td>
<td>–</td>
<td>–</td>
<td>50 – 55 min</td>
</tr>
<tr>
<td>Long</td>
<td>–</td>
<td>85 – 90 min</td>
<td>105 – 115 min</td>
</tr>
<tr>
<td>Relay</td>
<td>–</td>
<td>35 – 40 min per leg</td>
<td>–</td>
</tr>
<tr>
<td></td>
<td></td>
<td>105 – 120 total</td>
<td>–</td>
</tr>
<tr>
<td>Mixed relay</td>
<td>40 – 45 min per leg</td>
<td>–</td>
<td>–</td>
</tr>
<tr>
<td></td>
<td>120 – 135 min total</td>
<td>–</td>
<td>–</td>
</tr>
<tr>
<td>Mass start</td>
<td>75 – 85 min</td>
<td>60 – 70 min</td>
<td>75 – 85 min</td>
</tr>
<tr>
<td>Sprint</td>
<td>20 – 25 min</td>
<td>15 – 20 min</td>
<td>20 – 25 min</td>
</tr>
</tbody>
</table>

ENTRIES AND PAYMENT DETAILS

Entries for EMTBOC, EJMTBOC and Masters World Championships shall be done via the [IOF Eventor](#). Finnish can enter to Masters World Championships via [Irma](#). Follow instructions in Irma.

Separate registration to [open series is on the event website](#).

Payment details for IOF Eventor and open series:

- **Account holder**: Lahden Taimi ry
- **Address**: Mariankatu 11 A, 15110 Lahti, Finland
- **IBAN**: FI12 5612 1120 6430 33
- **SWIFT/BIC**: OKOYFIHH
- **Bank**: OP Corporate Bank plc, Head Office Helsinki, Finland
- **Bank address**: Gebhardinaukio 1, 00510 Helsinki, Finland

Please add the participant(s) name to the message field of the payment.

Entry fee shall be paid by the entry date (3 day allowance).

ENTRY FEES

### EMTBOC participants

<table>
<thead>
<tr>
<th></th>
<th>By 8th July 2020</th>
<th>By 29th August 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accreditation fees (all participants: competitors and team officials)</td>
<td>50€ / person</td>
<td>70€ / person</td>
</tr>
<tr>
<td>Single competition</td>
<td>40€ / person</td>
<td>60€ / person</td>
</tr>
<tr>
<td>EMTBOC mixed relay</td>
<td>130€ / team</td>
<td>150€ / team</td>
</tr>
</tbody>
</table>

- Announce the amount of competitors and team officials.
- Announce the names for competitors and team officials.
- Late entries with names.

Note. Entry fees shall be paid during the registration.

### EJMTBOC participants

<table>
<thead>
<tr>
<th></th>
<th>By 8th July 2020</th>
<th>By 29th August 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accreditation fees (all participants: competitors and team officials)</td>
<td>40€ / person</td>
<td>60€ / person</td>
</tr>
<tr>
<td>Single competition</td>
<td>30€ / person</td>
<td>50€ / person</td>
</tr>
<tr>
<td>EJMTBOC relay</td>
<td>110€ / team</td>
<td>130€ / team</td>
</tr>
</tbody>
</table>

- Announce the amount of competitors and team officials.
- Announce the names for competitors and team officials.
- Late entries with names.
If the event has to be cancelled, the entry fees will be returned in full. If the competitor can’t travel to Finland due to travel restrictions then the entry fees will returned in full.

If a competitor or team has not made required payment before arriving to collect competition material from the event office an extra handling fee of 50€ will be charged.

Competition cards will be rented for the competitors free of charge. If the competition card number is not informed during the registration, organizer will reserve a rental competition card for the competitor. If you have paid the rental fee in advance, you can get a refund in cash from the competition office during the event.

EmiTag rental fee for open series participants is 10€ / week. If the fee is not paid in advance it shall be paid in the information desk with cash.

Note! Accreditation fee is compulsory for all competitors even though the registration system might not indicate it.

*Open series participants, spectators or attending the prize giving ceremonies doesn’t require an accreditation fee.

**ACCOMMODATION AND TRAVEL**

**Accommodation**

Vierumäki, The Sports Institute of Finland offers accommodation at negotiated price with lunch offers and other benefits. The event centre is located at Vierumäki. Here is a [link to book accommodation from Vierumäki](https://www.lyyti.fi/reg/2020mtbo_9139_2020__Majoituksen_varaaminen_Vierumaelta_Vierumaki_accommodation_0493) for the participants and their entourage.

Accommodation link:

Vierumäki offers several categories of accommodation. Unfortunately the hotel accommodation is not available.

Accommodation at Vierumäki in campus accommodations cost 118 € / double room / night. Vierumäki mainbuilding Pihkala 98€ / double room / night. Both options include breakfast. Bookings have to be made by August 16th 2020.

Meals from breakfast to dinner available at sports institute restaurant Kaskela.
Also Pajulahti Sports Institute offers accommodation at negotiated prices. Pajulahti is close to the sprint competition.

Accommodation link: https://pajulahti.com/valmennuskeskus/turnaukset-ja-tapahtumat/2020mtbo/

Accommodation in Pajulahti costs 45 € / person / night for a sport standard accommodation in a double or quad room or for a hotel accommodation 65 € / person / night in a double or quad rooms. Both include breakfast. Extra fee for a single room 30 € / night.

Meals at Pajulahti cost 11,85 € for lunch or dinner. Soup lunch costs 8,45 € and evening snack costs 7,20 (must be reserved in advance).

Transport
We recommend private cars for arriving at the living area and event arenas. Public transport (train/bus) is available from Helsinki airport to Lahti and by bus from Lahti to Vierumäki. There are limited spaces in IC/pendolino trains for bicycle boxes. Having a build-up bicycle requires an advance reservation with extra ticket of 5€ (limited amount of spaces). There are no bike spaces in pendolino. It is free to transport bicycles in local Z train from Helsinki to Lahti if there is enough space. Note that you have to buy ticket in advance at the station or web for the local Z train.

Transportation (Extra cost)
Transport service offered to competitors from Vierumäki event centre to event locations 30€ per competition. Must be reserved in advance and paid when paying entry fees otherwise reservation will be canceled. Mention in the registration message that you are reserving also transportation to event locations. When you have paid for transportation, send an email with your information to: info (at) 2020mtbo.fi

Visas
In general EU or Nordic country nationals do not require a visa to enter Finland (up to 90 days). You might not need a visa if you’re a citizen of a visa free nation. In general all other foreigners require a visa for stays in Finland. You can check the Ministry for Foreign Affairs of Finland website for more details.

Security
In order to avoid COVID-19 infections we will follow Finnish Orienteering Federation’s instructions and Government regulations.

These instructions will be updated to Bulletin 3.

MEDIA SERVICES
Media representatives are invited to our event. If you’re interested, we invite you to get impressions of the region outside the event.

Your contact: Kari Kokkinen info (at) 2020mtbo.fi
+358 40 7530957
TIME KEEPING SYSTEM

Emit Long Distance Touch-Free (EmiTag) will be used as a timing system. Competitors can get acquainted with the punching system during model event. You can find usage instruction from Emit’s website.

The rental EmiTags will be free of charge for the competitors. The rental fee will be charged from open series participants. If you have already paid for the rental punching card, you can visit the competition office during the event to get a refund in cash.
EMBARGOED AREAS

The areas are out of bounds for all potential participants and team members, including competitors, team leaders, coaches, doctors, escorts, and any other person who through their knowledge of the terrain may influence the result of the competitions. Permission for access into embargoed terrain has to be requested from the organizer if needed.

Event centre Vierumäki  61.11283N 26.007427E
Heinola 61.207487N 26.047651E
Ahtiala 61.003824N 25.771632E
TERRAIN DESCRIPTION

Mass start
Map: Heinola
Scale/Contour: 1 : 10 000 / 5m
Terrain Due to city nearby, some parts of the map contain dense network of paths from all categories. Competition area consists of mostly forest terrain with few areas having about 50 m climb. These areas with most of the hills there are small tracks requiring riding skills. Part of the area contains very dense track network.
Distance from EC: 19 km

Sprint
Map: Nastola
Scale/Contour: 1 : 7 500 / 5m
Terrain Most parts of the competition area consist of urban area with apartment buildings and houses. The area contains paved road network along with a dense track network. The area beyond urban areas in the southern part of the map contains mostly pine forest and in the north a forest area has hills with 40 m climb.
Distance from EC: 28 km
Extra info Notice the continuous out of bounds red marking over a road that is used to distinguish bicycle routes next to the road.

Mixed relay / Relay / Middle
Map: Vierumäki
Scale/Contour: 1 : 10 000 / 5m
Terrain Centre of the map has urban area with apartment buildings. Otherwise most of the map is pine forest. Climbs are round 30 m. Some of the tracks are very fast but smaller tracks requiring riding skills also exist. Forbidden areas must be adhered to.
Distance from EC: 0 km

Long
Map: Lahti
Scale/Contour: 1 : 15 000 / 5m
Terrain Competition area is a large forest with few steep 25-30 m slopes. Part of the area is urban with houses. There are tracks from all categories and partly very dense network of tracks.
Distance from EC: 22 km
CLIMATE
Lahti is 105 meters above sea level and none of the event centres is on much higher ground. Mean temperature of Lahti in September varies between 10-12°C. At night, mean temperature is 5°C and during the day it might be 15°C. In September it rains around 10 days per month and the average precipitation is 60 mm during the entire month.

COMPETITION RULES
IOF MTB Orienteering Competition rules 2020
International specification for MTB Orienteering Maps 2010

Unlike IOF rules, in Finland riding, running and walking off the tracks is allowed with the except of out of bounds areas and olive green private land. Bicycle must be with the competitor all the time. Competitor found moving without his/her bicycle will be disqualified. All controls are situated on paths.

ANTI-DOPING
Doping is strictly forbidden. The IOF Anti-Doping Rules apply to all age classes of this event and the IOF Council may require doping control procedures to be conducted. It is the responsibility of competitors to obtain any required TUE (therapeutic use exemption) certificate. More information on anti-doping: https://orienteering.sport/iof/anti-doping/

TRAINING OPPORTUNITIES
Model event will be organized 9.9.2020 between 12:00 and 17:00. Model event map is free for competitors.

Miry-cup - Finnish MTBO series. See more info (in finnish): http://www.yokuppi.net/miry

As per request organizers can supply Foot-O maps all over the competition region.
MAPS

New maps are made for the competition. Here are most recent Foot-O and MTBO maps of the competition areas. Higher resolution maps can be found from the event web page.
SUUNNISTUSKARTTA
RAJAVUORI
HEINOLA
Mittakaava 1:10 000
Käyräväli 5 m
Heinolan kaupunki