MTBO weekend
11.-13.9.2020

Friday 11\textsuperscript{th} September – National race + WRE - Sprint

Saturday 12\textsuperscript{th} September - National race + WRE - Middle

Sunday 13\textsuperscript{th} of September – Finnish Championships in ultra long distance
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
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Special features and safety on the Kunnas map
1. ORGANIZERS

IOF
International Orienteering Federation  https://orienteering.sport/

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

2. EVENT CONTROLLING

IOF senior event advisor: Mark Stodgell

Course controller: Matti Laitinen
Technical advisor for Finnish Championships in ultra long distance: Matti Laitinen

3. INFORMATION

Webpage: www.2020mtbo.fi
Email: info (at) 2020mtbo.fi
Mobile phone (event director): +358 40 7530957

Event office
No event office. Office/information at the competition sites before each event.
4. TOURIST INFORMATION
Welcome to Lahti Region – Gateway to Finnish Lake District

Welcome to Heinola
Visit Heinola facebook-page

Practical info for travelers
About Finland

5. PROGRAM OVERVIEW

<table>
<thead>
<tr>
<th>Distance</th>
<th>11.9</th>
<th>Friday</th>
<th>Sprint</th>
</tr>
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<tbody>
<tr>
<td>12.9</td>
<td>Saturday</td>
<td>Mixed relay</td>
<td></td>
</tr>
<tr>
<td>13.9</td>
<td>Sunday</td>
<td>Finnish Championships in ultra long distance</td>
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</table>

Preliminary detailed program

**Friday 11.9.2020**

<table>
<thead>
<tr>
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<th>Event</th>
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</thead>
<tbody>
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<td>14 -&gt;</td>
<td></td>
<td>First start - Sprint</td>
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<td></td>
<td>When classes complete</td>
<td>Prize giving - Sprint</td>
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</table>

**Saturday 12.9.2020**

<table>
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<th>Details</th>
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<tr>
<td>9 -&gt;</td>
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<td>Event office open at the competition center - Vierumäki / Heinola</td>
</tr>
<tr>
<td>11 -&gt;</td>
<td></td>
<td>First start - Middle</td>
</tr>
<tr>
<td></td>
<td>When classes complete</td>
<td>Prize giving – Middle</td>
</tr>
</tbody>
</table>

**Sunday 13.9.2020**

<table>
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<th>Event</th>
<th>Details</th>
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<tbody>
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</tr>
<tr>
<td>10 -&gt;</td>
<td></td>
<td>First start – Finnish championships in ultra long distance</td>
</tr>
<tr>
<td></td>
<td>When classes complete</td>
<td>Prize giving – Finnish Championships in ultra long distance</td>
</tr>
</tbody>
</table>

6. CLASSES

National races + WRE sprint and middle  M/W 13, 15, 17, 20, 21 (WRE), 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85

Finnish Championships in ultra long distance  M/W 13, 15, 17, 20, 21, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80

No Finnish Championships title for class M/W 13. No Finnish Championships title to competitors who do not represent Finnish orienteering clubs and have lived at least one year in Finland.
7. PARTICIPATION RESTRICTIONS
Competitors must represent an orienteering club that is a member IOF.

8. ENTRIES AND PAYMENT DETAILS
Entries for WRE races shall be done via the IOF Eventor. Entries to other than Finnish orienteering club members for national races and Finnish Championships in ultra long distance can be done by email to info (at) 2020mtbo.fi.
Finnish orienteering club members can enter to national races and Finnish Championships in ultra long distance via Irma service. Follow instructions in Irma.

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).

9. ENTRY FEES

<table>
<thead>
<tr>
<th>National races and WREs</th>
<th>By Sunday 6th September 2020 by 24:00</th>
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</thead>
<tbody>
<tr>
<td>WRE</td>
<td>35€ / person / race</td>
</tr>
<tr>
<td>National classes</td>
<td>30€ / person / race</td>
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</table>

<table>
<thead>
<tr>
<th>Finnish Championships in ultra long distance</th>
<th>By Thursday 3rd September 2020 by 24:00</th>
</tr>
</thead>
<tbody>
<tr>
<td>Late entries are not allowed.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>40€ / person</td>
</tr>
</tbody>
</table>

If the competition card number is not informed during the registration, organizer will reserve a rental competition card for the competitor.

EmiTag rental fee for a competitor is 10€ / weekend. For an non returned emiTags we will require a compensation of 90€.
10. ACCOMMODATION AND TRAVEL

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 tickets in advance at the station or web for the trains. Train time schedules can be found from VR site. Bus schedules from Lahti Central Station to Vierumäki here. Several companies offer traveling by bus from Helsinki to Lahti or Vierumäki event center. The time schedules can be found from Matkahuolto.

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.

Coronavirus & Covid-19
As well as this section in the bulletin there are COVID ‘highlight’ boxes through this document which point out specific items relating to ensuring the event is COVID secure.

There are different rules and guidelines across Europe and beyond, implemented at government and local levels and at different times. The interventions put in place for this event are based on rules, risk assessment and advice for Finland, whilst also considering advice issued by the IOF.

Therefore, we ask you to follow the guidance set out here and the links below from the Finnish Authorities as a minimum, not the guidelines from your own country whilst taking part in the event.

The organisers are conducting risk assessments and putting mitigation in place where possible for all areas where social / physical distancing is difficult. At its heart this means limiting all non-essential activities that involve close contact between people. This may mean that some areas such as prize giving’s or start procedures may feel quite different to ‘normal’ or may even be sub-optimal for competitors (e.g. pre-start quarantine indoor shelter). Please understand that this is done with the best intentions and is going to be difficult to administer, therefore we need you all to co-operate and be patient when things perhaps do not go as smoothly as they should.

If at any time you see something that concerns you relating to the event being COVID secure, that you feel needs to change please contact a senior member of the organising team straight away. Guidance from World Health Organization to Sports event organizers is good to be read by every participant.

It is likely that in the run up to the event last minute changes to guidelines are inevitable both from the Finnish Government and the event organisers. Please check the event communication channels regularly.

Traveling and Covid-19
Finland is restricting travel due to Covid-19 situation from different countries. Latest information can be found from Finnish Government website. Also you can find more information from Border control site. From safety point of view Finland is relative safe as we have really small amount of active covid-19 cases. Latest information can be found from Finnish Institute
for Health and Welfare website. Unfortunately due to latest restriction on 24th of August traveling to Finland cannot is not possible from restricted countries as our competition status has diminished from the EMTBOC status.

11. 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

12. TIME KEEPING SYSTEM
Emit Long Distance Touch-Free (EmiTag) will be used as a timing system. Competitors can get acquainted with the punching system in the event centers.

You can find usage instruction from Emit’s website.

13. MAP
MTBO printed map 9/2020, mapper H.S. Kartoituspalvelu (Mapping service), printing Padasjoen kirjapaino (printing press in Padasjoki). Contours in maps are 5m. Map scales vary between competition and classes see details from the specific day.

14. COURSES
Winning times are planned to be by guidelines. Lengths of the courses are shown on the competition details of the specific day.

In start all competitors will receive all their maps stapled together if there are more than one map.

Control numbering continues from the number of last map. Last control of the previous map is shown as start triangle in the new map.

Control codes are marked in the map after the control number.
15. TERRAIN DESCRIPTION

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.
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.

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.

16. 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.

17. COMPETITION RULES
IOF MTB Orienteering Competition rules 2020 are followed in WRE competitions.

International specification for MTB Orienteering Maps 2010

In national event and Finnish Championships Finnish Orienteering Federation rules are followed in addition special rules and organizer instructions need to be followed.
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. There will be no controls outside of tracks.

**Permitted rule deviations**
- Use of Emit Touch-Free PRO Longrange (TFP-LR) as punching system (Not officially approved)

Also no refreshment points organized due to covid-19 and average temperatures (High 14 °C / Low 5 °C) in Finland in September.

**Starting order in WRE**
Start slots for WRE will allocated based on frozen previous ranking.

**18. 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/](https://orienteering.sport/iof/anti-doping/)

**19. TRAINING OPPORTUNITIES**
Previous model event map will be available for training before the competitions. Specific times will be cleared before the event.

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

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

There are self MTBO trainings at the Helsinki region. You can find more information from [Liikup website](http://www.yokuppi.net/miry). This is unfortunately only in finnish, but if you’re interested we can help you to get the maps.
20. COMPETITION DAYS

Day 1 – Friday, 11th of September – Nastola
National and WRE race, Sprint

Competition center in Nastola Sports center (Nastolan Urheilukeskus)

Navigation address: Urheilutie 4, 15550 Nastola

Parking: In the vicinity of the competition center approximately 100-500m.

Parking: In the vicinity of the competition center approximately 100-500m.

Course details - Sprint

<table>
<thead>
<tr>
<th>Series</th>
<th>Length</th>
<th>Shortest route</th>
<th>Total climb</th>
<th>Scale</th>
<th>Map size</th>
</tr>
</thead>
<tbody>
<tr>
<td>M21</td>
<td>6,19</td>
<td>8,02</td>
<td>170</td>
<td>1:7 500</td>
<td>A3</td>
</tr>
<tr>
<td>W21, M20</td>
<td>5,59</td>
<td>7,28</td>
<td>165</td>
<td>1:7 500</td>
<td>A3</td>
</tr>
<tr>
<td>M35, M40</td>
<td>5,73</td>
<td>7,79</td>
<td>185</td>
<td>1:7 500</td>
<td>A3</td>
</tr>
<tr>
<td>M45, M50, M17</td>
<td>5,43</td>
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<tr>
<td>M55, W35, W40, W20</td>
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<tr>
<td>M70, W55, M13</td>
<td>3,60</td>
<td>4,50</td>
<td>95</td>
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<tr>
<td>M75, W60, W65, W13</td>
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<td>3,95</td>
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<td>A3</td>
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<td>3,33</td>
<td>45</td>
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</table>
Special features and safety on the Nastola map

Spot 1
- Allowed crossings
- Forbidden road
- Allowed cycle path
- Forbidden road

Spot 2
- Allowed underpass
- Forbidden road
- Allowed cycle path

Spot 3
- Disc Golf basket
- Man made structure

Spot 4
- Forbidden track
Day 2 – Saturday, 12th of September – Vierumäki 61.111283N 26.007427E

National and WRE race, middle distance

Competition center in the vicinity of Vierumäki sports track

Navigation address: Kaskelantie 8, 19120 Heinola

Parking: In the vicinity of the competition center approximately 100-500m.

Course details - Middle

<table>
<thead>
<tr>
<th>Series</th>
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<td>W21, M20</td>
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<td>18,00</td>
<td>275</td>
<td>1:10 000</td>
<td>A3</td>
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<tr>
<td>M35, M40</td>
<td>12,61</td>
<td>17,85</td>
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<td>M45, M50, M17</td>
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<td>A3</td>
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<td>M75, W60, W65, W13</td>
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<td>5,89</td>
<td>7,70</td>
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<td>A3</td>
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<tr>
<td>M85, W75, W80, W85</td>
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<td>6,75</td>
<td>110</td>
<td>1:10 000</td>
<td>A3</td>
</tr>
</tbody>
</table>
Special features and safety on the Vierumäki map

Vierumäki

Spot 1
Stairs
Note! Special warning sign

Spot 2
Motocross path

Spot 3
Golf field, forbidden area

Spot 4
Forest machine tracks marked with narrow track symbol for readability

Spot 5
Forbidden road
Allowed crossing
Forbidden area
Day 3 – Sunday, 13th of September – Kunnas  61.003824N 25.771632E

Finnish Championships in Ultra Long distance

Competition center at the school of Ahtiala in Lahti

Navigation address: Purorinteenkatu 4, 15320 Lahti

Parking: In the vicinity of the competition center approximately 100-500m.

Course details - Middle

<table>
<thead>
<tr>
<th>Series</th>
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<td>M35, M40</td>
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<td>2 x A4</td>
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<tr>
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<td>29,14</td>
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<td>1:15 000</td>
<td>2 x A4</td>
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<td>20,76</td>
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<td>465</td>
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<td>24,17</td>
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<td>2 x A4</td>
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<td>2 x A3</td>
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<td>380</td>
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<td>2 x A3</td>
</tr>
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<td>20,16</td>
<td>315</td>
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<td>2 x A3</td>
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</table>
Special features and safety on the Kunnas map

Kunnas / Lahti

Spot 1
Forbidden road and cycle path
Road crossing allowed
Forbidden road, cycle path below allowed

Spot 2
Boardwalks
Note! Special warning sign.

Kohta 3
Wet track
Nearby felled forest is forbidden area