

## **COMPETITION INFORMATION**

### **Rules**

International Rogaining Federation (IRF) rules and the instruction below are followed in this competition.

IRF rules are available at the competition office.

### **Some notes for clarity:**

- Competitors must respect public and private property. Do no harm to other people or nature. No littering.
- All kind of co-operation between teams, including sharing information by phone or walkie-talkie is prohibited. The phone is only a safety item. On the other hand, all competitors must help the other competitors in case of any kind of an accident or jeopardy.
- The team must stay together through the competition, distance max 20 m. All team members must be together when visiting the control.
- The only allowed navigation aids are a magnetic compass, watch and competition map provided by the organizer. For example the use of your own maps or GPS's are not allowed.
  - altimeter is allowed
  - GPS tracker (no display) is allowed
  - **GPS with display is NOT ALLOWED**
- **Any kind of external help is prohibited.**

Organizers will control the behaviour of the teams during the event.

### **Penalty will follow**

Littering	- 10 point / trash
Moving in forbidden areas	- disqualification
Missing obligatory equipment	- 10 points / equipment

### **Official language**

The official language of the competition is English. All official documents are in English. All other languages are translations and are not official.

## The jury

Chairman of Organizing Committee Jari Kaaja

Course setter Juhani Isaksson

Result service Miika Pietilä

Competitors' representatives Johanna Hakala-Kähäri (8 h), Topi Juden (MTB 7h) and Asmo Vuorenpää (24 h)

## Official time

Official competition time is available at the competition office.

## Mobile phones

The mobile phone stated in the obligatory equipment's list may only be used in case of emergency during the competition. Mobile phone needs to work in a Finnish mobile network. **Phone must be turned off from Saturday 11.30 am until Sunday 12.00 (noon).** The use of mobile phones will be monitored.

## Event Centre

The Event Centre of the 6th Retki-Rogaining is at Sappee travel centre. There will be road signs from road 3230 (Sahalahti- Luopioinen) to direct you to the centre. Please follow the Rogaining signs. More information [www.sappee.fi](http://www.sappee.fi)

## Parking

There will be a car park at parking places, max 500 m from the event centre.

## Accommodation

The teams can set up a camp in the area pointed by the organizers from Friday 19.00 until Sunday 16.00.

## Registration and materials

After arriving, teams will register at the Competition Office to get the competition materials. The registration is possible on Friday August 9<sup>th</sup> at 18-21.00 and on Saturday at 07.30-09.00. Each team will get number bibs, safety pins, SPORTident-cards and other materials used during the competition. The maps will be distributed at 9.00 on Saturday morning.

Teams are responsible for the material they receive. There is a fee of 80 euro for every lost SPORTident-card.

## Timetable

### Friday 9.8.2013

17.30 Road guidance ready

18.00 Event centre open, Camping area at Event Centre opens (toilets, drinking water etc. available)

18.00 -21.00 Registrations

### Saturday 10.8.2013

7.30 - 24.00 Office open

7.30 – 9.00 Registration

9.00 Distribution of maps

11.00 SPORTident clearing is available and metal clip pressing starts

11.30 Entry to starting area opens, entry only with cleared SPORTident card (24 h and 8 h)

11.50 Entry to starting area closes (24 h and 8 h)

12.00 Start (24 h and 8 h)

12.30 Entry to starting area opens, entry only with cleared SPORTident card (MTB 7 h)

12.50 Entry to starting area closes (MTB 7 h)

13.00 Start (MTB 7 h)

14.00 Hash House at Control 15 opens

16.00 Hash House at competition centre opens

20.15 Finish closes (8 h and MTB 7 h events)

20.30-21.30 After Race Meal at restaurant Huippu, remember meal ticket (8 h and MTB 7 h)

21.30 Prize giving ceremony at restaurant Huippu (8 h and MTB 7 h events)

21.35 Sunset

### Sunday 11.8.2013

00.00-14.00 Office open

05.17 Sunrise

08.00 Hash House at Control 15 closes

12.30 Finish closes (24 h)

12.00-14.00 After Race Meal at restaurant Huippu, remember meal ticket

14.00 Prize giving ceremony at restaurant Huippu (24 h event)

16.00 Camping area closes

## Map

The map is printed on 70 cm x 80 cm sized paper. Each team member will receive his/her own map and a plastic map cover. Each team will also receive one extra map to be used as an Intention Map.

**MAPPED AREA:** ~ 20 \* 26 km

**THE NORTH IN THE COMPETITION MAP IS THE MAGNETIC NORTH.**

**SCALE:** 1:40 000 and it is magnification of 1:50 000 topographic map.

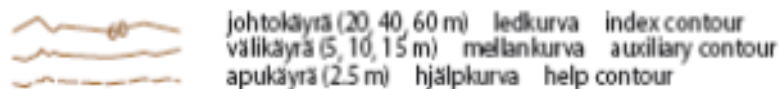
## 6th Retki-Rogaining

Finish Championships in Sappee, Finland, August 10-11, 2013

**UPDATE:** The last terrain description update is from the year 2010 which means that all trails, new felling areas or buildings constructed after that do not appear on the map. The roads and large trails are updated in the summer 2013.

**SYMBOLS:** The symbols used on the map are based on the International Orienteering Federation guidelines which are followed as far as possible. The scale of the map has been taken into account so that very small objects are not marked.

### CONTOURS:



### FORBIDDEN AREA:

There are no forbidden areas marked on the map but **ALL THE PRIVATE PROPERTY, GARDENS AND OTHER AREAS NEXT TO THE HOUSES ARE FORBIDDEN.** Also, it is forbidden to cross any agricultural land or pasture land (= field for cattle). Those areas are shown in yellow on the map.

## Terrain

The terrain of the race is partly inside the inhabited Laipanmaa area, which is widely used for hiking with some marked trails and cottages for public use. The terrain, anyhow, is in commercial use, meaning that there are a lot of small roads and forest's age varies a lot – from fresh felling into an old forest. Due to that the runability of the terrain varies a lot in different areas.

Special attention must be paid on the lakes: **IT IS FORBIDDEN TO CROSS THE LAKES BY SWIMMING** – and for the information and guidance: If your intended route includes that option you are going to make a big mistake!

The wetland areas in general are small and possible to cross.

The nature is sensible and competitors must honor not only the specific rules but also the nature itself. **ALL LITTERING IS FORBIDDEN** – YOU MUST BRING ALL YOUR TRASH TO THE EVENT CENTRE.

In the terrain there is a plenty of water – lakes, rivers, trickles and some springs. The quality of that water is not checked so some of those may not be suitable for drinking water. The only recommended spots for drinking water are those marked as refreshment controls. Do not spoil the water.

## Course

There are 66 controls in total. The shortest course for all controls is estimated around 125 km. Teams may visit the controls in any order.

## Intention map

Each team must leave one map with the intended route to the starting area. The team number must be marked on the back side of the map. Please leave the map twisted so that only the backside with the team number marked on it is visible. This map will replace the intention sheets at the controls and only be used to locate the teams in the case of an emergency.

## Controls

Controls are marked with an orange-white flag and a reflector. There is also a SPORTident-unit at each control. Control flags are located at clearly visible spots and at about 1 to 1,5 m height. The value of each control is indicated by its first number (32 = 3 points, 56 = 5 points, 95 = 9 points etc.). Numbers are shown on the map, on the control descriptions and on the SPORTident unit at the control.

There is a model control at the event centre.

Control descriptions are printed with the symbol format used by the International Orienteering Federation on the side of the competition map. There will be no separate control descriptions given. You can find the translations of the symbols from your national orienteering federation's IOF controls descriptions. Refreshment controls are shown in the control descriptions.

## Punching System

We use the SPORTident timing system. SPORTident-card must be cleared before entering the starting area. If the SPORTident-card gets lost, it is possible to receive a new one from the competition office, but the controls on the lost card must be visited and punched again by the whole team in order to gain the points.

When punching, please wait for the beep-sound which confirms that the punching is recorded and everything is OK. At the controls close to the Event Centre, there will be multiple SPORTident-units which all can be used.

## SPORTident card fastening

Bands for fastening the SPORTident-cards to the wrist will be handed with the competition materials at the registration. Make sure the band is tight enough. Card must be fastened in a way for it to be impossible to fall off or to be able to get off during the race.

## 6th Retki-Rogaining

Finish Championships in Sappee, Finland, August 10-11, 2013

The metal clip will be pressed with pliers so that the band will not slide through. This will be done by the organizers. Fastening will be checked at the starting area entrance. You will lose your place in the queue if you need to attach it again.

**A broken band may result in disqualification of all the points collected into it. You may restart with a new band if you like but all the controls collected before the new band is attached will be lost.**

### Start

Start and finish are located in the event centre area. Teams are responsible for clearing the SPORTident-card before entering the starting area. There are SPORTident clearing stations close to the entrance of the starting area. SPORTident card must be attached to the competitor's wrist before entering the starting area.

Each competitor must punch a SPORTident check unit at the entry gate of the starting area. Competitors failing to punch the check will not be considered as started.

### Visiting controls

All team members must stay together, i.e. within 20 meters from each other during the whole race. Team must punch within 120 seconds at every control they wish to gain points from. If the time between the punching of the team members is more than 120 seconds, no points from that control will be recoded. The behaviour of the teams is monitored during the event. Competitors are not allowed to rest within 100 meters from controls unless the control is a refreshment control. Competitors are not allowed to spoil or damage controls, refreshment controls or any other structures built by the organizer.

If the SPORTident unit is not working, there is a code letter marked on the punching unit below the control number. In that case team should write down the code letter into the reserve stamping area on the map (= first line on the control description table).



### Water and refreshment controls

Recommended locations for drinking water are shown in the map. It is not recommended to use water from the lakes, creeks or rivers as drinking water.

At refreshment control 15 there is a Hash House open from Saturday 14:00 to Sunday 8:00.

## Finish

Start and finish are located in the event centre area. Competitors must finish at latest on Saturday at 20.00 (8 h and MTB 7 h) or on Sunday at 12.00 (24h).

For missing the time line, team is punished with 1 penalty point (-1) for each starting minute. Teams finishing more than 15 minutes late will be disqualified and stated as late arrivals (8 hours and MTB 7 h). In the 24 hour competition team finishing more than 30 minutes late will be disqualified and stated as late arrivals.

Finish punching is used for timing. All team members must punch at the finish line. **Time ends when the last team member punches at finish. There will be multiple finish controls which all can be used.** There is no rush after the punching.

After finishing there is no rush and team shall move to the SPORTident readout stations. The team will receive prints with calculated points for each card used in the competition at the SPORTident readout. Teams should inspect the list and if there are any remarks they must be done at once. Remarks done afterwards will be ignored.

## Obligatory equipment

For your own safety **each team** must carry:

- \* a mobile phone in a waterproof package (working in Finnish mobile network, Phone must be closed from Saturday 11.30 AM until Sunday 12.00 (noon))
- \* a first aid kit with emergency blanket
- \* first aid gauze (pack or two rolls)
- \* plaster
- \* sports tape
- \* waterproof pen or pencil

**Each competitor** must have:

- \* a whistle
- \* a water container
- \* some food
- \* a cap (not in MTB 7h)
- \* spare undershirt (not necessary in MTB 7h)
- \* windproof jacket
- \* torch (e.g. head light) (only 24h)
  
- \* helmet (only MTB 7h)
- \* bike repair kit (only MTB 7h)

MTB 7h: Competitors must use helmet all the time during the race, also when they are running in the forest without a bike.

**All obligatory equipment must be carried during the whole race.** You cannot leave those on the trail when you are visiting a control point.

Obligator equipment can be checked by the event organizers at any time. Missing pieces of equipment results loss of points. The time used for checking won't be reimbursed.

## Meals during the competition

During the competition competitors can eat and drink at the Hash House tent. Hash House at the competition centre is open from Saturday 16.00 till Sunday 12.30 and the Hash House at control 15 from Saturday 14.00 till Sunday 08.00. There will be bouillon, bread, pickled cucumber, potato chips, raisins, bananas, water, juice and tea served.

Competitors are advised to carry with them sports drinks and nutrition which they are used to use (eat / consume) during events of this kind.

Competitors or supporters are not allowed to sleep or camp at the Hash House.

Food from the Hash House is to be eaten in the Hash House. Competitors are not allowed to take food with them because of the hygienic rules.

## First aid

Each team must have a first aid kit (see obligatory equipment). At the Competition Office there will be first aid equipment for injuries, but not to be taken along.

## In case of an emergency

If your team faces an emergency during the competition, you must notify the event organizers immediately if further assistance is needed. In life threatening emergencies call 112 (the common emergency number) first and also notify organizers.

If it is a less hazardous emergency, please call the organizers **+358 43 8242 783**. There is a 24-hour service at this number. Please register this number on the mobile phone which you carry with you during the race.

You may call +358 43 8242 783 also if a checkpoint has been vandalized or you come across any other technical problem along the course.

Each team must leave one map with the intended route to the starting area. The team number must be marked on the back side of the map. This map will replace the intention sheets at the controls and will only be used to locate the team in case of an emergency.



## Showers

There is a washing possibility after the race.

## Meal after competition

After race meal will be served on Saturday from 20.30 till 21.30 OR on Sunday from 12.00 till 14.00 at the restaurant Huippu. Meal is free for the competitors, **be sure to bring the meal ticket with you when you go to have an after race meal.**

## Prize giving ceremony

Prizes will be awarded on Saturday at 21.30 (8h and MTB 7h) and on Sunday at 14.00 at the restaurant Huippu.

During the ceremony there will also be some lottery prizes for the participants. To receive such prize, you have to be present to collect it in person.

## Special rules for 6th Retki-Rogaining

**Making an open fire is totally prohibited at any location, including the competition centre area.**

Competition centre is at Travel Centre area. There will be other type of events going on and foreign people nearby at the same time. Nevertheless, Retki-Rogaining competition centre is a compact area and will be marked clearly. There will be 24 hour monitoring by the organizers in the area, but be careful with your belongings.

## Animals

Wolves and bears have been seen into area, but it is not likely to meet them during the competition. If that happens, stay calm and back of slowly away from the animals.

Mosquitoes and other insects may be present during the competition. It depends strictly on the weather. Most are harmless and some might cause allergic skin reactions to some people.

To meet elk or moose during the competition is more likely but they are not dangerous.

**DO CLOSE ALL GATEWAYS AFTER YOU, IF THEY WERE CLOSED AND LEAVE THEM OPEN IF THEY WERE OPEN. IF YOU NEED TO CROSS A FENCE, DO NOT BREAK ANYTHING!**