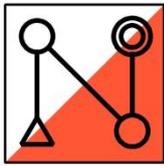


TrailO
Open Nordic Team Event
and Open Individual Competition
30th September - 1st October 2017
Nokia, Finland

Event Instructions

Organizers



Organising club: Rasti-Nokia.

Event Director: Ari Hanttu

Course planners: Pertti Hartman (PreO 1 & TempO), Petteri Hakala (PreO 2)

Results manager: Pasi Viitala

Event Adviser: Hannu Niemi, Epilän Esa

Jury: Bosse Sandström, SWE chair
Søren Saxtorph, DEN
Geir Myhr Øien, NOR

Yhteystiedot

Contact persons: Elina Syväterä elina.syvatera@elisanet.fi (general information)
Pertti Hartman pepi@pepi.name (technical details)

Website: www.rastinokia.fi

Locations and embargoed areas

Event Centre Alhoniitty Primary School, Nokitie 3, Nokia.

General map

<http://www.rastinokia.fi/sites/default/files/kilpailut/liitetiedostot/embargo.jpg>

Previous maps

Preo 1: <http://www.rastinokia.fi/sites/default/files/kilpailut/liitetiedostot/alinenj.jpg>

Tempo: No previous orienteering maps

Preo 2: <http://www.rastinokia.fi/sites/default/files/kilpailut/liitetiedostot/aaroninkorpi.jpg>

Latest TrailO Event in Nokia

<https://www.trailo.fi/tulokset/2014/nokia-24-5-2014/>

Event Programme

Friday 29 September

16.30 – 19.30 Info open at the event centre
17.00 – 19.00 Training (pre-orderd, self service) near the event centre
ca. 19.00 Sunset

Saturday 30. September

9.00 Info opens at the event centre
9.58.30 First start PreO 1
11.30 Wayguide to TempO from Info

14.00	First start TempO
14.30	Start "quarantine", TempO (More detailed below)
19.00	Banquet

Sunday 1. October

8.00	Info opens at Event Centre
9.00	First start PreO 2
ca. 16.00	Ceremonies

General

Starting order Available on the startlist. As the timed control is placed first, the start times may vary according to its flow.

The starting order to TempO is the same as to PreO 1, beginning at 14.00. The order and times may vary a bit depending the flow of the competitions.

PreO 2 will start in reverse order. Elit class is beginning at 9.00 and A-class is beginning at 10.00.

Payments Payments to the Info as cash in Euros only.

Bib numbers The competitor uses the same bib number in all three competitions. Numbers are available in the Info.

Maps and control cards Preo maps will be given in plastic cover (PreO 2 Elit the first map). Control cards are not weather resistant.

Punching Pin punches are used. Please bring your own punches.

Kiosk The organizers provide a small kiosk in the event centre on Saturday and on Sunday.

At TempO venue there is a public cafeteria open for competitors. Competitors must follow the start quarantine orders while visiting it.

Rules IOF rules apply. Note the ban of phones and navigators.

Training, Friday

Map ISSOM, 1:5000 / 2,5 m in PreO and is timed control, 1:4000 in TempO stations

PreO Elit 1,8 km, 16 controls

PreO class A 0,4 km, 5 controls

PreO timed control and 3 TempO stations

Self service, officials present during their training only.

When the fee is paid you get a practice map set, PreO control card, Tempo control card, solutions map and a plastic cover. You may begin at any free Tempo station or timed control, or go to the PreO course first. Self-service at the timed controls, if no practising officials are present.

There is no official result service, but the organizer's half of the control card shall be returned to the finish (Info) to document your return from the course.

Payments to the Info by cash euros only. Bib numbers or the control cards for Saturday will not be handed out yet at this point.

PreO 1, Saturday

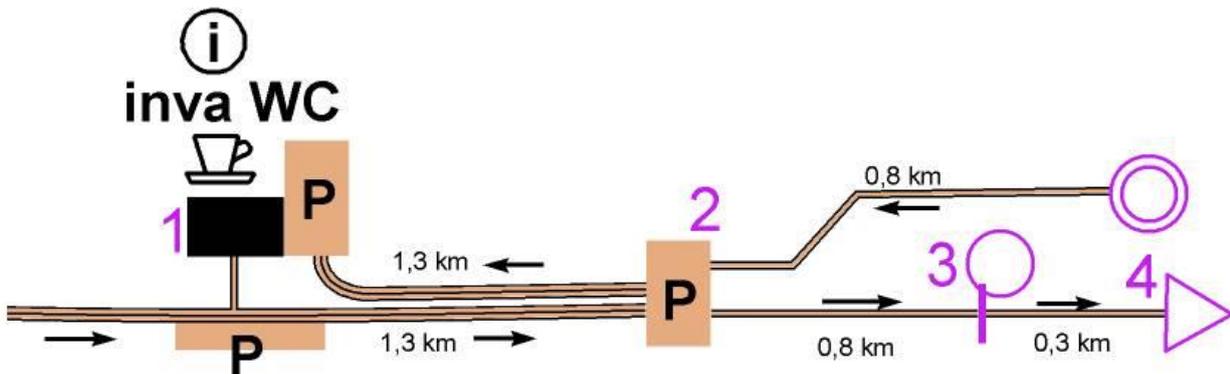
The nearest parking areas by the Event Center are not available during the morning. As many cars as possible should be moved to the car park of the start. Coming back from the PreO finish you may move your car to the Event Center, where the car park should be free by then.

- Map** ISSOM, 1:5000 / 2,5 m. Smallest mapped boulders ca. 1,2-1,3 m.
- Elit** 1,7 km, 32 controls. 1 timed control station with 2 tasks.. Total climb 30 m. Maximum time 150 minutes.
- Class A** 1,4 km, 16 controls. 1 timed control station with 2 tasks. Total climb 25 m. Maximum time 105 minutes.

Both classes may have "zero controls" with no flag in the correct place. For class A the zero controls' flags are clearly at a wrong feature. For Elit they are at a wrong feature or outside the corret one. There are no zero answers at the timed controls.

Material From Info (1) you get the bib number, control card (two for Elit) and a wayguide to the venue.

Start For all competitors the route to the start goes via the car park (2) of the start. There is no closed quarantine, but communication between competitors going to start and those returning from the finish is prohibited.



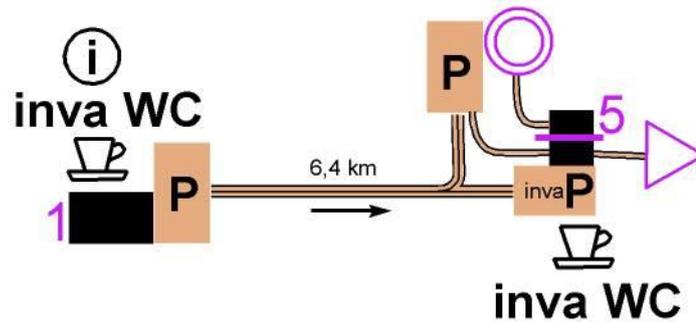
Timed Control	At the listed start time the competitors move to the waiting point of the timed control (3). Competitors are called to the station in numbered order. The start time may vary with the flow of the control. The timed control has 2 tasks, overall maximum time 60 seconds. For wrong answer a penalty is added to the result: in the PreO 1 result 60 s, in the overall result 30 s.
Time start	From the timed control the competitor goes to the start of the PreO course (4). There the start time and the map with plastic cover are given.
The Trail	Only the roads and paths mapped as paved (brown) may be used. The end limits of them are marked as forbidden to cross in the map and with a sign in the terrain. The trail has a smooth and firm surface. The steepest downhill is marked as one-way in two sections both in the map and in the terrain. On a one-way section you may stop (not interfering others), but not return up.
Finish	In the finish the finish time is marked to the card and the card(s) is given to the official as a whole. The competitor's halve will be returned in Info later.
Results	The result will be displayed in the Event Center online after the last start. Any complaints should be made as soon as possible. When the organizer announces the results to be ready, there is still 15 minutes time available for complaints or protests. The results will be ready after the TempO has already started.

TempO, Saturday

The competition takes place in the park of a psychiatric hospital. There may be patients outdoors with nurses or alone.

Map:	ISSOM, 1:4000 / 2 m. The vegetation boundaries are presented from a running orienteer's point of view, not following the canopy. Special symbols: X (black) = small structure higher than 1.3 m. O (black) = small structure lower than 1,3 m. X (green) = tree stump or rootstock.
Elit:	Route length 1,6 km. 6 stations having 5 tasks each. Zero answers are possible. In case of zero, the flag is at a wrong feature, outside the feature or at the same feature more than 5 m off.
Class A:	Route length 1,5 km. 5 stations having 4 tasks each, no zero answers. The route is mainly a flat park walk.
Arrival	A way-guide for the drive to the venue is available in the info (1) after PreO 1. The cafeteria (5) of the area is used as start "quarantine", where the competitors waiting for start keep on the other side than those

already finished. The quarantine is not specifically closed but you may arrive shortly before your start.



- Start:** In the flow of the competition, the start times may be delayed. When the course is free, the next numbered compared to ready competitors will be called to start. Competitor takes a control card and goes to the waiting point of the first station.
- The route:** The route through the stations' waiting points is marked with ribbon. When the official calls, the competitor moves to the station point without delay. If necessary, there is an escorting "umbrella-person" to prevent the view to the flags.
- Finish:** The finish is near to the last station. The competitor hands out the control card to the official. After finishing the cafeteria is available. Inside and outside of it the competitors waiting for start and those already finished must keep in separate areas not communicating with the other group. The cafeteria desk and WC are commonly available.
- Results:** Publishin of the results begins after the last start. The solution maps will be available at the same time by the cafeteria. Any complaints should be made as soon as possible. When the organizer announces the results to be ready, there is still 15 minutes' time for complaints or protests.

Preo 2, Sunday

- Map** ISSOM, 1:5000 / 2,5 m Smallest mapped boulders ca. 1,0 m.
- Elit** 2,0 km, 33 controls. 1 timed control station with 3 tasks . Total climb 20 m. Maximum time 160 minutes, for para competitors 170 minutes. Additionally, the course has 1,2 km connecting routes with no timekeeping.

The course has 3 legs, divided by Split Time Points:

Leg 1: 15 controls on map 1, punched to the card 1. After this, at the Split Time Point 1 the card 1 is handed over to the official, overall time paused and the time is marked to the card 2. Connecting route with no timekeeping 0,6 km to the timed control.

Leg 2: First the timed control, then at the Split Time Point 2 the time restart will be marked to the card 2, and the map 2 without a plastic cover will be given. This map is drawn in two parts for clarity, controls 16-18 in one part and 19-20 in the other. At this leg extra assistance for wheelchairs is available. Controls 16-20 will be punched to the card 2. At the Split Time Point 2 the official marks the time and the timekeeping is interrupted. The Competitor hands over the **map 2** to the official and returns along the same connecting route to the Split Time Point 1.

Leg 3: At the Split Time Point 1 a restart time will be given and marked to the card 2. The controls 21-33 are in the map 1 and they will be punched to the card 2.

Class A: 1,9 km, 24 controls, 1 timed control station with 3 tasks. Total climb 20 m. Maximum time 150 minutes.

Both classes may have "zero controls" with no flag in the correct place. For class A the zero controls' flags are clearly at a wrong feature or clearly in the wrong part of the right one. For Elit they are at a wrong feature, outside the correct one or in the wrong part of it. There are no zero answers at the timed controls.

Material From Info (1) you get the control card (two for Elit) and a wayguide to the venue.

Start Distance to the start is 1,2 km from the Event Centre. The starting times are according to the start list.

Timed Controls For Elit before the beginning of Leg 2. Class A goes to timed control after the main course finish. Both have 3 tasks, maximum time 90 seconds. For a wrong answer a penalty is added to the result: in the PreO 2 result 60 s, in the overall result 30 s.

The Trail Only the roads, paths and areas mapped as paved (brown) or marked routes may be used. Forbidden routes are marked as forbidden to cross in the map and in unclear places in the terrain. Most of the trail has a smooth and firm surface.

The last part of both courses and the leg 2 of Elit is a marked area of terrain with hard surface. The marking is a ribbon on the terrain and a dashed line on the map. It is forbidden to cross the ribbon.

The end half of A course is the same as the Leg 3 of Elit. In the beginning there is a climb for which there is extra assistance available. Further on there is a downhill marked as one-way in both in the map and in the terrain. On a one-way section you may stop (not interfering others), but not return up.

Finish In the finish the time is marked to the control card. Elit competitor hands over the card at the same time, a-competitor after visiting the timed control.

Back to the Event Center According to the Way-Guide, 0,9 km. The finished competitors may not communicate with those who have not started yet.

Solution maps The solutions, the own halves of control cards and collected maps are available in the Info beginning from 11.30.

Results The results will be displayed in the Even Centre as soon as they are recorded. Any complaints should be made as soon as possible. When the organizer announces the results to be ready, there is still 15 minutes' time for complaints or protests. The results will be official when all complaints and protests are decided.

The overall results of individuals and teams are calculated as described in the invitation. The single competitions' results in a normal way.

Prizes The prize giving ceremony takes place soon after the official results are ready. There are prizes for:

The official winner team	Trophy
Members of the winning team	Souvenir
Best overall individuals	Elite 8 best
	A-class winner

Winners of PreO 1, Tempo and PreO 2
Best paralympic overall

Public competition

On Sunday the public has an opportunity to go the PreO 2 A-class course without timed control or timekeeping. Entering to Info 11.00 - 11.30, fee 8 €. Guided walk to startplace for a mass start. Results available afterwards.