

Competition instructions:

Open Finnish championships in biathlon orienteering in Kangasniemi sport center 12.5.-13.5. 2023. Sprint and normal distances.

Event center is located at Kangasniemi sport center biathlon arena, address Teollisuustie 14, 51200 Kangasniemi.

Follow signs to competition center from road number 616, 1km from Kangasniemi towards Joutsa.

Parking is in Kangasniemi sport center, distance to event center is 500m from parking.

Dressing and showers in sport centers building.

Program:

Friday 12.5. at 17.00 pm sprint distance

Saturday 13.5. at 10.30 am Normal distance

Rules:

The event is regulated by the rules of Suomen Sotilasurheiluliitto and International Biathlon Orienteering federation (1.1.2021) and these instructions given by organizer.

Event organization:

Director of competition: Juha Koskinen +358503546885

Course setter: Pekka Valkonen, Kangasniemen Kalske, +358400224089

Director of shooting: Martti Järvinen, Kangasniemen Kalske

Regulator: Mikko Hölsö

Competition jury: Juha Koskinen, Antti Iivari, Satu Rautiainen

Results served by: Vaajakosken Terä

Competition area

Orienteering terrain is mix of fast and slow terrain in the terms of runnability and visibility. Stony ground also affects to runnability.

Nearby shooting area there are some changes in frisbee golf courses, which are done after last map check, but they do not affect to orienteering.

Equipments

Orienteering clothing is free, but the use of orienteering spikes is forbidden. Equipment used in shooting (such as a hand strap, glove, cap, etc., but excluded hearing protection)

Must be carried during the entire competition.

Shooting is carried out with a miniature rifle with a caliber of .22 LR and a maximum bullet velocity of 380 m/s measured from the mouth of the barrel. The trigger resistance of the rifle must withstand at least 500 g. The organizer of the competition is responsible for organizing a possible check measurement, which can also be carried out with spot tests. Rifles are stored during the competition in the biathlon stadium's rifle racks. The rifle must not have a harness attached.

Competition numbers are used in the competition. The competition numbers are delivered from the info and returned to the info. The competitor uses the same number on both days of the competition, a fee of 50 euros is charged for an unreturned or lost competition number.

Classes:

Sprint

Normal distance

Class	(min)	Shoots	Penalty round	Sarja	(min)	Shoots	Penalty round
H/D14	25	5+5	30 sek	H/D14	50	10+10	45 sek
H/D16	25	5+5	30 sek	H/D16	55	10+10	45 sek
H/D18	25	5+5	30 sek	H/D18	55	10+10	45 sek
H/D20	25	5+5	40/30 sek	H/D20	60	10+10	50/45 sek
H/D21	25	5+5	40/30 sek	H/D21	70	10+10	50/45 sek
H/D35	25	5+5	30 sek	H/D35	60	10+10	45 sek
H/D40	25	5+5	30 sek	H/D40	55	10+10	45 sek
H/D45	25	5+5	30 sek	H/D45	55	10+10	45 sek
H/D50	25	5+5	30 sek	H/D50	50	10+10	45 sek
H/D55	25	5+5	30 sek	H/D55	50	10+10	45 sek
H/D60	25	5+5	30 sek	H/D60	45	10+10	45 sek
H/D65	25	5+5	30 sek	H/D65	45	10+10	45 sek
H/D70	25	5+5	30 sek	H/D70	40	10+10	45 sek
H/D75	25	5+5	30 sek	H/D75	40	10+10	45 sek
H/D80	25	5+5	30 sek	H/D80	40	10+10	45 sek

Punching system, control points and map:

The competition uses the EMIT punching system. The competitor is responsible for the functionality of his electronic competition card and for using the competition card mentioned in the start list. The competition organizer will not check the correctness of the competitor's competition card or its functionality before start. If the competitor uses an electronic competition card other than the one notified to the organizer, the performance will be rejected. Disqualification is not performed in H/D14 and younger series. Changes to the electronic competition card (Emit) must be reported at the information point of the competition center one hour before the competitor's start time.

Working EMIT cards can be rented from the info. The Emit card rent is €6/piece. Payments are made in the info. 80 € are charged for rented and lost Emit cards.

EMIT check tickets are available at the start place.

Model control point is in the competition center nearby the guidepost. There is EMIT clearing unit next to the model control point, where you can check the functionality of your EMIT card.

The map has been updated on 5/2023 and is in a plastic case. On both days, the scale of the map is 1:7500. The control descriptions are printed on the map. There are no separate control descriptions.

Target shooting before competition:

Before the competition, target shooting is performed in following schedule:

Sprint, Friday 12.5. 16.00 - 16.30 am

Normal distance, Saturday 13.5. 9.00 - 10.00 am

Target shooting takes place at the locations shown in a separate table. The rifles are left on the rifle racks after the targeting. Guardians can observe the target shooting with telescopes from behind the rifle racks. During the competition, the rifles will be stored in the rifle racks, without the harness. Competitors who require support during shooting will provide their own support at the shooting range. Rifles can be collected from the range officer after your own competition. The official will check the competitor's rifle before leaving the shooting range.

During the competition, the competitor carries the rifle holding the barrel and the rifles lock open.

Results:

The results can be seen on the scoreboard and on the competition web pages. Preliminary results www.vaajakoskentera.com and final results on the scoreboard, followed by 15 minutes protest time.

Prizes:

The prizes will be awarded after the results are known. In the youngest classes, all participants are rewarded. Medals will be awarded to the three best.

Toilets and wash:

Toilets in the competition center, washrooms and toilets in the maintenance rooms of the ice rink.

Café:

You can buy coffee, soft drinks, snacks, etc. in the competition center.

First aid:

At the competition center. In the emergency case, call 112.

Info:

The info point is in the competition center.

Friday 12.5. Sprint**Schedule:**

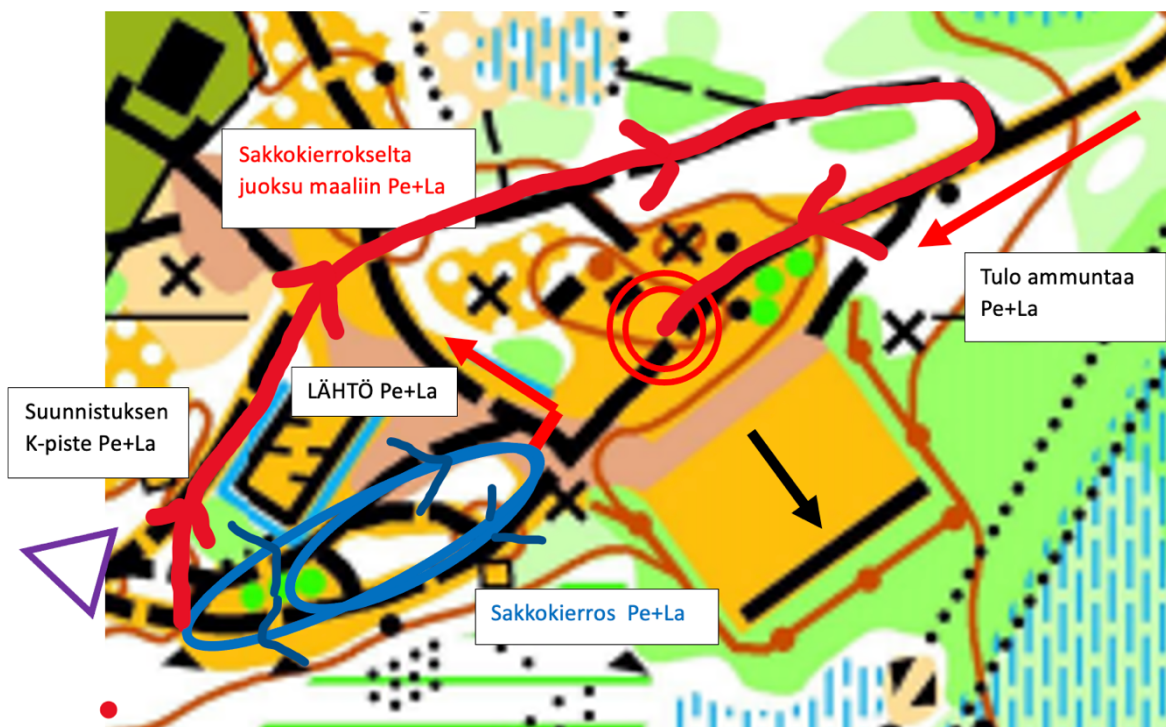
Target shooting at 15.00-16.00 pm. First start at 16.30 pm, starting list can be seen at www.vaajakoskentera.com and on the scoreboard.

Start of sprint is in competition center.

Overview of the competition:

- Starting with interval start, 1min intervals.
- Run 1 km
- shooting in the prone position: 5 shots (in classes H/D 14 the use of a rifle rest is allowed during shooting)
- penalty rounds
- orienteering
- shooting in the standing position: 5 shots (in H/D14-16 classes shooting takes place in prone position, in classes H/D 14 the use of a rifle rest is allowed during shooting)
- penalty rounds
- run to the finish line and punching at finish line.

Competitors have only one map during the entire race, which is handed before the start. No map changing.



Procedures at the shooting range:

During the competition, rifles are stored in specific racks without harnesses. When the competitor arrives at the shooting range, they take the rifle from the stand and run by holding the rifle from the barrel onto the shooting place of their choice and completes shots. Guardians can give rifle rests to H/D14 class participants at the shooting range for the duration of the shooting. After shooting, the competitor runs while holding the rifle from the barrel back to the rifle racks and leaves the rifle in the rack and continues their performance either to the penalty round(s), orienteering, or to the finish line.

If all shooting stations are full when the competitor comes to the shooting range, then the competitor punches their EMIT-card at the "waiting starts" spot and waits for a place to become available. When a shooting station becomes available, competitor punches their EMIT-card again in the "waiting ends" spot and moves to the available shooting station. The competitor who has had to wait, and has completed the "waiting starts" and "waiting ends" procedures will be credited the waiting time from their total time. Making the EMIT-card punching at "waiting starts" and "waiting ends" controls are at the responsibility of the competitor.

Guardians can watch the shooting with telescopes from a designated area reserved for the purpose.

After target shooting on Friday at 4:15 p.m. and on Saturday at 10:15 a.m. there will be a demonstration of the activities at the shooting range (coming to the shooting range, moving with the rifle, moving to the penalty rounds and the finish line)

Saturday 13.5. individual normal distance, mass start**Schedule:**

Target shooting at 9.00-10.00 am. First start at 10.30 am. The starting list can be seen at www.vaajakoskentera.com and on the scoreboard.

Start is in the competition center.

Overview of the competition:

Starts are mass starts with different classes having their own starting times.

Competitors have only one map during the entire race, which is handed before the start.

Run 1 km, shooting in the prone position: 10 shots, penalty rounds (in classes H/D 14 the use of a rifle rest is allowed during shooting), orienteering, shooting in the standing position: 10 shots (in H/D14-16 classes shooting takes place in prone position, in classes H/D 14 the use of a rifle rest is allowed during shooting, penalty rounds, run to the finish line.

The penalty round is at the same place on Friday and Saturday.

Procedures at the shooting range:

During the competition, rifles are stored in specific racks without harnesses. When the competitor arrives at the shooting range, they take the rifle from the stand and run by holding the rifle from the barrel onto the shooting place of their choice and completes five shots. After five shots, the competitor gives the command "change" to the staff, who will then set the boards ready for another round of shots. After that, the competitor completes another five shots. Guardians can give rifle rests to H/D14 class participants at the shooting range for the duration of the shooting. After shooting, the competitor runs while holding the rifle from the barrel back to the rifle racks and leaves the rifle in the rack and continues their performance either to the penalty round(s), orienteering, or to the finish line.

If all shooting stations are full when the competitor comes to the shooting range, then the competitor punches their EMIT-card at the "waiting starts" spot and waits for a place to become available. When a shooting station becomes available, competitor punches their EMIT-card again in the "waiting ends" spot and moves to the available shooting station. The competitor who has had to wait, and has completed the "waiting starts" and "waiting ends" procedures will be credited the waiting time from their total time. Making the EMIT-card recordings are at the responsibility of the competitor.

After target shooting on Friday at 4:15 p.m. and on Saturday at 10:15 a.m. there will be a demonstration of the activities at the shooting range (coming to the shooting range, moving with the rifle, moving to the penalty rounds and the finish line)

Guardians can watch the shooting with telescopes from a designated area reserved for the purpose.

