

EUROPEAN TRAIL ORIENTEERING CHAMPIONSHIPS

25–29 MAY 2022
ESPOO, FINLAND



BULLETIN 3

March 2022



Table of Contents

Welcome by the Managing Director of the Finnish Orienteering Federation	3
Organising Team.....	4
Event Advisers	5
Participation	5
Event Programme	6
Classes and Competition rules	8
Entries	8
Covid-19	8
Payment information	9
Eligibility Certificates	10
Escorts	10
Event Centre and Accommodation	10
Course information	12
Maps.....	12
Punching system and results	13
Travel and transport	13
Area map.....	14
Public races.....	18
Ceremonies	13
Terrain	15
Climate	18
Embargoed areas.....	19
Visas.....	21
Training possibilities	13
Volunteering opportunities	22



Welcome by the Managing Director of the Finnish Orienteering Federation

On behalf of the Finnish Orienteering Federation, I am pleased to welcome you to Finland for the 2022 European Trail Orienteering Championships!

The European Championships will be organised in the best terrain of southern Finland. The Event Centre is at the Kiskallio Sports Institute in Lohja, which has good facilities for training, as well as accommodation and meals. A delightful part of the famous national park of Nuksio, in Espoo, has been chosen for the PreO and Relay terrains, and the TempO competition will be held in the surroundings of the lively village Veikkola, in Kirkkonummi. The organisers have been working on the event ever since it was awarded to Finland in June 2018, and all tasks are right on track. The broad structure of the organising team – three Course Setters and four Competition Managers in addition to the Event Director – will guarantee high quality competitions. Course Setters and Competition Managers have been able to concentrate on their ‘own’ competitions, and during the competition week this will ensure that everything runs smoothly. I am certain that Finland will once again offer you quality arrangements, quality maps and quality courses. As there are Public Events on all competition days, you can bring your family and friends with you too!

I look forward very much to welcoming you to the first Major IOF Event in Trail Orienteering since 2019. See you in May!



Mika Ilomäki

Managing Director, Finnish Orienteering Federation

Organising Team

Event Director	Anna Jacobson
Deputy Event Director	Petri Tötterman
Competition Managers	PreO 1 & 2: Jan Biström, Anders Westerlund TempO: Anders Weckström Relay: Harry Sainio
Course Planners	PreO 1: Martti Inkinen PreO 2 & Relay: Åke Jacobson TempO: Roope Näsi
Map-making	Matti Toivonen
Technical Coordination	Åke Jacobson
Event Administration	Henrika Backman
Event Office	Olli Kantanen
Results Manager	Jouni Junkkaala
Course preparation	Daniel Backman
Finance Officer	Henrik Wallén
Accommodation	Hanna Westerlund
Eventor Contact	Jonas Westerlund
Quality Consultant (language), Speaker	Clive Allen



Contact

Event Office: etoc2022@ok77.fi

Media contact: Anna Jacobson, anna@ok77.fi +358453474770

Accommodation: accommodation@ok77.fi

Eventor contact: eventor@ok77.fi

Volunteering opportunities: volunteers@ok77.fi

Website: www.etoc2022.com

Facebook: <https://www.facebook.com/events/1360198091045189>

Twitter: <https://twitter.com/etoc2022>

Instagram: <https://www.instagram.com/etoc2022/>

Event Advisers

Senior Event Adviser	Jana Kostova (CZE)
National Controller	Jari Turto (FIN)

Participation

Competitors representing member federations of the IOF, defined by the International Paralympic Committee as belonging to the European continent, can compete in ETOC. Competitors representing other member federations of the IOF can participate in ETOC but will not be eligible for European titles, medals or diplomas.

In the individual PreO event a federation may enter a maximum of 6 persons in each class. In the TempO event a federation may enter a maximum of 8 persons. The current European Champions may be entered in their respective classes in addition to the normal maximum. In the TrailO Relay a federation may enter 2 teams in each class, each consisting of 3 competitors. Only the better-placed team will count in the prize list.



Event Programme

Date	Time	Programme	Location
Tuesday 24.5.2022		Arrival	Kisakallio
	12:00–19:00	Event Office open	Kisakallio
Wednesday 25.5.2022 Model Event	09:00–20:00	Event Office open	Kisakallio
	10:00–15:00	Model Event	Kisakallio
	12:00	Deadline for name submissions – PreO	IOF Eventor
	18:00–19:00	Opening Ceremony	Kisakallio
	19:00–20:00	Team Officials Meeting	Kisakallio
Thursday 26.5.2022 PreO 1	10:00–16:00	PreO 1	Luukkaa
	09:00–16:30	Event Office open	Luukkaa
	10:00	First start	
	11:45	Quarantine for last starters begins	
	14:30–15:30	Public Event start	Luukkaa
	18:00–19:00	Team Officials Meeting	Kisakallio
	18:00–19:30	Event Office open	Kisakallio
Friday 27.5.2022 PreO 2	09:00–16:30	PreO 2	Luukkaa
	08:30–18:00	Event Office open	Luukkaa
	09:15	First transport to start	Luukkaa
	10:00	First start	
	12:00	Deadline for name submissions - TempO	IOF Eventor
	14:00–15:00	Public event start	Luukkaa



	18:00–20:00	Event Office open	Kisakallio
	18:30	Prize-giving Ceremony	Kisakallio
	19:00–20:00	Team Officials Meeting	Kisakallio
Saturday 28.5.2022	08:00–17:00	TempO	Veikkola
TempO	08:00–17:00	Event Office open	Veikkola
	08:30	Quarantine closes	
	09:00	First start, Qualification	
	12:00–13:30	Public Event	
	14:00	Final quarantine closes	
	14:30	First start, Final	Veikkola
	16:45–18:00	Public Event	
	18:00	Deadline for name submission - Relay	IOF Eventor
	18:00–20:00	Event Office open	Kisakallio
	18:30	Prize-giving Ceremony	Kisakallio
	19:00–20:00	Team Officials Meeting	Kisakallio
Sunday 29.5.2022	10:00–16:30	Relay	Oittaa
Relay	09:00–17:00	Event Office open	Oittaa
	10:00	Start, P Class	
	10:20	Start, O Class	
	13:50	Maximum time deadline (PreO part)	
	15:00–16:30	Public Event	
	16:00	Prize-giving and Closing Ceremony	Oittaa



Classes and Competition rules

In the individual PreO competitions and in the TrailO Relay there is an O (Open) class and a P (Physically Challenged) class. In the TempO competition there is a single class (O).

The Competition Rules for IOF Trail Orienteering Events 2022* and the ETOC Rules valid in 2022 shall apply to the European Trail Orienteering Championships 2022. The rules are available for download on the IOF website <https://orienteering.sport/> The maps of ETOC 2022 follow the International Standards for Sprint Orienteering (ISSprOM) 2019.

*) except for zero tolerance. See: Course information on page 12.

Entries

Team size entries should be made through IOF Eventor by 25 March 2022. Final entries must be made by 15 May 2022. The payment of the entry fees must be made by 8 April 2022. Entries will not be valid until the entry fee has been paid. All entries have to be made through [IOF Eventor](#). If you have any questions about or problems with Eventor, please do not hesitate to contact eventor@ok77.fi for help!

Please start the entry process as soon as possible, in order to help the organiser's work.

Accreditation fee (incl. compulsory transport)	80/110/60/10 EUR	Per Athlete/ Official/Accompanying person/Escort
Entry fee – PreO	120 EUR	
Entry fee – TempO	80 EUR	
Entry fee – TrailO Relay	150 EUR	Per team

Covid-19

Current Covid-19 related information will be published on the [event website](#). ETOC 2022 strongly recommend taking the Covid-19 vaccines available in your country. It will make the entry to Finland and participation in ETOC 2022 much easier. According to the latest information from the IOF, non-vaccinated participants need a PCR test to take part, and an antigen test every 3 days during the event. To enter Finland, please check current information [here](#).



Payment information

All payments must be made to the organiser's bank account by the appropriate deadline – see below. Bookings and entries are only valid when the payment has been made.

Deadlines for payments:

Transportation package: 1.4.2022

Entry fees: 8.4.2022

Accommodation: 20.4.2022

Escorts by Metsäreitti: 20.4.2022

Bank details:

Recipient: OK 77

IBAN: FI2740552920007558

BIC: HELSFIHH

Address of OK 77: OK 77, c/o Henrik Wallen, Soukankaari 2 A 1, 02360 Espoo, Finland

Address of the bank: Aktia Bank plc, Mannerheimintie 14, PO Box 207, 00101 Helsinki, Finland

NOTE! As the message, please write:

ETOC 2022: [name of the person whose fee it is] [country] [which fee]

i.e.

ETOC 2022: Anna Jacobson FIN accommodation

or

ETOC 2022: GBR team entry fee





Eligibility Certificates

Copies of eligibility certificates for the P class must be sent to etoc2022@ok77.fi in conjunction with the entries. The latest date for sending the certificates is 15 May 2022. The latest date to apply for eligibility from the IOF is 25 March 2022.

Escorts

The organisers will provide escorts on steeper hills. According to the rules, those competitors who need an escort for the whole course shall bring an escort with them. With an escort accreditation (which is mandatory) only, a person cannot act as a team official, attend Team Officials Meetings or make a complaint. The organiser has made an agreement with a non-profit club Metsäreitti that they will offer escorts for competition courses for 35 EUR/competition/person (incl. accreditation). Requests should be sent to metsareitti@yahoo.com by 20 April 2022. NB. The escorts are not experienced wheelchair assistants but normal sports volunteers, who do not get paid for the service (the fee covers their accreditation, food, transport etc.). When sending the request for an escort, please indicate what kind of wheelchair the athlete has and what is the weight class of the wheelchair and the athlete together: under 80 kg, 80–110 kg, over 110 kg.

Event Centre and Accommodation

Kisakallio Sports Institute, Kaarina Karintie 4, 08360 Lohja

The Event Centre is Kisakallio Sports Institute, located some 7 km north of the nearest town Lohja and 65 km west of Helsinki Airport and Helsinki Harbour. From Turku Harbour it is 115 km to Kisakallio.

Kisakallio Sports Institute is a non-profit





foundation which offers a wide variety of sports, activities and educational opportunities, and has excellent facilities for professional and amateur sports enthusiasts. The Institute was founded in 1949 to be a Gymnastics institute for women of all ages.

Today, Kisakallio Sports Institute is one of the biggest training and education centres in Finland and Europe, with 700 beds and almost 15,000 sq.m. of sport facilities. There are rooms of different standards, well suited to accommodate also athletes using wheelchairs. A restaurant and café are available and they are open daily from morning until evening.

Kisakallio is surrounded by 250 hectares of wild wood, an area called “Karnaistenkorpi” which is, nationally and internationally, environmentally unique. Karnaistenkorpi is owned by the City of Lohja and the nature trails going through the entire area are maintained by Kisakallio Sports Institute. Also the biggest lake in Southern Finland, Lake Lohja, is just in front.

Room type	Price per person per night
Institute level, twin room	45 EUR
Institute level, 3-5 persons room	36 EUR
Hotel, twin or double room	55 EUR
Hotel, single room	100 EUR

All room prices include breakfast buffet. Lunch and dinner buffet at Kisakallio must be pre-booked, and the price is 12.80 EUR / meal.

N.B. At the PreO 1&2 Event Centre there is the possibility to have lunch, which includes salad, bread and warm food, for 10 €. Please book your lunches in advance to guarantee that there is enough food. Lunch bookings should be made in conjunction with the entries in IOF Eventor (preferred), or at the latest by 10 May 2022 to etoc2022@ok77.fi.

Accommodation should be booked as full rooms (i.e. all beds occupied).

Accommodation and meal bookings should be made via email to accommodation@ok77.fi. The deadline for all bookings is 20 March 2022.

Some rooms on the institute level share bathrooms. There are accessible rooms on all levels.



Course information

Event	Length	Controls	Timed control	Road surface	Climb
PreO 1	1.3 km	25	2 x 3 tasks	Smooth gravel	25 m
PreO 2	1.6 km	28	2 x 3 tasks	Smooth to rough gravel	35 m
TempO Qual.	1.9 km	-	6 x 5 tasks	Mixed (asphalt/smooth gravel/forest track)	25 m
TempO Final	1.6 km	-	7 x 5 tasks	Mixed (smooth gravel/forest track)	15 m
Relay	0.9 km	3x13	2/leg x 5 tasks	Smooth gravel	30 m

All our zeros can be solved with map-reading and control descriptions.

When the answer is zero, there are no flags on the same areal or linear feature closer than 4 metres from the right place. For point features, there are no zeros closer than 135 degrees from the right direction.

Maps

The maps have been drawn by Matti Toivonen and modified by the course planners. The maps of ETOC 2022 follow the International Standards for Sprint Orienteering (ISSPrOM) 2019.



Punching system and results

In PreO competitions and in the Relay, SportIdent is used. The organiser provides SportIdent cards to the athletes, who shall return them to the Event Office after the last competition. The fee for a lost or broken SportIdent card is 40 €. In TempO, Relay and timed controls, ANT is used to record the answers. The competitors carry with them competition cards, and the answers are written on those too. In case of conflicting answers in ANT and on the card, the answer on the card applies, unless the ANT answer can be heard on the recorded tape. However if the card has been modified by the athlete, the ANT answer will be used, whether or not it can be heard on the recorded tape.

Travel and transport

Teams, VIPs and media representatives are free to use their own transport to all the events. There will be reserved parking areas at all the arenas. Organised transport will be provided from the Event Centre to the competition arenas and model event for those teams, VIPs and media representatives that have requested and paid for the Transport Package. They will receive the transportation schedule closer to the time.

Ceremonies

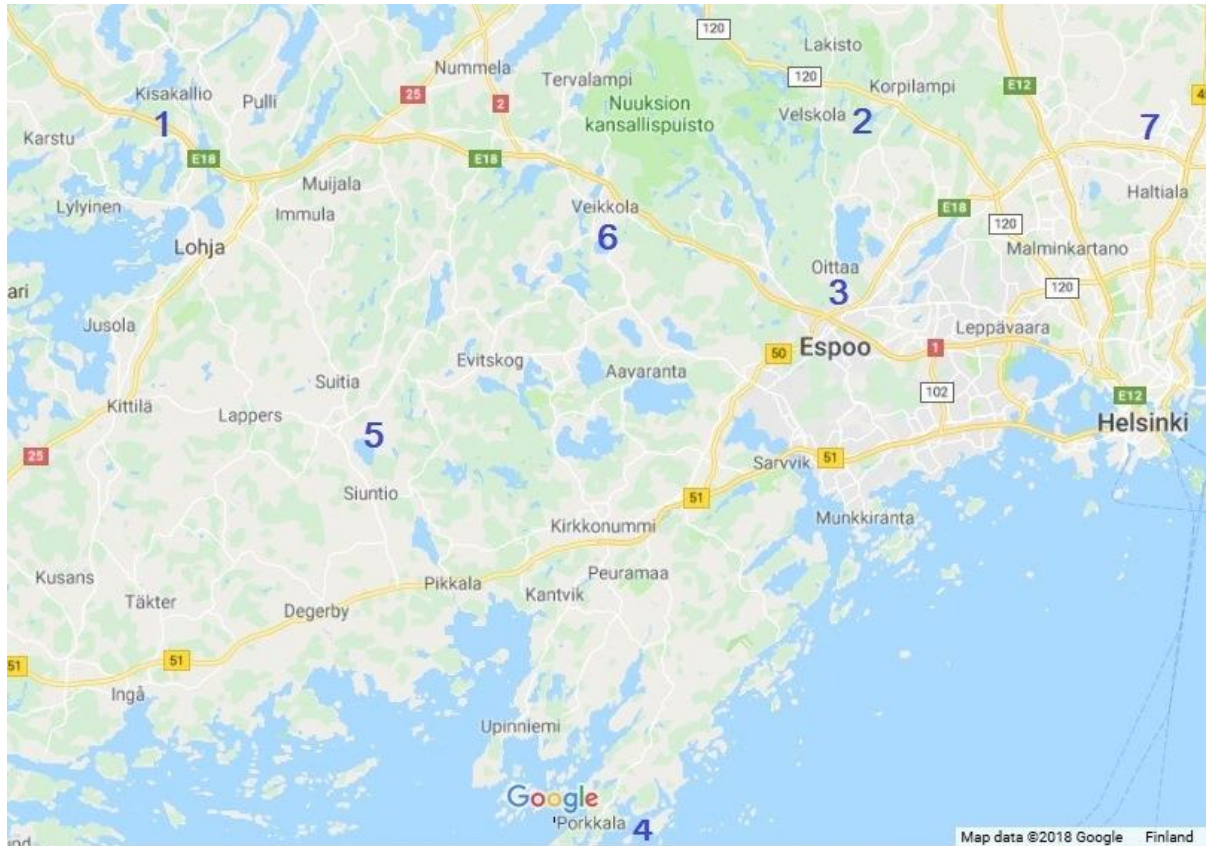
The Opening Ceremony and all medal ceremonies, with the exception of Relay, will be held at Kisakallio Sports Institute. Also all Team Officials Meetings and other possible meetings or clinics will be organised there.

Training possibilities

Training opportunities will be available, please refer to the national event calendar for [2022](#). In addition, both PreO and TempO maps with courses set by the ETOC course planners can be made available, at a cost of 5-8 euros per map, on request.



Area map



It is 65 km from Kisakallio (1) to Helsinki Airport (7).

- 1) Kisakallio Sports Institute (Event Centre, Model, Kaarina Karin tie 4, 08360 Lohja
- 2) Luukkaa, Röylä (PreO 1, PreO 2), Luukintie 33, 02970 Espoo. You are only allowed to approach the Event Centre from the North, i.e. via the road 120 (Vihdintie).
- 3) Oittaa (Relay), Kunnarlantie 31, 02740 Espoo
- 4) Porkkala (reserve area)
- 5) Siuntio Spa (reserve area)
- 6) Veikkola (TempO), Eerikinkartanontie 5, 02880 Veikkola
- 7) Helsinki-Vantaa Airport

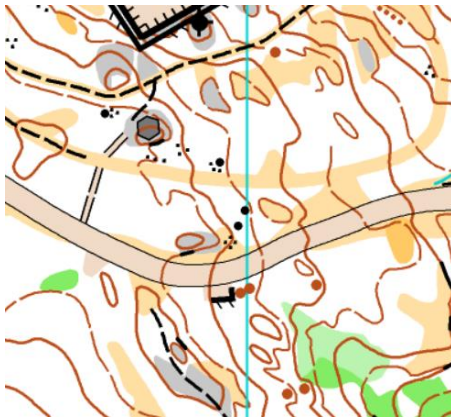


Terrain

Model

Kisakallio (number 1 on the area map)

Pine/spruce forest with mostly good visibility. Map scale: 1:4 000. Contour interval: 2 m.



Previous map:

http://vaajakoskentera.com/kartat/show_map.php?user=ToniS&map=202&lang=nb

http://www.kartta-arkisto.net/show_map.php?user=SamiH&map=168

PreO 1

Luukkaa Recreational Area (2)

A typical Finnish forest with a mixture of spruce and pine trees. In parts, bare rock/cliff areas.

Medium to good visibility. Map scale: 1:4 000. Contour interval: 2 m.



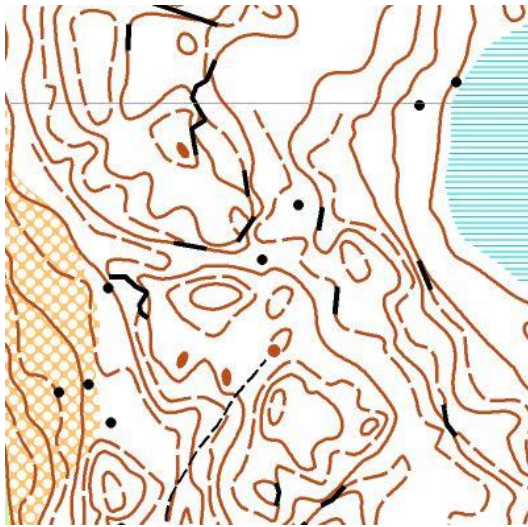
Previous map: <https://reitti.helsinginsuunnistajat.fi/cgi-bin/reitti.cgi?act=map&id=244#>



PreO 2

Snettans Estate, Röylä (2)

A pine/spruce area typical of the famous Noux National Park. Mostly hilly terrain with hill slopes/tops with good visibility. Predominant features are bare rock areas and hillsides with lots of rock faces. Map scale: 1:4 000. Contour interval: 2 m.

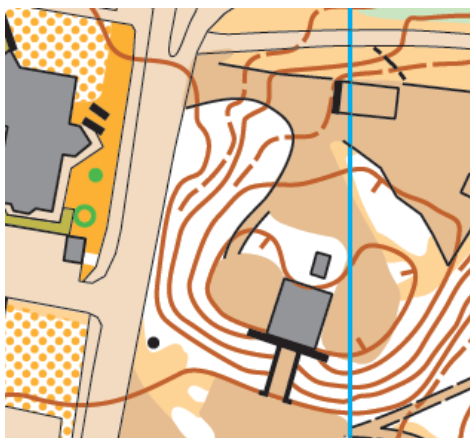


Previous map: <https://reitti.helsinginsuunnistajat.fi/cgi-bin/reitti.cgi?act=map&id=244#>

Tempo Qualification

Veikkola (6)

A suburban area with a mixture of open, park-like areas and forest islands among official buildings and living quarters. Map scale: 1:4 000. Contour interval: 2 m.



Previous map: http://kartat.meronen.net/maps/show_map.php?user=juha&map=484



TempO Final

Veikkola (6)

Partly park area, partly forest. Forest with good visibility, in parts steep and rich in cliffs/rock faces. Map scale: 1:4 000. Contour interval: 2 m.



Previous map: http://kartat.meronen.net/maps/show_map.php?user=juha&map=484

Relay

Oittaa (3)

A typical Finnish forest with a mixture of spruce and pine trees. In parts, bare rock/cliff areas. Medium to good visibility. Map scale: 1:4 000. Contour interval: 2 m.



Previous map: <http://www.ok77.fi/routegadget/rq2/#11>



Public races

There will be an opportunity for the public to go out on the competition courses after the ETOC competitions are over. Entries to the public competitions can be made in [IRMA](#) (preferred) or via email to etoc2022@ok77.fi. The fee for the individual events is 15 eur/event and for the relay 8 eur/person.

Date	Event	Preliminary start times	Location
Thursday 26.5.2022	PreO 1, Public race	14:30-15:30	Luukkaa
Friday 27.5.2022	PreO 2, Public race	14:00-15:00	Luukkaa
Saturday 28.5.2022	TempO, Public event	Q 12:00-13:30 F 16:45-18:00	Veikkola
Sunday 29.5.2022	Relay, Public event	15:00-16:30	Oittaa

Climate

Spring begins to truly show itself in Helsinki in May. The average daily temperature warms to 10°C during this month. High temperatures average about 15°C while lows still drop down to 4°C.

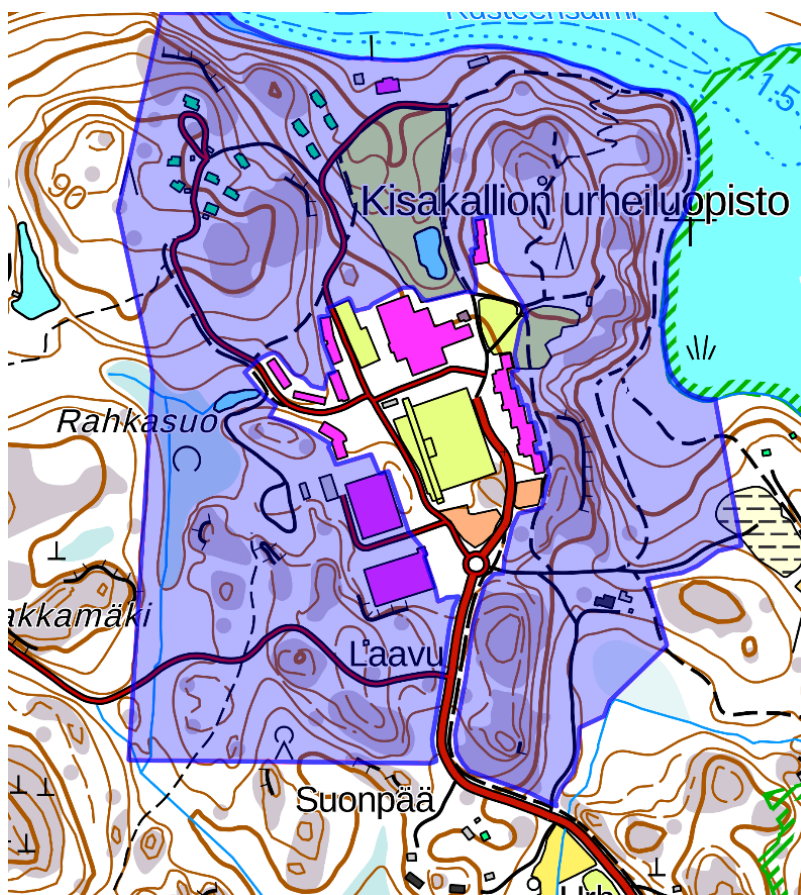
Still a low month for rainfall, May typically sees about 40 mm of rain throughout the month, with an average of 14 possible rainy days. The skies begin to clear overall, and there is a 40 per cent chance of a mostly sunny day throughout the month.



Embargoed areas

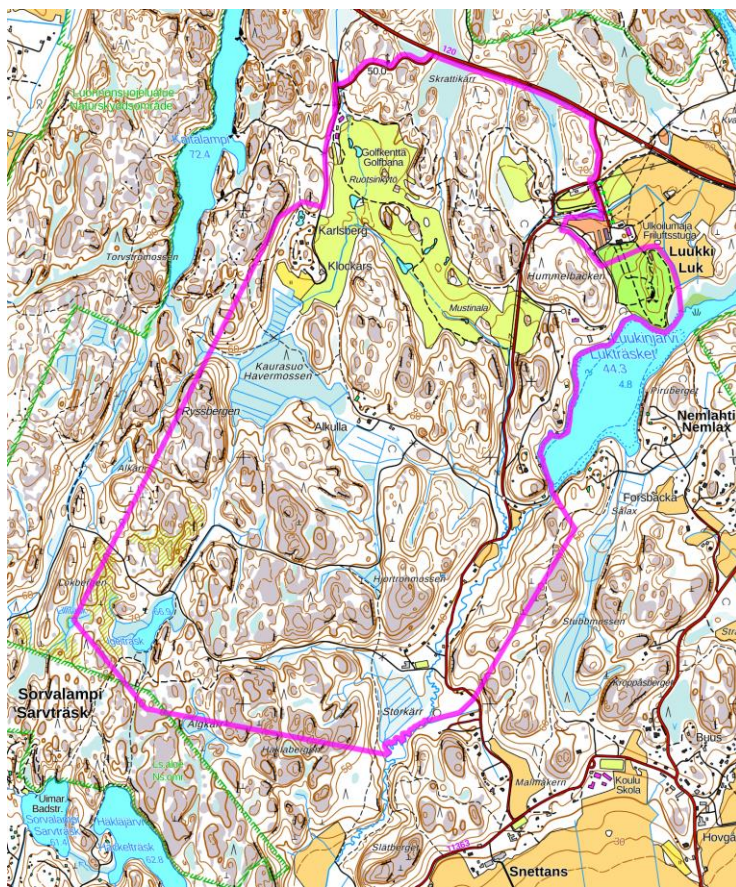
All potential ETOC 2022 participants, coaches, and team officials, as well all those people who could supply ETOC team members with information about the terrain, are prohibited to enter the embargoed areas. It is furthermore forbidden to fly drones above the embargoed areas. The detailed embargoed areas can be seen in [the map register of the Finnish Orienteering Federation](#) ("Harjoituskiellot"=Embargoed areas)

1) Kisakallio Sports Institute, Lohja.

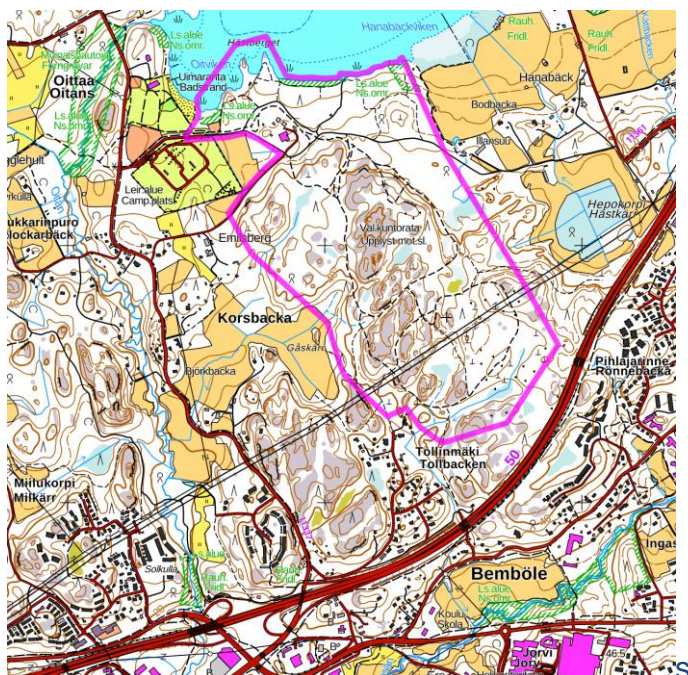




2) Luukkaa, Espoo

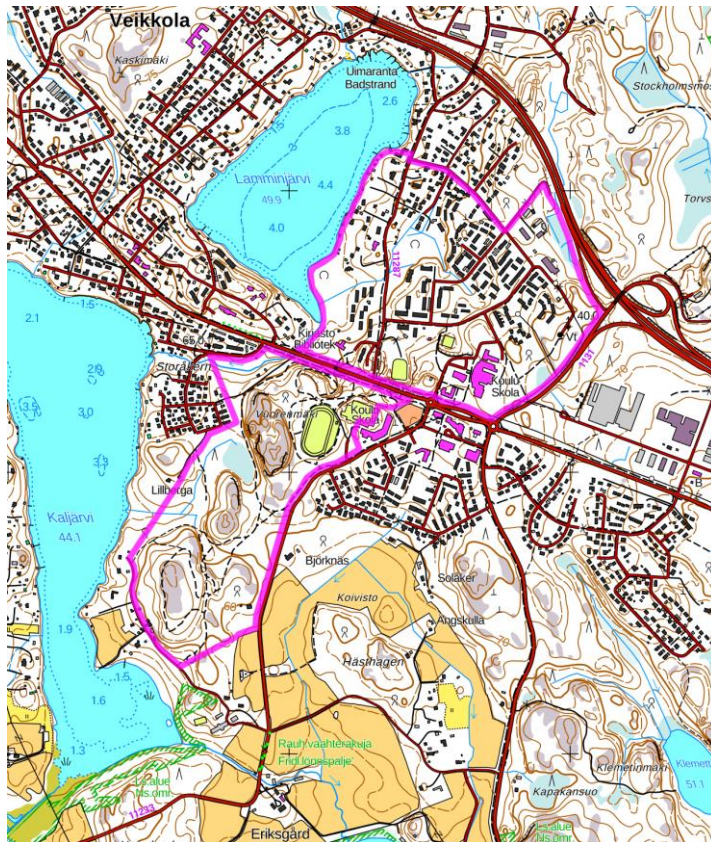


3) Oittaa, Espoo





4) Veikkola, Kirkkonummi



Visas

The Schengen states have jointly agreed which countries' citizens are required to present a visa. Each Schengen state decides which passports and travel documents it accepts from different countries' citizens.

Check if you need a visa to visit Finland and what travel documents are accepted in Finland: <https://um.fi/visa-requirement-and-travel-documents-accepted-by-finland> Even if you do not need a visa to visit Finland, you need a valid passport or some other travel document accepted by Finland. It must be valid for at least ninety days after your intended date of departure from the Schengen area. In addition, the passport or other travel document must have been issued no earlier than ten years ago.

Volunteering opportunities

We are looking for volunteers to help in organising ETOC 2022. We offer the volunteers food during the days, and free participation in the public races. Furthermore, there is a limited amount of free accommodation available at OK 77's cottage in Espoo. Please contact volunteers@ok77.fi.

Organisers



Suomen Suunnistusliitto



OK 77

Sponsors



SPORTident