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BULLETIN 4



Junior World Ski Orienteering Championships
European Youth Ski Orienteering Championships
February 18-23, 2014 Põlva, Estonia

PÕLVA



<http://pood.regio.ee/>

1:20 000
KL-14-004 © 2014

REGIO
www.regio.ee/haardid

Dear athletes and coaches,

we have been preparing for this important event since last summer and our goal has always been to make this week unforgettable for you. Unfortunately, the weather conditions during the winter, here in Estonia, have been one of the most challenging of last decade. Temperature has been varying from extreme cold to thaw and there has been no proper snow cover in South-Estonia. Considering all that, we had to make this difficult decision and move all our races to Alutaguse Recreational and Sports Centre at Pannjärve, which is 180 km away from Põlva. But there is some snow!

We hope this sudden change of competition terrains as well as compromises we had to make in time schedule won't dispirit you. You all have equally poor snow conditions and we have to make the most of this situation. Instead of hilly South-Estonia you have the possibility to experience one of the most pristine forested areas in Estonia and to see even more our beautiful country and its nature. Good luck!

Kuldar Leis

Chairman of the Organizing Committee



See the route on map:
<http://bit.ly/LURCP2>



ORGANIZERS

Orienteering Club Põlva Kobras

Käisi 11, 63308 Põlva, Estonia
Phone/fax: +372 79 94851
<http://kobras.polvamaa.ee/>
<http://www.orienteerumine.ee/skio2014/>
e-mail: okkobras@gmail.com
skio2014@orienteerumine.ee

Estonian Orienteering Federation (EOF)

Regati 1, 11911 Tallinn, Estonia
Phone/fax: +372 6 398 681
<http://www.orienteerumine.ee/>
e-mail: eol@orienteerumine.ee

Organizing Committee

Kuldar Leis	Chairman of the Organizing Committee
Nikolai Järveoja	President of OC Põlva Kobras
Urmas Klaas	President of the Estonian Orienteering Federation
Georg Pelisaar	The Mayor of Põlva Municipality
Sixten Sild	Chairman of the Estonian Orienteering Federation board
Peeter Alep	Chairman of Põlva Agro OÜ
Janel Säkk	Leader of the Estonian Defence League Põlva district

Main Organizers

Event Director	Nikolai Järveoja (OC Põlva Kobras)
Head of IT Division	Tarmo Klaar (OC Ilves)
Head of Event Centre	Maret Vaher (OC Põlva Kobras)
Ceremonies	Sigrid Saluri (OC Põlva Kobras)
Construction	Raivo Rõõm (OC Ilves)
Transport	Teet Tooming (OC Põlva Kobras)
Accommodation	Taima Nurm (OC Põlva Kobras)
Director of Finance	Anneli Eskor (OC Põlva Kobras)
Open Event	Katrin Viilu (OC Põlva Kobras)

RACE OFFICIALS

Course planners:

Middle Distance	Kalle Ojasoo (OC Põlva Kobras)
Long Distance	Kalle Ojasoo (OC Põlva Kobras)
Sprint Distance	Tõnis Erm (TA OC)
Relay	Tõnis Erm (TA OC)

Controller of maps and courses Markus Puusepp (OC Võru)

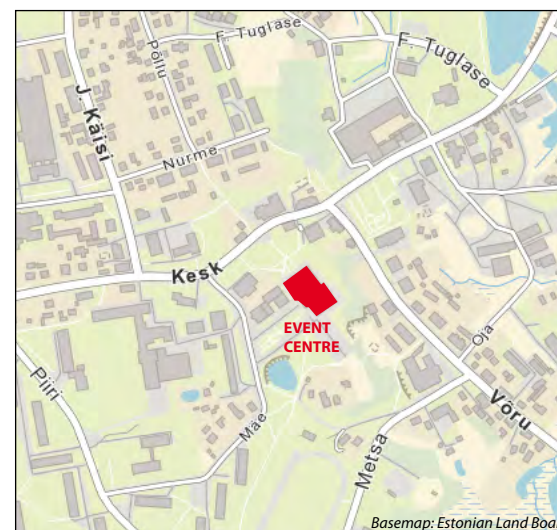
EVENT ADVISER AND CONTROLLER

IOF Senior Event Adviser	Per Frost (Sweden)
National Controller	Sixten Sild (OC Võru)

EVENT CENTRE

The Event Centre and competition office are located at the Põlva Culture Centre.

Address: Kesk 15, Põlva (N:58.052321°, E:27.054529°)
(location: <http://bit.ly/1bp1Q6D>)
Phone: +3725232977 (Maret Vaher)
e-mail: skio2014@orienteerumine.ee
<http://www.orienteerumine.ee/skio2014/>



PROGRAMME

Tuesday, February 18

08:30–17:15	Competition office is open at the Event Centre
08:30–17:00	Accreditation and accommodation
10:00–13:00	Training and model event at Mammaste
12:00–14:00	Lunch at the accommodation
14:00	Deadline of entries for the middle distance
16:00–17:00	Team Officials' Meeting at the Event Centre
17:45–18:30	Opening Ceremony in Põlva at the Lootspark <i>Teams gather at Event Centre parking lot at 17.30</i>
18:30–19:30	Meeting with the Major of Põlva
18:45–21:00	Competition office is open at the Event Centre
19:00–20:30	Dinner at the accommodation

Wednesday, February 19

06:00–07:15	Breakfast at the accommodation
07:30	Busses from Põlva to Pannjärve
10:00	Busses arrive to Pannjärve
09:00–17:00	Competition office is open at the race arena
11:00–15:15	Middle distance at Pannjärve
13:00–15:30	Lunch at the race arena
15:30	Deadline of entries for the long distance
15:30	Prize giving ceremony at the race arena
16:00–18:30	Busses from Pannjärve to Põlva
19:00–20:30	Dinner at the accommodation
19:30–22:00	Competition office is open at the Event Centre
20:00–21:00	Team Officials' Meeting at the Event Centre

Thursday, February 20

06:00–07:15	Breakfast at the accommodation
07:30	Busses from Põlva to Pannjärve
10:00	Busses arrive to Pannjärve
09:00–17:00	Competition office is open at the race arena
11:00	M17 long distance start at Pannjärve
11:30	W17 long distance start at Pannjärve
12:00	W20 long distance start at Pannjärve
12:30	M20 long distance start at Pannjärve
12:00–14:30	Lunch at the race arena
14:30	Prize giving ceremony at the race arena
15:00–17:30	Busses from Pannjärve to Põlva
18:30–20:00	Dinner at the accommodation
18:00–21:00	Competition office is open at the Event Centre

Friday, February 21

08:00–09:30
09:00–13:00
11:00–13:00
13:00–15:00
15:00
14:30–21:00
17:30–18:30
19:30–21:00

Rest day, model event

Breakfast at the accommodation
Competition office is open at the Event Centre
Training and model event at Mammaste
Lunch at the accommodation
Deadline of entries for the sprint distance
Competition office is open at the Event Centre
Team Officials' Meeting at the Event Centre
Dinner at the accommodation

Saturday, February 22

06:00–07:15
07:30
10:00
09:00–14:30
11:00–14:15
12:00–14:30
14:30
15:00
15:00
15:00–17:30
18:00–20:00
18:00–19:00
19:00–23:00

Sprint distance (interval start)

Breakfast at the accommodation
Busses from Põlva to Pannjärve
Busses arrive to Pannjärve
Competition office is open at the race arena
Sprint distance at Pannjärve
Lunch at the race arena
Prize giving ceremony at the race arena
Deadline of entries for the relay
Open competition starts begin (WRE event)
Busses from Pannjärve to Põlva
Competition office is open at the Event Centre
Team Officials' Meeting at the Event Centre
Social dinner at the Põlva Culture Centre

Sunday, February 23

06:00–07:15
07:30
10:00
09:00–14:00
11:00
11:20
11:50
12:15
12:00–14:30
14:30
14:30
15:00–17:30
18:30–20:00
19:00–20:00

Relay (mass start)

Breakfast at the accommodation
Busses from Põlva to Pannjärve
Busses arrive to Pannjärve
Competition office is open at the race arena
M17 relay start at Pannjärve
W17 relay start at Pannjärve
W20 relay start at Pannjärve
M20 relay start at Pannjärve
Lunch at the race arena
Prize giving and closing ceremony at the race arena
Open competition starts begin
Busses from Pannjärve to Põlva
Dinner at the accommodation
Competition office is open at the Event Centre

Monday, February 24

07:00–08:00

Departure

Breakfast at the accommodation

TERRAIN, MAPS AND COURSES

Alutaguse Recreational and Sports Centre, Pannjärve

Location: N59.289318°, E27.558366°

See on the map: <http://bit.ly/MLjLJ5>

JWSOC:

Map scale middle 1:10 000, contour interval 5 m, size 21x30cm

Map scale long 1:10 000, contour interval 5 m, size 21x30cm

Map scale sprint 1:5000, contour interval 5 m, size 21x30cm

Map scale relay 1:10 000, contour interval 5 m, size 21x30cm

EYSOC:

Map scale middle 1:10 000, contour interval 5 m, size 21x30cm

Map scale long 1:10 000, contour interval 5 m, size 21x30cm

Map scale sprint 1:5000, contour interval 5 m, size 21x30cm

Map scale relay 1:10 000, contour interval 5 m, size 21x30cm

Terrain is mainly covered in sparse pine forest, which makes possible to make shortcuts in prepared track network. In some parts vegetation is denser and occur windblown trees.

Maximum height difference on one slope is 25 meters. Terrain is gently undulating and physically not very demanding.

Due to poor snow conditions ski tracks are not in perfect condition and at many places you can feel ground under your skis. It requires good balance and skihandling skills to go fast on such tracks.

One part of terrain is pretty rough and it needs extreme carefulness not to damage your equipment.

More detailed information about the terrain, length of the track system, maps and course lengths will be given in Team Officials' Meetings.

Previous maps:

<http://www.orienteerumine.ee/skiO2014/skiOSample.pdf> (ski-o map)

<http://www.orienteerumine.ee/kaart/kaartshow.php?Kood=2009038> (foot-o map)

<http://www.orienteerumine.ee/kaart/kaartshow.php?Kood=8824> (foot-o map)

<http://www.orienteerumine.ee/kaart/kaartshow.php?Kood=8702> (foot-o map)

Preliminary course lengths for middle distances:

M20 5.8 km 25–35 min

W20 5.0 km 25–35 min

M17 4.8 km 20–25 min

W17 3.8 km 20–25 min

Preliminary course lengths for long distances:

M20 15 km 70–75 min

W20 11 km 60–65 min

M17 9.2 km 40–45 min

W17 8.0 km 40–45 min

In long distances the courses are forked and use three different loops with map exchange between every loop.

Preliminary course lengths for sprint distances:

M20 3.5 km 10–15 min

W20 2.5 km 10–15 min

M17 3 km 8–12 min

W17 2 km 8–12 min

Preliminary course lengths for relay legs:

M20 7 km 30–35 min

W20 6 km 30–35 min

M17 5 km 20–25 min

W17 5 km 20–25 min



Map examples of Pannjärve

TRAINING AND MODEL EVENTS

February 18 and 21

Training and model event at Mammaste

Location: N58.077337°, E27.065987° (see town map in the bulletin!)

Maps for model events will be handed out at the Event Centre together with other competition materials (bulletin 4 etc).

Due to the lack of snow there might be no prepared network of ski tracks on terrain. There will be 2.5 km long ski track made of artificial snow.

STARTING ORDER AND HEAT ALLOCATION

In an interval start the starting order will be drawn at random and be made in three unrestricted starting groups (1, 2, 3). Names of the competitors, their starting group allocation or their skiing order within a relay team shall reach the organiser before the deadline on the day before the competition:

February 18, 14:00 – Deadline of entries for the **middle distance**

February 19, 15:30 – Deadline of entries for the **long distance**

February 21, 15:00 – Deadline of entries for the **sprint distance**

February 22, 15:00 – Deadline of entries for the **relay**

Entries can be made at the competition office (both in the Event Centre or at the race arena) or through internet:

<https://pass.orienteerumine.ee/iofentry/skio2014/>

Before allocating a second competitor to a group, a Federation shall allocate one competitor to each group. If a Federation fails to allocate its competitors to starting groups, the organiser shall decide the allocation.

In individual competitions, between 15.00 hours on the day before the competition and one hour before the first start in the class, a competitor may be replaced for a valid reason (e.g. accident or illness).

START INTERVAL

Start interval is 2 minutes for middle distance and 1 minute for sprint. In long distance mass start is used.

In all distances competitors receive the map 15 seconds before the start. Pre-start is 3 minutes.

FINISH

Light beam is used for finish timing, the measuring point of the light barrier will be at height of 15 cm above the ground. No punching on finish line.

PUNCHING SYSTEM

SportIdent will be used on all events. Competitors can use their own SI card. Please give your SI card number with the entry. Make sure your SI card has enough punch capacity! SI cards can be rented from the organizers for 10 EUR /all days (30 EUR deposit).

NUMBER BIBS

Number bibs for each day will be handed out day before in Team Officials' Meeting. Number bibs shall be clearly visible and worn on left leg. The number bibs may not be folded or cut. Size 21x14.5 cm.

GPS TRACKING

40 GPS tracking devices will be used on each individual race day:

M17 - 8 devices

W17 - 8 devices

W20 - 10 devices

M20 - 14 devices

The list of competitors, who have to carry the device, will be made available in Team Officials' Meeting. The device weighs 60 grams and is attached in start area to the outer side of arm, protruding part up. The adjustable elastic band may be secured with a safety pin. It takes about 1-2 minutes to put on the armband calmly.



Live tracking on the web: http://sportrec.navirec.com/?page_id=24

REFRESHMENTS

There will be no refreshment controls on terrain, but in long distance organizers will prepare coaching area close to the map change, where it is possible to leave you own drinks and equipment.

MEDICAL AID

Will be available close to the finish area. Emergency number in Estonia is 112.

BUS TRANSPORT FROM PÕLVA TO PANNJÄRVE

A special bus transport will be organised from Põlva to Pannjärve every day, bus ticket for single day (two ways) is 10 euros per person. Please inform organizers about need for transport on arrival.

LUNCH AT THE RACE ARENA

During race days organizers provide lunch at Pannjärve only for teams, who have ordered official accommodation. Other participators can buy it from the cafe.

WAXING

In the race and training area there won't be indoor waxing facilities. Organizers will provide few 50 m long extension cords with maximum of 8 sockets.

Indoor waxing rooms are available in all official accommodation sites as well as in Metsa street 7, Põlva (see the map).

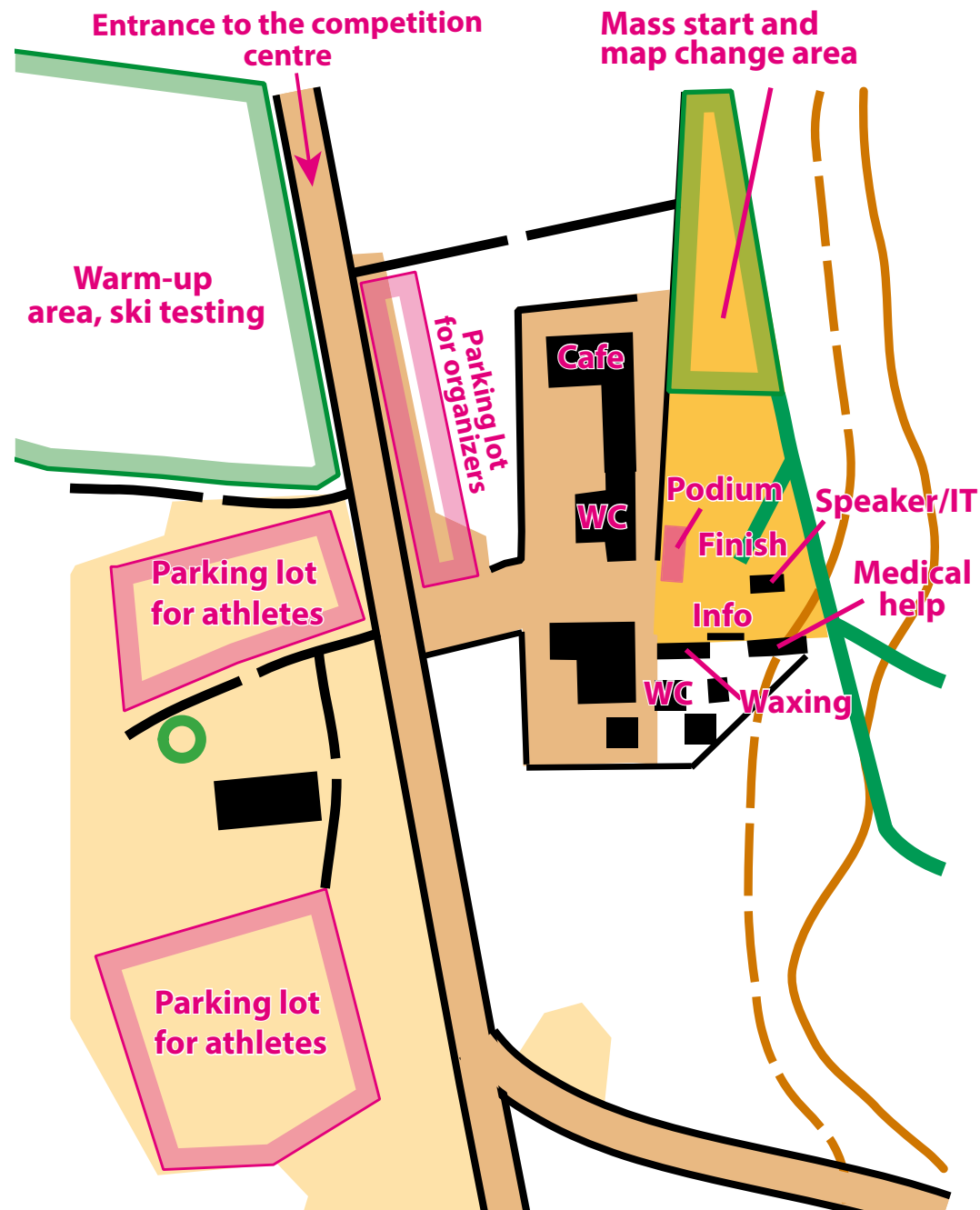
COMPLAINTS

Any complaints shall be made in writing and handed over to the organisers at the competition arena as soon as possible. Complaints regarding the results shall be made no later than 15 minutes after publication of the official result list at the arena.

JURY

Mika Tervala (Finland)
Olga Minajeva (Russia)
Nicolo Corradini (Italy)

COMPETITION CENTRE AT PANNJÄRVE



PARTICIPATING COUNTRIES

	JWSOC (M+W)	EYSOC (M+W)	Team officials	Total
AUT	3+2	0+1	3	9
BLR	3+0	2+0	1	6
BUL	2+2	1+1	2	7
CZE	4+2	2+2	2	12
EST	6+7	8+6	2	29
FIN	6+6	4+4	5	25
GER	1+0	0+0	1	2
ITA	3+3	1+0	1	8
KAZ	2+2	0+0	0	4
LAT	4+2	4+4	1	15
LIT	1+4	2+1	1	9
NOR	6+2	1+1	4	14
ROM	3+3	1+0	1	8
RUS	7+7	7+7	6	34
SUI	0+1	4+2	2	9
SWE	6+6	4+4	6	26
UKR	3+0	4+2	0	9
USA	0+1	1+0	1	3
Total	60+50	46+35	40	231

MEDIA

Media center will be located at the Event Centre.

With any questions or problems, please contact

Mihkel Järveoja: tel +37253415075; mihkeljarveoja@gmail.com

USEFUL LINKS IN ESTONIA

Map of Estonia: <http://kaart.delfi.ee/>

Road and traffic information: <http://tarktee.mnt.ee/?lang=en>


Weather: <http://ilmajaam.postimees.ee/>



Hellus Kefir – the healthy drink after workout!

Best to drink 15 minutes post-workout, so that high quality proteins could help your body to recover.

TERE
Fresh milk every day!

Kaubamaja KOHVIK AVATUD E-R 10.00-18.00 L 10.00-16.00 P SULETUD	Kaubamaja E-R 9-19 L 9-18 P 10-16	Põlva Tarbijate Ühistu  Kesk 10, Põlva www.ptu.ee
CAFE Mon-Fri 10.00-18.00 Saturday 10.00-16.00 Sunday CLOSED	Department store Mon-Fri 9-19 Saturday 9-18 Sunday 10-16	

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