

Competition Instructions

Biathlon Orienteering

BIATHLON ORIENTEERING FINNISH CHAMPIONSHIP AND FINNISH MILITARY FEDERATION CHAMPIONSHIP, WORLD CUP 3rd and 4th COMPETITION 6th AND 7th OF MAY 2016 IN VIMPELI

Friday May 6th Individual Sprint Competition, interval start Programme

At 16.00 – 17.30 / 4 pm – 5.30 pm Zeroing (Adjustment shooting)

At 17.20 / 5.20 pm The Opening Ceremony

At 17.30 / 5.30 pm The Demonstration of Actions in the shooting area

At 18.00/ 6 pm The First start

At 20.00 / 8 pm all at finish

Prize giving ceremony when the results are ready

Saturday May 7th Classic (normal length route), mass start Programme

At 9.00-10.30 Zeroing (Adjustment shooting)

At 10.20 / 10.20 am The Demonstration of Actions in the shooting area

At 10.30 / 10.30 am The Opening Ceremony

At 11.00 / 11 am The First mass start

At 15.00 / 3 pm all at finish

Prize giving ceremony when the results are ready

Competition Organisation:

Competition Leader	Timo Halla-aho
Shooting Leader	Hannu Pihlajaniemi
Orienteering	Heikki Kujanpää
Time and Results	Jari Kivimäki
Technical Advisor	Marko Haapiainen

Jury:

Chairman	?
Competition Leader	Timo Halla-aho
Member	?

Competition Centre

The Shooting Stadium of Lakis Sport Center

Competition Office

Competition office is in the competition centre.

EMIT-cards can be rented in the Competition office.

For the disappearance of a rented EMIT card will be charged 70 euros.

Service

Changing rooms, showers and toilets are reserved for the competitors at the competition centre.

The cafeteria / canteen

There is a cafeteria at the competition centre.

- meat soup on Saturday
- coffee, buns and other snacks on Friday and Saturday

First Aid

First aid station is located in the competition centre.

Weapon Inspection

After the competition weapons will be controlled occasionally. According to international regulations in biathlon orienteering competitions biathlon harness is not allowed.

Insurance

Every competitor must have their own insurance coverage. Competition organizer does not take any responsibility of the insurance coverage of the competitors.

Zeroing (Adjustment Shooting)

The leader of the shooting (chief of shooting range) leads the shooting. The zeroing lanes have been allocated according to the teams. One spot for every competitor. During zeroing it is not possible to visit the targets. After zeroing period weapons must be carried to the weapon racks and placed according to the race number.

Race Numbers

Competitors use a race number on both competition days. Numbers are available in the competition centre. Check your number from the start list. At finish every competitor gives

back his / her race number. For the disappearance of a race number will be charged 50 euros.

Sprint competition, on Friday May 6th, starts with intervals

Map, EMIT-card and competition material

Map scale 1:5000, contour line interval 5 metres.

The map is in a plastic pocket / bag.

Check the number of your EMIT-card from the start list.

Paper labels for EMIT-cards are available at the start.

Control descriptions are only on the map.

At the competition centre there is a model control and stamp 0 (zero) in which the functioning of the EMIT-card can be checked.

Classes and Course lengths:

All courses include 500 meters of signposting.

Class	Course Length (km)	Class	Course Length (km)	Class	Course Length (km)	Class	Course Length (km)
M21	3,0	W21	2,5	M60	2,3	W60	1,8
M20	3,0	W20	2,5	M65	2,1	W65	1,8
M35	3,0	W35	2,5	M70	2,1	W70	1,8
M40	3,0	W40	2,5	M18	2,5	W18	2,1
M45	2,5	W45	2,3	M16	2,1	W16	1,8
M50	2,5	W50	2,1	M14	1,8	W14	1,8
M55	2,3	W55	2,1				

Start

Start is located 100 meters from the competition centre. The way to the start is marked with yellow signposting.

Start interval is 1 min in each competition class according the start list.

Competitors should be at the start 4 min before their own starting time. Then there is a roll call. At 3 minute line there is zeroing the EMIT. 2 minutes before the start the competitors may see the model map. 1 minute before the start the competitors may move to the map holder to wait the start.

At the start moment the competitor takes the map marked with his / her own race number from the map holder and runs to the starting point of orienteering (K-point) and to the first(1st) orienteering loop.

Shooting

The first shooting is prone shooting on places 1-15 and the second shooting is standing shooting on places 16-29, M/W 14-16 prone shooting.

In both shootings the competitor has five (5) rounds to hit five (5) targets. All five shots have to be fired off. The loading is done at the place of shooting, not before the competitor is in the shooting place. Rifles may be loaded and unloaded only with the barrel pointing to the direction of the targets.

The competitor runs from the last control of the first (1st) orienteering loop along the marked route and picks up the weapon from the weapon rack. After picking up the weapon from the weapon rack competitors rotate the racks counter-clockwise. The weapon must be carried from the gun barrel pointing upwards.

The shooting area officials indicate the competitor the shooting lane. The competitor gives the map to the official who marks the hits on the map with a marker pen (X-marks). Every miss means one penalty loop.

After the shooting the competitor gets the map back from the official and takes the weapon back to the weapon rack rotating the racks counter-clockwise. The weapon is placed according to the race number. After that the competitor runs the possible penalty loops.

After each penalty loop the competitor must stamp to the empty space (missed shots) on the map. After perfect shooting or when finished the penalty loops the competitor continues the race following signposting to the control point number 91. After punching the competitor gives the map to the official and takes the new map with his / her own race number from the map holder and goes to the second (2nd) orienteering loop.

Actions at the second shooting (standing and in the classes M/W14–16 prone) are like on the first shooting. The only difference is that after perfect shooting or when finished penalty loops the competitor runs to the finish and punches on the finish line.

Attention!

In classes M/W14 it is allowed to use a shooting support. The guardian or coach can help if needed the competitor in carrying the weapon and the stand to the shooting place and back to the weapon rack.

Competitors can retrieve their weapon from the weapon rack after the competition in a way not disturbing other competitors.

Penalty Loop

Competitors must run possible penalty loops immediately after the shooting when they have left their weapons to the weapon racks.

The penalty loop is 130 meters for classes M21, M20, M35 and 100 meters for the other classes. The competitor stamps on each penalty loop on the empty space on the back side of the orienteering map.

Finish

The finish is at the competition centre close to the shooting area.

At the finish the competitor punches with EMIT card and continues to the EMIT checking and shooting / penalty loop stamps checking.

Results

The results will be published on the bulletin board and on the net.

When the results of each class are ready the leader of the competition signs each result sheet.

Any protest regarding the results has to be done within 15 minutes after the final results of each class. The protest has to be delivered on paper for the leader of the competition.

Prize giving ceremony

The championship medals and honor prizes will be given at the competition centre. M/W21 World Cup prizes will be given at the same ceremony.

Normal Distance mass start on Saturday May 7th

Map, EMIT-card and competition material

Map 1:10 000 contour line interval 5 metres.

The map is in a plastic pocket / bag.

Check the number of your EMIT-card from the start list.

Paper labels for EMIT-cards are available at the start.

Control descriptions are only on the map.

At the competition centre there is a model control and stamp 0 (zero) in which the functioning of the EMIT-card can be checked.

Classes and Course lengths:

All courses include 500 meters of signposting.

Class	Course Length (km)	Class	Course Length (km)	Class	Course Length (km)	Class	Course Length (km)
M21	9,6	W21	6,9	M60	5,5	W60	3,5
M20	9,6	W20	5,5	M65	4,0	W65	3,5
M35	9,6	W35	5,5	M70	4,0	W70	3,5
M40	6,9	W40	5,5	M18	6,9	W18	4,0
M45	6,9	W45	4,0	M16	4,0	W16	3,5
M50	6,9	W50	4,0	M14	3,5	W14	3,5
M55	5,5	W55	4,0				

Start

The start is at the competition centre. Mass start takes place by classes in the order of the start list.

The competitors should be at the start 5 minutes before their own starting time to zero their EMIT cards.

Two (2) minutes before the start, the competitors move behind their map. Maps are marked by the race numbers.

At the start moment the competitor takes the map marked with his / her own race number and runs to the starting point of orienteering (K-point) and onwards to the first(1st) orienteering loop.

Shooting

First shooting is prone shooting on places 1-15 and second shooting is standing shooting on places 16-30, M/W 14–16 prone.

In both shootings the competitor has ten (10) rounds to hit ten (10) targets. After five (5) shots the competitor has to announce “change/vaihto” and after that an official strikes up the targets and the competitor change the magazine and continue 5 shots more. All ten shots have to be shot.

The loading is done at the place of shooting, not before the competitor is in the shooting place. Rifles may be loaded and unloaded only with the barrel pointing to the direction of the targets.

The competitor runs from the last control of the first (1st) orienteering loop along the marked route and picks up the weapon from the weapon rack. After picking up the weapon

from the weapon rack competitors rotate the racks counter-clockwise. The weapon must be carried from the gun barrel pointing upwards.

The competitor may choose the shooting lane. Competitor gives the map to the official who marks hits on the map with a marking pen (X-marks). Each miss means one penalty loop.

After the shooting the competitor gets the map back from the official and takes the weapon back to the weapon rack rotating the racks counter-clockwise. Weapon is placed according to the race number.

After that the competitor runs possible penalty loops. On each penalty loop the competitor must stamp to the empty space (missed shots) on the map. After perfect shooting or when finished the penalty loops the competitor continues the race following signposting to the control point number 91. After punching the competitor gives the map to the official and takes the new map with his / her own race number from the map holder and goes to the second (2nd) orienteering loop.

Action at the second shooting (standing and in the classes M/W14-16 prone) is like on the first shooting. **After perfect shooting or after penalty loops the competitor follows the signposting and runs to the start point of (K-point) the third orienteering loop.**

Attention!

In classes M/W14 it is allowed to use a shooting support. The guardian or coach can help if needed the competitor in carrying the weapon and the stand to the shooting place and back to the weapon rack.

Competitors can retrieve their weapon from the weapon rack after the competition in a way not disturbing other competitors.

Penalty Loop

Competitors must run possible penalty loops immediately after the shooting when they have left their weapons to the weapon racks.

The penalty loop is 170 metres for classes M21, M20, M35 and 140 meters for the other classes. The competitor stamps on each penalty loop on the empty space on the back side of the orienteering map.

Orienteering

Orienteering continues after the first (1st) shooting from the starting point of second orienteering loop (K-point) where all competitors have a map change. The competitor takes a new map from the map holder and starts the second (2nd) orienteering loop.

The competitor follows the signposting from the last control of the second (2nd) orienteering loop to the shooting place. After perfect shooting or after penalty loops the competitor

follows the signposting and runs to the start point (K-point) of the third (3rd) orienteering loop.

After the third (3rd) orienteering loop the competitor runs to the finish line following the signposting.

Finish

The finish is at the competition centre close to the shooting area.

At the finish the competitor punches with EMIT card. (At the final sprint the placing will be set according to the crossing of the finish line.) After that the competitor continues to the EMIT checking and shooting / penalty loop stamps checking.

Results

The results will be published on the bulletin board and on the net at the competition pages. When the results of each class are ready the leader of the competition signs each result sheet.

Any protest regarding the results has to be done within 15 minutes after the final results of each class. The protest has to be delivered on paper for the leader of the competition.

Prize giving ceremony

The championship medals and honor prizes will be given at the competition centre. M/W21 World Cup prizes will be given at the same ceremony. Each competitor in classes M / W 14 gets a prize.