



Arrival to the competition:

Competitors/teams must register at the competition office, which is located from Thursday 21 August at 12.00 in the Keurusselkä sports park, building TöyssyTupa. The competition office is in the same place on all competition days. The address of the competition centre is Keurusseläntie 14, 42700 Keuruu.

From the competition office you can pick up the competition number, borrow an EMIT card, and get maps for model orienteering.

Accommodation: Hotel Keurusselkä, the reception takes care of all matters related to accommodation, meals and the evening event, such as keys, meals, etc. The address of Hotel Keurusselkä is Keurusseläntie 143 42700 Keuruu.

Competition areas:

The competition terrain is around the shooting range area of Hotel Keurusselkä and Keurusselkä Sports Park. Moving in the terrain in the competition area is prohibited, except for the competition center and the shooting range area, the competition instructions have a separate map of the forbidden areas.

Rules:

The competitions follow the rules of the IBOF International, dated May 2017, the rules of the Finnish Military Sports Federation updated on 1.3.2024, and the instructions given by the organizers.

Weapon storage:

Each competitor is responsible for the safe storage of their own weapon, the organizers and Hotel Keurusselkä do not have a locked space for weapons.

Competition numbers:

The competitor uses the same race number in the sprint and normal races. The numbers of the relay race will be distributed separately.

Map and terrain:

The competition maps have been updated 6/2025 and are up-to-date in all respects, including vegetation description. The sprint map is new.

The competition terrain is Finnish economic forest, where runnability and height differences vary, but as a main rule, the runnability is quite good, the height differences are at their highest about 40 m.

The sprint competition uses a special map for sprint orienteering, the scale of the map is 1:5000 in all categories, the curve interval of the sprint map is 2.5 m.

The competition maps are in map plastic and the map of the normal distance is laminated with a water protective material. More detailed instructions on the scales of the maps and the size of the map can be found in the competition instructions, section: classes, distances, scale and map size.

Shooting training and model orienteering:

On Thursday, August 21, it is possible to do training on mechanical and cardboard boards at the shooting range from 12:00 to 16:00. On competition days, only on cardboard boards.

Model orienteering is possible on the map nearby competition area on Thursday at 12.00-16.00. The team material of the foreign teams has pre-reserved model orienteering maps. Other competitors also have the opportunity to do model orienteering, maps are available from the competition office. Instructions for model orienteering can be found at the end of the competition instructions, a separate map appendix on how to access to model orienteering area.

Weapons inspection:

Each competitor must have their weapon inspected before their first competition. The inspection can be carried out already on Thursday 21 August between 12:00 and 16:00. The weapon inspection is carried out on the shooting range. The main focus of the inspection is on the following: The distance between the center line of the barrel and the lower edge of the stock, including the magazine and trigger guard, must not exceed 140 mm. The resistance of the trigger should be at least 0.5 kg.

Opening ceremony:

The opening ceremony will be held at Hotel Keurusselkä on Thursday 21 August at 19.00. Address: Keurusseläntie 143 42700 Keuruu.

Meals:

Competitors' meals will be handled through Hotel Keurusselkä, either with the accommodation reservation or meals can be purchased and agreed separately at the Hotel Reception point.

Target shooting on competition days:

Target points for target shooting at the shooting range: targets no. 1 - 4 DEN, 5 - 8 SWE, 9 - 18 FIN, 19 - 25 other countries and competitors.

Each shooting place has two cardboard boards for target shooting.

Prize giving ceremony:

The prizes of the Finnish Championship competitions will be awarded at the Keurusselkä Sports Park after the results are ready, according to a separate schedule.

The prize giving ceremony of the World Championships will be awarded at Hotel Keurusselkä after the end of the competitions at 17:00 for the sprint race, at 17:00 for the normal distance and at 13:00 for the relays at Keurusselkä Sports Park.

Results: The results can be seen in Keuruselkä Sports Park, on the scoreboard, as well as real-time results on www.vaajakoskentera.com website.

Insurance:

Competitors participate in the competitions at their own risk. Accident insurance and equipment and supplies used in competitions are the responsibility of the competitors, national regulations.

Instructions Sprint race on Friday 22.8:

Sprint map 5/2025, the scale of the map is 1:5000 in all classes, the contour interval is 2.5 m. The map is in a plastic cover. The distance to the start is about 900 m. There are signs from the competition centre to the start, it is not allowed to leave the marked route. All competitors have a pre-start that must be passed until 13.10 pm. It is not allowed to return to the competition centre from the pre-start. There is a toilet at the pre-start and there is a transport of equipment from the start to the finish. The numbers of the main classes H/D21 classes are in the pre-start, all other competitors must pick up their competition numbers from the competition office. **In the sprint and normal distance races, the competitors use the same number on both days.** EMIT competition card control papers are available at the start. During the competition, there is a road crossing, the road must be crossed from the point marked by the organizers and the map, where there are also signposts, if the competitor crosses the road from another point, the competitor's performance may be disqualified. The crossing of the road is supervised by the organiser.

Actions at the start: Runners will be called to the start 3 minutes before the start time

- 3 min EMIT competition card reset, - 2 min model map - 1 min The competitor moves to the maps, - 0 min The competitor takes the map and starts the competition. The competitor is responsible for taking a map according to their own class and going around the course in numerical order.

Control descriptions: The control descriptions are printed on the map, there are no separate control descriptions.

Competition equipment: Equipment according to the rules of the sport. The use of orienteering spikes is prohibited.



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Activities at the shooting:

When the competitor arrives at the shooting, takes the gun from the rack at their own competition number and runs with the gun holding the barrel, with the lock open, the barrel facing upwards to the shooting place of their choice and performs the shooting. The competitor has prone shooting places 1-15 and standing places 16-30.

Guardians can leave shooting supports for the H/D14 classes in advance at the shooting place for the duration of the shooting. The H/D 16 classes shoots both shootings from a prone position. After shooting, the competitor runs holding the barrel of the gun, the lock open, the barrel facing upwards, onto the gun rack and leaving the gun in the gun rack and continuing the performance either to the penalty lap, the orienteering section or the finish. Guardians can follow the shooting performances with binoculars in the audience area.

If all shooting places are full when the competitor comes to shoot, then the competitor punches his EMIT card at the shooting place "waiting begins" and waits for the free shooting place, when he notices the free shooting position, he punches his EMIT card again at the next "waiting ends" and moves to the free shooting position. The competitor who has done so will be credited for the waiting time between punches. Stamping is the responsibility of the competitor.

The competitor must carry their own orienteering equipment (map, compass, emit punch) with them throughout the competition, including the shooting place. The organizer does not take care of competitors' orienteering equipment at the shooting site.

Penalty round: is on the grass field behind the shooting range, in the sprint competition classes H21 and H20 go around a longer lap (45 sec) and all other classes a shorter lap (30 sec). In addition to the organizers, the penalty round has also video control.

In the relay, the penalty laps are different than in the sprint, but there are instructions for them in these competition instructions for the relays.

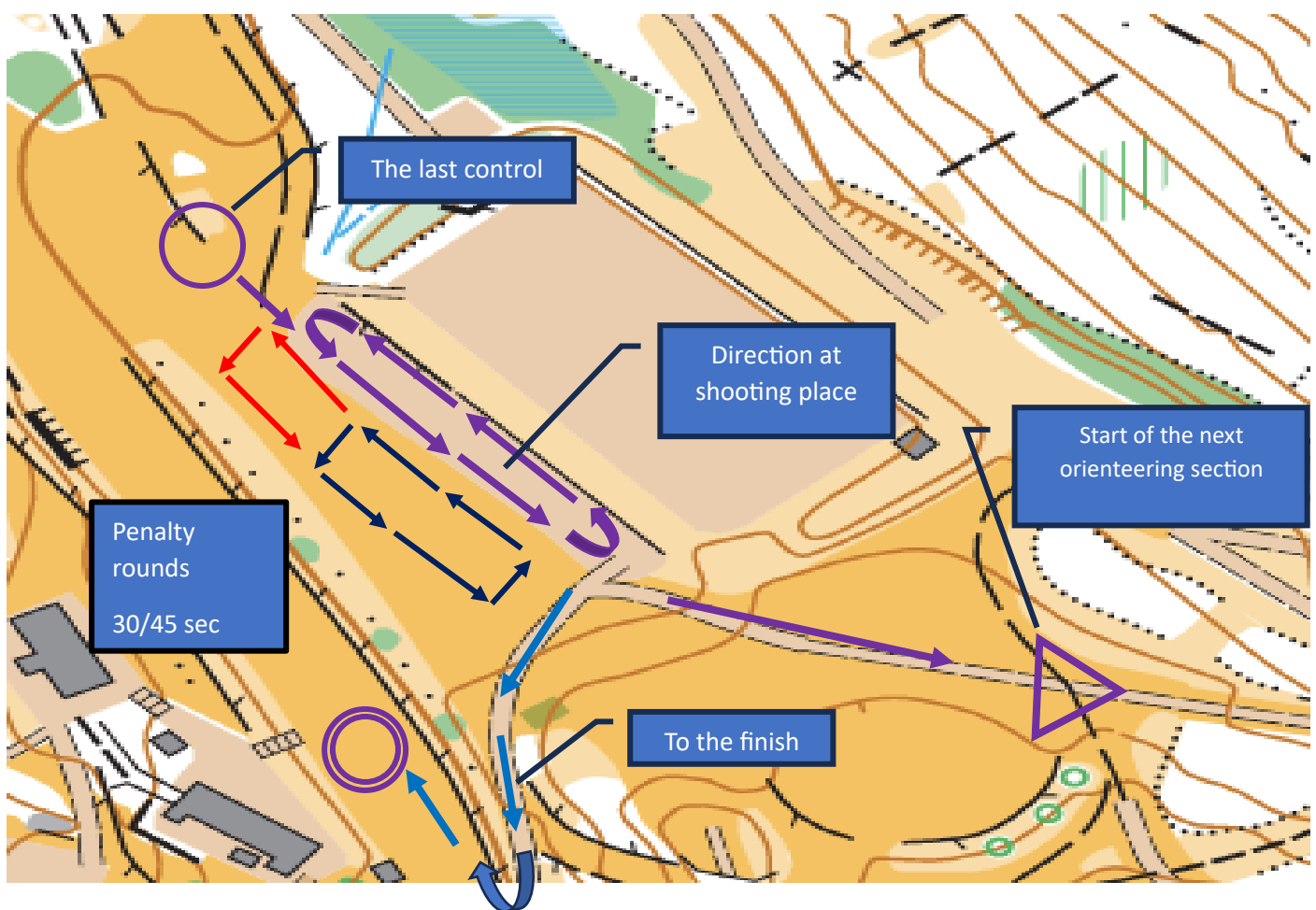
In all competitions, actions at the shooting range must follow these competition instructions.

The actions at the shooting range during the competition performance are demonstrated to the competitors immediately after the end of the target shooting on each competition day.

Sprint: class, distance, map scale and map size:

D14 2,6km 1:5000 A3 D16 2,6km 1:5000 A3 D18 3,1km 1:5000 A3 D20 3,2km 1:5000 A3

| | | | |
|---------------------|---------------------|----------------------|---------------------|
| D21 3,3km 1:5000 A3 | D35 3,2km 1:5000 A3 | D40 2,9km 1:5000 A3 | D45 2,9km 1:5000 A3 |
| D50 2,6km 1:5000 A3 | D55 2,6km 1:5000 A3 | D60 2,5km 1:5000 A3 | D65 2,5km 1:5000 A3 |
| D70 2,4km 1:5000 A3 | D75 2,4km 1:5000 A3 | D21B 3,3km 1:5000 A3 | |
| H14 2,6km 1:5000 A3 | H16 2,9km 1:5000 A3 | H18 3,3km 1:5000 A3 | H20 3,2km 1:5000 A3 |
| H21 4,0km 1:5000 A3 | H35 3,2km 1:5000 A3 | H40 3,2km 1:5000 A3 | H45 3,2km 1:5000 A3 |
| H50 2,9km 1:5000 A3 | H55 2,9km 1:5000 A3 | H60 2,7km 1:5000 A3 | H65 2,7km 1:5000 A3 |
| H70 2,4km 1:5000 A3 | H75 2,4km 1:5000 A3 | H21B 4,0km 1:5000 A3 | |



Actions on the shooting range in terms of sprint orienteering, entry to shooting, penalty rounds, marked routes to the second orienteering section and the finish.

Instructions Normal distance competition on Saturday 23.8:

The start is located about 3 km from the competition centre, marked route to start starts from the competition centre, it is not allowed to leave from the marked route. Competition teams and competitors

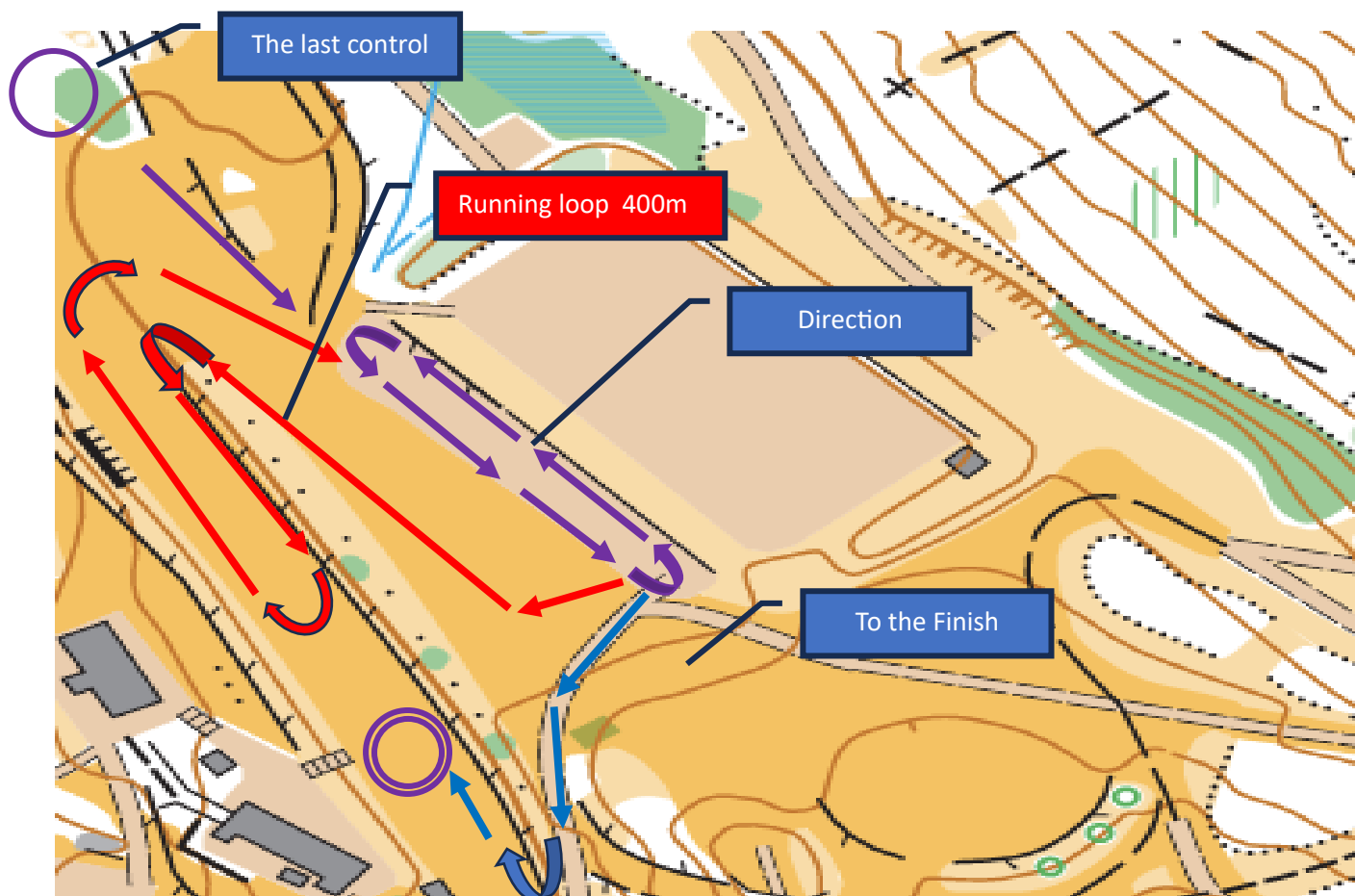
have the opportunity to use the vehicle by the guardians when moving from the competition centre to the start, for which separate instructions with map attachment. Water is available for the competitors at the start.

Positioning section:

The route is marked with a white stripe. The map of the positioning section is in a scale of 1:7500 for all classes, the map is laminated and weatherproof. Only the start triangle and the competitor's number are marked on the map, and the numbers 1 – 10 are marked on the back of the map. For H/D14-16 and H/D70-75 classes, the length of the positioning section is about 1.5 – 2.0 km, for all other classes about 3 km.

Your own point is marked with a blue cloth with the order number of the control. The positioning point is marked with a yellow cloth with the order of the control number and the definition of the point to be positioned/observed. The point to be positioned is marked with the control flag at the point. In addition, there is an "endoscopy tube" in the positioning place, which points in the direction of the control to be positioned. All positioning places also have pins and colour pens for marking the map. The competitor will receive a positioning map from the starting point of the positioning section. The competitor follows a marked route, from which it is not allowed to deviate by more than five metres. Going back on the positioning route is forbidden. When the competitor arrives at the positioning area, he marks his own place or the point to be observed with a pin on his map. After this, the competitor draws a line on the back of the map with a pencil from the hole they have marked to the corresponding control number. It is not allowed to leave the positioning area before the competitor has marked the target on their map in the above-mentioned way.

At the finish of the positioning section, the competitor gives the positioning section map to the officials, takes the map of their own class and starts the orienteering section. At the start of the orienteering section, drinks (water) will be available for the competitors. The competitor is responsible for taking a map according to their own class.



Actions at the shooting range over normal distance, marked running route between prone shooting and vertical shooting, and marked route to the finish.

Normal distance: class, distance, scale and size of map:

| | | | |
|-----------------------|-----------------------|------------------------|-----------------------|
| D14 3,5km 1:7 500 A3 | D16 4,0km 1:7 500 A3 | D18 4,3km 1:10 000 A3 | D20 4,6km 1:10 000 A3 |
| D21 6,4km 1:10 000 A3 | D35 4,6km 1:10 000 A3 | D40 4,5km 1:10 000 A3 | D45 4,5km 1:7 500 A3 |
| D50 4,3km 1:7 500 A3 | D55 4,3km 1:7 500 A3 | D60 4,0km 1:7 500 A3 | D65 3,9km 1:7 500 A3 |
| D70 3,4km 1:7 500 A3 | D75 3,4km 1:7 500 A3 | D21B 6,4km 1:10 000 A3 | |
| H14 4,0km 1:7 500 A3 | H16 4,5km 1:7 500 A3 | H18 5,1km 1:10 000 A3 | H20 6,7km 1:10 000 A3 |
| H21 7,5km 1:10 000 A3 | H35 6,4km 1:10 000 A3 | H40 6,4km 1:10 000 A3 | H45 6,4km 1:7 500 A3 |
| H50 5,1km 1:7 500 A3 | H55 4,5km 1:7 500 A3 | H60 4,5km 1:7 500 A3 | H65 4,3km 1:7 500 A3 |
| H70 3,9km 1:7 500 A3 | H75 3,4km 1:7 500 A3 | H21B 7,5km 1:10 000 A3 | |

Instructions Relay on Sunday 24.8:

Classes:

The teams consist of two participants, excl. H21 class with three orienteers.

Master teams: The total age of the team participants (based on the year of birth) must be met by class. Participants must be born in 1990 or earlier.

Mixed teams: two participants, no age or nationality restrictions.

The scale of the map is 1:7500 in all categories, contour interval 5 m, all legs in relay legs have gafflings.

The start is near the Sports Park. Warmup is only allowed in the vicinity of the Sports Park.

There is marked route from the start and from the changeover to starting point of orienteering, you are not allowed to leave the marked route. All relay legs have a road crossing, the crossing must be made at the point marked on the map. The organizer supervises the crossing of the road, if the competitor crosses the road from a point other than the organizers or marked on the map, it will cause the team to be disqualified.

Schedule:

Aim shooting: 09.00-10.00

Start: H/D21 at 10.30 Start: H/D20, H/D70 at 10.40

Start: H/D95, H/D120 at 10.50 Start: Mixed relay at 11.00



Distances of orienteering sections:

D20 4,4-4,5km 1:7 500 A3 D21 5,2-5,4km 1:7 500 A3 D70 4,4-4,5km 1:7 500 A3

D95 3,2-3,4km 1:7 500 A3 D120 3,1 – 3,3km 1:7 500 A4 map turn over

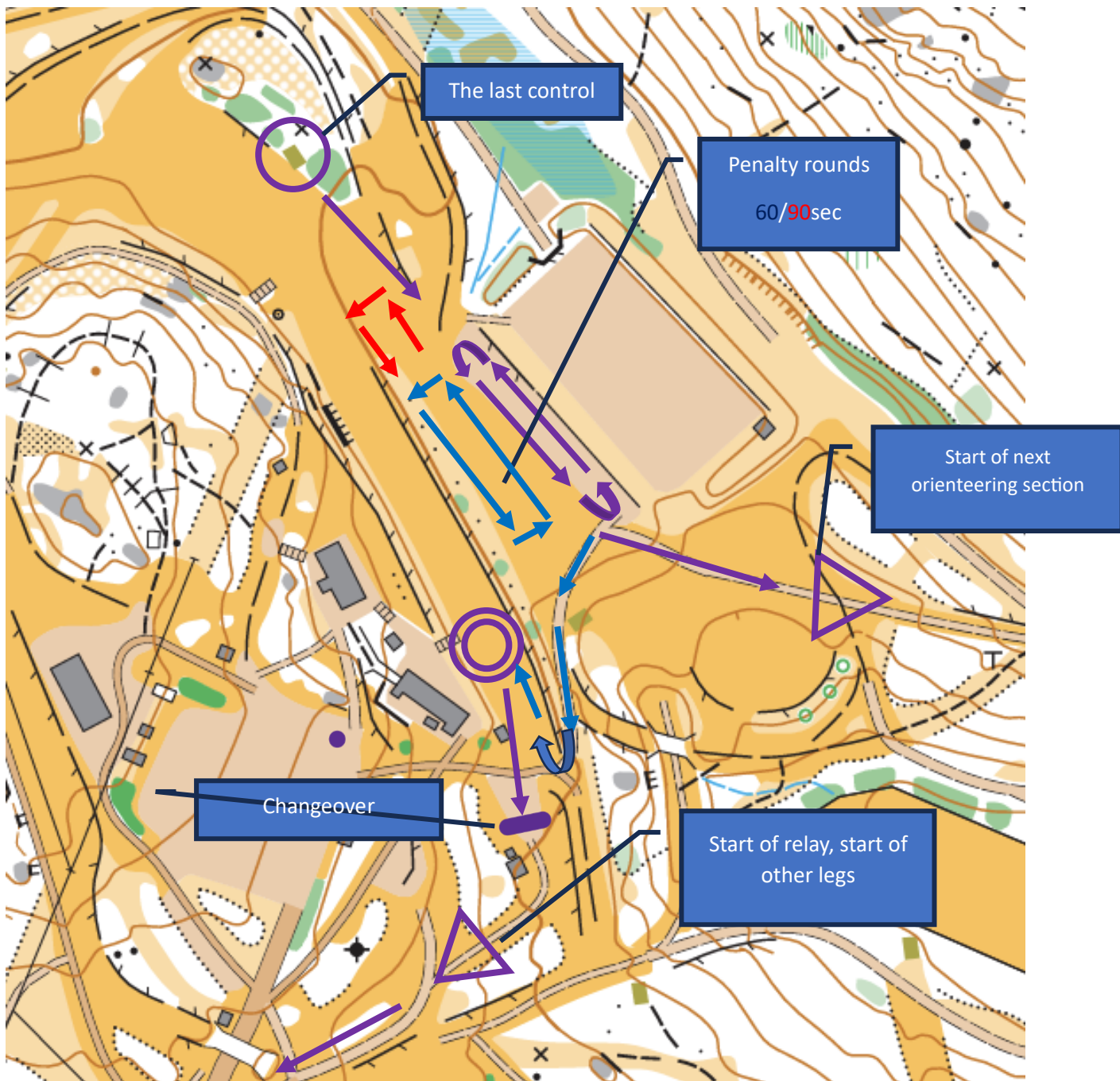
Mixed class 4,4-4,5km 1:7 500 A3

H20 5,2-5,4km 1:7 500 A3 H21 5,7-5,9km 1:7 500 A3 H70 5,3-5,5km 1:7 500 A3

H95 4,4-4,5km 1:7 500 A3 H120 3,1-3,4km 1:7 500 A3

Mixed class 4,4-4,5km 1:7 500 A3

Actions at shooting place:



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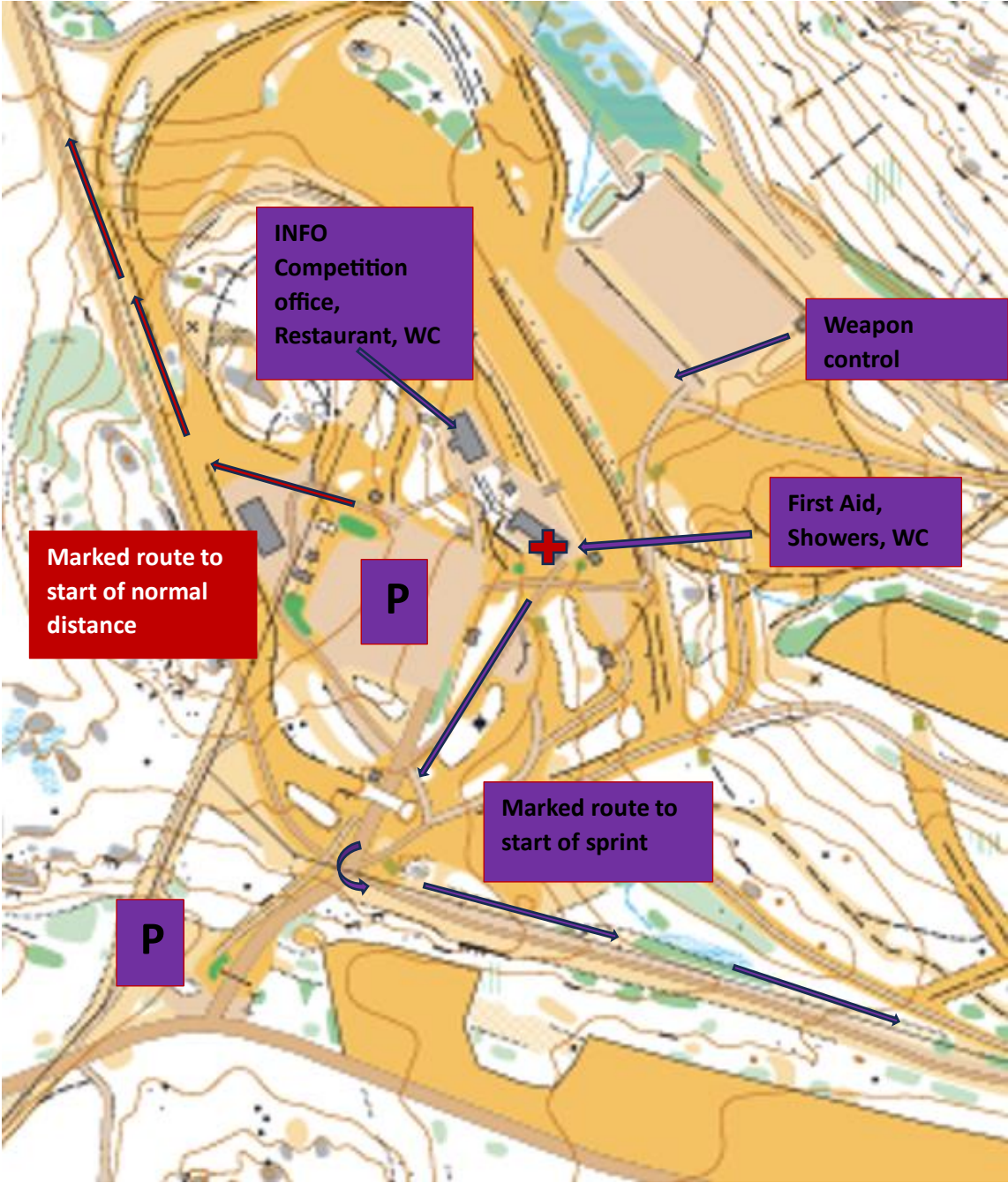
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Special features on map:

Nearby sports park, there are shooting target devices (as shown in the picture), which are marked on the competition map with a black x mark, in addition, there are animal figures in the nearby area, they are not marked on the map.



COMPETITION CENTRE MAP:





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PAINOTALO
ÄSSÄ



MODEL ORIENTEERING ON THURSDAY 21.8. 12.00 – 16.00.

ROUTE, START OF THE POSITIONING SECTION AND ORIENTEERING:



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START OF THE NORMAL DISTANCE AND ROUTES TO START **ON FOOT** OR **BY CAR**.

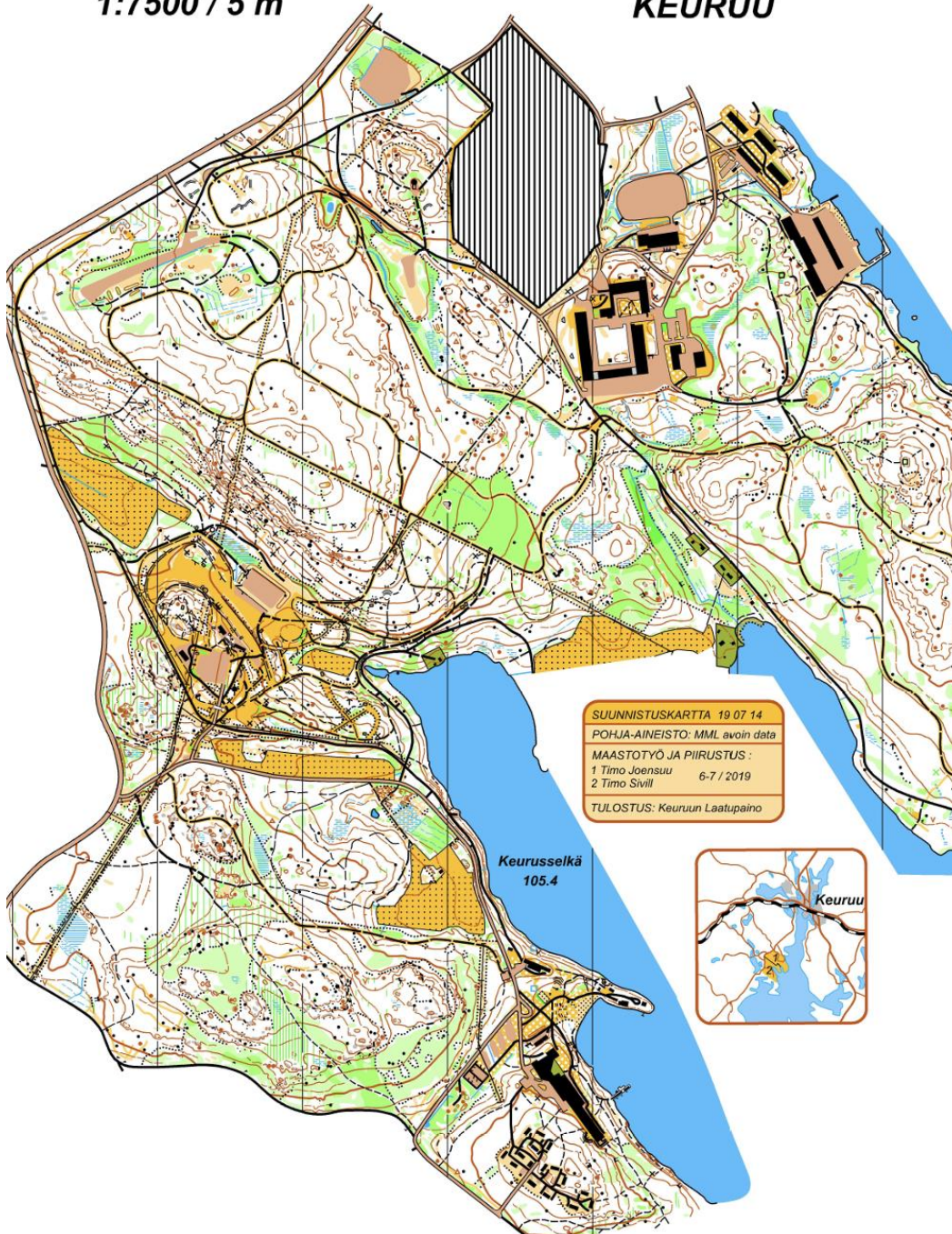


SUUNNISTUSKARTTA

KEURUSSELÄN LIIKUNTAPUISTO

1:7500 / 5 m

KEURUU



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FORBIDDEN AREAS:

