



## Selection Races Middle and Long Distance

We will offer official selection races as possibly the most relevant competition opportunity in EOC terrains - therefore we will focus a lot on proper terrain choice and course-setting, using fresh areas not used for training. Selection races will consist of Middle Distance and Long Distance races.

### Date and location

Saturday, 16th July – Middle Distance - **Sae**

<https://orienteerumine.ee/kaart/?eolcode=2022015>

Sunday, 17th July – Long Distance – **Pukametsa** <https://orienteerumine.ee/kaart/?eolcode=2020069>

Embargoed areas According to the IOF Competition rules (§ 26.5), embargoed areas are forbidden for all potential EOC 2022 athletes, team officials and other persons, who, through knowledge of the terrain, may influence the results of the competitions. All embargoed areas are under strict embargo. You can enter the embargoed area on the marked way to start, in the pre-start and warm-up area and during your race. Do not reenter the embargoed area after your race until the competition is finished. For cooling down please always use the area of the race arena or adjacent road. More information and maps are available on <https://eventor.orienteeing.org/Events/Show/6817>

Direct link to detailed map of the embargoed areas

<https://www.google.com/maps/d/u/0/viewer?mid=14YC7L2d-pg0RM3yy04Be00P6AbZJqZXZ&ll=59.32046603261861%2C26.498381351119974&z=11>

## General information

### Event Office

Only online - please contact Raili Rooba

Email: [raili.rooba@gmail.com](mailto:raili.rooba@gmail.com)

Phone: +372 56602150

### Trainings Coordinator

Mait Tõnisson [trainings@eoc2022.ee](mailto:trainings@eoc2022.ee) +372 513 8911

### Classes

Women, Men

## **Clothing And Footwear**

There are no regulations regarding clothing. Choice of footwear is free for all races. Athletes are kindly asked to run in national jerseys in order to prepare video materials for the EOC 2022.

## **Registration and starting order**

Online registration in web <https://osport.ee/calendar/Event/19012>

In case you prefer your own starting order within the team, please, contact Tarmo Klaar till Tuesday July 11st 2022.

If you need changes to the start list – Tauno Murakas, [tauno.murakas@gmail.com](mailto:tauno.murakas@gmail.com)

## **Model events**

No official model event will be organized. You can choose relevant training areas from our training courses. Warm-up maps **with** controls will be provided before [Long Distance](#).

## **GPS tracking**

No official GPS used by organizers, it depends on each team. If the team uses it, it will be in private mode and it can be published only after the last start of the whole race (not team). Organizer will provide exported course maps for GPS tracking after the race. Organizer open event in Livelox.

## **Online results**

Online results will be provided in <http://otse.osport.ee/>

## **Start bibs**

No start bibs will be provided by organizers.

## **Insurance**

Competitors participate at their own risk. Insurance against accidents is the responsibility of their federation or themselves, according to national regulations. There are no unusual features of the event

## **Medical issues**

Medical service will be available at the arenas.

## **Payments**

The participation fee must be paid at the same time as registration. All the costs have to be covered via bank transfer. Only after prior agreement it is possible to pay on site. In this case you will get only a confirmation about paying, not an invoice. Please contact us on [raili.rooba@gmail.com](mailto:raili.rooba@gmail.com)

Bank transfer:

MTÜ Rakvere Orienteerumisklubi, Lasketiiru 10, 45107 TAPA

EE182200001120223575, HABAE2X, SWEDBANK AS  
Liivalaia 8, 15040 Tallinn, Reg. number: 10060701

## 16.07.2022 - Middle Distance

**Competition area:** Sae - <https://orienteerumine.ee/kaart/?eolcode=2022015>

**Competition arena:** Sae – GPS 59.260637, 26.637621 – New arena!!!

**Parking:** 150 m from the arena. No parking fee.

**Sale:** Due to the small number of participants, there is no buffet.

**Toilets:** At arena and 200 m from start, no showers

**Terrain:** The terrain has many typical moraine features (eskers, kames, drumlins). The height difference on the terrain is around 20 metres and 10 metres on one slope. There are many hillocks and depressions with depths and heights up to 10 metres. The vegetation is very varied, but most of the terrain is covered by forest. There are a lot of areas with self-sown undergrowth and high grass. Old logging areas can be overgrown. Runnability varies from the spruce forest with good runnability to overgrown logging areas, areas with storm-felled trees and a lot of areas with undergrowth, which all have poor runnability. Visibility varies from good to poor. A regular pattern of forest rides covers the terrain and there are some small roads and tracks.

**Start:** First start: 12:00 **0.1 km** from Arena to Start. Minimal start interval: 2 min - there is no water provided by organizers

**Start procedure:**

- 4 call, SI card number and name check by organizer, SI card clear
- 3: SI card check, control descriptions
- 2: SIAC test
- 1: map table (athlete can take the map in the moment of the start - beep on the clock) 75m marked way from timed start to start triangle

**Quarantine:** Organizers don't provide quarantine and it is up to the teams. The coaches must give a deadline, when all competitors of the team must leave the parking following a marked way to start.

**Map:** 1 : 10 000, contour interval 5 m, map is mapped by EOC 2022 mapper Mait Tõnisson in ISOM2017-2. No old map available. Print (Printcenter), waterproof paper.

**NB! - The map has been printed by mistake contour interval 2,5 m - Should be 5m**

**Control description:** Printed on the map and separate descriptions are available at start. Maximum dimensions: 55x150mm (Women), 55x150mm (Men)

**Finish:** Follow the marked route from the last control to the finish. The finish CP is touch free. Proceed to SI read out, maps will be collected until the last runner has started. Water is available after the finish.

**Course lengths:** Men 5.8 km / 105 m / 15 CP.

Women 4.6 km / 65 m / 13 CP

No refreshment during the race provided by organizers.

**Est. winning times:** 32 min

## 17.07.2022 - Long Distance

**Competition area:** Pukametsa - <https://orienteerumine.ee/kaart/?eolcode=2020069>

**Competition arena:** Pukametsa – 59.30159, 26.738267

**Parking:** 150 m from the arena. No parking fee.

**Sale:** Due to the small number of participants, there is no buffet.

**Toilets:** In arena, no showers

**Terrain:** The terrain has many typical moraine features (eskers, kames, drumlins). The height difference on the terrain is around 30 metres and 20 metres on one slope. There are many hillocks and depressions with depths and heights up to 10 metres. The vegetation is very varied, but most of the terrain is covered by forest. There are a lot of areas with self-sown undergrowth and high grass. Old logging areas can be overgrown. Runnability varies from the spruce forest with good runnability to overgrown logging areas, areas with storm-felled trees and a lot of areas with undergrowth, which all have poor runnability. Visibility varies from good to poor. A regular pattern of forest rides covers the terrain and there are some small roads and tracks.

**Start:** First start: 10:00 600 m from Arena to Start (will be marked) Minimal start interval: 3 min - there is no water provided by organizers

**Start procedure:**

- 4 call, SI card number and name check by organizer, SI card clear
- 3: SI card check, control descriptions
- 2: SIAC test
- 1: map table (athlete can take the map in the moment of the start - beep on the clock) 50m marked way from timed start to start triangle

**Quarantine:** Organizers don't provide quarantine and it is up to the teams. The coaches must give a deadline, when all competitors of the team must leave the parking following a marked way to start.

**Warm-up map:** Warm-up maps will be available in the arena

**Map:** 1 : 15 000, contour interval 5 m, map is mapped by EOC 2022 mapper Kuno Rooba in ISOM2017-2. Old maps: <https://orienteerumine.ee/kaart/?eolcode=2015023> and <https://orienteerumine.ee/kaart/?eolcode=2019061> available in web. Offset print (Printcenter), waterproof paper.

**Control description:** Printed on the map and separate descriptions are available at start. Maximum dimensions: 55x200mm (Women), 55x220mm (Men)

**Finish:** Follow the marked route from the last control to the finish. At the finish line the runners must punch the finish unit (in beacon mode). Proceed to SI read out, maps will be collected until the last runner has started. Water is available after the finish.

**Course lengths:** Men 16.8 km / 305 m / 31 CP.

Women 12.7 km / 225 m / 24 CP

Refreshment during race provided by organizers (water): Men 4x (30%, 50%, 70%, 75%) Women 3x (20%, 65%, 70%) Own refreshment at controls is not possible.

Est. winning times: 70 min women, 90 min men





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