

COMPETITION INSTRUCTIONS

Competition Manager	Jaakko Lajunen
Technical Manager	Panu Kärkkäinen
Chief Course Planner	Pentti Helminen
Head of Results Service	Mikko Peltonen
The Finish Line Referees	Heikki Peltonen, Nina Mäki
Media Manager	Taina Huovinen
Technical Advisor	Heikki Peltola (FOF)
Course Controller	Kari Häkkinen (VaajTe)
Chairman of Jury	Markku Joensuu (KanSu)

COMPETITION RULES AND INSTRUCTIONS

The rules of the Finnish Orienteering Federation (FOF) apply together with the instructions given by the organizer. FOF instructions are found in Finnish at www.suunnistusliitto.fi. Final competition rules are published on result board and Jämsä-Jukola website on Saturday 15.6. at 10 am.

TERRAIN

The competition terrain is located close to the Myllymäki technical college campus and Jämsänkoski ice hall.

Area's flat moorland-like terrain can distract competitors as it is more demanding the farther the track is from the competition centre. Large power lines cross the terrain in several points.

There are enough high differences in the terrain, the highest hills offer climbing about 50 metres. Terrains runability is basically good, with only a few rocky places. There are only a few open rock areas and they are not very large.

There are some signs of forestry work typical to commercial forests. Also, signs of gravel taking are visible in terrain and on the map, even though most of the gravel pits are already overgrown.

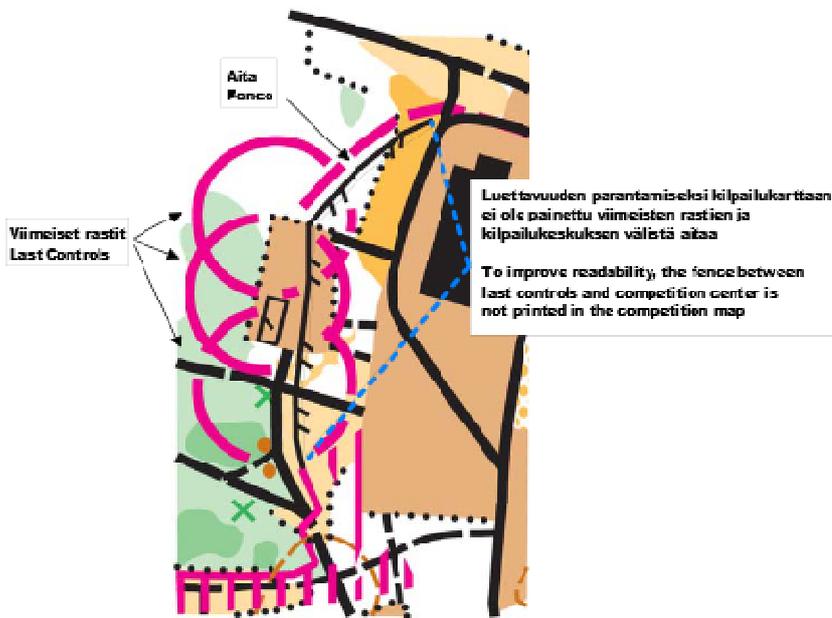
As the Enduro drivers have found the terrain suitable for training there are quite a few motorbike tracks here and there, but they are marked on the map.

COMPETITION MAP AND CONTROL DESCRIPTIONS

The competition map is a six colored orienteering map with open rock areas as grey. The map scale is 1:10 000 with a contour interval of five meters. The map has been printed in March 2013. The control descriptions are printed on the map and the control codes are also marked next to the control numbers. The size of the map for Venla Relay is A3 and for Jukola Relay A3 or A2. The map is plastic covered.

The map can be seen in the warm up area where only competitors waiting for their start have access to. It is forbidden to photograph the competition map. The old maps of the competition area can be seen on the result board and Jämsä-Jukola website.

To make the map as clear as possible, the fence behind the last control points (on the competition centre side) has not been marked on the map.



The map is based on a combination of laser scanning and stereo interpretation. Online GPS-supported mapping has taken place in 2011–2013. The ground work has been performed by two persons and even though the terrain is versatile and extended the map is of uniform quality and describes the accessibility well. In some places even smaller rocks than required have been mapped. The map offers a reliable and truthful description of the terrain and offers therefore a basis for an equal competition.

The TV production structures in the terrain have not been marked on the map or control descriptions.

Control points used with an x marking on the map are structures described as below.



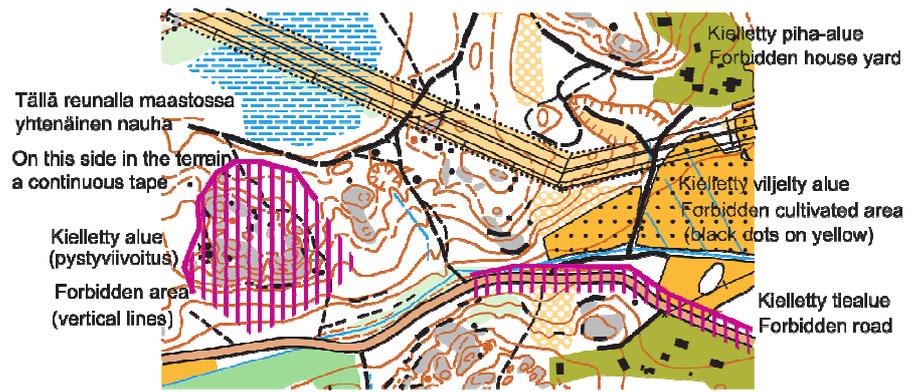
FORBIDDEN AREAS

Fields with black dots on yellow as well as house yards are forbidden areas. The other forbidden areas are marked on the competition map with vertical line (see below). If there is a continuous line around the forbidden area on the competition map, there is a continuous tape in the terrain. Forbidden roads are marked with vertical lines on the map (see below). There are some small forbidden areas (bird nests etc.) marked with a tape in the terrain. Those areas are not marked on the map with a forbidden area marking.

An example of the forbidden area tape is shown in the picture below. There is also an example at the model control in the competition centre. Markings of the forbidden area are shown in the picture below.



An example of the tape marking the forbidden area.



An example of the forbidden area markings on the map. (Map: Valio-Jukola 2012)

CONTROLS AND PUNCHING

Controls are identical to the model control. The model control is located next to the Information stand. Controls of the legs 1-4 in Jukola relay are provided also with reflective markers. Controls must be visited in the correct numerical order. Running number of the control and control code are printed on the map next to the control circle. Codes of certain controls differ from Emit codes; accordingly, the Emit card with a display will show a different number than the code on the control. The competitor must punch in at the changeover and at the finish.

SIGNPOSTING

There is a continuous tape marking on the both sides of the running track from the start and changeover area to the Start point (K-point i.e. triangle point on the map). There is signposting from the last controls to the changeover and finish. All competitors coming to changeover and finish follow the same track over the bridge after which the runners are divided to different changeover or finishing lanes depending on the leg run. The lanes are marked with clear leg number signs above the lanes.

RUNNING ORDERS

The running orders for both Venla and Jukola relays must be registered via internet (jukola.com/2013/en/kilpailuinfo/ilmoittautuminen) by using club specific login details latest by Friday, June 14th 2013, 6 pm.

The running orders can be registered in advance as non-public meaning that they will be published on the Jämsä-Jukola website only on Friday June 14th 2013 at 6 pm.

Any changes to the running order after the registration deadline must be submitted to the Information stand with proper reasoning latest one hour before the competition start. The Contest Supervisor has the right to accept or reject the proposed changes taking into account the reasoning.

The running orders can be seen in the internet as of Friday, June 14th 2013 at 6 pm and on the result board as of Saturday, June 15th, 2013 at 12.00.

The team leaders are responsible for obeying the age limits and for providing correct personal details of the competitors.

COMPETITION MATERIAL

The club specific competition material can be picked up at Information stand on Friday, June 14th, between 10:00 a.m. - 10:00 p.m. and on Saturday, June 15th, between 7:00 a.m. - 10:45 p.m. The competition material is handed out only when presenting the pre-posted club material card and on the condition that all the necessary fees have been paid and the final running orders have been delivered. The club material card will be emailed to the clubs in the beginning of June.

The competition material includes competition numbers, Emit control slips, club specific map returning card (1 piece /club, primarily included in the team material of the club's first Jukola team), and hired Emit cards. The competition material does not include safety pins for the competition numbers. Safety pins can be purchased at Information stand for 3€/30pieces.

COMPETITION NUMBERS

The competition numbers are based on the results of the Venla and Jukola relays in 2012. The first team of the club uses the smallest number. The competitor must protect the bar code sticker on the number from being damaged until it is read at the entrance gate of the start and changeover area.

The competition number must be visible during the whole leg. The competition material does not include safety pins. The team will be disqualified if the number has been detached intentionally during the race. Please attach your competition number carefully as it will be controlled at the entrance gate.

EMIT PUNCHING SYSTEM

Emit punching system is used in the competition, instructions are available at the Information stand. Each team must have at least three Emit cards. The same Emit card can be used in both Venla and Jukola relay. However, the same card cannot be used in consecutive legs or by different teams in the same relay. The competition material includes an Emit control slip for each team member. The control slip must be attached to Emit card. Each competitor shall write abbreviation J (=Jukola) or V (=Venla), team number and leg on the slip.

The numbers of the Emit cards will not be submitted at the team registration. Instead, they will be registered into the system in the competition area after the entrance gate called "Suomen suurin kuntokoulu" (Finland's biggest fitness center) when entering into the start and the changeover area. After registration the competitor must clear her/his Emit card at the Emit card clearing point. The Emit card may not be changed after it has been registered into the system. The competitor is not allowed to start the leg with an inoperative Emit card.

After the run, passing through the changeover and the finish, each competitor's Emit card is read at the discharge point. In cases of confusion the competitor will be guided to a separate checking point called "Itkumuuri" (The Wailing Wall).

Emit cards may be rented from the organizer in advance for 10€/piece. These in advance rented Emit cards will be delivered within the club specific competition material. Emit cards may be rented also on the competition day for 10€/piece at the Information stand. Team must collect all rented Emit cards together and return them jointly to the Information stand. An extra fee of 80€ will be charged for a lost or not returned Emit card.

TESTING EMIT CARD AND PUNCHING INSTRUCTION

Emit card testing points are located close to the entrance gate called "Suomen suurin kuntokoulu" (Finland's biggest fitness center) and next to the Information stand. There each competitor may verify that her/his Emit card is functioning and get acquainted with the punching system.

Check your Emit card at the testing point by placing your Emit card into the punch containing a led light. When the card is attached to the punch, a red blinking led light means that your card is functioning.

You may try punching at a model control. The model control as well as the controls in the terrain have a normal Emit punch without the blinking led light. Also the changeover and the finish contain a similar Emit punch. In order to register the control, the Emit card must be pushed all the way onto the bottom of the punch. This also creates a mark on the Emit control slip which can be used as a proof for visiting the control in case of trouble in the IT system.

START

The start is situated in the start and changeover area behind the finishing line. Entry to the start area is through "Suomen suurin kuntokoulu" (Finland's biggest fitness center) entrance gate which is located in the South-West corner of the ice hall. Competitors are not allowed to leave the start area after their Emit cards have been cleared. There are toilets and a water tap within the start area. Instructions for the mass starts can be found in separate instructions for both relays.

Venla relay will start on June 15th, 2013 at 2:00 p.m. and Jukola relay will start at 11:00 p.m. In both relays the entrance gate will be opened one hour before the start. The competitors must be at the entrance gate no later than 20 minutes before the start.

What to do in the starting area:

The competitor place is marked with a number on plastic band. The competitor moves to a place corresponding to her/his number from the end of the row. Like in the previous relay the map is handed out to the competitor. When receiving the map from the official the competitor must ensure that her/his map contains the same number as she/he has. Taking the correct map is the responsibility of the competitor. The map has been sealed with a tape and it is absolutely forbidden to open it before the start. In case the map is opened before the start, the team is disqualified.

Delayed teams will receive their maps from the officials at the start after the starting shot has been fired.

The Finnish Defence Forces will fire the starting shot. The competitor may not move forward from her/his position before the starting shot has been fired. Teams taking or causing a false start will be disqualified. Handing out maps and the starts will be videotaped.

There are more details including a picture on the starting arrangements in the competition booklet and in Jämsä-Jukola web page.

CHANGE OVER

There are marked routes from the last controls to the bridge leading to the changeover. A competitor coming to a changeover runs over the bridge into the lane pointed out by the signs (see section Signposting). She/he punches the changeover punch, hands over the map to the officials, continues to the map stand and takes the next leg's map corresponding her/his number. The map is detached from the stand by lifting it upwards.

The competitor takes the map to the next team member waiting at the changeover fence. Each team's rough place is marked at the changeover fence. The competition number must be visible during the changeover punching and on the arrival at the map stand.

The competitor is responsible for taking the correct map for the next leg. Running with a wrong map will lead to a disqualification. If the team's map is not at the stand, the competitor must inform the map stand supervisor. The competitor will be guided to a reserve map stand next to the changeover fence. She/he will receive a new map, but the lost time will not be compensated.

Only a competitor with a competition number is allowed to enter the changeover area through the Emit discharge point. Incoming competitors can be seen by the departing competitors from the changeover area about 150 metres before the changeover takes place. There are online computers in the changeover area

from which the competitor can check when and where her/his team member of the current leg has last punched in. There are also toilets, water and first aid available in the changeover area.

Competitors being late from the changeover must report themselves after the registration and clearing of Emit card to the officials at the changeover bulletin board located at the end of the changeover fence. The officials will then hand out a map received from the previous leg's runner.

Incoming competitors may leave the changeover area only through an Emit discharge point. Changeover times and ranking for a team are determined according to the changeover punching. Changeover punching is controlled by a video recording system. Please pay attention to the crossing traffic on both sides of the changeover fence and avoid warming up in competitors' way.

FINISH

From the last control of the final leg the competitor follows the marked route over the bridge following the signs into the finish. The finishing order of the first 50 teams will be determined by the crossing of the finishing line. The finishing order and time for the rest of the teams will be determined according to their finishing punches right after the crossing of the finish line. Please notice that the punching time will be determined by the removal of the Emit card from the punching unit. Finishing Emit punch is controlled by video recording.

All competitors will hand over their maps to the officials after the finishing punch. The Emit cards of the awarded team anchors are read immediately after the finishing line whereas the others go through the Emit discharge point.

RESULTS

During the competition the results are posted on the result board and in the Jämsä-Jukola internet pages jukola.com/2013. If the results are unclear please contact the Wailing Wall. Drop outs and disqualifications will be presented on the result board and in case of the leading teams they are also announced by the speaker. The official results will be published in the internet after the competition.

WAILING WALL

The Wailing Wall (Itkumuuri), located close to the entrance gate and Emit check in point, is open for contest complaints during the competition from Saturday June 15th 1:10 p.m. to Sunday June 16th 4:00 p.m. A proposal for a team's disqualification is handled together with the team leader if needed. He/she will be asked to be present via a field announcement. Any possible protests and reports of wrongdoings shall be reported at the Wailing Wall.

DROP-OUTS AND DISQUALIFICATIONS

Drop-out or disqualified team (the team result is seen on the result board as drop-out or disqualified) may continue the relay to the finish. Competitors in these cases will perform a normal changeover. If a disqualified or a drop-out team is however less than half an hour behind the leading team, the team's relay will be held up in the next changeover so that the time gap to the leading team is at least half an hour. The next leg runner must come forward to the officials at the notice board of the changeover fence. Then she/he is given a map and may start the leg according to the official's start signal.

A competitor who has dropped out must exit the terrain via the marked finishing route through the changeover area to the Emit discharge point (in case the competitor is unable to go through the changeover area the team leader shall report the drop-out to the Wailing Wall and return the team map). The team will be classified as a drop-out if the competitor reports the drop-out at the Emit discharge point.

Injured competitors who drop out in the terrain shall hand in their maps to the first aid personnel. These teams will be listed on the bulletin board at the changeover fence.

REFRESHMENTS AND FIRST AID

Location of the refreshments and first aid stands in the terrain are marked on the map according to map description guidelines. Drinks available are Gutsy sports drink and fresh drinking water. There are litter bins at the refreshment stands for gel papers and other waste.

There are also a first aid crew and a refreshment stand within the changeover and finish area. The main first aid station is situated in the competition centre.

GPS TRACKING

Both relays use a GPS tracking system. The organizer assigns GPS tracking devices for about twenty runners of the top teams for each leg. A team which does not agree on carrying the GPS tracking device will be disqualified from the competition.

The competitor receives the GPS device with the help of the officials at the GPS point next to the entrance gate. The GPS device shall be picked up at least 15 minutes before the start of the leg. The competitor is responsible for picking the device up. After the run and Emit discharge the GPS device must be handed back to the officials at the GPS point. The organizers may change the teams who need to carry on the GPS device during the competition.

USING OWN GPS DEVICES AND CELL PHONES DURING THE COMPETITION

It is allowed to use own recording GPS device which does not have a map display on it. The data recorded in the device may not be used to improve the competition performance. Carrying own cell phone is allowed for safety reasons and it must be switched off in the changeover and during the race. It may be used in emergency situations only.

SPIKE SHOE BAN AND COMPETITION CLOTHING

Competitors are not allowed to use spike shoes. This is controlled at the entrance gate and when leaving the changeover area. Disregarding this rule will lead to a disqualification of the team. Dobb shoes are allowed.

Competition clothing must follow the FOF rules: the torso and legs must be covered. The shirt may have short sleeves, but may not be sleeveless. The competition clothing is controlled at the entrance gate. The clothing contrary to the rules eliminates the entrance to the changeover area.

SERVICE CREW

Service crew and coaches are not allowed to enter the start and the changeover areas. Necessary services can be performed from the area provided for the public.

SERVICE TENTS

Clubs' service tents can be pitched only in pre-reserved sites that are marked by the organizer. The sites closest to the changeover area are reserved for the best teams of the Jukola and Venla relays in 2012 (50 best Jukola teams and Venla teams). Other clubs receive service tent sites corresponding to the booking order as long as there are sites available. All passage lanes must be kept clear. Lodging and making any kind of fire is strictly prohibited in the service tent area. Fire making prohibition applies also to camp and gas cookers.

INTERVIEWS AND PHOTO SHOOTING

Competitor interviews take place after the Emit discharge point or in the Media centre. Best teams of both relays will have a press conference as soon as possible after crossing the finish line according to separate instructions.

PRIZE CEREMONIES

25 best Jukola teams and 20 best Venla teams will be awarded with medals or plaquettes. The teams in both relays will also receive honorary awards. Prize ceremonies take place on the Festival Stage. The prize ceremony for Venla relay is on Saturday, June 15th, during the traditional Jukola Festival, starting at 7:30 p.m. The prize ceremony for Jukola relay is on Sunday, June 16th, at 9:30 a.m. Prize winning Jukola teams are asked to be seated next to the Festival Stage by 9:20 a.m. on Sunday.

The prize winning teams are not allowed to carry any advertising flags or other additional material during the ceremony. A banner or a badge of the club is allowed.

RETURNING OF THE MAPS

The distribution of both Venla and Jukola relay maps begins at the Information stand on Sunday June 16th at 9:20 a.m. or right after the mass start has taken place. Each team will receive one map with all controls and forking and all runners will receive a map with the course. These are handed out against the map return card which is included in the competition material of the first team of the club.

On request all the maps of a club can be mailed to a given address for a fee of 10€. The payment and the mailing address shall be given at the Information stand. An extra charge will be added to large mailings and mailings abroad.

MESSAGE OF JUKOLA RELAY

The traditional message of the Jukola relay will be read and the receiver of the message will be revealed in a place pointed by the organizer nearby the finish area right after the winning team has crossed the finish line.

SPECIAL INSTRUCTIONS FOR VENLA RELAY

Leg	Length (km)	Estimated time (min)	Change-over/finish time	Climb (m)
1	8,0–8,1	53	14:53	180
2	6,0–6,1	33	15:26	65
3	6,0–6,1	33	15:59	65
4	8,5–8,6	55	16:54	190
Total	28,7 km	2 h 54 min		500 m

There is forking on all the legs. Courses include 825 -865 meters of marked routes. Competitors born in 1998 and earlier may run all legs.

The start of the competition:

The competition starts on Saturday, June 15th, at 2:00 p.m. with a mass start for the first leg. Competitors must go to the Emit card registration latest 20 minutes before the start. After Emit card registration and

clearance the competitors move to the start area. Thereafter activities take place as described in the section "START".

Closure of the legs and the mass start:

The relay mode shall be finished at 6:30 p.m. Teams which have not changed by that time can continue the competition by participating in the mass start for legs 2-4 at the map stand at 6:45 p.m. Competitors must go to the Emit card registration latest 20 minutes before the mass start. After registration and clearance of the Emit cards the competitors move to the map stand 5 minutes before the start following announcer's and officials' instructions. Teams taking a false start will be disqualified. The finish for Venla relay will be closed at 9:50 p.m. Teams who have completed the relay successfully will get a final time.

Road crossing during the mass start

The Venla relay routes cross the road number 56 which is closed for the traffic. Anyhow, the road is open for traffic at 8:30–10.30 pm i.e. after the mass start. There will be a traffic control officials at all times but crossing the road needs extra caution! Even during the closure some separate vehicles such as emergency vehicles may be on the road.

SPECIAL INSTRUCTIONS FOR JUKOLA RELAY

Leg	Length (km)	Light	Estimated time (min)	Change-over/finish time	Climb (m)
1	12,2–12,4	light/dusk	69	00:09	285
2	12,7–12,9	dark	71	01:20	285
3	14,2–14,4	dark	79	02:39	350
4	7,6–7,8	dusk/light	44	03:23	135
5	7,5–7,7	light	41	04:04	135
6	11,5–11,6	light	64	05:08	245
7	15,0–15,1	light	82	06:30	365
Total	81,3 km		7 h 30 min		1800 m

There is forking on all the legs. Courses include 825-865 meters of marked routes. The sun sets on Saturday, June 15th, at 11:31p.m. and rises on Sunday, June 16th, at 3:31 a.m. Competitors born in 1997-1998 may participate in legs 4-6. Competitors born in 1996 and earlier may run all legs.

The start of the competition:

The competition starts on Saturday, June 15th, at 11:00 p.m. with a mass start for the first leg. Competitors must go to the Emit card registration latest 20 minutes before the start. After Emit card registration and clearance the competitors move to the start area. Thereafter activities take place as described in the section "START".

Closure of the legs and the mass start:

The relay mode shall be finished on Sunday, June 16th, at 8:45 a.m. Teams which have not changed by that time can continue the competition by participating in the mass start. There will be a mass start for the leg 7 at 9:00 a.m. and for the legs 2-6 at 9:20 a.m. Competitors must go to the Emit card registration latest 20 minutes before the mass start. After registration and clearance of the Emit cards the competitors for the leg 7 move to

the map stand 5 minutes before the start following announcer's and officials' instructions. After the first mass start competitors for legs 2-6 go to the map stands following the announcer's and officials' instructions. Teams taking a false start will be disqualified. The finish for Jukola relay will be closed at 3:00 p.m. Teams who have completed the relay successfully will get a final time.

Road crossing during the mass start

The Jukola relay routes cross the road number 56 which is closed for the traffic. Anyhow, the road is open for traffic as of Sunday 2:00 pm i.e. after the mass start. There will be a traffic control officials at all times but crossing the road needs extra caution! Even during the closure some separate vehicles such as emergency vehicles may be on the road.