

BULLETIN 1

The Estonian Orienteering Championships in Sprint distance and Sprint Relay
6th-7th May 2023, Laagri.

Organizer: Spordiklubi 100 NGO

Head organizer: Tomi-Andre Piirmets

Head organizer assistant: Mirje Roasto

Registration and information: Ruth Severt

Contact: info@sk100.ee

Event website: www.sk100.ee/sprint23

FB event: facebook.com/events/470417621854827

National event advisor: Tarvo Avaste

IOF event advisor: Sixten Sild

PROGRAM

DATE	TIME	ACTIVITY
Saturday 6.05.2023	11:30	Event center open
	13:00	Quarantine check-in deadline
	13:00	First start for individuals
	~16:00	Award ceremony
	18:00	Final registration of sprint relay names and running order (osport.ee)
Sunday 7.05.2023	10:00	Event center open
	12:00	Start for youth and senior classes
	12:45	Quarantine check-in deadline for all
	12:50	Start of live broadcast
	13:00	Start for MN21E
	14:30	Award ceremony

PARTICIPANTS

All participants of Estonian Championships 2023 must hold a valid Estonian Orienteering Federation licence*. Licence must be obtained latest on the day after final registration date. Exceptionally the organizer may allow starting of competitors who have bought a one-time licence at the competition.

The representation of a certain club will be determined by the valid Estonian Orienteering Federation licence. During one season a competitor can represent only one club. Foreign citizens without Estonian Orienteering Federation licence are allowed to start at Estonian Championships with the result not counting in the Championships ranking. WRE results are ranked separately.

*Foreign citizens taking part of WRE do not need an Estonian Orienteering Federation licence.

COMPETITION CLASSES

INDIVIDUAL SPRINT Classes: MN 14, 16, 18, 20E, 21E, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80. Competition classes MN20E and MN21E are world rankings (WRE) and the starting order of the main classes is determined by the state of the world rankings. Competitor registered in MN20E class can win a medal in both MN20E and MN21E classes. Competitors without WRE points will be drawn at the beginning of the protocol. Starting interval in all classes is 1 minute.

SPRINT RELAY Classes: MN 14-16, 18-20, 21E, 35-40, 45-50, 55-60, 65+. The team consists of 2 women and 2 men. The compulsory order of team runners is woman-man-man-woman.

REGISTRATION AND ENTRY FEES

You can register for the competition in the environment osport.ee until midnight 30.04.2023. In the world ranking sprint competition (WRE), the registration of MN21 and MN20 competition classes must be done in the environment <https://eventor.orienteering.org/Events> until midnight 30.04.2023. **NB! Competitors in the MN20E class or their registrants please ensure that you register the competitor's desired age class.**

Entry fee must be paid at the same time as registration is done. Registration takes effect only after the participation fee has been received in the bank account of the club conducting the competition: MTÜ Spordiklubi 100 - EE837700771005272366.

Organizer has the right to not allow competitors who have not paid the entry fee to start.

For the sprint relay it is advised to present the preliminary members of the team. The exact name, running order and SI card numbers must be entered in osport.ee site by 6th May at 18.00.

Entry fees:

Class	Individual sprint	Relay
MN14	7€	28€
MN16	7€	-
MN18	7€	28€
MN20	7€	-
MN21E	20€	72€
MN35	16€	64€
MN40	16€	-
MN45	16€	64€
MN50	16€	-
MN55	16€	64€
MN60	11€	-
MN65	11€	44€
MN70	11€	-
MN75	11€	44€
MN80	11€	-

TERRAIN

Competition terrain used for sprint in Laagri is located in the middle of borough. Laagri has various buildings from different eras, there are areas representing both regular and irregular urban landscape with apartment buildings as well as plenty of fenced yards with gates, children playgardens and hedges. There are two school buildings and full size stadium. Smaller private houses are scattered in between and around higher apartment buildings, street network is rather disorganized. There might be also chance to visit industrialized areas. Terrain is mostly flat, only two sledding hills for kids and a river bank up to 2 meters high. River passing through the area allows course designers to plan several route options using bridges and other river crossing possibilities.

Orienteering shoes with metal studs are prohibited!

Scale of the map in all classes is 1:4000
Map maker Mait Tõnisson.

Course setter for individual sprint: Hendri Parrol
Course setter for sprint relay: Timmo Tammemäe

PUNCHING SYSTEM

SportIdent system (SI) is used with an enabled touch free system (SI Air+). It is possible to rent SI Air+ cards from the organizer, 2€ per start.

STARTS

SPRINT: Entry to the start quarantine closes at 13.00. All competitors must pass the start quarantine area before their start in order to collect bib number. In the start quarantine there are printed competition information, start lists and toilets. There are no tents or other shelters for the athletes in the start quarantine - the competitors must bring these with them if they wish so.

Athletes may leave their bags and clothes in the start quarantine designated area from where these will be transported to the competition center next to the finish tent. It is forbidden to use smart devices or otherwise receive information about the race courses and the terrain in the start quarantine area. The pre-start time is 3 minutes. Additional control descriptions can be taken 2 minutes before the start.

PLANNED WINNING TIMES FOR INDIVIDUAL SPRINT:

MN14 - 10-12 min

MN16, 18, 20, 21E, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80 - 12-15 min

SPRINT RELAY: Start numbers will be distributed at the secretariat - all numbers for one team will be issued at once. At 12.45, the start quarantine is closed for competitors who have not yet started.. The starts of the competition classes take place as mass-starts. 1 minute before the start, competitors will be handed a rolled up map, which must be kept closed in front of them until the start command.

PLANNED WINNING TIMES FOR SPRINT RELAY:

MN14-16 - 48-60 min

MN18-20, 21, 35-40, 45-50, 55-60, 65+ - 48-60 min

COMPETITION CENTER

Competition center is located at Saue Riigigümnaasium area. In the competition center you can find secretariat, baggage area, toilets and big led-screen with live broadcast. there are no shower possibilities at site.

PRIZES

Estonian Championship medals and diplomas will be given to 3 best competitors in classes M14, N14, M16, N16, M18, N18, M20, N20, M21, N21, who are Estonian citizens or

who are permanent residents of Estonia. Estonian Championship medals will be given to 3 best competitors in classes MN35-80 who are Estonian citizens, permanent residents of Estonia or members of Estonian Orienteering Federation clubs.

In a relay competition the members of top 3 teams will be given Estonian Championship medals if the team consists of members from a single orienteering club (under Estonian Orienteering Federation). In classes MN20 and younger, all members of the relay team must be Estonian citizens or have permanent residency. In the rest of the competition classes, one person in the relay team does not have to be an Estonian citizen or have permanent residency.

If a competitor or a team with a top 3 result is not applicable to receive an Estonian Championships medal, then an alternative prize will be given by the organizers

RESULTS

Live results are displayed on the screens in the competition center. Online results can be found at online.osport.ee. The official results will be posted on the competition website at <https://sk100.ee/emv23> no later than one day after the competition.

FORBIDDEN AREAS



[Map of forbidden areas](#)

For participants of Estonian Championships it is forbidden to organize trainings or move with a map before the competition in the area shown above.

FAIR PLAY

Participants of Estonian Championships follow the basic values of clean sport and fair play. The IOF Anti-Doping rules are fully followed, therefore doping controls may be

carried out at any time during the competitions.

COMPETITION COVERAGE

Online results: online.osport.ee

GPS tracking: sportrec.eu

In addition there will be live broadcast produced from the MN21 competition classes which can be followed from the large screen located at the competition center and online.

ACCOMODATIONS POSSIBILITIES

Numerous different types of accommodation can be found in www.airbnb.com and www.booking.com.