

15TH OFF-TRACK SKIING WORLD CHAMPIONSHIP 10- 12/02/2012

COMPETITION GUIDELINES

Equipment

Competitors are responsible for the equipment required for the two-day event. On top of the personal equipment and food, the following items are mandatory: compass, camping equipment, first aid kit (including plasters, blister plasters, bandage roll and personal medication), note pad, knife, head torch or pocket torch, fire-making equipment. In addition, all lone competitors and at least one member of every team must carry an axe, saw and mobile phone.

Each competitors' rucksack must weigh at least 8 kg, or 8 kg as a team average, when crossing the finishing line.

Equipment will be checked along the way. If any equipment is rejected, the participant will be disqualified. Loads can be adjusted within a team as required. Equipment can also be dragged by sledge. Spare skis can be carried but must be of the same type.

On the first day, at both compulsory and optional checkpoints, if any equipment is found to be missing, the following penalties will apply:

- At compulsory checkpoints, there will be a 2 minute time penalty per person.
- At optional checkpoints, the respective time credit will be cancelled.

Every competitor must wear their competition number on top of their equipment so that it is both visible and readable. The number of competitors within a team must be the same on both days.

Competition material will include a night camp map, a map of the first competition day and the second competition day (plus map cover).

The maps will include the following information:

- The telephone number for the rescue services – 00358(0)405164153 (at checkpoints, competition staff will have mobile telephones).
- Saturday's starting line and directions to the main course.
- Checkpoints TR1, TR2, TR3, TR4, the finishing line for the first day, and the location of the overnight camp. These points are compulsory - competitors must pass through all of these points. In addition, the map will show the optional checkpoints LR1-LR6.
- The starting line for Sunday morning, the route boundary (to the left and right), the starting point of the shared finishing route, and the finishing line.

PLEASE NOTE! THE MAP DOES NOT SHOW EVERY ROAD, TREKKING PATH, OR SNOWMOBILE ROUTE (USED BY REINDEER HERDERS) ACROSS THE AREA.

Each group must stay together. Also, individual competitors may consider progressing in groups (such as in pairs). On the first competition day, the use of existing ski routes and supply routes is permitted. It is not permitted to use public roads, snowmobile routes and forest roads that have been cleared of snow. These

rules are monitored by a security officer and the 'Tracker' system. Switching off the Tracker will result in disqualification. The battery life of the Tracker can be checked by the Competition Centre.

On the first day, at the starting line, competitors should ensure that their competition card is marked by the organisers with their official starting time (starting times are determined by random selection). At the finishing line, competitors should ensure that their competition card is marked with their finishing time.

At every checkpoint, teams and individuals will be provided with a scorecard with their name on it. This must be returned to the organisers when leaving the checkpoint. Failure to return this card will result in the loss of the time credit applicable to the checkpoint concerned.

Start

The start will take place at the Hotel Syötekeskus in the pre-determined random order. The first three teams will start at 08:00, the next three teams at 08:02, etc. The first two lone competitors will start at 08:40, the next two at 08:42 etc.

Some of the lone competitors and teams start the competition on Friday night by camping overnight in the forest. This will result in a two minute time credit towards the start time on Day 2.

All participants must start the race at the starting line. Those participants who are involved in the Friday night event will all start at 08:00 on Saturday morning. After the start, all participants will progress to the checkpoint TR1, and afterwards to checkpoints TR2 and TR3, after which participants have the opportunity to collect the additional checkpoint cards LR1-LR6 before progressing towards the final compulsory checkpoint TR4.

After completing the checkpoint TR4, competitors will make their way to the Day 1 finishing line and night camp.

Competitors must progress to the night camp via every checkpoint, and in the correct order. If preferred, competitors can complete 6 additional checkpoints – this will result in time credits against the Day 2 starting time.

Checkpoints TR1 – TR4 are compulsory. If the team/lone competitor does not arrive at a compulsory checkpoint, a maximum penalty will apply against the Day 2 starting time. Checkpoint tasks must be conducted with full competition equipment.

Checkpoints and possible penalties against the Day 2 starting time

- TR1 – “Knowledge of the natural environment”. Maximum time penalty = +6 minutes
- TR2 – “Estimations”. Maximum time penalty = +6 minutes
- TR3 – “Nutritional awareness”. Maximum time penalty = +6 minutes
- TR4 – “Wilderness skills”. Maximum time penalty = +6 minutes

Night camp

The cleanliness of the night camp will be checked on Sunday morning. If competitors/teams leave wood anywhere apart from their fireplace, or if rubbish is left at the camp, a two minute time penalty will be applied against the final Day 2 time. Seating logs must not be burnt in the morning – the logs are to be

made into firewood and used overnight and during the morning. Surplus wood can be returned to the firewood collection point. Rubbish that cannot be burnt should be disposed at the designated disposal point at the camp. In addition, if the organisers or other competitors notice equipment being destroyed by fire or otherwise, the team or individual will be disqualified.

Penalties generated at compulsory checkpoints may result in a maximum time penalty of 24 minutes against the Day 2 starting time.

Lack of equipment will result in the maximum time penalty of 10 minutes.

The use of first-aid services will result in a 2 minute time penalty if the assistance is a kind that could be provided by the competitor with their own first aid kit.

The Day 1 route will be travelled at the individuals/teams own pace. Although the route will not be timed, the maximum travel time is 10 hours plus 30 minutes. The competitors who leave at 08:00 must cross the finishing line by 18:30, and the competitors who leave at 09:00 must cross the finishing line by 19:30. If a competitor-team arrives at the night camp after 10 hours, every 10 minutes (within 30 minutes) will result in a two minute time penalty against the Day 2 starting time. If the competitor/team arrives after 10 hours and 30 minutes, this will result in a time penalty of 20 minutes. The basic route is 26 km.

Optional checkpoints

- LR1 – Toraslampi. Time credit 4 minutes
- LR2 – Koiratupa, Time credit 3 minutes
- LR3 – Ahmatupa, Time credit 5 minutes
- LR4 – Ylpiätupa, Time credit 4 minutes
- LR5 – Hiltutupa, Time credit 5 minutes
- LR6 – Isokuru, Time credit 7 credits

Competitors/teams can gain a maximum of 28 minutes time credit by visiting every optional checkpoint.

The entire team (not simply a representative) must be present at each additional checkpoint in order to be awarded the time credit. Any shortage of equipment will result in the loss of the relevant time credit.

Other

Every team and lone competitor must carry the 'Tracker' device. On Friday night, competitors will be given the Tracker case. Competitors can therefore fix the case to their equipment, such as on top of their rucksack (where the device can detect a satellite). At the same time, competitors will be given information about the tracker device. The Tracker should be collected on Saturday morning between 07:00 and 09:30 from the classroom that is connected (by a corridor) to the main cloakroom and meeting room. NB: Those participants who start on Friday night will have their Trackers delivered to them at the camp on Saturday morning.

Each competitor/team must collect the tracking device. The device is used for monitoring the competition and the location of competitors. The safety officer follows the competitors by computer, and if necessary can ring the device and listen to events (he cannot speak to competitors).

The status of the devices is monitored in the competition office. In the event of hard frost, some equipment may be recalled to be charged overnight. If this is required, competitors will be informed by a note next to the Day 1 ranking lists at the night camp.

After the race, all devices should be returned to the competition office.

The competition can be followed in real time and afterwards online at www.trackerhunter.com/nettiseuranta . This is publicly available. In addition, the competition can be followed on mobile telephones, if the Tracker Hunter 3 program is installed. This program can be installed at www.trackerhunter.com. A free version is available on a 7 day trial. This site is intended for those who are interested in the Tracker Hunter program and the additional services.

After the event, competitors can follow their movements online. Further details will be provided on Friday evening.

Night Camping

Camps must be built in virgin snow at the designated camping area marked on the map. The communal campfire starts at 20:30 – everyone is advised to attend as additional information will be provided for the Day 2 event. All competitors must use the designated camping area. It is not permitted to camp along the ski route. The organisers have reserved firewood for every competitor. The firewood must be self-sawed and chopped into appropriate sizes. Ready cut logs will not be available.

It is not permitted to cut standing timber. A first aid service will be provided at the night camp. If the organisers detect deficiencies in any equipment that might undermine the health and safety of the team, they can disqualify the competitor/team. Silence should be observed at 23:00.

Day 2

COMPETITION GUIDELINES FOR SUNDAY (12.02.2012)

The transfer distance from the night camp to the start line is approximately 0.5 km.

The start takes place from 09:00 onwards. It is staggered, depending on the time penalties incurred on Day 1. NB: Those competitors/teams who have incurred more than 30 minutes of time penalties on Day 1 will all start at the same time at 9:30. Please make sure that you arrive at the start gate in time! The time penalty will be added to the final finishing time.

The Day 1 time penalties will be displayed on the noticeboard at the night camp as soon as they are ready.

The Day 2 Track is divided into 3 parts

PART 1 (off-track skiing). This is approximately 4.5 km long. Every lone competitor will ski off-track. Only competitors who belong to a team are permitted follow each others tracks, and change the person in front. After starting, all participants are permitted to select their own route. Competitors are permitted to cross the tracks of other participants, or follow them for only 5 meters. This is monitored by competition officials.

The border of the course is marked by a snowmobile track which cannot be crossed or used. It is also prohibited to use any additional snowmobile tracks which may have been created by reindeer herders after the map was created. The course will cross a wide ski track. Part 1 will end at the underpass of a local road.

Competitors must cross the road by using the underpass marked on the map. If competitors cross the road itself, this will result in disqualification.

PART 2 (ready made route). This is approximately 3.7 km long and is a pre-fabricated path. This course is wide enough to allow competitors to overtake each other. Overtaking will be conducted on the left-hand side.

PART 3 (ski slope). This is approximately 1 km long. Competitors climb up the slope that is used for downhill skiing. This slope is marked on the map (the route is located on the right-hand side of the ski lifts, as you look up the hill). Whilst climbing uphill, it is permitted to follow the routes of other competitors. The ski slope is primed throughout. However, part of the journey is steep. The finishing line is close to the top of the ski slope.

Other

Each team member must ski close to each other. If necessary, teams should wait well before the finishing line to ensure that the entire team finishes as a single unit. Competition numbers must be visible on the chest. Finishing times will be determined by the last member of the team. Rucksacks will be weighed immediately after crossing the finishing line to ensure that the minimum weight is met. The first ten teams and individual competitors will have their rucksacks weighed. After this, rucksacks will be weighed randomly.

The competition centre is approximately 1 km from the finishing line. Competitors will make their way to the centre by skiing along the wide downhill track. Prize giving ceremony will take place 60 minutes after the publishing of the official results at the Hotel Syötekeskus. All competitors who cross the finishing line will be awarded a medal and a diploma - these cannot be posted to competitors after the competition.

Protests

Protests relating to Day 1 must be submitted to the First Aid Centre at the night camp by 21:00. Protests relating to Day 2 should be submitted within 30 minutes of the last competitor crossing the finishing line at Hotel Syötekeskus. Protests relating to the final results must be submitted within 30 minutes of publication of the final results.

All protests should be made in writing. The protest fee is 50 Euros per protest. If the protest is accepted the fee will be returned.

Please note

If these competition instructions are unclear, competitors can submit a written question on Friday 12th February by 20:00. Replies will be given on Saturday morning by 07:00 at the competition centre notice board.

When using the showers on Sunday, please use hot water sparingly to ensure that there is enough for everyone

Good luck!