

Competition instructions

General

The Youth Jukola is an international orienteering relay race with seven legs. There are restrictions considering orienteerer's gender and age on different legs as indicated in the chapter "Legs and course lengths".

Only clubs which are unable to gather their own team are allowed to form a combined team. A combined team can also be formed of students representing schools of the same municipality or members of a youth organisation.

The age and gender requirements also concern combined teams. The organiser will also form combined teams from the individual competitors registered in the runner bank.

Competition rules

The competition rules of the Finnish Orienteering Federation (FOF), the organization instruction of Youth Jukola, and instructions given by the organizers must be followed. The use of spike shoes is prohibited. However, dobb spiked shoes are allowed (shoes with metal studs on their soles).

The competition organizer is Turun Suunnistajat. The competition is organized in co-operation with the Finnish Orienteering Federation and the Jukola founding organization Kaukametsäläiset ry.

The final competition instructions will be on the noticeboard and on the competition website at 4:00 pm on Thursday, August 22nd, and can be seen on the results board.

Main officers

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Competition controller	Markku Vesalainen
Competition jury will be named later	
Protector of the competition	Minna Arve

Location, addresses, road signs and parking

The competition centre is located at Impivaara Sports Centre at the end of Kurrapolku. The event will be sign posted from the crossing of Tampere highway and Markulantie. The drive from this junction to the parking area takes approx. 2 min. The signs will be displayed at 4 p.m. on Friday August 23rd, 2019. Parking is in the close vicinity of the competition centre, distance max 300 m. The parking is free. Entrance to the competition centre is allowed only using sign-posted routes from parking and from school accommodation. It is not allowed to walk through the competition centre.

School accommodation, evening meals and breakfast

The organizer provides accommodation on the floor of the nearby school for the night between Friday and Saturday (sleeping bag, mattress etc. are not included). Price for the accommodation is 15 €/person/night including breakfast. Evening meals are offered on Friday evening for 6 €/meal.

The accommodation opens at 5 p.m. on Friday, August 23rd and closes at 10 a.m. on Saturday, August 24th.

The accommodation and evening meals must be reserved during the registration process. Remember to inform if a special diet is required. Pre-ordered evening meals are served from 7:30 p.m. to 9:30 p.m. on Friday. Breakfast is served from 7 a.m. to 9 a.m.

Accommodation is located at Rieskalähde school (address: Jöllintie 3, 20300 Turku). The signs will be displayed at 4 p.m. on Friday August 23rd, 2019.

Competition office /INFO

On Friday August 23rd the competition office is located at the sports hall (address: Sivulantie 6, 43100 Saarijärvi) from 5 pm to 9 pm. On Saturday, August 24th from 8 am to 6 pm the competition office is situated at the competition centre.

Team Material

The team-specific competition material can be collected at the competition office/INFO between 5 p.m. and 9 p.m. on Friday, 23rd August and from 8 a.m. on Saturday 24th. When the team material is handed over to the club representative his/her contact information will be collected. Only the clubs that have fully paid all their entry fees will receive the team material, which includes among others, number bibs without safety pins (own pins are used), bulletin, map return ticket, coach card, rented Emit-cards and Emit control slips. The competitors may keep the number bibs after the competition. A representative of the club confirms the receipt of the rented Emit cards by signature. The organizer will charge 80€ for each non-returned Emit card.

There will be an **INFO-post** at the competition centre.

Map

Orienteering map 8/2019, scale 1:7 500, contour interval 5 m. The size of the map is A4, and it is in a plastic cover. The map was originally drawn by Jussi Silvennoinen (2003). Eero-Antti Lonka has updated and finalized the map for this competition. Old maps and description of the competition terrain can be found on the website. The competition map is available in the changeover area.

The terrain

The terrain is a typical South-Western Finland's bare rock-based forest, with plenty of paths in addition to the sports track, and height differences to some extent. There is mostly good visibility in the terrain. Some parts contain more demanding orienteering with broken ground. Impivaara offers alternating fast orienteering with multiple route choices.

Start, starting point and marked route

The start of the relay is at the competition centre. The distance to the starting point from start is 200 m. Marked route from the last control to changeover/finish is about 130 m.

Controls

Controls are marked with orange-white flags in the terrain. There will be a model control located at the competition centre, where you can test the function of your own Emit-card. There are a lot of controls near each other in the terrain, so make sure to check the control code. There are online controls on each leg.

Control descriptions

The control descriptions and codes are printed on the map. If you use an Emit card with display, note that the Emit-code of the control unit may not correspond to the control code. Make sure that you always check the code of the control when you punch!

Legs and course legs

All legs include approximately 330 m of marked route. Gaffling/Forking is used on all legs, except on the 5th leg.

Leg	Class	Length (km)	Controls	Est.time (min)	Change over (Leader)
1.	M/W -16	5.0	14	32	11:32
2.	M/W -16	4.5	12	28	12:00
3.	W -14	2.5	9	16	12:16
4.	M/W -14	2.5	9	14	12:30
5.	W -16	3.6	11	25	12:55
6.	W -18	4.7	14	29	13:24
7.	M/W -18	5.8	19	32	13:56

Public control

Legs 1, 2, 5, 6 and 7 will pass the competition centre by visiting the public control. You will find the location of the public control from the map of the competition centre.

Forbidden areas

Properties are forbidden areas according to the general rules of orienteering. Additionally, there are two forbidden areas and one road with plenty of traffic is marked as a forbidden route (see figure below). It's marked in the map with purple crosses. Competitors are not allowed to use this road in any case. There will be personnel along the road controlling this.



Coaches on legs 3 and 4

Within the marked route to the starting point there is a place for coaches where they are allowed to help and advise runners on the 3rd and 4th leg with the route planning. In order to enter the area, you need your coach card.

Competition numbers

The number bibs will be used on all legs. The bib must be attached to the chest of the shirt in a way that it is clearly visible. Take your own safety pins. The numbering of teams is based on the placing of the 2018 relay. Team and leg numbers and sponsor logos must not be folded up or hidden. The bar code has to remain undamaged until it has been read at the competitors' check-in and information is transferred to the result service system.

Emit-cards

Electronic punching system (Emit) is used in the competition. Control slips will be delivered with the team material. Each competitor shall write the team number, leg and his/her Emit card number in the control slip. When going to the changeover area the emit-card will be registered into the result service system and cleared. Each team must have at least three Emit cards in use. The same Emit card must not be used on subsequent legs and neither by two different teams.

If a competitor's own Emit card does not work as he/she enters the changeover area, the organizers will lend a functioning card. Also, if a competitor starting in the mass start has

his/her card still in use by an earlier leg's runner, the competitor can borrow a card from the organizers.

Running order

The running order can be registered on the website:<https://registration.jukola.com/?kisa=nj2019&kieli=en>

The running order must be registered by 9 p.m. on Friday, August 23rd. Changes in the running order, caused by unforeseen circumstances that occur after the deadline has to be approved by the TA.

Start list

The final start list can be found on the competition website on Thursday, August 22nd from 4 p.m. and on the results board.

Start

The relay will start at 11:00 a.m. on Saturday, August 24th. The registration and clearing of the first leg runners' Emit cards will start at 10:30 a.m. and end at 10:50 a.m.

After registration and clearing, the competitors shall move to the warm-up area. The competitors will go to the start area according to the instructions given by the speaker. The competitors are placed in rows of 10. The team numbers are marked beside the row. Each competitor has to stand on the correct team number. The maps will be given to the competitors by the organizers. Ensure that you have received a right map (team number equals with number on the map). It is forbidden to open the map before start. The start will occur according to the directions of the speaker. The start will be videotaped, and teams making a false start or causing one will be disqualified. There is a toilet in the starting area.

Water point in the terrain

There is no drinking water in the terrain.

Changeover

From the last control, the competitors must run to the changeover according to the signs and marked routes. Approximately 50 m before the changeover the runners choose the correct lane based on the leg they are running. All runners must punch at the finish line. Each incoming runner hands over his/her map to the officials and then continues to the

map stand where she/he picks up the map with his/her team's number and hands it over to the next leg's competitor waiting at the changeover bar. Make sure that you take your own team's and the correct leg's map! A team that has taken a wrong map will be disqualified. If your map has been taken by some other team, immediately turn to the changeover official who will give you a spare map (no time compensation will be granted) from the end of map rack in the direction of the start. After the changeover, the runner shall visit the Emit check-out point ('Emit OUT' tent), and then leave the finish area. If there are any unclarities with punches, the checkpoint officials will guide you to the wailing wall. The changeover area will be closed at 2:50 p.m. After this, the runners coming to changeover will be guided straight to the Emit check-out point as they have punched at the finish line.

Finish

There is a marked route to the finish from the last control. The finishing order will be determined according to the crossing of the finish line. The finishing order of places 1-40 will be decided by the finishing line referee. The finish time will be determined according to the finishing punch made immediately after crossing the finish line. The finishing order of places 40-n will be decided according to the finishing punch. Finally, the competitor shall visit the Emit check-out point. Finish will be closed at 5:30 p.m.

Demonstration of start, changeover and finishing routines

The demonstration will take place at 10:20 a.m. by model runners and the speaker.

Restart for legs 2-7

Runners participating in the restart shall register and clear their Emit cards in the 'Emit IN' tent and enter to the changeover area no later than 2:50 pm. The changeover will be closed at 2:50 pm after which the changeover bar will be opened and all the runners participating in the restart can go to their own map. The restart takes place at 3:00 p.m. according to the instructions given by the speaker.

Wailing Wall

If there are any unclarities with punches, the Emit checkpoint officials will settle them with the competitor immediately. If necessary, the coach of the team will be consulted. Disqualifications are not confirmed before that.

Drop-out competitors and disqualifications

Drop-out competitors will come to changeover and finish as usual and give the map to the next leg competitor at the waiting bar. Drop-outs shall be announced at the 'Emit out' tent. If the competitor comes to the competition centre without running through the finish or changeover (exceptional circumstances) he/she must visit the 'Emit out' tent to announce the drop-out and give his/her map to the staff.

Drop-out or disqualified competitors perform a normal changeover. Their teams can continue the relay to the finish. However, if a drop-out or disqualified team is less than a half an hour behind the leading team, its relay will be interrupted and the next runner can start when a half an hour has passed since the leading team's changeover. The next map of the team will be replaced by a red form indicating the number of the leg and the team number. The incoming runner takes the form and brings it to the next runner waiting at the bar. The runner receiving the form will get a spare map from the staff by returning the form to the spare map site located close to the changing area. He/she will be given a permission to start once 30 minutes has passed since the leading team's changeover.

GPS tracking

Legs 2, 5 and 7 have GPS tracking. The teams indicated by the organizers must carry the GPS devices given by the staff. The GPS vests can be picked up at the GPS-tent from 10:00 a.m. onwards on Saturday. The number bib must be shown in order to collect the vest. The GPS devices will be given to indicated runners in the 'Emit IN' tent. After finishing the runners shall give the GPS-device and vest back to the staff at changeover/finishing "Emit OUT" tent. For the 2nd leg the GPS-devices are given to the 22 teams which will be indicated on the competition website and results board on the same week of the competition.

Organisers may give additional GPS devices for the 5th and 7th legs. These teams will be named on the results board and in "Emit IN" tent. The organiser has the right to change the followed teams during the competition.

GPS tracking can be followed from the screen at the competition centre or through the links on the competition website.

Runner Bank

Registration to the Runner Bank can be made on the website of the event using the link below: <https://registration.jukola.com/?kisa=nj2018&kieli=en>

More information about the Runners bank can be found on the competition website: <https://registration.jukola.com/?kieli=en&kisa=nj2019&suunnistajapankki=nayta>

Changing, showers and toilets

Changing rooms and showers are located near the competition centre at the football hall. See INFO-post for directions. Toilets can be found at the competition centre and at the changeover area. It's absolutely forbidden to use orienteering shoes inside buildings.

First aid

The location of the first aid station is marked on the competition centre map. First aid station serves competitors on Saturday August 24th from 10 a.m. until all competitors have finished the race (Phone number +358 50 3234363). In the case of emergency contact directly 112.

Prize-giving ceremonies

The 15 best club teams will be awarded with the Youth Jukola medals. The best seven teams will also receive special prizes. The winning team receives a trophy for one year and a scale model of it.

The 15 best teams will be asked to gather near the ceremony stage by 3:30 p.m. according to the instructions given by the organizer. The prize-giving ceremony will start at 3:40 p.m. The teams to be awarded should follow the speaker's instructions. The awarded teams will be asked to enter the stage in reverse order according to the instructions of the speaker and the organizers. The Youth Jukola medals and special prizes are not given for combined teams.

Youth Jukola Trophy

Rules of the Youth Jukola trophy

1. Since 2014, for the next seven years teams will compete for the Youth Jukola trophy donated by OP-Pohjola.
2. The trophy will be given for a period of one year to the team winning the competition according to accepted final results. The winning team is obligated to keep the trophy properly, and to take care of the relevant engraving as well as bringing the trophy to the following years competition. The club will be given a scale model of the trophy as a memory.
3. Trophy challenge points will be given from 2014 to 2020 for best 15 clubs by following:
 1. Winning team gets 25 points and the following positions
20–15–12–11–10–9–8–7–6–5–4–3–2–1 points.
 2. If there are two or more teams in the top 15 from the same club, only the better team gets the points. The unshared points will be given to the next best team.
 3. In 2020, the trophy will be finally given to the club that has reached highest total points between 2014 and 2020. If several clubs have achieved the same total points, the winner is the club with the most victories, and if this does not solve the

winner, then it is a team with the most second placed positions, after that third positions etc.

Returning of map and Route Gadget

The distribution of competition maps will start at the competition Info after the prize giving ceremony starting at approximately 3:00 p.m. Maps are returned in exchange for a map returning card which can be found within the club material. Each runner will get her/his own map and a team will receive one map with all the controls. The Youth Jukola Route Gadget will be opened on Sunday after the competition. All the runners are kindly requested to draw their route in the Route Gadget.

Shops

There will be shops at the competition centre selling orienteering and sporting goods.

Restaurant

Warm food (chicken or vegetable pasta) is served in the restaurant from 11:00 a.m. onwards. Food tickets (9 €) can be purchased from the INFO desk using either cash or card. A café and a grill are also located in competition centre. There you can find e.g. sandwiches, buns, coffee, tea, soft drinks, waffles and grilled sausages.

Water

There is a drinking waterpoint at the competition centre. Washing of equipment is forbidden at the drinking water point.

Safety

Open fire, gas and petrol cooking equipment as well as smoking are absolutely forbidden in the competition centre.

Club tents (wind shelters for the teams)

Club tents can be placed only for pre-ordered tent places indicated by the organisers. All club tents will be located in the competition centre. The map for the club tent area will be

published on the website and on the notice board. It is also possible to reserve additional tent places through the INFO desk, should they be available.

The tents must have been attached sufficiently and securely that they will stay in the place also in case of severe wind and storm. You can use extra weights, fixed poles or ground sticks to attach the tent. Please note that during severe storm, you may need to strengthen the attachment or you may even need to unload the tent.

Model Orienteering and training maps

Model orienteering is located 300 m south from the competition centre. Model orienteering maps can be found from the competition material envelope.

Training maps and terrains are located approximately 5 km from the competition centre. The controls are marked with white and orange signs. Training maps can be bought using the contact information provided on the website. More information of the training possibilities for Youth Jukola can be found on the website <https://www.jukola.com/nj2019/en/training-courses/>

Lost and found items

Lost and found items can be inquired at the Competition Info

Cleanliness and garbage

All garbage shall be put in the in the garbage containers available at the competition centre. Garbage such as energy gel packages etc. must not be left in the forest!

Any changes to the competition instructions will be amended as required. Final competition instructions will be published at the competition centre notice board and on the competition website.

Good luck in the competition!

Modified 11. August 2019