



BJC 28–30 October 2022



Baltic Junior Cup, 28–30 October 2022, Ekenäs/Tammisaari, Finland

Bulletin 2

General information

The Baltic Junior Cup 2022 event will take place on 28–30 October 2022: the long distance on Saturday and the mixed relay on Sunday.

The organizers of the event are Finlands Svenska Orienteringsförbund (FSO) and orienteering club OK Raseborg.

The hosting city Ekenäs/Tammisaari (a part of the municipality of Raseborg/Raasepori) is located approximately 90 kilometres west of the capital Helsinki/Helsingfors and 100 kilometres southeast (approximately 1,5 hours by bus and 2 hours by train) of Turku/Åbo.

The hard-floor accommodation for BJC nations/regions is organized in three accommodation locations in Ekenäs, see 'Locations' below.

The event centre (team leaders' meetings on Friday and Saturday, prize-giving ceremony and entertainment by the teams on Saturday) is located at accommodation 1 'Seminarieskolan', see 'Locations' below.

The competition arena for BJC 2022 is 'Motorbana', which is situated close to the lake Grabbskog Storträsk and the recreation area of Västerby, approximately 5 kilometres northwest of Ekenäs/Tammisaari (more below).

There are also open orienteering courses available for the general public both on Saturday and Sunday at the competition arena during the BJC competitions (more below).

Locations

The event centre and accommodation 1 'Seminarieskolan': Ladugårdsgatan 1–3, 10600 Ekenäs, <https://goo.gl/maps/Nfeiy96pGk7NUWsX7>

Accommodation 2 'Ekenäs högstadieskola': Hedvig Sohlbergs gata 3, 10600 Ekenäs, <https://goo.gl/maps/vByQv7kn3NyG5p749>

Accommodation 3 'Österby skola': Pojoviksgatan 21, 10620 Raseborg, <https://goo.gl/maps/vVNNhBD3wKDbKJ3Q7>

The competition arena 'Motorbana': Tenalavägen 416, 10620 Raseborg, <https://goo.gl/maps/Lr79DKFW4mJVDDg56>

Model orienteering on Friday and sauna on Sunday at 'Västerby skidstuga' ca 0,5 km SW from Tenalavägen 104, 10620 Raseborg, <https://goo.gl/maps/TsodW9HZGEC6X8RK6>



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BJC 2022 programme

Friday 28 October	Saturday 29 October	Sunday 30 October
<p>15:00 Check in / Registration at accommodations 1–3. Possibility to model orienteering in a terrain nearby: 'Västerby skidstuga', the entire day starting at 9:00.</p> <p>17:00–18:00 Dinner at the accommodations.</p> <p>18:00 Team leaders' meeting at the event centre 'Seminarieskolan' (long distance); distribution of rental EMIT cards.</p>	<p>8:00–9:00 Breakfast at the accommodations.</p> <p>11:00 First starts of the long distance at the competition arena.</p> <p>12:00–14:00 Lunch at the competition arena.</p> <p>16:00 Deadline for running orders for the mixed relay.</p> <p>17:30–18:30 Dinner at the accommodations.</p> <p>20:00 Prize-giving ceremony for the long distance at the event centre 'Seminarieskolan'.</p> <p>20:30–23:00 Entertainment by the teams at the event centre 'Seminarieskolan'.</p> <p>20:30 Team leaders' meeting (mixed relay) at the event centre 'Seminarieskolan'; distribution of the mixed relay bib numbers.</p>	<p>7:00–8:30 Breakfast at the accommodations.</p> <p>10:00 Mixed relay start at the competition arena.</p> <p>11:00 Lunch at the competition arena.</p> <p>13:00 Prize-giving ceremony for the mixed relay and for the overall BJC standings at the competition arena. Departure.</p>

NB: Summer time ends and normal time begins in Finland on 30 October 2022 at 4:00, i.e. watches should be adjusted one hour backwards in the night between Saturday and Sunday.

BJC 2022 classes

Long distance: M16, W16, M18, W18, M20, W20.

Mixed relay: 1st leg M18 and 2nd leg W18 (1st and 2nd legs are run in parallel); 3rd leg W16 and 4th leg M16 (3rd and 4th legs are run in parallel); 5th leg W20; 6th leg M20.

Competition between the BJC nations or regions

The overall standings of the regions/nations will be calculated on the basis of the results of each region's or nations's three best individual runners of each class in the long-distance competition, together with the three best mixed relay team results.



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To get an overall result in the competition between regions and nations, each region/nation must have at least three finishing runners in each class and three teams finishing in the relay. The Finnish regions participating as optional invited guests can also get an overall result if they have enough participants and relay teams, but BJC medals can be won only by BJC nations.

The three best BJC nations/regions will be awarded. In addition, there will be awards for the three best runners in each class in the long-distance competition and for the three best relay teams.

Runners

Each nation/region is allowed to enter a maximum of five runners in each class in the long-distance competition. Each nation/region can participate with a maximum of five mixed relay teams. Four leaders per team are also invited.

We appreciate background information on the runners for the competition speaker.

The organizers offer a rental EMIT card for entries made without EMIT number or other information about the EMIT card.

Contacts

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Organizers and key personnel

The organizers of the event are Finlands Svenska Orienteringsförbund (FSO) and the orienteering club OK Raseborg.

Event director: Kristian Forsell
Event controller: Anders Westerlund
Course setting: Daniel Forsell & Harry Sainio
Course controller: Anders Nordell
Result service: Niko-Petteri Salo & Jan Tappinen
Accommodation: Pia Westerberg & Anne Forsström
Media: Kristian Forsell
Event office & website: Charlotta Wolff & Jouko Nurmiainen.



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Model orienteering

The model event will provide examples of the terrain type, the map quality, the control features and the positioning of the controls. It will be available as self-service in the southern neighbouring terrain of the BJC embargoed area on Friday 28 October at 9:00–20:00. Please note that the sun sets in Ekenäs/Tammisaari at 17:40. It will be dark in the forest by 18:00.

The organizers offer the model orienteering maps to the BJC participants for free, but we ask the teams to inform Kristian Forsell (contact info above) by e-mail by 26 October at the latest how many maps they will need. The maps will be available on Friday in a red letterbox at the northeastern corner of the brown building at 'Västerby skidstuga': self service, please take only the number of maps you have ordered.

The exact location of the 'Västerby skidstuga': <https://goo.gl/maps/TsodW9HZGEc6X8RK6>
The distance from the letterbox to the start is ca 600 m. Parking on the parking lot near the letterbox.

Team leaders' meetings

The team leaders' meeting for the long-distance competition will be on Friday 28 October at the event centre / accommodation 1 'Seminarieskolan' at 18:00. Team leaders arriving to Ekenäs/Tammisaari only later during Friday evening or on Saturday directly to the competition arena may join the meeting virtually by Zoom: please contact Kristian Forsell (contact info above) no later than Thursday 27 October and ask for the link.

The team leaders' meeting for the mixed relay will be on Saturday 29 October at the event centre / accommodation 1 'Seminarieskolan' at 20:30. Note that the running orders for the mixed relay must be submitted already at 16:00 on the same day. If necessary, it will be possible to join also this meeting virtually by Zoom: please contact Kristian Forsell and ask for the link.

Punching system

EMIT: Runners may use their own EMIT card or rent a card from the organizers for 4 €/card. Rental EMIT cards will be distributed in the team leaders' meeting on Friday 28 October. (Rental cards that have not been picked up on Friday can be retrieved at the event office at the competition arena on Saturday.) The team leaders should return all the team's rental cards after the relay, unreturned cards will be charged for (80 €/card).

NB: All EMIT cards, both private and rented, are personal. On both competition days, runners may use only the card indicated in the start list for the long-distance competition. If there is need to change the card after the start list has been published, please contact the event office at the competition arena on Saturday before going to the start. All runners who start with unknown EMIT cards will be disqualified.



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Paper backup patches for the EMIT cards will be available at the start on Saturday and at the check-in on Sunday.

A model control with the possibility to check the functionality of the EMIT card will be available near the event office at the competition arena.

Prize-giving ceremonies

Long distance, Saturday 29 October: the prize-giving ceremony will be held at the event centre 'Seminarieskolan' before the entertainment party (see below). The three best runners of each class will be awarded.

Mixed relay, Sunday 30 October: the prize-giving ceremony will be held at the competition arena after the mixed relay finish. The three best teams in the mixed relay and the three best teams in the overall competition between the BJC nations/regions will be awarded.

Entertainment by the teams

Each team is invited to prepare a short presentation for the entertainment party that will start after the long-distance prize-giving ceremony at the event centre 'Seminarieskolan' on Saturday.

Accommodation and catering

Accommodation on hard floor: please bring your own sleeping bags, mattresses, and water bottles. Also bring your own extension cords to share electricity to several devices.

Catering: breakfast and dinner will be served at the accommodation and lunch at the competition arena, starting with dinner on Friday 28 October and ending with lunch on Sunday 30 October 2022. Please note that the tableware provided by the organizers is disposable: if you want to eat and drink from real plates and glasses, bring your own.

Accommodation takes place in three different locations in Ekenäs/Tammisaari, where the teams can arrive directly. A few days before the event, the organizer will inform each team of which accommodation the team has been assigned to.

Seminarieskolan: Ladugårdsgatan 1–3 10600 Ekenäs, contact Pia Westerberg, phone +358405194648, <https://goo.gl/maps/Nfeiy96pGk7NUWsX7>

Ekenäs högstadieskola: Hedvig Sohlbergs gata 3, 10600 Ekenäs, contact Björn-Erik Wickholm, phone +358405056507, <https://goo.gl/maps/vByQv7kn3NyG5p749>

Österby skola: Pojoviksgatan 21, 10620 Ekenäs, contact Anne Forsström, phone +358405011385, <https://goo.gl/maps/vVNNhBD3wKDbKJ3Q7>

The Finnish regional teams can ask for accommodation at Knipnäs – Centret för välbefinnande / Knipnäs Hyvän Olon keskus, contact Marika Yliluoma, phone +358405553271, Fågelsången 1, 10650 Ekenäs, marika.yliluoma@nanomax.fi



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The Finnish regional teams which have not been given accommodation but are interested in eating lunch at the arena can book their meals in advance by 21 October at the latest. The price is 8 euros/meal/person. Please contact Kristian Forsell (kristian.forsell59@gmail.com).

Transportation and parking

All participants should make their own transportation arrangements from the accommodation to the competition arena 'Motorbana' or contact the organizers in time (Kristian Forsell, see contact info above): the organizers will chart the needs and the possibilities for ridesharing between BJC nations/regions. The organizers are grateful for any participating team arriving with their own bus willing to share their ride with another team that does not have a bus of its own.

The competition arena is situated ca 4–6 kilometres (10–15 minutes) from the accommodations. There will be free parking at the competition arena for both cars and buses. Signposting starts at road 52, Tenalavägen 416, 10620 Raseborg.

Competition arena 'Motorbana'

Services at the competition arena: toilets, event office, space for team tents on gravel, one 3 m x 6 m tent for two teams (four tents altogether; lunch will be served in these tents), a small cafeteria and, on Saturday only, a mobile sport shop 'Suunnistajan Kauppa'. It will be possible to make payments in the event office and the cafeteria by cash, credit card or MobilePay.

There will be no showers at the competition arena, showers available at the accommodation (Saturday) and at the 'Västerby skidstuga' 3 km from the competition centre (Sunday). We also invite you to swim in the beautiful lake Grabbskog Storträsk ca 1 km from the competition arena.

Bring your own water bottles; there is no water supply at the arena. Tap water at the accommodation is drinkable.

Other services

There will be no GPS-tracking, but LiveloX and RouteGadget will be available after the competition on both days.

It will be possible to charge phones and other devices at the competition arena and at the accommodation.

Terrain

The terrain is part of the Västerby recreation area and is a combination of coniferous forests, small marshes and open rocky flat hills. There are very detailed as well as subtle contour areas with some roads and few paths. The runnability varies from very good to average.



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Map

The event map is drawn in accordance with the ISOM2017-2. Scale 1:10 000 for both long distance and mixed relay. Contour interval 2,5 meters.

The competition area is embargoed until 31 October 2022, more details in the Bulletin 1.

All maps will be in plastic covers. You may keep your map after the finish of the long-distance competition. Note that according to the competition rules, no information about terrain, map or course may be given to runners who have not yet started. The mixed relay maps will be collected and kept until the mass restart has taken place.

Control descriptions are printed on the map. The descriptions are in accordance with the IOF standard. In addition, loose control descriptions for the long distance will be available in the pre-start area.

Course details (updated 23 October)

Long distance

Class	Length	Estimated winning time	Controls	Climb
M20	10,5 km	65 min	18	250 m
M18	9,5 km	63 min	18	230 m
M16	7,4 km	54 min	16	200 m
W20	8,6 km	65 min	13	215 m
W18	7,3 km	58 min	14	205 m
W16	6,4 km	55 min	11	150 m

Mixed relay

The mixed relay consists of six legs. Legs 1 and 2 are run in parallel, as are legs 3 and 4. Leg 1 sends off leg 3, and leg 2 sends off leg 4. Leg 5 starts when both 3 and 4 have arrived. Leg 5 then sends off leg 6. All legs are forked.

Leg	Class	Length	Estimated winning time	Controls	Climb
1st	M18	4,9–5,0 km	33 min	10	105–120 m
2nd	W18	4,7–4,8 km	33 min	10	115–130 m
3rd	W16	4,1–4,2 km	33 min	9	110–125 m
4th	M16	4,1–4,2 km	33 min	9	110–125 m
5th	W20	4,9 km	33 min	12	135 m
6th	M20	5,9 km	34 min	14	130 m

Controls

Controls are marked in the terrain with normal control flags. In certain areas, controls are near each other. There are two types of control stands, a lighter one with flag and EMIT unit



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and a more robust one with EMIT unit and a flag beside. The control's code number is placed on the EMIT punching unit in both types. Model controls of both types are visible in the arena.

Bib numbers

All BJC 2022 runners must wear the official bib number to be allowed to start. The bib numbers for the long-distance competition will be distributed in the start on Saturday. The bib numbers for the mixed relay will be distributed in the team leaders' meeting on Saturday evening. (Bib numbers that have not been picked up on Saturday can be retrieved at the event office at the competition arena on Sunday morning.) Check your number on the start list.

Start and finish

Long distance: Distance from the arena to the start ca 1,2 km. First starts at 11:00, start interval 3 minutes, start lists will be available on the BJC website on Friday 28 October. The runners will be called for the start preparations 3 minutes before their start time by the start personnel. More detailed instructions will be given in Bulletin 3.

Competitors need to punch on the finish line. After punching, the EMIT cards will be checked and possible mispunchings will be sorted out. Please use the EMIT paper backup batches!

Mixed relay: Both 1st and 2nd leg runners enter the start area at the competition arena no later than 20 minutes before the mass start at 10:00 and clear their EMIT cards at the check-in. When it is time, all runners on the legs 3–6 enter the changeover area and clear their EMIT cards at the check-in. More detailed instructions will be available in the Bulletin 3.

The M18 runner on the first leg sends off the W16 runner on the third leg, and the W18 runner on the second leg sends off the M16 runner on the fourth leg. The runner on the third and fourth legs that finishes last of the two (M16 & W16) sends off the W20 runner on the fifth leg. The W20 runner on the fifth leg sends off the M20 runner on the sixth leg.

Competitors need to punch on the changeover/finish line. The arriving runner sends away the next runner and goes to EMIT check.

If necessary, the mass restart takes place ca 30 minutes after the winning team has finished. Teams that did not finish or were disqualified on an earlier leg may also take part in the mass restart. Follow the instructions given by the speaker.

Results

Results will be available online, a link will be updated at <https://okraseborg.fi/baltic-junior-cup-2022/>



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The final results for each class will be posted on the result board at the competition arena and the event centre.

Complete results with split times will be published as soon as possible on <https://okraseborg.fi/baltic-junior-cup-2022/>

Anti-doping and environment

Doping is strictly forbidden, and the organizers of the Baltic Junior Cup 2022 are dedicated to supporting the anti-doping authorities in their work.

Please do not throw any litter (gel packages or other) in the forest, and make sure you take your garbage away when leaving the accommodation, event centre and arena.

Open courses

There will be open orienteering courses available for the general public (and for e.g. the BJC team leaders) both on Saturday and Sunday at the competition arena during the Baltic Junior Cup competitions: different courses on both competition days, on Saturday three courses (Long, Medium, Short) with long-distance characteristics, and on Sunday three courses (Long, Medium, Short) with middle-distance characteristics. All these open courses have a difficulty level suitable for experienced orienteers, no beginners' courses. Fee 10 € / map, juniors up to 18 years 5 € / map. Registration at the event office/info at the competition arena; pre-registration and payment of the map fee will be possible at <https://rastilippu.fi> a couple of days before the event (also pre-registered open course orienteers will get their maps at the event office/info). EMIT punching and LiveloX: please bring your own EMIT card or rent one from the organizers (4 €/card, limited supply, first come first served). Unreturned rental cards will be charged for (80 €/card).

More information about the open courses will be updated at <https://okraseborg.fi/baltic-junior-cup-2022/> and at <https://rastilippu.fi>

Bulletin 3 will be published on 24 October 2022.

Welcome to the Finnish forests!

FSO and OK Raseborg