



BJC 28–30 October 2022



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

Bulletin 3

Locations (as in the updated Bulletin 2)

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>

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>

Contacts

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Organisers and key personnel

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

Event director: Kristian Forsell

Event controller / TA: Anders Westerlund

Course setting: Daniel Forsell & Harry Sainio

Course controller: Anders Nordell

Competition jury: president Annika Eriksson Småland; members Gabija Ražaitytė Saunorienė, Lithuania, and Emma Joonas, Estonia; secretary Anders Westerlund, FSO

Mapping: Sune Forsström



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Map layout: Jouko Nurmiainen

Result service: Niko-Petteri Salo & Jan Täppinen

Accommodation: Pia Westerberg, Anne Forsström & Björn-Erik Wickholm

Media: Kristian Forsell

Event office & website: Charlotta Wolff & Jouko Nurmiainen.

BJC 2022 programme (as in the updated Bulletin 2)

Friday 28 October	Saturday 29 October	Sunday 30 October
<p>15:00 Check in / Registration at accommodations 1–3. 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.

Model orienteering (as in the updated Bulletin 2)

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 organisers 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



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latest how many maps they will need. The maps (A4, 1:10 000) 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. Bring your own plastic covers.

The exact location of 'Västerby skidstuga': <https://goo.gl/maps/TsodW9HZGec6X8RK6> The distance from the letterbox to the start is ca 600 m. Parking in the parking lot near the letterbox.

Team leaders' meetings (as in the updated Bulletin 2)

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 this meeting virtually by Zoom: please contact Kristian Forsell and ask for the link.

Competition rules

In both the long-distance competition and the mixed relay the IOF Foot Orienteering Competition Rules 2022 (version JWOC) will be used to the extent that they apply.

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 a 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.

Paper backup patches for the EMIT cards will be available in 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. Each runner is responsible for



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checking the functionality of his/her EMIT card. The last possibility to change a dead card for a new one is in the event office at the arena. There are no back-up EMIT cards in the start.

Accommodation and catering

Accommodation on hard floor: As stated in Bulletin 2, please bring your own sleeping bags, mattresses, and water bottles. Also bring your own extension cords to share electricity to several devices.

The doors to the accommodation are continuously locked. The team leaders agree with the organizer's contact person about the practicalities concerning the key. No other doors may be used than the ones showed upon arrival. Clothes and shoes can be washed outside at the location indicated for this. Please remove your shoes when entering the building. There are showers and locker rooms in the accommodation. The teams are expected to clean up their accommodation before departure on Sunday 30 October.

Teams are asked to inform the contact person in advance of their time of arrival. Accommodation will not be available before Friday at 15.00.

Accommodation is at three different locations in Ekenäs/Tammisaari, where the teams can arrive directly. Please park your cars and buses in the yard, not in the street.

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

Ekenäs högstadieskola, teams from Estonia, Southern Sweden, and Häme: Hedvig Sohlbergs gata 3, 10600 Ekenäs, contact Björn-Erik Wickholm, phone +358405056507, <https://goo.gl/maps/vByQv7kn3NyG5p749>

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

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 organisers is disposable: if you want to eat and drink from real plates and glasses, bring your own. At the arena, lunch will be served in tents. Dinner and breakfast will be served in the accommodation, however Högstadieskolan (Estonia, Southern Sweden and Häme) will have dinner and breakfast in Seminarieskolan, which is 300 metres north. Meals will be served on disposable plates, which should be put in the dustbin afterwards. Dietary meals will be available under the name of the person for whom they have been ordered. Breakfast will be distributed already in the evening after dinner, and it can be eaten in the accommodation.

Transports and parking

All participants should make their own transportation arrangements from the accommodation to the competition arena 'Motorbana' or contact the organisers in time



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(Kristian Forsell, see contact info above). Ride sharing between the teams can be agreed upon in Friday's team leaders' meeting. The organisers ask Latvia to help Lithuania with transportation, as they are in the same accommodation.

As mentioned in Bulletin 2, 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 as mentioned in Bulletin 2: 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 are 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 storräsk ca 1 km from the competition arena.

Bring your own water bottles; there is no water supply at the arena. The organisers will also provide each team with one large water recipient, to be filled at the accommodation and transported to 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 and courses

The competition terrain is located in Västerby recreation area west of Highway 52 in Ekenäs in the western parts of Raseborg. The terrain area is embargoed for competition and training until Baltic Junior cup. Among others, the Finnish night orienteering championships in 2009 and Youth Jukola in 2015 were held in the same terrain area.

The old map of the competition terrain is available at the BJC website, <https://drive.google.com/file/d/1csZEZHS6JIGQBxsGH0loZ3IQrNJLLUZ/view?usp=sharing>

The area consists mainly of bare-rock, coniferous forest terrain that is typical of southwestern Finland. Runnability is above average and allows the competitors to maintain a fast pace. In addition to bare-rock hills, pre-dominant terrain types are heath forest and marshes. There are a few forest roads and paths. In some parts of the area, there are logging



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sites and planted forests of various age. These areas might slow down the running. The visibility is mainly good.

The courses in the long-distance competition challenge the competitor with some intense map reading, changes in running pace and route choices.

The relay will challenge the competitors in a more technical way with a flavour of middle-distance orienteering combined with the stress of relay running.

Map

The event map has been 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 competition 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 start.

Course details

Long distance

In Saturday's long-distance competition, all classes will have a drinking control serving water.

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.



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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 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. There will be safety pins in the start for attaching the bib. The background colour of the bib in classes M/W16 will be white, in classes M/W18 light blue and in classes M/W20 yellow.

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. The background colour of the bibs is light blue for legs 1 and 3, and light green for legs 2 and 4. The same colour codes are used on the maps. For leg 5, the background colour is white and for leg 6 yellow. The colour on the maps is grey for these legs. (See pictures 1 and 2.)

Check your own number on the start list.



Picture 1: Relay bib numbers.



Picture 2: The back side of the relay maps.



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Mixed relay running orders

The running orders for the mixed relay must be given to the event office at the arena by Saturday 29 October at 16.00. The running order will be given on a paper form handed out in the team leaders' meeting for Saturday's long-distance competition on Friday evening. Forms will also be available at the event office during the long-distance competition. Teams that do not register their running order in time will not be allowed to run on Sunday. After the deadline, only imperative changes in the running order can be made (e.g. because of acute illness in the night between Saturday and Sunday; inform the event office of these changes on Sunday morning between 8.30 and 9.00).

In the relay, younger orienteers can participate in the legs intended for older classes, but older orienteers may not run the legs intended for the younger. Boys must not run the girls' legs, but girls may, if necessary, run instead of boys.

In the relay, each runner should use the same EMIT card that they have already used for the long-distance competition on Saturday. The card will be associated with the right runner in accordance to his or her name. Possible EMIT changes should be registered at the event office by 9:00 on Sunday morning. Teams with a runner using a wrong or unknown EMIT card will be disqualified.

Start and finish, long distance

Distance from the arena to the start ca 1,2 km. No toilets near the start, please use the facilities at the arena.

First starts at 11:00, start interval 3 minutes, start lists will be available on the BJC website on Friday 28 October.

Competitors should arrive in time for the start, so that they can take their bib and attach it before entering the start. Competitors should also attach the paper backup-patch to their EMIT card at this stage.

The runners will be called for the start preparations 3 minutes before their start time by the start personnel.

In the start, three minutes before start time, bibs and EMIT numbers will be checked. Competitors are responsible for using the EMIT card marked on the start list. All changes must be registered in the event office before going to the start.

Two minutes before starting, the runner takes the loose control descriptions. The control descriptions are also printed on the map.

One minute before starting, the runner stands at the map container for his or her class. The runner is responsible for taking the correct map.



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At the next long beep, the start signal, the runner takes the map and runs to the starting point. The route to the starting point is marked and it is part of the course.

In the finish, 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 patches!

In the long-distance competition, the finish will close at 14.30. Competitors arriving after that will be disqualified.

Start, changeover and finish, mixed relay

Both first and second 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. Please use the EMIT backup patches offered in the start area.

The first and second leg runners take their position following the start personnel's instructions five minutes before the start. They are not allowed to look at the map before the start signal; those who do will be disqualified. After the start signal the first two leg runners will start (M18 (1st) and W18 (2nd) together).

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. To make this easier, legs 1 and 3 have light blue and legs 2 and 4 light green as colour codes.

On the third and fourth leg, the runner who arrives the first of these two (M16 & W16) takes a coloured paper instead of the fifth-leg map. The paper bears the number of the team and is stamped on top of the fifth-leg map. The arriving runner gives this paper to the runner of the fifth leg at the changeover bar.

The runner on the third or fourth leg that finishes last of these two sends off the W20 runner on the fifth leg by giving her the fifth-leg map. The runner of the fifth leg first gives the coloured paper she has got from the first M16/W16 runner of her team to the organiser waiting on the route to the starting point. Any team failing to give the coloured paper will be disqualified.

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.

Changeover will close ca. 20 minutes after the winning team has finished. The remaining teams who have not yet started will be sent off 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.

Finish will close at 14.30. Teams arriving to the finish after this will be disqualified.



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Complaints

Complaints may be made about infringements of the IOF competition rules or the organiser's directions. Complaints may only be made by team officials or competitors. The complaints must be given to the event director or the event office no later than 15 minutes after the last runner in the class has finished, if needed first orally and then as soon as possible in written.

Results

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

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 organisers of 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 is available at <https://okraseborg.fi/baltic-junior-cup-2022/> and at <https://rastilippu.fi>

Welcome to Ekenäs/Tammisaari!

FSO and OK Raseborg