

BALTIC JUNIOR CUP 25.-27.09.2009 IN ESTONIA

BULLETIN 2

Estonian Orienteering Federation and OK Võru are delighted to be host for Baltic Junior Cup in Võru county, Haanja parish, in the southeast corner of Estonia. We wish you a pleasant stay and are looking forward to welcome all young orienteering talents from Baltic region.

ORGANIZERS

OK Võru & Estonian Orienteering Federation

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EVENT CENTRE AND COMPETITION CENTRES

Event centre is Haanjamehe tourist farm in Võru county, Haanja parish. Võru is situated 250 km southeast from Tallinn and Haanjamehe farm is situated 15 km from Võru. More detailed information at <http://www.kubija.ee/haanjamehetalu/>
Competition centre both days will be at Haanjamehe farm.

ACCOMMODATION

2-7 bed rooms (70 beds) and hard floor. Please bring your own sleeping bags and mattresses if needed according to following table. Food will be offered from dinner on Friday, 25th of September, to lunch on Sunday, 27th of September.

Team	Accommodation	Remarks
EST	Jaanimäe	Bring Your own bed-linen and towels! Beds/mattresses available on-site
LAT	Haanja school gym	Bring Your own mattresses, bed-linen and towels!
LTU	Haanja Milla	Bring Your own bed-linen and towels! 28 beds + mattresses members available
POL	Cafe "Suur muna"	Bring Your own mattresses, bed-linen and towels!
FSO	Haanjamehe farm	Bring Your own bed-linen and towels! Beds or mattresses available on-site.
SMA	Haanjamehe farm	Bring Your own bed-linen and towels! Beds available on-site.
SHB	Haanjamehe farm	Bring Your own bed-linen and towels! Beds available on-site.

CATERING

Food will be offered from dinner on Friday, 25th of September, to lunch on Sunday, 27th of September. Food coupons for teams will be handed over to team leaders upon arrival. Breakfasts are served at accommodations, lunches and dinners at Event centre in Haanjamehe farm.

CLASSES

Baltic Junior Cup classes – M/W16, M/W18 and M/W20. Each country is allowed to enter a maximum of 5 participants in each class. 4 leaders per team are also invited.

COURSES

Long distance:

M16	5,9 km	16 controls
W16	4,1 km	11 controls
M18	6,9 km	18 controls
W18	5,2 km	13 controls
M20	8,5 km	23 controls
W20	5,8 km	16 controls

Mixed relay:

1 leg M18	5,1 km	17 controls
W18	3,8 km	16 controls
2 leg M16	3,8 km	12 controls
W16	2,9 km	10 controls
3 leg W20	5,1 km	15 controls
4 leg M20	5,8 km	18 controls

M18 on leg 1 changes to W16 on leg 2. W18 on leg 1 changes to M16 on leg 2. Last finishing runner on leg 2 changes to leg 3.

PROGRAMME

Friday 25th of September

Arrival at Haanjamehe tourist farm

1500 – 1900 free training

1900 - 2000 dinner

2030 team leaders meeting, long distance

Saturday 26th of September

0800 - 1000 breakfast

1100 first start long distance event

1300-1500 lunch

1600 deadline for relay entries

1600 - 1800 sightseeing tour to Suur Munamägi hill (prepare 15EEK or 1EUR per person)

1900 dinner

2000 prizegiving ceremony

2030 entertainment by the teams

2030 team leaders meeting, mixed relay

Sunday 27th of September

0600 – 0800 breakfast

0900 start mixed relay

Approx. 1200 prizegiving ceremony

1200 - 1400 lunch

TEAM'S OVERALL

For team's overall the best 3 participants times for each team in each class (M/W16, M/W18 and M/W20) at the long distance event will be counted together with 3 best mixed relay result times.

GENERAL TERRAIN DESCRIPTION

Long distance & Mixed relay

Mixed forest, plenty of marshes, quite big height differences (up to 83 m on one slope). Network of tracks and paths is rather dense. Runnability is varying from rather good to very bad.

MAPS

Training map

Haanja-Tsiamäe map 1:10000 and 5 m contour interval. Mapper Kalle Kalm, 2005-2006. The map was used for European championship middle distance competition 2006. Map on EOF website:

<http://www.orienteerumine.ee/kaart/db/kaart/2006054.gif>

Long distance & Mixed relay

Vällamäe map with scale 1:10000 and 5 m contour interval. Mapper Kalle Kalm 2001-2002, modified 2009. Map on EOF website:

<http://www.orienteerumine.ee/kaart/db/kaart/2003029.gif>

PUNCHING SYSTEM

The SportIdent electronic punching system will be used. Teams use their own SI-cards, so please note individual SI-numbers in your entry application. Wait for both light- and sound-signal for safe punch. If there is no signal, punch manually (in old traditional way) in reserve boxes printed on map. This procedure will be discussed on team leader meetings.

START

Start interval on long distance is 3 minutes. Pre-start 3 minutes. Distance from event centre to pre-start is 1 km. Control descriptions are printed on maps, separate control descriptions are available at pre-start on long distance.

FINISH

On long distance event finish time will be fixed by punching on finish line. In the relay finish stations are situated some metres after the finish line and sequency of the runners on the last leg will be fixed visually on finish line.

SPECTATORS' CONTROL

There will be spectators' control at Event centre in relay for classes MW18, 20.

WARM-UP AND JOGGING AFTER THE RACE

Warm-up and jogging after the race in long distance competition is allowed only on territory of Haanjamehe farm and on major road on the way to start. In relay warm-up and jogging after the race is allowed only on territory of Haanjamehe farm.

RELAY CHANGEOVER

Relay changeover procedure will be explained in detail at team leaders' meeting on Saturday and demonstrated for teams before relay start.

TOILETS

Toilets are available at accommodations, event centre and at the start of long distance.

SHOWER

Warm shower in tents after competitions. Please use competition showers in order not to overload showers at accommodations!

Shower at model event: As there are no showers at accommodation for POLAND and LATVIA, these teams can take shower after model event at Haanja Sports Centre (model event site). Other teams please take shower at accommodations after the model event.

ANTI-DOPING

Keep our sport and Baltic Junior Cup 2009 free from doping! Organizing committee is fully committed to support the endeavours of the anti-doping authorities with highest priority.

JURY

A jury will be put together during team leader meeting before long distance event.

