

ESTONIAN SKI-ORIENTEERING CHAMPIONSHIPS

25.01.2020 SPRINT AND SPRINT RELAY

ESTSKIO WEEKEND 2020

26.01.2020 SPRINT AND MIDDLE

RAKVERE, LÄÄNE-VIRUMAA, ESTONIA

PROGRAM

Saturday, 25.01.2020

Opening of the competition centre 9.00

First start sprint 10.30

Start for the first leg sprint relay

14.00 **(M14-16, M50, W14-16)**

14.30 **(W40, M18-20, W18-20)**

15.00 **(M21, W21, M40)**

Prize giving ceremony ~ 16.30

Sunday, 26.01.2020

First start sprint 10.00

First start middle 13.00

Prize giving ~ 15.00

25.01.2020 COURSE LENGTHS

SPRINT

M 14 2,4 km/ 8CP

W14 1,9 km/ 6CP

M16 2,7 km/ 10CP

W16 2,4 km/ 8CP

M18 3,2 km/ 11CP	W18 2,7 km/ 9CP
M20 3,2 km/ 11CP	W20 2,7 km/ 9CP
M21 3,7 km/ 12 CP	W21 3,0km/ 11CP
M35 3,2 km/ 11CP	W35 2,7 km/ 9CP
M45 2,7 km/ 10CP	W45 2,4 km/ 10CP
M55 2,5 km/ 9CP	W55 2,2 km/ 10CP
M65 2,4 km/ 10CP	

SPRINT RELAY

MEN

M14/16 4*1 km

M18/20 6*1,5 km

M21 6*1,8 km

M40 6*1,5 km

M50 4*1,3 km

WOMEN

W14/16 4*1 km

W18/20 6*1,5km

W21 6*1,5 km

W40 6*1,2 km

26.01.2020 COURSE LENGTHS

SPRINT

M 14 2,4 km/ 8CP	W14 1,9 km/ 6CP
M16 2,7 km/ 10CP	W16 2,4 km/ 8CP
M18 3,2 km/ 11CP	W18 2,7 km/ 9CP
M20 3,2 km/ 11CP	W20 2,7 km/ 9CP
M21 3,7 km/ 12 CP	W21 3,0 km/11CP
M35 3,2 km/ 11CP	W35 2,7 km/ 9CP

M45 2,7 km/ 10CP

W45 2,4 km/ 10CP

M55 2,5 km/ 9CP

W55 2,2 km/ 10CP

M65 2,4 km/ 10CP

MIDDLE - MASS START

M 14 4 km/ 12CP

W14 3,5 km/ 12CP

M16 5 km/ 14CP

W16 4 km/ 12CP

M18 6 km/ 17CP

W18 4,5 km/ 14CP

M20 8 km/ 22CP

W20 6 km/ 20CP

M21 8 km/ 22CP

W21 6 km/ 20CP

M35 7 km/ 18CP

W35 5 km/ 14CP

M45 7 km/ 18CP

W45 4 km/ 12CP

M55 6 km/ 15CP

W55 4 km/ 12CP

M65 5 km/ 15CP

COMPETITION CENTRE

Competition centre is in [Rakvere vocational school](#), in Rakvere, Päikese 8. Marking begins from Rägavere street in Rakvere.

<https://www.google.ee/maps/place/59%C2%B020'14.9%22N+26%C2%B022'38.8%22E/@59.3374797,26.3752623,17z/data=!3m1!4b1!4m2!3m1!1s0x0:0x0>

TERRAIN

The forest of Lilleoru/Seminari and Palermo in Rakvere. Mostly pine forest with little variations. Highest height difference 10 m. Dense network of paths.

Total of ski tracks is 23,5 km from which



5 %

801 **Very wide track > 3 m**

 40 %
802 **Wide track 1.5-3.0 m**

 55 %
803Track 0.8-1.2 m

MAP AND SCALES

A map from January 2020 by Kuno Rooba is used on both days.

Map scales:

25.01.2020 sprint and sprint relay 1:5000, h=2.5m

26.01.2020 sprint - 1:5000, h=2.5m

Middle - 1:7500, h=2.5m

FORBIDDEN AREA

On the terrain of maps 2014032

<http://www.orienteerumine.ee/kaart/db/kaart/2014032.jpg> and
2014033 <https://www.orienteerumine.ee/kaart/db/kaart/2014033.jpg> is
forbidden to train with maps and organise competitions until
27.01.2020.

PUNCHING SYSTEM

SPORTident touch free punching system is used on both days. Rent of SI-card from organisers costs 1.5 euros per day.

In case of losing the rented SI-card the participant must pay 100 euros for the organisers for the loss that has occurred.

Rented SI-cards can be picked up from the competition centre.

PRIZE GIVING CEREMONY

Prize giving ceremony takes place in the assembly hall of Rakvere vocational school and is ceremonial. Participants belonging in the orienteering clubs should wear their representative costume. Gathering of the winners takes place behind the assembly hall.

REGISTRATION

Registration for the competitions is online, www.osport.ee, until 20.01.2020, 23.59.

While registration, you must pay the participation fee. Registration is valid when the participation fee has been received by the organisers.

Rakvere orienteerumisklubi, EE182200001120223575 SWEDBANK.

While registration to the sprint relay, it is highly recommended to show the preliminary names of the team. The exact names with the skiing order of the team must be sent to the organisers via www.osport.ee 24.01.2020 18.00.

COMPETITION CLASSES AND ENTRY FEES

Estonian championship sprint

MN 14, 16, 18	7 €
MN 21, 35, 45, 55	17 €
MN 20, M65	12 €

Estonian championship sprint relay

MN 21, 40	34 € team
MN 50	32 € team
MN18/20	24 € team
MN14/16	14 € team

ESTSKIO WEEKEND - per start

MN 14, 16, 18	5 €
MN 21, 35, 45, 55	15 €

MN 20, M65	10 €
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CHANGING ROOMS AND CATERING

There is an opportunity to stay warm in the competition centre and change clothes in the assembly hall. There are no showers available.

It is strictly forbidden to enter the school with skis!

There is a catering in the competition centre with soup and fika.

ACCOMMODATION

The dormitory of Rakvere vocational school offers accommodation with dinner and breakfast. 25 euros total per face. Booking for the accommodation is online www.osport.ee together with the registration for the sprint relay.

Dormitory is open from 12.00 on Saturday.

Other accommodation opportunities in Lääne-Virumaa:

<http://www.puhkaeestis.ee>

ORGANISERS

Orienteering club Rakvere – Lasketiiru 10, 45107, Tapa.

Event director: Kuno Rooba, tel. 56495434, kuno.rooba@gmail.com

Registration: Tauno Murakas, tel. 5271802, tauno.murakas@gmail.com

Course setters: Jaan Olvet, Ain Roosimägi, Joonas Oja, Tarvo Klaasimäe

Homepage - www.raok.ee

IG - @rakvereok

