

Competition Instructions

Värska Originaal Finnish Spring

At Lakianummi, Salo, 25–26 April 2026



Change log

- 21.4. Updated schedule for open classes
- 21.4. Small adjustments to competition distances and map size in RR and TR classes
- 21.4. Map scales in open courses
- 21.4. Distance from parking to competition centre
- 23.4. Instruction to motorway crossings
- 23.4. Link to start lists
- 24.4. GPS tracking, Saturday: device pickup only 1 hour before the start + tracked athletes
- 24.4. D40AL starts from start 2 (not from start 1)
- 25.4. Members of Jury added
- 25.4. Sunday's prize giving ceremony

Officials

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Course setter Saturday: Mikko Lähdekorpi

Course setter Sunday: Petja Ylikylä

IOF Event Adviser / Finnish Orienteering Federation TA: Johan Uusimäki

Course controller Saturday: Risto Gustafsson, Rasti-Perniö

Course controller Sunday: Ilkka Aakula, Paimion Rasti

Results service: Risto Kivinen

Jury, Saturday:

Chair Jari Pajunen, Perttelin Peikot

Maritta Nurmi, Vaasan Suunnistajat

Tiina Kerkola, Suomusjärven Sisu

Jury, Sunday:

Chair Jari Pajunen, Perttelin Peikot

Tiina Kerkola, Suomusjärven Sisu

Miika Hernelahti, Kalevan Rasti

Event website: <https://www.finnishspring.fi/>

Rules

The competition follows the competition rules of the Finnish Orienteering Federation as well as the organiser's Competition Instructions. IOF rules take precedence in WRE classes.

Directions and Parking

Directions to parking from road 110, Salo–Helsinki, approx. 5 km from Salo towards Helsinki. Guidance will be in place on Saturday 25 April from 7:00 onwards.

Navigation address to parking: <https://maps.app.goo.gl/2YB1GnFjA6mE4SRa8>

Parking takes place in the Metsä-Jaanu industrial area. Distance to the Competition Centre is 1.2-1.7 km. Parking fee 3 €, which covers parking on both days. The parking fee is paid at Info.

Buses and motorhomes park in the same area as passenger cars. Overnight stay in the parking area is prohibited. The gates to the area will be closed for the night.

Note! The route from parking to the Competition Centre crosses road 110. The crossing point is marked and supervised. Vehicle traffic will be stopped while pedestrians are crossing the road. To ensure safe crossing, follow the marked route and the instructions of the supervisors.

Competition Centre

The Competition Centre is located on and around an industrial property. The address of the Competition Centre is Ruusulehdontie 23, Salo.

Terrain

The eastern part of the competition terrain consists of detailed open rocky hills. Runnability on the hilltops is mainly good. The greatest height differences in the area are approximately 50 metres.

The western part of the terrain is gently featured forest terrain crossed by several forest roads and other tracks. A moderate amount of forestry work has been carried out in the area. Runnability in clear-cut areas and young forest varies, but in the older forest it is mainly good.

An old map of the competition area is available on the event website:
<https://www.finnishspring.fi/kilpailumaasto/>

Note. Due to spring forestry work there are timber piles in the terrain, especially on the children's courses. These are not marked on the map.

Forbidden Areas

Forbidden areas are marked on the maps either with symbol 520 “Area that shall not be entered” or symbol 709 “Out-of-bounds area”. Forbidden areas are taped with red-yellow tape when necessary.

At the edge of the competition area there are two roads marked with the out-of-bounds route symbol (711). The roads are not taped off with out-of-bounds tape, but using them as a route is prohibited. The ditch running alongside each road marks the boundary of the road area. Competitors may move freely on the forest side of the ditch.

Competition Map

The original mapping of the southern part of the terrain was done by Jussi Silvennoinen (2005) and Ari Salonen (2017). Map updating has been carried out by Ari Salonen (2024) and Vesa Elovaara and Petja Ylikylä (2026).

The northern part of the terrain was mapped by Vesa Elovaara in 2025.

Individual Competition, Saturday 25 April

The individual competition in classes M21E and W21E is a WRE long distance competition.

In classes H/D20E, H/D18E, H/D16 and H/D15, the competition is the first event of the Junior League.

Event program

7:00 Parking opens
11:00 First starts
14:00 Last start
16:00 Prize-giving ceremony for WRE classes
16:30 The finish closes

Scale and Map Size

Scale:

- 1:15 000 in classes M/W21E, H/D20E, H/D18E, H/D16, H/D15
- 1:7 500 in H/D12 and younger, and H/D45 and older
- 1:10 000 in all other classes

The contour interval in all classes is 5 metres.

Depending on the class, the competition map is either A4 or A3. The competition map is in a plastic cover. In classes M21E, W21E and H20E, the plastic cover is sealed.

Classes and Distances

Class	Distance	Number of Controls	Map Scale	Map Size	Start
M21E1	15,7 km	25	1:15 000	A4	L1
H20E	12,0 km	18	1:15 000	A4	L1
H18E	10,0 km	14	1:15 000	A4	L1
W21E	13,6 km	21	1:15 000	A4	L1
D20E	9,5 km	13	1:15 000	A4	L1
D18E	8,5 km	16	1:15 000	A4	L1
H21A	11,4 km	19	1:10 000	A3	L1
H21AL1	7,8 km	15	1:10 000	A3	L1
H21AL2	7,7 km	15	1:10 000	A3	L1
H35A	9,4 km	17	1:10 000	A3	L1
H35AL	6,0 km	12	1:10 000	A3	L1
H40A	8,9 km	18	1:10 000	A3	L1
H40AL	5,9 km	12	1:10 000	A3	L1
H45A	7,7 km	14	1:7 500	A3	L1
H45AL	5,6 km	9	1:7 500	A3	L1
H50A	6,9 km	13	1:7 500	A3	L1
H50AL	5,7 km	11	1:7 500	A3	L1
H55A	6,2 km	13	1:7 500	A3	L1
H55AL	5,2 km	11	1:7 500	A3	L2
H60A	5,7 km	11	1:7 500	A3	L1
H60AL	4,6 km	10	1:7 500	A4	L2
H65A	5,3 km	11	1:7 500	A3	L2
H65AL	4,0 km	10	1:7 500	A4	L2
H70	4,6 km	10	1:7 500	A4	L2
H75	4,0 km	10	1:7 500	A4	L2

H80	3,1 km	8	1:7 500	A4	L2
H85	2,1 km	6	1:7 500	A4	L2
H90	1,9 km	7	1:7 500	A4	L2
D21A	8,2 km	14	1:10 000	A3	L1
D21AL	5,9 km	12	1:10 000	A3	L1
D35A	7,4 km	11	1:10 000	A3	L1
D35AL	5,3 km	11	1:10 000	A4	L2
D40A	6,9 km	13	1:10 000	A3	L1
D40AL	4,6 km	10	1:10 000	A4	L2
D45A	6,0 km	12	1:7 500	A3	L1
D45AL	4,2 km	9	1:7 500	A4	L2
D50A	5,7 km	9	1:7 500	A3	L1
D50AL	4,0 km	10	1:7 500	A4	L2
D55A	5,2 km	11	1:7 500	A3	L2
D55AL	3,4 km	10	1:7 500	A4	L2
D60A	4,9 km	10	1:7 500	A3	L2
D60AL	3,2 km	8	1:7 500	A4	L2
D65A	4,2 km	9	1:7 500	A4	L2
D65AL	3,1 km	8	1:7 500	A4	L2
D70	3,4 km	10	1:7 500	A4	L2
D75	2,1 km	7	1:7 500	A4	L2
D80	2,0 km	7	1:7 500	A4	L2
D85	1,9 km	7	1:7 500	A4	L2
D90	1,9 km	7	1:7 500	A4	L2
H17-20	6,0 km	13	1:10 000	A4	L2
H16	5,9 km	10	1:15 000	A4	L1
H15	5,1 km	12	1:15 000	A4	L2
H14	4,2 km	10	1:10 000	A4	L3
H13	2,8 km	11	1:10 000	A4	L3
H12	2,3 km	9	1:7 500	A4	L3
H12TR	1,8 km	8	1:7 500	A5	L3
H10RR	1,8 / 2.6 km	7	1:7 500	A5	L3

D17-20	5,0 km	10	1:10 000	A4	L2
D16	5,0 km	11	1:15 000	A4	L2
D15	4,2 km	11	1:15 000	A4	L2
D14	3,9 km	9	1:10 000	A4	L3
D13	2,8 km	11	1:10 000	A4	L3
D12	2,3 km	9	1:7 500	A4	L3
D12TR	1,8 km	8	1:7 500	A5	L3
D10RR	1,8 / 2.6 km	7	1:7 500	A5	L3
15-18 AVOIN	5,1 km	12	1:10 000	A4	L2
14 AVOIN	3,9 km	9	1:10 000	A4	L3
12 AVOIN	2,3 km	9	1:7 500	A4	L3
TR AVOIN	1,8 km	8	1:7 500	A5	L3
RR AVOIN	1,8 / 2.6 km	7	1:7 500	A5	L3

Total climb in WRE classes: M21E1 420 meters, M21E2 380 meters, W21E 370 meters.

Starts

Start 1: Distance 1400 metres along the road, yellow marked route

Start 2: Distance 200 metres along the road, blue marked route

Start 3: Distance 450 metres along the road, red marked route

There is no start quarantine in any class.

There is no transportation for the clothes from the starts.

Start Times

Starts from 11:00 to 14:00. Start lists can be found from event's result pages:

https://resultfellows.com/2026_finnishspring/

Procedure at Starts 1 and 2

Start procedure:

- 4 min: The competitor is called to the start box according to their own start time. Control descriptions are available before the start boxes.
- 3 min: Emit card reset. Emit card reset is the responsibility of the competitor.
- 2 min: -

- 1 min: Move to the maps. The map may be taken only at the start moment.
- Start: The competitor takes their map and follows the marked route to the K-point, where orienteering begins. The K-point is marked on the map with a triangle and in the terrain with a control flag. It is forbidden to leave the marked route.

Late starters must report at the start.

There is no model map on display at the start.

Procedure at Start 3

Classes H/D14 and younger start from Start 3. The distance to the start is about 450 metres along the road. The marked route begins at the signpost.

Emit backup patches are available at the start. Control descriptions are printed on the maps. Separate control descriptions are also available at the starts, excluding RR classes. There are no fastening accessories or protective covers for the control descriptions.

Special instructions for Start 3

- 5 min before start: Orienteers are called to the start by the competitor's name. In classes H/D10RR and H/D12TR, the orienteer may study the map with the course on it. In other youth classes there is a model map with the K-point marked on it.
- 4 min: The start official checks the start time and Emit number.
- 3 min: Emit card reset
- 2 min:
 - A competitor in class H/D10RR receives the competition map and the start official gives guidance.
 - A competitor in class H/D12TR studies the model map with the course on it.
 - A competitor in classes H/D12, H/D13 and H/D14 may study the competition map with the K-point marked on it.
- 1 min:
 - A competitor in classes H/D10RR and H/10 moves to the start box and may continue to study the competition map they have received.
 - A competitor in classes H/D12TR, H/D12, H/D13 and H/D14 takes their own competition map from the bucket marked with the class code and may study the course.
 - Start: The start signal is given by the start clock. The start takes place from the K-point, i.e. the start place is the same as the start triangle on the map. The K-point is marked with a control flag.

Late starters must report at the start.

Special instructions for String and Support String classes and instructions for open classes

On String courses (RR), a marked route is printed on the map and the controls are along this route. In the terrain this marked route is shown with a continuous white tape and on the map with an orange line.

It is allowed to leave the marked route. The controls are in accordance with the model control, and the control flags have the codes RR1, RR2 etc. on each side. The same code is also on the punching unit. Controls must be punched in numerical order.

The marked route on the Support String course (TR) is the same as on the String course. The controls are slightly apart from the marked route and they are marked with normal number codes. Check from the control descriptions that the number codes correspond correctly.

At the last control there are several punching units, one of which has the RR code and the others number codes. You may punch with any of the punching units at the last control. From the last control to the finish there is a marked route which must be followed. At the finish line a finish punch is still performed. For each incorrect or missing punch, 10 minutes will be added to the time of an RR competitor, and the performance will not be disqualified. In other classes, an incorrect punch leads to disqualification.

Open classes

Late entry to open classes is possible at the Info at the Competition Centre until 12:00. The organiser will give a start time and competition number to a late-entered competitor in an open class. Open class start times are after the starts of the competition classes, from approx. 12:30-13:00. All competitors in open classes start from Start 3.

Entry fee in class 15–18 Open is 16 €, in other open classes 12 €. Possible Emit rental 5 €.

Map flip

Classes **M21E**, **W21E** and **H20E** use a map flip. At the start moment the competitors receive two competition maps in the same plastic cover. On the first side the course ends at the map flip control, where the competitors turn the map and continue orienteering on the other map. The numbering of the controls continues in order after the map flip.

At the edge of the competition map there are only the control descriptions for the controls on that part.

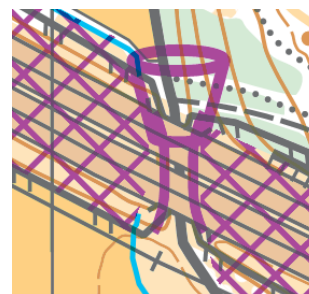
The picture below shows an example of how the map flip is shown in the control descriptions and how orienteering continues on the other map.



10	223	▲		○
		◀		
11	205	●		○

Motorway crossings

The longest courses cross the motorway twice. There are three designated crossing points along the motorway (overpasses and underpasses). The underpasses may be difficult to spot on the map, but you can pass beneath the motorway at the refreshment point. An image alongside shows how this location appears on the map.



Competition Bibs

All competitors use competition bibs. Competition bibs are available at the Competition Centre near Info. Competitors must bring their own safety pins for attaching the competition number.

Control Descriptions and Emit backup patches

Loose control descriptions and Emit backup patches are available at the starts. There are no fastening accessories or protective covers for the control descriptions. Control descriptions are also printed on the maps.

Sizes of loose control descriptions in WRE classes: M21E1 19.5 x 5.5 cm, M21E2 18.5 x 5.5 cm and W21E 17.0 x 5.5 cm.

GPS Tracking

GPS Tracking is used in classes H20E, D20E, H18E, D18E, H16, D16, H15 and D15. GPS vests are available next to Info, but it is also allowed to use your own vest. The GPS device must be collected from Info before your own start. The GPS device can be collected at earliest 1 hour before the start time.

Competitors selected for GPS Tracking:

www.finnishspring.fi/wp-content/uploads/2026/04/Junioriliiga-25.4.2026-GPS_seurattavat.pdf

Refreshment and First Aid Points

Refreshment points are marked on the competition map. The drink is water.

There is first aid service at the competition centre. At refreshment points in the terrain it is possible to contact the organisers. Transport can be arranged from refreshment points to the first aid point at the competition centre.

Finish

At the finish there is a finish punch. Maps are collected after finishing into club-specific bags until the last start time. The finish closes at 16:30.

Prize Giving

Prize giving will be carried out on site in classes M/W21E and in all junior classes (H/D10RR–H/D20E). In other classes, prizes may be collected from Info.

In class H/D10RR all participants receive a participation prize.

The number of prize winners and the schedule for prize giving will be announced closer to the competition.

Complaints and Protests

A complaint must be submitted in writing to the organisers before the technical end of the competition. If a competitor or support person is dissatisfied with the decision on the complaint, a protest may be made regarding it. A protest must be submitted in writing no later than 30/60 minutes after the technical end of the competition.

In WRE classes, a complaint must be made as soon as possible, but no later than 15 minutes after the full results have been published. A protest must be made no later than 15 minutes after the competitor has received the answer to the complaint.

Complaints and protests must be left at the competition Info.

Relay Competition, Sunday 26 April

The relay competition in classes H21 and D21 is the second event of Viestiliiga. The event will be televised via ISTV, Ruutu and YLE Areena. Watching the broadcast in the competition centre is prohibited. Competitors who have not yet started are also not allowed to watch the broadcast.

In classes H15-18 and D15-18, the relay competition is part of the youth Viestiliiga.

Scale and Map Size

- 1:7 500 in HD12, HD10-12TR/RR and H/D150 and older
- 1:10 000 in all other classes

The contour interval in all classes is 5 metres.

Depending on the class, the competition map is either A4 or A3. Competition maps are in plastic covers.

Classes, Distances and Start Times

Class	Distance	Map Scale	Mass start
H21	1.-2. leg 6,3 km 3. leg 7,3 km	1:10 000	11:20
D21	1.-2. leg 5,9 km 3. leg 6,5 km	1:10 000	10:00
H120	5,9 km	1:10 000	10:20
H150	5,0 km	1:7 500	11:00
H180	3,4 km	1:7 500	10:40
H210	3,0 km	1:7 500	10:20
D120	4,4 km	1:10 000	11:00
D150	3,5 km	1:7 500	10:00
D180	3,2 km	1:7 500	11:00
D210	2,5 km	1:7 500	10:40
HD21AL	4,4 km	1:10 000	10:40
H15-18	4,4 km	1:10 000	10:20
D15-18	3,7 km	1:10 000	10:40

HD14	3,0 km	1:10 000	10:20
HD12	2,5 km	1:7 500	11:00
HD10-12TR/RR	1. leg TR 2,2 km 2.-3. leg RR 2,4 / 3,0 km	1:7 500	11:00

Additional Instructions for Classes

HD10-12TR/RR

A team may have at most one 12-year-old class competitor, the others must be 10-year-old class competitors. No gender restrictions.

The first leg is a support string course (H/D12TR) and the second and third legs are string courses (H/D10RR). There is no forking on the legs.

On string courses (RR), a marked route is printed on the map and the controls are along this route. In the terrain this marked route is shown with a continuous white tape and on the map with an orange line. It is allowed to leave the marked route. NOTE! The start triangle of the RR course on the map is at the K-point about 300 m from the changeover fence. An area has been reserved for supporters to give instructions along the marked route leading to the K-point.

Note! In the terrain there is also a support marked route for classes HD12 and HD14 marked with yellow tape. However, the course of String and Support String orienteers does not go in the area where the above-mentioned support marked route is, and the support marked route has not been drawn on the String and Support String maps.

Note! On the support string course (H/D12TR), the leg line of the first leg passes through the control circle of the last control. Be careful to navigate to the correct control.

The controls are in accordance with the model control and they have the codes RR1, RR2 etc. The same code is also on the punching unit. Controls must be punched in numerical order.

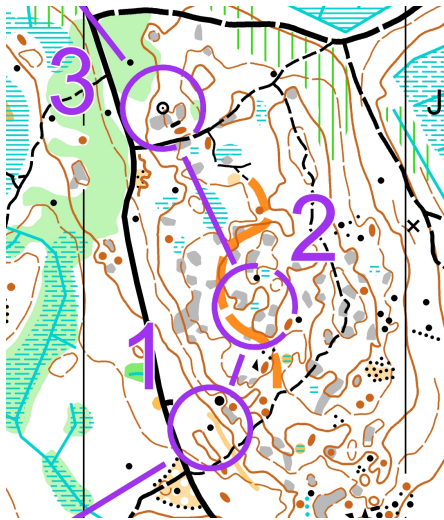
The marked route on the support string course (TR) is the same as on the string course. The controls are slightly apart from the marked route and they are marked with normal number codes. Check from the control descriptions that the number codes correspond correctly.

On TR legs in this class, the same 10-minute time penalty rule for a missing punch applies as on RR legs (i.e. a missing punch does not lead to disqualification).

HD12 and HD14

There are no gender restrictions in these classes. The maximum age of the team members is 12 years in class HD12 and 14 years in class HD14. There is forking on all legs.

These classes use a support marked route, which is marked on the map with an orange dashed line and in the terrain with a continuous yellow tape running on the ground. Below is an example of how the support marked route is drawn on the map:



H/D120, H/D150, H/D180 and H210

The total age of the team members must be at least 120, 150, 180 or 210 years.

The minimum ages in the relay age classes are:

- H/D120: 35 years
- H/D150: 40 years
- H/D180: 50 years
- H/D210: 60 years

Running Orders and Emit Numbers

Running Orders must be submitted in the Rastilippu service no later than Saturday 25 April at 17:00. Emit numbers do not need to be submitted in advance. A fee of 10 € / team will be charged for changes submitted after the deadline. Changes and payments at competition Info.

Relay Team Materials

Competition bibs are used in all classes. Competition bibs and Emit backup patches are collected from Info by club. Competitors must bring their own safety pins for attaching the competition bibs.

Control Descriptions

Control descriptions are printed on the maps. The control codes have not been printed next to the control number on the map.

GPS Tracking

GPS Tracking is used in classes H21 and D21. The teams to be tracked will be announced on the event website before the event. Teams may be added to GPS Tracking during the relay.

GPS vests are available next to Info. It is allowed to use your own GPS vests. GPS devices are distributed during check-in.

Relay Check-in

All competitors must pass through the results service tent on the way to the relay changeover area, where the Emit card is read into the system and reset.

Relay Check-in opens 30 minutes before the first start at 9:30.

Relay Start

Competitors are called to the relay start area about 4 minutes before the class start time. At the relay start, the start rows are marked with number signs.

Relay maps are handed into the hand. The competitor must ensure that they have the map corresponding to their competition number. The start command is given via the arena announcement.

Competitors are not allowed to look at the map before the start. The exception is classes HD14, HD12 and HD10-12TR/RR, where competitors may open the map with the permission of the official one minute before the start.

Late teams receive their maps from the changeover area official after the start command.

Changeover

A changeover punch is performed in the changeover, after which competitors hand their map to the changeover official and continue to the map stand. The arriving competitor takes the map from the map stand for the next leg marked with their own team's number, continues to the changeover fence and hands the map to the next runner. Giving the wrong map to the competitor on the next leg leads to disqualification of the team. If the map of the next leg competitor of the arriving team is not on the map stand, the arriving competitor must report it to the changeover official and the competitor will be given a spare map. Lost time will not be compensated in the competition.

After the changeover, the competitor moves to the Emit checkpoint. Unclear cases are resolved at the Wailing Wall.

Disqualified teams may continue the relay as usual if they are more than 20 minutes behind the leading team. If the disqualified team is less than 20 minutes behind the leader, their race will be stopped at the next changeover, ensuring that the gap to the leading team is at least 20 minutes.

Rented Emit cards must be returned to competition Info after finishing. A charge of 95 € will be made for any Emit card not returned.

Finish

A competitor coming to the finish runs into the finish chute. The finish judge decides the placing at the finish line. The finish punch is performed immediately after the finish line. The competitor gives the map to the official and continues to the Emit checkpoint.

The finish closes at 15:30.

Relay Mass Restart

A Mass restart may be organised in the relay for competitors who have not started. Mass restart approximately 13:55. The exact time will be announced via the arena announcement.

Refreshment and First Aid Points

There are no refreshment points in the terrain. First aid point at the competition centre.

Prize Giving

Viestiliiga prize giving approximately: D21 at 12:30 and H21 at 14:05.

Schedule for the prize giving ceremony:

Class	Number of Awarded Teams	Estimated time for prize giving ceremony
H21	3	14:05
D21	3	12:30
H120	1	13:00
H150	1	13:20
H180	1	12:40
H210	1	12:20
D120	1	13:20
D150	1	12:20
D180	1	13:20
D210	1	13:00
HD21AL	1	12:40
H15-18	3	12:20
D15-18	3	12:40
HD14	3	12:20
HD12	3	12:20
HD10-12TR/RR	kaikki	13:00

Return of Maps

Maps are available by team from Info after the restart. Follow the instructions of the arena announcement.

General Information for the Competitions

Controls and Punching System

Controls are marked with orange-white flags. A model control can be found at the competition centre.

Emit punching is used in the competition. The competitor is responsible for the functionality of their Emit card. The functionality of the Emit card can be checked at the punching unit of the model control. The same Emit card may not be used twice on the same day.

A competitor may borrow an Emit card from Info to replace a non-functioning Emit card for 5 €. A charge of 95 € will be made for any Emit card not returned.

Use of GPS Devices, Head Camera and Phone

Use of a recording GPS device without map display and of a head camera is allowed. Recorded data may not be used to improve competition performances. Data recorded from the competition may be published in the individual competition after the last starts and in the relay after the restart.

Use of a phone during the competition is prohibited.

Last control

The last control is the same in both competitions. At the last control there are several punching units, where punching codes 100 and RR7 are in use. Competitors may punch at any of the punching units.

Competitors Who Drop Out

Competitors who drop out must report at the finish or pass information about dropping out to the finish.

Washing facilities and sauna

There is a washing area with showers at the competition center with warm water. In connection with the washing area, there is a mixed sauna that can accommodate about 10 people at a time. A swimsuit or similar is required. No sauna fee.

WC

At the competition centre and in the relay at the changeover area. There are no toilets at the starts of the individual competition.

Restaurant

The competition restaurant offers a frying pan and vegetable soup + bread for lunch. Sausage sales and café at the competition centre.

First Aid

At the competition centre.

Child care

Child care at the competition centre on both days. Registration for child care no later than Thursday 23 April by email to joosefiinalle@gmail.com. The registration must include the child's name, age, estimated care time and guardian's contact details.

Open courses

Open courses are available on Saturday only. Four courses are available:

- 7.9 km, scale: 1:10 000 / 1:15 000, map size: A3 / A4, technical difficulty: black
- 5.0 km, scale: 1:7 500 / 1:10 000, map size: A4, technical difficulty: blue
- 3.0 km, scale: 1:7 500, map size: A4, technical difficulty: red
- 2.0 km, scale: 1:7 500, map size: A4, technical difficulty: orange.

Map fee 15 €, under 16 years 8 €. Map sales at competition Info. Start open 11:00–13:00. Emit punching. Rental Emit 5 €.

The distance from the competition centre to the finish of open courses is 500 metres. Orienteers must report at the finish of open courses before starting their orienteering. The distance from the finish of open courses to the start is 100 metres.

Open course participants may not run to the Finnish Spring finish. Competitors who drop out must also report after their performance at the finish of Open courses. Everyone participates in open courses at their own responsibility. Control descriptions are printed on the maps, no separate descriptions.

Good luck for the competition!
Angelniemen Ankkuri

