



Puolustusvoimat

Försvarsmakten • The Finnish Defence Forces

50th

**WORLD MILITARY
CHAMPIONSHIP IN
ORIENTEERING 2017**

CISM

HAMINA



FINLAND

TEAM MANUAL

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Dear Military Sportsmen and Sportswomen



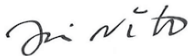
I wish you all warmly welcome to the 50th World Military Orienteering Championship. Orienteering is a popular sport and a hobby in Finland. Finnish nature and the over 350 orienteering clubs around the country offer excellent possibilities to compete or take interest in the sport.

Besides being a popular form of physical exercise, orienteering is a physically and mentally demanding sport. It is also one of the basic skills for a soldier.

As Minister of Defence, I take great pleasure in being the patron of the 50th World Military Orienteering Championship.

This is the sixth time that the World Military Championship in Orienteering is organized here in Finland. Over the decades, our Defence Forces have proven themselves a reliable and skilled organizer of the event. The Army Academy and city of Hamina are sure to do their best to organize an event that all the participants can enjoy.

I wish all competitors the best of luck and all participants and fans a warm welcome to Finland. May you all enjoy this event in the best competitive spirit!



Jussi Niinistö

Minister of Defence

Patron of the 50th World Military Championship in Orienteering

Most Welcome Military Athletes!



As Commander of the Finnish Army, I would like to wish you all a warm welcome to the 50th World Military Orienteering Championship in Hamina.

As we all know, orienteering equals a basic military skill in that even in the contemporary digitalized world, the skill and knowledge of reading and interpreting a map and analyzing the terrain as well as using a compass remain essential to every soldier. Highly valued in the Finnish Army, this skill is taught to every soldier as part of basic training. As our terrain continues to pose challenges to troops, it is most suitable that this jubilee event is organized in Finland this year.

The coastal region of South-East Finland provides this event with both a unique and challenging terrain as well as good facilities. I hope you enjoy your stay in the Army Academy and in Hamina and find the arrangements exemplary.

I wish you many memorable athletic moments here in Finland.



Lieutenant General Seppo Toivonen
Commander of the Finnish Army

Distinguished Military Athletes!



As Commandant of the Army Academy and Chief of the Lappeenranta-Hamina Garrison, it is my great pleasure to welcome you to the 50th World Military Orienteering Championship in Hamina. This is the second time that the Army Academy has been given the honor of organising the championship, the first being in 2005, and it is a great honor to have this 50th jubilee event organised here in Finland.

The service school of the Finnish Army and the largest military training establishment in Finland, the Army Academy comprises versatile units functioning in five different localities, of which Lappeenranta and Hamina are combined as the Lappeenranta-Hamina Garrison. With its headquarters located downtown Lappeenranta, the Army Academy focuses on training Army officers and NCOs. The Army Academy is also home to the Dragoon Band, and the total number of personnel serving in the Army Academy is currently 580.

Hosting two Army Academy units, the Army Research Centre and Reserve Officer School, the town of Hamina is beautiful and well-known for its landmark bastion, circular streets and the Reserve Officer School with the barracks in the town centre with welcoming staff and locals.

A great military sport discipline and truly appreciated in Finland, orienteering offers the competitors a chance to give their very best in this terrain and on these tracks. I am fully convinced that the Hamina area will serve as a perfect venue for orienteering. Our military personnel, organisers and support organisations are working hard to make this an outstanding championship event.

I wish you the best of success while competing in the spirit of friendship through sport. Enjoy your stay here in Finland and Hamina.

A handwritten signature in black ink, appearing to read 'Asko Muhonen'.

Colonel Asko Muhonen
Commandant of the Army Academy



Army Academy

– Army Service School and the Largest Leadership School in Finland

A Finnish Army service school, the Army Academy focuses on training salaried personnel and conscripts, carrying out army research and development activity as well as implementing readiness to produce sustained capability for the Finnish Defence Forces in general and the Finnish Army in particular. The overall strength of the Army Academy personnel is 600, under the command of Commandant of the Army Academy, Colonel Asko Muhonen. The Army Academy celebrates its anniversary on 19 October.

As a part of the Army Academy's Lappeenranta-Hamina Garrison, the Reserve Officer School (ROS) in Hamina has trained nearly 180 000 reserve officers for the FDF reserve since 1920.

On a yearly basis, approximately 1400 conscripts complete the reserve officer degree. The Reserve Officer School organises two Army Reserve Officer Courses every year. Although the name is Army Reserve Officer Course, it trains leaders for the needs of all Services and for the Border Guard. Other tasks are advanced training for officer candidates and organising national refresher exercises.

In the Army Academy, the ROS is also responsible for training conscripts, and each year around 500 conscripts complete their military service in either the Jaeger Company or the Transport Company.

The Army Research Centre of the Army Academy conducts research and development as assigned by the Commandant of the Army Academy and it is also an important actor in writing field manuals and guides. The Centre is a modern expert organisation that operates in many localities. Most of the approximately 70 employees of the Army Research Centre work in Hamina but three research branches are located elsewhere: the Research and Development Department's Artillery Branch is in Niinisalo, the Signals Branch in Riihimäki and Armour Branch in Hattula. The Army Research Centre's main task is to develop Army tactics as well as tactics, techniques and procedures (TTPs) at battalion level and battle group level.



WMOC2017 Organization

Chair of the Organizing Committee	COL Asko Muhonen
Deputy Chair of the Organizing Committee	COL Jouko Rauhala
Chief of the Competition Committee	LT COL Esa Hyttiäinen
Deputy Chief of the Competition Committee	LT COL Vesa Vainio
Secretary General	Mr Tero Föhr
Technical Chief	1st LT Jari Kivelä
Event Advisor	LT COL Jouni Lipponen
Chief of Competition Office	CAPT Petri Välimetsä
Chief of Competition Commission	CAPT Vesa Lassila
Chief of Logistic Commission	MAJ Petteri Määttä
Chief of Organizing Commission	MAJ Veli-Matti Pekurinen
Events (Meetings, Opening Ceremony, Awards Ceremony, Closing Ceremony, Banquet)	MAJ Arto Ylä-Kotola
Transportation Officer	CAPT Jyrki Lukkarinen
Security Officer	1st LT Pasi Pirkkalainen
Medical Care	FLD NRS Jari Wilén
Anti-Doping Controls	MSc (Athl) Tarja Nykänen
Media	MSc Päivi Lohi, PIO
Accommodation 1, Main Building	1st LT Mika Ramu
Accommodation 2, BLDG 98	SGT Sami Rantanen
Catering	CAPT Kari Mänttari
Invited Guests	MAJ Jukka Pääkkönen
Official CISM Representative	Brig-Gen Merh Ali Barancheshmesh
President of CISM Sport Committee in Orienteering	LT COL Lars Gerhardsson
Chief of the Finnish Delegation to CISM	LT COL Harri Koski
CISM Delegate, Chief of Coaching	Mr Jouni Iломäki

Participating Countries



Germany



United States



Portugal



Armenia



Finland



Russia



Austria



France



Serbia



Belgium



Indonesia



Slovenia



Brazil



Iran



Sweden



China



Latvia



Switzerland



Cyprus



Lithuania



Turkey



Denmark



Norway



Venezuela



United Arab Emirates



Palestine



Vietnam



Spain



Netherlands



Estonia



Poland

Programme

SATURDAY 10.6.2017

ARRIVAL

SUNDAY 11.6.2017

MODEL EVENT AND OPENING CEREMONY

0600–0900	Breakfast
0830–0930	Transportation (20–30 min) to the Model Event
0900–1200	Model Event
1200–1400	Lunch
1430	Registration for the Middle Distance Race and the Cultural Day
1500	Opening March, Opening Ceremony, Maneesi/Manège
1630	Welcoming Reception (Chiefs of Mission), Hamina Raatihuone / Town Hall
1700–1900	Dinner
1900	Preliminary / Technical meeting, Maneesi/Manège

MONDAY 12.6.2017

MIDDLE DISTANCE

0600–0900	Breakfast
0830–1100	Transportation to Start
0930–1400	Media Day
1000–1300	Starting Groups
1400	Flower Ceremony
1430	Return transportation
1600	Registration for the Long Distance Race
1700–1900	Dinner

TUESDAY 13.6.2017

LONG DISTANCE

0600–0900	Breakfast
0830–1100	Transportation to Start
1000–1300	Starting Groups
1430	Flower Ceremony
1500	Return transportation
1800–1900	Dinner
1930	Exchange of Gifts
2000–2400	CISM Orienteering 50th Anniversary Plenary Speech and Cocktail Reception

WEDNESDAY 14.6.2017

CULTURE DAY

0600–0900	Breakfast
1100–1230	Lunch
1330	Guided tour in Hamina
1430	Registration for the Relay Race and the VIP-Race
1530	Dinner in the Bastion
1700–1800	Enlarged meeting
1800	Familiarisation with the national game of Finland, Vallikenttä / Wall Field

THURSDAY 15.6.2017

RELAY AND CLOSING CEREMONY

0600–0900	Breakfast
0830	Transportation to the competition site
0900–1900	Invited Guests' Day
1000–1300	Relay
1300	Flower Ceremony
1330	VIP Race
1400–1530	Return transportation
1400–1700	Lunch
1800	Awards Ceremony and Closing Ceremony
1900–2400	Banquet

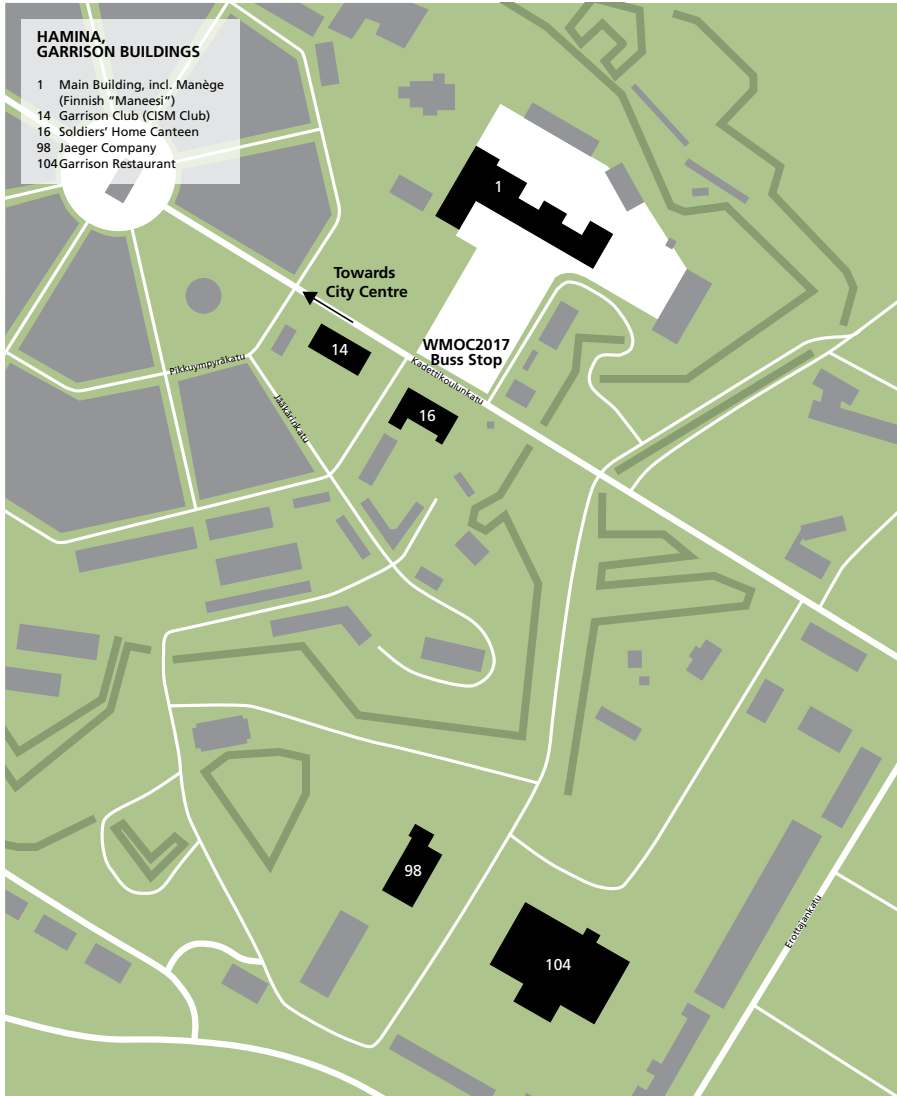
FRIDAY 16.6.2017

DEPARTURE

0700–0900	Breakfast
	Accommodation inspection prior to departure
	Transportation to the Helsinki-Vantaa Airport and to Jukola Orienteering

General Information

Map of the Reserve Officer School Area



Accreditation

The accreditation and instructions cover the set rules, regulations, and specifics concerning the accommodation, site, practice opportunities, CISM Club, and team manual.

Each team member receives a competition-specific ID card which entitles its holder to move in the garrison area apart from the restricted areas (indicated below on the map). The ID cards are distributed to the chiefs of mission in the Information Office as part of the registration procedures. In case an ID card gets lost or becomes faulty, the Information Office provides a replacement.

In case an ID card gets lost, the Information Office must be notified promptly.

Each attendant must wear their ID card during the competitions and be prepared to present it to the military police upon request. Responsible for guarding and sustaining safety in the garrison area, the military police are identifiable by the black and white SP (Finnish for MP) band on their arm.

All the instructions given or orders issued by an MP must always be followed.

The team members are allowed to move in the garrison in the following areas: the team's accommodation building, the Garrison Restaurant Rokka, Information Centre, Garrison Club (CISM Club) and Soldiers' Home Canteen.

Information Centre

The Information Centre is located on the ground floor, downstairs of the lobby of the Main Building (BLDG 1) Maneesi/Manège and open daily at 0700–2200. The Information Centre is accessible by phone at +358 299 462 240.

In front of the Information Centre, each participating team has its designated mail box for collecting the material distributed daily.

Information point will be found also from the competitions center.

Departure

All the teams must specify the details concerning their departure, and do so in the Information Centre by Sunday, 11th of June NLT 1500 hrs, concerning the transportation needs for departure from Hamina (the destination being either the Helsinki-Vantaa airport or the transportation to Jukola Orienteering Eno).

Accommodation

The accommodation arrangements involve the following:

- The accommodation of the attendants and teams in collective rooms is arranged in the barracks of the Main Building (BLDG 1) and the Jaeger Company (BLDG 98).
 - Former champions and presidents, invited guests and monitors in the Main Building of the Reserve Officer School.
 - Team members (women) on the first floor of the Jaeger Company.
 - Team members (men) in their own premises designated for each nation both in the Main Building and in the Jaeger Company.
 - Chiefs of Missions and CSC members are accommodated with their teams.

Overall information on the accommodation premises:

- Each room accommodates for either 6 or 10 people.
- Everyone is assigned a locker for storing gear, and the keys will be provided on site by the organiser.
- The restroom facilities and showers are shared in the accommodation buildings with the exception of those on the first floor of the Jaeger Company being exclusively reserved for women only.
- Both still and carbonated bottled water will be available in the accommodation buildings. In addition, the tap water is perfectly consumable as drinking water as well.
- The hallways have TV-lounges (only local channels)
- The top floors of both the Main Building and the Jaeger Company have a designated space for a sports masseur but the teams need to provide for the necessary equipment including the table.
- The gym on the top floor of the Jaeger Company is freely accessible.
- Both the accommodation buildings have an accommodation master on duty at all times (Jaeger Company SGT Sami Rantanen +358 299 461 316, Main Building 1st LT Mika Ramu +358 299 461 222).
- Smoking indoors is strictly prohibited. The designated areas for smoking with ashtrays are outdoors in the immediate vicinity of the buildings.
- The premises have automatic fire alarms.
- According to local military rules, alcohol is not allowed in garrison area.
- Both the Main Building and the Jaeger Company have stand-by duty on the 24/7 basis so that questions concerning the garrison and buildings may also be addressed to on duty officers.

Instructions in case of fire:

- Warn others in the building.
- Report the fire to an Emergency Response Centre by phoning the emergency number 112 and to the Military Police +358 299 461 901 stationed in the garrison.
- Put out the fire with an extinguisher if possible.
- Leave the building by using the emergency exits.
- If possible, try and avoid using corridors or hallways or staircases that sustain smoke.
- Double-check that all the people in your accommodation have left the building.

Dining

The meals are served in the Leijona Catering Garrison Restaurant Rokka and in the Competition Centre. The timetables for the meals are the following:

Garrison Restaurant Rokka		Competition Centre	
Breakfast	0600–0900		
Lunch	1100–1300	Light lunch	1100–1300
Dinner	1700–1900		

The evening meals are available at dinner in take-out bags.

NB! The exceptions include the cocktail reception in Maneesi/Manège on Tuesday evening, the dinner in the Bastion on Wednesday, and the dinner and evening meal in the Garrison Club on Thursday.

Please keep in mind that you need to present an ID card in order to access the Garrison Restaurant Rokka.

Each meal includes a selection of bread, salad or vegetables, and refreshments. The breakfast refreshments include water, juice, milk, coffee, tea, and hot chocolate. The lunch and dinner refreshments include water and milk, and the evening meal water, juice, milk, coffee, tea, and hot chocolate, and over the weekend also juice, bread, cold cuts, cookies, and fruit.

A light lunch is served in the competition centre including the following: protein bar, Pro Feel protein drink, juice, sports drink, water, selection of bread, cold cuts, cheese, pickled salty cucumber, banana, apples and raisins.

Dietary explanation: VL = low lactose, L = lactose free, G = Gluten free, M = Dairy free. Please contact the staff for more details about the ingredients and their suitability for particular diets.

The daily menu of the Garrison Restaurant ROKKA is as follows:

Friday 9 June and Saturday 10 June

Lunch: Salmon stew, fruit salad

Dinner: Ground beef sauce with pasta and potatoes

Evening meal: Wheat semolina porridge, bread rolls

Sunday 11 June

Breakfast: Oatmeal, juicy soup, bread with vegetables, eggs and fruit

Lunch: Oatmeal, juicy soup, bread with vegetables, eggs and fruit, cookies/waffles

Dinner: Karelian meat stew, mashed potatoes, cup cakes

Evening meal: Chicken burger, yoghurt

Monday 12 June

Breakfast: Barley porridge with pureed berries, bread with cold cuts and fruit

Lunch: Beef and vegetable soup with cream cheese, lingonberry quark dessert

Dinner: Chicken pasta casserole

Evening meal: Yoghurt with crispy rice, juice soup, bread with cheese and vegetables

Tuesday 13 June

Breakfast: Wheat porridge with juice soup, corn flakes, bread with cheese and vegetables

Lunch: Tuna sauce with rice and pasta, fruit jelly dessert with mango and peach

Dinner: Sausage casserole with mashed potatoes

Wednesday 14 June

Breakfast: Whole grain porridge of oatmeal, barley, wheat and rye with juice soup, cornflakes, Karelian pie pastry, bread with eggs and vegetables

Lunch: Pork in salsa sauce with rice and potatoes, berry jelly dessert with black currant

Dinner: Chicken in bacon sauce with pasta and potatoes

Evening meal: Mango quark, bread with cheese and vegetables

Thursday 15 June

Breakfast: Rye and oatmeal porridge with juicy soup, crispy rice, bread with cheese and vegetables

Lunch: Traditional pea soup, pancakes with strawberry jam

Dinner: Sausage sauce with potatoes and vegetables

Evening meal: Pasta and chorizo salad, bread with eggs and vegetables

Friday 16 June

Breakfast: Barley porridge with strawberry jam, bread with cold cuts and vegetables

Lunch: Ground beef balls in sauce with potatoes, wheat semolina porridge with blueberries

Dinner: Fish with mashed potatoes, bread with vegetables

Transportation

Bus Schedules

Day	From	Departure Time	Destination
Saturday 10JUN	HKI-Vantaa Airport	TBD	Hamina Garrison
Sunday 11JUN	Hamina Garrison	0830, 0900, 0930	Competition Centre
Sunday 11JUN	Competition Centre	1100, 1130,1200	Hamina Garrison
Monday 12JUN	Hamina Garrison	0830–1100 (every 30 min)	Competition Centre
Monday 12JUN	Competition Centre	1430	Hamina Garrison
Tuesday 13JUN	Hamina Garrison	0830–1100 (every 30 min)	Hamina Garrison
Tuesday 13JUN	Competition Centre	1500	Competition Centre
Thursday 15JUN	Hamina Garrison	0830	Hamina Garrison
Thursday 15JUN	Competition Centre	1430	Competition Centre
Friday 16JUN	Hamina Garrison	TBD	HKI-Vantaa Airport
Friday 16JUN	Hamina Garrison	1000	Jukola Orienteering (Eno)
Sunday 18JUN	Eno Health Center	1300	HKI-Vantaa Airport

Team's cars must be parked to assigned parking area in garrison. Using own cars is not allowed during competitions days.

Medical Care

A medical team (two field medics and a doctor and an ambulance) will be present during the official events at the Competition Centre from 0800 to 1600 and available at +358 299 576 227.

The Hamina Garrison Health Centre has field medics on duty over the weekends and Monday through Friday after 15.30, and may be contacted, for instance, when there is a need for cold compressions and bandages. The Hamina Garrison Health Centre is accessible at +358 299 576 235.

At other times, the local municipal health organisation will provide medical aid on the 24/7 basis:

- Hamina Medical Centre (Reutsinkatu 1, Hamina) 1600–2200. Tel. +358 5 749 3217.
- Kymenlaakso Central Hospital (Kotkantie 41, Kotka) 2200–0700. Tel. +358 20 633 1000.

Please always report to the Hamina Garrison Health Centre in order to arrange for transportation when necessary. In case of emergency, always phone the emergency number 112.

Garrison Club (CISM Club)

The Garrison Club is located in building 14. Here you can meet people and buy refreshments. Open to all the personnel, the Garrison Club has no dress code, and its opening hours are listed below:

		Bar Area	
Sunday	11 June	1800–2400	
Monday	12 June	1800–2400	
Tuesday	13 June	1800–2400	(optional closing time 0200)
Wednesday	14 June	1800–2400	
Thursday	15 June	1800–2400	(optional closing time 0200)

Soldiers' Home Canteen

The Soldiers' Home Canteen is located in Building 16. You can buy souvenirs, coffee, soft drinks and snacks with the following opening hours:

Saturday	10 June	1700–2030
Sunday	11 June	1700–2030
Monday	12 June	0845–2030
Tuesday	13 June	0845–2030
Wednesday	14 June	0845–2030
Thursday	15 June	0845–2030
Friday	16 June	0845–1500

Finnish Sauna

The sauna is located on the ground floor of the Soldier's Home Canteen. Men and women have designated exclusive sauna hours as follows:

		Women	Men
Sunday	11 June	1900–2000	2015–2200
Monday	12 June	1900–2000	2015–2200
Tuesday	13 June	1900–2000	2015–2200
Wednesday	14 June	1900–2000	2015–2200
Thursday	15 June	1900–2000	2015–2200

Currency

The currency of Finland is Euro, EUR (€), available at cashpoints and ATMs downtown Hamina. For further information, please contact the Information Centre.

Gym

The gym is located on the top floor of the Jaeger Company, Building 98 and open daily from 0600 to 2200. For further information, please contact either the Information Centre or Duty Officer of the Jaeger Company.

Mail Service

Letters and cards can be mailed from the Information Centre or at the yellow post-boxes downtown stamped. Stamps, envelopes and cards are available in the local shops, small convenience stores, at the post office as well as the Soldiers' Home Canteen.

Communication

The email address of the competition is wmoc2017@gmail.com.

The online site for the competition is available at: puolustusvoimat.fi/en/web/sotilasliikunta. The contents feature basic information concerning the competition events, competition releases and news.

During the ongoing events, information will also be available on the social media channels of the FDF including Facebook, Twitter and Instagram:

- facebook.com/puolustusvoimat
- [@puolustusvoimat](https://twitter.com/puolustusvoimat)
- instagram.com/puolustusvoimat

#50wmoc2017

#pvtliikunta #suunnistus #sotilasliikunta

#militarysports #orienteering

The Soldiers' Home Canteen displays photos and news on the competition events.

Competition Instructions

General

The latest rules, especially the “Competition Rules for IOF Foot Orienteering Events” of the International Orienteering Federation (IOF) apply in principle, except for the provisions included in the CISM orienteering regulations.

Main officials

Event director	CAPT Vesa Lassila
Deputy event director	CAPT Marko Koskiahho
Event adviser	LT COL Jouni Lipponen
National controller	Mr Jaakko Lajunen
Competition centre	CAPT Heikki Torniainen
Model event	CAPT Mika Salonen
Start and Pre Start	1st LT Pasi Jokela
Finish	CAPT Tapio Kruuse
Results	Mr Timo Harju
Map maker	Mr Janne Weckman
Course planning	Mr Jorma Sipilä, Mr Janne Weckman, Mr Samu Heiska, Mr Tero Föhr

Competitions

All competitions and the model event will be held about 25 min drive from the Hamina Garrison.

Terrain description

The terrain is mainly pine forest with good visibility but also spruce forest areas with lower visibility appears. Runability is mainly very good, because Hamina is part of rapakivi granite area which means the stones and cliffs have undergone erosion over the course of a very long time. Therefore and also because of the Ice Age, there are a lot of stones and small knolls on the map. However, the surface under the foot is not too stony. A mixture of hills, detailed contour areas, marshes, fast open bare-rock areas and areas with more dense vegetation will provide many different orienteering challenges. The main competition area was mapped for the national orienteering competition in 1976.

Maps

Scale 1:10 000. 5 meter contour interval. 6-colour offset printing 5/2017. The map is in a plastic case. The map maker is Janne Weckman (2016-2017).

Event	Map Size	Map Scale	Contour Interval
Model Event	A4	1:10000	5 m
Middle Distance	A4	1:10000	5 m
Long Distance	A3	1:10000	5 m
Relay	A4	1:10000	5 m
VIP Race	A4	1:10000	5 m

Classes and course lengths

Event	Category	Distance	Total Climb	Controls	Expected Winning Time
Model Event	All	-	-	12	-
Middle	Women	4.4 km	145	11	28
	Men	5.9 km	175	15	30
Long Distance	Women	7.2 km	150	10	50
	Men	12.9 km	260	24	69
Relay	Women	4.0–4.3 km	90	10	78
	Men	6.4–6.7 km	150	12–14	96
VIP Race		4.0 km	90	10	-

Model event

Transport will start at 0830, 0900 and 0930. Start is open from 0900 to 1100.

Punching

The EMIT electronic punching system will be used. Each athlete will get a personal EMIT card which will be used in all of the competitions. EMIT cards must be returned after the relay. To test the EMIT card model control and punching unit will be found from the Pre Start and at the competition centre on relay. The runner is responsible for the working order of his EMIT card and the correct number of his EMIT card.

GPS tracking

GPS tracking will be used. The GPS vest and the tracking device will be given before moving from the pre-start to the start or before checking in to the changeover area at the relay. Athletes who are selected to carry GPS must wear the tracking device. Anyone refusing to do so will be disqualified. Own GPS-enabled devices (watches etc.) can be carried provided that they have no map display and are not used for navigation purposes.

Start list

Team leaders are responsible to return the start group information and the running order of the relay teams to the Information Centre at the Hamina Garrison by the following schedule:

Event	Date	Time
Middle distance	11 th June 2017	1430
Long distance	12 th June 2017	1600
Relay	14 th June 2017	1430
VIP race	14 th June 2017	1430

Start lists will be published for the teams during the evening before the respective competition.

Control descriptions

The control descriptions are printed on the map and separate control descriptions will be available at the start. There are no fixing tools or covers for the control descriptions offered by the organizer. There is no separate control descriptions at the relay.

Clothing and shoes

No restrictions on competition clothing. Spike shoes are not permitted, stud/dobb shoes are allowed.

Start number bibs

Start number bibs will be used on all competitions. Start number bibs with safety pins are available at the Pre Start and on the competition centre at the relay. All competitors must wear a start number bibs.

Transport to the competitions and to the model event

Using the buses provided by the organizer are the mandatory transport to the competitions and the model event. Location of the bus stop can be found from the overview map of the Garrison. Competitors are responsible to use the right bus, which will be based to the start list. Each bus will arrive to the Pre Start area minimum of one hour before the first start of the arrivals.

Pre Start

From the bus stop, there is a short walk to the Pre Start. There are wind shields, toilets, drinking water and warm up map at the Pre Start. Clothes and bags will be delivered to the Finish, remember to use the national flag sticker and mark your belongings.

From the Pre Start, there is a 750 m marked route to the Start. GPS vest and tracking device will be given before the athlete will head to the marked route towards the Start.

The bus transport and the Pre Start are also quarantine areas to be able to show the online-results and GPS-tracking. Use of any communication devices (mobile phones, computers, etc.) are forbidden at the bus from the Garrison, at the Pre Start and at the Start area.

Starting procedure for the middle and long distance races

- 4 min before: The competitor is called for registration
- 3 min before: The competitor can take the control descriptions
- 2 min before: The EMIT Clearance
- 1 min before: The competitor moves next to the map
- Start time: The start signal (long beep) is the permission to take the map and start

Forbidden areas

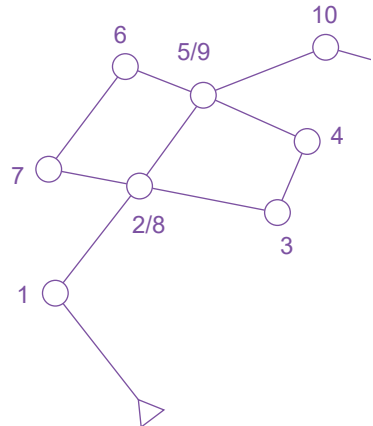
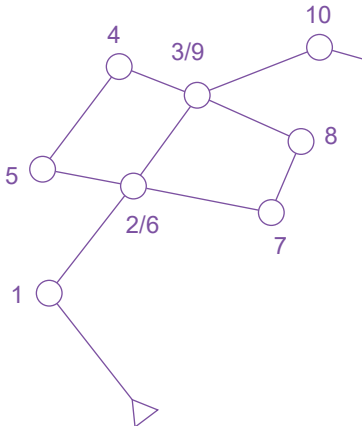
House yards and cultivated fields are forbidden areas. There are also some separate forbidden areas that are marked on the map and/or in the terrain. Competitors entering the forbidden areas will be disqualified. Warming up and cooling down must be done on the restricted area for that purpose.

Drink and first aid stations

Drink and first aid stations are marked on the competition map. There is a first aid station at the competition centre next to the finish. It is possible to contact the first aid station from the starting points and the drink stations.

Dispersion

According to the CISM orienteering rules, the dispersion method will be used in the middle distance and long distance. Example:



Starting procedure for the relay race

Starting procedure for the relay will be a mass start. First leg competitors will be called in 15 min before the start. The start and the restricted warm-up area are entered through the EMIT check-in point, which is situated next to the finish line. At the start area the competitors must follow the instructions given by the start officials and the announcer. The runners move to the positions shown by their start number bib 4 minutes before the starting time, which is when the entrance to the start area will be closed. The competitor is not allowed to move forward from his position or look at the map before the start signal. Teams who make or cause a false start will be disqualified. The starting and changeover procedure will be demonstrated at 0940.

Finish

There is a marked route from the last control to the finish line and a finish punching at the finish line. Maps will be taken away at the finish until the last bus of competitors has started to the Pre Start. Competitor will get a map of forbidden areas for cool down.

At the relay the standings of the teams will be determined by the finish line referee on the basis of crossing the finish line. The finish punch will be made immediately after crossing the finish line. The competitor gives the map to the official and continues to the EMIT check-out station after the changeover.

Events

Opening Ceremony

Sunday 11 June at 1500, dress code: uniform

By 1445 the teams' assembly in the Main Building (BLDG 1) Field with the liaison officers arranging for the marching order. At 1500 the teams march along Pikkuympyrängkatu to Raatihuoneenkatu and around the Town Hall along Kadettikoulunkatu to the Opening Ceremony in the Parade Ground of the Reserve Officer School. In case of rain, the Opening Ceremony takes place indoors in the Main Building Maneesi/Manège.

Programme:

Parade of the Teams to the Parade Ground
Forming the Teams' Mass Standards
Welcome Address, CISM Representative
Finland's National Anthem *Maamme*
Opening of the Competition, FDF / Army Academy Representative
(Opening Words as set by CISM Regulations)
CISM Hymn and CISM Flag Raising Ceremony

Welcoming Reception

Sunday 11 June at 1630, dress code: uniform

The welcoming reception is for the Chiefs of mission (1 representative/team) at 1630–1800 in the Hamina Town Hall. The attendants walk 200 meters from the front of the Reserve Officer School Main Building to the Town Hall.

Preliminary Meeting

Sunday 11 June at 1900

The meeting takes place in Maneesi/Manège with team officials attending, minimum one member of each mission. The agenda for the preliminary meeting comprises:

- Welcome by the Chair of Organising Committee
- Introduction of competition organisation
- Overview of competition
- Overview of schedule: competitions
- Overview of schedule: meetings, ceremonies, press conferences, culture day
- Information on anti-doping regulations
- Inspection of starting Lists
- Other issues
- Closing of the meeting

Exchange of Gifts

Tuesday 13 June at 1930 in Maneesi/Manège.

Team representatives may exchange gifts.

CISM Orienteering 50th Anniversary Plenary Speech and Cocktail Reception

Tuesday 13 June at 2000 in Maneesi/Manège.

All the teams participate, dress code: uniform

Culture Day

Wednesday 14 June, dress code: team uniform

1. Guided Tour in Hamina at 1330
2. Dinner in Bastion at 1530
3. Familiarisation with the National Game of Finland at 1800

A guided Tour in Historical Hamina. Departure from the Main Building Field at 1330. The tour ends in the Bastion at around 1500. The dinner is served in the Hamina Bastion at 1530–1800. After the dinner everyone is welcome to attend a game of pesäpallo, literally ‘nest ball’, also referred to as ‘Finnish baseball’, at the second highest national men’s level in the Hamina Vallikenttä / Wall Field starting at 1800.

At 1700–1800 Enlarged chiefs of mission meeting.

Awards Ceremony and Closing Ceremony

Thursday 15 June at 1800, dress code: uniform

The Awards Ceremony and Closing Ceremony take place in Maneesi/Manège located next to the Main Building (BLDG 1). At 1750 the teams must be in position in Maneesi/Manège.

Musical Performance

Speech

Awards Ceremony, Army Academy leadership

- Middle Distance, Men and Women
- Long Distance, Men and Women
- Team Competition, Men and Women
- Relay, Men and Women

Speech

Musical Performance: Finnish National Anthem Maamme

Speech

(Closing of Competition:

Closing Words in accordance with CISM regulations)

Musical Performance: CISM Hymn

CISM Flag Leaves

Dragoon Band

Chair of Organising Committee,

COL Asko Muhonen

Presenter Mikko Reitti

Official CISM Representative

Dragoon Band

FDF Representative

Dragoon Band

Banquet

Thursday 15 June at 1900, dress code: uniform

Following the Awards Ceremony and the Closing Ceremony, the Banquet takes place in the Garrison Club (CISM Club).

Dinner at 1900–2100

Music, Conscript Showband of Dragoon Band at 2000–2230

Important Numbers

Information Centre (Building 1)	+358 299 462 240
Emergency number	112
Medical Care	See p. 15 in Team Manual
Accommodation	
• Jaeger Company SGT Sami Rantanen	+358 299 461 316
• Main Building 1st LT Mika Ramu	+358 299 461 222
Military Police (Security)	+358 299 461 901



Notes

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Friendship Through Sport



#50wmc2017 | #pvliikunta | #suunnistus | #sotilasliikunta | #militarysports | #orienteering



Puolustusvoimat

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