

Tallinn O-Week

June 18-23, 2012

ESTONIA

BULLETIN 2



SPORDIKLUBI 100



EESTI
ORIENTEERUMISLIIT



Welcome to the Tallinn Orienteering Week!

The Tallinn Orienteering Week is an event where you can get a fulfilling orienteering experience every day during the whole week. In six days, you can participate in three regular orienteering events and three competitions on great terrains. World Ranking points are given both on Wednesday and Friday and the O-Week is concluded by the 8th legendary 100 Control Points Competition.

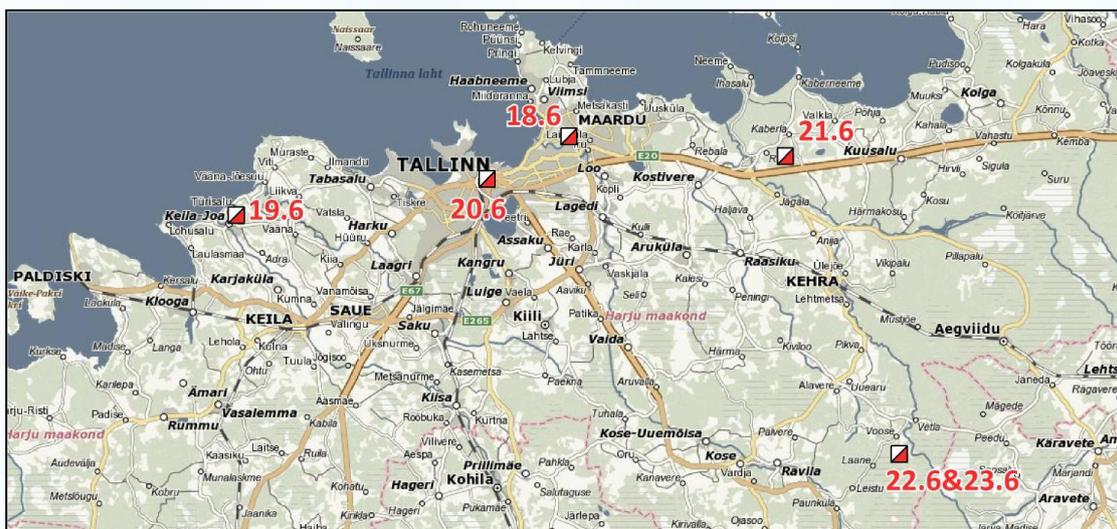
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Time, place and program

Monday June 18	17.00-19.30	Regular O-event Elongated sprint	Tallinn Botanic Garden
Tuesday June 19	17.00-19.30	Regular O-event	Keila-Joa
Wednesday June 20	19.00	Tallinn Championships in sprint (WRE) Estonian sprint cup event	Tallinn Old Town
Thursday June 21	17.00-19.30	Regular O-event	Kodasoo
Friday June 22	18.00	O-Week Final (WRE) Middle distance	Voose
Saturday June 23	10.00	O-Week Final (100CP) Long distance	Voose

Venues



Entries

Until May 30 / June 16 through <http://sk100.ee/reg/>

The entry fee and rent of SI-card(s) are paid on registration:

MTÜ Spordiklubi 100

IBAN: EE112200221047956653, BIC: HABAE2X (Swedbank)

Tallinn O-Week Pass

- Neck-card, which gives you the right to compete in all O-Week competitions.
- Pre-ordering until May 30.
- Pass prices:

<i>Classes</i>	<i>Price</i>
MW8-14	10 €
MW16-18	15 €
MW21-55	32 €
MW60+	22 €

Information

Piibe Tammemäe piibe [at] sk100.ee (+372) 5817 3711

Organisers

Sports Club 100

<http://sk100.ee/>

Event Director Jaan Tarmak

Secretary Piibe Tammemäe

IOF Event Advisor for WRE competitions Tarmo Klaar

	<i>Race director</i>	<i>Course setter</i>	<i>Map authors</i>
Monday	Lauri Tammemäe	Lauri Tammemäe	M.Puusepp, T.Tammemäe
Tuesday	Kaido Nurja	Toomas Kreek	K.Nurja, J.Olvet, J.Tasa, T.Klaar
Wednesday	Juta Tarmak	Timmo Tammemäe	T.Tammemäe, J.Tarmak
Thursday	Rein Unt		T.Raid, R.Unt
Friday	Grete Gutmann	Timmo Tammemäe	M.Puusepp, A.Käär
Saturday	Grete Gutmann	Tõnis Vaiksaar	M.Puusepp, A.Käär

Information about the competitions

Monday June 18

Tallinn Botanic Garden

Terrain and map

The terrain consists of three parts:

- 1) The Tallinn Botanic Garden - low-cut grass, a lot of roads, sparse plant growth with a few hedges, ponds, a number of forbidden areas and some slopes up to 10m.
- 2) The Iru Bog – mostly dry peat bog, with irregularly located half-meter-deep peat quarries. Plants significantly restrict visibility but not runnability. The area is surrounded by a gravel road, but inside there are no significant objects.
- 3) A hayfield located between the two areas mentioned above with a few boggy and dense areas of forest.



Sprint orienteering map with a scale of 1:4000, contour interval 2 m.

Courses

The courses range from easy to difficult. Length 1.5 to 5.5 km.

Event information

A regular orienteering event – it is possible to start at a freely chosen time between 17:00 and 19:30.

Entry fee 3.50 € is paid on the competition site. No pre-registration is required.

MW18 and younger, MW60 and older - 1.50 €.

Tuesday June 19

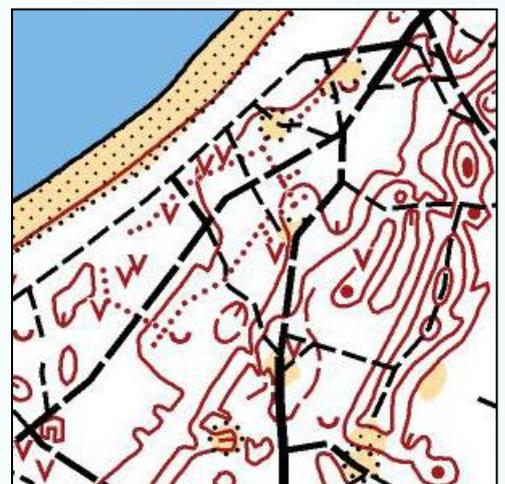
Keila-Joa

Terrain and map

An orienteering map with a scale of 1:10000, contour interval 2.5m.

The terrain is characterised by the valley of Keila River, which merges with a system of sand dunes featuring a micro-relief area close to the sea.

Remnants from a former military action - there are many small-sized holes in the area. Runnability is usually excellent or good but there are also some areas with thicker vegetation, especially near the river. There are many roads and paths and on the river meadows some smaller swampy areas.



Courses

The courses range from easy to difficult. Length 2 km to 7 km.

An additional option of bike orienteering, length 5 to 22 km.

Event information

A regular orienteering event – it is possible to start at a freely chosen time between 17:00 and 19:30.

Entry fee 3.50 € is paid on the competition site. No pre-registration is required.

MW18 and younger, MW60 and older - 1.50 €.

Entry fee for MTBO courses 2.50/5.00 €.

Wednesday June 20

Tallinn Old Town

WRE sprint

Tallinn Championships in sprint

Estonian Sprint Cup event

Terrain and map

A highly variable terrain of the streets of Tallinn Old Town and the parks surrounding it. Climb per slope up to 30 m.

The maps are printed using offset-method, the size of the map is A4, the scale 1:4000, contour interval 2.5 m.



Event information

Individual start. Quarantine is used at the finish.

Pre-start 2 minutes, the start interval is 1 minute.

Classes and courses

Winning time for all classes is 12 to 15 minutes.

MW14 classes 8 to 10 minutes.

<i>Classes</i>	<i>Entry fee until June 16</i>
MW14, 18	2.00 €
MW21A, 21B, 35, M40, M50	6.00 €
W50, M60	4.00 €

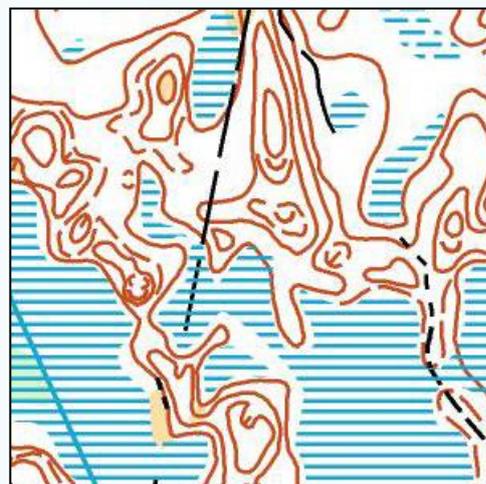
Thursday June 21

Kodasoo

Terrain and map

An orienteering map with a scale of 1:10000, contour interval 2.5m.

Most of the terrain is constituted by eskers of different sizes, with many little swamps and swamp strips in between. The terrain in the eskers is very detailed, while further away are a number of flat areas. The largest slope is 15 meters in height. Runnability is generally very good and good but there are also some areas with thicker vegetation, especially near the stream passing through the terrain.



The terrain boasts a dense network of roads with numerous fields surrounding the area.

Courses

The courses range from easy to difficult. Length 2 km to 7 km.

Event information

A regular orienteering event – it is possible to start at a freely chosen time between 17:00 and 19:30.

Entry fee 3.50 € is paid on the competition site. No pre-registration is required.

MW18 and younger, MW60 and older - 1.50 €.

Friday June 22

Voose

WRE middle

O-Week Final 1st day

Terrain and map

The spine of the terrain is formed by the west-east directional Voose-Matsimäe eskers, surrounded by flat swampy areas. The eskers are mostly moderately and strongly detailed, with many steep-sloped negative landforms.

Runnability is variable, from poor to good but mostly average with limited visibility. There are many small clearings. The network of roads and trails is sparse. The bogs are mostly dry.

The maps are printed using offset-method, the size of the map is A4, the scale 1:10000, the contour interval 2.5 m.



Classes and courses

Winning time in MW21A 30-35 min.

In other classes up to 25 min.

<i>Classes</i>	<i>Length</i>	<i>Classes</i>	<i>Length</i>
W8NR	~1.2/2.0 km	M8NR	~1.2/2.0 km
W10NR	~1.2/2.0 km	M10NR	~1.2/2.0 km
W12	~1.6 km	M12	~1.8 km
W14	~1.8 km	M14	~2km
W16	~2.5 km	M16	~3.5 km
W18	~3 km	M18	~4.5 km
W21A	~4.5 km	M21A	~6 km
W21B	~3.5 km	M21B	~4.5 km
W21C	~2.5 km	M21C	~3.5 km
W35	~3 km	M35	~4.5 km
W40	~3 km	M40	~4.5km
W45	~3 km	M45	~4 km
W50	~2.5 km	M50	~4 km
W55	~2.5 km	M55	~3.5 km

W60	~2 km
W65	~2 km
W70	~2 km

M60	~3.5 km
M65	~3 km
M70	~3 km

Event information

- Individual start.
- Pre-start 3 minutes, the start interval is 2 minutes.
- Control time 2 hours.
- The times of WRE-middle and 100 CP Run are summed.

Entry fees

<i>Classes</i>	<i>Entry fee until May 30</i>	<i>Entry fee until June 16</i>
MW8NR*, 10NR*, 12, 14	3.00 €	4.50 €
MW16, 18	6.00 €	7.50 €
MW21A	10.00 €	11.50 €
MW21BC, 35-55	9.00 €	10.50 €
MW60, MW65, MW70	7.00 €	8.50 €

*NR – taped route

Saturday June 23

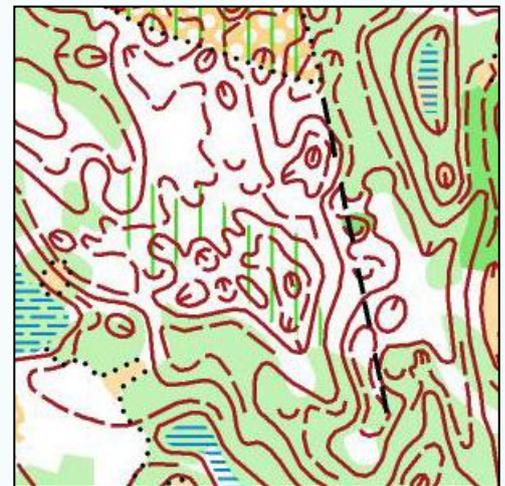
Voose
100 CP Run
O-Week Final 2nd day

Terrain and map

The spine of the terrain is formed by the west-east directional Voose-Matsimäe eskers, surrounded by flat swampy areas. The eskers are mostly moderately and strongly detailed, with many steep-sloped negative landforms.

Runnability is variable, from poor to good but mostly average with a limited visibility. However, the landscape is characterised by many small clearings and semi-clear areas, especially in the strongly detailed parts of the eskers.

The network of roads and tracks is sparse and follows the direction of the eskers and other landforms. The narrow ride network is well-ordered. The bogs are mostly dry.



Maps are printed using offset-method. The contour interval is 2.5 m

- MW16 and older classes:

The maps are in the sizes of A3 and A4. On one side there is a map in the scale of 1:10 000 and on the other side there is a contour map in the scale of 1:5000.

The course is divided into three parts: the first and third parts are depicted on the regular map and the second part on the contour map.

- Classes MW12 and MW14:

The course consists of one part, which is depicted on the regular map in the scale of 1:10 000. The map is in the size of A4.

- Taped route (MW8-10NR):

The course consists of one part, which is depicted on the regular map in the scale of 1:5000. The map is in the size of A4.

Classes and courses

<i>Classes</i>	<i>Number of controls</i>	<i>Length</i>
W8NR	5	~1.5/2.5 km
W10NR	5-10	~1.5/2.5 km
W12	20	~2.5 km
W14	25	~3 km
W16	35	~4.5 km
W18	45	~6 km
W21A	70	~9 km
W21B	45	~6 km
W21C	35	~4 km
W35	50	~6.5 km
W40	45	~6 km
W45	45	~5.5 km
W50	40	~5 km
W55	35	~4.5 km
W60	35	~4 km
W65	30	~3.5 km
W70	30	~3.5 km

<i>Classes</i>	<i>Number of controls</i>	<i>Length</i>
M8NR	5	~1.5/2.5 km
M10NR	5-10	~1.5/2.5 km
M12	20	~2.5 km
M14	25	~3.5 km
M16	45	~6 km
M18	60	~7.5 km
M21A	100	~14 km
M21B	65	~8.5 km
M21C	40	~5.5 km
M35	80	~10.5 km
M40	75	~9.5km
M45	70	~9 km
M50	60	~7.5 km
M55	50	~6.5 km
M60	45	~5.5 km
M65	40	~5 km
M70	35	~4.5 km

Event information

- Individual start.
- Forking will be used in classes M21A and W21A.
- Pre-start is 2 minutes, the start interval is 3 minutes.
- Control time 5 hours.
- The times of WRE-middle and 100 CP Run are summed.

Entry fees

<i>Classes</i>	<i>Entry fee until May 30</i>	<i>Entry fee until June 16</i>
MW8NR, 10NR, 12, 14	3.00 €	4.50 €
MW16, 18	6.00 €	7.50 €
MW21A	10.00 €	11.50 €
MW21BC, 35-55	9.00 €	10.50 €
MW60, MW65, MW70	7.00 €	8.50 €

Punching system

SportIdent (SI) is used on all events.

For competitions on Wednesday and Friday it is necessary to provide the number of your personal SI-card or request to rent one.

When placing an entry on the 100 CP Run, it is not necessary to register the number of your personal SI-card, only the request to rent a card or not. The amount of versions 6 and 9 rental SI-cards is limited.

The 100CP Run competitors are responsible for making sure that they have proper SI-cards during the whole competition. It is allowed to use up to four SI-cards. It is not allowed to use the same SI-card by more than one competitor.

If necessary, it is possible to rent SI-cards from organisers:

Version 6 – 3.00 €/card

Version 9 – 2.50 €/card

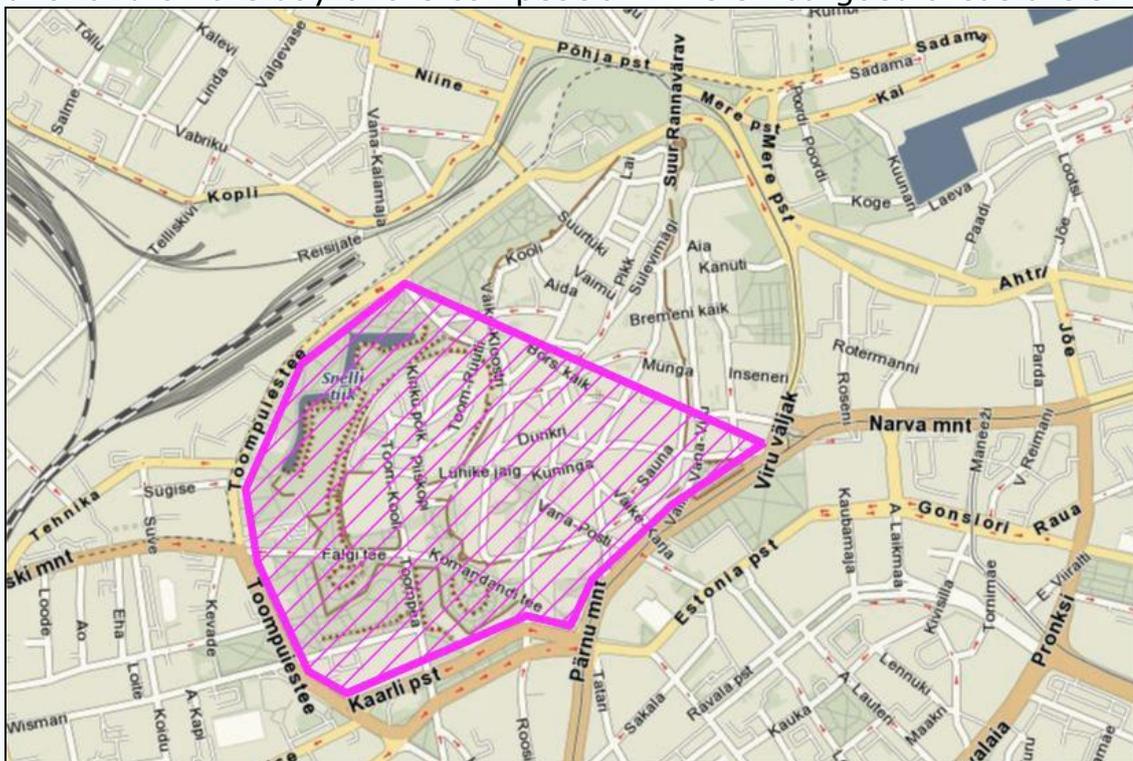
Version 5 – 2.00 €/card

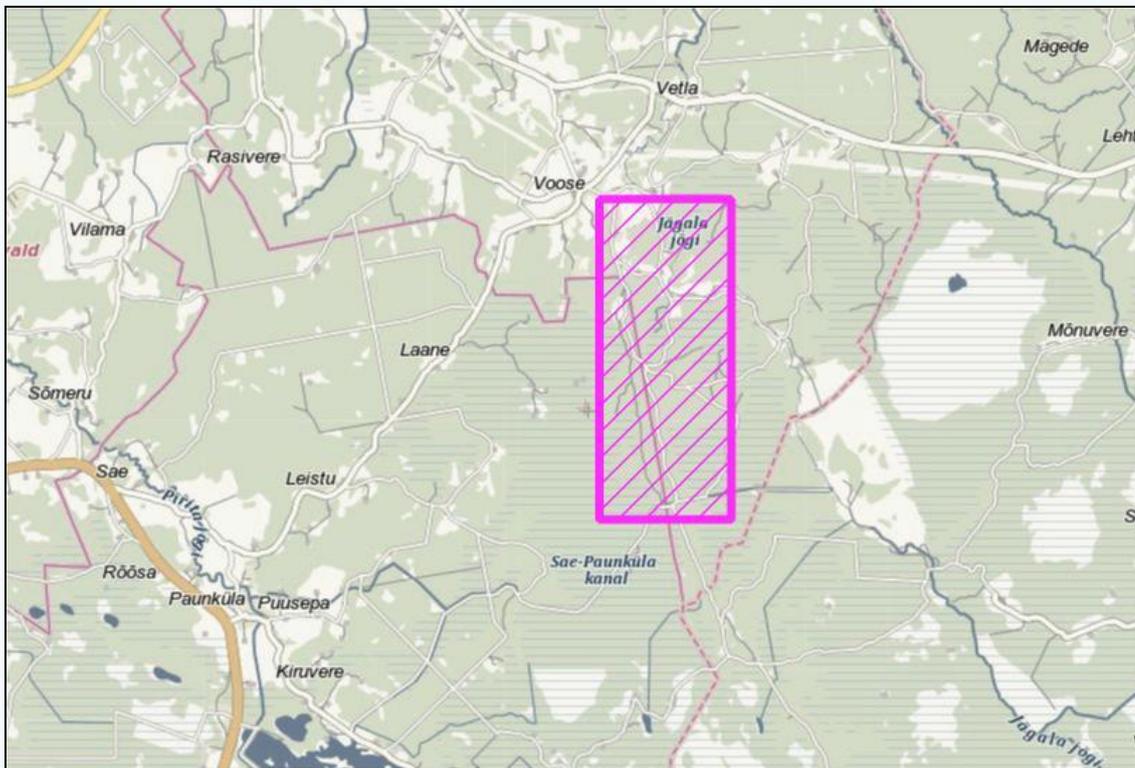
The most popular types of SI-cards are:

Version	SI-card number	Number of punches
5	until 499 999	30
6	500 000 - 999 999 and 16 711 680 - 16 777 215	192
8	2 000 000 - 2 999 999	30
9	1 000 000 - 1 999 999	50

Embargoed areas

It is forbidden to use a map on WRE competition terrains (Tallinn Old Town, Voose) until and on the day of the competition. The embargoed areas are shown on the map:





Accommodation

The purchasers of the O-Week Pass can book accommodation through the organizers. We kindly ask you to contact the secretary – Piibe Tammemäe (piibe [at] sk100.ee). As this time of the year is high season for the tourism industry, we recommend to inform the organisers of your wish as soon as possible.

Accommodation A: 16 € hostel (Centre of Tallinn, Rotermann quarter)

Prices per person 10 - 19 €/night.

It is possible to order buffet breakfast (cost 6€ per person), there is also a small kitchen corner for public use (with a stove top, oven, refrigerator, water boiler, toaster and a microwave oven) (<http://www.16eur.ee/>)

Accommodation B: Meriton Hotels (Centre of Tallinn and the Old Town)

Prices per person 40 - 70 €/night.

Buffet breakfast, Wi-Fi internet connection, use of the water and sauna centre and the gym are included in the price. (<http://www.meritonhotels.com/>)

Accommodation C: Kõrvemaa Hike and Ski Resort

Prices per person 14 €/night.

Breakfast is included in the price. (<http://www.korvemaa.ee/>)

Catering

Breakfast is offered by the abovementioned accommodations. On Friday and Saturday is possible to buy warm meals at the competition centre.

Culture programme

The culture programme will be published and elaborated during spring and summer.

Transportation

The purchasers of the O-Week Pass can order transportation from the Centre of Tallinn to all competition arenas from the organisers. Cost 20 €/week.

Visas

A list of countries, whose citizens need a visa to enter The Republic of Estonia, can be found on the web site of the Estonian Ministry of Foreign Affairs.

<http://www.vm.ee/?q=en/node/53>

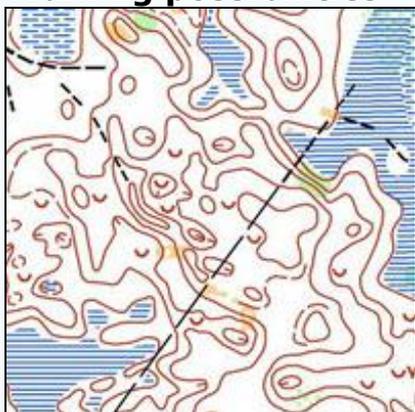
Weather

The average temperature in Estonia in June is 14,5 °C and generally the temperature is between 10 to 20 °C. The average rainfall in June is 61mm and the chance of rain is 30 %.

Dangers

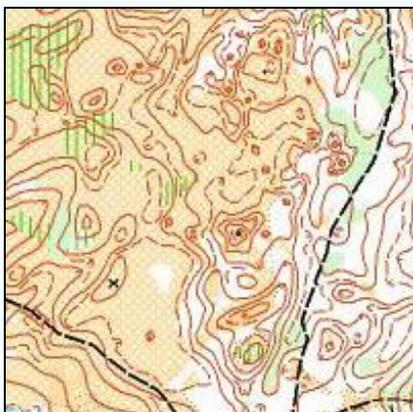
The competition in Tallinn Old Town takes place on city streets, which are partly open to traffic. Additionally there are a lot of tourists on the streets in June.

Training possibilities



Pikasaare
1:10000, h=2,5m

(course: 100KP jooks 2010)



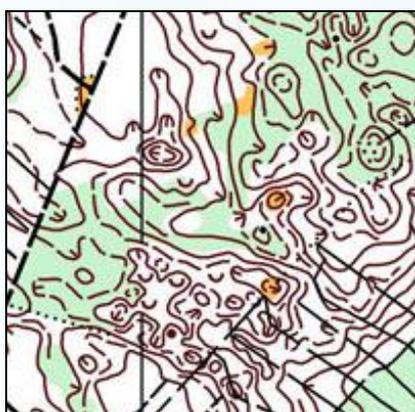
Jussi Järved
1:10000, h=2,5m

(course: 100KP jooks 2008)

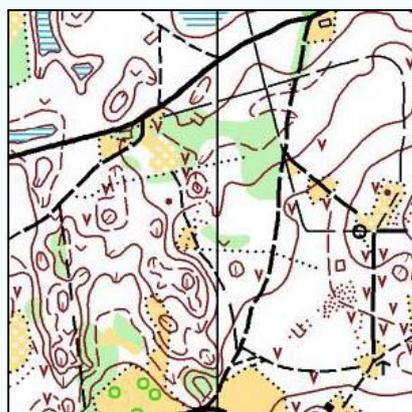


Viitna
1:10000, h=2,5m

(course: 100KP jooks 2007)



Mustla-Nõmme
1:10000, h=2,5m
(course: 100KP jooks 2006)



Kõrvemaa
1:10000, h=2,5m
(course: 100KP jooks 2011)

For training maps, please contact the secretary – Piibe Tammemäe (piibe [at] sk100.ee). The price per map is 3.00 €.

Supporters



hoog sisse!

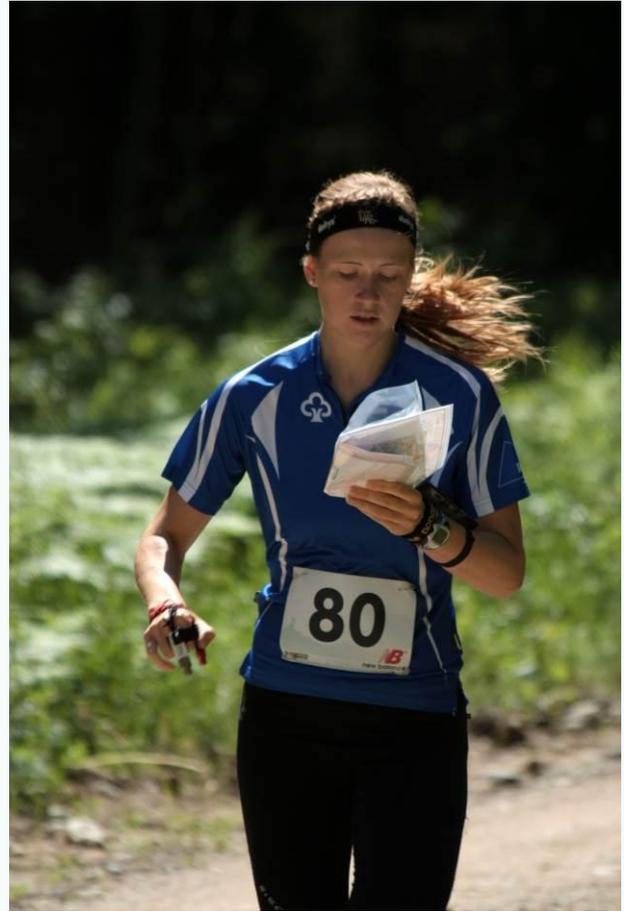
TALLINNA SPORDI- JA NOORSOAMET



EESTI KULTUURKAPITAL

TALLINN LIIGUB





Don't miss out on the greatest O-experience of the year!!!