

Tallinn O-Week

June 18-23, 2012

ESTONIA

BULLETIN 4



SPORDIKLUBI 100



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 1st day Middle distance (WRE) | Voose |
| Saturday June 23 | 11.00 | O-Week Final 2nd day Long distance (100CP) | 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)

Swedbank address: Liivalaia 8, 15040 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 € |

O-Week Passes are in information tent at competition centre.

 **Entry fees**

Monday (no registration required)

| <i>Classes</i> | |
|------------------------------------|--------|
| MW 21 – MW 55 | 4.00 € |
| MW 18 and younger; MW 60 and older | 2.00 € |

Tuesday (no registration required)

| <i>Classes</i> | |
|------------------------------------|--------|
| MW 21 – MW 55 | 3.50 € |
| MW 18 and younger; MW 60 and older | 1.50 € |

Tallinn Championship in sprint

| <i>Classes</i> | <i>Until June 16</i> |
|--------------------------|----------------------|
| MW14, 18 | 2.00 € |
| MW21A, 21B, 35, M40, M50 | 6.00 € |
| W50, M60 | 4.00 € |

Thursday (no registration required)

| <i>Classes</i> | |
|----------------------|--------|
| MW 21 – W50 ja M55 | 4.00 € |
| W55 ja M60 and older | 2.00 € |
| MW 18 and younger | No fee |

O-Week Final (per day)

| <i>Classes</i> | <i>Until May 30</i> | <i>Until June 16</i> |
|---|---------------------|----------------------|
| MW8NR, 10NR, 12, 14 (*NR – taped route) | 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 € |

 **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 | Timmo 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, M.Puusepp |
| Thursday | Rein Unt | Rein Unt | T.Raid, R.Unt |
| Friday | Grete Gutmann | Timmo Tammemäe | M.Puusepp, A.Käär, T.Tammemäe |
| Saturday | Grete Gutmann | Tõnis Vaiksaar | M.Puusepp, A.Käär, T.Tammemäe |

Monday June 18

Regular orienteering event

Time and place

Tallinn Botanic Garden

Start is open between 17.00-19.30

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.

Previous map (2010) - <http://www.orienteerumine.ee/kaart/db/kaart/2010001.jpg> .

Courses

| Course | Course length | Nr of controls |
|----------|---------------|----------------|
| 1 | 5,5 km | 18 |
| 2 | 4,0 km | 15 |
| 3 | 3,1 km | 13 |
| 4 (easy) | 1,8 km | 11 |

Event information

- A regular orienteering event – it is possible to start at a freely chosen time between 17:00 and 19:30.
- Entry fee is paid on the competition site. No pre-registration is required.
- The 100th, 200th and 300th finisher will receive a family ticket to Skypark.
- Start is located at the competition centre
- No shower in the competition centre.

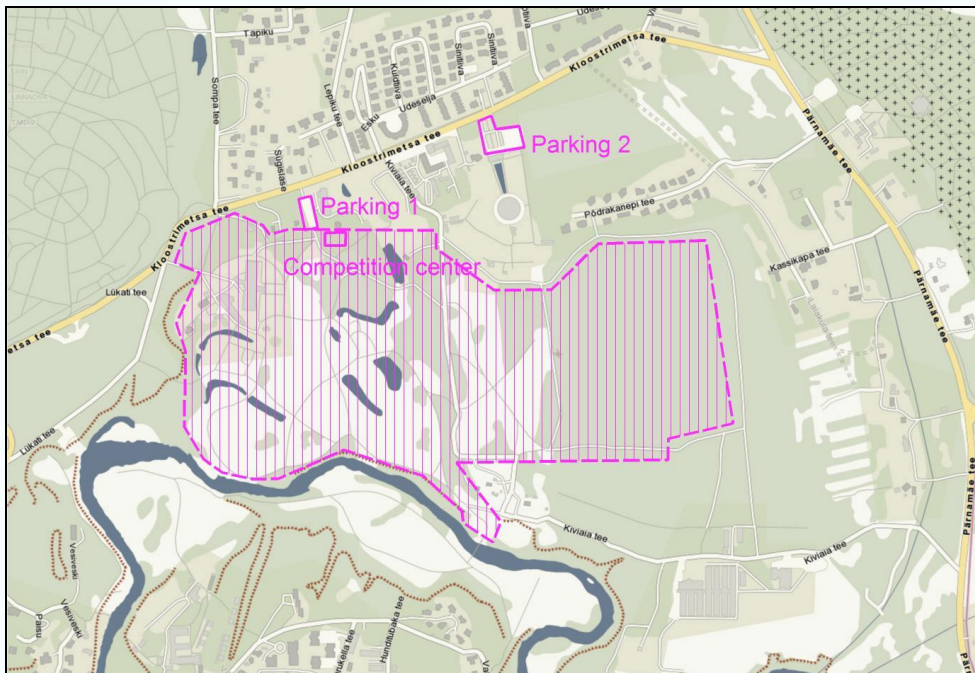
Driving instructions and parking

Parking is located at the Tallinn Botanic Garden main gate. Sign posts from Kloostrimetsa road. Distance from parking to the competition centre is 100-800m . From the centre – drive towards Pirita and turn to Kloostrimetsa road from Pirita centre. Buses nr 34A and 38 from the centre – bus stop at the competition centre is Kloostrimetsa.

Coordinates of the competition centre:

N: 59.4711 E: 24.88025

N: 6592933 E: 549895.4



Tuesday June 19

Regular orienteering event

Time and place

Keila-Joa

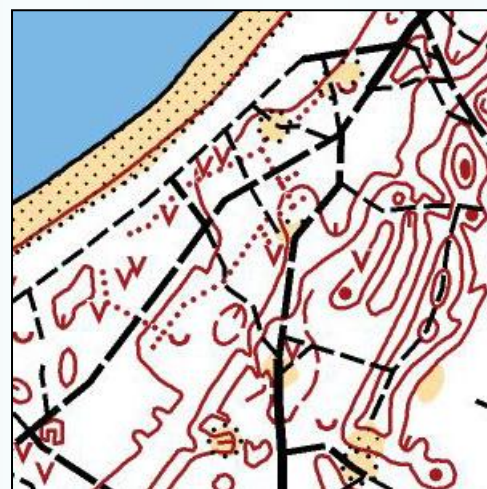
Start is open between 17.00-19.30

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.



Previous map (2007) -

<http://www.orienteerumine.ee/kaart/db/kaart/2007012.gif> .

Classes and courses

| <i>Courses</i> | <i>Klass</i> | <i>Course length</i> | <i>Nr of controls</i> |
|----------------|-----------------------|----------------------|-----------------------|
| 1 | M21A | 8,0 km | 22 |
| 2 | M40,M50,M21B,W21A | 5,8 km | 16 |
| 3 | M60,W40 | 4,3 km | 13 |
| 4 | M16,W50,W60 | 4,3 km | 14 |
| 5 | M21C,M70,W16,W21B,W65 | 3,8 km | 13 |

| | | | |
|----|--------------------------|---------|----|
| 6 | M14,W14 | 2,3 km | 7 |
| 8 | M21RO,M40RO | 18,5 km | 16 |
| 9 | M18RO,M50RO,M60RO,W21RO | 10,9 km | 12 |
| 10 | M14RO,W16RO,W40RO | 6,3 km | 8 |
| 11 | M/W Course 3 + Course 9 | 15,2 km | 25 |
| 12 | M/W Course 5 + Course 10 | 10,1 km | 21 |

RO – MTBO course

Event information

- A regular orienteering event – it is possible to start at a freely chosen time between 17:00 and 19:30.
- Entry fee is paid on the competition site. No pre-registration is required.
- MTBO courses available.
- The 100th, 200th and 300th finisher will receive a family ticket to Skypark.
- No shower in the competition centre.

Driving instructions and parking

Parking is located at the Keila-Joa mansion.

Sign posts from the Tallinn-Rannamõisa- Kloogaranna road (nr 390) 27th km.

Coordinates of the competition centre:

N: 59.3972 E: 24.2980

N: 6584404.2 E: 516931.4

Wednesday June 20

WRE sprint

Tallinn Championships in sprint

Time and place

Tallinn Old Town

First start at 19.00

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. Latest update summer 2012.

Overview of the competition terrain -

<http://360.tallinn.ee/> .

Previous map (2008) - <http://www.orienteerumine.ee/kaart/db/kaart/2008041.gif> .



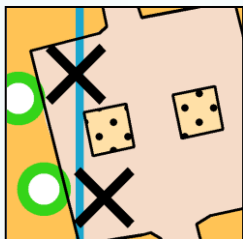
Course setter's comments

Tallinna Old Town offers the competitors both park forest as well as city streets, many climb meters and most certainly route choices. Making fast and correct choices and of course fast running will bring success. The competitors have to take into account that there are many tourists in the Old Town. It is good to lift your eyes more often as to avoid collisions.

The course setter suggests running shoes with patterned soles. Running shoes with metal dubs are not allowed.

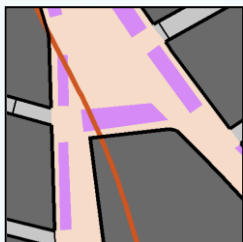
Unpassable flora (darkest green) is used in many parts of the map. It is not allowed to cross these areas (flower beds and very thick bushes and hedges). It is possible to see this on the warm up map.

Special symbols used on the map



- Black cross (540 - Prominent man-made feature) usually marks playgrounds, but also some more prominent information stands and one well in the middle of the street.

- Objects shown on the picture as open sandy ground (211) are sand boxes.



- Purple (714 - Temp. constr. or closed area) marks street cafes in the Old Town, which are forbidden to run through.



- It is forbidden to pass areas marked on the map as area with forbidden access (527) and impassable vegetation (421 - marks flower beds, hedges and bedding plants in the Old Town).

Event information

- Individual start.
- World Ranking points are given in classes MW21
- Competition gives Estonian Orienteering Federation ranking points.
- 20 first from the Estonian ranking and 500 first from World Ranking will be drawn to the end of the start list in classes MW21A.
- Pre-start 3 minutes, the start interval is 1 minute.
- Extra control descriptions are available in the pre start area. There are materials to attach the control descriptions in the pre start area. Width 55 mm and length 100 to 130 mm.
- Distance to start 600m.
- All classes use number bibs. The number bibs will be at the start. Number bibs have to be visible during the whole race and they must not be folded.
- Toilets are in start.
- Model map in prestart area. It is allowed to warm up only in the area shown on the model map.
- Estonian Sprint Cup event.
- There are no refreshment controls on the course.
- There is no shower in the event centre.
- Competition maps will be collected after finishing, maps will be again available after last start.
- Luggage spot in completion centre.

Awarding

Awarding will start approximately at 21.00.

Three family tickets to Skypark will be drawn among all the competitors.

Three best in all classes will be awarded.

Classes and courses

Winning time for all classes is 12 to 15 minutes. MW14 classes 10 minutes.

| Class | Course length | Nr of controls | Class | Course length | Nr of controls |
|-------|---------------|----------------|-------|---------------|----------------|
| W14 | 2,3km | 10 | M14 | 2,6km | 12 |
| W18 | 2,7km | 12 | M18 | 2,7km | 13 |
| W21A | 2,8km | 16 | M21A | 3,5km | 18 |
| W21B | 2,3km | 10 | M21B | 2,6km | 12 |
| W35 | 2,6km | 12 | M35 | 2,7km | 13 |
| W50 | 2,3km | 10 | M40 | 2,9km | 12 |
| | | | M50 | 2,7km | 12 |
| | | | M60 | 2,6km | 12 |

Climb meters for M21A – 80m, W21A – 60m

Open course

It is possible to start during one hour from the start. The course is a free order course, control time is 1 hour. There are 30 controls on the course.

Entry fee is paid at the secretary (4.00 €).

Driving instructions and parking

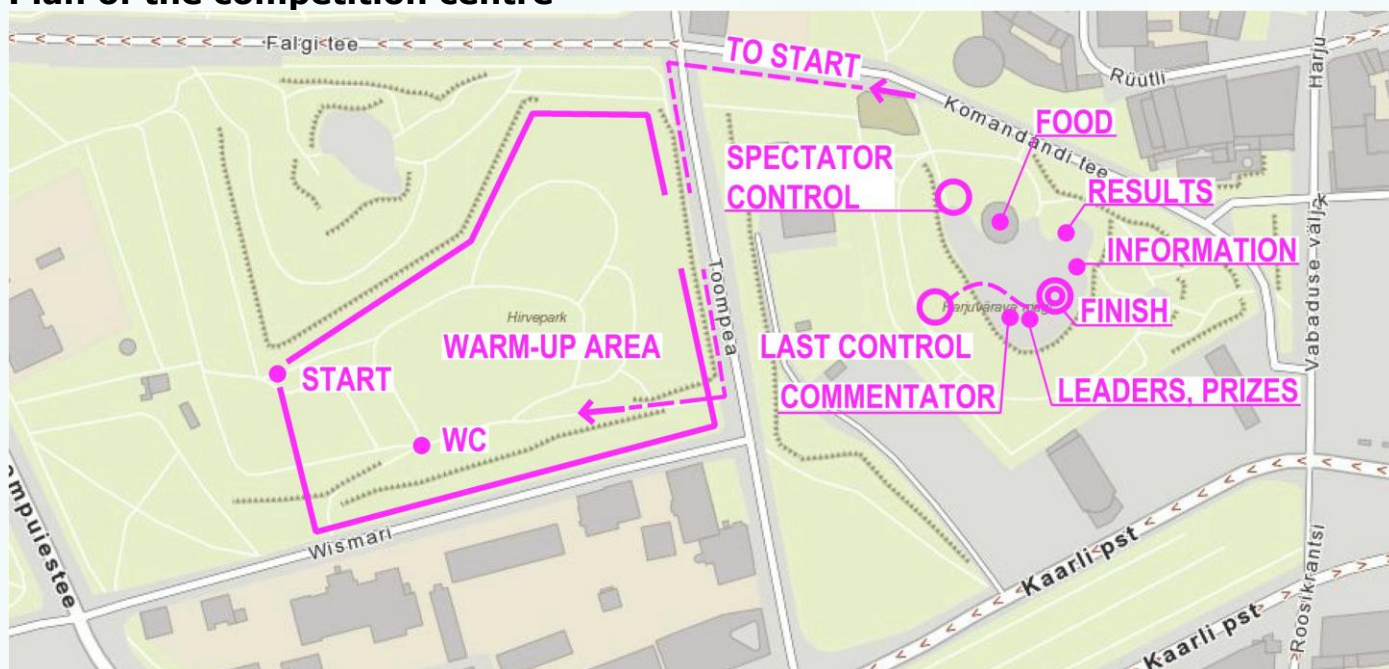
Parking in the Tallinn priced parking areas (see the parking area scheme at the end of the bulletin). Nearest parking areas are the underground and on ground parking in Vabaduse Square.

Coordinates of the competition centre:

N: 59,4340 E: 24,7415

N:6588700 E: 542075.6

Plan of the competition centre



Thursday June 21

Regular orienteering event

Time and place

Kodasoo

Start is open between 17.00-19.30

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.



Previous maps (1998) - <http://www.orienteerumine.ee/kaart/db/kaart/0000.gif> .

Classes and courses

| <i>Course</i> | <i>Classes</i> | <i>Course length</i> | <i>Nr of controls</i> |
|---------------|-------------------------|----------------------|-----------------------|
| 1 | M21A, M35 | 8,2 km | 19 |
| 2 | M21B, M40 | 7,4 km | 14 |
| 3 | M45, M50 | 7,2 km | 15 |
| 4 | M21AL, W21A | 6,0 km | 13 |
| 5 | M55, M60, M18 | 5,5 km | 11 |
| 6 | W35, W21B | 5,2 km | 12 |
| 7 | M65, W40, W45, W18 | 5,0 km | 13 |
| 8 | W50, W55, W16, M16 | 4,9 km | 12 |
| 9 | M21C | 4,5 km | 9 |
| 10 | M14, M70, W14, W60, W65 | 3,7 km | 9 |
| 11 | M75, M80, W70 | 3,5 km | 10 |
| 12 | M12, W12, W21C | 3,0 km | 7 |

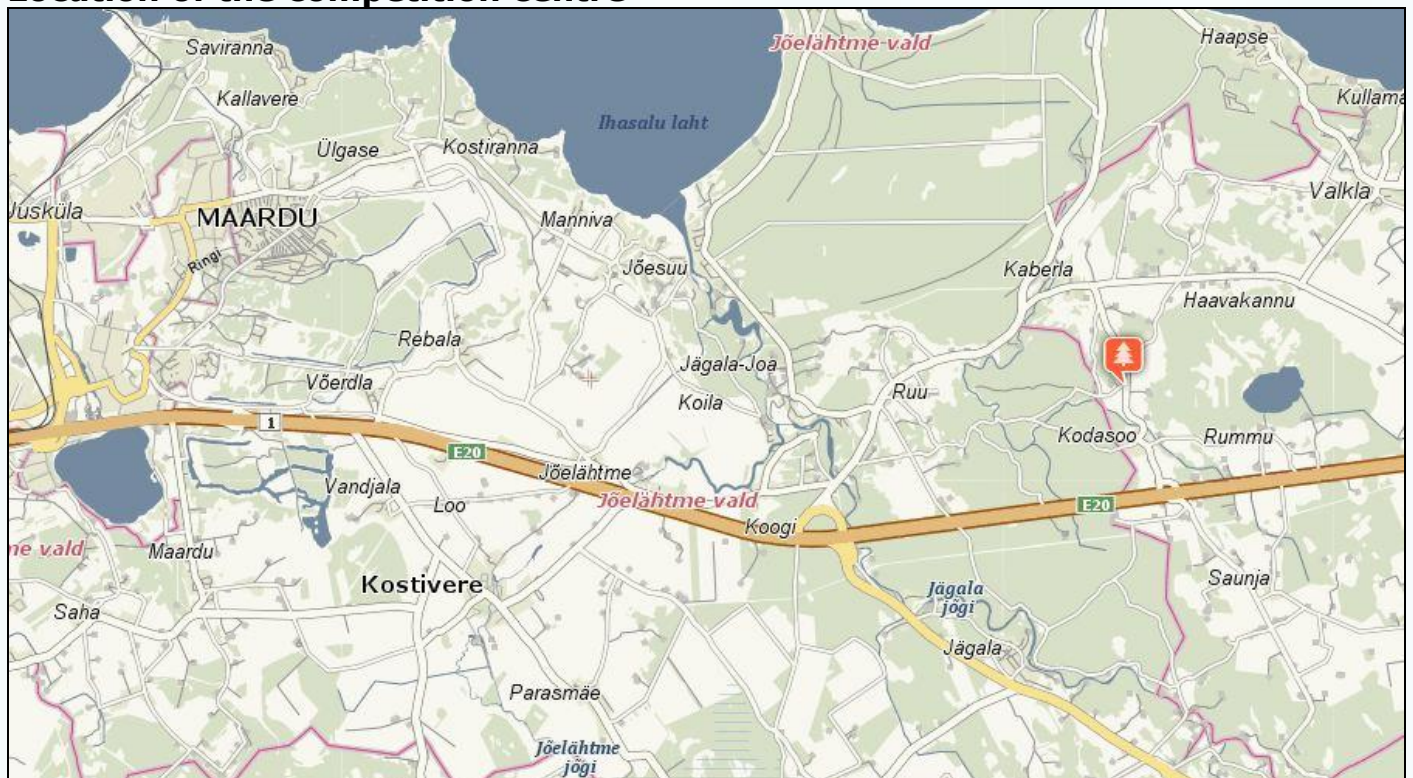
Event information

- A regular orienteering event – it is possible to start at a freely chosen time between 17:00 and 19:30.
- Entry fee is paid on the competition site. No pre-registration is required.
- The 100th, 200th and 300th finisher will receive a family ticket to Skypark.
- Distance from the competition centre to start is 700 meters.
- No shower in the competition centre.

Driving instructions and parking

Distance from parking to the competition centre is 100 m. Distance from the competition centre to the start is 700 m.

Location of the competition centre



O-Week Final

Friday June 22
WRE middle
O-Week Final 1st day

Saturday June 23
100 CP Run
O-Week Final 2nd day

Time and Place

Voose

First start:

1st Day - 18.00

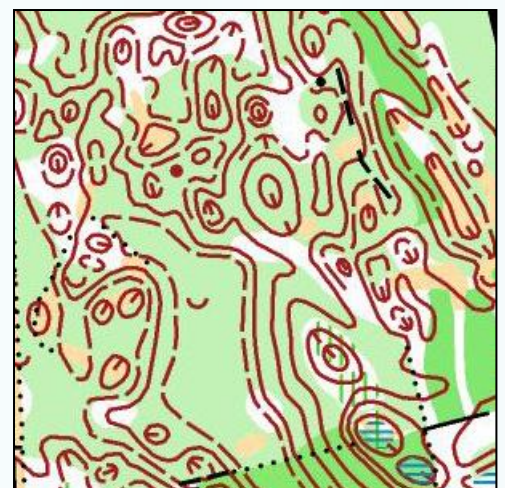
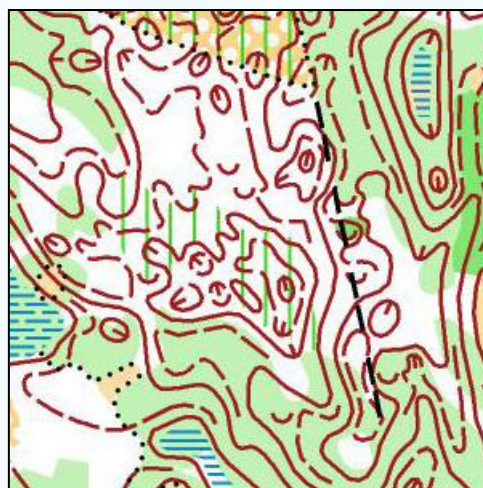
2nd Day - 11.00

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.

Latest map update from summer 2012. New mapping done in the northern part. The maps are printed using offset-method.



Course setters comments

Due to late sprint the boggy areas are still partly moist, but most of the terrain is dry. Lush green undergrowth will test both the physical abilities as well as terrain reading of the competitors. It is expected that paths will be run into the undergrowth in some parts of the terrain.

The course setters recommend a magnifying glass in addition to the compass, which can facilitate map reading in some instances.

In these days there are many mosquitos in Estonia, who are especially annoying at the competition centre, we suggest to bring a repellent.

Previous maps

(2003) - <http://www.orienteerumine.ee/kaart/db/kaart/9321.gif> ;

(2010) - <http://www.orienteerumine.ee/kaart/db/kaart/2010027.jpg>

Classes and courses

- 1st day winning time in MW21A 30-35 min. In other classes up to 25 min.

- Winning time of 2nd day is equal of the long distance.

| Classes | Start | Course length day 1 | Nr of controls day 1 | Course length day 2 | Nr of controls day 2 | Joogipunktide kaugus stardist | | |
|---------|-------------|---------------------|----------------------|---------------------|----------------------|-------------------------------|-----|-----|
| | | | | | | I | II | III |
| W8NR | Skypark | 1,31/2,24 | 5 | 1,46/2,41 | 8 | | | |
| W10NR | Skypark | 1,31/2,24 | 5 | 1,46/2,41 | 8 | | | |
| W12 | Kemmerling | 1,64 | 7 | 2,43 | 20 | 0,7 | | |
| W14 | Kemmerling | 1,67 | 8 | 2,75 | 25 | 1,1 | | |
| W16 | Kemmerling | 1,85 | 12 | 3,82 | 35 | 1,7 | | |
| W18 | Printcenter | 2,77 | 13 | 5,28 | 45 | 1,0 | 2,3 | |
| W21A | Printcenter | 3,83 | 18 | 8,29 | 70 | 1,7 | 3,2 | 5,7 |
| W21B | Printcenter | 2,77 | 13 | 5,28 | 45 | 1,0 | 2,3 | |
| W21C | Kemmerling | 1,64 | 7 | 3,76 | 35 | 1,2 | | |
| W35 | Printcenter | 2,54 | 14 | 5,68 | 50 | 1,6 | 3,6 | |
| W40 | Printcenter | 2,54 | 14 | 5,43 | 45 | 1,4 | 2,4 | |
| W45 | Kemmerling | 2,15 | 12 | 5,43 | 45 | 1,4 | 2,4 | |
| W50 | Kemmerling | 2,15 | 12 | 4,21 | 40 | 1,5 | | |
| W55 | Kemmerling | 1,88 | 12 | 3,82 | 35 | 1,7 | | |
| W60 | Kemmerling | 1,88 | 12 | 3,76 | 35 | 1,2 | | |
| W65 | Kemmerling | 1,86 | 10 | 3,43 | 30 | 1,2 | | |
| W70 | Kemmerling | 1,82 | 10 | 3,43 | 30 | 1,2 | | |
| | | | | | | | | |
| M8NR | Skypark | 1,31/2,24 | 5 | 1,46/2,41 | 8 | | | |
| M10NR | Skypark | 1,31/2,24 | 5 | 1,46/2,41 | 8 | | | |
| M12 | Kemmerling | 1,67 | 8 | 2,43 | 20 | 0,7 | | |
| M14 | Kemmerling | 1,85 | 12 | 3,26 | 30 | 1,2 | | |
| M16 | Printcenter | 2,77 | 13 | 5,43 | 45 | 1,4 | 2,4 | |
| M18 | Printcenter | 3,27 | 14 | 7,16 | 60 | 2,1 | 3,7 | 6,2 |

| | | | | | | | | |
|------|-------------|------|----|-------|-----|-----|-----|-----|
| M21A | Printcenter | 4,93 | 23 | 12,33 | 100 | 3,5 | 5,1 | 8,3 |
| M21B | Printcenter | 3,27 | 14 | 6,65 | 65 | 2,4 | 4,1 | |
| M21C | Kemmerling | 1,67 | 8 | 4,21 | 40 | 1,5 | | |
| M35 | Printcenter | 3,37 | 15 | 8,96 | 80 | 2,3 | 4,0 | 6,6 |
| M40 | Printcenter | 3,37 | 15 | 8,72 | 75 | 2,3 | 4,0 | 6,5 |
| M45 | Printcenter | 3,27 | 14 | 8,23 | 70 | 1,7 | 3,2 | 5,7 |
| M50 | Printcenter | 2,87 | 15 | 7,16 | 60 | 2,1 | 3,7 | 6,2 |
| M55 | Printcenter | 2,87 | 15 | 5,68 | 50 | 1,6 | 3,6 | |
| M60 | Kemmerling | 2,16 | 13 | 5,43 | 45 | 1,4 | 2,4 | |
| M65 | Kemmerling | 2,16 | 13 | 4,21 | 40 | 1,5 | | |
| M70 | Kemmerling | 1,86 | 10 | 3,82 | 35 | 1,7 | | |

Climb on the 1st day in M21A 240 m and in W21A 160 m.

Map on the 1st day – WRE middle

The size of the map is A4, the scale 1:10000, the contour interval 5 m.

Map on the 2nd day – 100 CP Run

- 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:

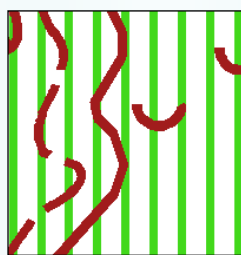
The course consists of one part, which is depicted on the regular map in the scale of 1:10 000. The map is in the size of A4.

- Taped route (MW8-10NR):

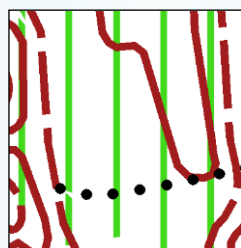
The course consists of one part, which is depicted on the regular map in the scale of 1:5000. The map is in the size of A4.

The contour interval 5 m.

Special symbols used on the map



- There are areas in the terrain where trees have been cut down, there is severe undergrowth. These areas are marked with green crosshatch(409.0 – Undergrowth: difficult to run). Courses avoid these areas in general.



- Regular crosshatch (407.0 – Undergrowth: slow running) marks blowdown and also areas with better runnability where trees have been cut down.



- Man-made features are marked on the map with black. Black cross (540.0 - Special man-made feature) marks stone circles for the Defence League's practice course, also a shed without walls.
- Black circle (539.0 - Special man-made feature) marks a sitting area that is surrounded with benches

Event information

- Individual start.
- All classes use number bibs, which are in the competition centre. Number bibs have to be visible during the whole race and they must not be folded.
- Toilets and water are in start Kemmerling.
- Model map in prestart area in 1. day and World Ranking points are given in classes MW21.
- World Ranking points are given in classes MW21 on the first day.
- Both competition days give Estonian Orienteering Federation ranking points.
- 20 first from the Estonian ranking and 500 first from World Ranking will be drawn to the end of the start list in classes MW21A.
- Pre-start 3 minutes.
- Extra control descriptions are available in the pre start area for classes MW12 and older. There are materials to attach the control descriptions in the pre start area. Width 55 mm and length 80 to 180 mm on the 1st day. Width 55 mm and length 160 to 650 mm on the 2nd day.
- 1st day, WRE middle distance, the start interval is 2 minutes. Control time 2 hours.
- 2nd day, 100 CP, the start interval is 2 minutes. Control time 5 hours.
- Forking is used on the 2nd Day in classes MW21A. Maps and control descriptions will be numbered according to number bibs.
- Distance to start on both days:
 - o Start Skypark 500m
 - o Start Kemmerling 1500m
 - o Start Printcenter 2000m
- GPS tracking is used on both days in classes MW21A. A list of competitors who have to wear the GPS device will be published latest in the morning of the competition. The competitors will receive the GPS-devices from the start gate. Competitors who have been assigned the GPS-device, but refuse to wear it, will not be allowed to the start.
- It is allowed to instruct competitors of taped course in the start. However, instructors are not allowed on the course with children. Organisers in taped course start will also help competitors if necessary.
- On their way to the starts the competitors will go through a start gate where all the SI-cards and their numbers are registered. Also the SI-card(s) free space will be checked to ensure the competitor's SI-card has enough capacity to complete the race.
- There are no refreshment stations in the forest on the 1st day, information about the 2nd day can be found in the table above.
- There is a warm external shower in the competition centre.

- A model map is available on the 1st Day. The maps will be at the start gate. It is allowed to warm on the road to start on both days and on the model map on the 1st day.
- Pärast finišeerimist korjatakse võistlejatel ära võistluskaart, mille saab kätte pärast startide lõppu.
- Pakihoid võistluskeskuses.

Awarding

Awarding will take place on the 2nd day according to the finishes. Last awarding at approximately 16.00.

The six best in classes MW21A and three best in other classes will be awarded.

The best in all classes will be awarded according to the number of participants in each class.

The times of the WRE-middle and 100 CP Run will be summed and overall best will be awarded. The best of the MW8, 10 and 12 classes will receive awards by Skypark. In addition, a lot of Skypark day passes will be drawn among these classes.

Open course

It is possible to start during the first hour of the competition from the start Skypark.

It is a free order course, control time on Friday is 1 hour, on Saturday is 2 hours.

Entry fee is paid at the secretary (6.00 €).

Child care

Supervised child care is organized June 22-23 in the Voose competition centre. The children will be able to play with toys and on an inflatable Skypark trampoline. Child care will be opened one hour before start and will be closed with the finish.



Driving instructions and parking

From Tallinn. Drive on road nr 2 until Kose, turn to road nr 12 (38th km), drive 16 km until Alavere and turn right towards Jäneda to road nr 125.

From Piibe road turn towards Jäneda to road nr 125.

Sign posts to the competition centre will start in Vetla, at the 20th km on road.

Distance from Tallinn to the competition centre is 65 kilometres.

Distance from parking to the competition centre is 150 to 400 meters.

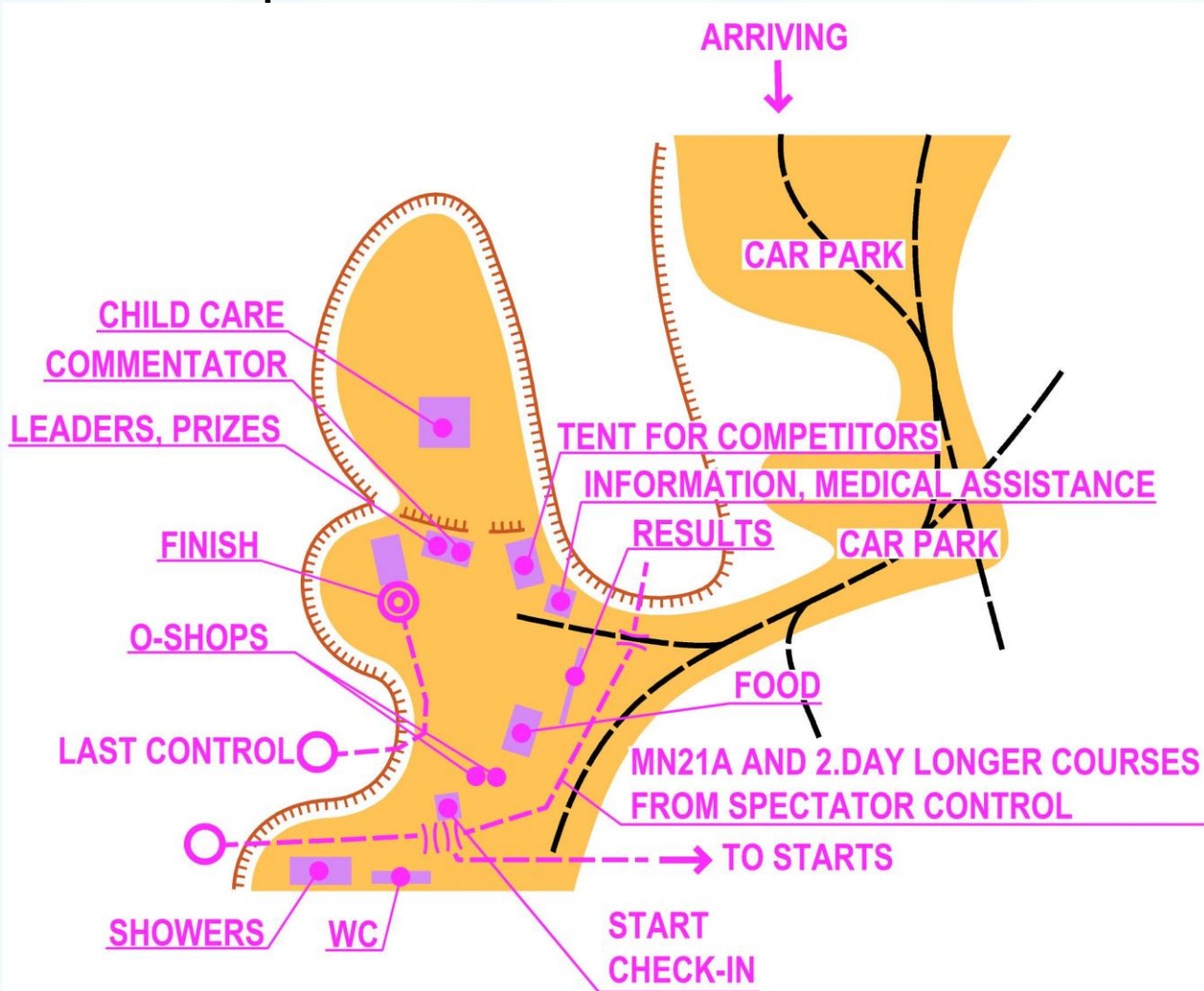
Coordinates of the competition centre:

N: 59.188 E: 25.432

N: 6561926 E: 581845.5



Plan of the competition centre



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

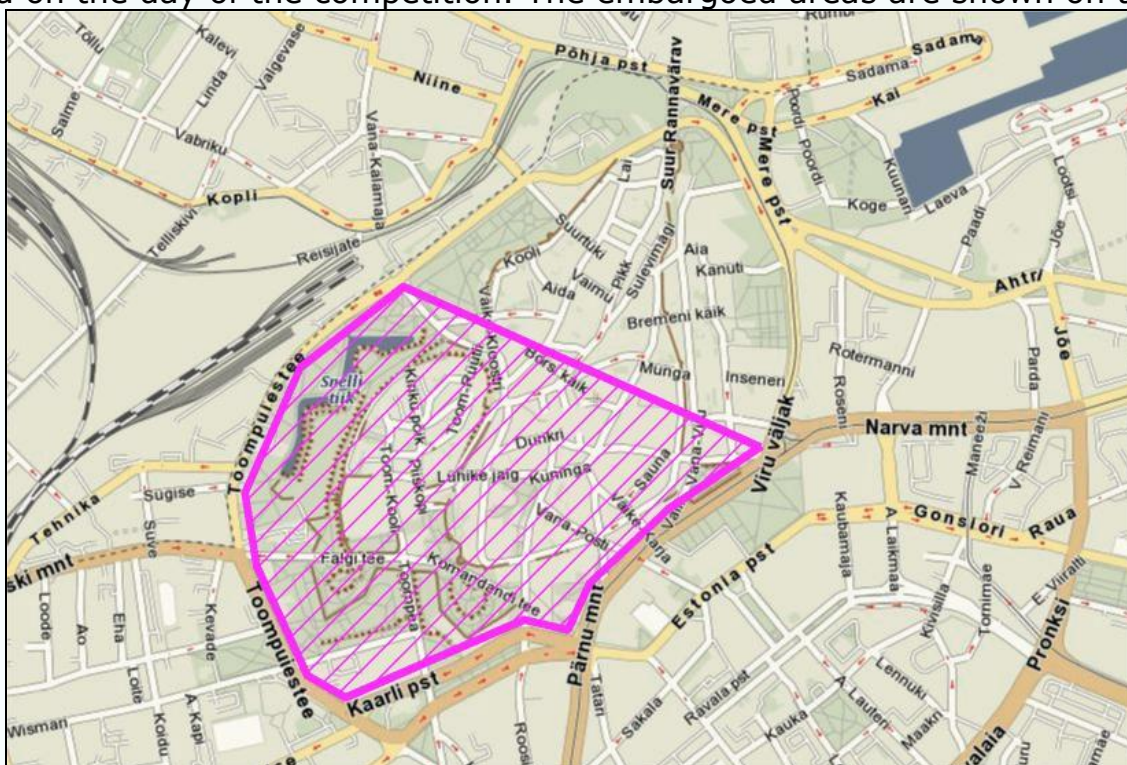
Version 5 – 2.00 €/card

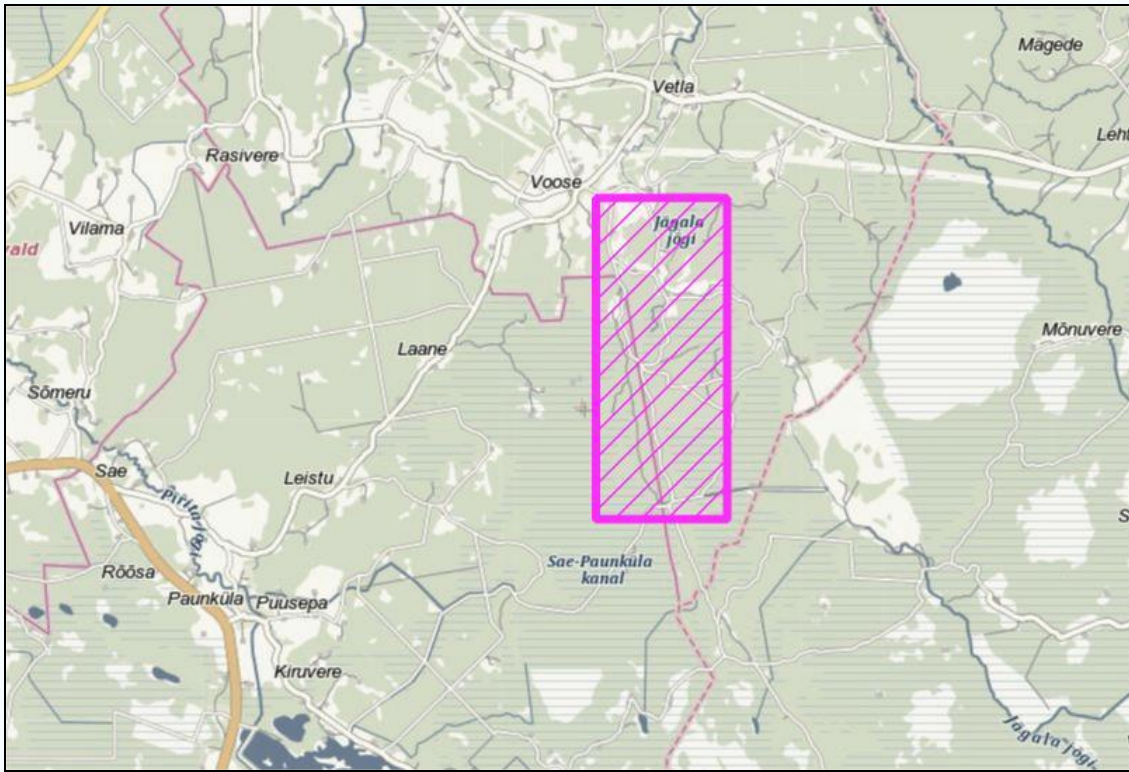
The most popular types of SI-cards are:

| 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: 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 B: 16 € hostel (Centre of Tallinn, Rotermanni 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 C: Kõrvemaa Hike and Ski Resort

Prices per person 14 €/night.

Breakfast is included in the price.

(<http://www.korvemaa.ee/>)

Accommodation D: Accommodation on the floor in Tallinn and Alavere

Between June 22 and 23 it is possible to stay in the Alavere schoolhouse (bring your own mattresses and sleeping bags, possibility to shower), for more information see <http://www.alavere.edu.ee>.

The price depends on the number of people, in case you are interested; please contact the main secretary – Piibe Tammemäe (piibe [at] sk100.ee).

Floor accommodation in Tallinn – information will be updated, please contact the main secretary – Piibe Tammemäe (piibe [at] sk100.ee) for more information.

Accommodation E: Camping in tents at Voose competition centre for free.

Map of accommodations

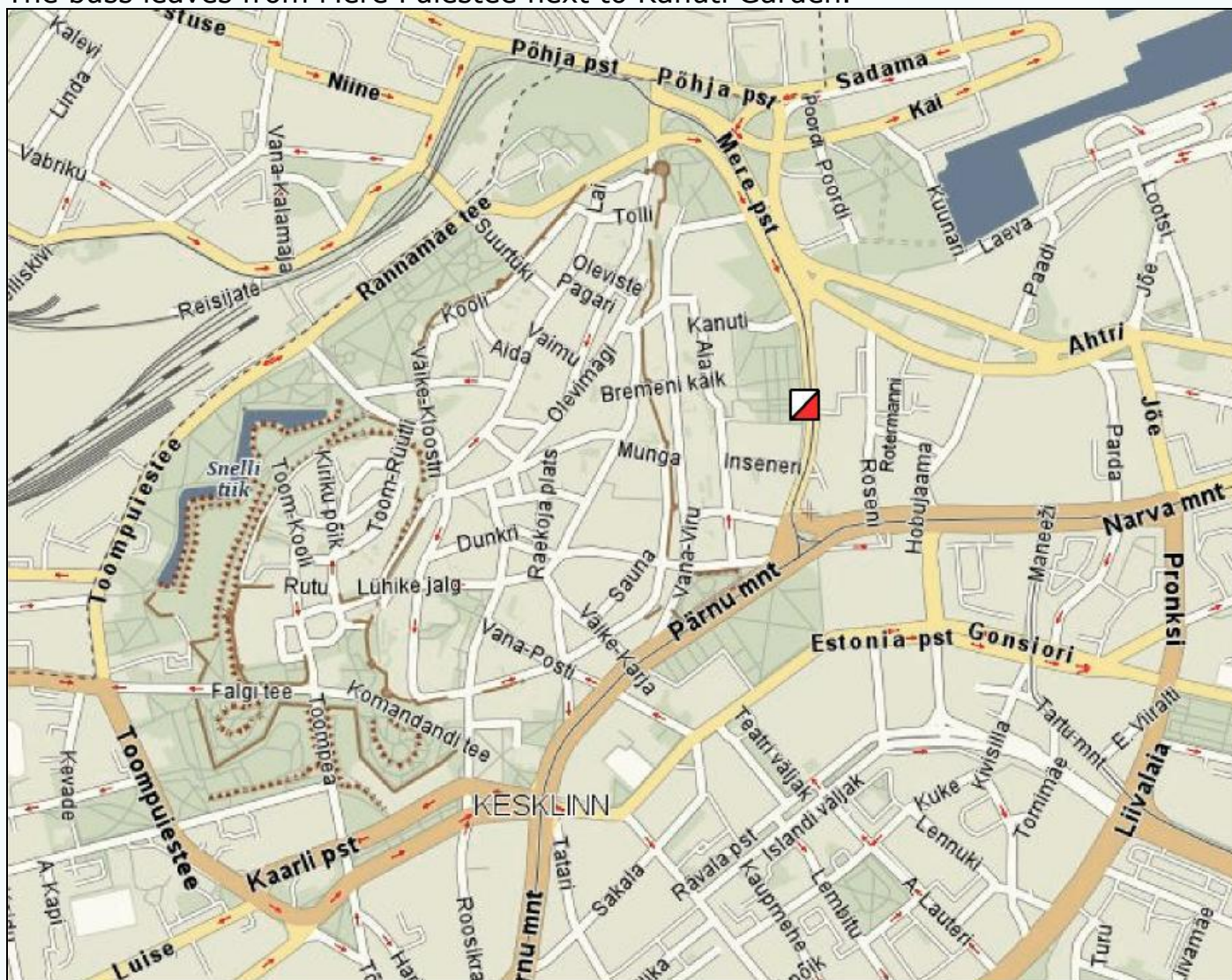


Catering

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

Transportation

The purchasers of the O-Week Pass can order transportation from the Centre of Tallinn to all competition venues from the organisers. Price 20 €/week. The buss leaves from Mere Puiestee next to Kanuti Garden.



Exit times:

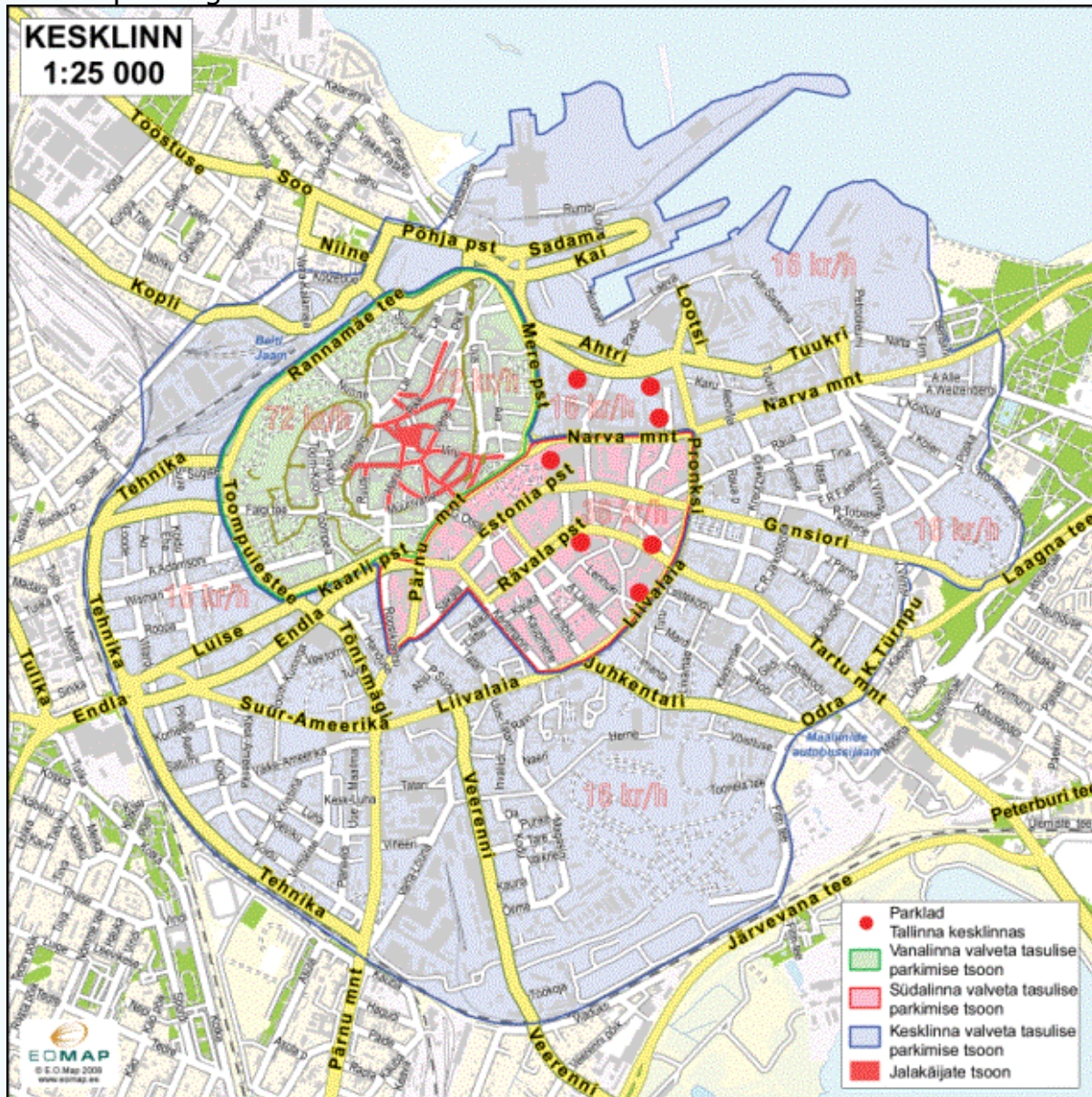
- Monday, Tuesday, Thursday 16.45.
- The competition centre is located in the centre on Wednesday and there is no organized transport from the organizers.
- Friday 15.30.
- Saturday 8.30.

The buss leaves from the competition centres to Tallinn according to the finish times of the competitors.

Parking

Parking is free in all the competition centres, except for Tallinn Old Town where the Tallinn priced parking areas have to be followed.

Tallinn parking areas:



Complaints and protests

Complaints have to be submitted to the secretary in writing as soon as possible, but not later than the last result has been published. The organizer will investigate the complaint and inform the complainant about the decision.

Protest can be submitted to appeal against the decisions the organizers have made about complaints. A protest has to be submitted to the IOF Event Advisor or a member of the jury as soon as possible but not later than one hour after the organizers have announced their decision about the complaint.

Filing complaints and protests is free of charge.

Jury members in WRE-sprint and WRE-middle:
Timo Sild, Ella Šved, Merike Vanjuk.

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.

Clothes

There are no special requirements about clothes.

It is forbidden to run with spikes or studded shoes in Tallinn Botanic Garden and Tallinn Old Town.

Training possibilities



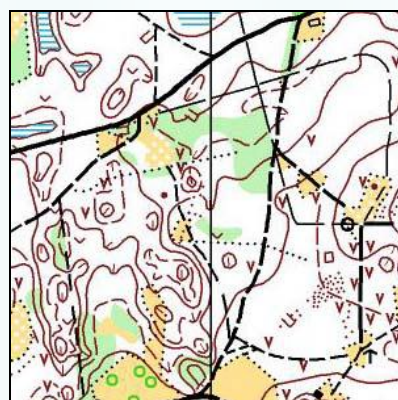
Pikasaare
1:10000, h=2,5m
(course: 100KP jooks 2010)



Jussi Järved
1:10000, h=2,5m
(course: 100KP jooks 2008)



Viitna
1:10000, h=2,5m
(course: 100KP jooks 2007)



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 €.

Monday, June 18

- 10.00-18.30. Possibility to visit Tallinn TV Tower next to the Tallinn Botanic Garden. The construction works that were finished in 2011 transformed the TV tower into a tourism-, culture- and leisure centre. We advise to plan 2 hours for visit (there might be a waiting time). More information: <http://www.teletorn.ee/en>

Tuesday, June 19

Beautiful nature views near the area of the O-event in Keila-Joa: Türisalu, Vääna, Treppoja, Hүүru, Laulasmaa, Lohusalu.

Wednesday, June 20

In the morning/during the day:

- Freshly renovated and opened Seaplane Harbour (near culture kilometer) <http://www.lennusadam.eu/en/>
It is possible to book a tour with trained tour guides to hear fascinating tales of the sea.

In the evening, after the sprint:

- PUB RALLY in Tallinn Old Town (see separate information on page 18)

Thursday, June 21

In the morning/during the day:

- 10.30-17.30 Kiek in de Kōk tower and Passages Under the Bastions <http://linnamuuseum.ee/kok/en/>
Guided tours to the bastion tunnels should be booked in advance.

After the O-event:

- Jägala Falls http://et.wikipedia.org/wiki/J%C3%A4gala_juga
- Kaberneeme OKO restaurant <http://www.okorest.ee/?lang=et&selected=27>, we suggest reservations in advance.

Friday, June 22

- Tour in Tallinn Old Town with a guide (2,5h, 20 EUR) <http://travel2baltics.com/default.asp/ac/ekskurs/type/valmis/country/16>
- Or on your own: http://www.tourism.tallinn.ee/eng/fpage/explore/attractions/old_town

If you are interested in attending to guided tours (Seaplane Harbour, Passages under Bastions, Old Town tour), please let us know as soon as possible and we help to arrange bookings.

Music, Theatre and Cinema

Sunday, June 17 - La Bohème Opera (Estonian National Opera)

Information and tickets:

<http://www.piletilevi.ee/est/piletid/teater/muu/?show=16143>

June 18-21 - Music through centuries – Hortus Musicus summer festival

Information and tickets:

<http://www.piletilevi.ee/est/piletid/muusika/?concert=103607>

If you are interested in attending the theatre or concerts, let us know by 31th of May and we will arrange tickets for you.

Coca-Cola Plaza: <http://www.forumcinemas.ee/eng/>

Artis: <http://www.kino.ee/eng> (in Solaris Center)

Solaris: <http://solariskino.ee/>

Recommended sights in Tallinn, choose visiting time yourself

- Walk in Kadriorg park and Palace <http://www.kadriorupark.ee/>
- Pirita beach <http://www.puhkaeestis.ee/et/pirita-rand>
- Kumu art Museum <http://www.ekm.ee/eng/ekm.php>
- Estonian Open Air museum <http://www.evm.ee/keel/eng/>
- City Hall Square – Handicraft market
- Walk in culture kilometer <http://www.likealocalguide.com/tallinn/culture-kilometer>
- Oleviste Church tower and other churches:
http://www.tourism.tallinn.ee/eng/fpage/tallinncard/sample/article_id-11569
- KGB (Committee for State Security from Soviet times) museum
http://www.turismiweb.ee/en/company/HOTELL_VIRU_&_KGB_MUUSEUM/11446/
<http://en.wikipedia.org/wiki/KGB>

For families and youth

- The trampoline centre Skypark offers fun for everyone. Skypark has a unique trampoline court you can't find anywhere else in Europe, a big and exciting play area for children, many interesting games, cafe with wireless internet option and a friendly atmosphere. <http://skypark.ee/eng/>
- Museum of Puppet Arts <http://www.nuku.ee/english/museum-of-puppet-arts/>
- Tallinn Zoo <http://www.loomaaed.ee/index.php?nlan=eng&index=on&ndbase=1>
- Ahhaa Science Centre http://www.ahhaa.ee/en/ahhaa_tallinn
- The trampoline centre Skypark <http://www.skypark.ee/eng/>

SPA-s and Sport centres

- Meriton sport and aqua centre <http://www.meritonsport.ee/index.php?lang=en>
- Kalev SPA Water park http://www.kalevspa.ee/water_park/
- Viimsi Tervis SPA <http://www.viimsispa.ee/eng/>
- Laulasmaa Water centre <http://www.laulasmaa.ee/en/spa/watercenter.html>
(35km from Tallinn)
- Keila Heath centre <http://www.keilasport.ee/> (30 km from Tallinn)
- Tabasalu sport centre <http://www.tabasalusport.ee/index.php?id=ujula> (7 km from Tallinn)

See also - <http://www.tourism.tallinn.ee/eng>

Eating out in Tallinn

Cafe Kehr wieder – find your favourite: <http://www.kohvik.ee/index.php?lang=eng>

Kalamaja (behind the Central station Balti jaam and near Culture kilometer, tram nr 1, 2) – delicious food with good price:

Boheem (Kopli 18):

<http://www.boheem.ee/>

F-Hoone (Telliskivi 60a):

<http://www.eestirestoranid.ee/f-hoone>

Kukeke (Telliskivi 57):

<https://www.facebook.com/pages/Baar-Bistroo-Kukeke/124581187663975>

Kadriorg (tram nr 3 ja 4)

NOP (Köleri 1) – cozy cafe with organic food

<http://www.nop.ee/>

City centre

Cafe Komeet (Estonia pst 9) – cozy café with a beautiful view on the 4th floor of the Solaris Centre, wonderful cakes <http://kohvikkomeet.ee/>

NEH (Lootsi 4) – Great cuisine from Pädaste manor, serving Nordic Island's cuisine

<http://www.neh.ee/en/>

Number 9 (Rävala 4, 9th floor) – French cuisine

<http://www.number9.ee/eng/restoran-number-9>

Restaurant/cafe-wine shop Klaaspärlimäng (Pärnu mnt 32)

<https://www.facebook.com/ilgiogo>

Sfäär (Mere pst 6E)

<http://www.sfaar.ee/resto/?lang=en>

Old Town

Von Krahl's Garden (Rataskaevu 8) – nice food with affordable price

<http://www.vonkrah.ee/toit/restoranaed/menuu/paevapakkumine>

Leib Resto ja aed (Uus tn 31) – simple, soulful food made from the finest, freshest ingredients: http://www.leibresto.ee/#!__eng

MEKK (Suur-Karja 17/19) – Modern Estonian dishes

<http://mekk.ee/index.php?lang=en>

Olde Hansa (Vana turg 1) – Medieval restaurant

<http://oldehansa.ee/?id=10693>

See also - <http://www.eestimaitseid.com/eng/restaurants#2012>



O-Week Pub Rally

June 21, 2012 - Tallinn Old Town

Competition information

11 pubs in Tallinn Old Town are marked on the map. The competition is with an open course, meaning that the competitors can choose the order of visiting the controls. It is a team competition where a team can be formed of one or more (size of teams is not limited) runners. The final result will be based on the number of pubs visited, but with equal numbers, the time in the last pub will be used as the final time.

Control points are located in the pubs marked on the map, near the counter. As tradition goes, one has to buy and consume a welcome drink in the pub to be able to punch in the pub. The honesty of the competition will be checked by other competitors and team mates ☺.

NB! In cooperation with the pubs, every pub will offer a discount on the „pub drink“. To receive the discount, please show the PUB RALLY card.

Time and location

The pub rally will take place in Tallinn Old Town. There is no start and finish area, which means that the competitors can start the pub rally at a freely chosen time after the sprint competition (starting from 20:00). It is not important to go through a finish for the competition – results will be composed of the punches collected from the control points. It is important to note that pubs close between 23 PM to 5 AM.

Punching system

The team has to choose one of the two possible punching systems:

- 1) Mobile orienteering or Mob-O (<http://mobo.osport.ee/>)
- 2) SportIdent

Registration

Registration will take place in the competition centre on Wednesday. The punching system will be marked at registration and the teams will receive Pub Rally cards. Entry fee (2,00 € /per map) will be payed at team registration.

Awarding

The best will be remembered during the O-Week Final ☺.

Special prize for the best story of the night! (Stories can be shared during the O-Week Final with the speaker).



Program for the next year

Tallinn O-Week 2013

June 17-23

Time, place and program

| | | |
|------------------------------|---|-------------------------|
| Monday June 17 | Tallinn Championships* in Sprint (WRE*) Estonian Sprint Cup competition | Tallinn-Väike |
| Tuesday June 18 | Regular O-event | Jõelähtme |
| Wednesday June 19 | Tallinn Old Town City Race Middle distance | Tallinn Old Town |
| Thursday June 20 | Regular O-event | Lohusalu |
| Friday June 21 | O-Week Final (WRE*) middle distance | Paukjärv |
| Saturday June 22 | O-Week Final (100CP) Long distance | Paukjärv |

* according to approval of application

Competition venues 2013



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



PRINTCENTER

KE**MM**ERLING



KÖRVEMAA

MATKA- JA SUUSAKESKUS

SPORT.REC.



hoog sisse!

TALLINNA SPORDI- JA NOORSOOAMET



EESTI KULTUURKAPITAL

TALLINN LIIGUB

