



BULLETIN 1.2

Organizers: Harju orienteering club and Saaremaa orienteering club

Head organizers: Uku-Laur Tali (tel +372 53818953)

Contact: info@saok.ee; ukulaurtali@gmail.com

Event website: www.saok.ee/emv2021/

FB event: www.facebook.com/events/1056531618168363

EOL inspector: Paul Poopuu

Event inspector: Andrus Sipsaka

IOF event inspector: Tõnis Jürimäe



Covid-related information:

Due to the spread of the coronavirus and the Estonian government's restrictions there are new preventive measures for participating in Estonian championships in orienteering sprint, sprint relay and night long distance in Estonia, Saaremaa. This means that only people who have been vaccinated, recovered from COVID-19, or presented a negative PCR-test result (taken up to 72h before competition) can take part in the competition. Every participant needs to present a medical certification to the organizer. More information coming soon.

These restrictions don't apply to minors (18-years old and under).

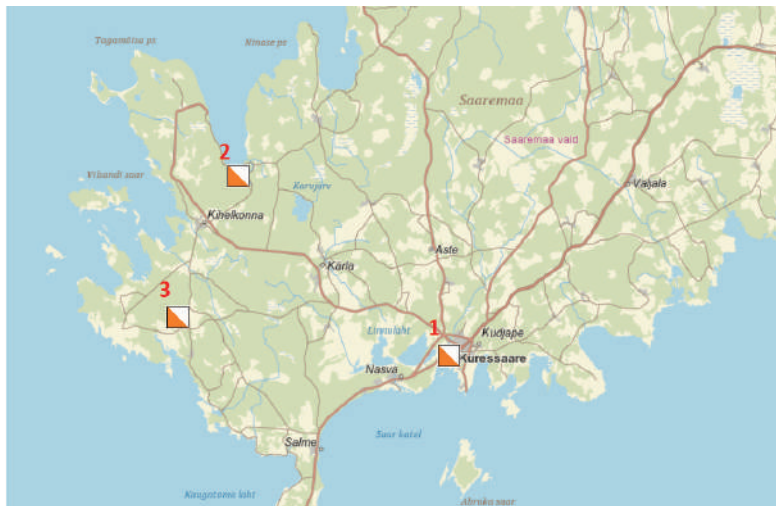
If you have any symptoms of Covid-19 disease such as fever, loss of smell or taste, cough, fatigue, headache, sore throat, cold or runny nose, shortness of breath, diarrhea, or unexplained loss of appetite, you may not take part in competitions. In this case the organizer can remove you from the competition. If you have a high fever, are coughing and experiencing difficulty breathing, seek help immediately (call emergency number 112 or organizers).

It is recommended to wear a mask indoors. There is possible to use hand disinfectants on the competition area. Keep social distance and avoid hugging, handshake etc if possible.

28.08-29.08 Estonian championships

KURESSAARE, PIDULA, LEEDRI

COMPETITION PLACES:



1. Estonian championships in sprint 28.08

2. Estonian championships in night long distance 28.08

3. Estonian championships in sprint relay 29.08

COMPETITION PROGRAM:

ESTONIAN CHAMPIONSHIPS IN SPRINT

 28.08

 Kuressaare city, Saaremaa

MW21 and 20 classes are a World Ranking (WRE) competition

- 12.00 competition center open
- 14.00 entry to the quarantine closes
- 14.00 beginning of the starts
- 17.00 sprint award ceremony
- 20.00 final registration of sprint relay names and running order (osport.ee)

ESTONIAN CHAMPIONSHIPS IN NIGHT LONG DISTANCE


 28.08

 Pidula-Teesu, Saaremaa

- 19.30 competition center open
- 21.15 beginning of the starts

The award ceremony of the night competition will take place after the sprint relay competition in the next day

ESTONIAN CHAMPIONSHIPS IN SPRINT RELAY

 29.08

 Leedri küla, Saaremaa

- 10.00 competition center open
- 12.00 beginning of the starts for youth and veteran classes
- 12.45 entry of MW21 competitors into the start quarantine (all legs)
- 13.00 beginning of the start for MW21
- 14.00 open courses available (free start time) - the map can be purchased from the secretariat for 5 €
- 14.30 award ceremony of the night competition
- 15.00 sprint relay award ceremony

IN ADDITION:

26.08 at 14.00 - 20.00 orienteering training event in Muhu island, Lõetsa village

27.08 at 14.00 - 20.00 orienteering training event in Kuressaare, in the beach recreation area and on the territory of the castle.

More information: www.paevakud.ee

28.08-29.08 Estonian championships

KURESSAARE, PIDULA, LEEDRI

PARTICIPANTS:

Participants of the Estonian championships in 2021 must hold a valid Estonian Orienteering Federation licence. Licence must be obtained at the latest on the day after final registration date. Exceptionally the organizer may allow starting of competitors who have bought a one-time licence at the competition. The representation of a certain club will be determined by the valid Estonian Orienteering Federation licence. During one season, a competitor can represent only one club. Foreign citizens without Estonian Orienteering Federation licence are allowed to start at Estonian Championships with the result not counting in the Championships ranking. WRE results are ranked separately.

FORBIDDEN AREAS:

There are 2 types of forbidden areas in Kuressaare town.

Forbidden area no. 1 is marked on drawing 1 - in this area it is forbidden to organize trainings or move with a map until the competitions.

Forbidden area no. 2 (marked on drawing 2) - in this area it is forbidden to remain or move through from 28th august at 11.00 until the end of the competition. This area does not contain the central square of Kuressaare, Lossi street and Allee street.



Drawing 1 - Kuressaare forbidden area no. 1



Drawing 2 - Kuressaare forbidden area no. 2 (Parkimine = parking)

In the Pidula-Teesu forbidden area (drawing 3) it is not allowed to move with a map or to organize trainings until the competitions.

In the Leedri village forbidden area (drawing 4) it is not allowed to move with a map or to organize trainings until the day of the competitions. Starting from 29th august at 08.00 it is forbidden to be or move through the terrain until the end of the competitions.



Drawing 3 - Pidula-Teesu forbidden area.



Drawing 4 - Leedri village forbidden area.

28.08-29.08 Estonian championships

KURESSAARE, PIDULA, LEEDRI

PARKING:

28.08 Sprint, Kuressaare

- Parking is on the lawn field of the beach recreation area according to the instructions of the organizers.
- The boundaries of the restricted area must be observed when driving to the car park (see the restricted areas section). It is recommended to use Uus-Roomassaare and Staadioni streets. Coordinates of the parking lot: 58.243905, 22.480955
GOOGLE: <https://bit.ly/3eiTd1q>
WAZE: <https://bit.ly/3kiq4Hn>
The distance from the parking lot to the competition center is approximately 1.1 km (along the Staadioni, Allee and Lossi streets).
The distance from the parking to the start quarantine is about 600 meters (along the Kalda alley).

28.08 Night, Pidula Forell

- parking will take place in the parking area of Pidula Forell according to the instructions of the organizers. Coordinates of the parking place: 58.413060, 22.127421
GOOGLE: <https://bit.ly/3ehvm22>
WAZE: <https://bit.ly/3hFCXJX>
Parking is located right next to the competition center.

29.08 Sprint relay, Leedri village

- parking takes place on the mowed meadow according to the instructions of the organizers.
- The car park may only be approached from the south along the Kabeli-Leedri road. Coordinates of the parking place: 58.275011, 22.017337
GOOGLE: <https://bit.ly/3i9gOmQ>
WAZE: <https://bit.ly/3xG8Mrr>
Parking is located approx. 200m away from the competition center.

COMPETITION CLASSES:

SPRINT

Classes: M,W 14, 16, 18, 20, 21, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80
From the competitors registered in classes MN21, the first 10 men and the first 6 women of the absolute ranking of the EOL standings will be placed in the reverse order of the standings at the end of the starting order. The basis is the ranking 8 days before the competition day. Competition classes M21 and W21 are world rankings (WRE) and the starting order of the main classes is determined by the state of the world rankings. Competitors not in the leaderboard will be drawn at the beginning of the protocol.
Starting interval: 1 minute

NIGHT ORIENTEERING

Classes: M,W 16, 18, 20, 21, 35, 45, 55, 65, M40, M50, M60, M70, M75
Starting interval: 3 minutes

SPRINT RELAY

Classes: MW 14-16, 18-20, 21, 35-40, 45-50, 55-60, 65+
The team consists of 2 women and 2 men.
The compulsory order of team runners is woman-man-man-woman.
There will be open courses with free start time after the relay competitions.

28.08-29.08 Estonian championships

KURESSAARE, PIDULA, LEEDRI

PRIZES:

Estonian Championship medals will be given to 3 best competitors in classes M14, W14, M16, W16, M18, W18, M20, W20, M21, W21, M21E, W21E, who are Estonian citizens or who are permanent residents of Estonia. Estonian Championship medals will be given to 3 best competitors in classes MN35-80 who are Estonian citizens, permanent residents of Estonia or members of Estonian Orienteering federation clubs. If a competitor with a top 3 result is not applicable to receive an Estonian Championships medal, then an alternative prize will be given by the organizers.

In a relay competition the members of top 3 teams will be given Estonian Championship medals if the team consists of members from a single orienteering club (under Estonian Orienteering federation). In classes MW20 and younger, all members of the relay team must be Estonian citizens or have permanent residency. In the rest of the competition classes, one person in the relay team does not have to be an Estonian citizen or have permanent residency. If a relay team with a top 3 result is not applicable to receive an Estonian Championships medal, then an alternative prize will be given by the organizers.

REGISTRATION:

You can register for the competition in the environment www.osport.ee until midnight on 23.08.2021. In the sprint competition (WRE), the registration of **MW 21 and MW 20 competition classes must be done in the environment <https://eventor.orienteering.org/Events> until midnight on 23.08.2021.** A participation fee must be paid at the same time as registration. Registration takes effect only after the participation fee has been received in the current account of the club conducting the competition:

MTÜ Saaremaa Orienteerumisklubi - a/a: EE071010602007909000

Organizer has the right to not allow competitors who have not paid the participation fee to start.

For the sprint relay it is advised to present the preliminary members of the team. The exact names, running order and SI card numbers must be entered in osport.ee site by 28th august at 20.00.

There will be some reserve starting spots left by the organizer that can be filled ongoingly after the entry deadline with double participation fee (except MW21). For a late entry a letter must be sent to info@saok.ee

PARTICIPATION FEES (in euros):

Competition classes	Sprint	Night	Competition classes	Sprint relay (team)
MW14-18	6	6	MW14-16	24
MW20	9	9	MW18-20	30
MW21	*	15	MW21	60
MW35-60	15	15	MW35-60	60
MW65-80	10	10	MW65+	40

28.08-29.08 Estonian championships

KURESSAARE, PIDULA, LEEDRI

* For MW 21 classes the participation fees will be:

Until July 1 - 12 €

Until August 1- 15 €

Until August 23- 20 €

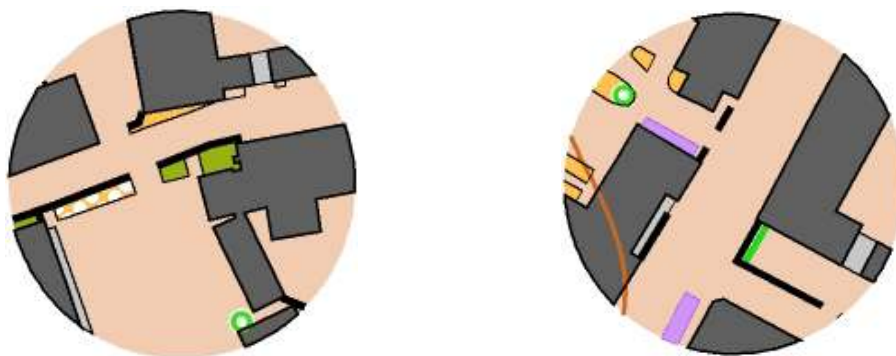
From 24th august to reserve places - 25 €

In addition, on Sunday, August 29, after the sprint relay competition, it is possible to run open courses on the same terrain, the participation fee is 5 €. There are three different lengths of courses to choose from, as well as free choice maps.

COMPETITION TERRAINS:

SPRINT:

The competition terrain used includes the center of Kuressaare, taking advantage of the irregular street network, narrow passages, closed courtyards, as well as more open urban space and green areas. The characteristic feature of Kuressaare is, among other things, numerous stone walls that add technical difficulty. Dangerous areas are streets with traffic, which are not closed during the competition - competitors are required to pay attention. The organizer may add traffic controllers to certain specific locations. In addition, Kuressaare can be quite crowded during summertime and caution should be executed to not collide with tourists and other people.



NIGHT:

The competition area has mainly three special landscape types - detailed micro-relief on old beach dunes, alternation of elongated marsh strips with mineral land strips and also a sandy beach area with an emerging pine forest. In addition, two watercourses pass through the landscape, which has also left its light mark on the nature of the landscape.

The runnability of the landscape is variable and at times quite mosaic - there is mostly a pine forest with good runnability, but damper areas and occasional juniper thickets will definitely slow you down. The marshes in the area are mostly dry in August and can sometimes be difficult to distinguish. There is moderate forestry activity with generally good runnability (grass growth is clearly more modest than on the mainland).

Height differences are small, up to 10 m on one slope.

The danger area is the Pidula-Veere road crossing, where the driving speed of cars is limited to 30 km / h during the competition. In addition, the landscape is rich in dried spruce and juniper twigs, which can be strong and sharp and, in the worst case, cause injuries. In the forest there are a lot of ticks and tick-borne diseases are moderately frequent in the area.

28.08-29.08 Estonian championships

KURESSAARE, PIDULA, LEEDRI



SPRINT RELAY:

The competition landscape includes the compact village typical to Saaremaa, which is characterized by numerous stone fences, streets between them, diverse farmyards and more open pastures, meadows and bushes at the edges of the village. There are mapped electric herd fences in the landscape, which can be hard to notice when running.



PUNCHING:

SportIdent system is used with an enabled touch free system (SI Air+). It is possible to rent SI or SI Air+ cards from the organizer. Prizes are 1€ and 2€ per start, respectively.

PLANNED WINNING TIMES AND COURSE LENGTHS:

Competition class	Planned winning time	Planned distance (shortest route)
W14	10-12 min	1600m
W16	12-15 min	2100m
W18	12-15 min	2300m
W20	12-15 min	2900m
W21	12-15 min	2900m

Competition class	Planned winning time	Planned distance (shortest route)
M14	10-12 min	1600m
M16	12-15 min	2300m
M18	12-15 min	2800m
M20	12-15 min	3350m
M21	12-15 min	3350m

28.08-29.08 Estonian championships

KURESSAARE, PIDULA, LEEDRI

Competition class	Planned winning time	Planned distance (shortest route)
W35	10-12 min	2600m
W40	12-15 min	2600m
W45	12-15 min	2400m
W50	12-15 min	2300m
W55	12-15 min	2300m
W60	12-15 min	2150m
W65	12-15 min	1300m
W70	12-15 min	1050m
W75	12-15 min	1050m

Competition class	Planned winning time	Planned distance (shortest route)
M35	10-12 min	2900m
M40	12-15 min	2800m
M45	12-15 min	2800m
M50	12-15 min	2600m
M55	12-15 min	2400m
M60	12-15 min	2300m
M65	12-15 min	2300m
M70	12-15 min	2150m
M75	12-15 min	1300m

SPRINT RELAY:

Competition class	Planned winning time	Planned distance per leg (shortest distance)
MW14-16	48-60 min	M - 2200m, W - 2000m
MW18-20	48-60 min	M - 3000m, W - 2800m
MW21	48-60 min	M - 3200m, W - 2900m
MW35-40	48-60 min	M - 2800, W - 2500m
MW45-50	48-60 min	M - 2600m, W - 2300m
MW55-60	48-60 min	M - 2200m, W - 2000m
MW65+	48-60 min	M - 2000, W - 1600m

NIGHT ORIENTEERING:

Competition class	Planned winning time	Planned distance
W16	35 min	4,0 km
W18	40 min	4,6 km
W20	40-45 min	5,3 km
W21	45-50 min	7,1 km
W35	45 min	5,1 km
W45	35 min	4,2 km
W55	35 min	4,0 km
W65	35 min	3,5 km

Competition class	Planned winning time	Planned distance
M16	40 min	5,3 km
M18	50 min	6,2 km
M20	50-55 min	7,8 km
M21	60-65 min	9,5 km
M35	55min	8,5 km
M40	55 min	7,8 km
M45	50 min	6,2 km
M50	45 min	5,1 km
M55	45 min	4,7 km

28.08-29.08 Estonian championships

KURESSAARE, PIDULA, LEEDRI

Competition class	Planned winning time	Planned distance
M60	45 min	4,2 km
M65	45 min	4,0 km
M70	45 min	3,5 km
M75	45min	3,5 km

WARM-UP AREAS:

The warm-up area for the 28.08 sprint competition is the quarantine area.

The warm-up area for the 28.08 night orienteering is in the competition center with a parking lot, on the road next to the competition center and on the road to the start.

The warm-up area for the 29.08 sprint relay is on the road coming from the south to the competition center and the start quarantine area for the MW 21 classes.

STARTS:

SPRINT:

Entry to the start quarantine closes at 14.00. All competitors must pass the start quarantine area before their start.

It is forbidden to use smart devices or otherwise receive information about the race courses and the terrain in the start quarantine area.

Upon entering the start quarantine, a check in is made with your SI card at the SI station indicated by the organizer.

The start quarantine has start numbers, printed competition information, rented SI cards, outdoor toilets, hand sanitizer.

There are no tents or other roofs for the competitors in the start quarantine - the competitors must bring them with them if they wish.

There are several trees and shrubs in the quarantine area that provide shade from the sun.

From the start quarantine, bags and clothes will be transported to the competition center next to the finish.

If any equipment is left in the start quarantine area, the organizers will keep supervision until the end of the competition.

The pre-start time is 3 minutes.

Additional control descriptions can be taken 2 minutes before the start.

NIGHT:

The pre-start time is 3 minutes.

Additional control descriptions can be taken 2 minutes before the start.

From the start, bags and clothes will be transported to the competition center next to the finish.

SPRINT RELAY:

Start numbers will be distributed at the secretariat - all numbers for one team will be issued at once. No additional control descriptions will be available.

The starts of the competition classes take place as mass-starts.

1 minute before the start, competitors will be handed a rolled up map, which must be kept closed in front of them until the start command.

28.08-29.08 Estonian championships

KURESSAARE, PIDULA, LEEDRI

The procedure of the relay exchange and the principles of receiving the cards will be presented by the organizer in the competition center at 11.45.

For the classes MW21 there is a start quarantine in the sprint relay. Entry to the quarantine closes at 12.45. All MW21 competitors must go through the start quarantine area before their start.

It is forbidden to use smart devices or otherwise receive information about the race courses and the terrain in the start quarantine area.

Upon entering the start quarantine, a check in is made with your SI card at the SI station indicated by the organizer.

The start quarantine has printed out competition information, outdoor toilets and hand sanitizer by the organizer.

There are no tents or other roofs for the competitors in the start quarantine - the competitors must bring them with them if they wish.

There are several trees and shrubs in the quarantine area that provide shade from the sun.

The start quarantine is located right next to the competition center, so there is no transport of clothes - you can leave your belongings next to the quarantine entry - in the marked area.

CATERING AND FOOD:

On Saturday (28.08), Pritsumaja Grill in Kuressaare central square offers -10% of the entire menu with the code "orienteeruja" (<https://www.pritsumaja.ee/>). Muhu Ice Cream Factory offers ice cream in the competition center.

In addition, there are many different restaurants in the area.

Catering is not organized in the night competition center (28.08).

In the sprint relay competition center (29.08) it is possible to buy food from the Leedri village café. Muhu Ice Cream Factory offers ice cream in the competition center.

SALES:

The companies T-Style and OÜ Skvaier offer sports and orienteering goods at the competitions.

On August 29, different products of local sellers will also be on sale in Leedri competition centre.

CHILDCARE:

On August 28, childcare will be open in Kuressaare during the sprint competition. During the night competitions, childcare will be available if needed. The organizers do not offer childcare services separately in the sprint relay.

If you wish to use childcare services, please let us know in advance by contacting mariliis.kaljur@gmail.com (+372 5103547)

DRESSING AND WASHING:

28.08: There is no designated dressing room in Kuressaare. After the competition, it is possible to go showering in the Kuressaare Sports Center, Vallimaa 16a - price 1 € per person.

It is possible to dress indoors in the night competition center - it is forbidden to enter with studded shoes.

The night competition center has a small lake where you can swim. The seafront is also nearby.

There are no separate changing rooms or outdoor washing in the 29.08 sprint relay. If desired, you can go to shower in the Lümanda community center - the price of a shower is 2.50 eur / person.

28.08-29.08 Estonian championships

KURESSAARE, PIDULA, LEEDRI

RESULTS:

The results are displayed on the screens provided in the competition center.

Online results can be seen at online.osport.ee

The official results will be posted on the competition website no later than the day after the competition - <https://www.saok.ee/emv2021/>

COMPETITION COVERAGE:

Online results: online.osport.ee

GPS tracking: sportrec.eu

Television broadcast is produced from the MW21 competitions. A web link for viewing the broadcast will be provided in the competition information before the competition.

There is also a large screen in the competition centers to watch the TV broadcast.

TRAINING POSSIBILITIES:

Training possibilities:

26th august: regular orienteering training event with free start time in Muhu island, Kautliku-Rannaniidi landscape.

The terrain is a lovely fast alvar pasture with occasional rocks and small cliffs. Also denser juniper thickets are common.

Start open 15.00 - 20.00 (start at a freely chosen time)

More information: www.paevakud.ee

Previous map: <https://www.orienteerumine.ee/kaart/kaartshow.php?Kood=2003012>

27th august: sprint-orienteering training event with free start time near Kuressaare fortress.

Terrain offers some fast park areas and tricky fortress orienteering.

Start open 15.00 - 20.00 (start at a freely chosen time)

More information: www.paevakud.ee

Previous map: <https://www.orienteerumine.ee/kaart/kaartshow.php?Kood=2003012>

ACCOMMODATION OPTIONS:

For more ascetic accommodation, please contact the following locations:

- Kihelkonna school: accommodation in bunk beds. With linen 7 eur / night, without linen 5 eur / night. Contact: Kai Kallas tel +372 509 0210.

- Lümända community center: accommodation on the floor of the hall. Adult 10 eur / night, student 5 eur / night. Contact: Jaanika Tiitson tel. +372 56 236 402

- Taritu community center: accommodation on the floor. Adult 10 eur / night, student 5 eur / night. Contact: Aili Salong tel +372 526 4499. Book no later than August 10.

In addition, Saaremaa has numerous different types of accommodation. Information can be found, for example, at <https://visitsaaremaa.ee/> or on other pages with a similar purpose.

Special offers with keyword “orienteeruja” from the following hosts!

SPAS, HOTELS

- **Go Spa:** a family-friendly hotel. Accommodation in a standard double room with unlimited use of saunas and swimming pools -15%. Tel 4550101, info@gospa.ee. <https://www.gospa.ee/>

- **Grand Rose Spa:** Spa and sauna center with the largest selection of saunas in Saaremaa. 1 to 2 nights -10%, 3 nights -15%, info@grandrose.ee, tel 666 7000. <https://grandrose.ee/>

28.08-29.08 Estonian championships

KURESSAARE, PIDULA, LEEDRI

- **Arensburg Boutique Hotel & Spa:** sales@arensburg.ee, tel 45 24 705, <https://arensburg.ee/>
- **Repo Hotell:** repo@saaremaa.ee, tel 5330 9444, <https://repo.voog.com/et>
- **Linnahotell:** kuressaare@linnahotell.ee, tel 45 31 888, <https://www.linnahotell.ee/>
- **Saaremaa hotell:** saaremaa@saarehotell.ee, tel 505 8272, <https://www.saarehotell.ee/>

VACATION HOUSES:

- **Anni vacation house:** info@anniturism.ee, tel 50 82702. <http://www.anniturism.ee/>
- **Õnneoru vacation house:** saaremajutus@gmail.com, tel 53071664. <https://saaremajutus.ee/accommodation/onneoru-puhkemaja/>
- **Kivi-Roosi vacation house:** info@tirrutalu.ee, tel 523 7029. <https://www.tirrutalu.ee/kivi-roosi-puhkemaja>
- **Andruse vacation house:** heidi@andrusetalu.ee, tel 5666 0396, www.andrusetalu.ee
- **Silbernagel Apartment:** info@silbernagel.ee, tel 513 8767, <https://silbernagel.ee/>
- **Meela vacation house:** Ruuta Turja info@meela.ee, tel 5669 9609.
- **Sadama farm:** www.sadamatalu.ee, tel 502 4049.
- **Kotka farm:** kadri.forsstrom@hotmail.com, tel +358401720903. <https://www.facebook.com/KotkaTalu/>
- **Laevnina vacation house:** Raivo Pukk raivo.pukk@hotmail.co.uk, tel 503 7773.

CAMPING/HOSTEL/FLOOR

- **Karujärve camping:** jyri@karujarve.ee, tel 45 42181, <https://www.karujarve.ee/et/karujarve/>
- **Mändjala camping:** info@mandjala.ee, tel +3725029706. <https://mandjala.ee/>
- **Kärla sports hall:** hostel accommodation or floor accommodation. Raivo Uus sphall@hotmail.ee, tel 5224999

28.08-29.08 Estonian championships

KURESSAARE, PIDULA, LEEDRI

SPONSORS:



SAAREMAA SPORDILIIT



Kohala lapitekid



ace logistics

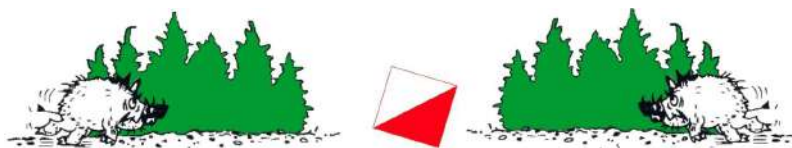
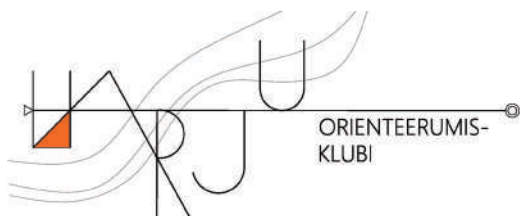
ICEBUG®

Hekotek

Kenakena



lavendel



Saaremaa OK



28.08-29.08 Estonian championships

KURESSAARE, PIDULA, LEEDRI