



### Welcome to the Tallinn Orienteering Week!

Tallinn Orienteering Week is an exciting event with fulfilling orienteering experience. The competition is held over four days. Before and after the main event it is possible to participate in training competitions. Shortened long distance with a mass start take place on Thursday, sprint in a small town on Friday, the legendary 100 Control Points Run on Saturday and middle distance on Sunday.

Races taking place on Friday and Sunday are also part of the WRE competitions.



### Programme

|                        |       |  |                       |
|------------------------|-------|--|-----------------------|
| Thursday<br>1st August | 18.00 | Shortened long<br>distance, mass start | Loksa                 |
| Friday<br>2nd August   | 18.00 | Sprint,<br>WRE                         | Loksa                 |
| Saturday<br>3rd August | 13.00 | Long distance,<br>100CP run            | Kõrvemaa<br>(Venemäe) |
| Sunday<br>4th August   | 11.00 | Middle distance,<br>WRE                | Kõrvemaa<br>(Venemäe) |

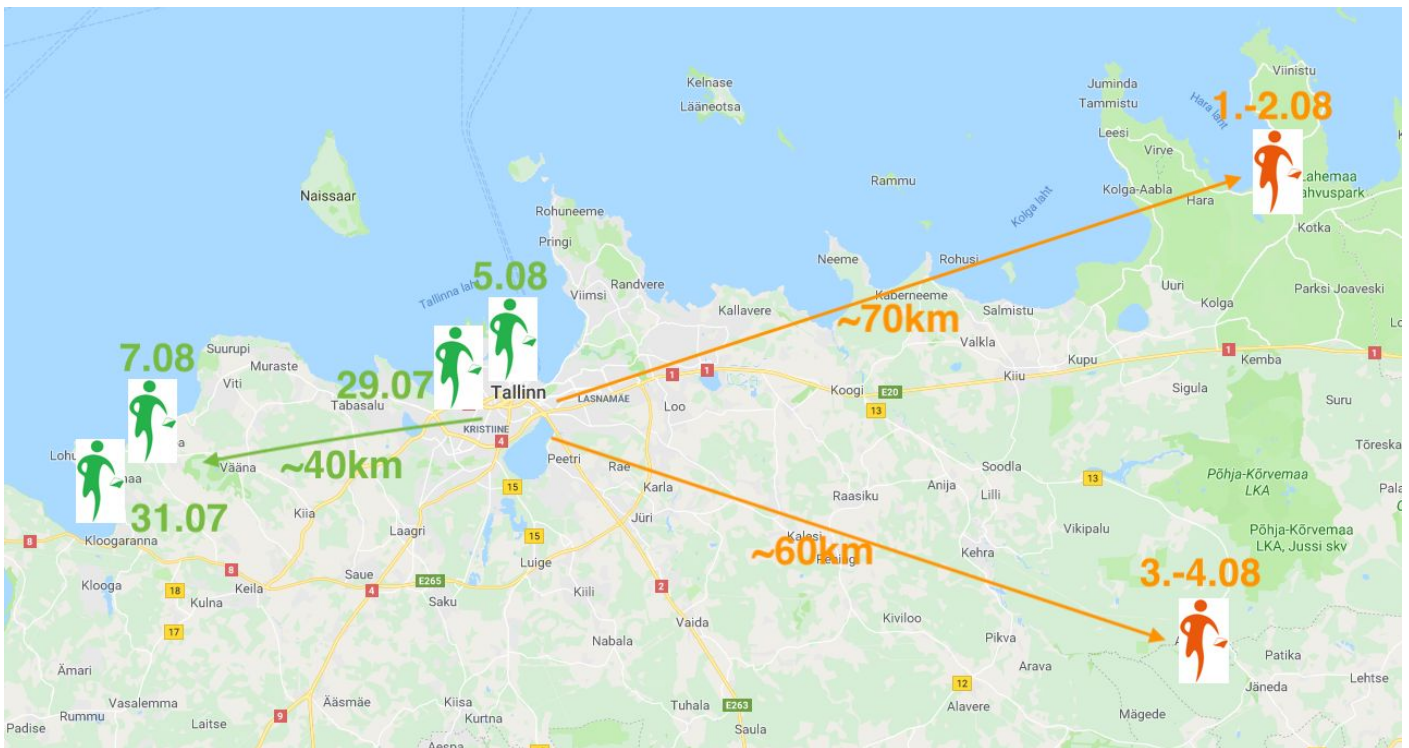


## Training opportunities (Regular O-events)

|                         |             |                                 |              |  |
|-------------------------|-------------|---------------------------------|--------------|--|
| Monday<br>29th July     | 17.00-19.30 | Tallinna<br>Linnaorienteerumine | Pelguranna S | <a href="http://linnaorienteerumine.ee">linnaorienteerumine.ee</a> |
| Wednesday<br>31st July  | 17.00-19.30 | Tallinna<br>Metsaorienteerumine | Laulasmaa    | <a href="http://metsaorienteerumine.ee">metsaorienteerumine.ee</a> |
| Monday<br>5th August    | 17.00-19.30 | Tallinna<br>Linnaorienteerumine | Linnahall    | <a href="http://linnaorienteerumine.ee">linnaorienteerumine.ee</a> |
| Wednesday<br>7th August | 17.00-19.30 | Tallinna<br>Metsaorienteerumine | Keila-Joa    | <a href="http://metsaorienteerumine.ee">metsaorienteerumine.ee</a> |



## Venues





## Entries

Registration can be completed through the SK100 registration environment

<http://register.sk100.ee/> from the 1st of February.

WRE classes also have to register through IOF Eventor (<https://eventor.orienteering.org/Events>):  
[Friday](#), [Sunday](#).

The entry fee, rent for the SI-card(s) and any other fees for additional services must all be paid upon registration via bank transfer:

MTÜ Spordiklubi 100

IBAN: EE112200221047956653

BIC: HABAE2X

Name of bank: Swedbank

Swedbank address: Liivalaia 8, 15040 Tallinn

O-week Pass (includes the training opportunities in regular O-events)

| Classes  | Until April 1st                         | Until July 24th                         |
|----------|---|---|
| MW 8-14  | <b>20 €</b> = 5 €/day + free trainings  | <b>24 €</b> = 6 €/day + free trainings  |
| MW 16-20 | <b>28 €</b> = 7 €/day + free trainings  | <b>32 €</b> = 8 €/day + free trainings  |
| MW 21-55 | <b>56 €</b> = 14 €/day + free trainings | <b>72 €</b> = 18 €/day + free trainings |
| MW 60-75 | <b>36 €</b> = 9 €/day + free trainings  | <b>40 €</b> = 10 €/day + free trainings |

Entry fees per day:

| Classes  | Until April 1st | Until July 24th | Until event day* |
|----------|-----------------|-----------------|------------------|
| MW 8-14  | 6 €             | 8 €             | 8 €              |
| MW 16-20 | 8 €             | 10 €            | 10 €             |
| MW 21-55 | 15 €            | 20 €            | 30 €             |
| MW 60-75 | 10 €            | 12 €            | 18 €             |

\*Entries made until the day of the event (i.e. after July 24th) are only possible if there are any vacant places available.

There is no need for pre-registration to the training opportunities, these are regular O-events.



## Info

<http://tow.ee/en/>

info [at] tow.ee

+372 5301 0296 (Secretary General Madli-Johanna Maidla)



## Organisers

Tallinn O-Week is organised by

NGO Sports Club 100

<http://sk100.ee/>

|                       | <b>Manager</b>               | <b>Contact</b>                 |
|-----------------------|------------------------------|--------------------------------|
| Event directors       | Jaanus Tarmak/Kadi-Liis Minn |                                |
| Secretariat           | Madli-Johanna Maidla         | (+372) 5301 0296, tow@sk100.ee |
| Support functions     | Juta Tarmak-Vend             |                                |
| Construction          | Tiit Tähnas                  |                                |
| Marketing             | Ruth Aarma                   |                                |
| Services              | Maret Hallikma               |                                |
| Volunteer coordinator | Merili Palu                  |                                |
| IT and timekeeping    | Kristiina Tammemäe           |                                |
| Start and finish      | Hendri Parrol                |                                |
| Show                  | Grete Gutmann                |                                |

|          | <b>Course setter</b> | <b>Map authors</b>  |
|----------|----------------------|---|
| Thursday | Jaanus Reha          | Margus Klementsov, Are Leesik, Jaanus Reha, Mait Tõnisson |
| Friday   | Petri Väänänen       | Mait Tõnisson, Margus Klementsov, Jaanus Reha             |
| Saturday | Margus Klementsov    | Margus Klementsov, Mait Tõnisson, Jaanus Reha             |
| Sunday   | Jaanus Reha          | Margus Klementsov, Mait Tõnisson                          |



## Information about the competitions

### Thursday, 1st August Shortened long distance

### Friday, 2nd August Sprint, WRE

#### Time and place

Loksa town

First start at 18.00

Start for open courses 17.00-19.30 (Thursday) and 18.00-19.30 (Friday)

#### Terrain and map

Seaside pine forest with dunes. A bit farther inland there are more boulders and denser spruce forest. Between those two areas, there is the town of Loksa with its centre and small streets surrounding it. Forest is with very good or good visibility and runnability. The network of trails and paths is dense.

Possible dangers: streets open to traffic, pedestrians and cyclists moving in public space.

ISSOM rules apply for the sprint which determines the forbidden/allowed symbols.

Thursday - shortened long distance  
Scale 1:10 000, h = 2,5m.  
Taped courses 1:5000, h = 2,5m.



Friday - sprint  
Scale 1:5000, h = 2,5m.  
Taped courses 1:5000, h = 2,5m.



### Event information of Thursday:

- Mass start without forking.
- Mass start for all men classes at 18.00, for all women classes at 18.10.
- Check-in to start area is opened from 17.30 to 18.00.
- Time limit is 2,5 hours.
- Estonian Orienteering Federation ranking points are given in all classes.
- Distance between the competition centre and start is 400 metres, for taped courses 600 meters.
- Bib numbers can be found at the competition center. Competitors will be required to wear the same bib number every day. Safety pins are NOT provided by the organiser and are the responsibility of the competitors themselves!
- There are separate control descriptions for all classes at the pre-start. No equipment for attaching the bibs (i.e. pins, tape) are provided and are therefore a concern of the participant.

**NB! On Thursday, there is a mass start, so we kindly request to take enough time to park a car, have a walk to competition centre, find your bib number and enter into start area (even the check-in takes time when hundreds of competitors do it at the same time).**

### Event information of Friday:

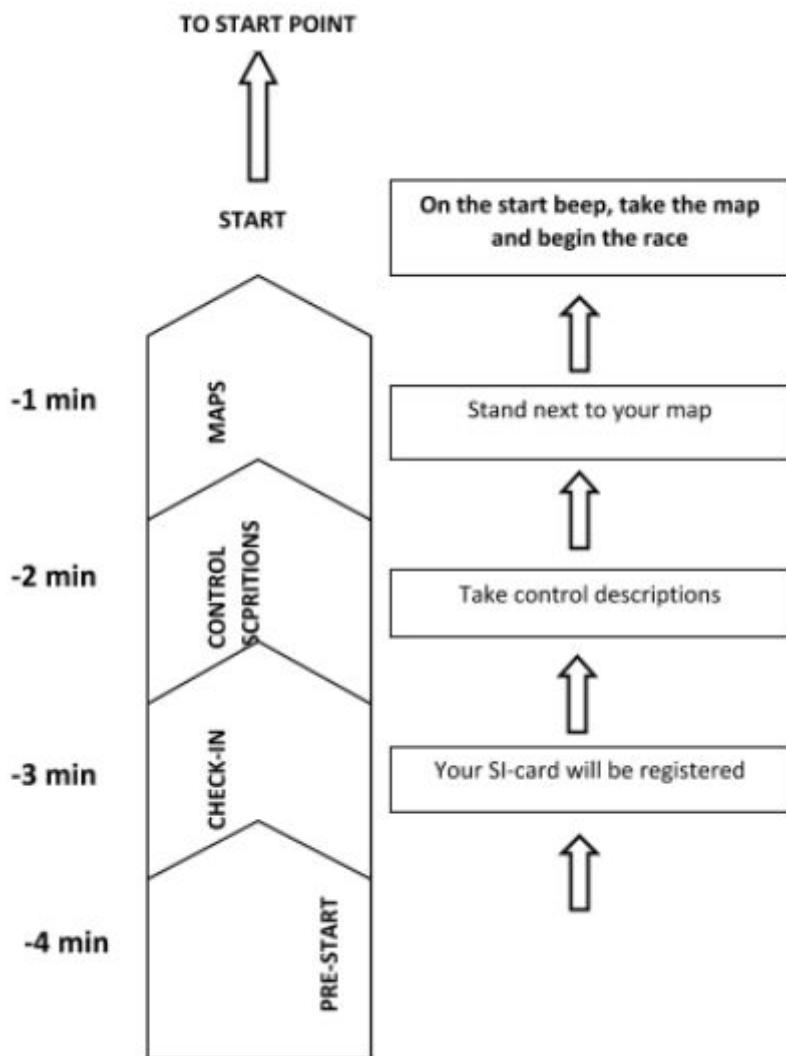
- Individual start for sprint courses.
- Time limit is 1,5 hours.
- World Ranking points are given in classes MW21E.
- Estonian Orienteering Federation ranking points are given in all classes.
- Pre-start is 4 minutes, the start interval is 1 minute.
- Distance between the competition centre and start is 600 metres.
- Bib numbers are compulsory to wear.
- SI-cards will be registered during the pre-start at the check-in (see the starting procedure below).
- There are separate control descriptions for all classes at the pre-start. No equipment for attaching the bibs (i.e. pins, tape) are provided and are therefore a concern of the participant.

- It's forbidden to enter the competition terrain before start! Warm-up is allowed only on the marked way from parking to competition centre and the marked way from competition centre to start.

### Classes and courses

|       | Thursday |    | Friday |    |       | Thursday |    | Friday |    |
|-------|----------|----|--------|----|-------|----------|----|--------|----|
| Klass | km       | KP | km     | KP | Klass | km       | KP | km     | KP |
| W8NR  | 1,7      | 5  | 1,6    | 8  | M8NR  | 1,7      | 5  | 1,6    | 8  |
| W10TR | 1,2      | 5  | 1,0    | 8  | M10NR | 1,2      | 5  | 1,0    | 8  |
| W12   | 2,7      | 6  | 1,5    | 7  | M12   | 2,7      | 6  | 1,5    | 7  |
| W14   | 2,7      | 6  | 1,8    | 9  | M14   | 3,3      | 10 | 2,1    | 9  |
| W16   | 3,3      | 10 | 2,2    | 14 | M16   | 4,7      | 16 | 2,5    | 15 |
| W18   | 4,2      | 12 | 2,5    | 15 | M18   | 5,1      | 14 | 2,7    | 15 |
| W20   | 5,6      | 15 | 2,7    | 15 | M20   | 8,7      | 21 | 2,9    | 15 |
| W21E  | 6,0      | 19 | 3,2    | 18 | M21E  | 8,7      | 21 | 3,6    | 20 |
| W21AS | 4,2      | 12 | 1,9    | 10 | M21AS | 6,0      | 19 | 2,4    | 10 |
| W21B  | 5,1      | 14 | 2,1    | 9  | M21B  | 7,1      | 13 | 2,2    | 14 |
| W21C  | 4,5      | 12 | 1,5    | 7  | M21C  | 4,5      | 12 | 2,1    | 9  |
| W35   | 5,6      | 15 | 2,7    | 15 | M35   | 8,7      | 21 | 2,9    | 15 |
| W40   | 5,1      | 14 | 2,7    | 15 | M40   | 7,1      | 13 | 2,9    | 15 |
| W45   | 5,1      | 14 | 2,5    | 15 | M45   | 6,3      | 15 | 2,7    | 15 |
| W50   | 4,7      | 16 | 2,5    | 15 | M50   | 6,3      | 15 | 2,7    | 15 |
| W55   | 4,7      | 16 | 2,2    | 14 | M55   | 5,6      | 15 | 2,5    | 15 |
| W60   | 4,2      | 12 | 2,2    | 14 | M60   | 5,6      | 15 | 2,5    | 15 |
| W65   | 4,2      | 12 | 1,8    | 9  | M65   | 4,7      | 16 | 2,2    | 14 |
| W70   | 3,3      | 10 | 1,8    | 9  | M70   | 4,2      | 12 | 1,8    | 9  |
| W75   | 3,3      | 10 | 1,8    | 9  | M75   | 4,2      | 12 | 1,8    | 9  |

## Starting procedure on Friday



### Awards

Three best in MW21E will be awarded on Friday. Awarding ceremony will start approximately at 19.30.

### Driving instructions and parking

The appropriate signposts will appear from the Tallinn street in Loksa town.

Parking is located near the competition centre. There is no parking at the competition centre, please follow the instructions of organizers. Parking is located approximately 500 meters from competition centre and they are connected with marked path (see figure below). Parking is not allowed outside of the parking area.

### Competition Centre coordinates

N: 59.580414

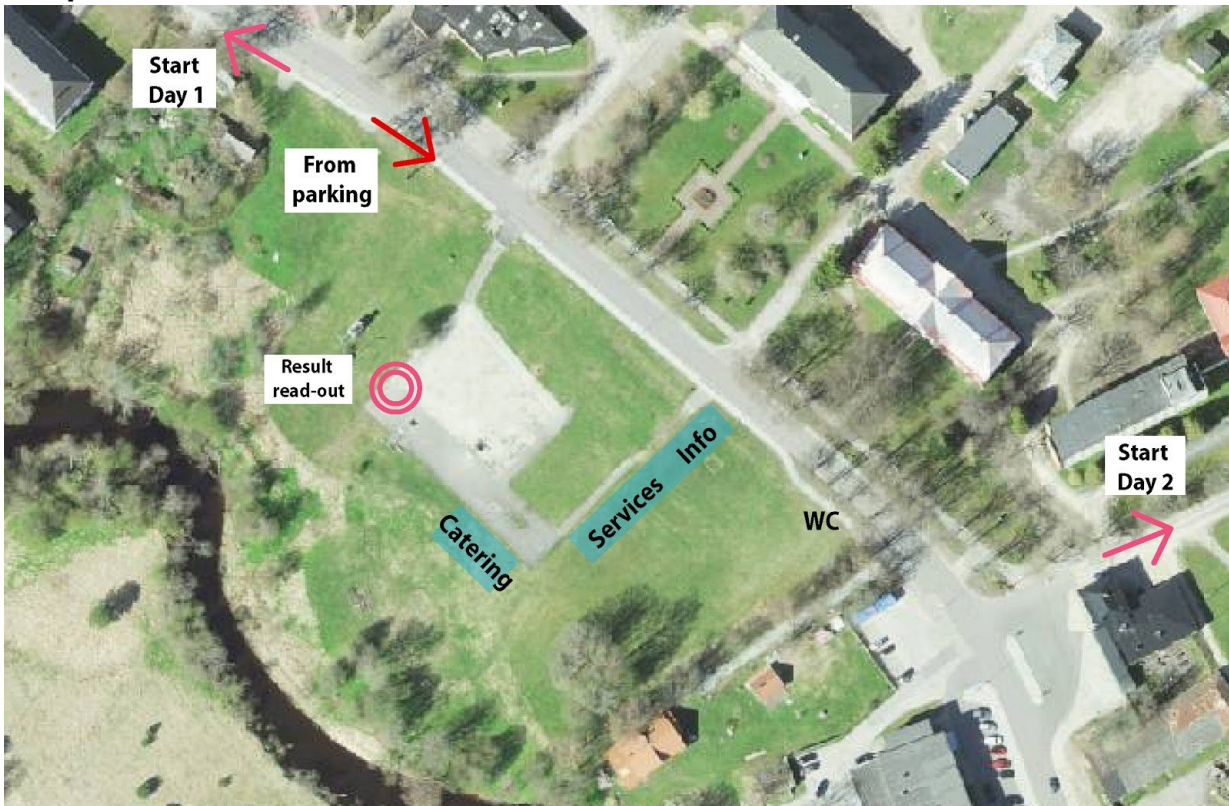
E: 25.722242

N: 59°34'49.4"

E: 25°43'20.0"



### Competition centre





**Saturday, 3rd August  
100CP Run**

**Sunday, 4th August  
Middle distance, WRE**

**Time and place**

Venemäe

First starts at:

Saturday - 13.00

Sunday - 11.00

Start time for open courses and taped route on Saturday is from 13.00 until 14.30 and for Sunday is from 11.00 until 12.30.

**Terrain and map**

Typical terrain of eskers in Kõrvemaa - hills covered with microrelief surrounded by bogs and lakes. Runnability varies from very good in the pine and spruce forest to bad in spruce thickets. The eskers are mostly moderately and strongly detailed with a maximum slope of over 20m.. There are different areas of young forest with different runnability. In some parts of the terrain, there are more trails and paths than on average. Many of smaller trails and paths are disappearing. As a legacy from military use, there are a lot of trenches and trench lines with various sizes. Typical pine forest in Kõrvemaa with added spruces and deciduous trees that make visibility worse and orienteering more exciting.



Scale in 1:10 000, h = 5m, taped courses 1:5000, h = 5 m.

100CP run will be held on one map, it means that there is no relief map as known from previous years.

**Event information:**

- Individual start.
- World Ranking points are given in classes MW21E on Sunday.
- Estonian Orienteering Federation ranking points are given in all classes both days.
- Pre-start is 4 minutes, start interval is 2 minutes.
- Time limit will be 5 hours on Saturday and 2,5 hours on Sunday.
- Water will be provided in the refreshment points. There will be an organiser.
- Forking separation method will be used for classes MW21E on Saturday.
- Numbered bibs are available at the competition centre, check near the information stand. Safety pins are not provided by the organiser.
- There are separate control descriptions for all classes at the pre-start. No equipment for attaching the bibs (i.e. pins, tape) are provided and are therefore a concern of the participant.
- Taped routes and open courses will be using start no. 2 at their chosen time (using the regular O-event system), however, the starting intervals shall not be less than 1 minute.

- Some of the control points of the 100 Control Point Run (Saturday) are placed so close to one another that it is impossible to connect them with a line on the map, the organisers kindly ask you to pay attention to the order of numbers.

#### Distance to the start

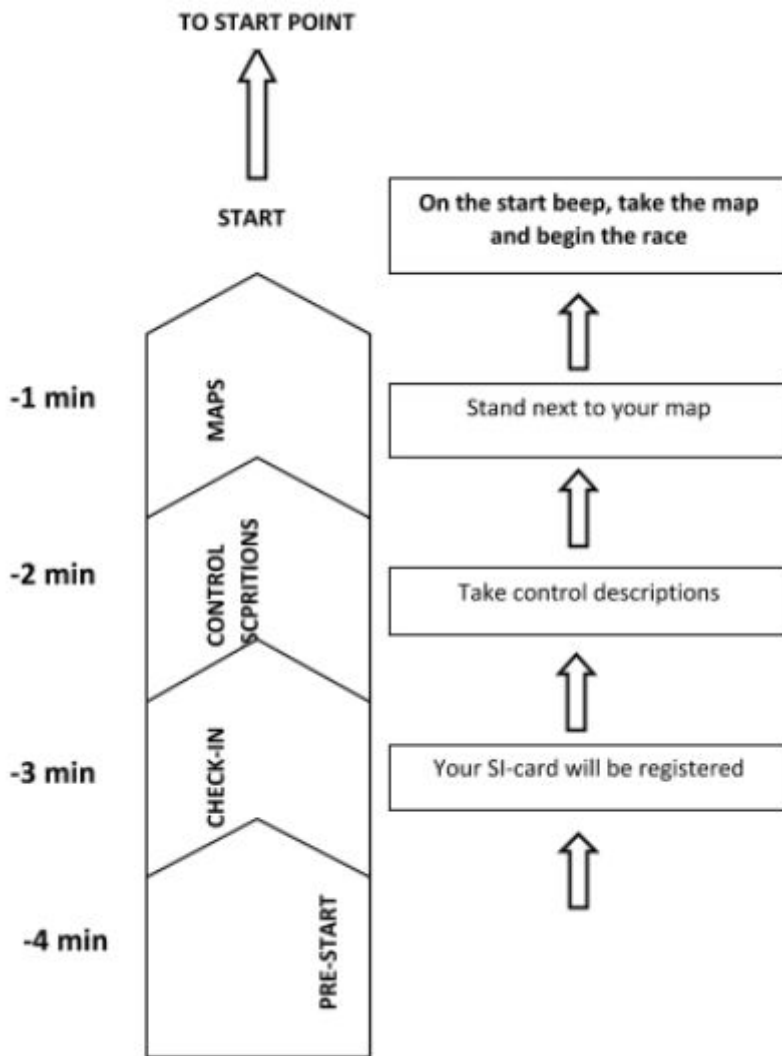
|  | Saturday | Sunday |
|--|----------|--------|
| Start 1 (MW 12-75)                               | 1000 m   | 400 m  |
| Start 2 (M8NR, M10TR, W8NR, W10TR, open courses) | 800 m    | 800 m  |

#### Classes and courses

| Class | Saturday |    |                              | Sunday |    |                              |
|-------|----------|----|------------------------------|--------|----|------------------------------|
|       | km       | CP | Number of refreshment points | km     | CP | Number of refreshment points |
| W8NR  | 2,5      | 10 | -                            | 2,2    | 7  | -                            |
| W10TR | 1,5      | 10 | -                            | 1,7    | 7  | -                            |
| W12   | 3,0      | 20 | 1                            | 2,1    | 10 | -                            |
| W14   | 3,3      | 25 | 1                            | 2,1    | 10 | -                            |
| W16   | 4,4      | 30 | 1                            | 2,6    | 13 | -                            |
| W18   | 6,0      | 45 | 2                            | 3,0    | 14 | -                            |
| W20   | 6,5      | 45 | 2                            | 3,1    | 12 | 1                            |
| W21E  | 9,9      | 70 | 2                            | 4,7    | 17 | 1                            |
| W21AS | 6,0      | 45 | 2                            | 3,1    | 12 | 1                            |
| W21B  | 5,7      | 45 | 2                            | 2,9    | 12 | -                            |
| W21C  | 4,0      | 30 | 1                            | 2,1    | 10 | -                            |
| W35   | 6,5      | 45 | 2                            | 3,1    | 12 | 1                            |
| W40   | 5,7      | 45 | 2                            | 2,9    | 12 | -                            |
| W45   | 5,7      | 45 | 2                            | 2,9    | 12 | -                            |
| W50   | 5,3      | 40 | 2                            | 2,6    | 13 | -                            |
| W55   | 4,3      | 35 | 1                            | 2,5    | 12 | -                            |
| W60   | 4,3      | 35 | 1                            | 2,2    | 12 | -                            |
| W65   | 3,6      | 25 | 1                            | 2,2    | 12 | -                            |
| W70   | 3,3      | 25 | 1                            | 2,1    | 10 | -                            |
| W75   | 3,3      | 25 | 1                            | 2,1    | 10 | -                            |

| Class | Saturday |     |                              | Sunday |    |                              |
|-------|----------|-----|------------------------------|--------|----|------------------------------|
|       | km       | CP  | Number of refreshment points | km     | CP | Number of refreshment points |
| M8NR  | 2,5      | 10  | -                            | 2,2    | 7  | -                            |
| M10NR | 1,5      | 10  | -                            | 1,7    | 7  | -                            |
| M12   | 3,0      | 20  | 1                            | 2,1    | 10 | -                            |
| M14   | 4,9      | 25  | 2                            | 2,5    | 12 | -                            |
| M16   | 6,5      | 45  | 2                            | 2,9    | 12 | -                            |
| M18   | 7,7      | 60  | 2                            | 3,1    | 12 | -                            |
| M20   | 10,4     | 80  | 3                            | 3,6    | 14 | 1                            |
| M21E  | 14,9     | 100 | 4                            | 5,6    | 20 | 2                            |
| M21AS | 8,0      | 65  | 1                            | 3,6    | 14 | 1                            |
| M21B  | 8,8      | 65  | 2                            | 3,6    | 15 | -                            |
| M21C  | 5,9      | 40  | 2                            | 2,5    | 12 | -                            |
| M35   | 10,4     | 80  | 3                            | 3,6    | 14 | 1                            |
| M40   | 9,5      | 75  | 2                            | 3,6    | 15 | -                            |
| M45   | 9,0      | 70  | 2                            | 3,6    | 15 | -                            |
| M50   | 7,7      | 60  | 2                            | 3,0    | 14 | -                            |
| M55   | 6,5      | 45  | 2                            | 3,0    | 14 | -                            |
| M60   | 6,0      | 45  | 1                            | 2,6    | 13 | -                            |
| M65   | 6,0      | 45  | 1                            | 2,6    | 13 | -                            |
| M70   | 4,0      | 30  | 1                            | 2,1    | 10 | -                            |
| M75   | 3,3      | 25  | 1                            | 2,1    | 10 | -                            |

## Starting procedure on Saturday and Sunday



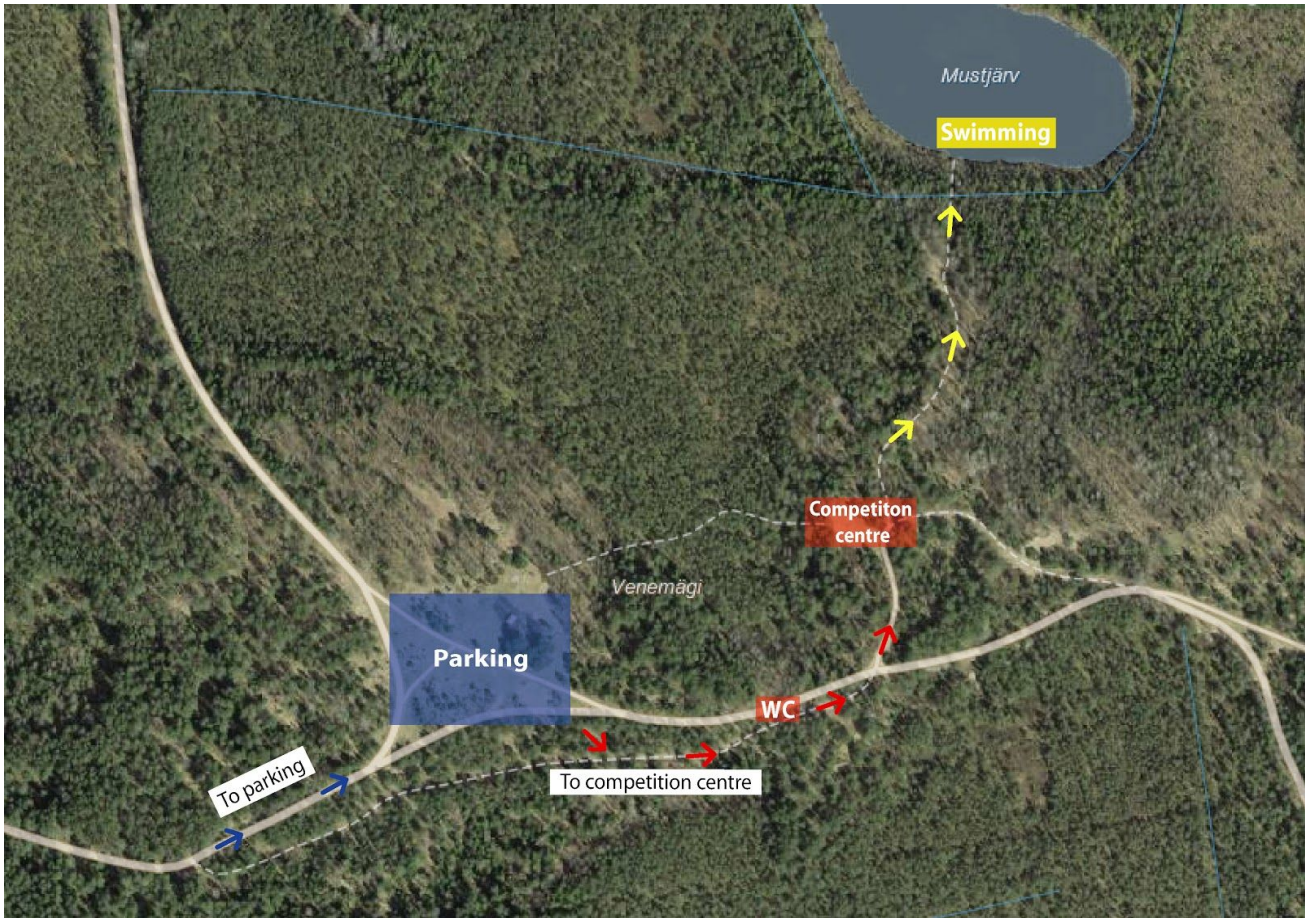
### Driving instructions and parking

The appropriate signposts will appear from the 30th kilometre of Piibe road.

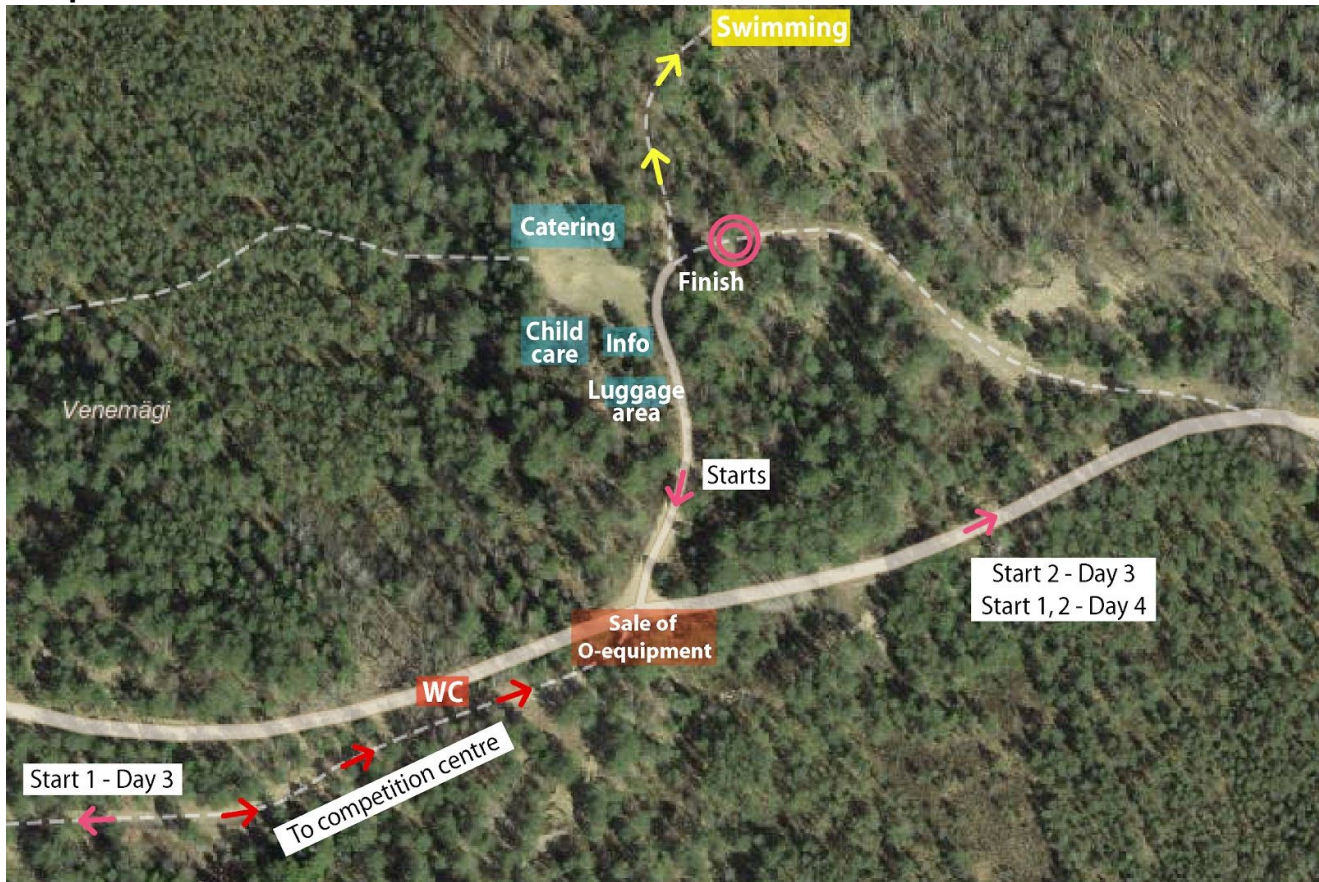
Parking is located near the competition centre. There is no parking at the competition centre, please follow the instructions of organizers. Parking is located approximately 500 meters from competition centre and they are connected with marked path (see figure below). Parking is not allowed outside of the parking area.

### Competition Centre coordinates

N: 59.340703 E: 25.697496  
N: 59°20'26.5" E: 25°41'50.9"



### Competition Centre





### Bib numbers

Bib numbers are compulsory to wear. Bib numbers are can be found at the competition center. Safety pins are NOT provided by the organiser and are the responsibility of the competitors themselves! Competitors will be required to wear the same bib number every day.



### Awards

The best competitors based on overall results of four days will be awarded in all classes.

The award ceremony will take place on Sunday according to the finishes. Three best competitors will be awarded in classes where are at least five registered competitors and the winner in classes with less than five competitors.

Three best in WRE's races (Friday and Sunday) will be additionally awarded.



### Punching system

SportIdent (SI), it is possible to use SI-AIR (SIAC) on all days.

When placing an entry, it is not necessary to enter the number of your personal SI-card, only the request to rent a card.

**NB! When using a personal SI-card, make sure that it has enough capacity to complete the 100 CP Run (Saturday). It is not possible to use multiple SI-cards. The use of a suitable SI-card is the responsibility of the competitor.**

Renting fee 2€/day. Without pre-registration the renting fees are 1,5x higher - 3€/day.

Different versions of the SI-cards are:

| Version | SI-card number                                    | Number of punches |
|---------|---|-------------------|
| 5       | kuni 499 999                                      | 30                |
| 6, 6*   | 500 000 - 999 999 ja<br>16 711 680 - 16 777 215   | 192               |
| 8       | 2 000 000 - 2 999 999                             | 30                |
| 9       | 1 000 000 - 1 999 999                             | 50                |
| 10, 11  | 7 000 000 - 7 999 999 ja<br>9 000 000 - 9 999 999 | 128               |
| SIAC    | 8 000 000 - 8 999 999                             | 128               |

More about SI-cars: <http://tak-soft.com/sportident/kaart/index.php>



### Open Courses

In all days it is possible to run open courses (pre-registration is not required).

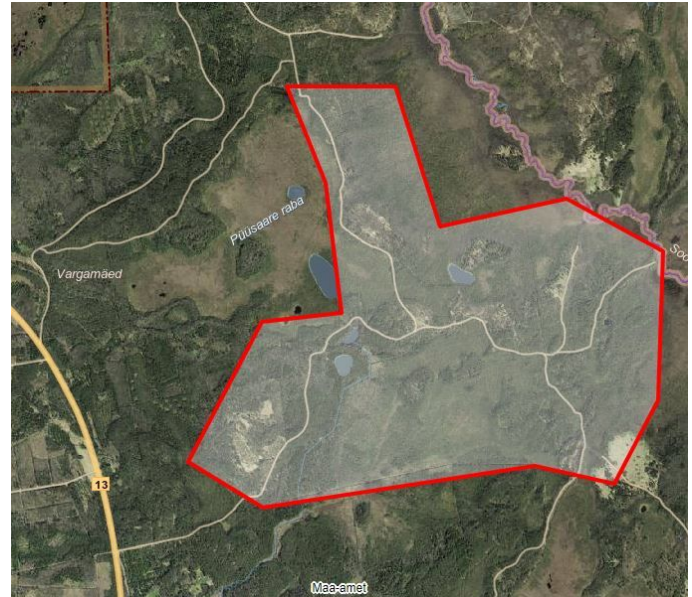
On Thursday there is a regular O-event at the same location, entry fees are between 0€ and 6€.

From Friday to Sunday two different courses are offered. Entry fee 7€. Tickets for open course can be purchased from the information tent at the Competition Centre. The start is open during times, which are shown in the programme.



## Embargoed areas

It is forbidden to use a map at the WRE competition terrains (Loksa and Venemäe) until the day of the competition.



## Complaints and protests

Complaints have to be submitted to the secretary in writing as soon as possible, but not later than 15 minutes after 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.

IOF Event Adviser: Kuno Rooba.

Jury: Kirti Rebane, Oliver Kütt, Ats Sõnajalg



## Accommodation

Accommodation possibilities: <https://www.visitestonia.com/en/>

Camping is possible in Kõrvemaa Hike and Ski resort.



## 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 August is 16,3 °C and generally the temperature is between 12 to 27 °C.



## Dangers

Every competitor is responsible for his/her own health and safety. The competition in Loksa takes place on city streets which are open to traffic.



## Clothes

There are no special requirements in regards to clothing.



## Additional services at the Competition Centre

|                     | <i>Thu, 1.08</i> | <i>Fri, 2.08</i> | <i>Sat, 3.08</i> | <i>Sun, 4.08</i> |
|---------------------|------------------|------------------|------------------|------------------|
| Catering            | +                | +                | +                | +                |
| Changing tent       | +                | +                | +                | +                |
| WC                  | +                | +                | +                | +                |
| Child care          | +                | +                | +                | +                |
| Luggage area        | +                | +                | +                | +                |
| First aid           | +                | +                | +                | +                |
| Sale of O-equipment | +                | +                | +                | +                |



## Showers and swimming opportunity

In Loksa (1st and 2nd August) participants have the possibility to use shower and sauna in Loksa ujula (open until 21:30). It costs 3€, for pensioners 2,5€, some extra discount for children. There is also an opportunity to use the swimming pool (4,5€, discount for pensioners and children).

There are no showers available in Venemäe (3rd and 4th August), but near the competition centre, there is a swimming opportunity in Lake Mustjärv.



## Child care

Supervised child care is available in all Competition Centres. Child care provides for a tent, toys and instructors. The area will be fenced off from the rest of the Competition Centre. Child care will be opened one hour before the starts and will be closed with the finish.





### **Luggage area**

It is possible to leave your belongings at a supervised luggage area in all Competition Centres. The luggage area is opened one hour before the starts and will be closed with the finish. You can leave your car keys in the luggage area during the competition.



### **Parking**

Both in Loksa and Venemäe, the parking is organized near the competition centre. As the parking is not possible directly in the competition centre, please follow the instructions of parking managers. The parking lot is situated approximately 500 meters away and there is a marked path to the competition centre. Parking outside of parking lots is not allowed.



### **Cancellations**

In case of cancelling your entry, the entry fees will not be refunded. However, if medical certificate is provided before TOW, next year's entry can be done at half the price. If the race is cancelled due to force majeure (circumstances not depending on the organisers), the entry fees will not be refunded.



### **Other**

During the competition, official photographers make photos of competition and competitors. Photos will be published and may be used for marketing.



### **Supporters**

