



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

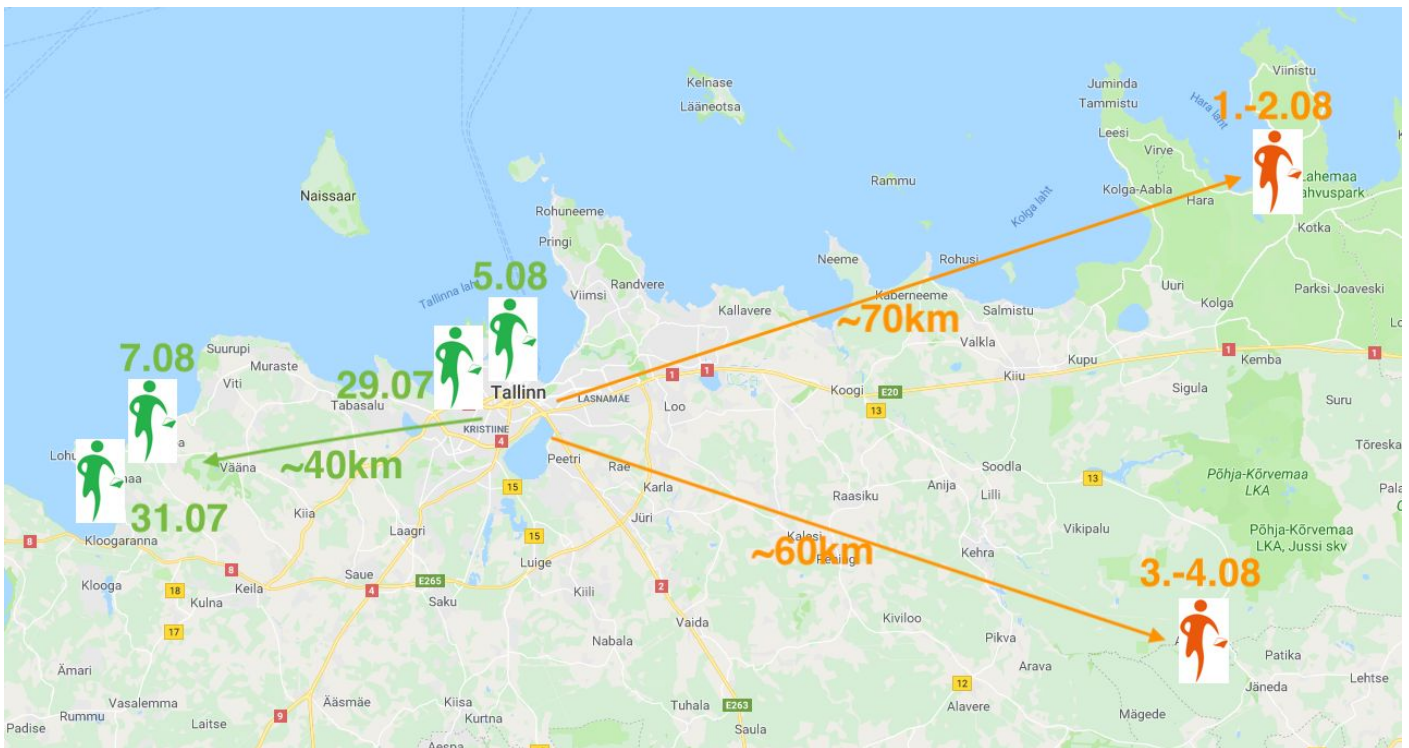


Training opportunities (Regular O-events)

Monday 29th July	17.00-19.30	Tallinna Linnaorienteerumine	Pelguranna S	linnaorienteerumine.ee
Wednesday 31st July	17.00-19.30	Tallinna Metsaorienteerumine	Laulasmaa	metsaorienteerumine.ee
Monday 5th August	17.00-19.30	Tallinna Linnaorienteerumine	Kalamaja	linnaorienteerumine.ee
Wednesday 7th August	17.00-19.30	Tallinna Metsaorienteerumine	Keila-Joa	metsaorienteerumine.ee



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	20 € = 5 €/day + free trainings	24 € = 6 €/day + free trainings
MW 16-20	28 € = 7 €/day + free trainings	32 € = 8 €/day + free trainings
MW 21-55	56 € = 14 €/day + free trainings	72 € = 18 €/day + free trainings
MW 60-75	36 € = 9 €/day + free trainings	40 € = 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/>
 Event Director: Jaan Tarmak

Controller: Kuno Rooba



Description of terrain

Loksa - 1st and 2nd day

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.

Venemäe - 3rd and 4th day

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.



Maps

	Scale	Vertical contour interval
1st day	1 : 10 000	h = 2,5 m
2nd day	1 : 4000	h = 2,5 m
3rd and 4th day	1 : 10 000	h = 5 m

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



Classes and courses

NR - taped route

21E - technical

21B - average difficulty

TR - taped route with
controls off tape

21AS - technical and
short

21C - simple

	1st day Shortened long distance	2nd day Sprint	3rd day 100CP (km)	3rd day 100CP (controls)	4th day Middle distance
<i>Time limit</i>	<i>2,5 h</i>	<i>1,5 h</i>	<i>5 h</i>		<i>2,5 h</i>
W8NR	~1,5/2,0	~1,5/2,0	~1,5/2,0	10	~1,5/2,0
W10TR	~2,5	~2,5	~2,5	10	~2,5
W12	~2,5	~1,3	~3,0	20	~2,0
W14	~2,5	~1,8	~3,0	25	~2,0
W16	~3,5	~2,2	~4,5	30	~2,5
W18	~4,0	~2,4	~6,0	45	~3,0
W20	~5,5	~2,6	~6,5	45	~3,0
W21E	~6,0	~2,8	~9,0	70	~4,5
W21AS	~5,5	~2,0	~6,0	45	~3,0
W21B	~5,0	~2,0	~5,5	45	~3,0
W21C	~4,0	~1,6	~4,0	30	~2,0
W35	~5,5	~2,5	~6,5	45	~3,0
W40	~5,0	~2,5	~5,5	45	~3,0
W45	~5,0	~2,3	~5,5	45	~2,5
W50	~4,5	~2,3	~5,0	40	~2,5
W55	~4,5	~2,1	~4,0	35	~2,0
W60	~4,0	~2,1	~4,0	35	~2,0
W65	~4,0	~1,8	~3,5	25	~2,0
W70	~3,0	~1,8	~3,0	25	~2,0
W75	~3,0	~1,8	~3,0	25	~2,0

* Classes W8NR and W10TR have individual start on all days

NR - taped route

21E - technical

21B - average difficulty

TR - taped route with
controls off tape

21AS - technical and short

21C - simple

	1st day Shortened long distance	2nd day Sprint	3rd day 100CP (km)	3rd day 100CP (controls)	4th day Middle distance
<i>Time limit</i>	<i>2,5 h</i>	<i>1,5 h</i>	<i>5 h</i>		<i>2,5 h</i>
M8NR	~1,5/2,0	~1,5/2,0	~1,5/2,0	10	~1,5/2,0
M10NR	~2,5	~2,5	~2,5	10	~2,5
M12	~2,5	~1,6	~3,0	20	~2,0
M14	~3,5	~2,0	~5,0	25	~2,5
M16	~4,5	~2,6	~6,0	45	~3,0
M18	~5,0	~2,6	~7,5	60	~3,5
M20	~8,5	~2,8	~10,0	80	~3,5
M21E	~9,0	~3,2	~14,0	100	~5,5
M21AS	~6,0	~2,5	~7,5	65	~3,5
M21B	~7,0	~2,4	~8,5	65	~3,5
M21C	~4,5	~2,0	~5,5	40	~2,5
M35	~8,5	~2,8	~10,0	80	~3,5
M40	~7,0	~2,8	~9,0	75	~3,5
M45	~6,5	~2,5	~9,0	70	~3,5
M50	~6,5	~2,5	~7,5	60	~3,0
M55	~5,5	~2,3	~6,5	45	~3,0
M60	~5,5	~2,3	~5,5	45	~2,5
M65	~4,5	~2,1	~5,5	40	~2,5
M70	~4,0	~1,8	~4,0	35	~2,0
M75	~3,0	~1,8	~3,0	30	~2,0

* Classes M8NR and M10TR have individual start on all days

Estimated winning times for the WRE classes W21E and M21E are 12-15 min in sprint (2nd day) and 30-35 min in middle distance (4th 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 there 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 (Sunday). 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 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 9 000 000 - 9 999 999	128
SIAC	8 000 000 - 8 999 999	128

More about SI-cards: <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.



Accommodation

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

Camping is possible in Kõrvemaa Hike and Ski resort.

About the interest of floor accommodation please inform us by e-mail on [info \[at\] tow.ee](mailto:info@tow.ee) before 15th of July.



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	+	+	+	+



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.



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.

