

VUOKATTI HIIHTO COMPETITION INSTRUCTIONS

16.3.2019

COMPETITION CENTRE

Vuokatti Hiihto competition centre is located at Vuokatti Sport Institute area. See the detailed area map on the webpage and competition office.

PARKING AREAS

The parking areas are located near road Vuokatinhovintie (Snowpolis, Ice hockey hall, Vuokatinhovi). There will be signposts to the parking areas.

COMPETITION OFFICE

Competition office is open in Vuokatti Sport Institute on Friday 15.3. at 13-20 and on Saturday 16.3. at 6.30-18.00. The competition centre's phone number during the competition day is +35844 5325920.

CONFIRMATION OF THE PARTICIPATION

Participation material will be given against the participant's name from the race office. The material kit includes the competition number with timing chip, competition instructions and sponsors offers. If you have completed the payment after Wednesday 13.3.2019 you are required to bring the receipt of the payment with you.

TIMING CHIP

Timing chip/tags are integrated into the competition number.

EQUIPMENT STORAGE

Changing rooms are located in Vuokatti Hall (Vuokattihalli). The numbered garment bag can be obtained together with your number bib and other material. In the competition office, a guarded storage room is also available for the bags during the skiing period. NOTE! Participants are responsible for their equipment transportation from the start area to the storage room.

WAXING SERVICES

START Ski waxing is available at a charge in the Vuokatti Hall as follows:

Friday at 14- 20

Saturday at 6- 12

The registration fee includes START waxing services available at all service points; Vuokatin Viini, Rönkkö and Vuokatti Sports Institute during the ski.

PHOTOS

Sotkamo's photo company, Vaarojen Valokuvaajat, will be responsible of taking pictures during the whole event. Photos from the event will be shown at www.vuokattihiihto.fi –webpage after the event. Organizers will hold the right to use photos for marketing purposes of the event.

START

Start is located at the field of Vuokatti Sport Institute. Starting area is organized according to skiers' target times. We kindly ask all skiers to choose the start area according to their target times.

NOTE! Time will start 200 meters ahead from the start area – so there is no hurry.

Start area 1: 50km / target time under 3h, 30km / target time under 2h

Start area 2: (EUROLOPPET and RUSSIALOPPET): 50km / 3 - 4,5h, 30km / 2-3h (There will be separate area for Euroloppet-skiers on the start area number 2)

Start area 3: 50km / over 4,5h, 30km / over 3h

Starting times:

Distance	Time
100km	8.00
50km classic	8.00
30km classic	9.15
30km free	9.45
50km free	10.15
20km	12.30
Finish will be closed	18.00

SKI TRACKS AND SKI TECHNIQUE CONTROL

In Vuokatti Hiihto, lot of attention is particularly paid to prevent the usage of short-cuts. There are also ski controllers along the way to ensure skiing etiquette.

ROUTE MAPS AND INSTRUCTIONS

Route maps are available on webpage and in the competition office. There are also separate maps of other ski tracks in the area and start area layouts and it is recommended to study them in advance.

ROUTESIGNS

Vuokatti Hiihto routes are marked with START/HIGH5 pennants, plastic ribbons and A3 sized signs at the junctions.

On the 50km route there will be km signs every 5km, last 10km there will be km signs every 1km. Signs (flags) inform how long you have already skied. 50km km-signs have START-logos and the text is in purple. 30km km signs have Intersport-logos and the text is in black. 20km km signs have Vuokatti-logos every 5km. In 50km and 30km routes there are signs every 1km on the last 10km. There are Vuokatti Hiihto-logos on those signs.

SERVICE POINTS

In addition to the service point at the finish, there will be 5 service points on 50km route, 3 service points on 30km route and 2 service points on 20km route. The 100km skiers are using the 50km route's service points.

On the service points juice, sport drink (HIGH5), water, pickles and raisin are served. The variety of servings differs by service points. The official sport drink of Vuokatti Hiihto is **HIGH5**.

Additionally: 100km skiers will have service tent and own stalls, where they can leave their skis and service supplies.

100km skiers will have also changing rooms in the sports hall next to the finish (separated for men and women).

ENVIRONMENT

It is strictly forbidden to leave any litter/trash/garbage to the ski tracks! There will be a separated trash area after every service point where you can leave your trash. Let's appreciate the nature, land owners and other skiers – thank you!

SUSPENSION

Competition suspension has to be announced immediately. NOTE! Changing the distance during the competition is not possible! In case someone is enrolled for 50km and decides to stop earlier, at the 30 km for example, the change is impossible. This means that the competitor will not get time or ranking, neither will the competitor be mentioned on the result list.

FINISH

FINISH is located at the stadium. The FINISH has a service point. The soup that is included to the entry fee is served at Vuokattihalli. You don't have to return the number bib!

NOTICE! 100km skiers! after 15.00 it is not possible to go towards Vuokatin Viini service station and around Vuokatinvaara hill area's track when arriving from second leg's Katinkulta track back to Vuokatti Sport Institute - instead - from this point and time it is mandatory to come directly to finish.

LOAN TOOLS (ski poles)

Along the route, participants can replace broken ski-poles at service points against a signature. Borrowed equipment must be handed over to the service point at the FINISH area. Vuokatti Ski's poles' maintenance is offered by **Start**.

PARTICIPATION MEDALS

Participant's medal is given at the FINISH area.

PRIZES

Prizes are gift vouchers and goods

Three best men and women will be awarded in each category.

In 20km category there will be no prizes awarded

In the main category of Vuokatti Hiihto, 50km Free, money prizes will be awarded.

Prize-giving ceremony will be held in Vuokattihalli by the following schedule:

at 13.30: 30km FT and 30km CT, 50km FT and 50 CT + lottery prizes

at 16.00: 100km Kainuu sprint

RESULTS

Results will be available at the competition office as well as on the internet: www.vuokattihiihto.fi

DINING

The entry fee includes soup lunch which is served in Vuokattihalli (Vuokatti Hall) between 11.00 – 18.30. The number bib is your food ticket.

INSURANCE AND FIRST AID

The organizer has a liability insurance which covers personal and property injuries resulting from organizer's errors.

Participants are asked to take care of their personal insurance coverage. **Event First Aid; Red Cross Kajaani/Sotkamo; +358 (0)45 128 3003**. If the skier will be injured on the way, they will be asked to inform the number of the nearest km-sign or service point and that way the first aid will find the way as fast as possible. In severe injury or accident, 112 has to be dialed first!

Intersport store will be open at the Vuokatti Hiihto event centre on Friday and Saturday!

YOU ARE WARMLY WELCOME TO ENJOY SKIING IN VUOKATTI HIIHTO!