



EUROPEAN TRAIL ORIENTEERING CHAMPIONSHIPS

8 – 12 MAY, 2024
TURKU, FINLAND



BULLETIN 4

April 29th 2024



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Welcome by the Mayor of Turku

Dear participants of ETOC2024,

I am pleased to welcome the European Trail Orienteering Championships participants and their support teams, including family members and assistants to Southwest Finland and Turku in May.

Trail-O is a wonderful sport because it is suitable for people of all ages and fitness levels. The goal is not to measure the physical fitness of the orienteer, but rather, the essence of the sport is based on reasoning tasks.

The beautiful nature and varied terrain of Southwest Finland provide the perfect setting for the 2024 European Championships.

Our region is known for the world's most beautiful archipelago, fertile fields, deciduous forests, and Finland's oldest city, Turku. The green walking paths along the Aura River running through Turku's centre offer a glimpse into the history of Finland's oldest city and its vibrant present.

Turku will celebrate its 800th anniversary in 2029. We are preparing for the anniversary in many ways, but our main goal is that by then, Turku will be a carbon-neutral area. It is the most valuable gift we can leave for future generations. Combating climate change and preserving biodiversity is a shared responsibility for all of us.

The city of Turku wishes all participants of ETOC2024 good luck and success. At the same time, I thank the local organizers and countless volunteers for arranging and hosting this wonderful sports celebration.

I hope that during the competition, and perhaps after its conclusion, you will have time to linger and explore Turku and Southwest Finland.

Minna Arve
Mayor of Turku, Patron of ETOC2024





Welcome by the Event Director

Welcome to the European Trail Orienteering Championships 2024!

The Finnish Orienteering federation and orienteering club Turun Metsänkävijät is pleased to invite you to ETOC 2024 that will be held in Southern Finland, in the Turku area.

Our biggest goal is to offer top Trail-O athletes the best-level competitions you can ever imagine. In achieving this, we rely on our extremely experienced organization team, top-level maps and the most enjoyable and demanding terrains.

In Easter 2018 Turun Metsänkävijät arranged FinTrailO in quite demanding weather with snow and ice, but despite that, the feedback we received from our arrangements was very good. Of course, our challenge in organizing a top level ETOC competition is now much bigger, but we certainly are ready for that.

Turku area is quite easy to reach by different transport links and it is easy to find accommodation in Turku.

Hopefully there is peace on earth (and there is no pandemic complicating the organization of the competition) and you can totally concentrate on such kind of nice things, like ETOC 2024. You are warmly welcome to Turku, Finland, and to European Trail-O Championships 2024!



Mikko Knuuti, Turun Metsänkävijät
Event Director

Venue

ETOC 2024 will be held in south-western Finland. Event Centre is located in Turku, the oldest city and former capital of Finland. The year of the city's founding is 1229, when Pope Gregorius IX mentions the city called Aboa (the Latin name of Turku) for the first time in his bull.

Heart of the city specially in the summer time is the banks of river Aura with lots of restaurants and restaurant boats offering the best Finnish delicacies and refreshments. You will also meet Mr. Paavo Nurmi there, a nine-time Olympic champion in distance running.

Turku is not just a seaside city. It's the gateway to the Finnish archipelago, an unparalleled natural wonder made up of 40 000 islands and counting. A small glimpse of this can be seen on the tourist cruises that last a few hours that depart from the Aura river. Getting to know the archipelago better takes some time, but it's worth it. In summer, there are many different activities, accommodation and fresh local food available.



Distances:

Helsinki airport – Turku	170 km
Helsinki harbour – Turku	168 km
Tampere airport – Turku	163 km
Naantali harbour – Turku	16 km



Organizing Team

Event Director	Mikko Knuuti
Event secretary / Office	Tapani Koskenoja
Courses	Ari Uotila (PreO2) Ville Hiirsalmi (TempO) Juha Hiirsalmi (PreO1, Relay)
Maps	Juha Hiirsalmi
Technical expert	Tuomo Markelin
Results manager	Hannu Arki
Media relations	Kari Vainio
Main Announcer	Clive Allen

Event Advisers

Senior Event Adviser	Andrius Jovaisa (LTU)
National Controller	Ari Tertsunen

Jury

Jan Furucz (Slovakia)
Per Stålnacke (Norway)
Owe Andersson (Sweden)

SEA's Note

Once again, the strongest ones meet in the main Trail Orienteering event of the year. The desire of the organisers is to make it a festive event for all of us. Hopefully, you will be pleased with perfect organisation and interesting and fair courses. As the SEA of the event, I have worked hard to ensure that the maps and courses meet your highest expectations. You will find some tasks that are easy for you to solve, but don't relax, as there will also be tricky ones too. In TempO, as always, the speed of decision-making will be decisive and every mistake can be fatal, so stay focused. Apart from the news that the TempO final will be broadcast live on TV, the organisers do not promise any more surprises. The terrain is typical of this region, which you know very well; you have already competed in similar terrain many times. We will be ready to serve you at every moment of the event. I wish everyone the best of luck; enjoy the orienteering!

Andrius Jovaiša, ETOC2024 SEA



ETOC2024
European Trail
Orienteering Championships 2024

Event Programme

DATE	TIME	WHAT	WHERE
Tuesday 7.5.2024	12-16	Info / Event Office open	Läntinen Pitkätatu 12, Turku
	17.00	Opening Ceremony	Turku Market Square
	18-21	Banquet	Bowler, Yliopistonkatu 29, Turku
Wednesday 8.5.2024	10-18	Model event	Katariinanlaakso, Turku
	16.00	PreO team deadline	
	19.00	TOM	Läntinen Pitkätatu 12, Turku
	19.00	PreO1 startlists	
Thursday 9.5.2024		PreO1	Kuninkoja, Turku
	10.00	First start	
	11.30	Quarantine closes	
	19.00	PreO2 startlists	
Friday 10.5.2024		PreO2	Suopelto, Naantali
	10.00	First start	
	11.30	Quarantine closes	
	19.00	TOM	Läntinen Pitkätatu 12, Turku
	19.00	Relay line-up deadline	
	20.00	PreO award ceremony	Turku Market Square
Saturday 11.5.2024		Relay	Kuparivuori, Naantali
	10.00	Mass start, O	
	10.15	Mass start, P	
	16.00	TempO team deadline	
	19.00	TOM & TempO startlists	Läntinen Pitkätatu 12, Turku
	20.00	Relay award ceremony	Turku Market Square
Sunday 12.5.2024		TempO qualification	Impivaara, Turku
	8.50	Quarantine closes	
	9.00	First start	
		TempO final	Urheilupuisto, Turku
	14.15	Quarantine closes	
	14.30	First start	
	17.30	TempO award ceremony	Urheilupuisto, Turku
Monday 13.5.2024		Departure	

Info / Event Office open:

7.5.2024 12 noon to 16.00 at Event Centre, Läntinen Pitkätatu 12, Turku
8.-12.5.2024 during the competition at Event Arena, opening 30 min. before the first start
8.-12.5.2024 during TOM at Event Centre



Participation

Competitors representing member federations of the IOF, defined by the International Paralympic Committee as belonging to the European continent, can compete in ETOC. Competitors representing other member federations of the IOF can participate in ETOC but will not be eligible for European titles, medals or diplomas.

Classes and Competition rules

In the individual PreO competitions and in the TrailO Relay there is an O (Open) class and a P (Physically Challenged) class. In the TempO competition there is a single Open class.

In the individual PreO event a Federation may enter a maximum of 6 persons in each class. In the TempO event a Federation may enter a maximum of 8 persons.

In addition to the above the following may be entered by their Federations:

- The current European Champions may be entered in their respective classes in addition to the normal maximum.
- 2 juniors (aged 20 years or younger at the end of the calendar year) in each class and format.

In the TrailO Relay a Federation may enter 2 teams in each class each consisting of 3 competitors. Only the better-placed team will count in the prize list.

The Competition Rules for IOF Trail Orienteering Events and the ETOC Rules valid in 2024 shall apply to the European Trail Orienteering Championships 2024. The rules are available for download on the IOF website <https://orienteering.sport/>

Anti-doping

Doping is strictly forbidden, and the Event Organization is dedicated to supporting the Anti-Doping Authorities in their work.

Doping controls may be carried out any time during the event in accordance with the procedures described in the WADA International Standard of Testing and Investigations. The IOF Anti-Doping Rules and the World Anti-Doping Code apply.

Athletes must have valid personal identification available at the finish.

Team Officials' Meetings - TOMs

TOMs takes place at Läntinen Pitkätatu 12, Turku. Check the dates and times in the Event Programme. There will also be a live broadcast from the meetings. Links to the meetings can be found on competition website. There will also be an email address where you can send questions before the meeting.



Entries

The entries will be open in December 2023. All entries have to be made through IOF Eventor.

The team size deadline is March 8th 2024. The team names deadline is April 26th 2024. Late entries will be surcharged as stated in the IOF rules (7.4). Entries will not be valid until the entry fee has been paid. The payment must be made by April 8th 2024. The payment details:

Turun Metsänkävijät, Läntinen Pitkätatu 12, FIN-20100 TURKU Nordea Bank Oyj, IBAN: FI69 1590 3000 1511 32, BIC: NDEAFIHH. Enter Federation name in the Note for the Beneficiary.

Entry fees	PreO	130 Eur
	TempO	90 Eur
	Relay (per team)	160 Eur
Accreditation fees	Athlete	100 Eur
	Team Official	80 Eur
	Accompanying person, Escort	20 Eur
Banquet		30 Eur

Eligibility Certificates

Copies of eligibility certificates for the P class should be sent to the email address etoc2024@tume.fi. Latest date for sending the eligibility certificates to the organizer is April 26th 2024. The latest date to apply for eligibility from the IOF is 12 March 2024.

Accreditation, Number bibs

Some zones in the arenas are only accessible for accredited people. Competitors prove their accreditation with a start number bib, other accredited persons are required to carry an accreditation card. Both accreditation cards and number bibs for teams will be provided in the team envelopes (together with safety pins).

The number bibs shall be clearly visible from the front and worn on the chest, leg or front part of the wheel chair. Each accredited person will have a single start number for the entire event. It will be used for all individual races, including the model and public races. For the relay race, another set of start numbers and number bibs will be used.



Team Material

Team material includes competition numbers, safety pins, ToePunch chipsets, accreditation badges (for non-competitors), banquet tickets (ordered on Eventor) and Bulletin 4 printed.

Team envelopes can be signed out on Wednesday at the race office (12-16) or at the Info desk at the Model race venue. The material will only be handed over when all the team's payments have been made.

Entries

Federation	O Athlete	P Athlete	Team Official	Accompanying Person	Escort	Total
Croatia	4					4
Czechia	7	3			1	11
Finland	9	5	1		2	17
Germany	5					5
Great Britain	7	3	1		1	12
Israel	1					1
Italy	6	3			2	11
Japan	6					6
Latvia	7	3			2	12
Lithuania	3					3
Norway	8	1	1			10
Poland	10	6	1		5	22
Portugal	3					3
Slovakia	4		1			5
Slovenia	3					3
Spain	7	3				10
Sweden	8	4	2			14
Ukraine	9	6	2		1	18
United States	1					1
Sum	108	37	9	0	14	168

Escorts

The competitors that need an escort shall bring an escort with them. The organizers will provide help on steeper hills.

With an escort accreditation (which is mandatory) only, a person cannot act as a team official or attend Team Official Meetings.

Maps

The maps of ETOC 2024 follow the International Standards for Sprint Orienteering ISSprOM2019, version valid on 1.1.2024. All maps are prepared in scale 1:4 000 and enlarged to 1:3 000, contour interval 2 m. Control circles are 6 mm.

All maps made by Juha Hiirsalmi. Open source lidar data from National Land Survey of Finland and urban survey material from the cities of Turku and Naantali processed by Karttähemmot / Eero-Antti Lonka.

Course information

EVENT	Length	Controls	Timed controls	Road surface	Climb	Toilet/Water
Model	1.1 km	7+8	2 x 5 tasks (TempO) 1 x 3 tasks (PreO TC)	Smooth gravel Asphalt	5 m	Arena
PreO1	0.9 km	32	2 x 3 tasks	Smooth gravel	20 m	Arena&Course
PreO2	1.1 km	33	2 x 3 tasks	Smooth gravel	25 m	Arena&Course
Relay	0.8 km	3 x 16	7 x 5 tasks	Smooth gravel	25 m	Arena
TempO Qual.	1.8 km	-	6 x 5 tasks	Smooth gravel	30 m	Arena
TempO Final	1.9 km	-	9 x 5 tasks	Smooth gravel	20 m	Arena

Punching system / Timing

The ToePunch system (toe.yq.cz) will be used for punching and time keeping in PreO competitions and on PreO-part of the Relay.

The ANT system (ant.yq.cz) will be used at timed controls and TempO stations.

Punching

Free punching order between the start and the finish (or the finish of a section) on the PreO courses and the PreO part of the relay.

Backup punching (if the TOE doesn't work) on the grid behind the map with a safety pin. If the backup punching has been used, this must be reported when handing over the map to the marshal at the finish.

Zero tolerance

4 m, no exceptions

Complaints and Protests

The time limit for Complaints is 15 minutes after the full results have been published. Possible complaint must be made as quickly as possible. A complaint must be submitted in writing to the Info at the competition venue, where you can find templates for making it.

For more information see Competition Rules sections 28 and 29.



ETOC2024

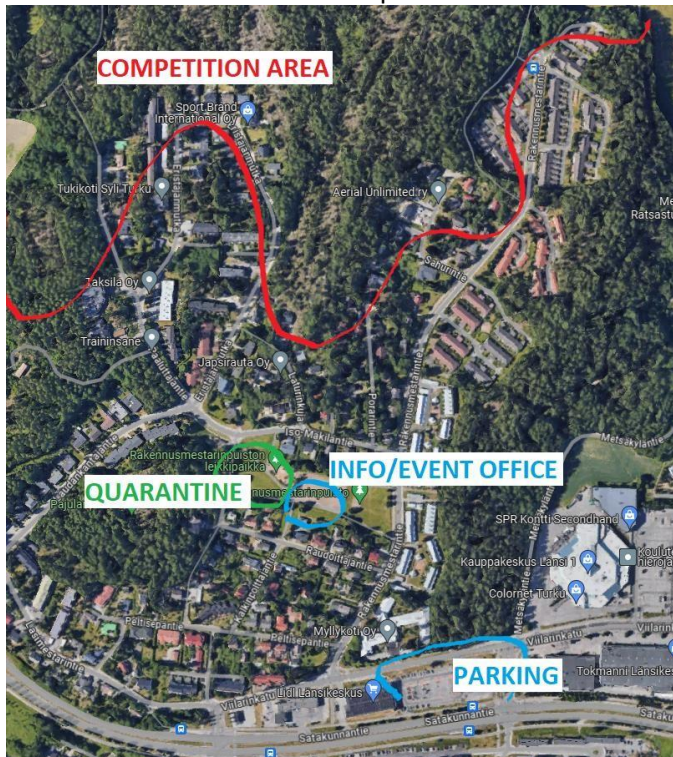
European Trail Orienteering Championships 2024

Race information / PreO 1

Distances:

Parking – Event Arena	300-500 m
Bus stop – Event Arena	400 m (Lines 6 and 7)
Event Arena – Quarantine	50 m smooth gravel / grass
Quarantine – Start	500 m asphalt
PreO course	900 m smooth gravel, 20 m climb
Finish – Timed Controls	250 m smooth gravel
Timed Controls – Event Arena	1300 m asphalt/gravel

Event Arena: Rakennusmestari's park. Coordinates: 60.474706, 22.217018



1. PreO part with 32 tasks
2. Two timed controls with 3 tasks and 6 flags

First start 10:00 (at start line)

Max time for PreO is 123 min (O) / 133 min (P)

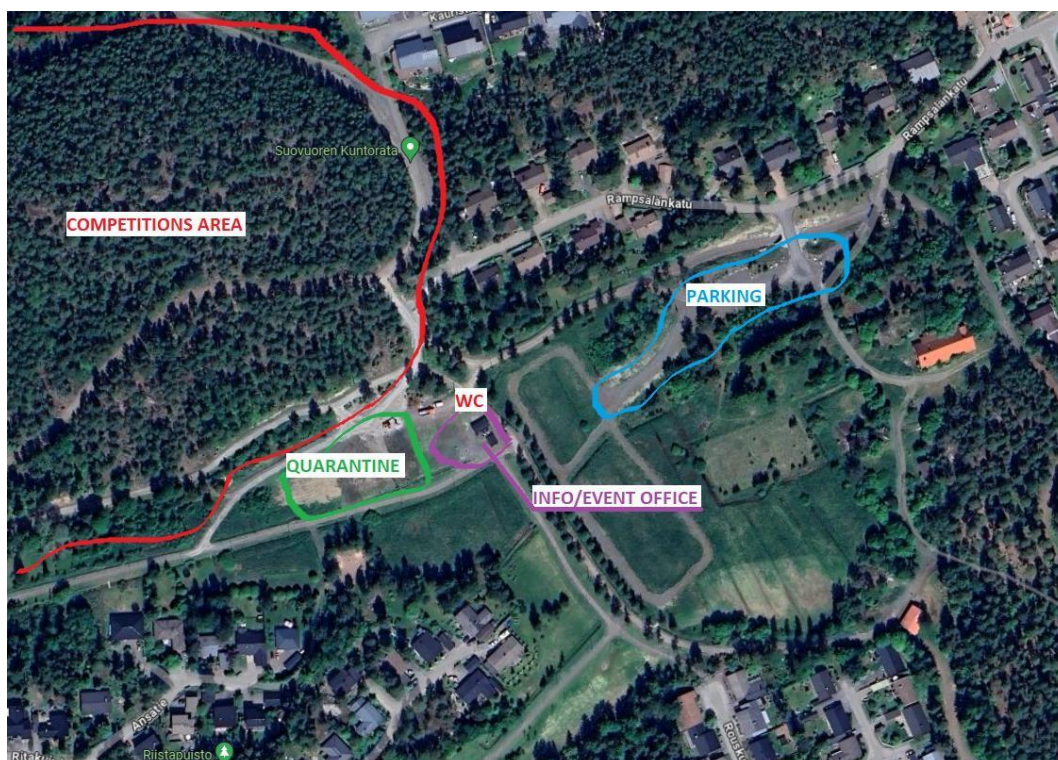
Quarantine closes 11:30

Race information / PreO 2

Distances:

Parking – Event Arena	50-200 m
Bus stop – Event Arena	1300 m (Lines 6 and 7)
Event Arena – Quarantine	50 m smooth gravel
Quarantine – Timed Control 1	150 m smooth gravel, 10 m climb
PreO, part 1	650 m smooth gravel, 15 m climb
PreO, part 1 finish to part 2 start	350 m smooth gravel, downhill/uphill
PreO, part 2	450 m smooth gravel, 10 m climb
Finish – Timed Control 2	100 m smooth gravel
Timed Control 2 – Event Arena	450 m smooth gravel

Event Arena: Suovuori outdoor recreation area. Coordinates: 60.491807, 22.048170



1. Timed control 1 with 3 tasks and 6 flags
2. PreO part 1 with 19 tasks
3. Toilet and water available
4. PreO part 2 with 14 tasks
5. Timed control 2 with 3 tasks and 6 flags

First start 10:00 from the quarantine gate

Max time for PreO is 132 min (O) / 140 min (P)

Quarantine closes 11:30

Race information / Relay

Distances:

Parking – Event Arena	50-200 m
Bus stop – Event Arena	800 m (Lines 6, 61 and 7)
Event Arena – Start	0 m
PreO course	800 m smooth gravel, 25 m climb
PreO – TempO stations	100 m smooth gravel, 10 m climb
TempO stations - Quarantine	100 m smooth gravel/asphalt
Quarantine – Event Arena	100 m asphalt

Event Arena: Kuparivuori Sports Centre. Coordinates: 60.464118, 22.022822



1. PreO part with 16 tasks
2. Two TempO stations with 5 tasks and 6 flags
3. Third leg has one extra TempO station with 5 tasks and 6 flags

Mass start 10:00 (O) / 10:15 (P)

Max total time for PreO is 216 min (O) / 225 min (P)

Quarantine: Legs 1 and 2 go to quarantine after TempO stations. They can leave the quarantine when all the competitors of the first two legs of both classes of that country have arrived. Leg 3 goes to quarantine after two TempO stations and will come from there to perform the last station in front of the spectators.



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Race information / TempO Final

Distances:

Parking – Event Arena	100-500 m
Bus stop – Event Arena	300-400 m (Lines 3 and 9)
Event Arena – Quarantine	200 m
Quarantine – Start	0 m
TempO course	1900 m, 20 m climb
Finish – Event Arena	0 m

Event Arena: Paavo Nurmi Stadion. Coordinates: 60.442174, 22.261620



9 TempO stations with 5 tasks and 6 flags

First start 14:30 from the quarantine. Quarantine closes 14:15

The event will be televised live and shown on the [Katso – Turun Sanomat](#) and also [IOF TV \(orienteering.sport\)](#) between 14.30 and 17.00.

Team officials and spectators may enter the competition area after Quarantine for competitors has closed at 14:15. At this time, an instruction map will be available from Info that shows where the stations are, where are good places to follow the stations, and where not to go. Please take care that you do not go to the viewing sectors of the stations (shown on the instruction map) and follow the instructions given by the marshals. Some most critical areas are marked with red/white tape.

Communicating with competitors during their competition is strictly prohibited, but polite encouragement/clapping after performance is more than welcome.



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Event Centre / Competition office

The Event Centre is Turun Metsänkävijät Club house.

Address: Läntinen Pitkätie 12, Turku

Telephone: +358442509175

Email: etoc2024@tume.fi



Team Official Meetings and other possible meetings will be organized there.

Accommodation

There is lots of accommodation capacity in Turku. Prices for four nights starting from 160 € (single room) and 200 € (double room). Most of the hotels and also several hostels have accessible rooms available.

<https://www.visitturku.fi/>

<https://kissmyturku.com/>

A few more reasonably priced options

[Kokoushotelli Linnasmäki, Turku](#) (with code ETOC2024 sales@linnasmaki.fi)

[Ruissalo Spa Hotel, Turku](#)

[Hotel Loimu Raisio](#)

[Gasthaus Henri, Raisio](#)

[Hotel Kivitasku, Kaarina](#)



Ceremonies

The Opening Ceremony and medal ceremonies will be held at the north corner of the Turku Market Square (60°27'07.8"N 22°16'01.5"E). Distance from Event Centre is 550 m (7 min walk). TempO award ceremony will be at Event Arena, Paavo Nurmi Stadium.

Pre-event dinner (banquet) is organized on Tuesday evening after the Opening Ceremony. We would like to offer everybody chance for socializing too and it's better to have this event before competitions than on Sunday evening when most have already left the venue. Price includes dinner and activities. www.bowler.fi

Transport arrangements

All event arenas can easily be reached by public transport (www.foli.fi/en). Only few hundred metres from nearest bus stop.

Single tickets: For single journeys, valid two hours for buses and water buses. Prices: adults €3 with contactless payment, with cash payment on the bus €4. Children under 15 €1.50 with contactless payment, with cash payment on the bus €2.

Daily tickets: Daily tickets provide you with 1-7 days of travel on buses and water buses. You can purchase daily tickets through the Föli app, service points and from Rkiosks. You can also purchase a single day ticket from a Föli ticket machine and from the driver with cash or using contactless payment.

Persons seated in wheelchairs and their escorts may travel free of charge in local buses.

There are parking areas available close to all event arenas. The organizer does not arrange any transportation.

Distances to Event Centre (Läntinenkatu 12, Turku):

Turku Airport, 9 km

Helsinki Airport, 170 km

Turku port, 4 km

Naantali port, 15 km

Turku Railway Station, 650 m

Turku Bus Station, 350 m

Distances from Event Centre to Event Arenas varies between 2 km and 15 km.



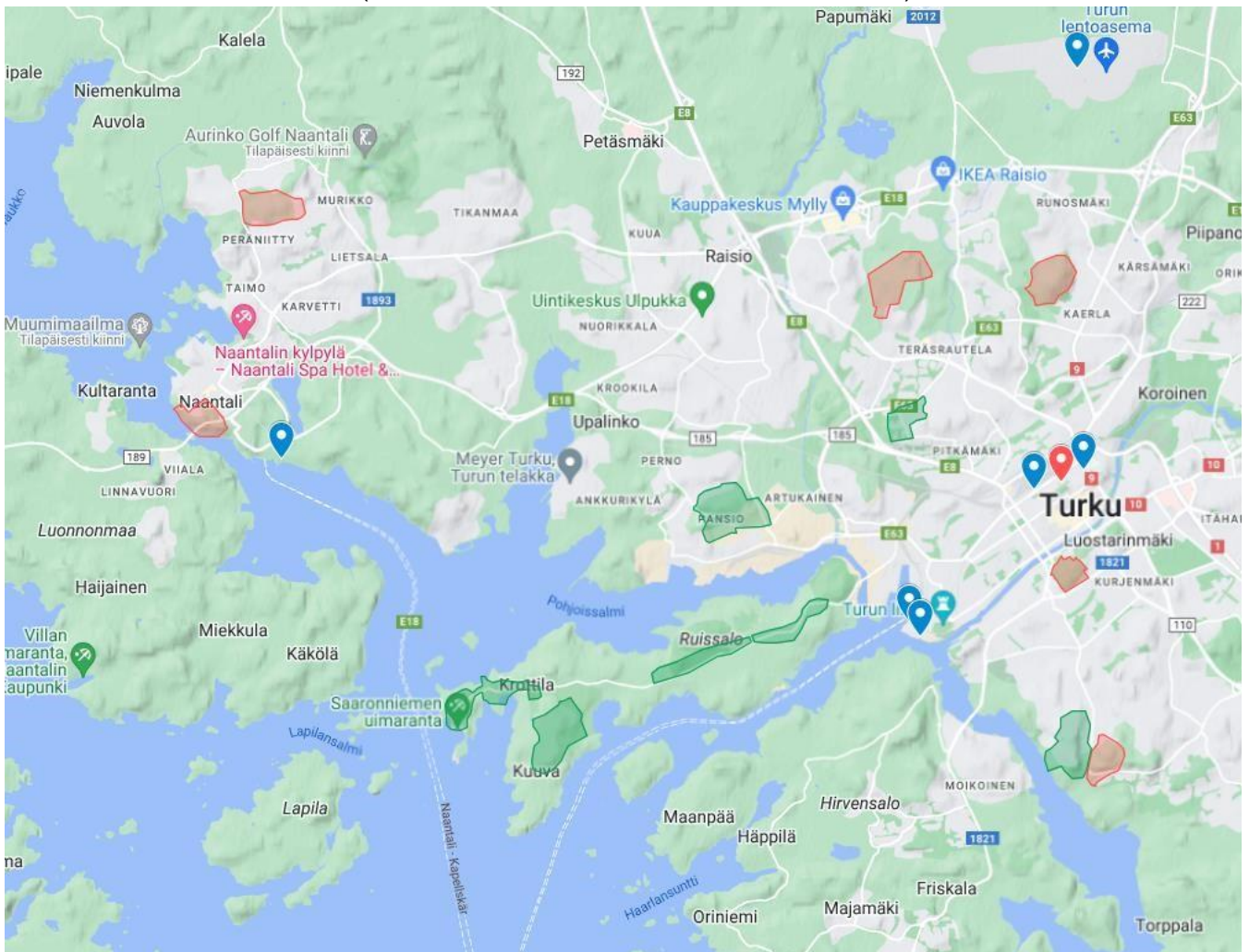
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Embargoed areas

From 29 May 2022, all potential ETOC 2024 participants, coaches, and team officials, as well all those people who could supply ETOC team members with information about the terrain, are prohibited to enter the embargoed areas. The detailed embargoed areas can be seen in [the map register of the Finnish Orienteering Federation](#) (“Harjoituskiellot”=Embargoed areas).

General map of embargoes and other locations
(RED=EMBARGO, GREEN=TRAINING MAP)



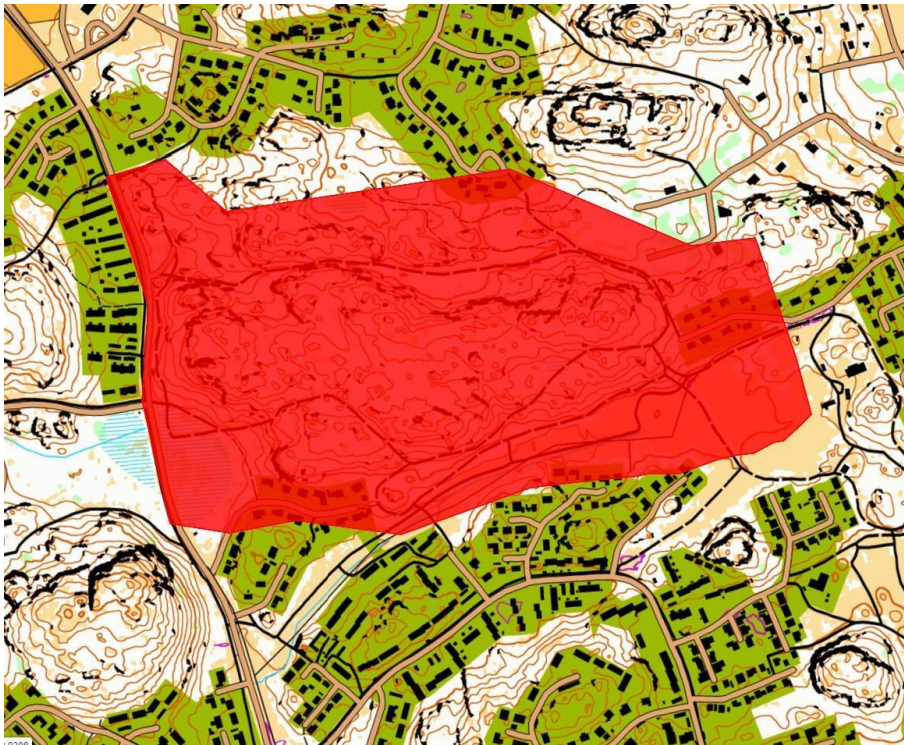
[LINK TO ABOVE MAP](#)



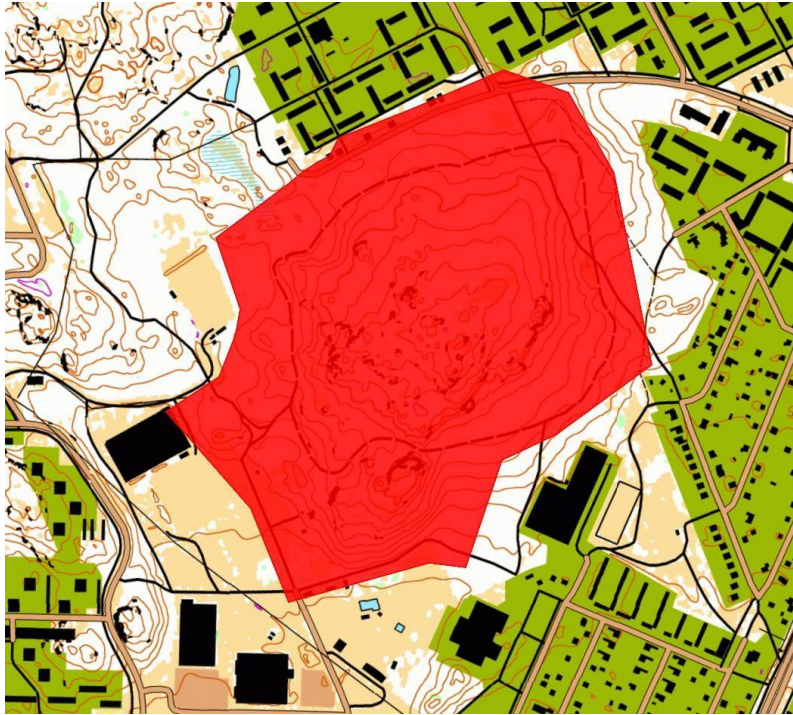
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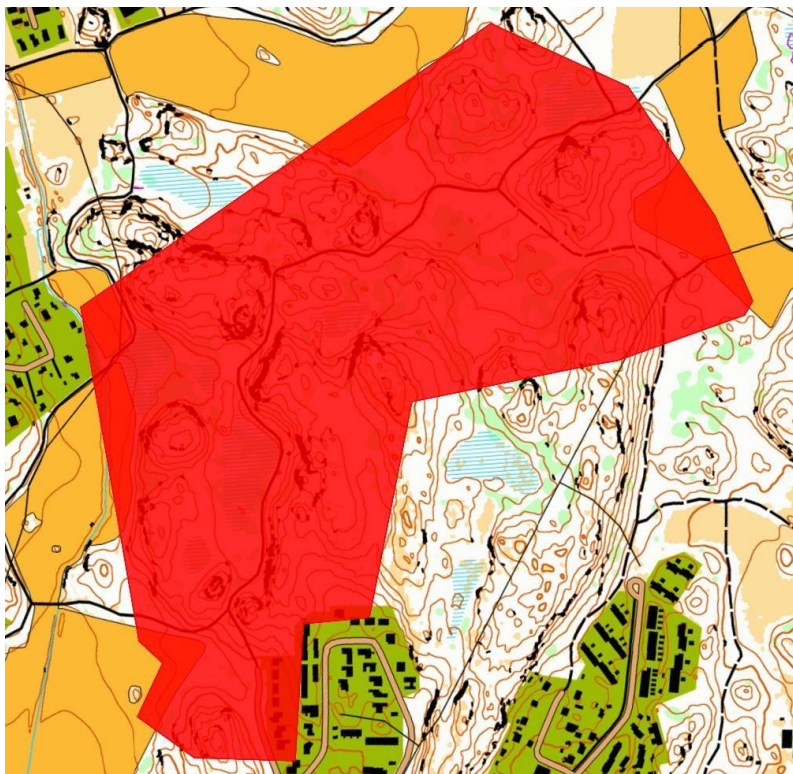
KUPARIVUORI, NAANTALI



SUOVUORI, NAANTALI



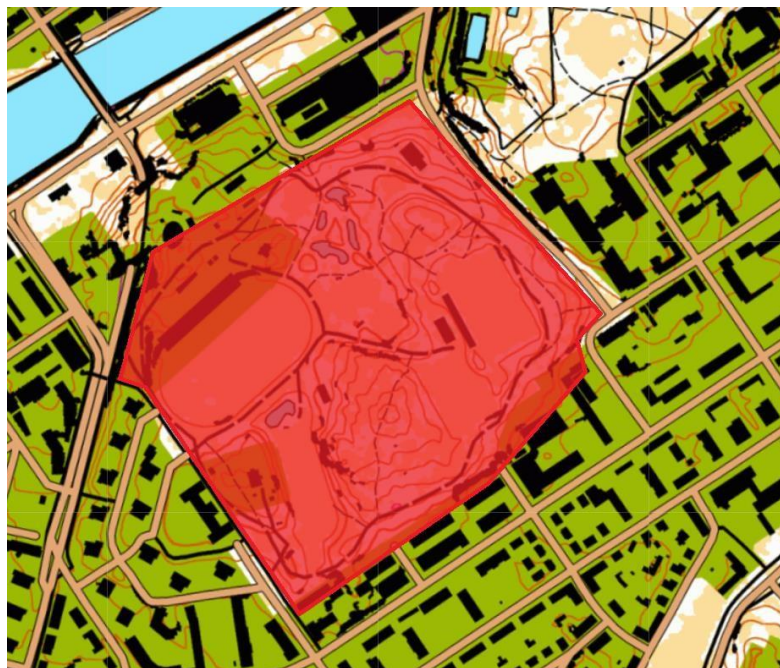
IMPIVAARA, TURKU



KUNINKOJA, TURKU



KATARIINAN LAAKSO, TURKU



URHEILUPIISTO, TURKU



Training possibilities

Training opportunities will be available. For example FinTrailO 2018 & 2020 and Nordic Match 2022 maps are available for training. Set of maps of all three events in pdf-format with price 50 €/team. Orders etoc2024@tume.fi

Available training maps/areas shown in "[General map of embargoes and other locations](#)"

Set of pdf-files of foot-o maps of competition areas are available with price 30 €/team. Orders etoc2024@tume.fi

Trail Orienteering Events in Turku area before ETOC 2024:

1.4. Huhti-Tempo and -PreO , Turku

<https://www.tume.fi/etoc2024/huhti2024>

4.-6.5. ETOC warmup, Turku

<https://www.kunnonsuunta.fi/etoc-warmup-4-6-5-2024/>

7.5. NoseHill PreO, Lieto

<https://www.trailo.fi/kalenteri/7-5-2024-nosehill-preo/>

Terrains and previous maps

RELAY, Kuparivuori, Naantali



Never used for trail orienteering competition. [LINK TO OLD MAP](#)

PreO2, Suovuori, Naantali



Never used for trail orienteering. [LINK TO OLD MAP](#)

TempO Qualification, Impivaara, Turku



Never used for trail orienteering. [LINK TO OLD MAP](#)

Model, Katariinanlaakso, Turku



Never used for trail orienteering. [LINK TO OLD MAP](#)

TempO Final, Paavo Nurmi Stadion



Never used for trail orienteering. [LINK TO OLD MAP](#)

PreO1, Kuninkoja, Turku



Never used for trail orienteering competition. [LINK TO OLD MAP](#)



Visas

The Schengen states have jointly agreed which countries' citizens are required to present a visa. Each Schengen state decides which passports and travel documents it accepts from different countries' citizens.

Check if you need a visa to visit Finland and what travel documents are accepted in Finland:
<https://um.fi/visa-requirement-and-travel-documents-accepted-by-finland>

Even if you do not need a visa to visit Finland, you need a valid passport or some other travel document accepted by Finland. It must be valid for at least ninety days after your intended date of departure from the Schengen area.

Contacts

Email: etoc2024@tume.fi

Website: www.tume.fi/etoc2024

Facebook: <https://www.facebook.com/etoc2024>

Instagram: www.instagram.com/etoc2024

Organisers



TURUN METSÄNKÄVIJÄT RY



Suomen Suunnistusliitto



OFFICIAL COMPETITION SHIRT



Official competition shirts for ETOC2024 will be the finest premium quality orienteering shirts from TRUE STORY.

TRUE STORY is an endurance sportswear brand based in Riga, Latvia. Established and managed by World Orienteering Champion Edgars Bertuks. Their concept is to offer great looking garments without compromising quality and comfort. All TRUE STORY garments are made in Latvia and all fabrics are sourced from European suppliers exclusively.

You can either preorder this fabulous shirt and receive it in May at the competition without any shipping costs or order it immediately and receive via mail. Order can be done in TRUE STORY webshop: <https://custom.truestorysport.com/en/store/etoc2024> Deadline for preorder is the 31st of March.

Find out more about the shirt and click the link above. Remember to check the TRUE STORY website for more excellent sport garments <https://truestorysport.com/>

