



## **Tallinn Orienteering Weekl 2020**

**Rakvere, Eesti**

**Bulletin 1**

01.02.2020

### **Welcome to the Tallinn Orienteering Week!**

In 2020 TOW will be held as a public race of European Orienteering Championships (EOC). It will give a great opportunity to all orienteering friends to support their favourites and then compete on the same terrain.

Competition centre is located in Rakvere - a small town in Northern Estonia. The sprint race of TOW will also be held in Rakvere. All forest distances including traditional 100CP Run will be held in the forests near Põlula and Miila.

Participants of TOW and all other spectators have a very good opportunity to take part in all ceremonies and entertainment programme of EOC. The opening ceremony of EOC will take place in Rakvere on August 19<sup>th</sup>. Different excursions offer the possibility to rest between races and visit the most beautiful and interesting places in Estonia.



## PROGRAMME

There are two middle distances, a sprint in Rakvere and the traditional 100CP Run in Tallinn Orienteering Week this year. All forest distances are held on the same terrains as EOC.

	TOW programme	TOW schedule	EOC programme
Wednesday, August 19 <sup>th</sup>	-	-	Middle qualification, Opening ceremony
Thursday, August 20 <sup>th</sup>	Middle distance	Midday	Long distance
Friday, August 21 <sup>st</sup>	Sprint	Evening	Rest day
Saturday, August 22 <sup>nd</sup>	Long distance (100CP Run)	Midday - evening	Middle final
Sunday, August 23 <sup>rd</sup>	Middle distance	Midday	Relay, Closing ceremony



## VENUE



TOW 2020 and EOC 2020 will take place in Rakvere and it's near surroundings. Rakvere is a town with 15 000 inhabitants, situated in northern Estonia, 100 kilometres from Tallinn, the capital of Estonia.

Event Centre will be situated and the opening ceremony will be held in Rakvere, all forest competitions will be held 25 kilometers south-east of Rakvere.

The closest airport is Lennart Meri Tallinn Airport (TLL), which has direct air links to numerous European cities. Located in Tallinn - 100 km from Rakvere, it takes ca 1h 20min by car to reach Rakvere by E20 highway. Riga Airport (RIX) in Latvia is 350 km from Rakvere and it is reachable by car (5h). From Stockholm and Helsinki, there are ferry connections to Tallinn and Paldiski, provided by Tallink, Viking Line and Eckerö Line.

Rakvere is easily reachable by trains and long-distance buses from all bigger towns in Estonia. From Tallinn it is 1h 20min by train and 1h 30min by bus. Rakvere train station is located 3,2km from the Event Centre and Rakvere bus station 1,4km from Event Centre.



## CLASSES

WM8NR, WM10TR, WM12, WM14, WM16, WM18, WM20, WM21A, WM21B, WM21C, WM35, WM40, WM45, WM50, WM55, WM60, WM65, WM70, WM75, WM80, OPEN1-5

NR - taped route (free starting time); TR - taped route with controls off tape (free starting time); W - women; M - men; A - technical; B - average difficulty; C - easy; OPEN - open course (free starting time; registration is possible in competition centre)



## ENTRIES

Registration can be completed through the SK100 registration environment <http://register.sk100.ee/> from the 1st of February.

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: EE382200221069278416

BIC: HABAE2X

Name of bank: Swedbank

Swedbank address: Liivalaia 8, 15040 Tallinn

Entries become valid only after payment of the entry fee.

Participant should pay all transfer fees while making a bank transfer.

## Entry fees:

O-week Pass:

(includes participating all four races)

Classes	Until April 15 <sup>th</sup>	Until 10 <sup>th</sup> August
MW 8-14	24 € = 6 €/day	30 € = 7,5 €/day
MW 16-20	32 € = 8 €/day	40 € = 10 €/day
MW 21-55	60 € = 15 €/day	86 € = 21,5 €/day
MW 60-80	40 € = 10 €/day	48 € = 12 €/day

Entry fee per day (if registering to only some days):

Classes	Until April 15 <sup>th</sup>	Until 10 <sup>th</sup> August
MW 8-14	7 €	9 €
MW 16-20	9 €	12 €
MW 21-55	17 €	25 €
MW 60-80	12 €	14 €

After August 10<sup>th</sup> there is only the possibility to participate on OPEN courses.



**INFO**

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

tow [at] sk100.ee

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



## Preliminary courses

	1st day Middle 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	~2,0	~1,3	~3,0	20	~2,0
W14	~2,0	~1,8	~3,0	25	~2,0
W16	~2,5	~2,2	~4,5	30	~2,5
W18	~3,0	~2,4	~6,0	45	~3,0
W20	~3,0	~2,6	~6,5	45	~3,0
W21A	~4,5	~2,8	~9,0	70	~4,5
W21B	~3,0	~2,0	~5,5	45	~3,0
W21C	~2,0	~1,6	~4,0	30	~2,0
W35	~3,0	~2,5	~6,5	45	~3,0
W40	~3,0	~2,5	~5,5	45	~3,0
W45	~2,5	~2,3	~5,5	45	~2,5
W50	~2,5	~2,3	~5,0	40	~2,5
W55	~2,0	~2,1	~4,0	35	~2,0
W60	~2,0	~2,1	~4,0	35	~2,0
W65	~2,0	~1,8	~3,5	25	~2,0
W70	~2,0	~1,8	~3,0	25	~2,0
W75	~2,0	~1,8	~3,0	25	~2,0
W80	~2,0	~1,8	~3,0	25	~2,0

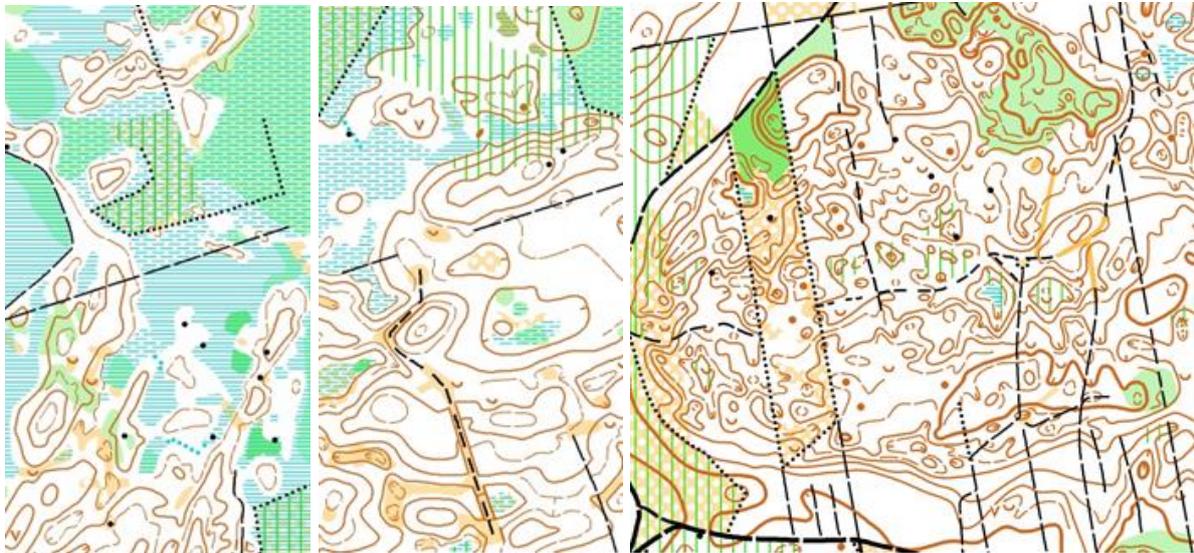
	1st day Middle distance	2nd day Sprint	3rd day 100CP (km)	3rd day 100CP (controls)	4th day Middle distance
<i>Time limit</i>	2,5 h	1,5 h	5 h		2,5 h
M8NR	~1,5/2,0	~1,5/2,0	~1,5/2,0	10	~1,5/2,0
M10NR	~2,5	~2,5	~2,5	10	~2,5
M12	~2,0	~1,6	~3,0	20	~2,0
M14	~2,5	~2,0	~5,0	25	~2,5
M16	~3,0	~2,6	~6,0	45	~3,0
M18	~3,5	~2,6	~7,5	60	~3,5
M20	~3,5	~2,8	~10,0	80	~3,5
M21A	~5,5	~3,2	~14,0	100	~5,5
M21B	~3,5	~2,4	~8,5	65	~3,5
M21C	~2,5	~2,0	~5,5	40	~2,5
M35	~3,5	~2,8	~10,0	80	~3,5
M40	~3,5	~2,8	~9,0	75	~3,5
M45	~3,5	~2,5	~9,0	70	~3,5
M50	~3,0	~2,5	~7,5	60	~3,0
M55	~3,0	~2,3	~6,5	45	~3,0
M60	~2,5	~2,3	~5,5	45	~2,5
M65	~2,5	~2,1	~5,5	40	~2,5
M70	~2,0	~1,8	~4,0	35	~2,0
M75	~2,0	~1,8	~3,0	30	~2,0
M80	~2,0	~1,8	~3,0	30	~2,0



## TERRAIN

On forest distances, the terrain has many typical moraine features (eskers, kames, drumlins). Height difference on the terrain is around 30 metres and 20 metres on one slope. There are many hillocks and depressions with depths and heights up to 10 metres. Larger marshes and flat areas are situated around streams and rivers. Depending on the weather, the marshes can be wet.

The vegetation is very varied, but most of the terrain is covered by forest. There are a lot of areas with self-sown undergrowth and high grass. Logging areas can be overgrown. Runnability varies from spruce forest with good runnability to overgrown logging areas, areas with storm-felled trees and a lot of areas with undergrowth, which all have poor runnability. Visibility varies from good to poor. A regular pattern of forest rides covers the terrain and there are some small roads and tracks.



Sprint takes place in Rakvere. Ca 50% of the terrain is mapped for the first time. Half of the terrain is houses and streets typical to small town and the other half of the terrain is historical castle and castle's hill with newly built open-air entertainment centre.



## 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.



## 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). There are four or five different open courses (depending on the day). The entry fee is 10€ per day, 6€ for children younger than 14 years old. Ticket for open courses can be bought from the info point in the competition centre. The start is open during times, which are shown in the programme.



## EMBARGOED AREAS

Participants of TOW don't have embargoed areas, but competitors of EOC and persons who may influence them have to follow the **embargoed areas of EOC**.



## 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 Rakvere takes place on city streets which are open to traffic.



## LOGISTICS

Bus transportation is organized from Rakvere to Competition Centre of forest distances and back. Detailed information (schedule and ticket fees) will be published on the home page [tow.ee](http://tow.ee) in May at the latest.

Parking in Competition Centre of forest distances is for a fee. Parking fee and system will be published on the home page [tow.ee](http://tow.ee) in May at the latest. In Rakvere (sprint), parking takes place according town's parking regulations.



## ACCOMMODATION

Accommodation possibilities: [visitestonia.com](http://visitestonia.com)



In case of interest of floor accommodation please inform us by e-mail on tow [at] sk100.ee before 15th of July.



## CLOTHES

There are no special requirements in regards to clothing.



## SERVICES AT THE COMPETITION CENTRE

	Thu, 20.08	Fri, 21.08	Sat, 22.08	Sun, 23.08
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 usually opened one hour before the starts and will be closed with the finish. If competition day of EOC will start earlier or finishes later than TOW, the luggage area is also opened accordingly. 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.



## OTHER

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



## SUPPORTERS



European Union  
European Regional  
Development Fund



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EAS  
Enterprise Estonia

