

Lahti TrailO Weekend - Bulletin 0

Friday 1st August (evening) – PreO Sprint (non-WRE). Location: Tapanila, Lahti

Saturday 2nd August – PreO1 (**WRE**). Location: Tapanila, Lahti

Saturday 2nd August – TempoO (**WRE**). Location: Tapanila, Lahti

Sunday 3rd August – PreO2 (**WRE**). Kiveriö, Lahti

The World Ranking Events (WRE) in Lahti TrailO Weekend are also Finnish Championship races. Only Finnish citizens are eligible to win Finnish Championship medals, but everyone outside of Finland are also eligible (and invited) to participate in these WRE competitions.



Picture 1. Map to show the connections from Helsinki to Lahti.

Travel

It takes approximately 1 hour to drive or travel by train from Helsinki Airport to Lahti. The two competition centers are located quite close to the city center and it is also possible to get to both of them by bus. There will be more information regarding the local bus connections in the bulletin 1.



Picture 2. Embargoed areas.

Accommodation

There are many hotel options in Lahti city center. Some of which also have wheelchair accessible rooms. A few examples are listed below.

- GreenStar Hotel Lahti
Link: <https://www.greenstar.fi/hotellit/lahti/>
- Solo Sokos Hotel Lahden Seurahuone
Link: <https://www.sokoshotels.fi/hotellit/lahti/solo-sokos-hotel-lahden-seurahuone>

In addition to the hotels, you can look into cottage rentals or hostels in the region for cheaper options.

Classes and Competition Information

Classes available will be:

1. Elite
2. Open A

All the Finnish Championship participants need to enter for Elite class.

The competitions will follow the rules for IOF Trail Orienteering Events. The latest version of the rules is available for download from the [IOF website](#).

Assistance

Pushers and punching assistance must be arranged by the participants.

Punching System

PreO: Toe Punch, provided by the organizer.

Timed controls: ANT

More Information

More details about terrain, maps, entries and fees, and a lot more, will follow in Bulletin 1. It will be published by the end of March 2025. If you've got questions, contact the Event director:

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