

# Lahti TrailO Weekend - Bulletin 1

**Organizer:** Lahden Suunnistajat -37

**Event director:** Tuomo Niskanen

**IOF Event Adviser:** Eero Hakanen

**Course planner:** Teemu Niskanen

**Mapmaker:** Janne Seppälä (PreO Sprint, TempO, PreO1); Teemu Niskanen (PreO2)

**Classes:** Elite, Open A

## **Preliminary program:**

Friday 1<sup>st</sup> August 18:00 – PreO Sprint (non-WRE). Location: Tapanila, Lahti (EC1)

Saturday 2<sup>nd</sup> August 10:30 – TempO (**WRE**). Location: Tapanila, Lahti (EC1)

Saturday 2<sup>nd</sup> August 14:00 – PreO1 (**WRE**). Location: Tapanila, Lahti (EC1)

Sunday 3<sup>rd</sup> August 10:30 – PreO2 (**WRE**). Kiveriö, Lahti (EC2)

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.

**Entries:** until July 24<sup>th</sup>

International entries to WRE competitions through Eventor:

TempO (<https://eventor.orienteering.org/Events/Show/8377>)

PreO1 (<https://eventor.orienteering.org/Events/Show/8376>)

PreO2 (<https://eventor.orienteering.org/Events/Show/8378>)

International entries to the PreO Sprint via Google Forms

(<https://forms.gle/Y2qxW4m7kFXQhLWXA>)

Finnish, and Open A class entries through IRMA:

<https://irma.suunnistusliitto.fi/public/competitioncalendar/list>

**\*NOTE!** Entries to PreO Sprint must be done separately from Finnish Championship entries due to a technical limitation in IRMA service.

## **Entry Fees:**

Elite class: Tempo 25€, PreO1 25€, PreO2 25€

Open A: Tempo 16€, PreO1 16€, PreO2 16€

PreO Sprint: PreO Sprint 16€

If you are eligible to participate in Finnish Championships (either as a Finnish citizen, or as a person living in Finland with SSL permission to participate in Finnish Championships), you need



to read the registration details from the Finnish competition invite. If you have questions regarding eligibility, please contact [tuomo.niskanen96@gmail.com](mailto:tuomo.niskanen96@gmail.com).

No entries after the July 24<sup>th</sup> deadline are accepted for Elite class. Entries to Open A class are accepted after the entry deadline with 50% higher entry fees (24€ / start).

### **Payments:**

If you do entries via Eventor then you pay the entry fee with next bank details:

Name: Lahden Suunnistajat -37

IBAN: FI38 5612 1120 3225 62

BIC/SWIFT: OKOYFIHH

Text: Lahti TrailO and competitors names

Entries via IRMA are paid either by club, or while making the entry.

### **Maps:**

Tapanila mapped 7/2025

Kiveriö sprint map 2021, updated to TrailO standard 7/2025

### **Terrain and paths:**

PreO Sprint, TempO and PreO1 are held from Tapanila ski cottage. Despite this, most of the terrain is relatively flat and contains many depressions. Visibility varies from very good (pine forest) to poor (spruce forest). The routes are mainly on gravel paths that are used in the winter as ski tracks.

PreO2 terrain is a typical Finnish forest terrain where the visibility is not as good as in the other events. There are few areas with bare rock, but most of the terrain is covered with undergrowth. This race also is held on a gravel path that is used for cross-country skiing in the winter.

### **Embargoed area:**

<https://karttarekisteri.fi/index.php/pages/maps#>





Picture 1. Embargoed areas on the map.

### **Punching system:**

PreO and PreO Sprint: Toe Punch, provided by the organizer.

Timed controls: ANT, with manual back-up.

### **Rules:**

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](https://www.iof.fi/en/competitions/trail-orienteering).

### **Assistance:**

Pushers and punching assistance must be arranged by the participants. For the steepest climbs the organizer has reserved additional assistance.

### **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.

### **Local transportation:**

From Lahti city center to Tapanila (EC1) bus line 8, 8K and 8R can be used. **Lines 10 and 4 are not allowed** as these would make you walk through embargoed area.



From Lahti city center to Kiveriö (EC2) bus lines 4 V, 4H and 8R can be used.

More information on the local bus connections can be found from LSL website.

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

**Prizes:**

Finnish Championship medals for eligible participants. PreO Sprint, WRE classes and Open A classes will be rewarded with product prizes.

**Toilettes:** Both competition centers will have wheelchair accessible toilet(s) available.

**Weather:** Daily temperature is expected to be around 15-20° Celsius.

**Website:** <https://www.ls37.fi/suunnistustapahtumat/tarkkuussuunnistuksen-sm-kilpailut-2025/>

**More Information:**

With questions, please contact the Event director:

Tuomo Niskanen, [tuomo.niskanen96@gmail.com](mailto:tuomo.niskanen96@gmail.com)

