

Biathlon Orienteering World Cup

Nammo Lapua Games from 10 to 11 May 2019 in Imatra, Finland

BOWC (events 3 and 4) will be organized in Imatra from 10 to 11 May 2019 by the Lappeenranta Garrison Athletes Association in cooperation with the Orienteering Club SK Vuoksi and the Athletes of Imatra Association. In conjunction with this event, also the Biathlon Orienteering World Cup 3 and 4 will take place in classes H/D 21.

Programme

Friday 10 May 2019

Individual Competition **Sprint**

Starts at one minute intervals: orienteering, prone shooting 5 rds + penalty loops when applicable, orienteering, standing shooting 5 rds + penalty loops when applicable, and running to the Finish.

Zeroing at 15:00, the first start at 16:30.

Saturday 11 May 2019

Individual Competition **Mass Start**

Start in classes at intervals as mass starts: orienteering, prone shooting 10 rds + penalty loops when applicable, orienteering, standing shooting 10 rds + penalty loops when applicable, and running to the Finish.

Zeroing at 9:00, the first start at 10:30.

Registration

Registration no later than on 2 May 2019 by 24:00 via email at BOWC2019@gmail.com

While registering, please submit the following information: Last Name, First Name, Sports Club, Year of Birth, Class, Competitions, Emit number or the need for a rental Emit card (make a note on this) that will be charged a fee of 5 Euros.

Fees

Sprint 20 € / competitor, Mass Start 24 € / competitor.

The fees must be paid no later than 2 May 2019 to the bank account of Lappeenrannan Varuskunnan Urheilijat (Lappeenranta Garrison Athletes Association)

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- Please note that the payment notification must also indicate the names of the given participants.

Punching system

All classes will utilise the Emit punching system in both the competitions. An Emit card can also be rented (see Registration above). A non-returned Emit card will be charged a fee of 80 Euros.

Map

Sprint 1:4000, 4/2019, printed map.

Mass Start 1:10 000, 4/2019, printed map.

Getting changed and washing up

Getting changed will take place in terrain conditions, but there will be no possibilities for washing up in the field.

Guidance to destination

In Imatra, by the exit from Route 6 to Korvenkannantie, there will be guidance to the Competition Centre that is located at the Ukoniemi Stadium. The distance from the exit to the destination is approximately 3 kilometres, some 5 minutes by car.

Parking

Parking areas will be available in the immediate vicinity of the Competition Centre. The walking distance from the parking area is c. 500 metres. No parking fees.

No-entry area

The no-entry area covers the terrain between the competition area and that of Ukonniemi-Rauha. The competition organisers request that the competitors and their personnel abide by this set restriction.

Recommended accommodation

The competition organisers recommend that the competitors utilise the accommodation available in Imatran Kylpylä, the Imatra Spa Resort that is located only a kilometre from the Competition Centre in the address Purjekuja 2, 55420 Imatra.

The accommodation options available can be accessed online at www.imatrankylpyla.fi

The competition organisers have provisionally pre-booked rooms for competitors in Imatran Kylpylä at the following discount rates per room:

Accommodation	Sport	Standard	Promenade
Room for 2	80 Euros/day	114 Euros/day	134 Euros/day
Room for 3	110 Euros/day	144 Euros/day	164 Euros/day
Room for 4	140 Euros/day	-	194 Euros/day

When booking, please use the reference code 'BOWC2019'. These discount hotel room rates also include access to the fitness gym and spa facilities with Spa Taikametsä as well as a wholesome Breakfast Buffet. The hotel room bookings need to be made by 2 May 2019 via email at myynti@imatrankylpyla.fi or tel. +358 300 870 502 (0,69€/min+local network charge).

Meals

The organisers recommend that the competitors have their meals in Imatran Kylpylä. The Competition Centre sports a canteen that sells refreshments, coffee/tea, and both sweet and salty snacks.

On Friday 10 May 2019 at 17:00-21:00, there will be a special buffet meal available in Imatran Kylpylä. The menu will feature

- a fresh salad buffet, the soup of the day, a selection of fish and meat cold cuts, pasta and warm main course options as well as a selection of bread and dessert sweets with coffee/tea/hot chocolate. Drinks: milk, water and the Spa's own home-made ale.
Price: 17 €/person.

Please make the reservations for this meal in advance by 6 May 2019 via email at myynti@imatrankylpyla.fi or tel. +358 300 870 502 (0,69€/min+local network charge).

Competition Information

Available online at www.skvuoksi.fi.

Officials

Executive Director of the Competition: Jari Kivelä, tel. +358 2 99 460 721
email BOWC2019@gmail.com

Course Setter and Planner: Teemu Korhonen
Competition Controller: Marko Haapiainen