



BIC 28–30 October 2022



Baltic Junior Cup, 28–30 October 2022

Bulletin 1

The organizers, Finlands Svenska Orienteringsförbundet FSO and OK Raseborg, warmly welcome participants from the Baltic Sea region to the Baltic Junior Cup 2022, which will take place in Ekenäs/Tammisaari, Raseborg/Raasepori, on 28–30 October 2022.

General information

The event centre and hard floor accommodation (for the BIC regions/nations) are located in the town of Ekenäs/Tammisaari in the municipality of Raseborg/Raasepori. Ekenäs is situated approximately 90 kilometres west of the capital Helsinki/Helsingfors and 100 kilometres south-east of Turku/Åbo (approximately 1.5 hours by bus and 1.5 hours by train from both directions). The competition arena will be at Grabbskog rally cross track, Tenalavägen 416 (road 52), nearby the lake Grabbskog storträsk. The distance from the event centre and the accommodation to the arena is approximately 6 km (10 minutes by car or bus).

Organizers

Finlands Svenska Orienteringsförbundet FSO and OK Raseborg.

Preliminary programme

Friday 28 October

15:00

Check-in/registration at the event centre and (hard floor) accommodation.

Model event or possibility to train in the terrain nearby (distance from the event centre ca 4 km).

17:00–19:00

Dinner at the accommodation.

18:00

Team leaders' meeting for the long-distance competition.

Saturday 29 October

7:30–9:00

Breakfast at the accommodation.

11:00

First long-distance start.

12:00–14:00

Lunch at the competition arena.



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16:00

Deadline for submitting relay line-ups.

17:30–18:30

Dinner at the accommodation.

20:00

Prize-giving ceremony.

20:30–23:00

Evening programme/social gathering for the teams.

20:30

Team leaders' meeting for the mixed relay.

Sunday 30 October

6:30–7:30

Breakfast at the accommodation.

9:00

Mixed relay start.

12:00

Prize-giving ceremony at the competition arena.

10:30–12:00

Lunch at the competition arena and departure.

Participants

Representing the BJC nations/regions: Denmark, Estonia, Finland (FSO), Latvia, Lithuania, Poland, Sweden (Småland) and Sweden (South Sweden).

Optional invited teams representing other regions from Finland (Häme, Uusimaa, Varsinais-Suomi). Optional invited teams cannot achieve BJC championships or medals but will get results and other prizes.

Entries and fees

Entries are made using a registration form, one registration per nation/region. Last entry date is 5 October. On the registration form, please fill in the following information:

- Name of the nation/region.
- List the runners in order according to class.
- Within each class, list the runners in order from the weakest to the strongest in rank (the highest ranked last).
- For each runner:
 - Class
 - Surname



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- First name
- Year of birth
- EMIT number (or need of rental EMIT).
- For GPS tracking in classes W20 and M20, please indicate two runners in W20 and M20 who will wear the tracking unit.
- For team leaders:
 - Surname
 - First name.
- Total participation fee for the whole regional/national team (entry fee: for the BJC nations/regions 40 € for each athlete and team leader; for the optional invited teams, see below).
- Contact information for the team:
 - Name
 - E-mail
 - Phone number.

If possible, please consider providing some background information on the runners. This would be highly appreciated by the arena speaker.

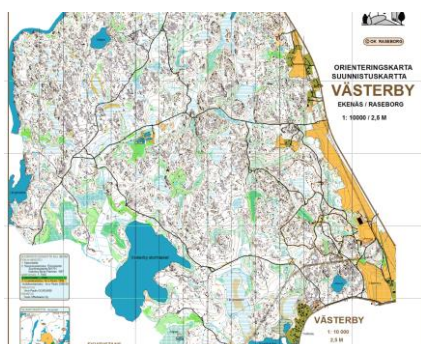
The organizers will provide a rental EMIT card for entries without EMIT numbers. Fee 4 €/card, 80 €/lost card.

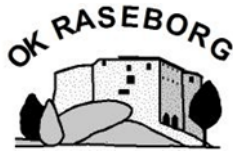
For BJC-nations an entry fee of 40 € will be charged for each runner and each team leader. This member nation's participation fee covers also accommodation and meals.

For other Finnish regions wishing to participate as an optional invited team, an entry fee of 220 € will be charged for each team of six members, consisting of the fee for six individuals for the long-distance competition and the fee for a mixed relay team of six runners. This participation fee for optional invited teams does not cover any accommodation or meals; these Finnish teams arrange their meals and accommodation by themselves. NB: It is not possible to participate only in the individual or the relay competition; we expect all teams to participate in both competitions. **See competition rules.**

The participation fee must be paid when registering the team, by Monday 10 October 2022 at the latest. Account details: IBAN FI85 4055 0012 0994 83, bank name: Aktia Bank. BIC/ SWIFT: HELSFIHH Account holder: Finlands Svenska Orienteringsförbund r.f.

Old map



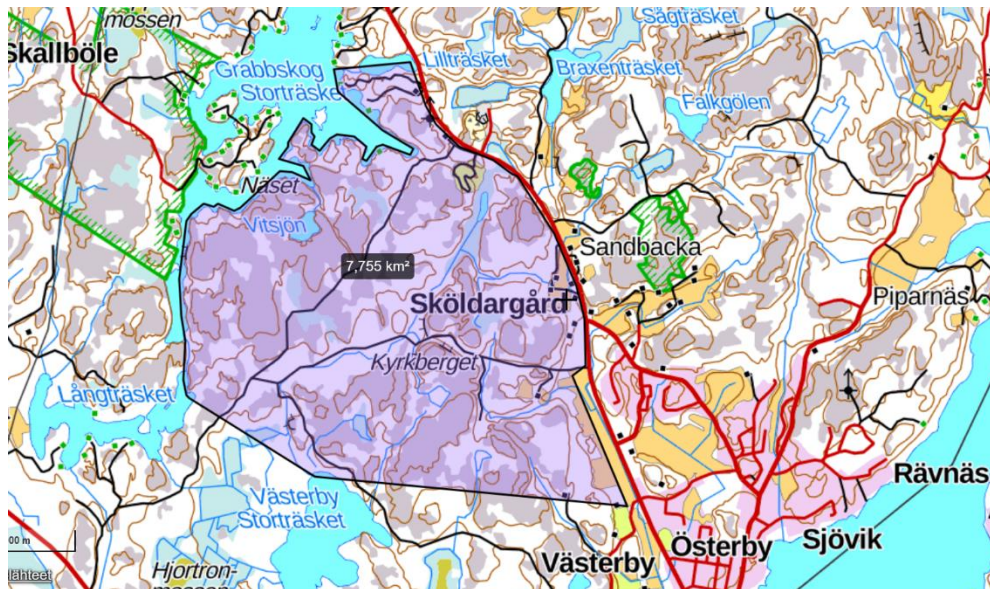


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Embargo

Participants and team leaders are not allowed to use the embargoed area (marked in purple) for training before 30 October 2022.



Classes

- Long-distance: M16, W16, M18, W18, M20, W20.
- Women and men have the same ideal winning times; these are gender-neutrally adapted times based on IOF's instructions for winning times in JWOC and EYOC:

Classes	Minutes, women	Minutes, men
Long distance		
W/M 16	40	40
W/M 18	45	45
W/M 20	60	60
Relay, each leg	25–35	25–35

- Mixed relay: 1st leg M18 (1st runner) and W18 (2nd runner); 2nd leg M16 (3rd runner) and W16 (4th runner); 3rd leg M20 (5th runner); 4th leg W20 (6th runner).

Competition between the BJC regions or nations

The overall standings of the regions/nations will be calculated on the basis of the results of each region's or nations's three best individual runners of each class in the long-distance competition together with the three best mixed relay team results.

In order to get an overall result in the competition between regions and nations, each region/nation must have at least three runners in each class and three teams participating in the relay. The Finnish regions participating as optional invited guests can also achieve an overall result if they have enough participants and relay teams, but BJC medals can be won only by BJC nations.



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Open courses

There will be open courses available. More information in bulletin 2.

Punching system

EMIT will be used. The organizers provide rental EMIT cards (4 €) for entries without EMIT number; 80 €/lost card.

Accommodation

Accommodation on hard floor. Please bring your own sleeping bags and mattresses.

Officials

Event director: Kristian Forsell, OK Raseborg.

Event controller: Anders Westerlund, OK77.

Contacts

Event Organizer – OK Raseborg:

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Website

<https://okraseborg.fi/baltic-junior-cup-2022/>

Bulletin 2 will be available on the competition's website approximately one month before the competition.