

SISESUUND indoor orienteering 2019/2020

Bulletin

Indoor orienteering Sisesuund 2019/20 takes place from November 2019 until March of 2020. There are six competition in that series Sisesuund. Competitions are held in Tallinn in buildings which are exciting and function for different reasons (like a secondary school, television centre, university etc). There will be an updated bulletin available for every competition one week before the competition.

COMPETITION:

Date		Start	Building	Address	Organizer
14.11.2019	Th	18.00	Gustav Adolf Grammar School	Suur-Kloostri 16	OK TON
21.11.2019	Th	18.00	Estonian Public Broadcasting Television building	Gonsiori 27	SK Mercury
05.01.2020	Fr	11.00	Estonian Academy of Arts	Põhja Puiestee 7	LSF PT
20.01.2020	Mo	18.00	Tallinn Creative Hub	Põhja Puiestee 27a	OK Nõmme
06.02.2020	Th	18.00	Lasnamäe Russian Grammar School	J. Koorti 23	SRD
Mar 2020			Estonian Academy of Security Sciences	Kase 61	SK100

CLASSES:

M14 (boys, born 2006 or later)

M18 (boys, born 2002 or later)

M21 (men, no age restriction)

M45 (men, born 1975 or earlier)

M55 (men, born 1965 or earlier)

M65 (men, born 1955 or earlier)

N14 (girls, born 2006 or later)

N18 (girls, born 2002 or later)

**N21 (women, no age restriction
earlier)**

N45 (women, born 1975 or earlier)

N55 (women, born 1965 or earlier)

N65 (women, born 1955 or earlier)

V (open course, no restriction)

M35 (men, born 1985 or earlier)

**N35 (women, born 1985 or
earlier)**

MAP: Map scale is 1:500-1:2000. Different floors are depicted on the map above each other. Maps are not oriented on magnetic north, but according to the building geometry. There will be used orienteering symbols invented for indoor orienteering. There may be specially made obstacles, some hallways or staircases are changed to one-way direction. Competitors are prohibited to cross those obstacles. Map example from a previous indoor-orienteering held in Tallinn in Gustav Adolf Grammar School in the elementary school building:

<http://www.ton.ee/siseogag2019/>

COURSES: In the bigger buildings there will be one race, in the smaller buildings there will be two races for everyone. The results of the two races will be added together. The added result of the winner is approximately 30-40 minutes, optimum length of distance is 2-6 kilometres. There are courses with different length:

V (open)	short and very easy
M14, N14, M65, N65	short course
M18, N18, M55, N55	middle course
M21, N21, M35, N35, M45, N45	long course

PARTICIPATION FEE	until 4 days before the race	later
MN21, MM35, MN45, MN55	12 €	18 €
MN14, MN18, MN65, V	5 €	8 €

PUNCHING SYSTEM: The SPORTident punching system will be used (no AIR function). SI card may be hired from the organizer. SI card hire fee is 1€.

RESULTS: Results will be published on the TON web page (www.ton.ee) on the same day. There will be overall result counting in all classes except V (open) course. Overall results counting is as follows: 1st place will get 50 points, 2nd place 45 points, 3rd place 41 points, 4th place 38 points, 5th place 36 points and so on.

PRIZE GIVING: There will be awarded prizes to the first three in every class according to the overall points, the sum of the best five competition results in the season will count. Prize giving takes place at the last competition location after the competition.

REGISTRATION: Registration is possible in <https://osport.ee/> or by e-mailing triina.preden@gmail.com. If there reserved places are available in the start list, it is possible to register at a higher price.

NB! Only a limited number of competitors allowed for each event – maximum 300 participants per one competition.

SAFETY AND RESPONSIBILITY: All participating competitors take their own safety precautions and will be fully responsible for any injuries which might occur. Move carefully on stairs. Walls of the rooms and barriers could be made from glass.

ADDITIONAL INFORMATION: Competitors are not allowed to use shoes with spikes or studs. Competitors cannot use shoes which leave marks on floors. All competitors get number bibs which they must use during the competition. There are instructors for beginners.

There will be photographing and filming during the competitions and it will be published later. If you do not want to be photographed or filmed, then you must inform in advance. The results are published by name.

Competition web page is <http://www.ton.ee/siseo20192020> and Facebook page [Siseorienteerumine](#). You will find more information there.

GUIDED TOUR IN THE BUILDINGS: In general, there is a guided tour in the building after the competition about the building history and the construction the building. The first 20-30 competitors according to the registration to the competition may participate in the tour. Exact information about the tour will be published before each competition.

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Registration and results: Triina-Britt Preden triina.preden@gmail.com

ORGANIZERS: OK TON, SK100, SRD, SK MERCURY, LSF PT, OK NÕMME

PARTNERS:



Seikleva kultuuri jõujaam

SISEKAITSEAKADEEMIA