



Updated: Information of sighting points (21.5.2026)

COMPETITION INSTRUCTIONS

Rasti-Jussit, together with the Seinäjoen Hiihtoseura, will organize the Finnish Biathlon Orienteering Championship classic distance competition and the national sprint competition on May 23-24, 2026. The competitions are also Lapua Cup competitions #3 & #4 and World Cup competitions #1 & #2 for D21 and H21 classes.

COMPETITION CENTER

Jouppilanvuori Biathlon Stadium (Jouppilanvuorentie 66, Seinäjoki). Directions to the competition center from the beginning of Jouppilanrinne road. Parking at the competition center.

MAP AND TERRAIN

The orienteering map printed on weatherproof paper will be used on both days. The terrain is a popular outdoor recreation area in the city of Seinäjoki, where people move around daily both on bicycles and on foot, and where there is therefore an extensive trail network, and not all smaller outdoor trails may be marked on the maps. The terrain is diverse, with old spruce forests, dense saplings of different ages in places, and also fast open rock bog terrain. The differences in elevation are moderate, but the swampy terrain between the hills may slow down the running pace in places. The special long distance Finnish Championship race was held in this terrain in 2024. The map was created by Timo Joensuu and Janne Weckman from 2022-2024, and has been updated mainly in terms of vegetation description by Rasti-Jussit orienteers. Following the storm Hannes, there are some fallen trees in the terrain that are not separately marked on the map.

COMPETITION MANAGEMENT

Competition Director: Antti Iivari
Course Master: Matti Vainionpää
Shooting Director: Mika Rinta-Keturi
Results: Jukka Aho
Safety Manager: Jukka Vainionpää

NUMBERS

Number vests are used in the competition, which can be collected from the INFO and returned after at the finish line on both days. An unpaid number will be charged 70 €.

STAMPING SYSTEM

The Emit system is used in the competition. There is a 0-stamp at the competition center's model control, which can be used to check the functioning of your Emit card. Loan Emits can be rented from





the INFO, the rental fee is six (6) euros. An unreturn Emit card will be charged 70 €. Each competitor is responsible for the functionality of their Emit card. Check that your Emit number is correct on the start list. Emit changes must be made to the INFO before starting. Check papers are available at the starting location.

WC, DRESSING AND WASHING

At the competition centre with a toilet trolley. There are no WC facilities at the starting points. There is a changing room at the competition centre but no washing facilities.

WEAPONS AND CHECKS

The weapon is intended for biathlon regular use (including a minimum trigger pull of 500g). The weapon must not have a harness. The use of a safety flag on the weapon is recommend. The safety flags are selling at the competition center for €10 each.



Example for safety flags

Weapon checks are carried out at random.

WEAPON RACKS AND EQUIPMENT

Weapons are stored in the rack in the place corresponding to the competition number during the competition. No other optional equipment may be placed on the weapon rack. All other equipment must be carried with the competitor throughout the competition.

PROHIBITED AREAS

Prohibited areas are marked on the map in the purple color of the prohibited area. Going to the yards is prohibited.



START TIMES AND RESULTS

Start times and online results can be found on the competition website rastijussit.fi. After the results are completed, the results are displayed on the scoreboard by series, and a 15-time protest period starts. The results can also be viewed on the website after the competition.

START FUNCTIONS

3 min before the start: The competitor is called to the starting grid

2 min before the start: The competitor resets the Emit.

1 min before the start: The competitor moves next to his map.

At the start: The competitor can look at the map and the competition begins.

SHOOTING

The shooting place can be chosen freely. Lying positions are on the right side of the shooting range and standing positions are on the left side. Lying and standing positions are separated by a sign and can be determined as needed during the competition. If there are no free shooting places, the competitor will punch himself in the waiting area and when a shooting position becomes available, he will use another punch to mark himself out of the waiting area. The waiting time will be deducted from the competitor's performance time.

UNFINISHED

The competitor who has unfinished the competition has to reach the finish and announces his/her abandonment at the Emit card inspection.

DRINK SERVICE

There are no drink stations provided by the organizer on the terrain, but competitors can place their own drinks by the marking line leading to the shooting range.

FIRST AID

Located in the competition center.

KIOSK

There is a kiosk in the competition center, where small sweet and salty snacks are sold.

COMPETITION JURY

To be announced on the competition score board.





AWARDS

At the competition center immediately after the results are announced. Follow the announcer's instructions. On Saturday, the Finnish Championship medalists and the top three in the D21 and H21 classification of the World Cup will be awarded. On Sunday, the top three in the D21 and H21 of the World Cup, as well as the winners of the different series, will be awarded. In the H/D14 series, all participants will be awarded.

PHOTOGRAPHY

There may be photographers at the finish line and on the terrain. By participating in the competition, the competitor agrees that his/her photo may be used in communication regarding the competition.

NORMAL DISTANCE 23.5.2026

MAP AND COURSE SPECIFICATIONS:

Location orienteering: Map scale 1:7 500 (A4), curve spacing 2.5 m (all series)

Orienteering: Map scale 1:10 000 (A4) series H21, H35, H40, H45, H20, D21. Other series 1:7 500 (A4).
Curve spacing 2.5 m

Codes of controls are only on the map, no separate codes of controls.

TARGETING:

12:00-13:20. Demonstration break at 12:45, listen to the shooting director's instructions. The aiming places can be found on the table on the shooting range.

DEMONSTRATION:

Demonstration of competition operations at 12:45, during which the aiming shooting will be suspended.

FIRST START:

First start at 1:30 pm. Distance to the start is approximately 650 m. Warm-up only on the signs leading to the start, and on the road leading to the competition site.

COMPETITION PROCEDURE:

LOCATION ORIENTEERING – PRONE SHOOTING – ORIENTEERING – STANDING SHOOTING – RUN TO THE FINISH.





The classic distance begins with the location orienteering section. At the start, the competitor receives a map with his competition number, on which a startpoint is marked on an empty map. The numbers 1-10 on the back of the map, the competitor connects the location of the control he marked with a pen found at the control. In the H/D14-16 and H/D70-80 series, there are less checkpoints and the extra numbers are also crossed out from the competitors' maps. Mark by making a hole with a needle at the checkpoint point and drawing a solid line from the resulting hole to the corresponding checkpoint number on the back of the map. An extra unconnected hole does not cause a time penalty, but an extra time penalty causes a maximum time penalty. Using your own needle is allowed. An incorrectly marked checkpoint location causes a time penalty so that 1 mm = 1 min time penalty, but at least 10 min/checkpoint. Marking a checkpoint by circling causes a maximum time penalty.

The location orienteering is marked with a solid tape, from which you cannot deviate by 5 m, and you cannot return on the route. The approximately 3 km long route is marked on the terrain with a solid white tape. In the H/D14-16 and H/D70-80 series, there is a shorter route, which is corrected separately on the route, separately marked here. The correction is marked with a solid yellow tape, and the separation point is marked with signs.

There are 5 own positions and 5 sighting points along the marking (3 own positions and 3 sighting points on the shorter route). The own positions are marked with a blue sheet and blue tape on the ground. **The sighting points are marked with a yellow sheet and yellow tape on the ground. In addition, the sighting points have a control description and a lookout tube that points to a checkpoint control flag. Don't leave the pen before you have marked the control your own map.**

End of location orienteering you have to punch and give the map to the organizer. From here, the shooter runs along the marking to the prone shooting.

The competitor takes his weapon from the gun rack and freely chooses a prone position by rotating the gun racks counterclockwise. The weapon is carried by holding the barrel with the barrel facing up. The competitor fires 5 shots into the barrel, then shouts "CHANGE" to the organizer, who will arm the targets while the competitor changes the magazine and shoots another 5. Note: H/D14 series participants are allowed to use a shooting support during shooting (the guardian may help carry the weapon and support to and from the shooting site). Hits and missed shots result in a 2-minute time penalty. After the shooting competitor gets up and rotates the gun racks, then rotates counterclockwise, returns the weapon back to its own rack, continues to the rack and continues along the signage to the orienteering section maps and further to the startpoint of the orienteering section.

From the last control of the orienteering section, there begins a marking to standing shooting, shooting goes similar for standing targets as from prone. In the H/D14 and H/D16 series, both shootings are shot on prone targets. After shooting returns the weapon back to its own rack and continues along the signage to the finish.

The competitor's running time ends with the finish line stamping, after which he goes to the stamp check. After the stamp check, he must accept any penalty minutes for the location orienteering according to the organizer's instructions. The correct answers for the location orienteering can be



found on the model map at the approval point. Your penalty minutes are accepted by signing your name on the organizer's list.

The competitor's total time is made up of the completed running time, any penalty minutes for the location orienteering, and the penalty minutes for shooting.

COMPETITION ROUTES

The length of the location orienteering is approx. 3 km, except for the series H/D14-16 and H/D70-80, where the length is approx. 2 km. The distances of the orienteering section are listed below by series:

H21 7.4 km (18 controls)

D21, H35, H40, H45, H20 6.3 km (15 checkpoints)

H50, H55, H18 5.1 km (14 controls)

K60, K16, D35, D40, D45, D20 4.8 km (12 controls)

H65, D50, D55, D18 4.1 km (11 controls)

H70, D60, D65, D16 3,8 km (10 controls)

H75, H80, H14, D70, D75, D14 3,3 km (9 controls)

SPRINT 24.5

MAP AND COURSE SPECIFICATIONS:

Orienteering: Map scale 1:7 500 (A4), curve spacing 2.5 m (all series)

Codes of controls are only on the map, no separate codes of controls.

TARGETING:

9:30-10:50. Demonstration break at 10:15, listen to the shooting director's instructions. The aiming places can be found on the table on the shooting range.

DEMONSTRATION:

Demonstration of competition operations at 10:15, during which the aiming shooting will be suspended.



FIRST START:

First start at 11:00 am. Distance to the start is approximately 500 m. Warm-up only on the signs leading to the start, and on the road leading to the competition site.

COMPETITION PROCEDURE:

ORIENTEERING– PRONE SHOOTING (AND POSSIBLE PENALTY LOOPS) – ORIENTEERING – STANDING SHOOTING (AND POSSIBLE PENALTY LOOPS) – RUN TO THE FINISH.

The sprint competition begins with an orienteering section, where the both orienteering sections are drawn on the map. From the last control of the orienteering section there is the marking to the prone shooting.

The competitor takes his weapon from the gun rack and freely chooses a prone position by rotating the gun racks counterclockwise. The weapon is carried by holding the barrel with the barrel upwards. The competitor fires 5 shots at the falling targets and the official marks the hits. Note. H/D14 competitors are allowed to use a shooting support during shooting (a guardian may help carry the weapon and support to and from the shooting position).

Each missed shot results in a penalty round. The competitor gets up and returns the weapon to its own place in the rack and continues to the second orienteering section or run the penalty loops for every missed shot. Series M21 & H20 have a longer penalty loop and other series have a shorter penalty loop. Penalty loops have lap counterers and video recording. The competitor is responsible for completing right amount penalty rounds. After the penalty loops, the competitor continues to the second orienteering section, which continues with a control marked on the map (remember to stamp it!)

From the last control of the orienteering section is marking for standing shooting, where shooting is performed on standing targets in the same way as from prone. In series H/D14 and H/D16, both shootings shoot at prone targets. The weapon is returned back to the rack and competitor run to the finish according to the shooting, either directly or after possible penalty loops.

COMPETITION ROUTES

H21 3,9 km (16 controls)

D21, D20 3,6 km (15 controls)

H35, H40, H45, H20, H18, D35 3,4 km (13 controls)

H50, H55, H16, D40, D45, D18 3,0 km (12 controls)

H60, H65, H70, D50, D55, D16 2,7 km (13 controls)

H75, H80, H14, D60, D14 2,4 km (12 controls)

