



## **BULLETIN 1**

# **ESTONIAN CHAMPIONSHIPS IN ORIENTEERING LONG DISTANCE & YOUTH AND VETERANS RELAY**

**5–6 September 2026, Valgamaa, Estonia**

# ORGANISERS

## MTÜ Aarain Team

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## Estonian Orienteering Federation

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# CONTACTS

Event website

[team.aarain.ee/en/emv2026-en](http://team.aarain.ee/en/emv2026-en)

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Event Director **Paul Aares Fjodorov**

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Course Setter **Mait Tõnisson**

Estonian Orienteering Federation Adviser

**Kaarel Hendrik Zernant**

IOF Adviser

**Leho Haldna**

# LOCATION

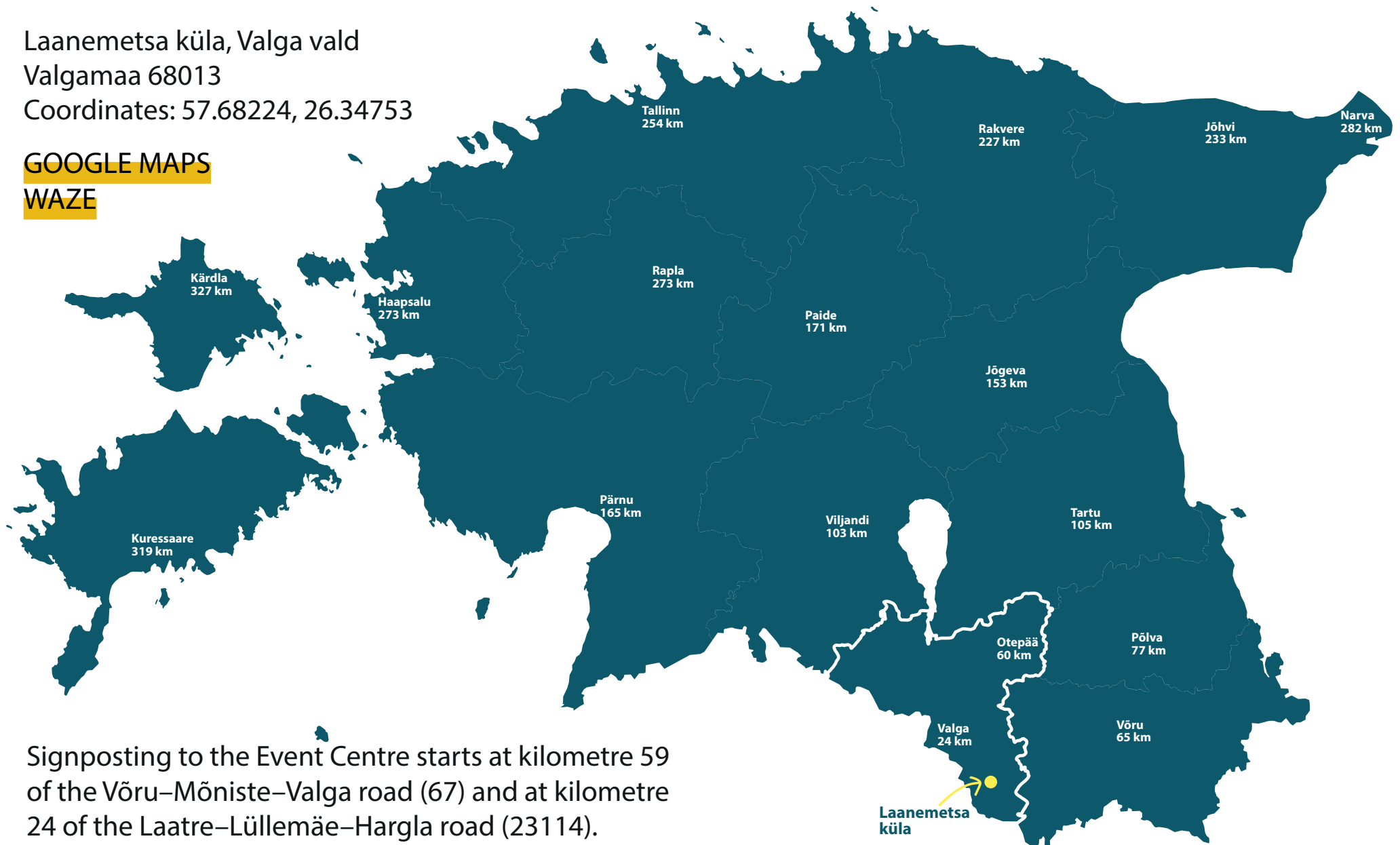
Laanemetsa küla, Valga vald

Valgamaa 68013

Coordinates: 57.68224, 26.34753

GOOGLE MAPS

WAZE



Signposting to the Event Centre starts at kilometre 59 of the Võru–Mõniste–Valga road (67) and at kilometre 24 of the Laatre–Lüllemäe–Hargla road (23114).

# SCHEDULE

## Saturday, 5 September

### Long Distance

**12:00** Event Centre opens

**14:30** First long-distance start

**15:30-18:30** Lunch / dinner served at Event Centre

**18:00** Prize-giving ceremony

**18:00** Finish closes

**19:00** Deadline for registering orders of relay teams in [Osport.ee](https://osport.ee)

## Sunday, 6 September

### Youth & Veterans Relay

**9:30** Event Centre opens

**11:00-11:30** Mass starts

**12:00-15:00** Lunch served at Event Centre

**14:30** Prize-giving ceremony

**15:00** Finish closes

# ELIGIBILITY AND LICENCE REQUIREMENTS

## **Everyone interested may participate in the 2026 Estonian Orienteering Championships.\***

\* By decision No. 48 of the General Assembly of 6 May 2024, an exception has been made for athletes with IIA status. This exception does not apply to WRE events held at the same time as the Estonian Championships.

In accordance with the IOF Council decision of 28 February 2022 to suspend the membership of the Russian and Belarusian Orienteering Federations in the IOF, citizens of these countries who were not members of an EOL club before 24 February 2022 are not permitted to participate in the Estonian Championships or IOF World Ranking Events (WRE) held in Estonia.

All participants in the Estonian Championships must hold a valid 2026 EOL licence.\*\* The licence must be ordered using the order form available on the EOL website before registering for the Estonian Championships. The licence fee must be paid to the EOL account at Swedbank or SEB (see the **2026 licence guide**).

A competitor's club affiliation in orienteering is determined on the basis of their valid EOL licence. During the season, a competitor may represent only one club in orienteering.

Anyone may participate without a licence in classes M21A and N21A in the Estonian Long Distance Championships.

\*\* Foreign competitors (except foreign competitors in veteran classes representing Estonian clubs) compete outside the Estonian Championship classification and do not need to purchase an EOL licence.

# ENTRIES AND ENTRY FEES

Registration takes place via Osport.ee for the **Long Distance** and **Relay**.

**Registration for M21E and W21E** in the Long Distance is through **IOF Eventor**.

**Registration is open until 31 August at 23:59.** Participants who miss the regular registration deadline may register for a limited number of reserve places. Registration for reserve places is subject to a double entry fee. Registration is confirmed upon payment of the entry fee. Long Distance entry fees can also be paid via the **Stebby** platform. Stebby is only used for payment of entry fees, not for registration.

## ENTRY FEES

| Long Distance class                                                    | Entry fee (euros) |
|------------------------------------------------------------------------|-------------------|
| M14, N14                                                               | 8                 |
| M16, M18, M20, N16, N18, N20                                           | 10                |
| M21E, W21E                                                             | 25                |
| M21A, M35, M40, M45, M50, M55, M60, N21A, N35, N40, N45, N50, N55, N60 | 20                |
| M65, M70, M75, M80, N65, N70, N76, N80                                 | 15                |
| Youth & Veterans Relay class                                           | Entry fee (euros) |
| M14-16, N14-16                                                         | 24                |
| M18-20, N18-20                                                         | 30                |
| M35-40, M45-50, M55-60, N35-40, N45-50, N55-60                         | 60                |
| M65+, N65+                                                             | 45                |

# AGE CLASSES AND APPROXIMATE COURSE PARAMETERS

Course lengths may change. Final details will be specified in the Bulletin 2.

## Long Distance

| Class       | Course (km) | Class       | Course (km) | WRE |
|-------------|-------------|-------------|-------------|-----|
| <b>M14</b>  | 4,9         | <b>N14</b>  | 3,1         |     |
| <b>M16</b>  | 7,4         | <b>N16</b>  | 4,8         |     |
| <b>M18</b>  | 8,7         | <b>N18</b>  | 5,7         |     |
| <b>M20</b>  | 10,6        | <b>N20</b>  | 8,1         |     |
| <b>M21E</b> | 15,0        | <b>W21E</b> | 11,3        |     |
| <b>M21A</b> | 8,3         | <b>N21A</b> | 5,1         |     |
| <b>M35</b>  | 10,4        | <b>N35</b>  | 8,3         |     |
| <b>M40</b>  | 9,3         | <b>N40</b>  | 5,8         |     |
| <b>M45</b>  | 8,3         | <b>N45</b>  | 5,1         |     |
| <b>M50</b>  | 7,4         | <b>N50</b>  | 5,0         |     |
| <b>M55</b>  | 6,6         | <b>N55</b>  | 4,6         |     |
| <b>M60</b>  | 6,2         | <b>N60</b>  | 4,4         |     |
| <b>M65</b>  | 5,7         | <b>N65</b>  | 4,0         |     |
| <b>M70</b>  | 4,6         | <b>N70</b>  | 3,4         |     |
| <b>M75</b>  | 4,0         | <b>N75</b>  | 3,1         |     |
| <b>M80</b>  | 3,7         | <b>N80</b>  | 1,9         |     |

## Relay

| Relay class   | Course (km) |
|---------------|-------------|
| <b>M14-16</b> | 3,6         |
| <b>N14-16</b> | 2,9         |
| <b>M18-20</b> | 5,8         |
| <b>N18-20</b> | 3,8         |
| <b>M35-40</b> | 5,6         |
| <b>N35-40</b> | 3,8         |
| <b>M45-50</b> | 5,2         |
| <b>N45-50</b> | 3,6         |
| <b>M55-60</b> | 3,5         |
| <b>N55-60</b> | 2,8         |
| <b>M65+</b>   | 3,1         |
| <b>N65+</b>   | 2,4         |

Relay teams consist of three competitors.

# MAP AND TERRAIN

## **OORE 2026 Mait Tõnisson 2026006**

Map scale will be specified by age class in the Event Information. Contour interval: 5 metres.

The terrain consists predominantly of pine forest, with areas of spruce and birch forest. There are many clearings and young stands of very different ages. These have been mapped according to runnability and visibility, using almost all relevant vegetation and visibility symbols.

**Windthrows are mapped with symbol 407:** Vegetation: slow running, good visibility. Windthrows in the forest are difficult to cross, while windthrows in open and semi-open areas are easier to run through than those in the forest.

**Smaller windthrow areas are also mapped using symbols 408 and 410.**

**Areas mapped with symbol 410,** Vegetation: fight, **and 409,** Vegetation: walk, good visibility, **are impassable.** There are not many of these areas in the terrain.

There is little fine micro-relief. Predominantly, especially on the Long Distance course, the terrain consists of systems of hills and valleys with height differences of up to 30 metres.

The map is printed on waterproof paper. The map format has been selected to suit the course optimally and may not correspond to any standard paper format.

# MAP AND TERRAIN

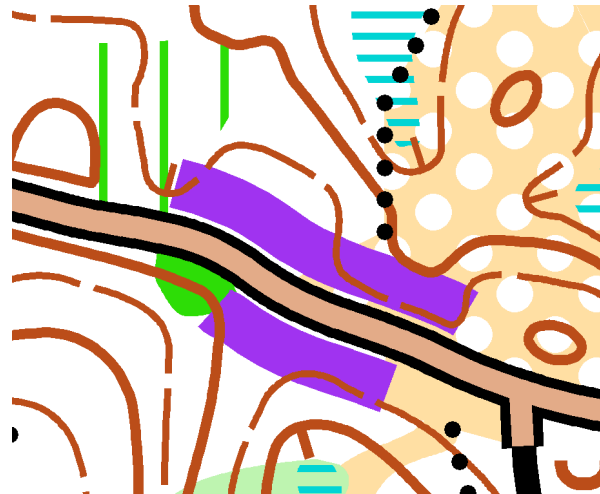
## SPECIAL SYMBOLS:



▲ 115  
Wood pile



○ 530  
Small hunting platform



■ 708  
Out-of-bounds boundary

# START AND START PROCEDURE

## LONG DISTANCE

**Start lists:** In classes M21 and N21, this is a World Ranking Event (WRE). According to the IOF WRE Guidelines, the World Ranking determines the starting order for the elite classes. Competitors not listed in the World Ranking will be drawn at the beginning of the start list.

In all other classes, start lists will be prepared according to the EOL Cup standings as of 24 August 2026. Competitors will start in reverse Cup ranking order. In the event of equal points, the starting order among competitors with the same score will be drawn. Competitors without Cup results will be drawn at the beginning of the start list.

**The start interval** is 3 minutes in all classes.

**The start is located approximately 1 km from the Event Centre.**

- **3 minutes before the start:** clear and check the timing chip before entering the start area and again upon entering the area. SIAC functionality can be checked in the first start box by punching at the “SIAC test” station.
- **2 minutes before the start:** collect control descriptions.
- 1 minute before the start: stand next to your map box and wait for the maps.
- **At the start:** take your map and proceed onto the course.

## RELAY

**The start is located at the Event Centre.**

Classes are divided between several mass starts.

Maps are handed out according to competition numbers. Competitors must make sure that they have received the map with the correct competition number.

**Separate control descriptions will not be provided.**

## COMPETITION NUMBERS

Competition numbers will be used on both days and will be issued at the Event Centre. On the relay day, all numbers for a team will be issued at the same time. **Competition numbers are mandatory in all classes.** Competitors must provide their own means for attaching the number.

## PUNCHING SYSTEM AND GPS TRACKING

The SPORTident punching system will be used. Contactless SI Air+ functionality is in use. The number of the timing chip to be used must be provided during registration, or a chip may be rented from the organiser. Chip rental is 2 euros per day. **Only SIAC-type chips with contactless functionality are permitted.** The SIAC battery can be tested at the Event Centre. If necessary, a chip can be rented from the organiser. If an electronic SPORTident punching unit is not functioning, the punch must also be made in the R box on the map.

At least 16 GPS tracking devices will be used in the elite classes. The competitors carrying them will be announced together with the start lists. GPS devices will be issued to competitors in the start area.

## RESTRICTED AREAS

Before the competition, Estonian Championship participants are prohibited from entering the restricted areas marked on the location plan on the event website with a map or conducting training within those areas.

# PRIZE-GIVING

## LONG DISTANCE

Final results concerning medal winners will be made public at least 15 minutes before the start of the prize-giving. Any complaints concerning the above results must be submitted to the organiser orally or in writing as soon as possible so that the prize-giving can take place according to schedule.

At the individual Estonian Championships, medals and diplomas will be awarded to the top three competitors in classes M14, N14, M16, N16, M18, N18, M20, N20, M21 and N21 who are citizens of the Republic of Estonia, third-country citizens holding a long-term residence permit in Estonia, or EU citizens holding a permanent right of residence in Estonia.

At the individual championships in classes M35–80, medals will be awarded to the top three competitors who are Estonian citizens and/or members of EOL clubs.

No Estonian champions are determined in classes M21A and N21A. The top three competitors in these classes will receive prizes provided by the organiser.

## RELAY

In the relay, Estonian Championship medals will be awarded to the top three teams representing an EOL member club. In the youth classes, all team members must be citizens of the Republic of Estonia, third-country citizens holding a long-term residence permit in Estonia, or EU citizens holding a permanent right of residence in Estonia.

In the elite and older classes, one team member may be a non-Estonian citizen who is a member of a club.

If a competitor or team competing outside the Estonian Championship classification places among the top three, they will receive a prize provided by the organiser.

# CATERING

**Pre-ordered catering** will be available at the Event Centre. To order catering, go to the Services section on the [Osport.ee](#) registration page and select Add, then choose the desired meal. Food for both days should be ordered when registering for the Long Distance. Catering can also be pre-ordered by emailing [team@aarain.ee](mailto:team@aarain.ee).

**Only limited quantities of food will be available for purchase on site.**

Please note: pursuant to Directive (EU) 2019/904 of the European Parliament and of the Council of 5 June 2019 on the reduction of the impact of certain plastic products on the environment, the use of single-use tableware at public events in Estonia has been prohibited since 1 January 2024.

All participants are therefore encouraged to bring their own reusable tableware. Food is cheaper for participants who bring their own tableware. The discount will be refunded in cash on site to those who have pre-ordered catering.

## MENU

### Saturday, 5 September

- Homestyle seljanka soup 8 euros (5 euros\*)
- Chicken pasta and fresh salad 10 euros (7 euros\*)
- Bread
- Cake 4 euros (2 euros\*)

### Sunday, 6 September

- Meatball soup 8 euros (5 euros\*)
- Goulash with mashed potatoes and fresh salad 10 euros (7 euros\*)
- Bread
- Cake 4 euros (2 euros\*)

\* With personal reusable tableware.

**Organiser's drinking cup deposit: 2 euros.**

**Tableware deposit: 1 euro. Deposits are refunded when the items are returned.**

Catering can also be paid for via [Stebby](#), but the catering must still be ordered in advance through [Osport.ee](#) or by email.

# ACCOMMODATION AND FACILITIES

Accommodation options in the area can be found on [Booking.com](#), [Airbnb.com](#) or [Puhka Eestis](#) website.

Portable toilets are available at the Event Centre. Washing is possible in the lake at the Event Centre.

# RULES

The event will be organised in accordance with [the Estonian Orienteering Federation Competition Rules \(2025\)](#) and [the General Regulations for the Estonian Orienteering Championships](#).

# POSTPONEMENT OR CANCELLATION

In the event of force majeure, the organiser has the right to propose to the EOL Board a change to the date and/or location of the competition or cancellation of the competition.

Information about postponement or cancellation must be published on the EOL and event websites no later than 48 hours before the start of the competition.

If the competition is postponed, the EOL Board will announce the new date and registration procedure as soon as possible. The organiser has the right to retain part or all of the entry fees to cover losses caused by force majeure.

# FAIR PLAY

Participants in the Estonian Championships respect clean and fair sport. The IOF Anti-Doping Rules apply in full at the competition. Consequently, the Estonian Center for Integrity in Sport (EADSE) and other anti-doping organisations have the right to conduct doping controls among all participants.

## IMPORTANT INFORMATION

- This is a public event at which photographs may be taken and distributed. Lists of registered participants and start and finish results will be published. They may be used for statistical purposes and historical records. Data collected during registration will be used for organisational purposes.
- All questions concerning the interpretation of the competition materials (including this bulletin), the General Regulations for the Estonian Orienteering Championships and the competition rules, as well as any problems arising during the competition, will be resolved by the Competition Jury. The Jury will base its decisions on these competition materials, the General Regulations for the Estonian Orienteering Championships and the EOL Competition Rules. The Jury may consult the EOL Board. The composition of the Jury will be published in the Event Information.
- Event Information will be published on the event website no later than two days before the start of the competition.

