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Calendar of Events

Friday 6 July

1200 EC opens in Ruka

1900 Finnish Summer Theatre in Kuusamo City

Saturday 7 July

1400 Training

1000 Log Driver Competition in Käylä Village

1700 Concert in Kuusamo Hall: Heikki Sarmanto

Sunday 8 July

1900 Finnish Summer Theatre in Kuusamo City

2000 "The Midnight Sun"- race at Ruka Ski Stadium

Monday 9 July

1000 Model Event 1 Koukkulampi

1000 Model Event 2 Talassuo

1715 Opening Ceremony; line up behind national flags Kuusamo City (Sport Hall parking area)

1730 Parade through Kuusamo to the sports field

1800 Opening Ceremony starts

1845 Midnight Sun Race Prize Giving Ceremony, Kuusamo City centre

1900 Entertainment programme in Kuusamo City Square

1900 Finnish Summer Theatre at Kuusamo City

Tuesday 10 July

1000 1st Qualification race (Isokallio map)

1430 FRWD-Cup – stage 1

1800 The Midnight Sun Evening Market in Ruka Ski Stadium with entertainment

Wednesday 11 July

1000 2nd Qualification race (Suovalampi map),

1430 FRWD-Cup – stage 2

1900 WMOC Banquet in Kuusamo City (Hotel Kuusamon Tropiikki, Arena Hall)

Thursday 12 July

1000 Tourist programme

-Trip to Oulanka National Park

-Shopping trip to Pentik-ceramics factory

-Reindeer- or bear farm trip

-Arctic Golf

-White Water Rafting in Kitkajoki

Friday 13 July

1000 Final race (Petäjävaara map)

1430 FRWD-Cup - stage 3

1400 Prize Giving Ceremony at the Petäjävaara finish area

Opening Remarks and Welcome

Eino Siuruainen

GOVERNOR'S GREETINGS

Kuusamo's Erä-Veikot has the honour of arranging the World Masters Orienteering Championships in July 2007. About 4,200 competitors are going to participate in the noble sport of orienteering and test their condition and skills. I personally like orienteering because it combines directional instinct, ability to move in nature and physical endurance. A competitor has to sharpen all his instincts when moving in nature and reading the map. I used to do this sport myself when I was younger. I have always enjoyed moving in nature. The reading of maps as a geographer and deducing from nature's characteristics as a biologist were a pleasant way of combining the skills of reaching conclusions and making solutions. Orienteering is almost as interesting as hunting in which the prey itself is not the most important thing but trying which is wiser, the hunter or the game. The hunter often loses especially in bear hunting, because the animal's instincts are sharper than those of human being's.

Nature in Kuusamo provides an excellent setting for all things to be done. The wide town is situated at the joint of all quarters. There exist species of plants and animals that have spread to their extreme points of existence from all directions of the compass. Varying terrain and limestone rock provide excellent conditions for plants and animals. Thanks to the abundance of waters also conditions for spending holiday and free time are excellent. What makes Kuusamo even more interesting is its location at the border of two politics and cultures which has also caused problems and destruction from time to time. The strong people of the area have always risen to their feet even after ordeals.

Kuusamo is the most important resort for winter tourism in our province. Besides nature and culture the powerful economic life of the area contributes to the attraction of the area. People in Kuusamo have long made their livelihood from land, water and forest. New means of livelihood relating to know-how and services have accelerated the increase of wealth. The attraction of the border town was increased by the opening of the international border station Kuusamo-Suoperä in 2006. The old thoroughfare from the coast of the Bothnian Bay to the business and industrial centers of the White Sea opened via Kortessalmi. The new border station increases possibilities and makes them more versatile as to especially tourism.

I welcome all the participants of WMOC to our province and to Kuusamo to compete in good spirit. It is not a question of competing only, but also of versatile enjoying of the WMOC. I thank Kuusamo's Erä-Veikot again for the great effort and volunteer work in making the event succeed. We believe that any weather is suitable for orienteering and successful free time. The best of success to competitors!

With Best Wishes,

Governor Eino Siuruainen

Eino Siuruainen

MAAHERRAN TERVEHDYS

Kuusamon Erä-Veikot on saanut arvokkaan tehtävän järjestää Veteraanien suunnistuksen MM-kisat heinäkuussa 2007. Kuusamoon on tulossa noin 4 000 kilpailijaa mittaamaan kuntoaan ja osaamistaan suunnistuksen jalossa lajissa. Pidän henkilökohtaisesti suunnistuksesta, koska siinä voidaan yhdistää suuntavaisto, luonnossa liikkumiskyky ja fyysisen kunnon kestävyys. Kilpailija joutuu pinnistämään kaikki vaistonsa luonnossa kulkiessaan ja karttaa lukiessaan. Nuorempana harrastin itsekin suunnistusta. Olen aina pitänyt luonnossa liikkumisesta. Maantieteilijänä karttojen luku ja biologina luonnon ominaisuuksista päätelmien teko yhdistivät miellyttävällä tavalla kykyä tehdä johtopäätöksiä ja ratkaisuja. Suunnistus on melkein yhtä mielenkiintoista kuin metsästys, jossa saalis ei ole pääasia, vaan mittaaminen, onko jahtimies vai riista viisaampi. Erityisesti karhujahdissa usein käy niin, että metsästäjä jää toiseksi, sillä eläimen aistit ovat ihmisen aisteja herkemmiä. Saattaa luontoonkin joskus eksyä!

Kuusamon luonto tarjoaa erinomaiset puitteet kaikelle toiminnalle. Laaja kaupunki sijaitsee kaikkien ilmansuuntien ”yhtymäkohdassa”. Alueella esiintyy kaikista ilmansuunnista ääriesiintymiseensä levinneitä kasvi- ja eläinlajeja. Vaihteleva maasto ja kalkkipitoinen kallioperä antavat erinomaisia olosuhteita kasveille ja eläimille. Vesistöjen runsaus mahdollistaa myös erinomaiset olosuhteet lomailulle ja vapaa-ajan vietolle. Kuusamon kiinnostavuutta lisää sijainti kahden politiikan ja kulttuurin rajalla, mikä asema ajoittain on merkinnyt myös ongelmia ja hävitystä. Alueen vahva kansa on koettelemustenkin jälkeen aina noussut jaloilleen. Kuusamo on läänimme tärkein talvimatkailukohde. Alueen vetovoimaisuutta lisää luonnon ja kulttuurin ohella vahva talouselämä. Kuusamolaiset ovat eläneet pitkään maasta, vesistä ja puusta. Vaurauden kasvua ovat kiihdyttäneet osaamiseen ja palveluihin liittyvät uudet elinkeinot. Rajakaupungin vetovoimaisuutta lisää Kuusamo-Suoperä – kansainvälisen raja-aseman avautuminen vuonna 2006. Korttesalmen kautta on avautunut vanha Vienan valtatie Perämeren rannikolta Vienanmeren kauppa- ja teollisuuskeskuksiin. Erityisesti matkailussa uusi raja-asema lisää ja monipuolistaa mahdollisuuksia.

Toivotan kaikki veteraanisuunnistajat tervetulleiksi läänimme ja Kuusamoon kilpailemaan hyvässä hengessä paremmuudesta. Kyse ei ole vain kilpailusta, vaan monipuolisesta viihtymisestä MM-kilpailuissa. Kiitän Kuusamon Erä-Veikkoja jälleen kerran hienosta suorituksesta ja talkootyöstä kilpailujen onnistumiseksi. Uskomme, että kaikki säät ovat soveliaita suunnistukseen ja onnistuneen vapaa-ajan viettoon. Kilpailijoille toivotan mitä parhainta menestystä!

Ystävällisesti tervehtien

Eino Siuruainen, Maaherra

Timo Halonen

Four seasons attract tourists to Kuusamo

Over a million tourists cannot be wrong. Kuusamo attracts. The image poll that was carried out a couple of years ago gave an impression of a city of tourism with peaceful nature and great wilderness with amazing experiences. The image poll recognized for the first time also other strengths of Kuusamo: a small, idyllic summer town with its spa and other versatile services. Ruka is naturally known as Finland's main winter sport resort whose all-year-round activities and internationality are developing all the time. Kuusamo is a holiday resort for those who are into wilderness and outdoor life. Also families and special groups find it easy to come to Kuusamo.

Kuusamo is both a local and North-eastern Finland's center whose services are on the level of a provincial center. The town has been very determined to develop its services and has got a lot of recognition for its municipal organization. In recent years Kuusamo has been awarded the Prime Minister's information society reward and it has been chosen as a municipal society of the year as well as a municipality with economic skill. Kuusamo has also been chosen as an image municipality of the year.

In the past Kuusamo was a meeting point of many trade routes, a base in the middle of nowhere where people came from faraway. Distances in the border area were long, but nature was generous for those who found their way here. The WMOC participants will find their way to Kuusamo now. I believe that nature and versatile terrain in Kuusamo will be rewarding also to them so that they can enjoy moving in nature in the heat of Kuusamo's nightless summer.

I hope everyone will have a successful competition week in Ruka and its surroundings. Welcome to Kuusamo!

Timo Halonen

Mayor,

The head of the WMOC main committee

Timo Halonen

Kuusamon kaupunki

Kuusamo kutsuu neljään vuodenaikaan

Yli miljoona matkailijaa ei voi olla väärässä: Kuusamon kutsussa on jotain. Pari vuotta sitten valmistunut mielikuvatutkimus piirtää kuvan matkailun suurkaupungista, jossa löytyy luonnonrauhaa, upeaa erämaata ja mahtavia erämaaelämyksiä. Ensimmäistä kertaa mielikuvatutkimus tunnistaa myös muita Kuusamon vahvuuksia: Pieni, idyllinen kesäkaupunki kylpylöineen ja muine monipuolisine palveluineen. Luonnollisesti Ruka tunnetaan maamme johtava talviaktiiviteetti-kohteena,

jonka ympärivuotisuus ja kansainvälisyys kehittyi koko ajan. Kuusamo on erämaaelämän ja aktiivisten ulkoilmaihmisten kohde, johon myös perhelomailijoiden ja erityisryhmien on helppo tulla.

Kuusamo on oman alueensa ja Koillis-Suomen keskus, jonka palvelut ovat maakuntakeskuksen tasoa. Kaupunki on määrätietoisesti kehittänyt palvelujaan ja saanut lukuisia eri tunnustuksia kuntaorganisaation toiminnasta. Kuusamo on viime vuosina palkittu pääministerin tietoyhteiskunta -palkinnolla ja valittu vuoden kuntayhteisöksi, vuoden taloustaitokunnaksi ja vuoden imagokunnaksi maassamme.

Historiasta tunnemme, että Kuusamo oli vanhojen kauppareittien solmukohta, keskellä erämaata sijaitseva tukikohta, jonne suunnistettiin kaukaa. Rajaseudun rastinvälit olivat pitkiä, mutta luonto palkitsi tänne löytäneet.

Nyt suuntaavat Kuusamoon veteraanisuunnistuksen MM-kisojen osanottajat. Uskon, että Kuusamon luonto ja monipuoliset maastot palkitsevat myös heidät hienolla luontoliikuntaelämyksellä Kuusamon kiihkeässä kesässä, joka ei yötä tunne.

Toivotan kaikille menestyksellistä kisaviikkoa Rukan maisemissa! Olkaa tervetulleita! Käykää Kuusamoon!

Timo Halonen
kaupunginjohtaja,
Veteraanisuunnistuksen MM-kisojen päätoimikunnan puheenjohtaja

Åke Jakobsen

A Message of Welcome from the President of the IOF

It gives me great pleasure to welcome you to the World Masters Orienteering Championships in Kuusamo, Finland. For the first time in its relatively short history (first Championships in 1996), the WMOC is being held in Finland, one of the 10 founding members of the IOF, and the country that was a driving force behind the development of masters events and the establishment of the World Championships.

With well over 4,200 competitors, the WMOC continues to attract increasing numbers of masters from around the world, making it without doubt the biggest Championship event in orienteering. It shows that orienteering truly is a lifelong sport, one of the fundamental values of orienteering.

The chosen venue for this year's event, Kuusamo-Ruka, close to the Polar Circle, will again give all competitors an opportunity to experience beautiful scenery, challenging during the competitions and enjoyable during relaxation. Kuusamo and its surrounds will offer many attractions, making your stay seem too short. Enjoy your time and the midnight sun.

I am sure that the WMOC in Kuusamo will be a rewarding and memorable social, cultural and sporting occasion; a worthy World Masters Orienteering Championships in the fullest sense.

I sincerely thank the Finnish Orienteering Federation and the local organisers, and wish you all success in the competitions.

Åke Jacobson

Åke Jakobsen

Tervetuloivotus IOF:n presidentiltä

Tämä on minulle suuri kunnia saada toivottaa teidät tervetulleeksi Veteraanien MM-kisoihin Kuusamoon. Ensimmäisen kerran lyhyen historiansa aikana (ensimmäiset kisat järjestettiin 1996) Veteraanien MM-kisat pidetään Suomessa, joka on yksi kymmenestä IOF:n perustajamaasta ja joka on ollut suunnannäyttävä veteraanikisojen kehittämisessä ja MM-kisojen aikaan saamisessa.

Yli 4 200:lla kilpailijalla Veteraanien MM-kisat vetävät puoleensa yhä enemmän suunnistajia ympäri maailman tehden siitä epäilemättä suurimman MM-kisatapahtuman suunnistuksessa. Näin suuri määrä kisailijoita osoittaa sen, että suunnistus on todella elinikäinen harrastus!

Tämän vuoden kisapaikka, Kuusamon Ruka, on lähellä napapiiriä ja antaa kisailijoille mahdollisuuden kokea elämyksiä kauniista maisemista, haasteellisia kilpailuja ja nautinnollista rentoutumista kisojen välillä. Kuusamo ja sen ympäristö tarjoaa monia nähtävyyksiä saaden käyntisi tuntumaan lyhyeltä. Nauti siis näistä hetkistä ja keskiyön auringosta!

Olen varma, että Veteraanien MM-kisat Kuusamossa on antoisa ja muistiinpainuva sosiaalinen, kulttuurinen ja urheilullinen tapahtuma; arvokas MM-kisa kaikin puolin.

Kiitän lämpimästi Suomen Suunnistusliittoa ja paikallista järjestelyorganisaatiota ja toivotan menestystä kisoihin.

Åke Jacobson

Heikki Kauppinen

A Message of Welcome from the President of Finnish Orienteering Federation

Welcome to Kuusamo, all friends of orienteering!

The Finnish Orienteering Federation has the pleasure of staging the World Masters Orienteering Championships in Ruka. This is already the fourth major event during the last four years in Finland. In 2004, we had the Ski Orienteering Championships for both Juniors and Masters in Sotkamo; in 2005 the Ski Orienteering Championships in Levi; and 2006 the Mountain Bike Orienteering Championships in Joensuu.

We are very delighted about the high number of participants here in Kuusamo. Many of you have come from far away. However, as orienteering is a popular and highly regarded sport in Finland, it is no surprise that so many Finnish masters want to compete with their international friends of same age.

I am confident that the Kuusamo terrains will give you the kind of orienteering experience you are really looking forward to; technically and physically challenging courses are waiting for you in the beautiful, wild, Finnish forest. And the midnight sun will make your stay in Kuusamo even more memorable.

Wishing you all the success in the competitions!

Heikki Kauppinen

Tervetuloa Kuusamoon, suunnistajat!

Suomen Suunnistusliitto arvostaa suuresti sitä, että kansainvälinen suunnistusliitto on jälleen osoittanut luottavansa suomalaisten taitoon järjestää korkeatasoiset kisat. Nämähän ovat jo neljännet MM-tason kilpailut viimeisten neljän vuoden aikana Suomessa: nuorten ja veteraanien hiihtosuunnistus järjestettiin Sotkamossa vuonna 2004, hiihtosuunnistus Levillä 2005, pyörä- ja tarkkuussuunnistus Joensuussa 2006 ja nyt veteraanit kamppailevat maailmanmestaruuksista täällä Kuusamossa. Tässä yhteydessä todettakoon, että liittomme tavoitteena on saada suunnistuksen MM-kisat Suomeen 2010-luvulla.

Runsas osanottajamäärä luonnollisesti ilahduttaa meitä kaikkia. Suomessa suunnistus on – kuten hyvin tiedämme – erittäin suosittu urheilumuoto ja siksi ei olekaan yllätys, että niin moni suomalainen veteraani haluaa testata taitonsa kansainvälisiä ikätovereitaan vastaan.

Kiitän Kuusamon Erä-Veikkojen järjestelyorganisaatiota siitä valtavasta työstä, minkä olette tehneet kisojen onnistumisen varmistamiseksi.

Olen varma, että kilpailumaastot tulevat antamaan riittävästi sekä taidollisia että fyysisiä haasteita.

Nauttikaa Koillismaan valoisan kesäyön tunnelmista ja ennen kaikkea nauttikaa suunnistuksesta Rukan upeissa metsissä!

Heikki Kauppinen

Puheenjohtaja, Suomen Suunnistusliitto

Honorary Committee

Timo Halonen, Mayor of Kuusamo	Chairman
Heikki Kauppinen, SSL	Vice Chairman
Mikko Salonen, SSL	
Tuomo Hänninen	
Timo Majava	
Pauli Miettinen	
Sauli Pitkänen	
Matti Tahkola	
Timo Ronkainen	
Lea Riekkö	
Seppo Linjakumpu	General Secretary

Organizing Committee

Chairman	Sauli Pitkänen
Vice Chairman	Timo Ronkainen
General Secretary	Seppo Linjakumpu
Chief of competition	Esa Heikkinen
Vice Chief of competition	Hannu Ervasti
WMOC Maps	Tapio Tahkola Paavo Tahkola
WMOC Course Planners	Timo Ronkainen
(Q1)	Jari Oikarainen
(Q2)	Tapio Tahkola
(Finals)	Timo Ronkainen
Midnight Sun Race	Paavo Tahkola
Model Event	Ahti Kinnula
EC, Registration and Information	Aki Aikio, Päivi Laihola, Anne T. Määttä
Start	Hannu Ervasti
Finish, Site Set-up / Take-down	Hannu Kuusela, Aaro Mäntyniemi

Information Technology, Results	Timo Kokko, Risto Kivinen, Jouni Aaltonen
Signs,	Mauno Kokkila
Parking	Eero Patosalmi
Transport, Shuttlebuses	Pohjolan Matka Oy, Rainer Rontti
Transport, Logistics	Jouko Tauriainen
Accommodation	Fin Fun Oy, Mia Kylli, Outi Hyrkäs
Security	Reino Moilanen, Seppo Pyy, Jouni Myyryläinen
Restaurants	Jarmo Pitkänen
Ceremonies, Social Events and	
Banquet	Pauli Miettinen
Finance	Päivi Laihola, Eila Ritola
Press, Media	Asta Flöjt, Ari Isokääntä, Jaakko Kantola
Speaker, Video	Lalle Broberg, Timo Teinilä, Mati Kalve (EST)
VIP, Promotions	Timo Majava
Doctor, Medical Supply	Dr. Pasi Laitala, Finnish Red Cross/Kuusamo SPR
Competition Facilities	Väinö Määttä, Arto Kajava, Matti Tahkola
Controllers:	
IOF Advisor	Jan R. Lien (NOR)
National Controllers	Jorma Ake, Pekka Kanste
Jury:	
appointed by IOF	Arne Kristensen (Denmark)
appointed by IOF	David May (Great Britain)
appointed by SSL	Liisa Veijalainen (Finland)

General Information

Event Centre (EC)

Address: Ruka Congress Centre, Rukatunturintie 16 , 93825 Rukatunturi.

The EC is located on the Hotel Rukahovi, Congress Centre in the centre of Ruka tourist area, easily accessible by public transport. Public parking is also available close by. Staff will be available at the EC Information desk in the EC to answer questions, hand out club packages. These includes:

- A Club-ID card,
- Bulletin 3
- Bibs for all runners of your club

- EMIT cards (rented or purchased)
- Blank EMIT back-up tags,
- Model event maps
- Parking permits which have been prepaid
- Banquet tickets which have been prepaid
- Travel maps etc.,

Extra parking permits and banquet tickets may be bought at the EC, see below.

Packages for the FRWD-Cup will also be available for pick up at the EC.

All teams must have paid any remaining payments before they can collect their team bag. The EC Information desk will deal with all enquiries. All changes will be executed at a charge of € 4.

Tickets for all events are available at the EC. Uncollected clean competition maps can be picked up here in the evening of the race. Questions about accommodation will also be answered at the EC.

An EC Information desk will be set up on site at the assembly areas.

The EC opening hours:

Friday June 6	EC 1200 – 2200
Saturday July 7	EC 0900 – 2200
Sunday July 8	EC 0900 – 2200
Monday July 9	EC 0800 – 2200
Tuesday July 10	1 st Qualification race (Isokallio) 0830 – 1700 EC 1700 – 2200
Wednesday July 11	2 nd Qualification race (Suovalampi) 0830 – 1700 EC 1700 – 2200
Thursday July 12	EC 0800 – 2200
Friday July 13	Final race (Petäjävaara) 0800 – 1700 EC 1700 – 2200
Saturday July 14	EC 0800 – 1200

How to reach the Event Centre (EC) in Ruka

Arriving by car: Follow highway 5 (E63), 27 km northwards from Kuusamo to Ruka and follow the signs to the EC.

Arriving by plane: Take a bus or taxi from Kuusamo airport, (25 km)

Arriving by train: Oulu 215 km or Rovaniemi 195 km, and by bus from the railway station to Kuusamo.

Arriving by bus: From Kuusamo bus station to Ruka Centre (WMOC-bus every hour during day time 7-14. July 2007)

Parking

The main parking area is at the Ruka Ski Stadium near the EC. It is free of charge. This parking can also be used for the Midnight Sun Race, Model Events, Q1, Q2 and Finals (when using non-stop bus service to the assembly areas).

Parking permits are available for purchase at the EC for private cars and coaches for the whole week at the following rates:

Up to 9 seats: € 20 Over 9 seats: € 40

This covers parking at the venues for all three race days and parking at Model Event 2, and shuttle bus from the parking area in the Ruka Ski Stadium to Model Event 1. Please have your parking permit visible on the dashboard of your vehicle. Vehicles without a pre-purchased parking permit will be charged € 10 per car per day at the venues or € 20 per bus per day.

Rented EMIT-cards / Purchased EMIT-cards

If you have rented or purchased an EMIT-card when you registered, you will find it in the club package. Rented EMIT-cards must be returned to the EC Information desk at the finish of your last race. Competitors with rented EMIT-cards receive € 35 when returning the EMIT-card. If you lose your EMIT-card, a limited number of rental EMIT-cards will be available at the EC Information desk at the assembly areas (€ 45).

Accommodation

You will get all necessary information about accommodation at the EC. Accommodation office is open in Event Centre (EC): Friday 1500-2000, Saturday 1400-2000, Sunday 1200-2000 and Monday 1000-1600. After that office will be open in the Kuusamo city. You can also phone +358 20 370020.

Transport

Runners who have requested transport will receive details and tickets in their club package at the EC.

Competitors 80 years or older may sign up for shuttle bus transportation from the assembly area to the start of Qualification 1 (1800 m). This has to be done beforehand in the EC.

Tickets

Tickets are available for the Banquet (July 11). If you have ordered a ticket when you registered, it will be provided in your club package.

July 11 Banquet € 45, for children € 25.

July 12 Trip to Oulanka € 25, Shopping trip to Posio, Pentik Ceramics factory € 30, Trip to Reindeer- or Bear farm € 25/34.

Arctic Golf 30/35 €, White Water Rafting 50 €.

Internet Access

There will be a room with some computers and internet access at the EC. The room will be supervised daily from 1800 until 2200. Access will be free, but limited to 10 minutes per person in case of great demand.

Banking Facilities

In and around Kuusamo City there are many banks with Automatic Teller Machines. All these banks will exchange foreign currency. Opening hours are generally daily from morning 0930 to 1600 in the afternoon.

Pharmacy

In Finland prescription and non-prescription medication are sold at pharmacy, which is usually open from 0900 to 1800. Pharmacies are at Ruka and at Kuusamo City (2).

Sport Shops

There will be sport shops at the assembly areas of each competition. Sport shops are also open every day in the Ruka Ski Stadium.

Lost and Found

Found items may be handed in and lost items claimed at the EC and the EC Information desk at the race assembly areas.

Future WMOC Events Information

Marinha Grande, Portugal will host the 2008 World Masters Orienteering Championships. For more details visit their information desk or the website at <http://www.wmoc2008.fpo.pt/>

The 2009 World Masters Orienteering Championships will be part of World Masters Games in Sydney, Australia.

Competition Information

Rules of Competition

The competitions will be conducted under Competition Rules for IOF Foot Orienteering Events (2007 Edition). The IOF takes precedence in the event of a conflict. Copies of these can be downloaded from: <http://www.orienteering.org/rules.htm>.

Fair Play

All competitors shall behave with fairness and honesty. All competition areas are embargoed. Any attempt to survey, walk or train in the competition areas is forbidden. Attempts to gain any information related to the course, beyond that provided by the organizer, is forbidden before and during the competition. Having crossed the finish line, a competitor may not re-enter the competition terrain without the permission of the organizer. This includes the start and start area. It is not allowed to bring the previous and new maps along to the competition areas. A competitor who breaks any rule, or benefits from the breaking of any rule, may be disqualified.

Drug Policy

The IOF Anti-Doping Rules apply to all IOF events. See web address above for rules.

Terrain

The competition terrains for the two qualifications and the finals are close to each other, but not overlapping. The terrains are generally flat, but moderately hilly in some places. The forest is a mixture of fir, pine and birch trees and the ground vegetation is mostly heather, some juniper and dwarf birch. The visibility is varying and there are some dense areas, mostly deciduous or young pines. There are many marshes but few paths and trails. In the middle of June some marshes and depressions were filled with water and appeared as small ponds. Hopefully they will have dried out by the time of the competitions. Both model events are representative for all three competitions, but a more specified description of each competition terrain is given below. You may meet reindeer in the woods. They are harmless, but do not disturb them unnecessarily.

Maps

The WMOC-2007 orienteering maps have been made according to IOF's drawing specifications (ISOM2000) with 1:10000 scale and a 5 meter contour interval for all classes, using OCAD version 9.3.7 The printing method used is PMS spot colour. Competition maps will be sealed in plastic bags. Control descriptions are printed on the front side of the maps. All competition maps will be collected at the finish. After the last start Q1, Q2 and Finals, new competition maps are available at the EC information desk in the finish areas (see below). Please bring your Club-ID along.

Special map features

Ant hills (larger than 1 m) are indicated by brown crosses. Some ant hills may be 2 m tall. Ant hills are used as control details in all competitions. Special vegetation features, mostly outstanding trees, are shown by green crosses. Black crosses are salt blocks mounted on 1,5 – 2 m high poles. These salt blocks are for the reindeer and a network of small paths usually lead to these locations.

Parts of the terrains are covered by rather extensive areas with tracks from forestry machines. These tracks appear as furrows or dry ditches 30-50 cm deep and spaced 3-10 m apart, hence they can not be shown individually on the map. A special area symbol is provided for this feature with the approval of IOF's. It consists of a brown dotted line screen oriented in the direction of the tracks. It may be important from the point of route choice, to know if you are running parallel or perpendicular to these tracks. This special symbol is especially represented in Model Event 1 (Koukkulampi).

Water crossings have been marked on the map. Also there are bridges in the terrain marked with red-white stripes.

Controls

Each control is equipped with:

- One approximately 1 m high pole carrying the control flag.
- One or more electronic punching stations (EMIT-unit)
- The control code is located next to the EMIT-unit; the number codes used range from 31 to 482.

There are lots of controls in the forest. Make sure always to check your control codes!

Control Descriptions

Control descriptions will be printed on the front side of all competition maps. Copies of the control descriptions will also be available as part of the start procedure. They will not be distributed with registration material before the event. Competitors who intend to collect control descriptions at the start are reminded that they will have one minute to secure their control description sheet the way they choose.

Electronic Punching System

The EMIT system will be used for all races. If you are using a rental EMIT-card and this is your last race, please return your EMIT-card to the EC Information desk.

EMIT-cards

It is important that you always use your own registered Emit-card. It will be checked at the start and you will not be allowed to start with a wrong EMIT-card. Before you go to the start fasten a blank back-up tag to your EMIT-card. These tags are found in the club packages. There will be extra back-up tags at each start. The back-up tags will be collected at the finish only in the case there is a problem with your electronic punch.

Clear and check

Each EMIT-card must be cleared before each event. Stations to clear EMIT-cards will be located before the first start box. Insert your EMIT-card and wait a few seconds until the 'clear' flashes four times, verifying that previous data has been deleted. After clearing your EMIT-card, it is ready for use. The start procedure is described in more detail below.

At each control

At each control insert your EMIT-card tightly into the control unit. You must check in the usual manner by reading the control code on the EMIT-unit. If you do punch at an incorrect control, simply continue to the correct control; the extra punch will be disregarded by the result software. If for some reason the control unit does not function, the back-up tag on the EMIT-card will register your visit to the control.

At the finish

At the finish line you must punch at one of the units on the finish line. Your elapsed race time stops when you punch one of these units. Competitors must punch one of these finish units even if they don't complete their course.

After the finish line

After the finish line you will be directed to the download station where the data from your EMIT-card will be transferred to the results system. The system will verify that you visited all of the controls in the correct order.

You will receive a print out of your split times at specially assigned printers outside the finish area. You can do that at any time after you have finished your race. If there is a line up you may come back later to get your split times.

If you are using a rental EMIT-card and this is your last race, please return your EMIT-card to the EC Information desk where you can reclaim the € 35 deposit.

Start Lists and Results

For the qualification races, the competitors in classes with more than 80 entrants are allocated to parallel heats by a random draw. The heats are indicated by numbers. Each runner will be in the same heat for both qualification races.

Start Lists for the Qualification races will be included in the printed programme (Bulletin 3).

Start lists for the Qualification races will be available for review by participants at the EC in Ruka, the EC information desk at assembly area, and at each start.

Start times for the Finals will be available on the www.wmoc2007.fi website by 1400, Thursday, July 12, as well as at the EC.

They will also be posted at the EC Information desk at the Finals assembly area Friday morning. The start time for the first runner in each final is listed in a Daily Programme.

Provisional results lists will be continuously updated at each assembly area. The complete results lists will be displayed at the EC from 2000 hours after each race. A list of split times for all runners in your heat will be available for sale here.

All start lists, results lists, split times and accumulated times will be made available on the website www.wmoc2007.fi.

Start Procedure

For both qualification races there will be three separate starts. However, they are only a few meters apart. Make sure you enter the correct start; it is printed on your bib. You walk through the exit-gate to your start point 6 min. before start. You must clear your EMIT-card. You should place the EMIT-card into the clear station until red flashes four times. A check station is provided and should be used to ensure that the EMIT-card has been properly cleared.

You will pass through 3 consecutive start boxes, and remain in each box for 1 minute. When the clock in front of the first start boxes displays the runner's start time, the runner enters the first box. This will be 3 minutes before the time start. It is a silent start, be there on time!

In the first box the competitors bib number and E-card number will be checked. Runners with the wrong EMIT-card will not be allowed to start. In the second box each runner will pick up a loose control description (self service). Runners must bring their own equipment to carry the loose control description during the race. There is no extra equipment at the start to fasten

control descriptions. The control descriptions will also be printed on the map. In the third (last) box each runner goes to the map box labelled with the correct class and heat and waits in front of the map box for the remaining part of the minute. The start is indicated by a series of beeps from a clock. At the last beep the race starts. The runner then takes the map from the map box. The runner is responsible for taking the correct map. You may check the class and heat printed on the course description on the map. The runner follows a marked route to the start point which is indicated by a control flag in the terrain and a triangle on the competition map. This distance is less than 100 m in all races.

Finish Procedure

All runners are required to pass the finish line, including those runners who do not complete the whole course. Runners who do not pass the finish line will be considered as "missing in the forest", and may cause a search in the forest for the missing person. Your bib number must be clearly visible as you cross the finish line.

When the runner reaches the finish line, the EMIT-card must be placed into one of the control units situated directly on the finish line. The time has been recorded and the race is over. You must stay in line until your EMIT-card has been downloaded.

Finish Station 1: The runner will proceed to the download station where he / she will place the EMIT-card into the downloading unit, and wait for the official's confirmation. If the finish official reports a problem (for example one or more missing controls, or even if downloading fails), the runner must follow the instructions given by the finish official.. In such a case you must take your map and the back-up tag to the problems table where it will be collected and marked with your competition / bib number for later analysis. Competitors who are disqualified for other reasons should also go to the problems table. Finish Station 2: The runner will place his / her competition map into the box. All competition maps will be collected. The runner then proceeds to the refreshment table.

Disqualification

If a runner is missing one or more controls, the runner will be disqualified, and the results will show 'mp' or 'disq'. If the runner's disqualification is due to another reason, the results list will also show 'mp' or 'disq' for that competitor. Note: If a competitor runs with a different EMIT-card than he / she is registered with in the start lists, the runner will get no time registered and will be disqualified. It is the runner's responsibility to run with the correct EMIT-card. Each participant has 2 hours 30 minutes to complete his / her course.

Map Reclaim

Runners will receive a new map with their course printed on it. Maps can be collected every day in a special stand at the information desk dedicated for this purpose. The maps are sorted by clubs and only a person presenting the club-ID card may pick up the clean maps. For the two qualification races, the map reclaim will be open 1430 – 1630 in the assembly areas, and on the finals the map reclaim will be open 1500 – 1700. Uncollected maps may also be picked up club wise at the Event Centre in Ruka 1800 – 2200, or on Saturday. Blank maps and some maps with courses will be available after each

race at the EC for € 5 per map.

Refreshments

There will be pure drinking water at the start, in the forest and at the assembly area. The water stations in the forest will be supervised by volunteers. Locations in the forest are not at controls, but will be specified using a small glass (beaker) symbol on the map.

First Aid

There will be first aid facilities at all three races. First aid locations on the competition maps will be designated by the standard IOF symbol (a purple cross). In case of accident, illness or injury fellow competitors are obliged to assist. Further assistance may be obtained from either First Aid or Drink stations.

Showers and toilets

There will be toilets at all the assembly areas (Midnight Sun Race, Model events, Qualifications and Finals). Limited toilet facilities will be provided on the way to the start. There will be showers at all the assembly areas except at the Model events. All showers are with hot water.

Clothing

There are no restrictions on the type of clothing to be worn, but short pants are not allowed. Spike shoes are not allowed in Finnish forest. All other Orienteering shoes are allowed (e.g. dobb-shoes).

Clothing Return

There will be no clothing transfer available from each start to the assembly area, except in the case of very bad weather.

Bib

Every competitor will be issued a numbered bib which must be worn on the chest in each race. Information on bibs will consist of competitor's name, EMIT-card number, age class and heat, start times for the qualification races and which start to use and distance from the assembly area to the start. Runners who qualify for the A-finals will use new bibs on the Finals race. These bibs can be picked up at the EC after 1400, on Thursday, July 12 or by the A-start on Friday, July 13 from 0900. Allow an extra 10 minutes at the Pre-Start so you can get your new number. A volunteer will assist you. See also 'How to Qualify for the Finals' later in this section.

Food and Drink

There will be a restaurant and kiosks at each assembly area where a variety of foods and drinks will be available.

Emergency Care

In case of emergency **dial 112**.

Hospital in the Kuusamo City is open 24 hours and has Emergency departments.

Address: Raistakantie 1, 93600 Kuusamo, Phone: +358-40-860 8611

Contact Phone

We have installed a contact phone. During the WMOC 2007 week your family can leave messages: +358-8-8181 122. (Race office in EC)

Complaints and Protests

Any complaint shall be made in writing on a special form to the organizer as soon as possible, at the EC Information desk in the assembly area. The Organizers will decide on a complaint and inform the complainant of the result as soon as possible. There is no fee for a complaint. If the runner is not satisfied with the result of the complaint, a protest can be made against the organizers' decision on a complaint, no later than 1 hour after that decision has been reached. Protests must be in writing on a special form and handed to the IOF Controller or a Jury member. Protests will be handled by the Jury. There is no fee for a protest. The forms to be used for complaints and protests are available at the EC Information desk.

How to Qualify for the Finals (IOF Competition Rules point 6.14)

Only competitors who start in at least one of the qualification races may run in the associated finals. Based upon the combined times of the two qualification races, the best competitors from each qualification race heat will qualify for the "A" final of the class. The next best competitors from each race heat will qualify for the "B" final and so on.

- If there are 161 or more entrants, the number of qualifiers from each heat to the A-final shall be equal and shall be calculated so that the total number of qualifiers is 80, or the lowest possible number above 80. Similarly for the B-final and so on except that if there are more than two finals and less than 20 competitors have qualified for the lowest ranked final, they may be transferred to the next final up.
- If there are from 20 to 160 entrants, then they shall be split as equally as possible between an A-final and a B-final, with the A-final having at least half the total number of entrants.
- If there are less than 20 entrants, than all shall compete in the A-final

If two or more competitors tie for a place in a final, all of them shall qualify for that final. Competitors who start, but are not placed, in either or both qualification races may start before the qualified runners in the lowest ranked final of their class, but shall appear in the result list as not placed.

July weather patterns for Kuusamo

In mid July day temperature varies from 15 to 25 Celsius and at night from 7 to 15 Celsius. It could be dry or wet.

The nights are also bright in July.

Kindergarten

There will be a kindergarten at the assembly areas of the three races (qualifications and finals).

Daily Programme

Sunday July 8 - The Midnight Sun Race

The terrain is fast with a lot of gullies and ditches.

Map Rukan huippu

Scale 1:10000, Contour intervals 5 m

Mapper Paavo Tahkola.

Field survey 2006 to 2007.

Cartography June 2007

Course setter Paavo Tahkola

class	heats	length m	climb m	controls
Open 1	A, B, C	5600 - 5800	240 - 270	18 - 20
Open 2	A, B, C, D, E	3800 - 4100	155 - 165	11 - 13
Open 3	A, B	2200	55 - 60	7

First Start 2000 hours

Distances EC / Car Parking 0,2 km

Car parking / Assembly Area 0 – 500 m

Bus parking / Assembly Area 500 m

WMOC- Busses / Assembly Area 200 m

Assembly Area / Start 1000 m

Finish / Assembly Area 200 m WMOC busses:

The WMOC organiser hopes that all clubs will confirm their competitors (name with EMIT-card number and class information) to Midnight Sun Race when picking up club packages from EC. A competitor must use same EMIT-card what he/she is using in WMOC/FRWD-Cup.

All competitors in Midnight Sun Race must register at the registration desk close to Finish where EMIT-card is checked.

Those competitors who haven't made their entry in advance could do that at the registration desk for price 15 €. Registration starts at 1900. At the registration desk a competitor will get a "start ticket" with start information. A competitor could start freely between 2000 - 2330 by giving his/her "start ticket" to Start's officials. In every heat the best runner and two random drawn competitors will get prizes.

Monday July 9 - Model Events

The model events demonstrate the terrain types in the WMOC2007 competition areas, map quality, control features and the positioning of the controls. The controls are marked with a flag, EMIT-unit and control number. Control descriptions will be printed on the maps. Model event maps will be included in the participant club packages for WMOC2007 and Associated / Spectator participants, picked up at accreditation at the EC in Ruka. Additional model maps will be available in the EC for € 3 (Model event 1 & 2)

Model event 1: Koukkulampi

The competitors have to go by shuttle bus from parking to assembly area!

Terrain: Flat with a mixture of fir, pine and birch vegetation. The special symbol for forest machine tracks is well represented here.

Map Koukkulampi

Scale 1:10000. Contour interval 5 m

Mapper Tapio Tahkola, Paavo Tahkola

Field survey 2005 to 2007

Cartography June 2007

Course setter: Ahti Kinnula

Start 1000 – 1500 hours.

Distances EC / Car Parking 0-3 km
Shuttle Busses / Assembly Area 1500 m
Assembly Area / Start 0-200 m

The controls (without EMIT-units) will be left in the woods for individual use later in the week.

Model event 2: Talassuo

Terrain: Flat terrain with many marshes and some dense vegetation. Well representative of the terrain to be used in the finals.

Map Talassuo

Scale 1:10000. Contour interval 5 m

Mapper Paavo Tahkola

Field survey 2006 to 2007

Cartography June 2007

Course setter: Ahti Kinnula

Start 1000 – 1500 hours

Distances EC / Car Parking 12 km

Car parking / Assembly Area 0 – 150 m

Bus parking / Assembly Area 100 m

Non-stop Busses / Assembly Area 100 m (Non-stop Busses from Ruka/EC)

Assembly / Start 100 m

Finish / Assembly Area 100

These controls will not be available later in the week.

Tuesday July 10 - Qualification 1: Isokallio

Terrain: Mostly open fir and pine forest. Many large open marshes, and some indistinct marshes with dense vegetation. A river divides the terrain. Only courses longer than 6 km will cross this river. Crossing points with special bridges are shown on the map. The terrain varies from flat to moderately hilly. Easy running except in areas with tracks from forest machines.

Map Isokallio

Scale 1:10000. Contour interval 5 m

Mappers: Paavo Tahkola, Tapio Tahkola

Field survey 2004 to 2007

Cartography June 2007

Course setter: Jari Oikarainen

class	heats	start	length m	climb m	controls
W35	1, 2	3	6200	270-280	14
W40	1, 2,	3	5100 - 5200	175 – 180	11
W45	1, 2, 3	3	4400	125 – 135	12
W50	1, 2, 3	3	3800 - 3900	110 – 115	10
W55	1, 2, 3	3	3500 – 3700	100 – 110	9
W60	1, 2, 3	3	3200 – 3300	90	8 - 9
W65	1, 2	3	2900 – 3000	75 – 80	8
W70	1	3	2600	65	7
W75	1	3	2400	55	7
W80	1	3	2200	45	7
W85	1	3	2100	45	6
M35	1, 2, 3	1	9600 – 9700	410 – 435	19 – 20
M40	1, 2, 3, 4	1	8700 - 8800	380 – 395	17
M45	1, 2, 3, 4, 5	1	7600 – 7700	310 – 345	15 – 16

M50	1, 2, 3, 4, 5	1	6200 - 6300	290 – 325	14 – 15
M55	1, 2, 3, 4, 5, 6	2	5000 – 5100	175 – 195	12 – 13
M60	1, 2, 3, 4, 5, 6	2	4800 – 5000	160 – 185	12 – 13
M65	1, 2, 3, 4, 5	2	4400	135 – 150	10 – 11
M70	1, 2, 3, 4	2	3900	120 – 135	11
M75	1, 2	1	3500	100 – 105	8
M80	1	1	3200	85	8
M85	1	1	2600	55	7
M90	1	1	2400	55	6
W12	-	2	2400		7
W14	-	2	3000		10
W16	-	1	4500		11
W18	-	1	5100		13
W20	-	1	5700		16
W21	-	1	6800		19
M12	-	2	2500		7
M14	-	2	3400		9
M16	-	1	5600		15
M18	-	1	7200		17
M20	-	1	7600		19
M21	-	1	9900		21

First Start 1000 hours

Distances:

EC (Ruka) / Car Parking:	10 km
Distance private car parking/ Assembly Area:	0 – 700 m
Non-stop Busses / Assembly Area:	300 m (Non-Stop Busses from Ruka/EC)
Assembly Area/ Start 1, 2, 3:	1750 m

A shuttle bus for competitors older than 80 years is available to the start (reserve in EC)

Wednesday July 11 - Qualification 2: Suovalampi

Terrain: Similar terrain to Qualification 1, but more flat. The terrain is divided by two small rivers, but only courses longer than 5 km will cross these rivers. Crossing points are marked at the map, but it may also be crossed elsewhere if the water level is low. Information about this will be given at the start.

Map Suovalampi

Scale 1:10000, Contour interval 5 m
 Mappers: Tapio Tahkola
 Field survey 2004 to 2007
 Cartography June 2007
 Course setter: Tapio Tahkola

class	heats	start	length m	climb m	controls
W35	1, 2	3	5600 – 5700	235 – 240	13
W40	1, 2	3	4700 – 4800	205 – 210	12
W45	1, 2, 3	3	4200 - 4300	170 - 185	11 - 12
W50	1, 2, 3	3	3700 – 3800	150 – 160	10 – 11
W55	1, 2, 3	3	3300 – 3400	135	9 – 10
W60	1, 2, 3	3	3200 – 3400	130 – 135	9 - 10
W65	1, 2	3	2700 – 2800	120 – 125	8
W70	1	3	2400	115	7
W75	1	3	2300	115	7
W80	1	3	1800	90	6
W85	1	3	1600	60	5
M35	1, 2, 3	1	9000 – 9300	325-330	19 – 21
M40	1, 2, 3, 4	1	7900 – 8100	275 – 290	18 – 20
M45	1, 2, 3, 4, 5	1	7500 – 7600	265 – 280	18 - 18
M50	1, 2, 3, 4, 5	1	6000 – 6200	275 – 290	15 – 17
M55	1, 2, 3, 4, 5, 6	2	5200 – 5400	230 – 245	13 – 15
M60	1, 2, 3, 4, 5, 6	2	4900 – 5000	210 – 220	12 – 13
M65	1, 2, 3, 4, 5,	2	4200 – 4400	200 – 215	11 – 13
M70	1, 2, 3, 4	2	3700 – 3800	185 – 205	10 – 11
M75	1, 2	1	3200 – 3300	150	9 - 10
M80	1	1	2800	115	9
M85	1	1	2600	110	9
M90	1	1	1900	100	7
W12	-	2	1800	95	7
W14	-	2	2500	125	9
W16	-	1	2900	135	9
W18	-	1	3300	165	10
W20	-	1	3700	175	10
W21	-	1	4200	180	11

M12	-	2	1800	95	7
M14	-	2	2900	160	10
M16	-	1	3200	165	9
M18	-	1	3800	180	11
M20	-	1	4300	180	13
M21	-	1	5000	185	14

First Start 1000

Distances:

EC (Ruka) / Car Parking:	14 km
Distance private car parking/ Assembly Area:	600 m
Non-stop Busses / Assembly Area:	50 m (Non-stop Busses from Ruka/EC))
Assembly Area/ Start 1, 2, 3:	500 m

Friday July 7 - Final Races in Petäjäväära

Terrain: This terrain is technically the most difficult of the three competitions. It has many marshes, some with dense vegetations, but also some areas which are very easy to run. It is generally flat, but runners on the longest courses will experience some climbing in the southern part of the terrain. Areas with tracks from forest machines are abundant in this terrain.

All A-finals have their own start at assembly area. All other finals have only 100 m to start.

Map Petäjäväära

Scale 1:10000, Contour intervals 5 m

Mappers: Paavo Tahkola

Field survey 2004 to 2007

Cartography June 2007

Course setter: Timo Ronkainen

class	start	length m	climb m	controls	first start
W35A	1	7400	210	16	1120
W35B	2	5400	170	12	1000
W40A	1	6500	165	15	1110
W40B	2	4500	140	10	1000
W45A	1	5500	150	13	1030
W45B	2	4100	140	9	1000

W50A	1	5200	140	14	1020
W50B	2	4100	130	9	1000
W55A	1	4700	140	13	1010
W55B	2	4200	140	12	1030
W55C	3	3700	135	9	1150
W60A	1	4200	145	13	1000
W60B	2	3900	120	10	1030
W60C	3	3400	105	10	1300
W65A	1	3800	135	11	1020
W65B	2	3200	80	11	1020
W70A	1	3100	85	11	1210
W70B	2	2200	70	7	1210
W75A	1	2400	60	7	1310
W75B	2	1900	55	7	1250
W80A	1	2100	60	8	1300
W85A	1	2000	55	8	1250
M35A	1	11100	285	22	1050
M35B	2	9700	265	21	1040
M35C	3	8000	235	15	1220
M40A	1	9800	270	20	1050
M40B	2	8600	220	16	1040
M40C	3	7600	190	13	1020
M40D	3	6500	170	13	1250
M45A	1	9000	240	18	1040
M45B	2	7900	185	14	1040
M45C	3	6900	185	15	1020
M45D	3	5900	155	12	1000
M50A	1	7500	210	15	1030
M50B	2	6800	170	12	1040
M50C	3	6200	190	11	1020
M50D	3	5700	175	12	1000
M50E	3	5100	135	11	1000
M55A	1	6500	180	13	1020
M55B	2	6000	160	12	1020
M55C	3	5400	160	12	1020
M55D	3	4900	140	11	1000

M55E	3	4400	140	11	1000
M60A	1	5900	160	12	1010
M60B	2	5600	150	12	1020
M60C	3	5100	140	11	1020
M60D	3	4600	140	10	1000
M60E	3	4000	130	10	1000
M65A	1	5700	170	13	1000
M65B	2	5300	155	12	1020
M65C	3	4700	145	11	1020
M65D	3	4200	145	12	1000
M65E	3	3800	140	11	1000
M70A	1	4700	145	12	1010
M70B	2	4200	130	11	1020
M70C	3	3900	110	11	1020
M75A	1	4000	135	11	1030
M75B	2	2800	85	10	1000
M80A	1	3400	100	11	1300
M80B	2	2500	85	8	1220
M85A	1	2500	80	7	1300
M90A	1	2000	65	8	1310
W12	2	2300	65	10	
W14	2	2700	115	9	
W16	1	5000	135	14	
W18	1	6200	145	13	
W20	1	6300	165	14	
W21	1	7900	210	18	
M12	2	2300	80	9	
M14	2	3300	125	11	
M16	1	6700	165	13	
M18	1	8200	200	16	
M20	1	9000	210	16	
M21	1	11200	270	23	

First Start 1000

Distances: EC (Ruka) / Car Parking: 15 km

Distance private car parking/ Assembly Area: 300 m

Non-stop Busses / Assembly Area: 700 m (from Ruka/EC)

Assembly Area/ Start A:	0 m
Assembly Area/ Start B:	100 m

Social Events

Käylän Tukkilaiskisat

Saturday, July 7, 1000 hours

A log driver competition is held at Kitka River, in Käylä Village about 20 km north from Ruka.

This traditional event is also the national Championship this year in Finland.

Opening Ceremony

Monday, July 9

- 1715 Opening Ceremony; line up behind national flags, Kuusamo City (Sport Hall parking area)
Competitors are invited to join fellow countrymen and march behind their flag.
We hope that you will all join us in the opening of this year's World Masters Orienteering Championships.
- 1730 Parade through Kuusamo to the sports field
- 1800 Opening Ceremony starts
- 1845 Midnight Sun Race Prize Giving Ceremony, Sports Field, Kuusamo City centre
- 1900 Entertainment programme in Kuusamo City Square

Distances EC / Car Parking 27 km
Car parking / Staging Area 0 – 300 m
Busses from Ruka/EC at 1630. Busses returns to Ruka at 1900 and 2030.

Midnight Sun Race Prize Giving Ceremony

Prize Giving Ceremony for this event will be held at about 1845 hours, Monday July 9 at Sport Field, Kuusamo City.

Midnight Sun Evening Market in Ruka Ski Stadium

Tuesday, July 10

1800 The Midnight Sun Evening market in Ruka Ski Stadium with entertainment.

Shopping, Local food, Handworks, Summer Ski Jumping with orienteering, etc.

Free entrance.

WMOC2007 Banquet

Wednesday, July 11

The WMOC Banquet is taking place in Kuusamo City (Hotel Kuusamon Tropiikki, Arena Hall). The Arena Hall, Kuusamon Tropiikki in Kuusamo City, Kylpyläntie, opens at 1830 hours, with the banquet commencing at 1900 hours.

Busses from Ruka/EC at 1800. Busses returns to Ruka at 2100, 2200 and 2300. At the banquet, Tukkijätkät - band will entertain with dancing music. If you have bought a banquet ticket, it will be in your club package. This night we serve typical Finnish food.

Tourist programme

Thursday, July 12

Tickets for the tourist programme are available until Tuesday, July 10.

1000 Tourist programme

- Trip to Oulanka National Park
- Shopping trip to Pentik-ceramics factory
- Reindeer- and bear farm trip
- Artic Golf
- White Water Rafting in Kitkajoki

WMOC2007 Prize Giving Ceremony

First, second and third place finishers from the Finals will receive their medals at the WMOC2007 Prize Giving Ceremony being held at the Final Competition Arena in Petäjävaara on Friday, July 13 at 1400 hours.

FRWD-Cup Prize Giving Ceremony

Prize Giving Ceremony for this event will be held at about 1600 hours, Friday, July 13 at the final competition Arena in Petäjävaara.

Some statistics

There are approximately 4050 entries in the WMOC competitions, and 375 in the open classes.

The WMOC course setters have used 192 different courses, 65 for each qualification race and 62 in the finals. They have placed 450 different controls in the woods! There are about 400 volunteers.

Entries by Categories

WMOC		FRWD-CUP			
MEN		WOMEN			
M35	195	W35	129	W12	50
M40	274	W40	139	W14	35
M45	317	W45	174	W16	28

M50	385	W50	179	W18	20
M55	417	W55	194	W20	11
M60	413	W60	183	W21	36
M65	392	W65	131	M12	44
M70	254	W70	66	M14	55
M75	120	W75	26	M16	46
M80	42	W80	14	M18	27
M85	10	W85	1	M20	5
M90	1			M21	37

List of Countries

WMOC

1. Finland	2665	16. Belarus	20	31. Slovakia	4
2. Russian	382	17. Belgium	18	32. Australia	3
3. Sweden	320	18. Moldova	18	33. Argentina	1
4. Norway	261	19. Hungary	17	34. Brazil	1
5. Estonia	181	20. Portugal	17	35. Turkey	1
6. Switzerland	87	21. France	10		
7. Latvia	75	22. USA	10		
8. Czech Republic	60	23. Spain	9		
9. Great Britain	56	24. Poland	9		
10. Germany	42	25. Canada	8		
11. Lithuania	38	26. Israel	8		
12. Japan	33	27. Italy	6		
13. Denmark	28	28. Romania	6		
14. Ukraine	27	29. New Zealand	5		
15. Austria	20	30. Ireland	4		