

Rules of Orienteering:

Series

Individual Sprint Men and Women, Individual Classic Middle Distance Men and Women.

Rules

Rules of the IOF, the International Orienteering Federation, will be followed.

Series

- Individual Sprint Men and Women on Friday May 13, 2016 at 4 pm at Laikunlava, Tampere.
- Individual Middle Distance Men and Women on Saturday May 14, 2016 at 12 am at Kauppi, Tampere.

Punching system

Emit. If the participant does not own an Emit, the organizers will lend them one.

Competitions

Preliminary courses:

	Sprint	Middle
H21	3,5 km	4,8 km
D21	2,7 km	3,9 km

Organizers are not responsible for the insurance of the participants.

Organizing committee reserves the right to make changes to these rules.