



Bulletin 1

Finnish Middle Distance Championships 2026

IOF WORLD RANKING EVENT (WRE)

Eestinkylä, Kirkkonummi, Finland
Saturday September 12, 2026

International Orienteering Competition - Middle Distance (WRE)

1. Event Status

The orienteering club Lynx will host a Middle Distance WRE event (Finnish Middle Distance Championships) in Eestinkylä, Kirkkonummi, on September 12, 2026.

2. Organiser

Organising club	Lynx
Event Director	Petri Savilahti, puheenjohtaja@lynx.fi
Course Setters	Aleksi Leskinen (qualification), Juha Miettinen (finals)
WRE contact	Antti Ursin, antti.ursin@lynx.fi
Result Service	Ville Koponen

Event website <https://www.lynx.fi/sm-keskimatka-wre-middle-distance-12-9-2026/>

IOF Event Adviser (IOF EA)	Vesa Elovaara
Course Controller	Eemeli Suominen (Hiidenkiertäjät)

3. Competition Rules

Competition rules as well as directives for Finnish Championships of the Finnish Orienteering Federation (FOF), guidelines of the International Orienteering Federation for World Ranking Events, and instructions given by the organisers shall be followed.



4. Courses

Estimated winning times are in accordance with the rules of the FOF. Estimated winning time in the qualification race is 25 minutes and in the final 35 minutes, in classes M/W21.

5. Classes

Classes M21, H20, H18, H16, H15, W21, D20, D18, D16, D15, D35, D40, D45, D50, D55, D60, D65, H35, H40, H45, H50, H55, H60, H65, H70 and H75, in which the qualification races take place in the morning and the final in the afternoon.

Classes H80, H85, H90, D70, D75, D80, D85 and D90, in which the final is held in the afternoon without qualification.

Participants in the Finnish Championship middle-distance competition must turn at least 14 years old during the competition year.

For each class, 75% of competitors registered for the qualification advance to the Finnish Championship final, with a minimum of 10 and a maximum of 50 participants in the final. The number of finalists is determined to be as close as possible to 50 based on the number of qualification heats, or an equal number per heat. If two options are equally close to 50, the larger number is chosen.

For those who do not qualify for the final, as well as those who retire, are disqualified, or do not start in the qualification, a B final will be organized as a national competition in the afternoon in classes H15–H20, M21, D15–D20, W21, D35–D65 and H35–H75.

6. Entries

Entries are made primarily through the IRMA service. International runners who do not have IRMAID register via IOF Eventor (WRE classes M21, W21). Entries must be made no later than Thursday, September 3, at 23.59. Late registration is not possible.

All competitors entering WRE classes (M21, W21) must have an IOF-ID, issued by the IOF. Instructions on how to obtain the IOF-ID can be found on the IOF website.

7. Entry fees

The entry fee for WRE classes M21 and W21 is 53,00 €; classes H/D15-20, D35-65 and H35-H75 49,00 €; classes D70-90 and H80-90 34,00 €.



When registering via IRMA, the entry fee is also paid in the IRMA service.
Foreigner registering via IOF Eventor must pay the entry fee in euros no later than Thursday, September 3, at 23.59 using the following bank details:

Account owner	Lynx
Bank name	Uudenmaan Osuuspankki
Bank address	Arkadiankatu 23, 00100 Helsinki, Finland
IBAN	FI73 5554 0940 0020 65
BIC	OKOYFIHH
Information	Name of the competitor

8. Event Venue

The competition centre is located in Eestinkylä, Kirkkonummi, approximately 6 km south of the Kirkkonummi town centre. Guidance begins from Road No. 51 (Helsinki–Hanko road): for those arriving from the west, from the Kirkkonummi centre exit (number 18), and for those arriving from the east, from the Porkkalanniemi exit (number 17). The competition centre may only be accessed via the signposted route. The driving time from the signs to the competition centre is 15 minutes. Please strictly follow the designated routes from both west and east to avoid congestion in parking.

9. Parking

Parking is in a field, close to the competition centre. Walking distance from parking to the competition centre is 100-500 m. Parking fee is 5 € and it shall be paid at the competition centre (info tent). Campervans can be parked at the competition centre. It is not possible to stay



overnight at the competition centre. It is possible for buses to park at the competition centre. Please notify incoming buses by email to sm2026@lynx.fi by September 2, 2026.

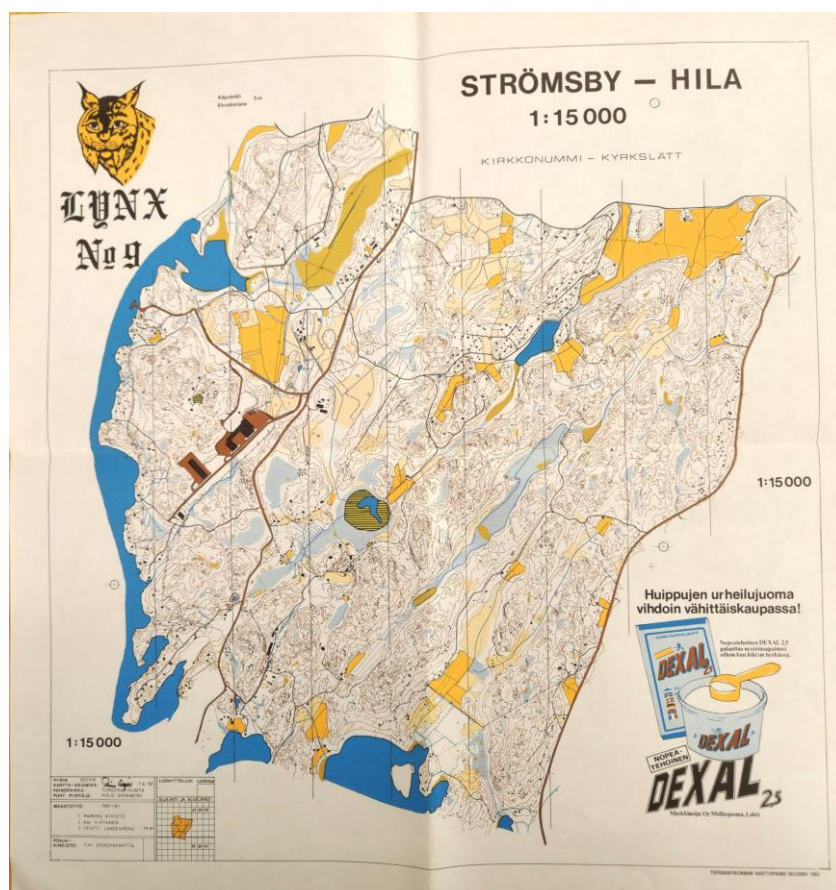
10. Starts

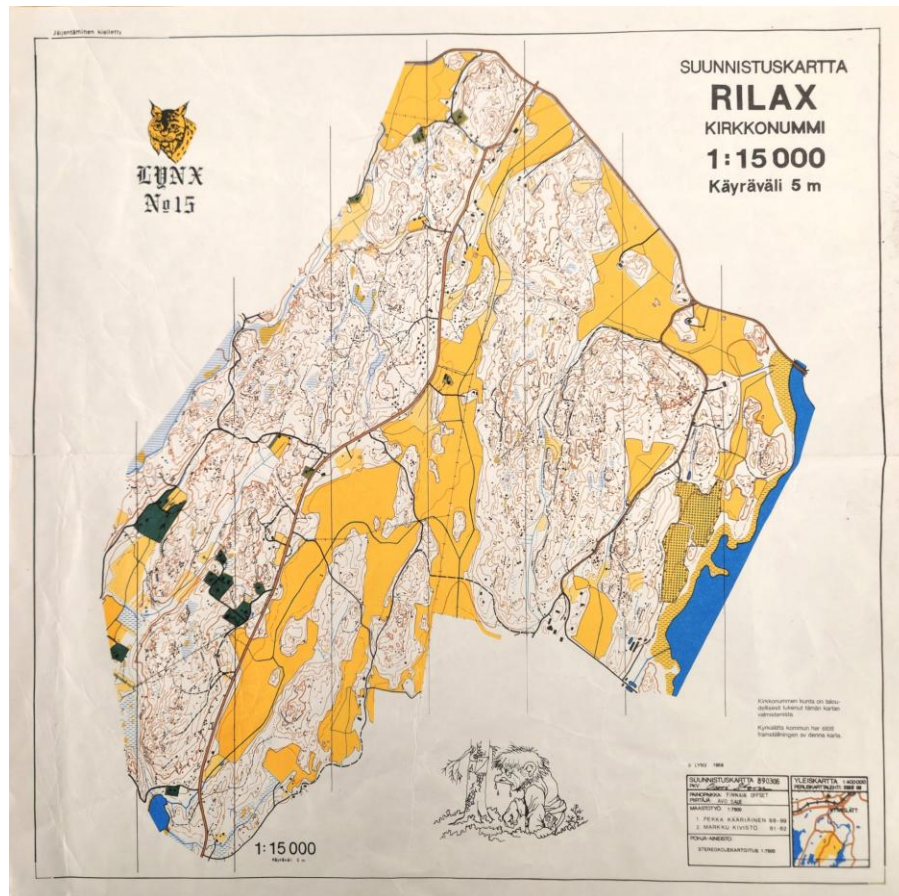
The first start in the qualification is at 09.00, and in the final at 13.00.

The classes M/W21 have a quarantine zone in the A-final, which must be entered no later than at 13.30.

11. Map

Orienteering map, scale 1:10 000 (classes M/W21, H/D15-20 and H/D35-40), 1:7 500 (classes H/D45-90). The maps are digitally printed. Map size is A4. Maps are enclosed in a plastic cover. Mapping has been made 8/2025 by Eemeli Suominen. There are old orienteering maps of the competition area (1982 and 1989).





12. Terrain

The terrain consists of fast, partly detailed and partly steep-sided open rock areas. In the areas between the hills, runnability is slightly lower. The ground is mostly fast and easy to run on. The greatest elevation differences are approximately 35–40 metres.

13. Punching system

Emit punching will be used. The Emit number must be given when entering the competition. If no Emit number is given, a rented Emit card will be assigned to the competitor for a renting fee of 10 €. The rented Emit card is available at the info. If the rented card is not returned, a fee of 90 € will be collected.



14. Cafe and restaurant

The menu and a list of products with prices will be available on the competition website.

15. Toilets, changing rooms and washing

There are toilets at the competition center and at the start areas. There is no covered space for competitors to change clothes. There are no washing facilities at the competition center. Washing is available at Kirkkonummi swimming hall, address Gesterbyntie 41, 02400 Kirkkonummi, with a race number until 18:00, or at Syväjärvi beach, address Upinniementie 240, 02480 Kirkkonummi.

16. Embargoed area

Training is forbidden in the competition area which can be seen on the competition webpage and in the register for embargoed areas (FOF): [Karttarekisteri v2.5](#)





17. Visa requirements

According to current regulations, citizens of some countries must obtain a visa in order to enter Finland.

Please check the following website for more information: www.formin.fi. Visas should be applied for at your closest Finnish embassy. Please note that conditions of entry may change. All participants are advised to keep themselves updated on the situation by consulting their local Finnish embassy.

18. Climate

In September, the weather in Kirkkonummi can vary from mild and sunny (around 12–22 °C) to cool, windy, and rainy (approximately 7–15 °C). Coastal conditions can make it feel cooler, especially with wind and occasional showers, so be prepared for rapidly changing weather.

19. Accommodation

[Hotelli Siuntio](#) ja [Hotelli Lepolampi](#) offer discounted accommodation for participants in the Finnish Championships (SM competition). The discounted rates are valid until December 31, 2026, so the offer can also be used not only for the competition weekend but, for example, for training ahead of the SM and Espoo-Jukola 2028.

Offer prices starting from (incl. VAT):

- Single room: € 90/night
- Double room: € 100/night
- Triple room: € 110/night

Accommodation includes breakfast.

Reservations by email using the code “Lynx” at:

myynti@hotellisiuntio.fi and myynti@lepolampi.fi

Phone: +358 10 324 4855 (Mon–Fri 9:00–15:30)

Also inquire about contract-priced meals for teams.



20. Training

There are ready-made training sessions available to prepare for the SM Championships weekend on September 12–13, where Lynx will organize the middle distance race on Saturday and OK Raseborg the relay on Sunday. The trainings are also designed for preparation for Espoo-Jukola 2028. The training materials can be found from the [2028 Jukola path](#).

Lynx's skill-themed self-guided training courses, Ilvesrastit, are also suitable for practice. A useful reference for the SM competition is the SM2026 test race held in August 2025 in Störsvik, Siuntio, which took place in similar open rocky terrain and was mapped by the same mapper (Eemeli Suominen) as the SM competition.

Official training possibilities will be published later on the competition webpage.

<https://espoojukola.omaps.io/>

<https://omaps.io/users/1301>

Welcome to Kirkkonummi!

Lynx