



Bulletin 2

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 World Ranking Event (WRE) (Finnish Middle Distance Championships) in Eestinkylä, Kirkkonummi, on September 12, 2026. The competition is WRE in the classes M21 and W21.

2. Organiser

Organising club	Lynx
Event Director	Petri Savilahti, puheenjohtaja@lynx.fi, +358 40 725 5818
Course Setters	Aleksi Leskinen (qualification), Juha Miettinen (finals)
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
WRE contact	Antti Ursin, antti.ursin@lynx.fi, +358 40 522 3476
Media contact	Annariitta Kottonen, sm2026@lynx.fi, +358 40 590 8027

Jury

Chairman	Anders af Hällström, OK77
Member	Tuula Mbembela, HS
Member	Harri Hollo, TP



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.

The directive for Finnish Orienteering Championship events are available on the Finnish Orienteering Federation's website.

<https://www.suunnistusliitto.fi/kilpailu/sm-ohjeet/suunnistuksen-erillisohjeet/>

Competition-specific updates and clarifications will be published on the event website in the days leading up to the competition. Competitors are advised to check the latest information on the event website before arriving at the competition venue.

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

4. Directions and Competition Centre

The competition centre is located in Eestinkylä, Kirkkonummi, approximately 6 km south of the Kirkkonummi town centre.

Signposting begins from Road 51 (Helsinki–Hanko Road):

- For participants arriving from the west, follow the signs from the Kirkkonummi town centre interchange (Exit 18).
- For participants arriving from the east, follow the signs from the Porkkalanniemi interchange (Exit 17).

Participants may access the competition centre only via the designated signposted route. The distance from the signposting point to the competition centre is approximately 5–10 km.

The signs will be in place from 07:00 on Saturday, 12 July. Please allow plenty of time for your arrival and exercise caution on the narrow roads, as traffic congestion is expected, particularly in the morning.

Space has been reserved at the competition centre for team and club tents. The competition centre is located on a harvested field. In addition to the competition facilities, the competition centre offers restaurant and cafe services as well as vendor stands. Please note that payment card services may be affected by network connectivity issues. Competitors and spectators are therefore advised to carry some cash for purchases at the event restaurant and the Info Desk.



5. Parking

Parking is located in a field, approximately 1.5–2 km from the competition centre. Address: Eestinkyläntie 316, 02480 Kirkkonummi, Finland.

A marked route from the parking area to the competition centre must be followed. Walking on public roads is prohibited.

The parking fee is 5€ per vehicle and can be paid at the Info Desk or in advance via MobilePay 43804. Advance payment is recommended due to possible mobile network issues. Pre-orders by Friday, 11 September, 21.00. A parking ticket or MobilePay payment confirmation will be checked when vehicles leave the parking area.

If parking has not been paid in advance, the fee must be paid upon departure either in cash (exact change only) or via MobilePay. In this case, the parking fee is 10€ per vehicle.

A limited number of parking spaces close to the competition centre are reserved for families with strollers and competitors aged 85 years or older. Requests for close parking must be submitted by email to sm2026@lynx.fi no later than Wednesday, 9 September 2026, 20:00. Competitors who have not requested close parking in advance must use the regular parking areas and follow the instructions of the organizers.

Buses shall arrive following the event signage. Passengers will be dropped off next to the parking area, after which buses will be directed to a separate parking location in accordance with instructions provided in advance. The need for bus parking must be notified by email to sm2026@lynx.fi no later than Wednesday, 9 September 2026, 20:00.

There is no separate parking area for motorhomes or caravans. All vehicles must use the general car parking area. No dedicated overnight motorhome parking area has been arranged. Participants are encouraged to explore accommodation options in the surrounding area, for example the caravan and camping facilities at [Pirttimäki Outdoor Recreation Area](#).

If you are only dropping off competitors and do not intend to park, do not turn into the field parking area. Inform the parking marshals and drop off the competitors at the roadside after the turning point. Exit via Kabanovintie westbound to Upinniementie, and then continue north.

6. Terrain

The competition terrain consists of fast-running, detailed open rocky ground with some areas featuring steep rock edges. The maximum elevation differences are approximately 35–40 metres.



7. Map

Orienteering map, scale 1:10000 or 1:7500 (for classes H/D45-90), with a 5 m contour interval. The map is a printed map (09/2026). Map size is A4, sealed in a plastic cover. Mapping by Eemeli Suominen / Karttapalvelu Karttapala.

8. Control Descriptions

Separate control descriptions are available for all classes in both the qualification and final races. The loose control descriptions can be collected in the pre start area. Please refer to the section covering start procedures.

No holders or fastening materials for control descriptions will be provided. The maximum length of the control description sheet is 15 cm. Control descriptions are also printed on the map.

9. Controls

Controls will have control flags and Emit punching devices. A model control is available at the guidepost, where Emit testing is also available.

A variety of control setups will be used in the competition. These include traditional control posts with punching stands as well as different types of control frames, including ground-level frames, low sprint-style frames, and slightly tilted wedge-style frames.

10. Course Lengths

Classes, distances, number of controls, climbing, start, and the number of competitors advancing to the A-final are listed in the table below.

Finnish Middle Distance Championships, Qualification

Start 1, 1500 m from the competition center, marked with white OP signage

Class	Distance	Climbing	Control s	Scale	Start	A-final	First start
M21 Q1	4,0	105	14	1:10000	1	10	09:00
M21 Q2	4,0	110	14	1:10000	1	10	09:00
M21 Q3	4,0	115	14	1:10000	1	10	09:00



M21 Q4	4,0	115	14	1:10000	1	10	09:00
M21 Q5	4,0	110	15	1:10000	1	10	09:00
W21 Q1	3,2	95	13	1:10000	1	17	09:00
W21 Q2	3,2	100	13	1:10000	1	17	09:00
W21 Q3	3,2	100	12	1:10000	1	17	09:00
H20 K1	3,4		14	1:10000	1	20	09:59
H20 K2	3,4		12	1:10000	1	20	09:59
D20 K1	2,7		9	1:10000	1	21	09:00
D20 K2	2,7		10	1:10000	1	21	09:00
H18 K1	3,0		11	1:10000	1	25	09:48
H18 K2	3,0		9	1:10000	1	25	09:48
D18 K1	2,4		10	1:10000	1	25	09:48
D18 K2	2,3		9	1:10000	1	25	09:48
H16 K1	2,6		11	1:10000	1	22	09:48
H16 K2	2,5		10	1:10000	1	22	09:48
D16 K1	2,1		10	1:10000	1	28	09:00
H15 K1	2,3		8	1:10000	1	25	09:00
H15 K2	2,3		8	1:10000	1	25	09:00
D15 K1	1,9		8	1:10000	1	17	09:45
D15 K2	1,9		8	1:10000	1	17	09:45
D15 K3	1,9		7	1:10000	1	17	09:45

Start 2, 500 m from the competition center, marked with white OP signage



Class	Distance	Controls	Scale	Start	A-Final	First Start
H35 K1	3,4	13	1:10000	2	30	09:31
D35 K1	2,7	9	1:10000	2	23	09:00
H40 K1	3,1	11	1:10000	2	22	09:00
H40K2	3,2	11	1:10000	2	22	09:00
D40 K1	2,5	9	1:10000	2	35	09:00
H45 K1	2,8	10	1:7500	2	17	09:51
H45 K2	2,9	10	1:7500	2	17	09:51
H45 K3	2,8	10	1:7500	2	17	09:51
D45 K1	2,4	9	1:7500	2	24	09:00
D45 K2	2,4	10	1:7500	2	24	09:00
H50 K1	2,6	10	1:7500	2	17	09:47
H50 K2	2,6	9	1:7500	2	17	09:47
H50 K3	2,6	10	1:7500	2	17	09:47
D50 K1	2,3	8	1:7500	2	25	09:41
D50 K2	2,2	9	1:7500	2	25	09:41
H55 K1	2,6	9	1:7500	2	17	09:00
H55 K2	2,5	8	1:7500	2	17	09:00
H55 K3	2,5	8	1:7500	2	17	09:00
D55 K1	2,1	8	1:7500	2	22	09:43
D55 K2	2,1	8	1:7500	2	22	09:43
H60 K1	2,3	9	1:7500	2	25	09:00
H60 K2	2,3	10	1:7500	2	25	09:00



D60 K1	1,8	8	1:7500	2	31	09:41
H65 K1	2,1	9	1:7500	2	25	09:41
H65 K2	2,1	9	1:7500	2	25	09:41
D65 K1	1,6	7	1:7500	2	25	09:41
H70 K1	2,0	9	1:7500	2	25	09:00
H70 K2	2,0	9	1:7500	2	25	09:00
H75 K1	1,8	7	1:7500	2	25	09:00
H75 K2	1,7	8	1:7500	2	25	09:00

Finnish Middle Distance Championships, A and B Finals

Start 1, 1400 m from the competition center, 1200 m to the quarantine area, marked with white OP signage

Class	Distance	Climbing	Controls	Scale	Start	Map flip	First start
M21	6,2	210	21	1:10000	1	x	14:40
W21	5,4	170	18	1:10000	1	x	13:00
H20	4,8	200	17	1:10000	1	x	14:40
D20	3,9	155	14	1:10000	1		13:00
H18	4,3	160	14	1:10000	1		14:40
D18	3,6	145	14	1:10000	1		13:00
H16	3,5	155	13	1:10000	1		13:00
D16	3,1	125	12	1:10000	1		14:40
H15	3,3	135	12	1:10000	1		13:00
D15	2,7	110	11	1:10000	1		14:40



Start 2, 1100 m from the competition center, no quarantine, marked with white OP signage

Class	Distance	Climbing	Contros	Scale	Start	Map flip	First start
H35	5,3	195	19	1:10000	2	x	13:00
D35	4,0	145	16	1:10000	2		13:40
H40	4,8	190	19	1:10000	2		14:30
D40	3,9	160	15	1:10000	2		14:50
H45	4,5	185	18	1:7500	2	x	13:00
D45	3,7	155	15	1:7500	2		13:00
H50	4,2	165	16	1:7500	2		14:20
D50	3,5	155	14	1:7500	2		14:20
H55	4,0	170	15	1:7500	2		14:20
D55	3,2	155	13	1:7500	2		13:00
H60	3,7	155	16	1:7500	2		13:00
H65	3,3	150	12	1:7500	2		14:20
M21B1	5,3		18	1:10000	2	x	14:00
M21B2	4,8		13	1:10000	2	x	13:00
M21B3	4,5		15	1:10000	2		14:30
M21B4	4,2		15	1:10000	2		14:30
W21B1	3,7		12	1:10000	2		13:00
W21B2	3,1		12	1:10000	2		14:20
H20B	3,7		13	1:10000	2		13:50
D20B	3,2		12	1:10000	2		15:00
H18B	3,5		11	1:10000	2		13:00



D18B	2,8		11	1:10000	2		13:00
H16B	2,9		12	1:10000	2		14:30
D16B	2,4		9	1:10000	2		13:30
H15B	2,7		11	1:10000	2		14:40
D15B	2,2		9	1:10000	2		14:10
H35B	4,3		16	1:10000	2		13:10
D35B	3,3		11	1:10000	2		14:40
H40B	4,0		14	1:10000	2		15:30
D40B	3,2		11	1:10000	2		14:40
H45B	3,7		14	1:7500	2		13:00
H50B1	3,4		13	1:7500	2		13:00
H50B2	3,1		12	1:7500	2		13:00

Start 3, 800 m from the competition center, no quarantine, marked with white OP signage

Class	Distance	Climbing	Controls	Scale	Start	First start
D60	2,9	120	12	1:7500	3	15:00
D65	2,4	90	10	1:7500	3	14:30
H70	3,1	150	14	1:7500	3	14:20
D70	2,3	75	9	1:7500	3	14:40
H75	2,7	110	12	1:7500	3	13:00
D75	1,7	70	8	1:7500	3	13:50
H80	2,1	75	9	1:7500	3	13:50
D80	1,3	35	6	1:7500	3	15:30
H85	1,5	30	7	1:7500	3	13:00



D85	1,1	50	5	1:7500	3	15:30
H90	0,8	30	4	1:7500	3	14:30
D45B	3,1		11	1:7500	3	13:50
D50B	2,8		11	1:7500	3	14:20
H55B1	3,3		13	1:7500	3	14:00
H55B2	2,9		11	1:7500	3	13:00
D55B	2,5		9	1:7500	3	14:00
H60B1	2,8		9	1:7500	3	15:10
H60B2	2,5		10	1:7500	3	13:00
D60B	2,3		9	1:7500	3	13:00
H65B	2,5		10	1:7500	3	13:20
D65B	1,9		8	1:7500	3	13:50
H70B1	2,4		10	1:7500	3	13:00
H75B	2,0		8	1:7500	3	14:10

11. Competition Numbers and Emit Control Slips

All competitors must wear a competition bib. Different different bibs will be used for the qualification race and the A Final. In the B Finals, competitors shall use the same bib as in the qualification race.

For the middle-distance event, competitors in classes H/D15-20 and M/W21 Final will receive their competition bibs at the quarantine area. Please collect your bib immediately after entering the quarantine area. Please bring your own safety pins.

For all other classes, competition bibs will be available at the competition centre. The bibs will be organized by class in folders. Please bring your own safety pins.

Competitors are responsible for collecting and attaching their own bib. Competition bibs must not be folded.



12. Quarantine and Start

The first start of the qualification race is at 09:00. There is no quarantine area in the qualification race.

Qualification Race: Start Locations, Classes, Distance to Start and Signage Colour

Start 1	M/W21, H/D20-15	1500 m	white OP-signage
Start 2	H/D35-65, H70-75	500 m	white OP-signage

Both qualification starts are located along the same marked route.

Finals: Start Locations, Classes, Distance to Start and Signage Colour

Start 1	M/W21, H/D20-15	1400 m	white OP-signage
Start 2	H/D35-55, H60-65, M/W21B, H/D20B-15B, H/D35B-40B, H45B-50B	1100 m	white OP-signage
Start 3	D60-65, H/D70-85, H90, D45B-50B H/D55B-65B, H70B-75B	800 m	white OP-signage

All final starts are located along the same marked route.

The quarantine area is in use for classes H/D15-20 and M/W21 A Finals (Start 1). There is no quarantine area for other classes in the qualification race, A Finals, or B Finals. The quarantine area closes at 13:30. The use of mobile phones or any other communication devices equipped with a SIM card is prohibited within the quarantine area. The quarantine area is located outdoors. Shelter from rain, drinking water, and three portable toilets will be available.

The distance from the competition centre to the quarantine area is 1200 metres, marked with white OP signage, across open fields. The distance from the quarantine area to the start is approximately 200 metres. Competitors may leave the quarantine area and proceed to the start 15 minutes before their assigned start time. A designated warm-up area is available in the immediate vicinity of the quarantine area.

13. Clothing and Equipment Transport

An equipment transport service will be available from the quarantine area to the competition centre. Equipment can be left at a designated location within the quarantine area.

The equipment collection point is located approximately 200 metres north of the finish area, at the edge of the field.



Please note: Competitors must bring their own waterproof bag for their equipment. The equipment drop-off area will be supervised.

14. Start Lists

Start lists will be prepared in accordance with the rules of the Finnish Orienteering Federation and the specific instructions for the Finnish Championships.

The qualification race start lists will be available on the event website no later than Thursday, 10 September at 09:00, and on the competition day at the competition centre notice board and in the start quarantine area. Please check your Emit-number on the start list.

Changes can be made:

- Until Friday at 16:00 via [this form](#)
- On Saturday morning at the Information Desk

A fee of 5 € will be charged for changes made at the Information Desk on Saturday morning.

The A and B Final start lists will be published on the event website and displayed on the results board at the competition centre once the qualification race results have been finalized.

15. Start Procedure

- 5 min: Competitors are called by name to the start corridor
- 4 min: Competition number check
- 3 min: Emit clear
- 2 min: Control descriptions, no attachment materials
- 1 min: Map buckets, where the competitor waits for the start moment

The map can be taken at the start moment. The competitor is responsible for taking the correct map.

Late-arriving competitors must report to the start officials. The start will close 10 minutes after the last scheduled start time listed for that start in the start list.

Emit check slips will be available at the start.



16. Punching System

EMIT punching system is used. A rental card is reserved for competitors who have not entered an Emit card number at the time of registration. Rental cards are collected from the Info Desk for a fee of 10 euros. The fee for unreturned cards is 90 euros. The competitors are responsible for using the Emit card marked on the start list.

If a competitor uses an Emit card other than the one registered with the organizer, they must pay a change fee equal to the entry fee in order for their result to be accepted. Otherwise, the performance will be disqualified (Rule 11.518).

According to the regulations, only emit cards in their original condition are allowed. Using a modified or repaired card leads to disqualification. Do not use cards with replaced batteries!

17. Finish

The finish uses a finish punch, from where you continue to the emit check-out. Any irregularities or disputes will be handled at the waiting wall (Itkumuuri) located near the emit check-out area.

A remote finish will be used in the qualification race for all classes. After punching at the remote finish, competitors must proceed to the competition centre for emit check-out. The route from the remote finish to the competition centre finish area will be marked. The distance from the remote finish to competition centre is 300 m.

In the qualification race, three different last controls are used. Each last control is followed by a marked route to the finish. Make sure that you visit the correct last control for your course.

The finish line for the qualifying race closes when the last competitor has reached the finish, but no later than 11:30 (Updated 9.9.2026).

The finish line for A and B finals closes when the last competitor has finished, but no later than 17:30. (Updated 9.9.2026).

18. Complaints and Protests

Any complaints must be submitted for WRE classes no later than 15 minutes after the final results for each class (M21E and W21E) have been published, and for other classes by closing of finish. The morning qualification and the afternoon final are two separate competitions. A complaint must be made in writing on the form available from the information desk or the complaints wall and delivered to the information desk within the deadline stated above.



Any protest to the jury must be made no later than 30/60 minutes after the competition has ended. The morning qualification and the afternoon final are two separate competitions. A protest must be made in writing on the form available from the information desk or the complaints wall and delivered to the information desk within the deadline stated above.

19. Maps

Maps will be collected at the finish in both the qualification race and the finals.

Information regarding the return of the maps will be announced over the public address system.

20. Dressing, Shower, and Toilets

Participants should be prepared to change clothes in outdoor conditions. Covered changing facilities are available only to a limited extent. No dedicated washing facilities are provided at the event.

After the competition, washing facilities are available at Kirkkonummi Swimming Hall until 18:00. To gain entry, simply inform the staff that you are participating in the Finnish Championships Middle Distance Orienteering event.

The address of the swimming hall is:
Gesterbyntie 41, 02400 Kirkkonummi

The nearest public beach is located at Syväjärvi, address:
Upinniementie 238, 02480 Kirkkonummi

The organizer does not provide any covered equipment storage area at the competition center.

Toilets are available both at the competition center and at the quarantine area.

21. Forbidden Areas

Forbidden areas are marked on the map. Areas shown on the map with a continuous boundary line are also marked in the terrain with red-and-white plastic tape.



22. Nolla Cabins

There are a number of so-called Nolla Cabins in the terrain. These are shown on the map as buildings. An example is shown in the figure below.



23. Orienteering Shoes

Spike shoes are not allowed in the competition.

24. Refreshment Points

There is one water refreshment control in the M21 and W21 A finals.

25. GPS Tracking

All athletes in classes M/W21 use a GPS device in the A-final.

GPS tracking will also be used in the M/W20 classes for 25 pre-selected competitors (the top 25 athletes in the Junior League standings).



In the M/W21 A Finals, GPS tracking is mandatory. Refusal to use the tracking device will result in disqualification. GPS devices and vests will be distributed in the quarantine area. Competitors are responsible for returning the GPS devices after the race.

Watching GPS tracking and television broadcasts is prohibited before your own performance! Even after your own performance, do not share information from the tracking with orienteers who have not yet been in the forest.

GPS tracking for the H20 and D20 classes will be made available to the public at 16:00.

26. Not Finishing

Competitors not finishing the course must present themselves at the finish.

27. Prizes, Number, and Time of Prize Giving Ceremonies

In all Finnish Championship classes, the top three (3) are awarded Finnish Championship medals. In classes H/D15-21, those placed 4-10 and in classes H/D 35-75, those placed 4-6 are awarded SM plaques. In the H/D80-90 series, only medals are awarded. All medalists in every class will also receive a product prize.

In classes M/W21, honorary awards are awarded based on WRE results and Finnish Championship medals based on Finnish Championship results. In addition, the winners of all B finals will receive product prizes, which can be collected from the Information Desk. The top competitors in the Junior League (H20 and D20 classes) will also be awarded prizes.

Prizes are awarded by class soon after the results of the class are ready.

28. Photography and Filming

Photos and videos will be taken during the event and may be published on the Lynx website and across various social media platforms. The images may also be provided to media organizations for publication and reporting purposes.

29. Info

The Info Desk is located at the competition centre and provides the following services:

- Emit card changes
- Rental Emit cards



- Lost and Found property
- Meal tickets
- Parking tickets
- Submission of violation reports and protests
- Collection of prizes for B-final winners

30. First Aid

There is a first aid station at the competition centre staffed by a first aid team. In both the qualification race and the finals, a first aid point is available in the terrain and is marked on the competition maps.

31. Club Tents

Space is available for club tents at the competition center. It is possible to set them up in advance on Friday, 11 September. Notification must be sent by email to sm2026@lynx.fi no later than 20:00 on Thursday, 10 September.

32. Cafe and Restaurant

A café and field restaurant will be available at the competition centre. The food and café services will cater for the most common dietary requirements, including lactose-free, gluten-free, vegan, and dairy-free options.

The café will be open on Saturday from 7:30 a.m. until the end of the competition. Coffee, tea, and a selection of sweet and savoury snacks will be available.

A hot lunch will be served between 10:30 a.m. and 2:30 p.m.. The menu includes:

- Chicken Pasta (L)
- Fava Bean Casserole (G, M, VE)

Price: 12 € per meal, children 12 years and younger 8 €. Lunch vouchers can be purchased at the Info Desk.

Advance Order Instructions

Lunches can also be paid for in advance, and the lunch vouchers can be collected from the Info Desk on the competition day. Pre-orders by Friday, 11 September, 21.00.



Payment can be made via MobilePay to number 43804.

Please also send an email to sm2026@lynx.fi stating:

- The amount paid
- The number of lunch vouchers purchased
- The name of the purchaser

Email: sm2026@lynx.fi

33. Childcare (Muksula)

A supervised childcare service (Muksula) will be available at the competition centre. Muksula offers a variety of activities for pre-school-aged children during all competition days while parents are competing or preparing for their race.

Children may bring their own snacks. Depending on the weather, parents should also provide warm or waterproof clothing, a hat, any necessary medications and care instructions, as well as diapers if required. We recommend that all clothing and personal belongings be clearly labeled in advance.

Muksula is not responsible for lost items.

Registration for Muksula

- On-site registrations will only be accepted if staffing levels allow.
- Please note that childcare for children under 3 years of age is available only on a limited basis.

Opening Hours: Saturday, 12 September: 8.30-17.00

Contact Information

Elisa Vilhunen

Phone: +358 50 337 9768

Email: elisa.vilhunen@gmail.com

34. Mobile Networks and Payment

The competition centre is located in an area with limited telecommunications capacity. Of the mobile network operators, Elisa provides the best coverage and capacity due to its proximity to a cellular base station.



Mobile networks are expected to be congested throughout the competition weekend. At the Info Desk and the café/restaurant, payments can be made by card, cash, or MobilePay. However, due to possible connectivity issues, competitors and spectators are strongly advised to carry some cash.

35. Lost and Found

Items left at the competition venue can be inquired about by calling +358 40 057 5494 or by email at sm2026@lynx.fi.

Good luck in the competition!

Lynx