



LARSMO IF



**COMPETITION BULLETIN FOR BIATHLON ORIENTEERING COMPETITIONS IN LARSMO,
MAY 17–18, 2025**

WORLD CUP RACE 1 AND 2, FINNISH CHAMPIONSHIPS, AND LAPUA CUP RACE 1 AND 2

Competition Center

Larsmo Sports Park, Norra Larsmovägen 70, Larsmo. Direction signs from road 749. The competition office, cafeteria, showers, and sauna are located at the Recreation Center close to the parking lot. Shooting range and competition center (TC) are located 300 meters from the parking lot, follow the markings.

Map Revised 2025

Course Planner's Statement

Separate document.

Competition Management

Competition Director: Dan Snåre, 041 4593 0241
Chief Timer: Tommy Joensuu, 050 5648 369
Shooting Range Manager: Glenn Nyfors, 050 5370 078
Course Planner: Dan Stenlund, 050 5624 924
Weapon Inspector: Henning Nynäs, 045 1276 900
Prizes: Johan Sandnäs, 050 4112 276

Bib Numbers

You are responsible for picking up your bib number from the competition office. Separate bib numbers for Saturday and Sunday competitions. Bring your own safety pins.

Punching System

Emit. There is an Emit zeroing/start-unit at the TC where you can check that your Emit-chip is working. You can pick up rental chips at the competition office. For a lost Emit-chip, 60€ is charged. Each competitor is responsible for having a functioning Emit-chip and that correct chip number has been registered. Registering a change of Emit-chip should be made before the start at the finish area. Emit backup patches are available at the start area.

Orienteering Courses

Control descriptions are printed on the map only. The shooting range is surrounded by a fence and cannot be crossed. In the area near the shooting range, controls may be very close to each other. Check the control codes!

Course lengths

See separate document on the website.

Start Times and Results Service

See the competition's website for start times. Results will be posted on the competition bulletin board and the organizer's website. Protest time limit is 15 minutes after publication of results.

Rifles and Rifle Inspection

Rifle type: .22 long. Shooting takes place at normal biathlon targets. Rifle inspection is mandatory before zeroing shooting. The rifle must also be checked by the shooting range officials before being removed from the shooting range. All magazine refills shall be done at the rifle stands. Zeroing shooting range according to a separate list available on the competition's website and at the shooting range.

Rifle Stands and Equipment

Rifles may be freely placed in the rifle stands. The equipment worn by the competitor at the start of the race must be carried throughout the competition all the way to the finish. Maps, compasses, glasses, etc., must be carried by the competitor during all competition moments and may not be stored at the rifle stands when running the penalty loops or entering the finish. Only rifles, ammunition, and ear protection can be stored at the rifle stands. Rifle harnesses are not allowed. The rifle should be carried by the barrel, with the barrel pointing straight upwards when not located on the shooting mat. **The bolt must be open.**

Classes H/D12, H/D14 and H/D16 shoot prone at small targets. In classes H/D12 and H/D14, rifle support may be used. H/D12 and H/D 14 may not carry the rifle themselves from the stand to the shooting range. The assistant carrying the rifle must follow the same route as the competitor from rifle stand to the shooting range and may not move freely while helping the competitor.

Shooting Procedure

The competitor informs to the shooting range officials whether he/she will shoot prone or standing. Officials at the shooting range will mark hits to competitor's map. The competitor is responsible for shooting at the correct target. Remember to open the rifle's front snow cover BEFORE inserting the magazine. If there are no available shooting lanes when arriving to the shooting range, there is a waiting area where competitor shall wait until a lane is free. The competitor shall punch (with emit card) according to shooting range officials' instructions when entering and exiting the waiting area. The time between entering and exiting waiting area will be subtracted from the competition time.

Drinks

Own drinks can be placed at the designated area near the shooting range.

Toilet and Changing Facilities

Portable toilets (Baja-maja) are available at the TC.

Changing rooms and showers are available at the recreation center.

Cafeteria

A cafeteria, is available at the Recreation Center.

Competition Jury

The jury members will be posted on the bulletin board before and during each competition.

Price giving Ceremony

Price giving ceremony will be held at the arena directly after each competition or in the Recreation Center, depending on the weather.

Saturday, May 17, 2025

Sprint - World Cup Race 1, Finnish Championships, and Lapua Cup Race 1

Start Times

Zeroing shooting 12:45-13:45

Briefing about shooting range procedure and running route inside competition center will be arranged at 13:50

First start at 14:00, 100 meters from the competition center.

Course lengths according to IBOF.

Competition Format

Orienteering – Shooting prone (5 shots) – Orienteering – Shooting standing (5 shots) – Finish. For each missed target, competitor shall run a penalty lap. H20 and H21: 200 meters, all other classes: 150 meters. The competitor shall do a manual punch (needle punch) in an empty box on the map for each penalty loop.

Map Exchange

Map exchange takes place after the first shooting and possible penalty loops.

Map

1:5000 for all classes.

Competition procedure inside the competition center

From the last control, run to the rifle stand, carry the rifle to the shooting lane (prone 1–15 and standing 16–25), shoot 5 shots prone, carry the rifle back to the rifle stand, run any penalty loops and punch to the map after each loop, drop the used map and take a new map from the map stand. The same procedure applies at the second shooting (standing), run to the finish with the map and punch at the finish.

Classes

World Cup points are awarded in the D/H 21 classes.

Competition classes: H12-H80, D12-D80.

Lapua Cup points:

H14, H16, H18, H21, (**H40**-H45), (**H50**-H55), (**H60**-H65)

D14, D16, D18, D21, (**D40**-D45), (**D50**-D55), (**D60**-D65).

Sunday, May 18, 2025

Mass Start - World Cup Stage 2, Finnish Championships, and Lapua Cup Stage 2

Start Times

Sighting 08:45-09:45

Briefing on the shooting range and competition center procedures 09:50

First start at 10:00 at the competition center.

Course lengths according to IBOF.

Competition Format

Orienteering – Shooting prone (10 shots) – Orienteering – Shooting standing (10 shots)– Finish. For each missed target, competitor shall run a penalty lap. H20 and H21: 280 meters, all other classes: 220 meters. The competitor shall do a manual punch (needle punch) in an empty box on the map for each penalty loop.

Map Exchange

Map exchange takes place after the first shooting and possible penalty loops.

Map

1:10,000 for D/H 20–35, others: 1:7500.

Competition Function at the TC

From the last control, run to the rifle stand, carry the rifle to the shooting lane (prone 1–15 and standing 16–25, may vary depending on the situation), shoot 10 shots prone, carry the rifle back to the rifle stand, run any penalty loops and punch to the map after each loop, drop the used map and take a new map from the map stand. The same procedure applies at the second shooting (standing), run to the finish with the map and punch at the finish.

Classes

World Cup points are awarded in the D/H 21 classes.

Competition classes: H12-H80, D12-D80.

Lapua Cup points:

H14, H16, H18, H21, (**H40-H45**), (**H50-H55**), (**H60-H65**)

D14, D16, D18, D21, (**D40-D45**), (**D50-D55**), (**D60-D65**).

