



# Open Nordic Baltic Deaf Orienteering Championships

11 - 14 August 2022 in Finland

## Bulletin No.1



OLYMPIC  
TRAINING  
CENTER



Pajulahti



## Organization

Finnish Deaf Sport Federation and the Finnish Orienteering Federation with the host club Lahden Suunnistajat- 37 in Lahti

## Contact information

Event leader: Heli Romu

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Address: Suomen Kuurojen Urheiluliitto, Valimotie 10, 00380 Helsinki.

## Organizing committee

**Niko Vaenerberg**, Director of competitions of Nordic Baltic Deaf Orienteering Championships, *Lahden suunnistajat-37*

**Heli Romu**, Event Leader, *Finnish Deaf Sports Federation* and Coordinator of Open Nordic Baltic Deaf Orienteering Championships

**Ulrika Lukasczyk**, Orienteering leader, *Finnish Deaf Sports Federation*

**Jari Malkamäki**, President of *Finnish Deaf Sports Federation*

**Juha Vahtera**, Treasure, *Finnish Deaf Sports Federation*

**Laura Mecklin**, Media, *Finnish Deaf Sports Federation*

## Program

Thursday 11 August	Arrival and training	Pajulahti
Friday 12 August	Sprint and ceremony	Pajulahti
Saturday 13 August	Middle	Pajulahti
Sunday 14 August	Long	Pajulahti

## Competition classes    Year of birth    Representant

W/M 21	free	Country
W/M 40	1982 or earlier	Club
W/M 50	1972 or earlier	Club
W/M 60	1962 or earlier	Club
W/M 70	1952 or earlier	Club
JW/M	Up to 2002	Country

## Legend

W = woman

M = man

J = junior

Year of birth: In order to participate, the athlete must be born in the year indicated or earlier. For juniors, the athlete must be born in 2002 or later.

## Medals

Will be awarded to the first three finishers in each class

## All in one place – every race takes place in Pajulahti.

### Sprint in Pajulahti training center

The Pajulahti Sports Institute area enables a great sprint competition with fast park areas and complex buildings. There are also some uphill and stairways.

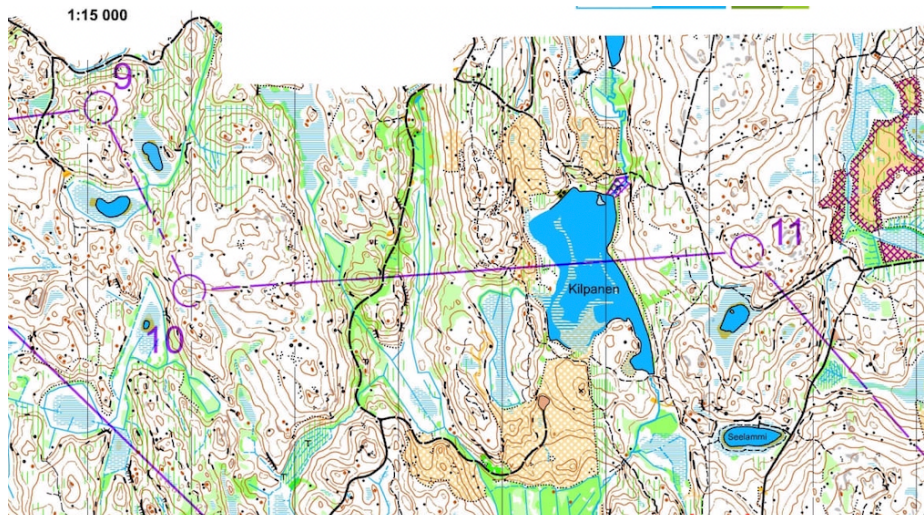
### Middle and long distance

Middle and long distance will also take place in Pajulahti. Forest area is big enough so both races will be run in different parts of the terrain. The area consists of large hill areas with fast and open tops and slower parts between the hills. Maximum height difference on the terrain is about 60 meters. There are also some signs of forestry.



## Old map

An old map from 2019 of the Middle/Long terrain



## Punching System

The EMIT-punching system will be used. EMIT-cards can be rented from the organizers by choosing this option in the entry form. Rental is 5 € / 1 race or 10 € / all 3 races.

## Embargoed areas

In the next bulletin 2. (May 2022)

## Clothing:

Competitors can make their own choice of color and material in competing clothing and footwear.

## Antidoping

IOF's anti-doping rules apply, [www.orienteering.org/anti-doping/](http://www.orienteering.org/anti-doping/)  
[www.deaflympics.com](http://www.deaflympics.com) (antidoping rules)

## Audiogram

In order to participate in the NBD OC, you must have a hearing loss of at least 55dB. NBDSF is following ICSD's and EDSO's regulations for audiograms.

## Entries and registration

- Entries will be open from 14 February to 30 April 2022 to [nbc2022@skul.org](mailto:nbc2022@skul.org)
- It is possible to enter for one competition only (sprint or forest competitions).
- Entries become valid only after payment of the entry fees. If you choose our special offer fees, entry fees are included. Deadline for payment is 3 July 2022.
- It is **not possible** to pay in Pajulahti. Payment needs to be made in advance.

Event fees (€) Group	Sprint	Middle	Long	All
Senior and Master	20 euro	20 euro	20 euro	50 euro
Junior	15 euro	15 euro	15 euro	40 euro

## Payment

Deadline for full payment for all athletes, coaches and leaders need to be made by July 3 2022.

**More information about registration and payments will come in the next bulletin 2.**  
(Bulletin 2, May 2022)

## Training possibilities

Competition held in similar terrains before the NBD OC 2022 will be mentioned at more information bulletin 2 (May 2022).



## Easy to get to Finland

It is convenient to get to Finland by flight to Helsinki Airport and by train from the airport to Pajulahti Olympic Training Center.

## Journey time

From Helsinki Airport or Helsinki ferry station to Pajulahti Olympic Training Center takes around 1,5 hour by car and from Helsinki airport to Nastola railway station takes about 1,5 - 2 hours by train and from Nastola railway station to Pajulahti Olympic Training Center 4km (by taxi) or we can arrange a volunteer to pick you up at the Nastola railway station.

If you need any help arranging travel to Pajulahti, contact us (by email).

If needed, a transport service (from Nastola railway station to Pajulahti) will cost 25€/ per car (max. 4 person)

## Pajulahti Olympic Training Center

<https://pajulahti.com/en/>

Located in Lahti in the east, around 20 minutes from the city center. Our location in the intersection of main roads allows for an easy approach from any direction.

**Public transport:** Pajulahti is about three kilometres from Nastola's village center, where you can get by local buses (route 4) from Lahti.

**Lahti region public transport timetable:** <https://www.lsl.fi/in-english/>

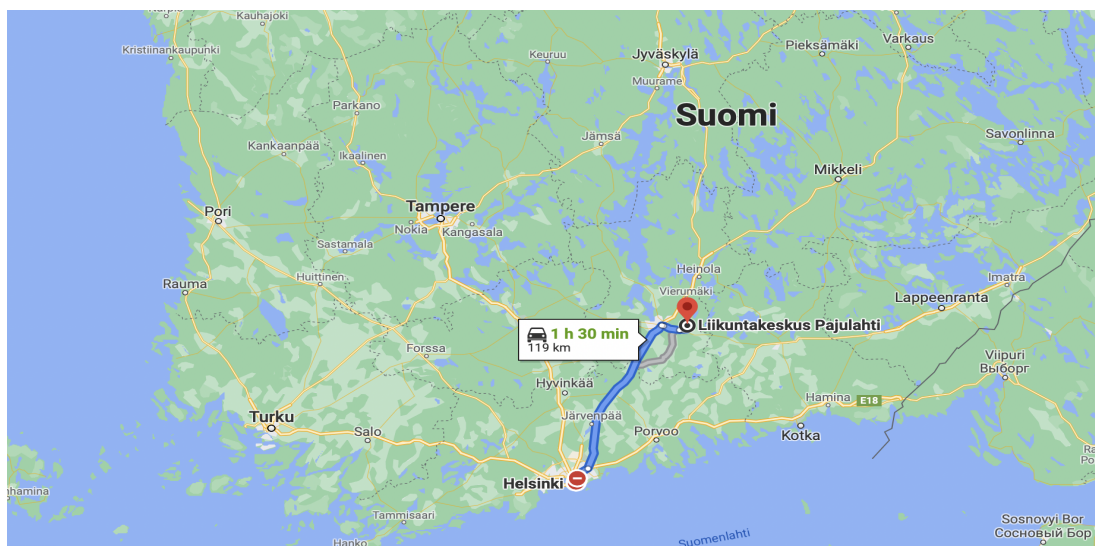
**VR homepage train timetable / tickets in English**

<https://www.vr.fi/en/timetables>

## Car rental

Helsinki Airport has a number of car rental companies.

## Google maps- Helsinki- Pajulahti



## Accommodation

In Pajulahti Olympic and Paralympic Training Center.

**There are two options of room standards:**

***Sport standard rooms*** (twin or triple)

incl. breakfast **3 nights 150€ OR 2 nights 100€ / person**

half-board (breakfast + dinner) **3 nights 185€ OR 2 nights 125€ / person**

***Hotel standard rooms*** (twin or triple)

incl. breakfast **3 nights 210€ OR 2 nights 140€ / person**

half-board (breakfast + dinner) **3 nights 245€ OR 2 nights 165€ / person**

**Single room + 30€/ night** in both categories

**Additional warm meals** from Scandinavian buffet **11,85€/ meal**

## Accommodation photos

<https://pajulahti.com/en/accommodation-2/>

A quota of both room categories has been reserved for this event.

**Reservations through SKUL by email: [nbc2022@skul.org](mailto:nbc2022@skul.org)**

*We've booked a limited amount of rooms.*

## Visa

If you are coming from a country in the EU or from the Schengen area you do not need a visa to Finland.

For others, find the visa requirements at:

<https://um.fi/visa-to-visit-finland>

## Insurance

Each competitor participates in the event at his/her own risk.

## COVID-19 situation

COVID-19 situation should be checked on the website, travel guidelines to Finland, whether COVID-19 testing is necessary beforehand. **The host organization will not pay for COVID-19 tests.** We will inform you in the beginning of August what is the current COVID-19 situation in Finland, possible restrictions etc.

<https://thl.fi/en/web/infectious-diseases-and-vaccinations/what-s-new/coronavirus-covid-19-latest-updates/travel-and-the-coronavirus-pandemic>

<https://www.finnair.com/is-en/flight-information/travel-updates/travelling-to-finland-2166362>

## ***WELCOME TO PAJULAHTI, FINLAND AUGUST 2022!***

*You are only one step away from your participation in a great event –  
Open Nordic Baltic Deaf Championships orienteering 2022 in Finland.*

**See you!**

