Kunnon Suunta

Southwest Finland Regional Championship in Trail Orienteering

PreO and Tempo

14. 5. 2026 Pääskyvuori, Turku

Event Director	Jarmo Jerkku
Courses	Juha Hiirsalmi
EA	Teemu Niskanen

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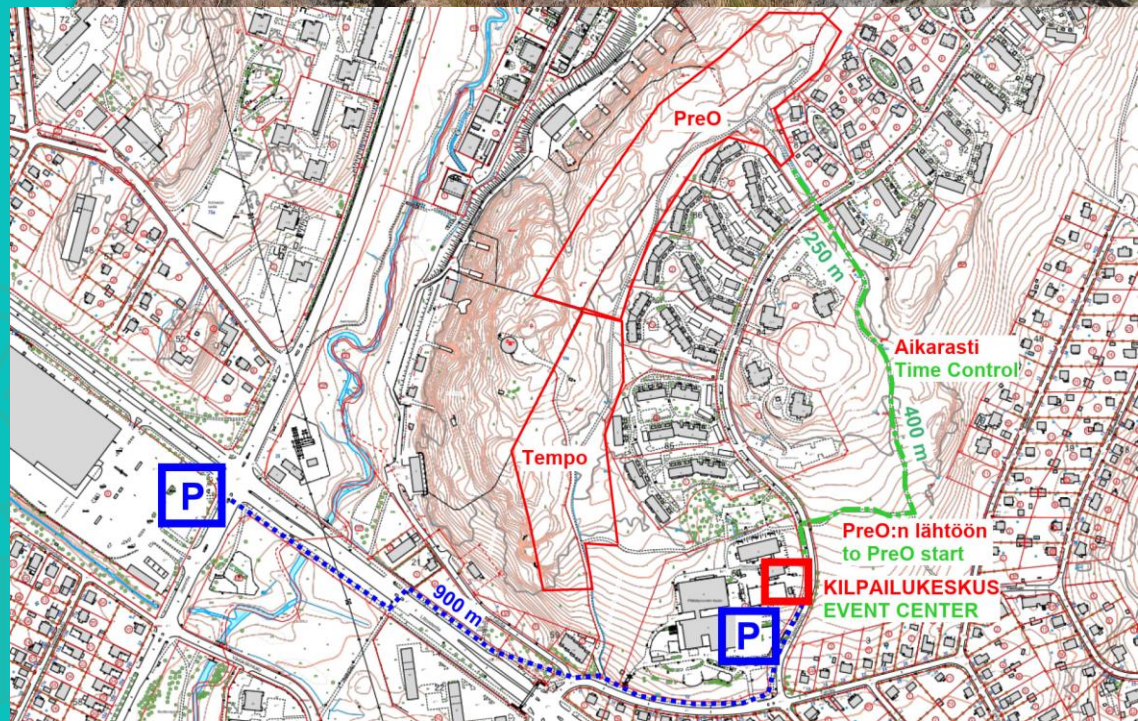
General:

- Number bibs are used in all races. Own safety pins.
- TOE and ANT used for timing and punching.
- Number bibs and TOE chip are available from the event office.
- Free punching order in PreO

Event Center (EC):

- Parking at the Prisma, Itäharju parking lot, from which it is about 900 m to the EC. Parking next to the EC with a disabled P permit.
- Toilets and other services can be found at Prisma (no washing)
- EC in off-road conditions on the corner of the schoolyard
- Competition office at the EC



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Map:

- ISSOMpr2019, 1:3000 / 2 m.
- Mapping 05/2026, Juha Hiirsalmi

Terrain:

- Path-rich open rocky terrain. Path descriptions on the map are generalized in places.
- The route is a gravel-based outdoor trail.

Rules:

- The competition will follow the current SSL rules.

Results and prices:

- The best performance in both competitions will be rewarded with gift certificates.
- Results can be seen on page https://top.yq.cz, after last competitor has started.

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PreO:

- 24 controls, 550 m and less than 5 m climb.
- 1 time control before start
- 400 m from EC to time control and 250 m from time control to start
- Start times are from EC, starting 11.00
- TOE-punching
- Max.time 90 min, with P-sertificate 100 min

TempO:

- 6 station with 5 tasks each
- 50 m from PreO finish to 1st station
- 250 m from 1st station to 6th station
- 200 m from 6th station to EC

Zero-tolerance:

- 4 m, no exceptions