



XXXIII. Club Match Tume-Vöru-Meridiäns

Competition instructions

TuMe welcomes you to the 33rd Club Match in Turku region, Finland

Program (changes are possible)

Friday, 28.10.2022

17.00-00.00 Arrival to the event center, Paimion Rasti's Rastitupa
Address: Iltulantie 101, 21530 Paimio

Own sheets and towels

20.00- Dinner in the event center

Saturday, 29.10.2022

8.00-09.30 Breakfast in the event center

10.00 First start of the individual competition. Less than 1 km to the start (no driving needed). Finish is in the event center.

~10.00-12.30 Individual race, 6,2 km. Estimated winning time 38,5 min.

11.00-15.00 Sauna & lunch

15.00-18.00 Afternoon activities, outdoor (more detailed info coming later)

18.00 Dinner

19.00 Evening program, mostly indoor - sauna and other Club Match activities. Secrets are revealed in the event center.

Sunday, 30.10.2022

08.30-10.00 Breakfast in the event center

10.00 Relay competition, 3 x 3,8-3,9 km. Start and finish in the event center.

11.00-13.00 Sauna & lunch

13.30-14.00 Prize giving ceremony.

14.00- Departure

Individual competition

Distance: 6,2 km, estimated winning time 38,5 min.

Distance to start: 750 m

First start: 10:00, start is open until 10:45

Start interval: 2min

Start order: Võru - Meridiāns -TuMe - Võru etc. Clubs will decide their runners (6 persons) and order Sat morning in the event center. Other runners may start when they want to. Start official has the power to delay the start of an individual runner if needed.

Finish is in the event center.

Emit punching system will be used. If you don't have your own emit card, it can be borrowed from TuMe. Emit-cards are divided at the start.

For training 4,5 km course is also possible

Relay competition

Distance: 3 x 3,8-3,9 km, estimated fastest time on each leg 22,5 min.

Mass start to the first leg at 10:00 from the event center

Changeover and finish are in the event center.

2 teams from each club to the official CM results. Teams will be decided before the competition.

Emit punching system will be used. If you don't have your own emit card, it can be borrowed from TuMe. Emit-cards are divided at the event center.

Overall results will be counted in the following way

Individual	+	Team
1. 14p		1. 16p
2. 12p		2. 14p
3. 10p		3. 12p
4. 9p		4. 10p
.....>12. 1p		5. 9p
		6. 8p