



SM-SPRINTTI 2025

COURSE SETTERS STATEMENT

The Finnish Championship Sprint 2025 will be competed in the urban landscapes of the center of Tampere and its surroundings. The area includes a dense city centre structure, modern apartment building areas, historic blocks, sports facilities and parks, which together form a demanding and versatile stage for sprint orienteering. The Tampere Stadium offers the setting it deserves for the competition.

The courses have been designed with the aim of achieving the highest level of sprint orienteering. Special attention has been paid to pacing, versatile route choices and that the competition performance measures both skill and quick decision-making. The modern map prepared by Eemil Koskinen and the course drawings finalized by Seeti Salonen have been made with an emphasis on clarity and readability in order to make the competition situation as equal as possible.

The urban area brings its own challenges: car traffic can be busy and there are many outsiders, cyclists and scooters, especially in good weather. Competitors are required to be attentive and know the rules. Prohibited roads may only be crossed between traffic cones, and violation of the rules of the forbidden areas on the sprint map will result in disqualification.

There are plenty of intersecting courses and encounters in both the qualifiers and the finals. Another orienteer can come around the corner at high speed, and there are many stairs, some of them narrow. To increase safety, stay on the right-hand side of stairs and narrow passages, and try to go around the corners of buildings at a distance of at least 2 metres. On a rainy day, the slipperiness of grass and stone surfaces is also taken into account.

The courses have been described as demanding, and for good reason. The versatility, labyrinthine nature and two-level structures of the area challenge the orienteer's thinking, and in some areas there are very dense checkpoints. With railway technical solutions, easier areas have also been made more difficult.

Several legs offer many routes of almost the same length, which makes it difficult to succeed in choosing a route. Choosing the fastest route is of course optimal for the orienteer, but sometimes it is more important to make a choice quickly and start implementing it than to think too long between different choices.



Many series, especially in the finals, certainly offer more difficult route selection tasks than usual. In all categories, successful performance also requires the ability to perceive two-level areas on the map. It is worth going through the description of the two-level areas with a preliminary image of the competition instructions.

The keys to success in the Finnish Championship sprint in Tampere are good concentration, understanding route choices, fluency of orienteering and adapting the pace to suit the area. Some of the legs also allow for very fast progress, as the plan is clear and the implementation is controlled. So good physique is a great help for success, but we believe that the competitions are decided by orienteering. Also remember to enjoy orienteering, even if the result is not what you hoped for this time.

We welcome all competitors to Tampere and hope that the competition will offer a memorable and sportily fair experience in this crown jewel of sports – sprint orienteering.

Tampere,
Finnish Championship Sprint Course Setter Group

Lauri Kahila (all W21 and M21 courses and qualification D/H18-20 and final D/H17-20, D45A and B and H35-50B courses)

Eero Kahila (qualification D/H14-17, D35-45, and H35-50 and final D/H14-16, D35-40A and B and H35-50A courses)

Arto Itkonen (all D50-D90 and H55-H90 courses)