

VUOKATTI HIIHTO COMPETITION INSTRUCTIONS 14.3.2026

COMPETITION OFFICE

Competition office is open on Friday 13.3.2026 at 15-20 and on Saturday 14.3.2026 at 8.3.00-19.00. Phone number during the competition days is +35844 5325920. Competition office is located in Vuokatti Halli (Vuokatti Hall, Opistontie 1, 88610 Vuokatti).

PASTA PARTY 13.3.2026

The Vuokatti Hiihto Pasta Party will take place on Friday, 13 March 2026, from 5:00 PM to 8:00 PM at O'las Restaurant at Vuokatti Sport (Vuokatti Sports Institute, Opistontie 4, Vuokatti). Enjoy a hearty carb-loading meal to prepare for the next day's skiing, along with an entertaining program and interesting interviews. The interviews will be held from 7:00 PM to 7:30 PM.

Meal price: 22.80€
Children (4-13 years): 13.50€
Children under 4 years: free of charge

Pre-registration is open until 11 March. You can also purchase your Pasta Party ticket at the Vuokatti Sport reception on Friday, 13 March.

TIMING CHIP

Timing chip should be attached to the ankle (no matter which one) by the participant him/herself. The timing chip must be returned to the finish or to the event office after the competition. If the chip is not returned, the participant will be invoiced 60 euros.

EQUIPMENT STORAGE/SHOWERS

Changing rooms and showers are located in Vuokatti Arena downstairs. A guarded equipment storage point is located next to the event center. You can leave your

own backpack or bag in storage with your own race number (you can get tape for numbering at the equipment storage). When getting the equipment back, take your competition number with you. There is no transport of equipment from the starting point to the equipment storage point.

WAXING SERVICES

Vuokatti Ski Service X VAUHTI waxing is available in the Vuokatti Ski Service. The registration fee includes Ski Service X VAUHTI waxing services available at three service points; Koulunrinne, Heikkilä and stadion during the ski.

PHOTOS

Photos from the event will be shown at www.vuokattihiihto.fi – webpage after the event. Organizers will hold the right to use photos for marketing purposes of the event.

START

Start is located at the field of Vuokatti Sport Institute. Starting area is organized according to skiers' target times. We kindly ask all skiers to choose the start area according to their target times.

Start area 1: 50km / target time under 3h, 30km / 2h

Start area 2: (EUROLOPPET): 50km / 3 - 4,5h, 30km / 2-3h

Start area 3: 50km / over 4,5h, 30km / over 3h

Start times:

100km 10.00

50km (c) 10.00

30km (c) 10.00

30km (f) 10.45

50km (f) 10.45

14km (c or f) 10.30 **(NOTE!**

Buss transport leaves at 10.00 at Vuokatti Arena)

Finish closes 19.00

SKI TRACKS AND SKI TECHNIQUE

CONTROL

In Vuokatti Hiihto, lot of attention is paid to prevent the usage of shortcuts. There are also ski controllers along the way to ensure good skiing etiquette.

ROUTE MAPS AND INSTRUCTIONS

Route maps are available on webpage and in the competition office.

ROUTESIGNS

The Vuokatti Hiihto ski routes are marked with Vuokatti Hiihto logo signs and plastic ribbon.

On the 30 km and 50 km routes, distance markers are placed every 5 km from the start. Last 10 km in every 1 km. The signs indicate the distance already skied.

There are no separate route signs or distance markers for the 100 km route; participants in the 100 km event follow the 50 km route markings.

Participants in the 14 km route follow the Vuokatti Hiihto logo signs. Last 10 km in every 1 km.

14 KM

14 KM DEPARTURE

For 14km skiers, there is transport from Vuokatti Arena in front of Olympic fire. The bus leaves at 10.00 and takes the skiers to the starting point in Rönkkö. **(NOTE! Please make sure to arrive on time)** Skiers will be left near Rönkö's service point, from where they will be directed to the route.

SERVICE POINTS

In addition to the service point at the finish, there will be 5 service points on 50km route, 3 service points on 30km and 1 service point on 14km. The 100km skiers are using the 50km service points. On the service points juice, sport drink (NOSHT), water, pickles and chips are served. The variety of servings differs by service points. The official sport drink of Vuokatti Hiihto is **NOSHT Lemon**.

Additionally: **For the 100 km skiers, there is an intermediate service point at the stadium.** Skiers can leave their replacement skis in designated marked areas at the stadium. The equipment storage areas are located in the locker rooms of the Pallohalli gym. Notice that there is no guard. Guarded equipment storage is located in the Vuokattihalli event center. A supervisor regularly checks the area. The locker rooms are

equipped with toilets. Skis are to be left in the marked areas at the stadium.

NOTICE FOR 100 KM SKIERS!

After 3:00 PM, you will no longer be able to access the "red" loop around Vuokatinvaara (toward the Rönkkö service station).

After 5:00 PM, you will no longer be able to access the "green" loop around Vuokatinvaara (toward the Koulunrinne service station and Porttivaara).

At this point, 100 km skiers on their second lap will be directed straight to the finish upon returning from the Vuokatinvaara loop.

ENVIRONMENT

It is strictly forbidden to leave any litter/trash/garbage to the ski tracks!

SUSPENSION

Competition suspension must be announced immediately. NOTE! Changing the distance during the competition is not possible!

LOAN TOOLS (ski poles)

Along the route, participants can replace broken ski-poles at service points against a signature. Borrowed equipment must be handed over to the service point at the FINISH area. Vuokatti Hiihto's poles maintenance is offered by LEKI.

PARTICIPATION MEDALS

Participant's medal is given at the FINISH area.

PRIZES

Prizes consist of gift cards and merchandise. On all distances, the top 3 men and women are awarded (no prizes for the 14 km distance). For the 50 km distance, cash prizes are awarded to the three fastest men and women in the competitive category. NOTE: No separate placement prizes are awarded for participants under 18 on the 50 km distances.

Prizes will be presented at Vuokattihalli according to the preliminary schedule:

3:00 PM: 30 km, 50 km, Student Finnish Championship, and under-18 categories

5:00 PM: 100 km and Vuokatti Vertical, men & women

For the Vuokatti Vertical uphill race, the fastest man and woman in each skiing style will receive Intersport gift cards.

LOTTERY PRIZES

At Vuokatti Hiihto, several raffle prizes will be drawn. The winners of the raffle will be announced at the event office at 12:00 PM.

STUDENTS' FINNISH CHAMPIONSHIP COMPETITION

The Students' Finnish Championship will feature 50 km freestyle and 50 km classic skiing categories. All students participating in the 14 km recreational category will be entered into a draw for surprise prizes.

EUROLOPPET

The Euroloppet Lounge is located at Vuokatti Arena and welcomes all Euroloppet Passport holders. The lounge offers refreshments and light snacks.

RESULTS

Results will be available at the wall of the competition office as well as on the internet: www.vuokattihiihto.fi

LUNCH

The entry fee includes soup lunch which is served in Vuokatti Halli (Vuokatti Hall) between 11.00 – 19.30. The number bib is your food ticket.

INSURANCE AND FIRST AID

The organizer has a liability insurance which covers personal and property injuries resulting from organizer's errors. Participants are asked to take care of their personal insurance coverage. Event First Aid; Red Cross Kajaani; +358 (0) 050 542

1113. If the skier will be injured on the way, they will be asked to inform the number of the nearest km-sign or service point and that way the first aid will find the way as fast as possible. In severe injury or accident, 112 must be dialed first!

OFFICIAL AFTER-PARTIES

After the day's skiing, the evening continues with the official Vuokatti Hiihto after-parties!

Laavu Bar (Varsitie 1, 88610 Vuokatti)

Relaxed post-race atmosphere and recovery moments into the night. Free entry with your participant medal.

Naapurinvaaran Huvikeskus (Naapurinvaarantie 20 B, 88610 Vuokatti)

Live music and an energetic atmosphere. Performing: Komiat, also featured in the Finnish New Music Competition.

Don't forget that the ski bus will take you to the venues. More info at www.napis.fi

**YOU ARE WARMLY WELCOME TO ENJOY SKIING IN VUOKATTI HIIHTO!
VUOKATTI HIIHTO WILL TAKE PLACE NEXT ON SATURDAY, MARCH 13, 2027!**



50 KM & 100 KM SKIERS

Skiers of the 30 km, 50 km, and 100 km distances start from the stadium on the initial downhill loop, which then leads to the Vaarankylä circuit (the "Red Loop"). After completing the Vaarankylä circuit, 30 km skiers head to the finish at Vuokattihalli via the stadium, while 50 km and 100 km skiers continue from the stadium onto the Porttivaara loop (the "Green Loop").

50 km skiers then return to the finish at Vuokattihalli via the stadium. 100 km skiers, after stopping at the stadium for the 100 km aid station and ski change, head directly to a new Vaarankylä circuit, skipping the initial downhill loop.

