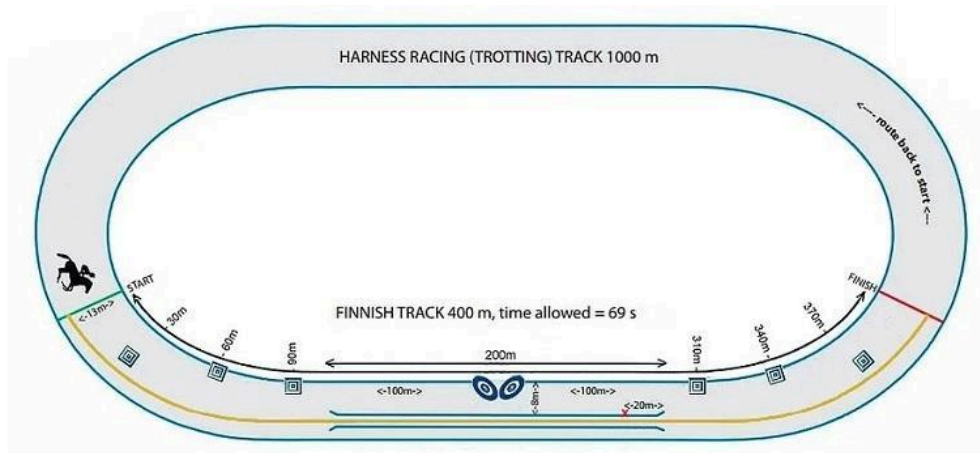


Name: Finnish style / SISU track



(Sisu is a word that cannot be directly translated into English, it embodies the Finnish national character of grit and determination in the face of adversity)

Approximate level: n/a

Track required: 1000m harness racing (trotting) track

- A 400m length of track is measured out on the long side of the track and start/finish are marked
- A 200m long demarcated channel is created either with cones or with fencing (running 100-300m from the start) with its inside barrier 8m from the inside track edge. The channel is approximately 3-5m wide.

Equipment required:

- 6 targets with the 71cm square 5-zone Finnish lion target face (or FITA80 or 71cm square five-zone faces)
- 2 targets with a round 90cm diameter 3-zones faces (or Hungarian target faces)



- Arrow holder
- Timing gates / stopwatch

Track set-up

- 71cm square targets are set up at 30m intervals:
 - [T1, ground shot] 30m from the start / 6m from the inside track edge
 - [T2] 60m from the start / on the track edge, facing perpendicular across the track
 - [T3] 90m from the start / on the track edge, facing perpendicular across the track
 - [T6] 310m from the start / on the track edge, facing perpendicular across the track
 - [T7] 340m from the start / on the track edge, facing perpendicular across the track
 - [T8, ground shot] 370m from the start / 6m from the inside track edge
- 90cm round targets are halfway down the channel, 200m from the start:
 - [T4] facing towards the start (at 45 degrees) for forward shots
 - [T5] facing towards the finish (at 45 degrees) for back shots
- The arrow holder (X) is located 180m along the 200m roped off channel, on the inside edge, at a height of 1.5m

Rules:

- There is one warm up run and two competition runs.
- Arrows can be carried in the quiver or in the hand (bow/string hand).
- Competitor can start with an arrow nocked.
- [T4] and [T5] can be shot as many times as desired, other targets are shot only once
- [T1] and [T8] may be jarmaki or regular ground shots on your normal shooting side – they may not be taken as offside shots
- A competitor must ride through the demarcated channel, or they score 0 on that run.
 - If you miss the channel you are allowed to turn and ride back.
- Towards the end of the channel there is an arrow pickup opportunity – the arrow must be picked up in canter
- Left-handers simply shoot the run in reverse
- The par time for the course is 69 seconds

Scoring:

- Target points:
 - 71cm square targets, score 1-5pts, only one hit is counted per target
 - 90cm round targets, score 3, 4 or 5 pts, all hits are counted
 - If one hits for example 3,3 and 5, mark them as 335
- Bonus points:
 - 4 bonus points for picking up the arrow in canter (regardless of whether it hits any targets)
- Time points are gained only if **3 different targets** have been hit:
 - Faster than 69s, speed bonus points are gained at 0.5pt/s
 - A time penalty of 0.5pt/s is applied if you complete the run slower than 69s (this is deducted regardless of the number of hits made)
 - There is no disqualification time.

Notes on the [IHAA.eu calculator](https://www.ihaa.eu) and the pick-up bonus:

- There is no separate field for the 4-point bonus (arrow pick-up). Instead, it must be added next to the score of **one of the scored** targets
 - For example, if the rider successfully picks up the arrow in canter and scores 5 on [T6], a total of 54 should be entered in the calculator.
- If the rider does not hit any target, the bonus can still be awarded. In this case, enter the 4 points under one of the target fields.
- **Be careful:** If the rider hits only two targets and the 4-point bonus is entered under a target with no actual hit, the calculator will interpret this as an additional hit and incorrectly apply the speed bonus.

Developed by: SRJL, Finnish Mounted Archery Association

Historic aspect: none

Benefits: Longer track, utilises the harness racing tracks with all-weather surfaces available in some countries. Entering the channel from the wider track requires steering and picking up the arrow requires speed control and the ability to move the horse within the track. Some targets are shot only once (Raid like) and some with multiple shots (Tower like), resulting in a variety of shooting styles throughout the course.

Safety notes: none

Added to database: Nov '16, edited June '26