



THE WORLD GAMES
WROCLAW 2017

THE WORLD GAMES 2017

WROCLAW, POLAND

orienteering

25TH-27TH OF JULY

BULLETIN 4

THIS BULLETIN IS TARGETED TO BRING YOU ONLY TECHNICAL INFORMATION CONCERNING ORIENTEERING EVENT DURING THE WORLD GAMES 2017.

For overall information about The World Games 2017, please refer to:
Handbook: Orienteering: to be found on IOF Eventor
Bulletin IV: to be found on IOF Eventor

ORGANISATION

IOF Senior Event Adviser: David Ales (CZE)

IOF Assistant Event Adviser: Daniel Wolf (CZE)

Representative WOC: Przemysław Bagiński (POL), Agnieszka Domitr (POL)

Competition Manager: Jerzy Antonowicz (POL)

Event Director: Wojciech Dwojak (POL)

Head of Map Production: Kostiantyn Majasow (UKR)

IOF Technical Manager resp. for Timing&Punching: Daniel Leibundgut (SUI)

PROGRAM**22.07.2017 - Saturday - Arrival Day**

whole day	Arrival day: [for IF-Passport holders outside Europe]
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23.07.2017 - Sunday - Arrival Day

whole day	Jetlag day: [for IF-Passport holders outside of Europe] Arrival day: [for IF-Passport holders inside Europe]
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24.07.2017 - Monday - Training Day

9:00 Q PLUS Hotel, Wrocław	Bus 1, 2, 3 - Departure to Middle Distance Training in Trzebnica
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10:00 - 12:00 Training Area, Trzebnica	Middle Distance Training in Trzebnica
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As buses fill up Training Area, Trzebnica	Bus 1, 2, 3 - Departure to Q PLUS Hotel Wrocław
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16:00 - 18:00 , Bulwar Tadka Jasińskiego, Wrocław	Model Event
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19:00 - 20:00 Q PLUS Hotel, Wrocław	Team Officials Meeting for Sprint Distance
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25.07.2017 - Tuesday - Sprint Distance

9:00 Q PLUS Hotel, Wrocław	Bus 1, 2 - Departure to Sprint Distance
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9:50 Q PLUS Hotel, Wrocław	Bus 3, 4 - Departure to Sprint Distance
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9:15 - 10:30 Quarantine Sprint, Wrocław	Quarantine check-in for Sprint open
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11:00 - 12:00 City Center, Wrocław	Sprint Distance Women
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12:00 - 13:00 City Center, Wrocław	Sprint Distance Men
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13:15 - 14:00 Plac Nowy Targ, Wrocław	Opening Ceremony for Orienteering, Medal Ceremonies
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14:30 Plac Nowy Targ, Wrocław	Bus 1, 2, 3 - Departure to Q PLUS Hotel Wrocław
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19:00 - 20:00 Q PLUS Hotel, Wrocław	Team Officials Meeting for Middle Distance
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PROGRAM**26.07.2017 - Wednesday - Middle Distance**

7:15 Q PLUS Hotel, Wrocław	Bus 1 - Departure to Middle Distance
7:45 Q PLUS Hotel, Wrocław	Bus 2 - Departure to Middle Distance
8:15 Q PLUS Hotel, Wrocław	Bus 3 - Departure to Middle Distance
7:45 - 9:30 Quarantine Middle, Trzebnica	Quarantine check-in for Middle Distance open
9:30 - 11:30 Las Bukowy, Trzebnica	Middle Distance Women
11:30 - 13:30 Las Bukowy, Trzebnica	Middle Distance Men
14:00 - 14:30 Aquapark, Trzebnica	Medal Ceremonies
14:45 Aquapark, Trzebnica	Bus 1, 2, 3 - Departure to Q PLUS Hotel
17:00 Through IOF Eventor	Deadline of entries for Sprint Relay
19:00 - 20:00 Q PLUS Hotel, Wrocław	Team Officials Meeting for Sprint Relay

27.07.2017 - Thursday - Sprint Relay

7:00 Q PLUS Hotel, Wrocław	Bus 1, 2, 3 - Departure to Sprint Relay
7:15 - 8:15 Quarantine Sprint Relay, Wrocław	Quarantine check-in for Sprint Relay open
9:00 - 10:00 Pergola, Wrocław	Sprint Relay
10:15 - 10:30 Pergola, Wrocław	Medal Ceremonies
10:30 - 11:00 Pergola, Wrocław	Closing Ceremony
11:30 Pergola, Wrocław	Departure to Q PLUS Hotel Wrocław

28.07.2017 - Friday - Departure Day

whole day	Departure
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EVENT OFFICE

There will be no Event Office, all information and materials will be delivered upon TOM or during Accreditation process.

ENTRIES FOR TWG COMPETITION

The starting order in individual races will be based upon the IOF World Rankings with best ranked starting last.

Deadline of entries for Team Composition for Sprint Relay ends 26th of July 17:00. Entries has to be made through IOF Eventor.

TEAM OFFICIALS MEETINGS

Team Officials Meetings will be held in Q PLUS Hotel (2 Zaoziańska Street), where all teams will be accommodated.

TOM will be held on first floor in Mocca Room. Only accredited team officials or athletes (maximum 2 per team), IOF officials and TWG organisers will be admitted.

There will be three TOM's:

- **one dedicated to Sprint distance**

24th July 2017 at 19:00,

- **second dedicated to Middle distance**

25th July 2017 at 19:00,

- **third dedicated to Sprint Relay**

26th July 2017 at 19:00,

Questions can be submitted in advance by email to wojciech.dwojak@gmail.com

TRAININGS

Please refer to official Training document, available here:

<https://eventor.orienteering.org/Documents/Event/1484/2/The-World-Games-2017----Trainings>

EMBARGOED AREAS

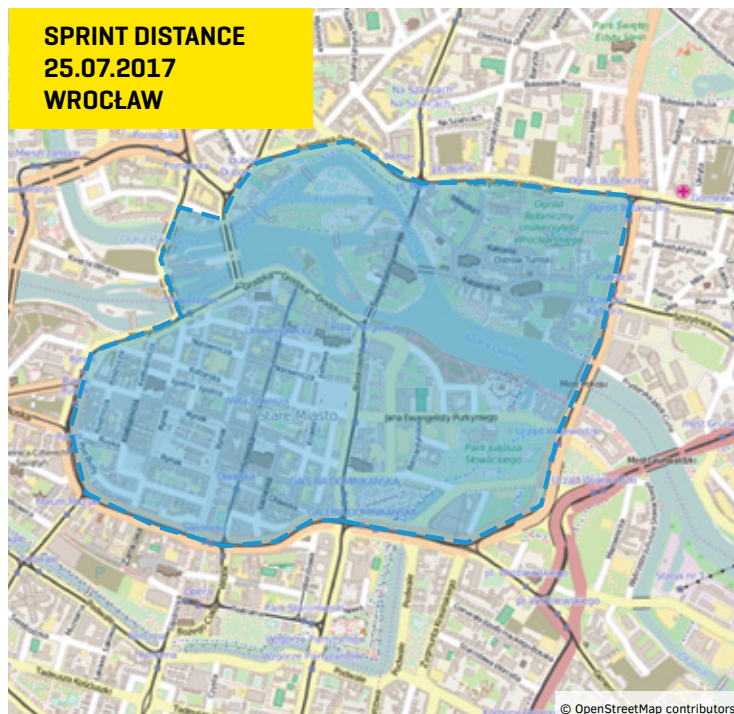
With regard to the IOF Competition Rules (article 26.5), the embargoed areas applies to all potential National Team members (runners, team lead- ers, coaches, doctors, physiotherapist, etc.) and to all others with strong connections with National Teams.

For Sprint Distance and Sprint Relay:

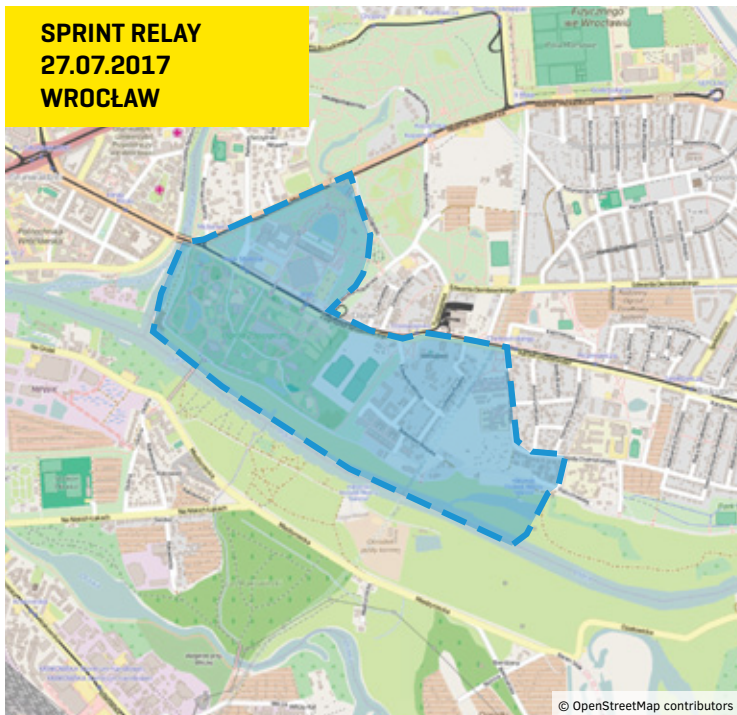
- It is allowed to stay as a resident or student, for business purposes or as a tourist, i.e. for sight-seeing, visiting a restaurant, shopping, participating in an indoor sport event,
- It is prohibited to stay there with a map, to run, to jog, to orienteer through the embargoed area or to test route choices running or walking,
- No organised orienteering of any kind may take place in the embargoed areas until after The World Games.

EMBARGOED AREA WILL BE COMPLETELY CLOSED:

- **FOR SPRINT DISTANCE (24th July at 19:00)**
- **FOR SPRINT RELAY (26th July at 19:00)**



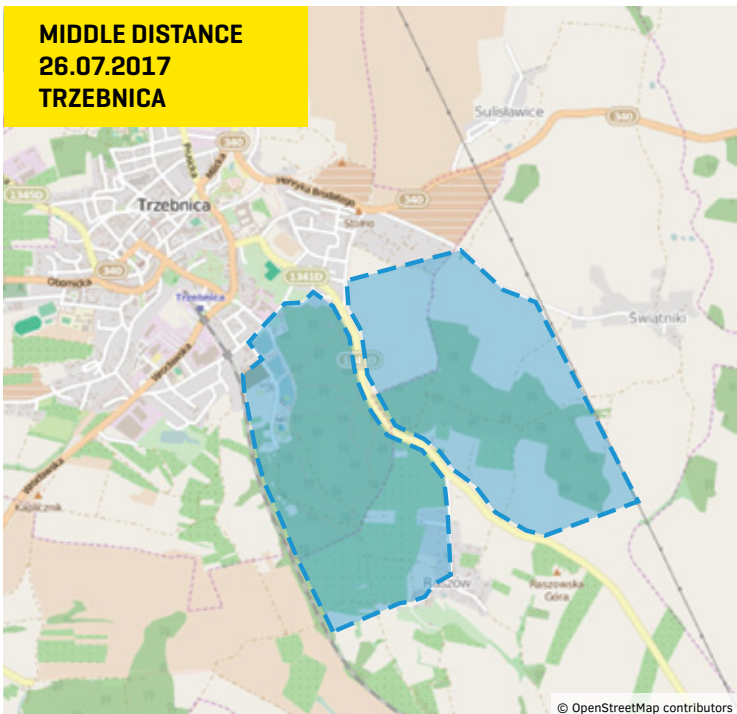
**SPRINT RELAY
27.07.2017
WROCLAW**



For Middle Distance:

-It is not allowed to go to the embargoed area of Middle Distance, this includes running or walking through terrain or on paths, roads, etc.

**MIDDLE DISTANCE
26.07.2017
TRZEBNICA**



Map of Embargoed Area could be found under this link: <https://eventor.orienteering.org/Documents/Event/378/3/The-World-Games-2017-Embargoed-Areas>

COMPETITION RULES

The Competition Rules for IOF Foot Orienteering Events 2017, valid from 1 January 2017 apply.

Jury for TWG 2017:

- Kell Sonnichsen (DEN),
- Aron Less (HUN),
- Ludomir Parfianowicz (POL)

TRANSPORT

The official scheduled transport service provided by The World Games organisers is compulsory for all athletes and accredited team officials for transport requirements to the competitions. The service is provided to and from all official TWG 2017 orienteering events, however it is possible to use public transport on the way back from competitions. Buses will depart from the official TWG 2017 orienteering accommodation at the Q PLUS Hotel, just in a front of entrance.

CATERING

According to The World Games Handbook - Orienteering, 3 meals will be provided by WOC to all accredited participants, according to the schedule below:

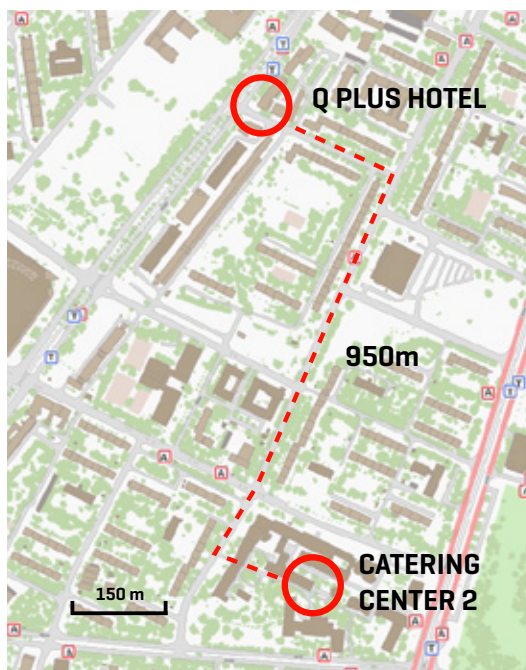
Breakfast 06:30 - 10:00

Served at Q PLUS Hotel

Lunch 12:00 - 16:00

Dinner 18:00 - 22:00

*Served at Catering Center 2,
118-120 Komandorska Street
(ul. Komandorska 118-120, Wrocław)
Catering Center 2 is located 950 m from
accommodation (Q PLUS Hotel).*



TV

Internet live coverage of all Competitions will be streamed accessible through LIVE Orienteering. TV and radio controls are not specified in control descriptions. Any structures connected with TV transmissions are not drawn on the maps.

TIME KEEPING

Photocell will be used for measurement of the finish time. As back-up system using a SPORTident Ground antenna will be used. Keep in mind that the finish line deactivates your SIAC. Do not stay close to the finish (closer than ca. 3 metres) unless you are finishing your competition!

In both individual competitions the finish time will be taken when the chest of the competitor crosses the finish line. Photocells are used as to ensure that the competitor cannot trigger the finish time with their hands. The running times will be rounded down to the nearest second (middle) and 0.1 second (sprint).

In the Sprint Relay competition, the finish time will be taken, when the SIAC-cards crosses the finish line. In case of a head-to-head run in finish judges will rule on the final placings based on the order that the competitors' chest cross the finish line.

PUNCHING

- Touch-free SPORTident Air+ punching system will be used. The technical specification for maximum distance to record a punch is 30 cm. Assigned SI cards will be provided by the Organiser at the Model Event for each athlete or later at TOM dedicated to Sprint. At each start, there will be spare SI cards on hand to cover lost or forgotten cards.
- The SIAC-cards punching confirmation signal will be set to 5 sec.
- In the unlikely case of the SI Air+ not registering a control, the unit should be punched in the same way as a normal SI control. Should this also fail, there will be pin punch on every control.

- Return of SIAC-cards shall be done by Team Leader after closing ceremony at Wroclaw Pergola (Arena of Sprint Relay).

GPS TRACKING

- GPS Tracking system will be used in all races. Devices will be given to all athletes.
- Vest will be delivered during first TOM (24th July). Team Leaders are obliged to take vests for their runners. There will be some spare vests at the check-in and pre-start.
- GPS devices will be given in the pre-start.
- After the race, every runner is obliged to return the GPS unit.

This procedure applies to all competition.

NUMBER BIBS

- All competitors must wear their respective number bibs at all The World Games competitions. The bibs will be distributed during TOM, respectively for each race.
- Runners will get two number bibs for each race, one to be worn in the front and another to be worn in the back.

CLOTHING RESTRICTIONS

According to the Polish Foot Orienteering Rules (Art. 8) full body should be covered beside head, neck, hands and arms for Middle distance. In sprint and sprint relay there are no restrictions.

START AND FINISH PROCEDURE

START: In all individual races the start official will keep a hand on the athlete's shoulder until the start beep. For individual races (sprint and middle) start gate will be used.

For the relay start all 1st leg runners for each team will be lined up according to start number. Audible start signal is given from starter.

FINISH: Competitors must follow the marked route from the last control to the finish. The finish time is defined by when the competitor's chest is crossing the finish line. The times are rounded down to tenth of second (sprint) and to whole seconds (middle). For the relay

finish judges will rule on the final placing based on the order that the competitors' chests cross the finish line.

FAIR PLAY: It is strictly forbidden for team members to re-enter the competition area until the embargo and the competition has finished. Please stay inside the arena (beside cool down on Middle) for fair play reasons.

ABANDONING A RACE

Athletes who are forced to retire from a race must report to finish staff and hand in their competition maps.

COMPETITIONS MAPS

Competition maps will be collected at the finish of each race. New maps will be handed out directly after race, in Arena, by organizers.

TEAM ZONES IN ARENAS

- There will be Team Zone for team members during each race. During Sprint and Sprint Relay Team Zone will be indoors and during Middle it will be located inside a tent.
- Only accredited team members and coaches with their personal TWG accreditation badges will be allowed in the Team Zone. There is a collection point for bags brought from the quarantine area and the pre-start to the arena.

COMPLAINTS & PROTEST

Complaint time is 15 minutes after announcements of official results. The IOF complaint / protest form will be available in the finish area.

MIDDLE DISTANCE TRAINING AND MODEL EVENT ON 24TH JULY

On training day, 24th of July, two events will take place:

Training for Middle distance in Trzebnica,
10:00-12:00

Model Event for Sprint in Wrocław,
16:00-18:00

We strongly encourage all athletes to take part in both events. Detail information about this events could be found below

MIDDLE DISTANCE TRAINING IN TRZEBNICA

- Middle distance training will provide relevant examples of cartography, terrain, control setting and control description for Middle Distance. There will be controls stands with orienteering flags in forest, but no SPORTident unit at control sites.
- Middle distance training maps will be handed out at training venue.

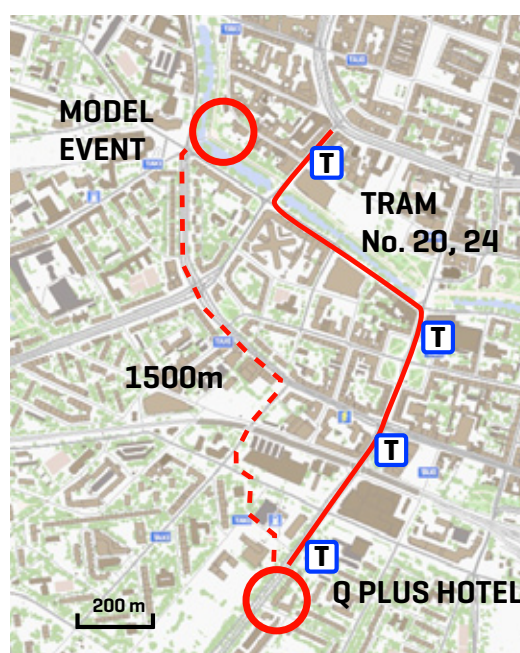
TRANSPORT SCHEDULE

Bus	Depart from Q PLUS Hotel	Arrive to Trzebnica
Bus 1, 2, 3	9:00	10:10

Bus	Depart from Trzebnica	Arrive to Q PLUS Hotel
Bus 1, 2, 3	As buses fill up	-

MODEL EVENT

- Model Event will provide relevant examples of cartography, terrain, control setting and control description for Sprint distances.
- Model Event maps will be handed out at Model venue.
- During Model Event, technical details will be shown: the start and finish procedure, SPORTident punching system. Controls will be equipped with SI station.
- Venue of Model Event is located at Bulwar Tacka Jasińskiego, as shown on map.
- There will be no transport provided by organizers. Athletes and Officials can either walk/run or use public transport.



COMPETITIONS

SPRINT 25.07.2017

FORMAT: Sprint distance, individual start, 1 min start interval

LOCATION OF EVENT CENTER

Nowy Targ Square

GPS: 51.111264N, 17.038388E

TERRAIN DESCRIPTION: Sprint distance will be organized in partly urban area with good runnability on paved surface and irregular network of buildings. Terrain is flat.

Forms: Flat area.

Vegetation: Mostly public areas with grass.

Runability: Excellent in urban area.

Visibility: Very good.

Roads: 95% hard surface, rest is grass.

TRANSPORT SCHEDULE

Bus	Depart from Q PLUS Hotel	Arrive to Sprint Quarantine
Bus 1, 2	9:00	9:20
Bus 3, 4	9:50	10:10

Bus	Depart from Nowy Targ Square	Arrive to Q PLUS Hotel
Bus 1, 2, 3, 4	14:30	14:50

QUARANTINE

- Quarantine will be organized in building with access to toilets and place to rest.
- It is forbidden to set up own tents.
- Mobile phones and any devices with access to the internet are forbidden for runners and coaches after they have checked-in in the quarantine until they arrive to the finish.
- Coaches going once to the finish area have to stay there until the last runner has finished.

CHECK-IN

9:15 - 10:30. When runners enter the quarantine, they will be asked to sign a list.

WARM-UP

Warm-up is possible only in the designated area. There will be no warm-up map.

BAGS

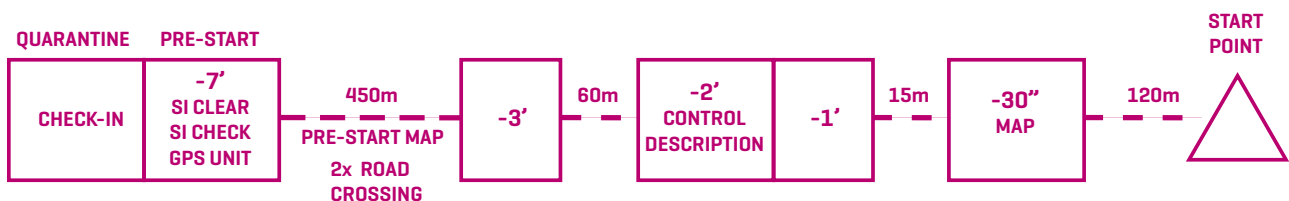
- Bags will be transported from the quarantine to finish.
- Please leave your bags at the marked zone in quarantine zone, near to pre-start.

PRE-START

Is located in quarantine zone.

START PROCEDURE

- The competitor's name and bib number is called at the pre-start 7 minutes before their start time. The competitor then enters the first box where they clear, check SI card and is assigned a GPS unit. There is a clock at the entrance to the first box showing the start time. It is the competitor's responsibility to watch for their start time.
- Route from first box to the second one is marked with color strings and the competitor is given the map with the route to the second box at the first one.
- The maps will be placed on a table. 30 seconds before the start time, the competitor is allowed to step to the table with the map. 5 seconds before the start time, the count-down begins with short beeps and a long beep at exactly the start time. An official releases the competitor by taking his hand off the competitor's shoulder. The start triangle is marked in the terrain by a control flag. The route to this flag is marked. Competitors must follow this marked route to the start point.



REFRESHMENT POINT: There will be no refreshment point during Sprint.

COACHING ZONE: There will be no Coaching Zone during Sprint.

FINISH: Distance from Quarantine to Finish area is 0,3 km.

- There will be containers - locker rooms dedicated only for Teams.
- No shower, no possibility to set-up own team tents.
- It is not allowed to go to the quarantine / start / pre-start area the same day if you have been at the finish area.

COOL DOWN ZONE: Cool down will be possible only in Team Zone Arena.

MAP: Wrocław - Stare Miasto

Scale 1:4000, contours: 2m.
According to ISSOM 2007,
Update: July 2017.
Size of map: 310 mm x 230 mm

MAP MAKER: Wojciech Dwojak

SPECIAL SYMBOLS:

- - distinctive tree
- - small distinctive tree, bush
- × - playground object, advertisement object

COURSE SETTER: Jacek Morawski

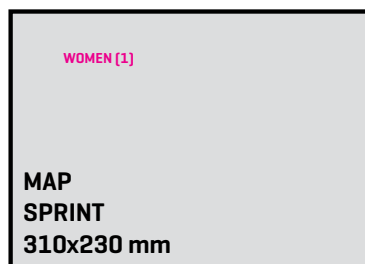
Category	Length (in km)	No. of controls	Climbing (in m.)	Winning Time (in min.)	Refreshments
Women	3.8	19	10	14:30	-
Men	4.4	21	10	14:30	-

CONTROL DESCRIPTION

Women: 123x48mm
Men: 135x48mm

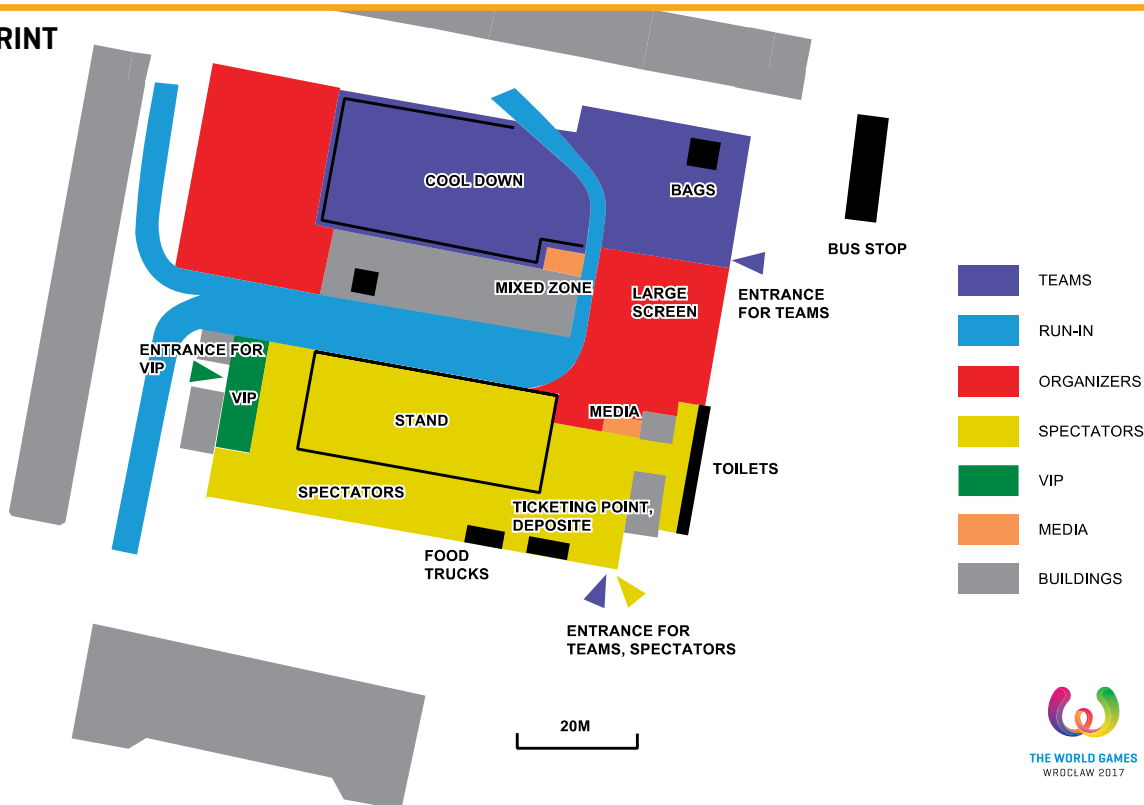
MAP CHANGE

- Course consist of two loops, each on different map.
- Two maps are inserted in one plastic bag, runner get two maps at start.
- First loop is marked with (1) Second loop is marked with (2)
- After arena passage, second loop starts with the same starting point as first loop.
- Maps are clearly marked with loop number, as shown on example (same place on each map).



MAXIMUM RUNNING TIME: 45 minutes

ARENA SPRINT



COMPETITIONS

MIDDLE 26.07.2017

FORMAT: Middle distance. Individual start, 2 min start interval

LOCATION OF EVENT CENTER

Trzebnica, Gminny Park Wodny
GPS: 51.298412N, 17.069984E

TERRAIN DESCRIPTION: Moraine terrain with erosive forms of relief and complex contour details, ravines and valleys. The terrain is located approx. 190-250m above sea level. Deciduous forest with rich undergrowth. Runnability and visibility from very good to poor. A dense network of roads and paths.

Forms: Hilly, moraine terrain with slopes up to 30m height.

Vegetation: Deciduous forest with rich undergrowth. There are many thicket area.

Runability: From good to poor, sometimes extremely poor. Especially reduced in open areas.

Visibility: From good to poor.

Roads: Rich network of road. There are a lot of small, bikes tracks, which are shown on map.

TRANSPORT SCHEDULE

Bus	Depart from Q PLUS Hotel	Arrive to Middle Quarantine
Bus 1	7:15	8:25
Bus 2	7:45	8:55
Bus 3	8:15	9:25

Bus	Depart from Trzebnica	Arrive to Q PLUS Hotel
Bus 1, 2, 3, 4	14:45	15:55

QUARANTINE

- Quarantine will be organized outdoor with access to toilets.
- Organizers provide tent, however it will be possible to set up own tents.
- Mobile phones and any devices with access to the internet are forbidden for runners and coaches after they have checked-in in the quarantine until they arrive to the finish.
- Coaches going once to the finish area have to stay there until the last runner has finished.

CHECK-IN

7:45 - 9:30. When a runner enters the quarantine, they will be asked to sign a list

BAGS

- Bags will be transported from the quarantine to finish.
- Please leave your bags at the marked zone in quarantine zone, near to pre-start.

PRE-START: Is located in quarantine zone.

START PROCEDURE

- The competitor's name and bib number is called at the pre-start 6 minutes before their start time. The competitor then enters the first box where they clear, check SI card and is assigned a GPS unit. There is a clock at the entrance to the first box showing the start time. It is the competitor's responsibility to watch for their start time.
- The maps will be placed on a table. 30 seconds before the start time, the competitor is allowed to step to the table with the map. 5 seconds before the start time, the count-down begins with short beeps and a long beep at exactly the start time. An official releases the competitor by taking his hand off the competitor's shoulder. The start triangle is marked in the terrain by a control flag. The route to this flag is marked. Competitors must follow this marked route to the start point.



REFRESHMENT POINT: There will be two refreshment points on the course. There will be water to drink.

COACHING ZONE:

Coaching zone will be clearly marked where team coaches may coach their athletes. Only accredited team coach (one for each team) are allowed to enter these zone. In order to maintain a high level of fairness the only activities allowed in the coaching zone are:

- Exchange of verbal communication with athletes – no written information,
- Exchange of personal equipment such as compasses, shoes, contact lenses etc.;
- Food and drinks may be handed out personally to the athletes.

The exchange of any information/material to/from athletes outside the official coaching zones is not permitted.

Team coaches and officials are not permitted to enter the competition areas for races except for the designated team zones, coaching zone in the Middle and public spectator areas in the competition arenas.

FINISH: Distance from Quarantine to Finish area is 0,3 km.

- There will be tents dedicated only for Teams.
- There will be shower available in Aquapark.
- It will be possible to use outdoor swimming pool after the race.
- No possibility to set-up own team tents.
- It is not allowed to go to the quarantine / start / pre-start area the same day if you have been at the finish area.

COOL DOWN ZONE: Cool down will be possible outside Aquapark area on map. Runners get maps after finish.

MAP: Trzebnica - Las Bukowy

Scale 1:10 000, contours: 5m.

According to ISOM 2000, Update: July 2017.

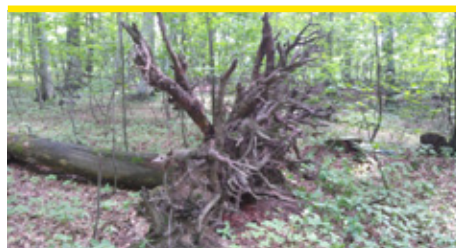
Size of map: 297 mm x 210 mm (A4)

MAP MAKER: Kostiantyn Majasow

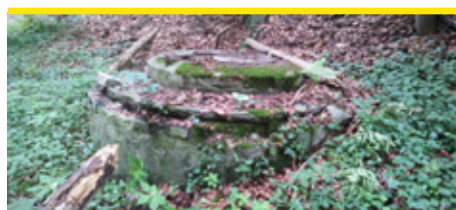
SPECIAL SYMBOLS:

- distinctive tree
- bush
- × rootstock
- × old well, mountain bike construction

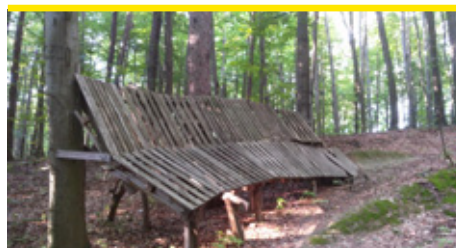
SYMBOL APPEARANCE



× rootstock



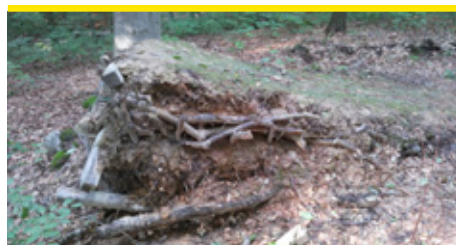
× old well



× mountain bike construction



† Monument on the "Way of the Cross"



• knoll, mountain bike trampoline



COURSE SETTER: Kostiantyn Majasow

Category	Length (in km)	No. of controls	Climbing (in m.)	Winning Time (in min.)	Refreshments
Women	5.2	23	210	33:00	2
Men	6.4	30	290	33:00	2

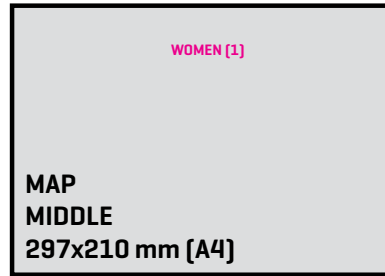
CONTROL DESCRIPTION

Women: 145x48mm

Men: 180x48mm

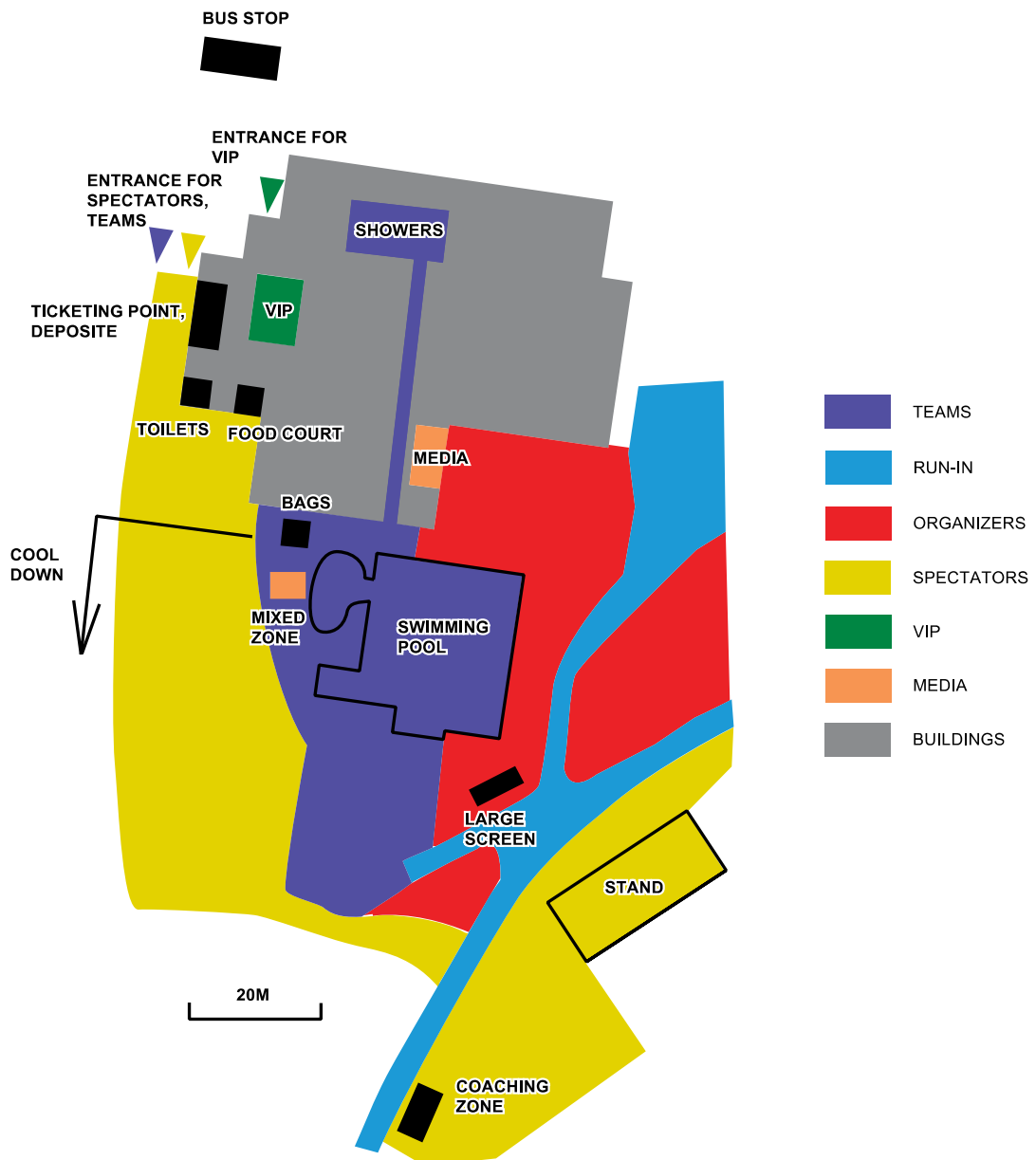
MAP CHANGE

- Course consist of two loops, each on different map.
- Two maps are inserted in one plastic bag, runner get two maps at start.
- First loop is marked with (1) Second loop is marked with (2)
- After arena passage, second loop starts with the same starting point as first loop.
- Maps are clearly marked with loop number, as shown on example (same place on each map).



MAXIMUM RUNNING TIME: 90 minutes

ARENA MIDDLE



COMPETITIONS

SPRINT RELAY 26.07.2017

FORMAT: Sprint Relay. Scheme of Relay:
Women-Men-Men-Women

LOCATION OF EVENT CENTER

Wrocław, WCK Pergola

GPS: 51.108144N, 17.078474E

TERRAIN DESCRIPTION: Sprint relay will be organized in partly urban area with good runnability on paved surface and irregular network of buildings, this part covers area of Wrocław's ZOO. Another part is park with opened areas and very good runnability. Terrain is flat.

Forms: Flat area.

Vegetation: Public areas with grass, partly vegetation typical for park.

Runability: Excellent in urban area, reduced in park.

Visibility: Very good, reduce in park area.

Roads: Mostly hard surface, rest is grass.

TRANSPORT SCHEDULE

Bus	Depart from Q PLUS Hotel	Arrive to Middle Quarantine
Bus 1, 2, 3	7:00	7:30
Bus	Depart from Trzebnica	Arrive to Q PLUS Hotel
Bus 1, 2, 3	11:30	12:00

QUARANTINE

- Quarantine will be organized outdoor with access to toilets.
- Organizers provide tent, however it will be possible to set up own tents.
- Mobile phones and any devices with access to the internet are forbidden for runners and

coaches after they have checked-in in the quarantine until they arrive to the finish.

- Coaches going once to the finish area have to stay there until the last runner has finished.

CHECK-IN

7:15 - 8:15. When a runner enters the quarantine, they will be asked to sign a list

BAGS

- Bags will be transported from the quarantine to finish.
- Please leave your bags at the marked zone in quarantine zone, near to pre-start.

PRE-START: Is located in quarantine zone.

Warm-up map is available in quarantine zone.

START PROCEDURE

Pre-start assembly

All competitors from one leg have to assemble 11 minutes before the start of the first leg or the first change-over of the current leg at the exit from the quarantine zone (pre-start). The competitors are obliged to clear and check SI cards and are assigned GPS units there. From pre-start gate all competitors from one leg will be guided to the start zone. Exact times of pre-start assembly for each leg are specified below:

- Leg 1: 08:49
- Leg 2: 09:04
- Leg 3: 09:18
- Leg 4: 09:32

Mass start

All first leg competitors will be guided from the pre-start assembly to the mass start zone in the competition arena. They will have to take the maps from the map wall at the entrance to the start zone, but they will not be allowed to unfold them before the start signal. The start signal will be signed by a special sound which will be easy to recognize.



Start zone

All competitors from one leg will arrive to the start zone approximately 5-7 minutes before the first change-over. They will have to take the maps from the map wall at the entrance to the start zone. Competitors are not allowed to unfold the maps before the change-over. When the first incoming competitor from the previous leg will be running on second loop, entrance to the change-over zone will be opened. The time from the opening of the change-over zone to the first change over is approximately 1-2 minutes. It will not be possible to see incoming runners from the start zone. There will be two toilets available at start zone.

Change-over

The change-over is done after crossing the finish line by hand touch across a separation barrier. The outgoing runner is allowed to open the map immediately after the change-over. No communication is allowed between runners in start zone and runners/coaches in the finish.

Maps

The maps for all legs are rolled and covered with white sheet of paper, as a outer layer with number on it and closed with a rubber band. When coming from the pre-start to the start zone, all competitors of legs 1, 2, 3 and 4 are responsible to take the right map from the map wall themselves. They will keep the rolled map in their hand until they can start. Competitors are not allowed to take away the rubber band before they got the hand touch from their previous runner and they are not allowed to look into the roll. The maps are marked with team number and leg number.

Reserve maps

Reserve maps are ready at the start zone. Please contact the staff as soon as you notice that your map is not on the map wall anymore.

REFRESHMENT POINT: There will be no refreshment point on the course, however officials, coaches have permission to serve drinks from Coaching Zone.

COACHING ZONE:

In Sprint Relay a coaching zone will be clearly marked where team coaches may coach their athletes as they change-over. Only accredited team coach (one for each team) are allowed to enter these zone. In order to maintain a high level of fairness the only activities allowed in the coaching zone are:

- Exchange of verbal communication with athletes – no written information,
- Exchange of personal equipment such as compasses, shoes, contact lenses etc.;
- Food and drinks may be handed out personally to the athletes.

The exchange of any information/material to/from athletes outside the official coaching zones is not permitted.

Team coaches and officials are not permitted to enter the competition areas for races except for the designated team zones, coaching zone in the Sprint Relay and public spectator areas in the competition arenas.

FINISH: Distance from Quarantine to Finish area is 0,1 km.

- It will be possible to change clothes indoor.
- No shower, no possibility to set-up own team tents.
- It is not allowed to go to the quarantine / start / pre-start area the same day if you have been at the finish area.

COOL DOWN ZONE: Cool down will be possible only in Team Zone Arena.

MAP: Wrocław - ZOO

Scale 1:4 000, contours: 2m.

According to ISSOM 2007, Update: July 2017.

Size of map: 310 mm x 230 mm

MAP MAKER:

Wojciech Dwojak, Kostiantyn Majasow

SPECIAL SYMBOLS:

- distinctive tree
- single distinctive tree, bush
- × advertisement object

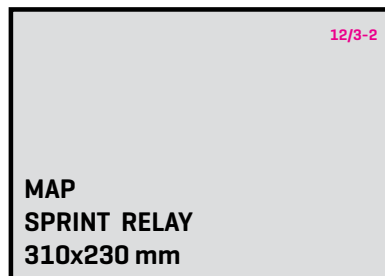
COURSE SETTER: Wojciech Dwojak

Category	Length (in km)	No. of controls	Climbing (in m.)	Winning Time (in min.)	Refreshments
Leg 1, 4	4.0	19-20	10	14:30	2
Leg 2, 3	4.3	21-22	15	14:00	2

CONTROL DESCRIPTION: On maps

MAP CHANGE: Course consist of two loops, each on different map.

- Two maps are inserted in one plastic bag, runner get two maps at start.
- Maps are clearly marked with loop number, as shown on example (same place on each map).



NUMBERS LOOKS LIKE > 14/2-1 WHERE:

14 is number of relay team

/2 is leg

first loop is marked with -1

second loop is marked with -2

MAXIMUM RUNNING TIME: 45 minutes per leg

ARENA SPRINT RELAY

