



Start information – Elite classes

Middle distance April 13th 2019

Start	Start 1, 1 900 m road, orange/white tapes, all elite classes. First start 11:00.
Warming up course	A map with a few controls typical of what will be encountered in the competition is available at the pre-start for warming up.
Pre-start	The pre-start is located 200 m before the start. Competitors pass the pre-start 8 minutes before their start.
Clothing	Clothing can be left at the pre-start or start and will be returned to the arena by event officials.
Coaches	Coaches are allowed to accompany their athletes to the pre-start but not further. They must follow the orange/white tapes back to the arena.
Toilets	Toilets are available the pre-start.
Drinks	Water and sport drink are available at the pre-start.
Start procedure	3 minutes before start – verification of SI-card 2 minutes before start – receive control descriptions on paper 1 minute before start – go forward to map table At start time – competitor gets map
Late start	Competitors arriving late to the start will be allowed to start as soon as possible without affecting other competitors.