



## Team Officials Meeting

4 July 2015

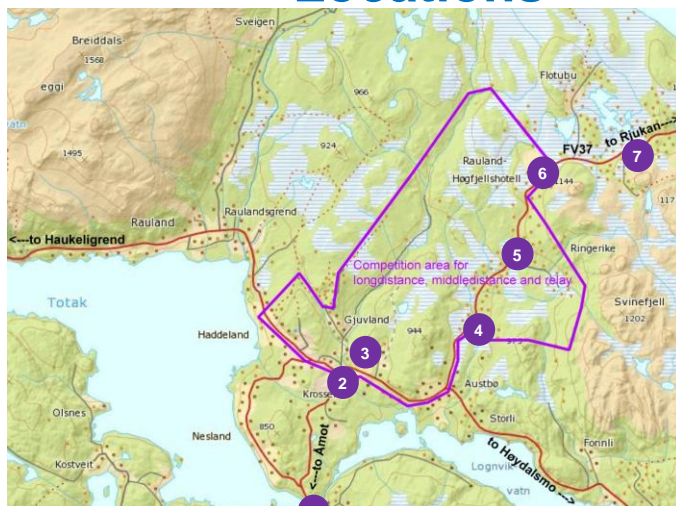
Sprint distance

### Topics

1. General information
2. Sprint distance
3. Other issues



## Locations



1. Arena Sprint distance (Åmot), 15 minutes
2. Model event Sprint/Middle, Opening ceremony, "Get together" (Raulandshallen, Rauland skule)
3. Arena Middle distance (Lid farm)
4. Model event Long/Relay (Hovdell)
5. Arena Long distance and Relay (Rauland skisenter)
6. Rauland Høgfjellshotell (Event centre)
7. Vierli



## JWOC Fair Play



Per Sandberg talked about the central role of fair play in orienteering.

The level of fair play in orienteering is generally high.

The organizers have based the planning of the event of co-operation between organizers, team leaders and runners.

## JWOC Fairness Rules



1. It is not allowed (and not fair) to gain any unofficial information about the race, especially about courses, maps, location of pre-start etc.
2. Except for the relay, team members heading to pre-start are not allowed to visit the arenas before the respective competitions. It is also not allowed (and not fair) to gain any unofficial information about the arenas from other persons.
3. When staying in the quarantine, mobile phones must be completely turned off. (There may be random checks).
4. It is allowed to use music players without any built-in connectivity. Inside the quarantine, athletes with headphones on might be randomly asked to display their players for checking.
5. All tents inside the quarantine must stay open so that it is possible to have a look inside.

## JWOC Fairness Rules



6. It is strictly forbidden to bring any electronic devices (except for watches) to toilets or any other private room - no matter if the device is on or off.
7. Competitors are allowed to run with own GPS device only if this will be without display.
8. It is not allowed to use any old maps of competition areas after getting on board the JWOC shuttle buses.
9. Violations of these rules should be immediately reported to quarantine staff to preserve fairness.
10. Violation of these rules may result in the disqualification of the whole team.

## Clothing



- The regulations set by the Norwegian Orienteering Federation are valid.
- Clothing for the long, middle and relay races shall be long trousers and short sleeves.
- **Knee-long trousers and long socks are allowed.**
- **No restrictions for the sprint distance.**
- It is forbidden to use shoes with metal spikes and studs in the sprint competition as well as for the sprint model event.

## Start and quarantine



- All the races except the Relay are organized with pre-start and quarantine.
- For the Sprint and Middle qualification races the quarantine is defined when the athlete enters the bus transport.
- The same is true for the Middle distance Finals except for those starting later than 13:00, who will have to check in to a quarantine zone at Rauland høg fjellshotel no later than 12:00.
- Quarantine for Long distance is at Rauland høg fjellshotel, check in no later than 11.00
- All athletes and coaches will have to identify themselves using the accreditation card when entering the quarantine zones.

## Start and quarantine



- Coaches and non-competing competitors who leave the quarantine are not allowed to re-enter.
- The pre-start will be placed at the edge of the quarantine and it will be marked on the warm-up map with a triangle. Only participating competitors have an access beyond the pre-start. Once the competitors pass the pre-start they are not allowed to go back to the quarantine.
- Competitors will reach the start corridors where they clear and check their E-cards and get control description. After the start the competitor must follow the marked route to the start point.
- The GPS devices for the chosen competitors will be handed out in the quarantine zone before the athletes leave for pre-start.

## Late start



- Competitors who are late for their start time because of their own fault are permitted to start, but are timed as if they had started at their allocated start time.
- Competitors who are late because of a fault by the Organisers are given a new start time.
- In both cases the following procedure must be used at the start:
  - A late competitor must report at the call-up point in the quarantine zone.
  - If the Organiser decides that a runner has enough time to start at the allocated start time, she/he can continue through the start lanes followed by a guide.
  - If it is not possible for the competitor to start at the allocated start time, she/he will be allowed to start one minute before the next competitor on that course (30 seconds in the Sprint).
  - However competitors from the same Federation are not allowed to start consecutively.

## Finish



- The marked route from last control to the finish must be followed.
- There are no punching on the finish line, the time is stopped when the emiTag cross the line.
- The competitors return the map and read their EMIT card and hand in the GPS (if any).

## Flower and price-giving ceremonies



- There will be a flower ceremony at the arena for the Sprint, Middle and Long distances.
- The flower ceremonies will take part as soon as the results are approved.
- Athletes in 1<sup>st</sup> – 6<sup>th</sup> place will be awarded.
- All athletes shall be dressed in their national jerseys and prepared to start when the ceremony is announced.



- The prize-giving ceremony for the Sprint and Middle distance will be held just after the "Get together" dinner on Tuesday 7 July at 19:30.
- We kindly ask athletes in 1st - 6th placing's to come be ready at 19:15, so that all the instructions and requests can be presented.



## **Sprint distance Sunday 5 July**

Åmot

## Time schedule Sunday 5 July



### Sunday

#### July 5

#### Sprint distance (Åmot)

9:10 – 11:50	Bus departure pre-start
11:00 – 14:30	Sprint distance
12:00	Deadline for Middle Qual entries (either in the Event center before 10:00 or in
14:30	First bus back to hotel/Vierli
14:45	Flower ceremony (arena)
18:00 – 20:00	Event office open
18:30	Team Officials Meeting

## Courses



Competition	Class	Winning time	Length	Climb	# controls	# refreshment points
Sprint	Women	14.30 min	3210 m *	65 m	13	None
	Men	14.30 min	3810 m *	85 m	17	None

**Maximum running time:** 45 min

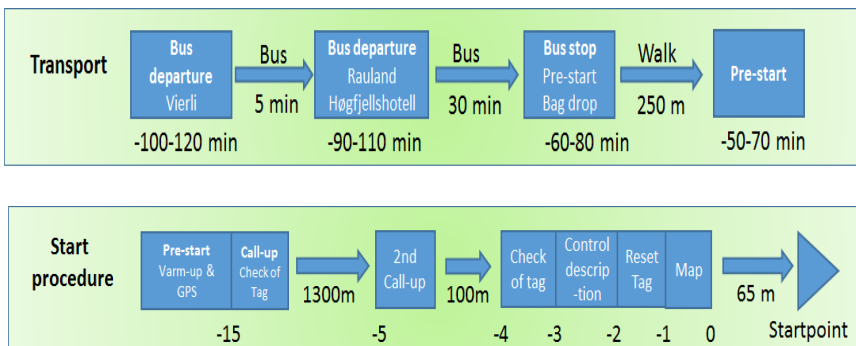
**Course planners:** Jarle Ausland and Anne Margrethe Hausken Nordberg

**Warm-up map:** None

\* Shortest possible route



## Transport & start



## Control set-up



- EMIT Touch-free Pro-system is used.
- Controls are passable on both sides to secure equality for left- and right-handed athletes.
- Set-up and function will be demonstrated at Sprint Model Event and are described separately on a hand-out to all athletes.



## Traffic



- Some local traffic can be expected. Speed limit is 30 km/h.
- It is **not allowed** to run along or to cross main road, E-134.

## Map



**Scale:** 1:4.000, ISSOM, contour interval 2 m, issued 6/2015.

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

**Cartography:** Helge Gisholt



- Certain possible controversial olive green private areas (symbol 528.1), impassable vegetation (421), impassable walls (521.1), or impassable fences (524), where it is possible they might be crossed by mistake, will be taped with red/white tape in the terrain.
- This is to help runners, but it is the runners' responsibility to respect the map and rules
- Any runner who enter or cross forbidden areas or features will be disqualified.



- Examples of taped olive green private areas (symbol 528.1) in the competition area





- Examples of impassable walls (521.1) in the competition area are given below.



Left part is passable wall (grey),  
right part is impassable wall (black)



## Garbage containers not on map



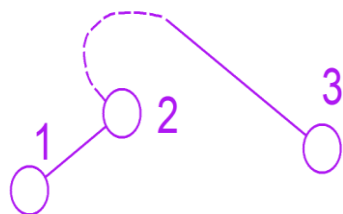
- Garbage containers are not on map. There are 5-6 of them along sprint course.



Seating constructions are not on map –  
except as for one control feature

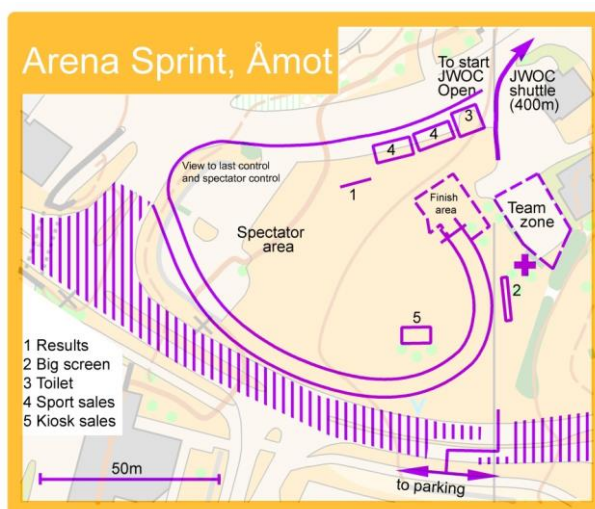


# Arena passage



2	32	/	/	Y		
○		110 m		→		
3	33	↑	♣	○		

# Arena





## Questions & Answers TOM#1



Q: The runners get packed sandwiches for lunch, which is too little for athletes. Will there be other food available during the days?

A: There will be additional food in the team zones every day (fruit, cookies, ..)

Q: There is not big enough dinner at Vierli, just main course and also little variation.

A: We will check the possibilities for improvement at Vierli

Q: Which buses can the team leaders take to the pre-start?

A: We will set up a list of team-leaders on the different buses, matching the start list. Will be displayed on internet.

## Questions & Answers TOM#1



Q: Couldn't the last bus leave at 11:20 instead of 11:50 to help the fair play?

A: We will stick to our bus schedule, and expect all to respect fair play.

Q: When will the first bus leave from the pre-start to the finish area?

A: At 11:00 (As stated in Bulletin4...)

Q: Can you walk from the pre-start to the finish area?

A: No!

## Questions & Answers TOM#1



Q: Are there refreshments or toilets after -15 min?

A: No.

Q: Is there any possible interference between the emitag and the compass?

A: The tag can interfere the compass, but not the other way around. Therefore recommended to keep tag on different arm than compass.

Q: Can you secure the emitag with tape etc?

A: Yes, as long as you don't cover the tag itself.



## Questions & Answers TOM#1



Q: Is the printing technology the same on the model and final map?

A: Yes

Q: One orange fence in the kindergarden on the model was drawn as passable. Is this the same tomorrow?

A: No, in the final those orange fences are drawn as impassable

## Questions & Answers TOM#1



Q: If a runner enters a forbidden area and return out of the area the same way, will he/she be disqualified?

A: Yes, according to ISSOM

Q: How many marshalls will be out on the course tomorrow?

A: Plenty!

Q: Will the marshalls be recognizable and active against the runners?

A: No

## Questions & Answers TOM#1



Q: Will there be a warm-down area for the first finishers (before the quarantine ends)?

A: Yes, there will be a map showing the area where they can warm down

Q: Can spectators give information to the runners?

A: We will not be able to control the spectators, but expect that they will respect fair play. The rules we talk about here applies to the team leaders and runners.



Q: The flexible quarantine times open up some uncertainty and problems, why not have a fixed quarantine time for all?

A: We could have done it this way, but we have chosen to do it as stated in the bulletin.

Q: Team leaders going straight to the arena, can they be in the spectator area before 11:50?

A: The team zone has now been enlarged to include the whole arena area for runners and coaches. The quarantine rules apply for the whole area, though.