



Team Officials Meeting

8 July 2015

Long distance

Topics



1. Summary of Middle distance
2. Long distance
3. Other items



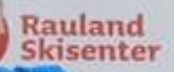
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Organization priorities



- Top priority is terrain, maps, courses
 - Rauland – 3 organizers bought cottages!
 - Norway's best mappers
 - 8 course-setters
- Friendship & good time
- Possibility for budget accomodation & food
- JWOC tour for spirit & economy



Long distance

9th July

Rauland skisenter

Weather forecast



Tomorrow, 09 July 2015

Time	Forecast	Temp.	Precip.	Wind
Thursday 06:00		7°	0 mm	Gentle breeze, 6 m/s from north-northeast
Thursday 07:00		8°	0 mm	Light air, 2 m/s from north
Thursday 08:00		8°	0 mm	Light breeze, 3 m/s from north
Thursday 09:00		10°	0 mm	Light breeze, 3 m/s from north
Thursday 10:00		10°	0 mm	Gentle breeze, 5 m/s from north
Thursday 11:00		11°	0 mm	Gentle breeze, 5 m/s from north
Thursday 12:00		12°	0 mm	Gentle breeze, 5 m/s from north
Thursday 13:00		13°	0 mm	Moderate breeze, 6 m/s from north- northwest
Thursday 14:00		13°	0 mm	Moderate breeze, 6 m/s from north- northwest
Thursday 15:00		13°	0 mm	Moderate breeze, 6 m/s from northwest
Thursday 16:00		13°	0 mm	Moderate breeze, 7 m/s from northwest

Transport & quarantine



! Check-in deadline is 11:00 - athletes will check-in when entering the quarantine zone at the hotel.

Warm-up map: Distributed when leaving the hotel. Warm-up map covers a piece of relevant terrain

GPS: Approximately 50 women and 50 men running shall use GPS-unit. GPS-units and vests to be **picked up at the hotel** before leaving for the pre-start area.

Shoes: All shifting to O-shoes to be done outside hotel, when leaving for pre-start

Transport



Breakfast 6.30 – 9.30

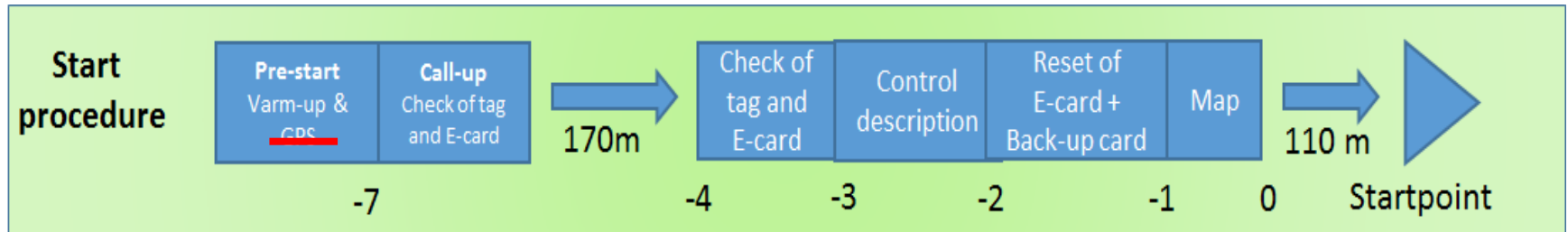
Shuttle buses from Vierli to the hotel every 5-10 minutes from 08:00

NB: Runners do not need to take the bus defined in bulletin, the times there are only guiding

Shuttle buses from the hotel to arena for team officials from 09:00

Shuttle buses from the arena to the hotel & Vierli after flower ceremony

Start procedure



Start interval: 2 minutes

Start number bibs must be fastened properly: Each safety pin through paper twice

Map

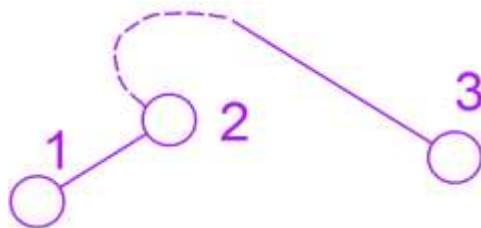


Map: Scale 1:15.000, ISOM, contour interval 5m, issued 6/2015.

Size of map: 210 x 297 mm (A4)

Cartography: Morten Berglia

Compulsory routes: Both courses have two compulsory routes. One related to crossing of main road, and one related to arena passage.



2	32	←	•			○
○	----- 170 m -----		→			
3	33		≡			○

Courses



Competition	Class	Winning time	Length	Climb	# controls	# refreshment points
Long	Women	55 min	7,3 km	235 m	16	3 (40%, 75%, 90%)
	Men	69 min	10,7 km	385 m	24	3 (35%, 65%, 85%)

Arena passage: Both courses will pass through the arena.

Maximum running time: 180 minutes.

Course planners: Nils Albert Aamand and Anders Nordberg

Coaching zone: Coaching at arena passage

Refreshments: 3 (water + limonade "saft")

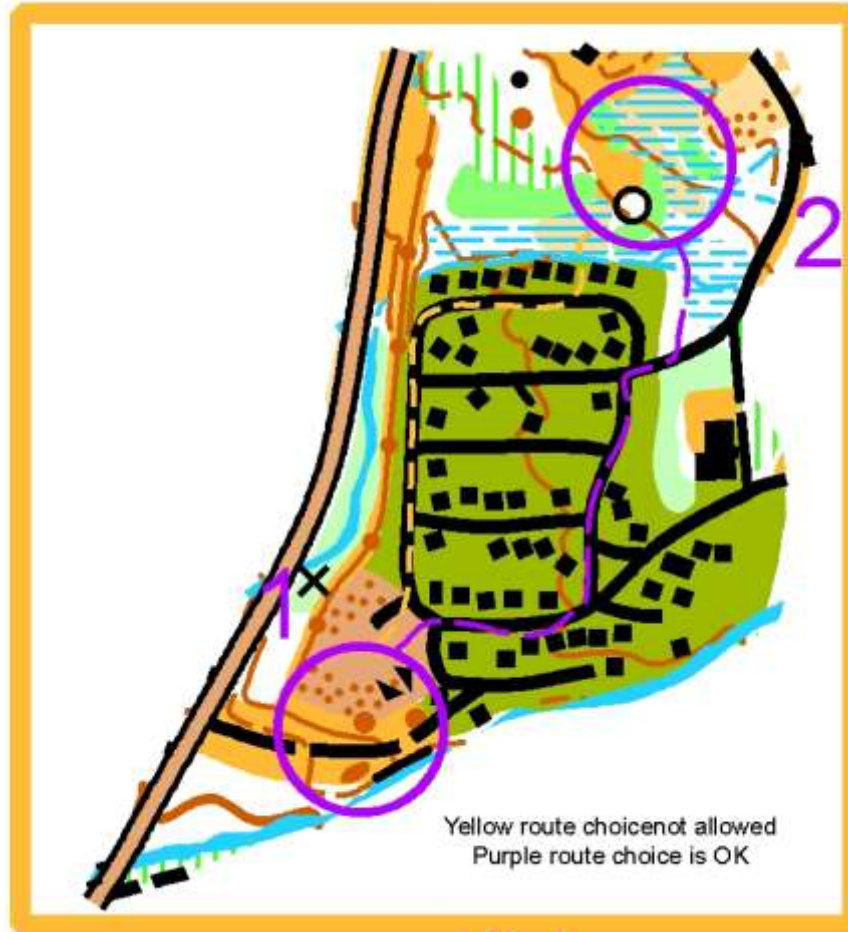
Courses



Out of bounds areas:

- At the crossing of the main public road it is a compulsory route to a defined crossing point. It is not allowed to cross or run along the main public road at any other point. **On the map the road will have “X”-symbols to show that the road is not allowed.**
- Close to arena there are some private areas shown with olive green color (symbol 527) – these areas are strictly forbidden to enter or cross. Though **roads that on the map is shown to run completely through the olive green areas are allowed to use.**
 - No taping of olive green areas
 - Marshals will be in area!

Passage through olive green – example



Yellow route choicenot allowed
Purple route choice is OK

Arena



Cool-down area: A map defining the allowed cool-down area will be available in the team-zone after having finished the race.

Miscellaneous



! It is strictly forbidden for all team members to enter the competition area until after the relay competition.

Other items



- Deadline for team composition for relay
Thursday 18.00
 - Deliver in Eventor
 - If problem come to Event Office

Diverse



- Dinner times Friday will be later than announced
- Supporters should run in JWOC tour, not in JWOC courses

Friday Disco



- Disco at Rauland Högfjellshotel 20.00 – a partnership between teams & hotel & organizers
 - All participants need leader to be present
 - All alcohol to be bought at Hotel – only to those above 18 years
 - Overly drunk runners will be sent home
 - Want leaders to team up with us!
 - *More details to be given on Thursday*



Q&A TOM#4



Q: How far into the race is the passing of arena?

A: You will see tomorrow.

Q: Is the unpassable marsh allowed to cross?

A: Yes

Q: Is there a spreading mechanism?

A: No

Q&A TOM#4



Q: Is the borders of the ponds and unpassable marshes affected by the heavy rain?

A: No, they are still the same as on the map

Q: Can coaches go the pre-start?

A: Yes, but coaches that go to pre-start will have to stay until the last runner in their team have started.

Q: Will there be shelters at the start?

A: Yes, but limited capacity (30 sqm).

Q&A TOM#4



Q: When will the GPS-list be available?

A: It is now available and enclosed in later slide

Q: Can coaches at the arena use their mobile phones until 11:00?

A: No

Q: Can we be sure that no photos og web-TV from the forest are shown before 11:00?

A: We will instruct the producers that there will be no live broadcast from the forest before 11:00

Q&A TOM#4



Q: When can the runners leave the arena?

A: After 11:00

Q: Can the runners get back to leave clothes in the quarantine?

A: No, they should then leave the warm-up clothes at the pre-start

Q: Can a runner go back if he/she forgets something in the quarantine?

A: If some extraordinary happens, they may go back to pick it up. Please contact the organizers at quarantine.

GPS Long Men (1/2)



- 206 Patrik Horak CZE
- 212 Hakon Christiansen NOR
- 213 Tobia Pezzati SUI
- 216 Topi Raitanen FIN
- 217 Erik Andersson SWE
- 219 Anton Kuukka FIN
- 226 Joey Hadorn SUI
- 238 Oskar Leinonen SWE
- 244 Jonas Madslie Bakken NOR
- 247 Audun Heimdal NOR
- 252 Noah Zbinden SUI
- 255 Nikita Stepanov RUS
- 262 Stepan Mudrak CZE
- 263 Patrick Zbinden SUI
- 268 Simon Hector SWE
- 272 Anders Felde Olausen NOR
- 275 Quentin Rauturier FRA
- 286 Aleks Niemi FIN
- 289 Topias Ahola FIN
- 296 Jens Ronnols SWE
- 300 Vojtech Kettner CZE
- 301 Martynas Tirlikas LTU
- 303 Emil Granqvist SWE
- 304 Aidan Smith GBR

GPS Long Men (2/2)



- 312 Nicolas Rio FRA
- 317 Arnaud Perrin FRA
- 318 Magnus Dewett DEN
- 327 Matt Doyle AUS
- 328 Algirdas Bartkevicius LTU
- 330 Andreas Soelberg NOR
- 331 Arttu Syrjalainen FIN
- 332 Moritz Doellgast GER
- 333 Sergey Dobrynin RUS
- 339 Thomas Curiger SUI
- 340 Tim Robertson NZL
- 341 Bjorn Cederberg DEN
- 342 Alexei Yaganov RUS
- 343 Evert Leeuws BEL
- 344 Mathias Peter AUT
- 345 Radoslaw Piotrowski POL
- 347 Sven Hellmuller SUI
- 348 Riccardo Scalet ITA
- 350 Jonas Hubacek CZE
- 351 Shamus Morrison NZL
- 352 Vitalii Hychko UKR
- 353 Simon Imark SWE
- 354 Olli Ojanaho FIN
- 355 Matous Furst CZE
- 356 Markus Holter NOR
- 357 Matthias Groell AUT

GPS Long Women (1/2)



- 2 Noora Koskinen FIN
- 4 Kerstin Ullmann SUI
- 10 Gabriela Hirsova CZE
- 11 Emmi Jokela FIN
- 14 Tilda Johansson SWE
- 19 Anine Ahlsand NOR
- 25 Ingeborg Eide NOR
- 27 Sanna Fast SWE
- 30 Sofie Bachmann SUI
- 35 Lenka Svobodova CZE
- 50 Sigrid Alexandersen NOR
- 57 Simona Aebersold SUI
- 60 Anna Stickova CZE
- 63 Sandrine Mueller SUI
- 65 Johanna Oberg SWE
- 70 Patricia Nieke GER
- 71 Niina Hulkkonen FIN
- 80 Delphine Poirot FRA
- 83 Emma Bjessmo SWE
- 84 Tonje Vassend NOR
- 86 Tereza Novakova CZE
- 88 Anna Haataja FIN
- 89 Anna Chestova RUS
- 90 Anika Gassner AUT

GPS Long Women (2/2)



- 92 Maja Morawska POL
- 95 Daria Korobeynik RUS
- 96 Sonia Hollands NZL
- 97 Amanda Falck Weber DEN
- 99 Paula Gross SUI
- 100 Aleksandra Hornik POL
- 101 Marie Olaussen NOR
- 107 Andrea Svensson SWE
- 109 Megan Carter Davies GBR
- 114 Pihla Otsamo FIN
- 115 Miri Thrane Odum DEN
- 117 Sara Hagstrom SWE
- 120 Lisa Schubnell SUI
- 121 Sandra Grosberga LAT
- 122 Marianne Haug EST
- 125 Leonore Winkler GER
- 126 Kayla Fairbairn NZL
- 127 Petra Hancova CZE
- 128 Chloe Haberkorn FRA
- 129 Marie Prochazkova CZE
- 130 Csenge Viniczai HUN
- 131 Karoliina Ukskoski FIN
- 132 Lucille Girard FRA
- 135 Heidi Martensson NOR