



Team Officials Meeting

9th July 2015

Relay

Topics



1. Summary Long distance
2. Relay
3. Other items
4. JWOC 2016



Statkraft

Color Line

TRIMTEX
— Custom sportswear —

Rauland Skisenter

Statkraft

TRIMTEX

TRIMTEX
— Custom sportswear —

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fylkeskommune

Rauland Skisenter

Color Line

TRIMTEX

Color Line

SpareBank 1
TELEMARK

Statkraft

Color Line

Color Line

Color Line

SpareBank 1

Rauland Skisenter

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Vinje kommune

TELEMARK
fylkeskommune

Rauland Skisenter





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Color Line

kommu

KOMMUNE

lora

Statkraft

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Vinje kommun

Nora

Rauland Skisenter

Folksam

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Hertz
LAPLAND SAFARIS

TENA
HIFUMSUTLØP

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ColorLine

noname



Relay

10th July

Rauland skisenter

Weather Gods are with us



Tomorrow, 10 July 2015

Time	Forecast	Temp.	Precip.	Wind
Friday 06:00		5°	0 mm	↙ Light air, 2 m/s from north-northwest
Friday 07:00		6°	0 mm	← Light air, 1 m/s from east
Friday 08:00		7°	0 mm	↘ Light air, 1 m/s from north-northeast
Friday 09:00		8°	0 mm	↓ Light breeze, 2 m/s from north
Friday 10:00		9°	0 mm	↙ Light breeze, 3 m/s from north-northwest
Friday 11:00		10°	0 mm	↙ Gentle breeze, 5 m/s from north-northwest
Friday 12:00		11°	0 mm	↙ Gentle breeze, 6 m/s from north-northwest
Friday 13:00		12°	0 mm	↙ Moderate breeze, 6 m/s from north-northwest
Friday 14:00		13°	0 mm	↙ Gentle breeze, 5 m/s from northwest
Friday 15:00		14°	0 mm	↙ Gentle breeze, 5 m/s from north-northwest
Friday 16:00		14°	0 mm	↙ Gentle breeze, 5 m/s from north-northwest
Friday 17:00		14°	0 mm	↙ Gentle breeze, 5 m/s from north-northwest
Friday 18:00		14°	0 mm	↙ Gentle breeze, 5 m/s from north-northwest

Transport



Departure Vierli	Departure hotel	Arrival arena	# Athletes	# Coaches	Check-in quarantine
07:45	07:50	07:55	40	20	at the arena
08:10	08:15	08:20	40	20	at the arena
08:35	08:40	08:45	30	15	at the arena

Shuttle buses from the arena to the hotel & Vierli from 13:00

Courses



Competition	Estimated winning time	Length	Climb	# controls	# refreshment points
W20 leg 1	36 min	4.8-4.9 km	170-175 m	17	1
W20 leg 2	36 min	4.8-4.9 km	170-175 m	17	1
W20 leg 3	38 min	5.0 km	180 m	17	1
M20 leg 1	34 min	5.5-5.6 km	210-215 m	19	1
M20 leg 2	34 min	5.5-5.6 km	210-215 m	19	1
M20 leg 3	37 min	5.9 km	210-215 m	21	1

Start: Men 9.00, Women 10.20

Arena passage: Both courses will pass through the arena.

Maximum running time (complete team): 180 minutes.

Course planners: Asbjørn Byggland and Dagfinn Torpe

Coaching zone: Coaching at arena passage

Refreshments: Water will be available at the arena-passing.

Arena Demonstration 8.30



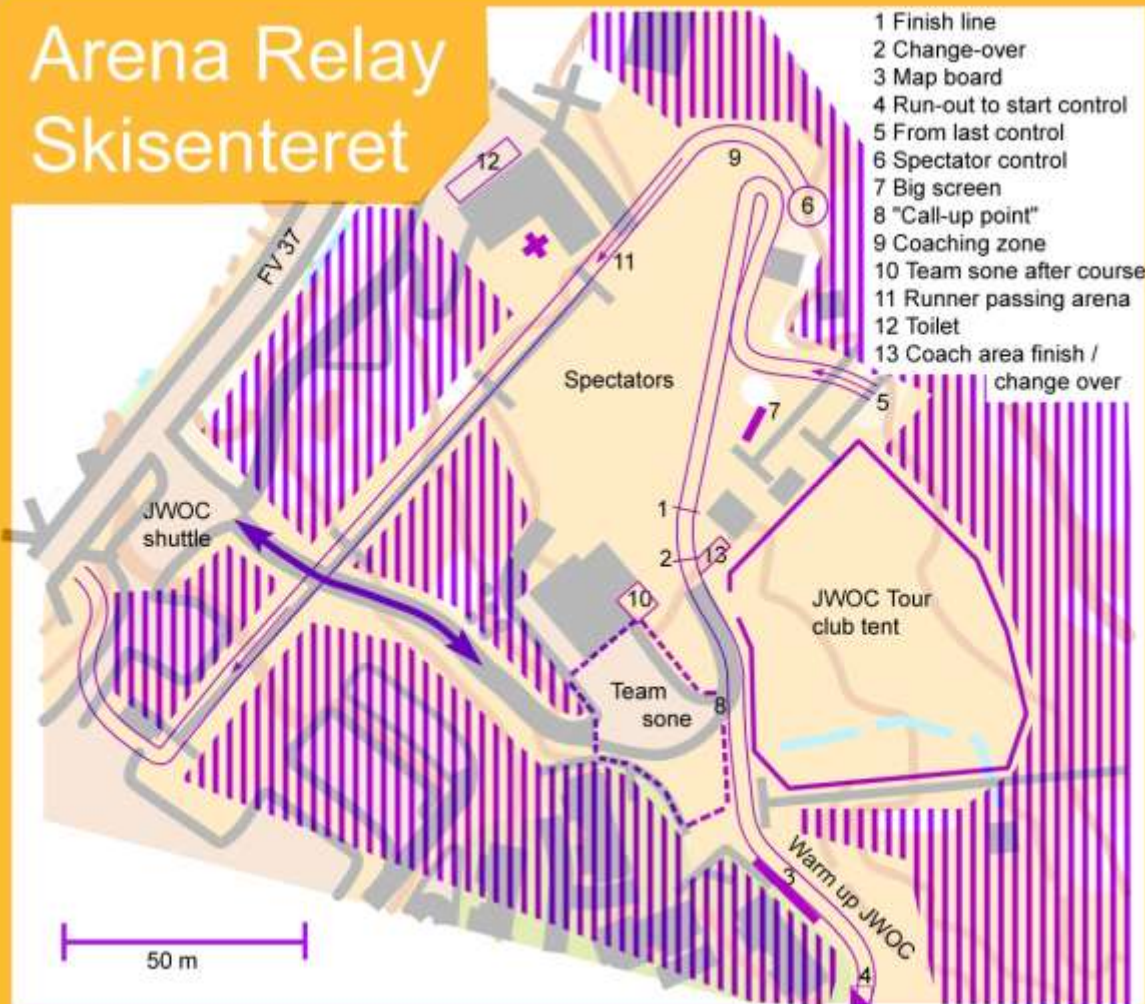
There will be a live demonstration of arena for coaches and runners at 8.30

- Quarantine
- Location of runners after race
- Start 1st leg
- Change over from 1st and 2nd leg
- Finish 3rd leg
- Runners passing area
- Coaching zone

Arena



Arena Relay Skisenteret



Quarantine



Defined area at the arena

! Check-in deadline is 08:45 – athletes and team officials will check-in when entering the quarantine zone at the arena

After race will runners be in spectator area

Courses



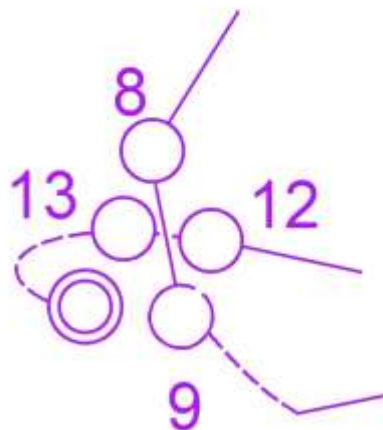
Out of bounds areas:

- 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.**

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

Relay Course:

An example of 4 controls at a course crossing point.
The controls are situated closely, so notice and take the controls in correct sequence.



Start



- A “call-up point” is located between quarantine and warm-up zone/run-out corridor. The runner must register his/her EMIT-card and emiTag not less than 10 minutes before start/changeover. 1st leg start: 3 minutes before the start, runners will be asked to go to their maps.
- A mass start for 2nd and 3rd leg runners of slow teams will take place 10:40 (men) and 12:00 (women)

GPS teams



- **WOMEN**

- NOR1 |
- SWE1 |
- DEN1 |
- FIN1 |
- SUI1 |
- CZE1 |
- FRA1 |
- LAT1 |
- RUS1 |
- GER1 |
- NOR2 |
- SWE2 |
- FIN2 |
- SUI2 |
- |
- |
- |

- **MEN:**

- NOR1
- SWE1
- DEN1
- FIN1
- SUI1
- CZE1
- RUS1
- LTU1
- NZL1
- FRA1
- GBR1
- AUT1
- POL1
- NOR2
- SWE2
- FIN2
- SUI2

Miscellaneous



! There are controls in the terrain that are very close to each other, though in accordance with IOF rules (minimum distance apart 30m). Check codes!

! There will be 2 punching units at controls in the early sections of the courses.

Miscellaneous



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

Other items



- Number bibs!
- Coach race – after flower ceremony
- Bus departure Oslo / OSL
- Friday Disco

Bus departure to Oslo / OSL

(some minor modifications after team meeting)



JWOC team	persons	Departure OSL	bus	Contact person
Turkey	14	07:40	1 (23.30)	Fatih Özdemir
Belgium	2	12:00	2 (05.30)	
Slovenia	3	13:00	2	Edi Ocvirk
Slovakia	5	14:35	2	Martin Mazur
Brazil	4	15:05	2	
Hong Kong	7	?	2	
Hungary	11	14.35	2	Száva Zsigmond
Romania	1	14.35	2	Száva Zsigmond
Spain	9	kl 13	2	
Ireland	5	?	2	Mike Long
North Korea	5	13:10	3	
Japan	1	?	3 (10.00)	
Portugal	5	17:05	3	Norman Jones
Ukraine	2	20:00	3	Vasyl Berezovskyi
Russia	14	20:15	3	Gorin Vladimir
Poland	10	16:00*	3	Pabich Tomek
New Zealand	10	sent	3	Anna Robertson
Ireland	3	?	3	Mike Long

Friday Disco at Hotel 20.00 – 01.00

a partnership between teams & hotel & organizers



At Rauland Högfjellshotel basement – same as quarantine

Shuttle bus from Vierli 20.00 – 20.30, from Hotel 01. 00

- We need help from countries with mini-buses for both!

Great music and party – Tristan Bloeman, Belgium in charge!

- Will ask runners to propose playlists

All participants must have sober leader present during whole party - Coaching zone!

Teams "check-in" together – must bring ID for age control

Not allowed to bring alcohol or other drinks

All drinks must be bought at Hotel

Beer and wine sale and drinking only for those above 18 years

Overly drunk runners will be sent home

Coaches and organizers jointly walk around

Coaches must look after your runners before Disco!

Everyone must eat!



Q&A TOM#5



Q: How much pre-warning will the runners get before the change-over?

A: They will visually see the incoming runners 30-40 seconds before change-over.

Q: If a team has only one coach, where is the best place for him/her?

A: In the quarantine/team zone, because there you can speak to the runners in the team zone

Q&A TOM#5



Q: Can we have a display in the team zone showing the passing times?

A: You will be able to see the passing athletes from the team zone

Q: Can team leaders in the spectator area speak to the runners before start?

A: No

Q: Can a runner re-enter the quarantine area to pick up items after having gone out on warm up?

A: Yes

Q&A TOM#5



Q: Where can the runners do their warm-up before 08:30?

A: In the warm-up zone

Q: When is the start for the mixed teams?

A: They start together with the other classes

Q: Where can runners be before 08:45?

A: Inside the spectator area + quarantine + the warm up area