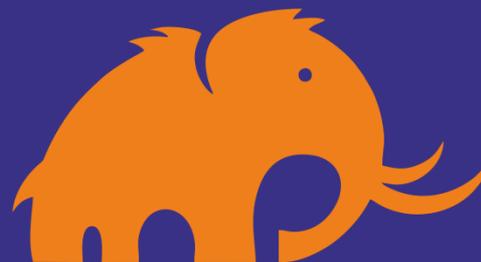


Team officials' meeting
13.03.2020
ESOC/WCup long distance



Khanty-
Mansiysk



..... European Ski Orienteering
Championships & World Cup Final
..... 08.03 – 16.03.2020

WARM-UP & QUARANTINE

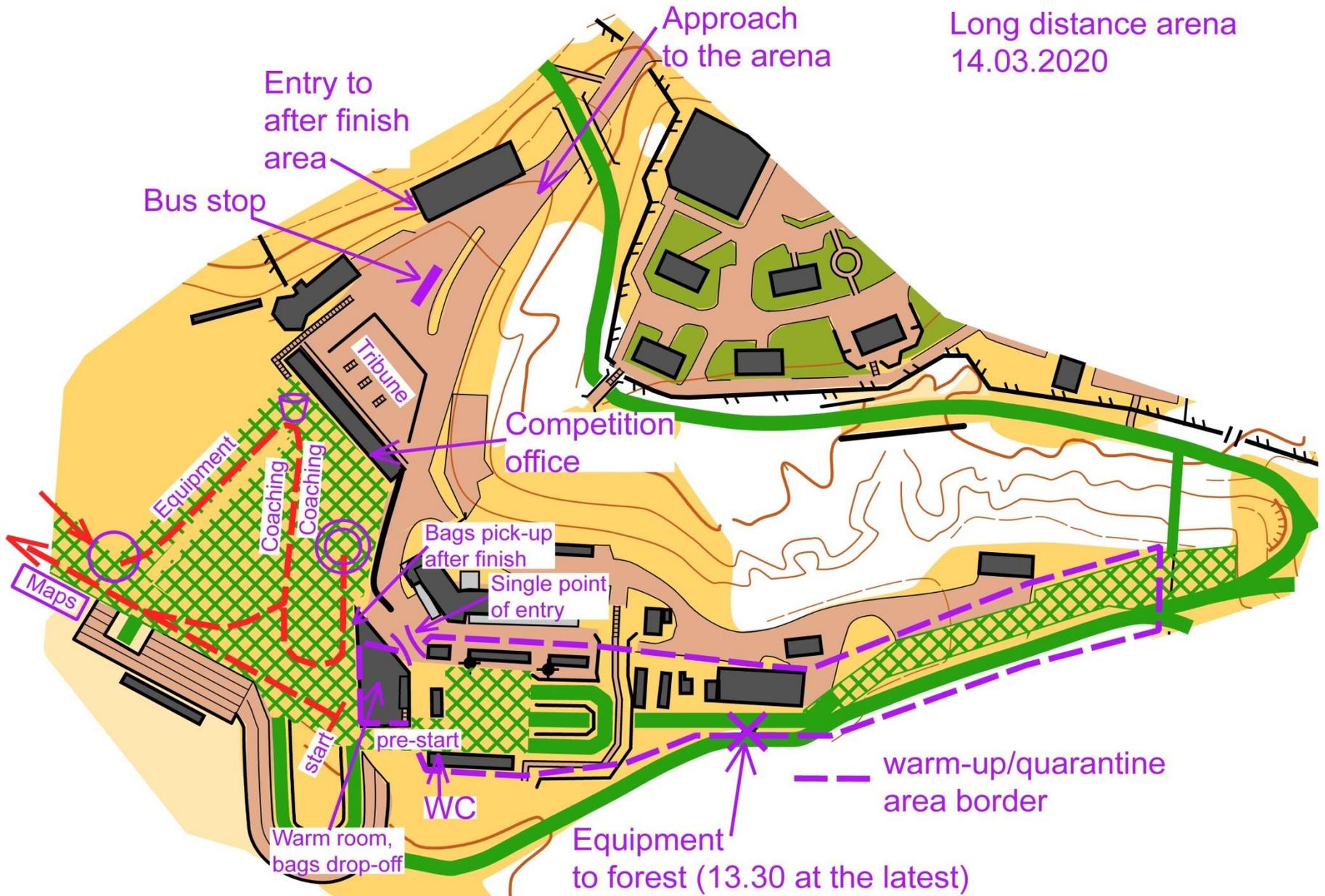
- Warm-up/quarantine area is same as during previous competitions
- Quarantine entry deadline on 14 March is 14.00.
- There is single point of entry to the warm-up/quarantine area. Entry & exit are allowed through this point only!
- No telecommunication devices are allowed inside the warm-up / quarantine area from the moment of quarantine deadline!
- There are a warm hall and toilets available in quarantine area
- Competitors can leave their bag before start at a bag drop-off point in the hall and pick it up themselves after finish by using another entry door (see arena scheme below)
- During the quarantine time coaches can leave the quarantine area at any time, but they can not enter again before the end of the quarantine
- Quarantine ends from the moment of start of last man

WARM-UP & QUARANTINE

- From 14.30 it is allowed for coaches to move from warm-up area to coaching zone on the arena (quarantine area is considered extended for them). Traffic of coaches forth and back between warm-up and coaching areas is allowed, but should be kept as minimal as possible.

LONG DISTANCE ARENA SCHEME

Long distance arena
14.03.2020



TRACKS

- Proportions of different tracks in the long distance area:
 - Very wide track > 3.0 m 17 %
 - Wide track 1.5-3.0 m 17 %
 - Track 1,0-1,5 66 %

PROCEDURES

- Pre-start and start procedures are the same as during sprint competition

FIRST STARTS

- First woman starts at 14.01, first man at 14.02

EQUIPMENT DEPOSITS

- There will be one equipment deposit (ED) in the terrain for change of broken equipment. ED is marked on the map with a sign „equipment deposit“. First aid service is available at the same place.
- Equipment for transport to ED must be handed over to  isers in ski-test area next to wax cabins at 13:30 at the latest.
- Equipment must be in closed ski bags and ski bags clearly marked with country abbreviation.
- Ski tracks were today getting dirty because of many fallen small branches and needles and it is expected to get even worse until the competition. Therefore one ski exchange is allowed on the arena for both men and women.
- On biathlon shooting lane there is a numbered box for every competitor for ski equipment (men's on left hand side and women's on right hand side). Exchange of unbroken skis in these boxes is allowed once during the race. Equipment for both classes should be placed in these boxes prior to the start of women's race, that means 14.00 at the latest.
- Broken equipment can be changed at coaching area, but no assistance is permitted during the change.
- Big baskets on ski poles are recommended!

Map drop and map wall

- Maps are located on map wall on left hand side of the track. Biggest number first and smallest number last.
- Women's map wall first, men's next.
- Previous loop maps should be dropped only in specified area before arriving to map wall.
- Always take the uppermost map.

Refreshments

- There are 2 refreshments points in the terrain (one to be visited on both 1. and 2. loop in both classes) and 1 on the arena. Altogether there will be 3 refreshment controls for women and 4 for men (not 4 and 5 as stated in the Bulletin 4). Warm water is offered.

After finish

- Finished competitors and those, who have abandoned the race, will be escorted by organisers to bag pick-up and then to after-finish-area. These arrangements are valid until the start of last competitor.

Prize-giving ceremony

- Prize-giving ceremony will take place as soon as possible after the finish of all red group athletes.
- Governor of Khanty-Mansiysk autonomous region - Ugra is expected to visit the competition and attend the prize-giving ceremony. Please wear national team clothing during the event and especially at the prize-giving ceremony!

Prize money

- Prize money to ESOC three best for three first competitions was handed over today. Prize money for two last days will be paid on the arena immediately after the relay competition.

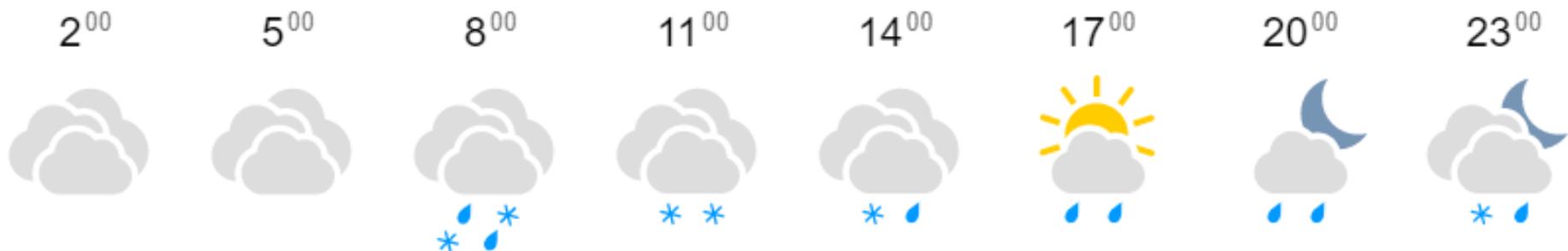
Deadline for entries for relay

- New deadline for entries for relay is 18.30

Dinner on Sunday

- On Sunday please take dinner food ticket to the lunch. Food packages for dinner will be distributed for the tickets. There will also be food on the banquet later in the evening.

Weather forecast for Khanty-Mansiysk on 11 March 2020 (gismeteo.ru)



TEMPERATURE

+1 +1 +1 +1 +3 +3 +1 +1

Скорость ветра, м/с WIND

8-13 8-14 8-14 7-13 6-12 6-11 7-10 7-11

Осадки, мм PRECIPITATION

0 0 1,1 0,3 0,1 0,1 0,1 0,3



Good luck!