

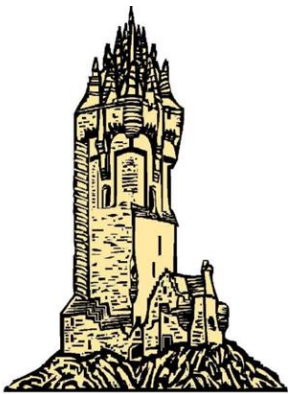


International Orienteering in Stirling

13-15 October 2023

Euromeeeting (incorporating open WREs) - BULLETIN 2

Hosted by Forth Valley Orienteers



**Forth Valley
Orienteers**

www.fvo.org.uk



1. WELCOME

On behalf of the International Orienteering Federation, and in conjunction with WOC 2024, Forth Valley Orienteers is delighted to invite elite orienteers from around the world for international sprint orienteering in and around Stirling.

The weekend programme offers elite races in all three WOC disciplines, with two World Ranking Events on offer:

- Friday 13 October: Eurometing Mixed Sprint Relay for national teams
- Saturday 14 October: Eurometing KO Sprint (incorporating Open WRE)
- Sunday 15 October: Eurometing Individual Sprint (incorporating Open WRE)

All races are on courses set by WOC2024 planners, on maps made by a WOC 2024 mapper.

We are also offering a full set of races for non-elite participants, with our Stirling City Race weekend. This has a prologue race on the evening of Friday 13th (after the Eurometing Mixed Sprint Relay), and then an overall competition which combines two individual races on Saturday 14 October and a longer urban race (the Stirling City Race) on Sunday October. Further details about the Stirling City Race weekend are at www.fvo.org.uk/events

We hope you enjoy visiting our part of Scotland and we look forward to welcoming you!

2. PROGRAMME

FRIDAY OCTOBER 13

SPRINT RELAY

Queen Victoria School, Dunblane

- 14:00 Race arena opens
- 14:30 Quarantine opens
- 14:50 Quarantine closes
- 14:55 Call up for first leg runners
- 15:00 Sprint Relay Start
- 16:30 Presentation ceremony

This race is for national teams.

There are a small number of non-competitive teams, where national teams have needed to combine their runners to make a complete team. In addition, we have a small number of guest club teams.

SATURDAY OCTOBER 13

KNOCK-OUT SPRINT

University of Stirling

- 08:30 Qualification Quarantine check-in opens
- 09:20 Qualification Quarantine check-in closes
- 09:20 Race arena opens
- 09:30 Qualification first start
- 10:24 Qualification last start

- 10:30 Heat selection for Quarter-final Men
- 10:45 Heat selection for Quarter-final Women

- 11:30 Quarter-final Quarantine check-in opens
- 12:00 Quarter-final Quarantine closes
- 12:25 Quarter-final Men first start (last start 12:50)
- 12:30 Quarter-final pre-start sign-in closes Men
- 12:55 Quarter-final Women start (last start 13:20)
- 13:00 Quarter-final pre-start sign-in closes Women
- 13:00 Semi-final Quarantine check-in opens
- 13:50 Semi-final Quarantine check-in closes
- 14:00 Semi-final Men first start (last start 14:24)
- 14:36 Semi-final Women start (last start 15:00)
- 15:00 Final Quarantine check-in opens
- 15:30 Final Quarantine check-in closes
- 15:44 Final Men start
- 15:50 Final Women start
- 16:20 Presentation ceremony KO-Sprint

(Athletes from Quarter-final and Semi-final must remain in post-race quarantine until they are confirmed to have exited the competition. There is no return to quarantine after exit).

- 16:10 Public races start (athletes who do not qualify for the Quarter-final may run Men Open or Women Open in the public race, sign up at Enquiries for a start slot)
- 17:15 Public races last start

SUNDAY AUGUST 20

SPRINT

Stirling

- 08:00 Quarantine check-in opens
- 08:30 Quarantine check-in closes
- 08:30 Race arena opens
- 09:00 First start Women
- 10:05 Last start Women
- 10:09 First start Men
- 11:39 Last start Men
- 12:20 Presentation ceremony

3. GENERAL INFORMATION

ORGANISATION

Event Director	Jon Cross
Enquiries	euromeeting@fvo.org.uk
Training enquiries	Ian Maxwell, WOC 2024 Training Coordinator (training@woc2024.org)
Website	www.fvo.org.uk
Mapping	Graham Gristwood
Day Organisers	Jon Cross, Andy Llewellyn, Colin Matheson
Course Setters	Graeme Ackland, Jon Cross, Ross McLennan
National Controller	Rob Hickling
IOF Adviser	Tony Thornley

4. VENUES, ACCESS & TRANSPORT

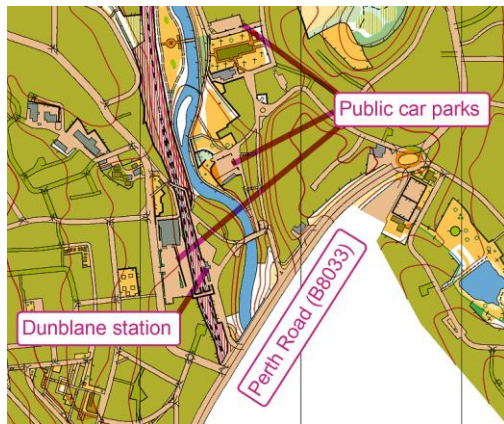
OVERVIEW

All three competition venues are close to Stirling and can be reached from train stations (Dunblane, Bridge of Allan, Stirling). All of these stations have direct train services from Glasgow and Edinburgh (both of which have airports with good international connections). Stirling bus station also provides a variety of local and national connections.

Stirling and Bridge of Allan also have a range of locations for picking up and dropping hire bikes using the 'Nextbike' service which is £1 for each 20mins of hire (see <https://www.nextbike.co.uk/en/stirling/locations/>)

Friday 13 October Sprint Relay, Queen Victoria School, Dunblane

There is no specified team/competitor parking. Parking is available in public car parks (and streets) in Dunblane outside the embargo area. Please check whether you need to pay for your parking.



Arrival at the arena is on foot. It is 2km from Dunblane Station to the arena.

Please do NOT approach the event venue via the main entrance of Queen Victoria School. Instead please walk north past the school, turn right as if heading for the A9, and then come into the school grounds through a large iron gate at <https://maps.app.goo.gl/oqVVdFVsKQm5U4hL6>



The [event arena](#) (at 56°12'06.8"N 3°57'01.9"W) is signed from the entry point to the school.

Saturday 14 October Knock Out Sprint, University of Stirling

The [event arena](#) (at 56.145537, -3.919282) is at Haldane's Restaurant at the University of Stirling.

There is no competitor access to the event arena before the qualification races.

Competitors and teams should enter the University at the [main western entrance](#) from Airthrey Road and follow the main route past the sports centre and Stirling Court Hotel, to turn right and park at the [South Car Park](#). All other parts of the campus remain out of bounds.

Quarantine and warmup map with access to toilets and route to start is at the parking.

There is no kit transfer from quarantine to the arena, but national team coaches may travel on foot to the arena after quarantine closes. The route to the arena is to follow the entry route back almost to the Gannochy Sports Centre, then turn east to walk past the MacRobert Arts Centre and reach the arena.

After finishing, athletes will have a cool down map. This shows a route back to the parking but the second part of the route can only be used after 10:15am (i.e. no return to parking until after the last Qualification start).

The cool down map should also be used to return to the arena for the Quarter-final. All other areas remain forbidden.

There are cafes at the event arena and also cafes and a supermarket accessible nearby.

Sunday 15 October, Stirling Old Town

The [event arena](#) (at 56°07'13.6"N 3°56'40.5"W) is at Cowane's Hospital and the Old Bowling Green, next to Holy Rude Church in Stirling Old Town.

There is no access to the event arena until after quarantine has closed. Please do not try and drive to the event arena or into Stirling Old Town. There is parking in Stirling City Centre.

The [quarantine venue](#) is Stirling County Rugby Football Club (entry at 56°07'44.3"N 3°56'00.9"W). The quarantine has parking and space to warm up.

Kit will be transferred from quarantine to the event arena.

There will be a coffee stall open at the event arena, and also a coffee stall outside the event quarantine (accessible from 0800 until quarantine closure).

Stirling city centre with shops, cafes and restaurants is near to the event arena.

5. EMBARGO AREAS

The embargoed terrain for all races remains as specified alongside the WOC 2024 embargoes (at <https://eventor.orienteering.org/Events/Show/6106>), or can be seen directly at [Euromeeing 2023 and WOC 2024 embargoes](#)

Competitors should follow the IOF rules on embargo areas. No orienteering of any kind should take place within the embargoed areas until the competition date. Furthermore, competitors should not gain familiarity by walking around the area, with or without a map. If a competitor has unfair familiarity with the terrain, for example through living within the embargoed area, it is their responsibility to declare themselves non-competitive.

Anyone who believes another competitor has gained an unfair advantage can make a complaint to the Organiser, at euromeeing2023@fvo.org.uk.

There will be registration/enquiries at the event arena each day. There is no separate event centre.

6. ENTRIES

COMPETITIONS AND CLASSES

Euromeeeting Sprint Relay

Entries were made via national teams. There is one class "Elite".

There are 29 teams on the start list. A small number of these are mixed nation teams or guest teams. Only national teams are eligible for the presentations.

Euromeeeting and WRE KO Sprint and Individual Sprint

There are 87 entries for the Men class and 64 entries for the Women class.

Start lists are at

Euromeeeting KO Sprint and Individual Sprint

Euromeeeting is for national teams and there are two classes, Men Elite and Women Elite.

Open WREs for KO Sprint and Individual Sprint

There are two classes, Men Elite and Women Elite.

Entries for athletes who are not representing national teams should be made individually at https://www.sientries.co.uk/event.php?event_id=12247 (Payment is made in SIEntries at time of entry).

We hope to provide one single class of "Euromeeeting including Open WRE" for each of Men WRE and Women WRE. However if the entry numbers are too large, the races may be divided into "WRE Euromeeeting" and "WRE Open".

FEES

Entries are now closed.

SIAC hire for missing/lost SI-cards £3 per race

TRAINING

Any national teams who are interested in additional training opportunities during their time in Scotland should contact Ian Maxwell via training@woc2024.org

7. ADDITIONAL COMPETITION INFORMATION

MAPS

All maps are at 1:4000 with 2.5m contour interval, updated and drawn using ISSprOM 2019-2 in 2023 by Graham Gristwood

Maps are printed by digital printing on waterproof paper by BMLPrint.

PREVIOUS ORIENTEERING MAPS

Queen Victoria School was last used in 2011. The southern part of the embargoed area was visited by the longest courses at the FVO urban race in 2017, see

<https://routegadget.fvo.org.uk/rg2/index.php#42&course=1>

A composite map of the most recent maps can be seen at

<https://fvo.org.uk/events/2023/oct/13/euomeeting-mixed-sprint-relay-public-sprint/>

Stirling University was used for JEC 2016 (the map/courses are at

<https://www.soa.routegadget.co.uk/rg2/#58>). A blank map of the wider area as used in 2018 can be seen on the Eventor page at <https://eventor.orienteering.org/Events/Show/7889>

Stirling Old Town was used for Race The Castles in 2014 and the map/courses are at

<https://www.soa.routegadget.co.uk/rg2/#43>

OUT-OF-BOUNDS AREAS

Out-of-bounds areas, such as Area that shall not be entered (520), Uncrossable body of water (301), Uncrossable vegetation (411) and various uncrossable boundaries (e.g., Uncrossable wall (515) and Uncrossable fence or railing (518)) may be marked with continuous tape (IOF tape or red&white tape) in the terrain in cases where they are difficult to recognize on the map and/or distinguish in the terrain.

All areas marked with the temporary construction or closed area (714) symbol are forbidden to enter and cross through.

PUNCHING SYSTEM

The punching system used will be SportIdent with AIR/touch free enabled. All competitors must use a SIAC card. A replacement card can be rented at enquiries if a card is lost over the weekend.

For KO Sprint Semi-final and Final only, one back-up SIAC card will be provided by organisers for free as a reserve in case of primary SIAC card failure. This back-up SIAC card will be issued at pre-start in quarantine.

Rented SIACs must be returned by the end of the final competition. Back-up SIAC of runners in KO Sprint Semi-final and Final must be returned after the Knock-out Sprint final stages. In case of failure to return the back-up SIAC to the organisers a fee of £90 will be charged.

SIAC card changes must be communicated directly to the organiser at euomeeting2023@gmail.com as soon as possible.

Athletes will be required to identify and show the SIAC number when entering the quarantine of each race.

Finish timing

In all races the finish time is given by the SIAC-card crossing the finish line. The running times will be rounded down to the nearest second.

In case of a head-to-head run in the finish of sprint relay and knock-out sprint rounds, judges will rule on the final placings using finish line photo finish.

GPS TRACKING

GPS tracking services will be provided by Loggator.

GPS units will be given to selected teams/athletes in the sprint relay. Selected teams/athletes will be shown on the start list.

There is no GPS for the knock-out sprint qualifications.

GPS will be given to all runners for the knock-out sprint quarter-finals, semi-finals, and finals.

GPS units will be given to selected athletes in the sprint. Selected athletes will be published on Saturday 14 October

It is mandatory for all runners to use the GPS.

If a runner refuses to carry the device, the runner will be disqualified (§ 2.5, § 2.6 and § 26.10). Please take your own GPS-vest with you (hygienic reasons). The organiser provides GPS-vests only in exceptional cases. They will be handed out in the quarantine and will be collected at the finish.

Personal GPS data loggers are only allowed if they have no display or audible feedback.

CLOTHING

There are no regulations on clothing, but metal spikes or metal dobb-spikes are not allowed.

CONTROLS

Controls during the races will be installed on fibreglass sticks or metal trestles, with SI-Station on top and flag hanging under.

SAFETY

Some paths and roads have cobbles or stone tiles which in case of rain might be very slippery. We advise runners to wear appropriate shoes in case of rain. During the race roads are not closed – busy crossings have marshals but athletes are responsible for their own safety.

TEAM TENTS

There is space to put up team tents at all three arenas. There is no reserved area for team tents at the arena. Team tents are forbidden at the quarantines.

COMPETITION MAPS

Competition maps will be collected at the finish and can be collected at Enquiries at the arena after the race or at the following day.

BIB NUMBERS

Sprint relay bib numbers will be at the Enquiries area in the arena for pick up by team managers.

Bib numbers for KO Sprint and Sprint will be picked up in the quarantine of each competition. One number bib is provided for Saturday and one for Sunday.

LATE START

Athletes who miss their start time due to their own fault are permitted to start but are timed as if they had started at their allocated start time. Runners 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 athlete must report at the entrance of the pre-start. If the organisers decide there is still enough time to start at the allocated start time, she/he can continue through the start lanes followed by an official. If it is not possible for the athlete to start at the allocated start time, she/he will be allowed to start in the first half part of the next start interval. However, athletes from the same federation are not allowed to start consecutively

QUARANTINE

The quarantine zone consists of the quarantine itself, the warm-up area, prestart areas, start areas, and any connecting routes in between. A quarantine zone is defined as a secure area where communication with the outside world by any person in the quarantine zone is forbidden.

Athletes are considered in quarantine once they have checked in and until they reach the finish of the race. In the Knock-Out Sprint Final, the athletes are in quarantine from check-in until they leave the after-finish quarantine.

On arrival at the quarantines, the athletes must check in by showing their SIAC numbers (to speed up the process, please be prepared) and sign the list before the quarantine closes. No-one will be allowed to check in after the specified deadline.

Athletes will receive a warmup map if such are available. There will be a clock showing the official competition time.

The logistics of each quarantine are described separately for every competition.

Remember to respect the fairness rules when you are in quarantine:

- The use of mobile phones, computers or any other communication device inside the quarantine is strictly forbidden
- All tents and rooms inside the quarantine must stay open so others can have a look inside
- It is strictly forbidden to bring any electronic devices (incl. smart watches) to bathrooms or any other private rooms no matter if the device is turned on or not
- It is allowed to use music players without any built-in connectivity. Athletes wearing headphones might be randomly asked to display their players for checking. It is not allowed to bring any maps into the quarantine zones
- Coaches are not allowed to follow the athletes beyond the prestart/call-up at any competition
- Coaches and athletes can leave a quarantine at any time, but once they have left, they are not allowed to return
- Use of GPS-enabled devices is only permitted in accordance with WRE rule 21.4

PRE-START & START

The athletes are called up for start at the pre-start and after call-up they are not allowed to return.

The pre-start is at all competitions located in connection with the quarantine. Athletes must wear the bib numbers when they enter the pre-start.

Each runner is responsible for his/her call-up time. There is a clock showing the call up time (competition time minus 4mins) at the pre-start.

Athletes will have their GPS units placed in the harness, both SIAC are checked and cleared, and the control descriptions are available.

The start triangle is marked in the terrain by a control flag. The route to the start point is marked and is compulsory for the competitors to follow all the way to the start point

FINISH

The marked route from last control to the finish must be followed.

After crossing the finish line, the athletes read out the SIAC, return the map and return the GPS.

Except for sprint relay, cooling down is only allowed in the areas indicated in a cool-down map which will be available after the finish. Cool down for sprint relay is in space adjacent to the arena and finished runners are allowed to spectate.

It is forbidden for team members to re-enter the competition area until the competition is finished.

RESULTS

All official results will be published on IOF Eventor.

During the race the unofficial Live results feeds will be available at <http://static.liveoresults.org.uk/>

QUITTING A RACE

Athletes who are forced to abandon a race must report to the finish staff and hand in their competition maps. A retiring athlete may not influence any other competitor.

COMPLAINTS & PROTESTS

The Sprint Relay will act as a trial of the new referee system as described in the IOF Orienteering World Cup 2023 Special Rules. Aron Less will act as the referee.

The KO Sprint and Sprint will use the normal jury system. The jury will be David Rosen, Aron Less, and one other. Complaints and protests will follow WRE rules 27, 28, & 29. Any protest must be received by the organiser no later than 5 minutes after the final finisher.

PRESENTATION CEREMONIES

Athletes ranked on positions 1 – 3 are kindly requested to be ready at the presentation area 5 minutes prior to the prize giving ceremonies. It's the athletes' responsibility to be there on time.

All prize giving ceremonies take place in the finish areas.

8. ADDITIONAL INFORMATION

CLIMATE

The average temperature in the Stirling area during October has a maximum of 14°C and a minimum of 6°C. During the competition days, sunrise is at around 0745 and sunset is at around 1815

VISAS

Overseas visitors may need a visa to enter the United Kingdom, and the Government's visa information website provides details of when visas are required. Competitors who require visas are advised to contact the Organisers at euromeeting2023@fvo.org.uk for the required reference information and are advised to submit their form to the United Kingdom Embassy or Consulate as soon as possible

CLOTHING

Shoes with metal spikes (including dobbs) are not permitted at any of the races. No other restrictions.

INSURANCE

Competitors participate at their own risk. Insurance against accidents is the responsibility of their federation or themselves, according to national regulations.

RULES

The races will be held under British Orienteering Federation and International Orienteering Federation rules. In any case of conflict between them, IOF rules will take precedence.

All competitors must follow British Orienteering's Participant Code of Conduct.

Competitors must not attend the event if they have been advised to self-isolate / quarantine.

9. EVENT INFORMATION

SPRINT RELAY

Format

Mass start. 4 legs (Women-Men-Men-Women).

We have some mixed nation teams. Please note that a woman **must run the first leg** for all mixed nation teams. A man may run the last leg for a mixed team. However, a man running the last leg in a mixed team will be held back at the Organisers' discretion from starting until sufficient teams with the correct mix of men and women have started their final leg. This will be done as necessary to protect the integrity of the race for team eligible in the competition

Courses

Women 3.1km, 25m climb, 19 controls

Men 3.7km, 30m climb, 24 controls

Expected winning time: approximately 60 minutes

Maximum running time: 100 minutes

Control descriptions

No separate control descriptions, only on the map. No control codes beside the control numbers on the printed map.

Terrain

The embargo area for the Sprint Relay has two parts: there is a school campus with tarmac areas, areas of parkland, and small areas of woodland, and there is a residential area with quiet public roads and pedestrian alleyways.

Terrain is 50% grassy/ 50% tarmac. There has been heavy rain in the area this week, and shoes with good grip are recommended. There is one stream which it is permitted to cross, but athletes doing so will probably get wet feet.

It is unlikely, but possible that there may be slow-moving traffic in the terrain. Athletes should take care and should not assume that drivers will see them first – please take care.

Start time

Mass start at 15:00. Start order Women-Men-Men-Women.

Quarantine

The quarantine opens at 14:30 and the latest check-in is at 14:50. Access and check-in to the quarantine is done through ID and SIAC number checking. Be prepared with your SIACs.

(Note there is plenty of grass space in the arena adjacent to the quarantine for athletes to begin warmup earlier than 14:30 if required. This area will be obvious on the day).

The quarantine will have mainly outdoor areas available, and some tent shelters. There are indoor toilets and small changing rooms. Warm up will be possible in the quarantine area. No warm up map will be available.

Pre-start

The pre-start call up will be at the quarantine, it opens -15min before the mass start and closes -10min before the mass start. At the pre-start athletes will receive their GPS units and will clear and check the SIAC. They will be issued with a sealed map. It is not allowed to unfold the map before the start signal. Emergency toilet upon request to a staff member only (without map!).

Mass-start

The line-up at the start line will be as instructed by event officials

Change-over

The entrance to the waiting zone is at the pre-start. The gate for all runners of the leg opens right after the first change-over of the foregoing leg. GPS units and sealed maps are given at the gate, it is not allowed to unfold the map before the hand-over. Emergency toilet upon request to a staff member only (without map!). It is the runner's responsibility to be on time at the waiting zone. From the waiting zone runners can reach the change-over area only when they see their team mate at the final control. The change-over is done after crossing the finish line by hand touch across a separation barrier. The outgoing runner is allowed to open the map immediately after the change-over. Mass start for 4th leg runners 15 min after the first change-over for the 4th leg

Maps and arena run through

The maps are sealed and marked with your team number and the leg number. In the waiting zone it is the runner's responsibility to check that the number on the outside of the map matches the team number bib. Maps must be kept folded until the start.

The course is printed in two parts. Maps for part 1 and part 2 are both printed on the same side of the paper, with part 1 at the top.

Each relay course has an arena run through midway through the course. Athletes will run past the changeover area, and return to the start triangle where the second half begins. For clarity, the line between the final control on part 1 and the start triangle of part 2 is omitted where it passes through the arena: instead the markings of the changeover and spectator area are marked with thick purple lines.

There is only one start triangle, common to part 1 and part 2.

Be aware that the courses are forked and there are many controls in the area. Make sure you punch the correct one.

Reserve maps

Reserve maps are ready in the pre-start area. Please contact the staff as soon as you have noticed that you don't have the correct map.

Cool-down zone

Athletes having finished their race are not allowed to go back to the competition area or to the quarantine zone. Cool-down is allowed in the spectator area and athletes having finished their race are encouraged to support the rest of the race.

There is no access to the toilets after the race until after the the mass start for 4th leg runners 15 min after the first change-over for the 4th leg.

KNOCK-OUT SPRINT QUALIFICATION

Format

Qualification race with three heats for each gender. 36 women and 36 men will qualify for the finals in the afternoon, 12 from each heat. The start interval is 1 minute

Courses

Men Q1	2.9km, 20m climb, 17 controls
Men Q2	2.9km, 20m climb, 17 controls
Men Q3	2.9km, 20m climb, 18 controls
Women Q1	2.5km, 15m climb, 18 controls
Women Q2	2.5km, 15m climb, 15 controls
Women Q3	2.4km, 15m climb, 17 controls

Expected winning time: 9:30 – 10:00 mins

Control descriptions

Loose control descriptions will be available at the start inside the -3minutes box.

Control description size 15.5x6cm for Men, Control description size 15.5x6cm for Women.

Terrain

The embargo area is a university campus: it has a variety of residential and teaching buildings, with some quiet campus roads, as well as some areas of parkland and small areas of woodland. There is a large loch in the centre of the campus. It is mainly typical British university campus terrain and has some steep grassy slopes. There has been heavy rain in the area this week, and shoes with good grip are recommended.

Start time

First start is at 09:30 Start order Men/Women

Quarantine

Quarantine is at the [South Car Park](#) of the Stirling University campus. Please follow the directions above. All other parts of the campus remain out of bounds.

Quarantine and warmup map with access to toilets and route to start is at the parking. Cars are inside the quarantine and may be used for shelter – there is no other indoor shelter.

Race number bibs for Saturday and hire SIACs are both at quarantine.

There is no kit transfer from quarantine to the arena, but national team coaches may travel on foot to the arena after quarantine closes. The route to the arena is to follow the entry route back almost to the Gannochy Sports Centre, then turn east past MacRobert Arts Centre and reach the arena.

The quarantine opens at 08:30 and the latest check-in is at 09:20. Access and check-in to the quarantine is done through SIAC number checking. Be prepared with your SIACs.

There will be a clock with race time in the quarantine.

Pre-start

The pre-start is 800m from the quarantine. Athletes will navigate there using the warmup map they receive at the quarantine.

The call up is at -4mins. There will be a clock at pre-start showing the call up time.

It is the competitor's responsibility to start at the correct time.

Start

The start beep and a visible start clock will show the countdown. Early start leads to disqualification. Runner takes the map from a map table. Runners are responsible to get the correct map. Maps are not in plastic bags.

Arena passage

There will not be an arena passage.

Cool-down zone

After finishing, athletes will have a cool down map. This shows a route back to the parking but the second part of the route can only be used after 10:15am (i.e. no return to parking until after the last Qualification start). All other areas remain forbidden. The cool down map should also be used to return to the arena for the Quarter-final. All other areas remain forbidden.

KNOCK-OUT SPRINT FINALS

Format

Knock-Out Sprint Finals (quarter-final, semi-final and final).

The competition will be conducted according to rule 12.24a (runner chooses allocation from qualification to quarter final heats).

The quarter-final selection takes place at the arena at 10:30 for Men and 10:45 for Women.

For the group stages, the courses may incorporate forking/splitting systems:

1) No forking

2) Runners' choice mode, where each competitor picks one of three options

There will be no announcement in advance which method is used in which round.

Course lengths

Quarter-Final

Men 2.1km, 30m, 12 controls. Winning time 07:00

Women 2.1km, 30m, 12 controls. Winning time 08:00

Semi-Final

Men 2.1km, 35m, 11 controls. Winning time 07:00

Women 2.1km, 35m, 11 controls. Winning time 08:00

There is a map flip during the semi-final races

Final

Men 2.3km, 35m, 11 controls. Winning time 07:30

Women 1.9km, 30m, 9 controls. Winning time 07:00

Control descriptions

No separate control descriptions, only on the map.

Terrain

The embargo area is a university campus: it has a variety of residential and teaching buildings, with some quiet campus roads, as well as some areas of parkland and small areas of woodland. There is a large loch in the centre of the campus. It is mainly typical British university campus terrain and has some steep grassy slopes. There has been heavy rain in the area this week, and shoes with good grip are recommended.

Artificial barriers

Artificial barriers will be installed in the race area. These will be crowd control barriers and marshals will be present at each barrier to let other pedestrians through the barrier. Where artificial barriers are used, they will be marked with symbol 708 (out-of-bound boundary). This is combined with symbol 709 (out-of-bounds area) only there is space to do so. Examples:



Start time

First start Men Quarter-final 12:25
First start Women Quarter-final 12:55
First start Men Semi-Final 14:00
First start Women Semi-Final 14:36
First start Men Final 15:44
First start Women Final 15:50

Detailed start times for each group and the names of the athletes will be available at the quarantine.

Quarantine

All quarantine is at the arena. The arena can only be reached on foot, cars should be left at the qualification parking.

Quarantine Quarter-Finals.

The quarantine opens at 11:30 and the latest check-in is at 12:00. Access and check-in to the quarantine is done through ID and SIAC number checking. Be prepared with your SIACs.

The quarantine will have indoor and outdoor areas available and changing rooms. Warm up will be possible in the quarantine area.

Spare GPS vests and a warm up map will be available.

Coaches and team officials can leave the quarantine at any time after the deadline but there is no return to quarantine until after all final rounds are complete

Quarantine after the quarter-finals

This is adjacent to the arena. This has indoor and outdoor space and a cool down map. No return to quarantine after exit. Bags from quarter-final pre-race quarantine will be available.

Pre-start & Call-up of Quarter-Finals

GPS issue is outside the quarantine. There is a clock with race time at GPS issue.

The pre-start is 1km from the quarantine. The athletes will use the warm up map to get to pre-start. There is a check-in after 500m. This closes at 12:30 for Men and 13:00 for Women.

At the pre-start the call up is at -4mins. There is a clock showing call up time.

Quarantine Semi-Finals

The quarantine opens at 13:00 and closes at 13:50. Athletes who qualify to the semi-finals stage are guided to the quarantine for the semi-finals.

The quarantine will have indoor and outdoor areas available and a warm up map will be available.

Coaches and team officials can leave the quarantine at any time after the deadline but there is no return to quarantine until after all final rounds are complete.

Pre-start & Call-up of Semi-finals

The pre-start is at the quarantine. The athletes will be called up 4 minutes before their Semi-Final.

GPS issue is at pre-start. Athletes are also issued with a second SIAC at pre-start.

Athletes will have to follow the marshall from the organisation to the start location.

Quarantine after the Semi-finals

This is adjacent to the arena. This has indoor and outdoor space and a cool down map. No return to quarantine after exit. Bags from semi-final pre-race quarantine will be available.

Quarantine Finals

The quarantine opens at 15:00 and closes at 15:30. Athletes who qualify to the final stage are guided to the quarantine for the finals.

The quarantine will have indoor and outdoor areas available and a warm up map will be available.

Coaches and team officials can leave the quarantine at any time after the deadline but there is no return to quarantine until after all final rounds are complete.

Pre-start & Call-up of Finals

The pre-start is at the quarantine. The athletes will be called up 4 minutes before their Final.

GPS issue is at pre-start. Athletes should use the second SIAC already issued at semi-final pre-start.

Athletes will have to follow the marshall from the organisation to the start location.

Start

It is the competitor's responsibility to start at the correct time. The start beep and a visible start clock will show the countdown. Early start leads to disqualification.

Finish

Athletes having finished their race are not allowed to go back to the competition area. Permitted areas are shown on the cool down and warm up maps.

Finishers will be guided immediately to the quarantine. There is a cool down map for all rounds. Athletes not qualified can collect their bags and exit to the arena once they are ready to do so.

SPRINT

Format

Sprint distance with 1 minute start interval.

Course lengths

Women	3.3km, 130m, 18 controls. Expected winning time: 15:00
Men	3.7km, 150m, 19 controls. Expected winning time: 14:30

Control descriptions

Control descriptions will be available at the start inside the -3minutes box.

Control description size 17x6cm for Men, Control description size 17x6cm for Women. T

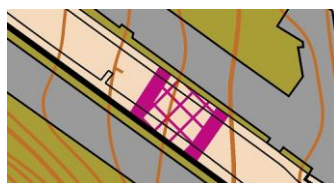
Terrain

The embargo area for the Individual Sprint is made up of Stirling Old Town (sometimes called the 'Top of the Town') this is the area surrounding Stirling Castle and as well as quiet roads and residential buildings, this includes a number of historical buildings with their own grounds, as well as a number of paved pathways around the castle and through nearby graveyards and woodland. The embargo area extends towards the city centre which is a mix of residential and retail buildings. There are areas of cobblestones and slabs which can be slippery when wet, be careful.

The terrain includes public roads. These have a 20mph speed limit and there will be some marshals but athletes should take care and not assume that drivers have seen them. Athletes are responsible for dealing safely with traffic they encounter - take the time to be safe and aware. Respect other participants and the general public.

Artificial barriers

These will be installed in the race area. These are not physical barriers but will be marked on the ground with spray paint or other clear markings. Marshals will be present at each barrier to check that athletes do not cross. These will be marked with symbol 708 (out-of-bound boundary) together with symbol 709 (out-of-bounds area). In every case, artificial barriers will always be marked on the terrain. Example:



Start time

First start is at 09:00. Start order Women then Men.

Parking at the quarantine

The [quarantine venue](#) is Stirling County Rugby Football Club (entry at 56°07'44.3"N 3°56'00.9"W). The quarantine has parking and space to warm up.

Kit will be transferred from quarantine to the event arena.

There will be a coffee stall open outside the quarantine building (accessible from 08:00 until quarantine closure).

Parking at the finish

There is no parking at the finish or in Stirling Old Town. Note that it is not allowed to reach the arena and team zone before the quarantine is closed. For access to the arena please use the approach route through the embargo area described in the public race information.

Quarantine

The quarantine opens at 08:00 and the latest check-in is at 08:30.

Access and check-in to the quarantine is done through SIAC number checking. Be prepared with your SIACs. The quarantine will have both indoor and outdoor areas available. Warm up will be possible.

Race number bibs are collected in quarantine.

There will be a clock with race time at quarantine.

Spare GPS vests will be in quarantine.

Pre-start

There is a warm up map that is collected at exit to quarantine. No exit to pre-start until 08:30.

GPS issue is at the same time as collection of warm up map.

Athletes use the warm up map to navigate 750m to pre-start. Call up is at -4mins.

There will be a clock showing callup time (-4mins) at pre-start.

Start

It is the competitor's responsibility to start at the correct time. The start beep and a visible start clock will show the countdown. Early start leads to disqualification. Runner takes the map from a map table. Runners are responsible to get the correct map. Maps are not inside plastic bags.

Finish

GPS collection is at the finish. Athletes having finished their race are not allowed to go back to the competition area. There is a cool down map. Kit transferred from quarantine will be at the arena.

BULLETIN VERSION HISTORY

v1.0 initial publication

v1.1 corrected Sprint Relay quarantine, clarified warm up at arena is possible before 14:30