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SPRINT RELAY TEAM OFFICIALS MEETING

SUNDAY 30th JUNE 2024

Agenda

- 1 Introduction
- 2 General info
- **3 Sprint Relay**
 - Info from Bulletin 4
 - Some additional information
- 4 Q & A + Additional questions

1 Introduction

Jan Hasman (Event Director) Aleš Richtr (Sport Director) Radim Hošek (TOM leader & SR course setter) Roman Zbranek (National Controller)

Radoslav Jonáš (SEA)

Bruno Nazario (POR)

Helge Lang Pedersen (DEN)

Unni Strand Karlsen (NOR)
Sprint and Sprint Relay

Natasha Key (AUS)
Middle distance, Long distance
and Relay

JURY

2 General info

both onsite and online

| Date | Time | Meeting |
|--|-------|---------------------|
| Sunday 30 th June | 18:30 | TOM Sprint Relay |
| Monday 1st July | 19:00 | TOM Sprint |
| Tuesday 2 nd July | 18:30 | TOM Long distance |
| Thursday 4 th Ju l y | 18:30 | TOM Middle distance |
| Friday 5 th Ju l y | 18:30 | TOM Relay |

TOMs

3 Sprint Relay

No metal dobbs or spikes allowed in sprint races (and trainings)



NO METAL DOBBS!

- To Four-member team relay, the first and last legs must be run by a woman (WMMW).
- Forking is used.
- Each federation is allowed to have 3 teams at maximum.

SPRINT

RELAY

- We ask the coaches to order their teams as follows: team number 1 from each federation should be the strongest one, followed by team number 2 and so on.
- Mixed teams: Teams with runners from different federations are allowed. These teams must be signed in personally at the Event Office or sent to office@jwoc2024.cz no later than June 30th 2024, 20:00 CET.

DEADLINE for line-ups: TODAY 20:00 CET (Eventor)

LINE-UPs



A continuous series of start numbers is not used, in order to get better forking. Numbers 10, 20, 30, ... up to 800 will be used.

STARI NUMBER

1: 4 000, contour interval 2 m, ISSprOM 2019-2 Rev. 6, size: A3, surveyed by Aleš Hejna, laser print by Žaket Praha, paper Color Copy 120 g/m2. Maps are in plastic bags.



MAP

Special symbols:

- ISSprOM 531 Prominent man-made feature (black cross) = playground element
- ISSprOM 530 Prominent man-made feature (black ring) = flag pole



Some of the canopies are drawn without a border line in order to increase legibility (as shown in Sprint Model today)



MAP

Women (legs 1 and 4): 3.0 - 3.1 km, 70 m climb, 21 controls

Men (legs 2 and 3): 3.5 - 3.6 km, 80 m climb, 24 controls

Expected winning time: 55 minutes per team. Maximum running time: 120 minutes per team.

Mass start for slow running teams at approx. 17:20.

COURSES

Control descriptions are printed only on the competition map. No separate cd's available.

Special items (ISCD):

- 6.1 black cross (x) = playground element
- 6.2 black ring (o) = flag pole



CONTROL

DESC's

- Flat residential area with large buildings and school areas from the 1980s. Dead-end streets with low traffic, parking lots filled with cars, asphalt pavements and lawns.
- Sloping park with an elevation of 30 m.

Visibility and runnability are very good.

Surface:

45 % asphalt or other hard surface, 55 % grass.

TERRAIN

- There might occur some run through a building: 522 Canopy.
- Unused parts of the interiors will be taped:
 521 Building.







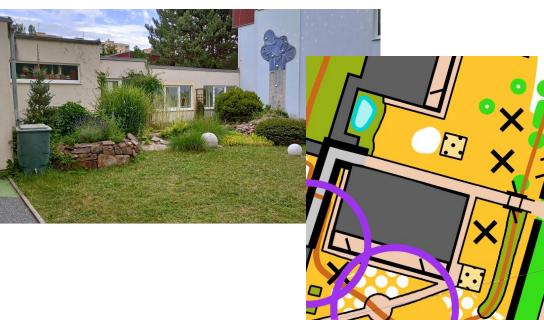
RUN THROUGH BUILDING

Any objects drawn in the map by symbols listed in IOF Competition Rules, 17.2. are forbidden to cross.

The symbol 411 Uncrossable vegetation is not used on the map.

UNXABLE OBJECTS





OLIVE GREEN

Symbols 518 (Uncrossable fence) or 708 (Out-of-bounds barrier) are used to depict artificial barriers with respect to the maximal legibility of the map.

Metal fences with red-white tape cross or at least two horizontal red-white tapes are used.



ARTIFICIAL BARRIERS

Potentially dangerous areas might be highlighted by tape for safety reasons.

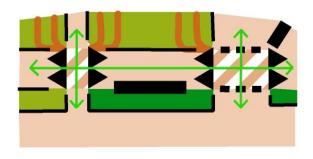
In such situations black-yellow tape is used.



DANGEROUS AREAS

Only basic multi-level structures in the area - a simple bridge with possible run on or underneath.

Mapped according to the ISSprOM 2019-2 specification.



MULTILEVEL STRUCTURES

- infrequent in most parts of the terrain,
- cars, bicycles and pedestrians passing through the terrain
- Take care!

40 m long compulsory passage with a street crossing from control point no. 80. Traffic on the road will be controlled by the organisers. Follow their instructions.

TRAFFIC

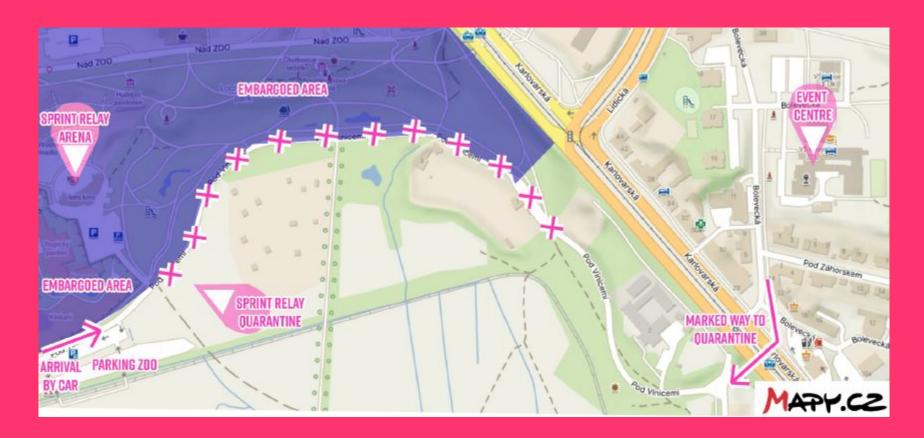
The meadow near Pilsen ZOO, 49.7582N, 13.3628E.

Access is only possible from the south or west.

We recommend walking 1.5 km from the event centre. The recommended route will be marked with blue and white tapes.

The quarantine is open from <u>14:45</u>.

QUARANTINE



There is no parking for teams near the quarantine. You can only park in the paid parking lot of the ZOO (no free capacity guaranteed!).

No warm-up map available.

Coaches can leave quarantine at any time, but once they have left, they are not allowed to return.

QUARANTINE

By signing-in at the quarantine by <u>15:45</u> at the latest.

CHECK-IN
IN QUAR...

The assembly area for runners before their leg is in the quarantine zone (northern end of the quarantine).

The SIAC clear, SIAC check and SIAC test units are in the assembly area.

All runners will leave the assembly area and follow the guide to the pre-start 12 min before the mass start or expected first changeover of the respective leg (16:03 - 1st leg, 16:16 - 2nd leg, 16:30 - 3rd leg, 16:44 - 4th leg).

ASSEMBL Y AT THE **OUAR..**

Distance from the quarantine to the pre-start: 100 m, 0 m climb.

Coaches are not allowed at the pre-start.

The runner takes his rolled map from the map wall. It is not allowed to open the roll before the mass start / changeover. Reserve maps are ready near the map wall. Please contact the staff at once if you find that your map is not on the map wall any more.

Limited warm-up possibilities.

Emergency toilet available upon request to a staff member (without a map!)

PRE-START

Competitors will be guided from the pre-start to the start line 6 min before the mass start.

Listen to the commands of the start official. The line-up on the start line will be marked with the number on the ground. The start signal will be given by the start official. Early start leads to disqualification.

Distance from the start line to the map start: 90 m.

MASS START

16:15

There is a control point located at the pre-start.

The runner should move from the pre-start when his team-mate passes this control.

There is only some 40 - 60 seconds of running between prestart control and changeover, the walking distance from the control to the changeover for the waiting runner is 40 metres!

CHANGE OVER

Please move quickly to the changeover while maintaining the order of runners going there.

There are up to 76 teams at the start, which makes the changeover rather busy.

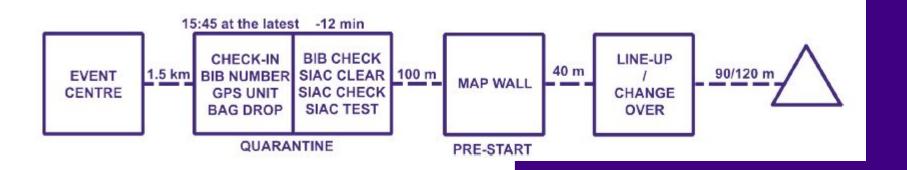
The changeover is done by hand touch across a separation barrier after crossing the finish line.

The outgoing runner is allowed to open the map immediately after the changeover. Distance from the changeover to the map start: 120 m.

It is the runner's responsibility to be at the changeover on time!

CHANGE OVER

SCHEME



 There is an arena passage in the second half of the leg. The arena passage is not visible from the prestart.

There is no coaching zone.

ARENA PASSAGE

Coaches and non-competing runners can travel by team cars to the arena using the paid parking lot of the ZOO (no free capacity guaranteed!).

We recommend walking 1.7 km from the event centre to the arena.

The recommended route is the same as for quarantine.

It will be marked with blue and white tapes. It is possible to enter the arena only after the quarantine deadline at 15:45.

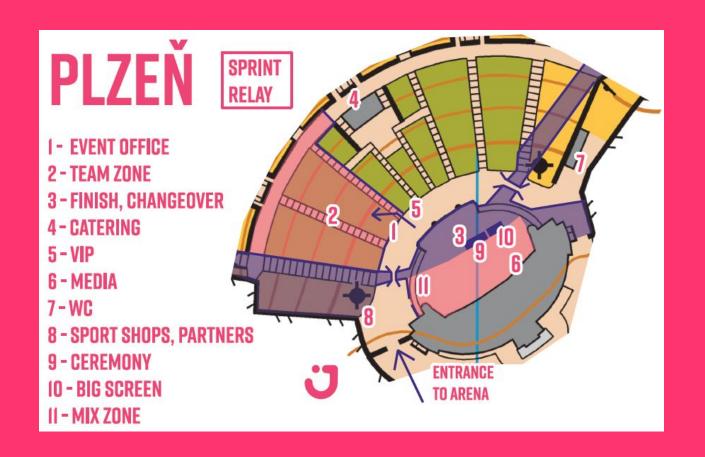
ARENA

There is a team zone with a small cool-down area. It is only allowed to cool-down in the team zone and arena. Shelter is available.

It is not allowed to leave the arena before the end of the race.

Teams will be allowed to walk back to the Event Centre, after the prize-giving ceremony, through the embargoed area.

TEAM ZONE



Steep slope down

+ few stairs to climb to the changeover podium!

try to decide the race on the course, not at the finish;)

FROM THE LAST

CONTROL



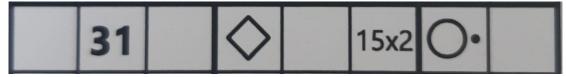
MAP PRINT QUALITY

4 Q & A

CONTROL DESCRIPTIONS

Will there be a control description similar to a control 31 at the model event?

(= a control not necessarily placed on a particular element)



ANSWER:

YES, this is a relevant example.



VEGETATION

Is there low vegetation such as nettles expected where athletes would benefit from long socks?

ANSWER:

NO.

COMPETITION AREA ACCESS

Can the coaches access the entirety of the competition terrain after the race has concluded?

ANSWER:

YES, it will be allowed after the prize-giving ceremony.

SPECTATOR RACE CONTROLS

Do the spectator competition controls mentioned in the bulletin have a clearly different colored control codes than JWOC controls (e.g. yellow for Czech O-Tour, white for JWOC), as implied by the image in the bulletin on page 36?

ANSWER:

NOT REALLY. It is a premarking, runners do not seek for premarkings, but for controls. Codes 101+ are used for COT.





SHELTER IN THE QUARANTINE

Will there be any shelter in the quarantine?

ANSWER:

YES.

QUARANTINE

Is it possible to follow some of the competition from the quarantine?

ANSWER:

It is forbidden to use any communication devices. There will be no monitors with splits in the quarantine.

ARENA PASSAGE

Will the arena passage consist of a mandatory running passage - will there be controls in both ends or a new starting point which does NOT need to be punched at?

ANSWER:

It will be obvious from map and control description.

MAP-FLIP

Since there is a lot of stuff around the arena - will there be a map-flip?

ANSWER:

NO. There is no map flip.

TENTS IN QUARANTINE

Is it allowed to put up team-tents in quarantine?

ANSWER:

YES, but the tents must be opened all the time.



SIAC checking

While checking SI - will the correct "beeping time" be set / checked?

ANSWER:

The SIAC cards are rented from the SportIdent company and their configuration has not been changed. Contact e-mail to EO if you want to check it.

WARM-UP AREA

How big is the warm-up area in quarantine and pre-start?

ANSWER:

6 000 m2 at the quarantine, 300 m2 at the prestart.

FORBIDDEN AREA

There is no forbidden area in violett in the model event for sprint.

Will there be any at the competition?

ANSWER:

YES, symbol 714 is used for fenced temporary construction sites.

WARM-UP AREA

There is no forbidden area in violett in the model event for sprint.
Will there be any in the races or only uncrossable fences?

ANSWER:

See answer to the previous question.

MAPS IN THE QUARANTINE

Is it allowed to use sprint maps (old maps from other terrains from earlier competitions), in the quarantine during warm up?

ANSWER:

We decided to ban using any types of maps in the quarantine. For the organizers it would not be possible to check which maps are used.

CHANGEOVER

Will there be an official looking at the radio times for the pre-warning and calling up teams from the pre-start to the changeover? Or will the athletes have to rely only on seeing their runners at the warning control?

ANSWER:

There will be no call up for the changeover. A monitor with splits from the prewarning of prestart control will be available. (No guarantee of 100 % split transmission !!!)

ROAD CROSSING

Will athletes be going through the 40m compulsory road crossing twice during the course in both directions or only once in a single direction?

ANSWER:

Only one direction.

DRUG-TESTING

Will athletes need passports for drug-testing after any races, or will their accreditation pass be okay for ID?

ANSWER:

Yes, if selected for a drug-testing, an athlete will present his/her passport.

OLIVE GREEN

Will any uncrossable features like olive green, flower beds, or uncrossable walls be taped off if they are hard to see in the terrain?

ANSWER:

Relevant olive green areas will be taped. We do set a fair competition, not a series of traps.

INDOOR SECTIONS

Will the indoor sections of buildings be well lit so athletes can read their maps?

ANSWER:

YES.

LINE THICKNESS

In the Model Event "sprint" map some border lines are thicker than normal width. Could it be also like this on the competition maps?

ANSWER:

YES.



PAPER QUALITY

Is the paper quality of the competition's map the same as that of the model event?

ANSWER:

YES, but they will be sealed in plastics.

RESTRICTED AREA

If an athlete enters a restricted area and then returns, is he disqualified?

ANSWER:

According to the common sense, in case of returning the same way, the runner will not be disqualified.

POINT FEATURE

If a control is placed on a point feature, how does it look on the map?

Example: If a control is placed on the east side of a point feature, is it also shifted to the east on the map?

ANSWER:

NO. Controls at point features are centered at the center of the map symbol in case it is point map symbol.

MAP - MINIMUM WIDTH

Will the competition maps obey minimum width rules? The model map had issues with this.

ANSWER:

YES. Competition maps were approved by the MC IOF.

OPEN YELLOW

Some of the open yellow was very rough. Will the mapping be more accurate or the yellow mowed?

ANSWER:

The 401 Open land will be mowed.

LIGHT GREEN

There were some clear passages through light green that were unmapped and quite wide. Is this reflective of the competition maps?

ANSWER:

The competition maps were thoroughly checked to be precise and accurate.

CONTROL CODE

Will the control code be next to the number on the map or just on the clue description?

ANSWER:

The control codes will be in the control description only.

YELLOW/FIELDS

Will the yellow/fields be mowed?

ANSWER:

See Q 25.

OLIVE GREEN

Will Olive green in yellow or white be marked off with tape as seen in the model? Everywhere or only in sensitive sections?

ANSWER:

See Q 18.

ELASTIC RUBBER BANDS

At what point before the start can the athletes take away the elastic rubber bands?

ANSWER:

The rubber bands can be removed any time in the changeover area. But the maps must stay rolled until the start/changeover.

CLIMB OF THE COURSE

Is the climb of the course calculated from the change-over/arena or from the start triangle?

ANSWER:

From the start/changeover.

GPS WATCH

Can athletes wear their gps watches and also record their race with them?

ANSWER:

YES. However, GPS watches cannot be used for navigation purposes.

BACK-UP SI

Is it ok to wear the back-up SI on a 2nd finger or does it have to be on the wrist/arm?

ANSWER:

It is not recommended by the SportIdent company (because of risk of signal interference), but it is not forbidden.

Any other questions?

VISIBILITY FROM QUARANTINE

Is there something to see of the competition from the quarantine?

ANSWER:

There is nothing to see. You might hear a speaker.

T SYMBOL IN BLACK COLOR

There was a black T-shaped symbol on the sprint model map. Is it going to be on the competition map as well?

ANSWER:

Playground elements are marked by black X on a competition map.

PRE-WARNING CONTROL

How long is a runner to be seen around the pre-warning control?

ANSWER:

25 seconds.

PRE-WARNING CONTROL

Can you confirm that tomorrow's route will be go to the ZOO?

ANSWER:

It will be not confirmed nor denied.

SPEAKERS IN THE ARENA

What language will be the speakers speaking in the arena?

ANSWER:

They will speak czech and english - the information will be presented in both langauges.

MAP SIZE

Can you confirm that the map size is A3 size?

ANSWER:

Yes. The size of the map is A3.

MAP SIZE

How many runners are in a row on the start line?

ANSWER:

There are about 25 runners in the row.



