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LONG
TEAM OFFICIALS MEETING

TUESDAY 2nd JULY 2024



1. ELLI PUNTO (FIN) + **ŠKO**MICHAELA NOVOTNÁ (CZE)
3. HENRIETTE RADZIKOWSKI
(SUI)

JWOC 2024 SPRINT - MEN

- 1. MATHIEU BÜHRER (SUI),
- 2. IVER DALSAUNE THUN (NOR)
- 3. LOIC BERGER (SUI)



Agenda

- 1 Introduction
- 2 Long
 - Info from Bulletin 4
 - Some additional information
- 3 Q & A + Additional questions

1 Introduction

Jan Hasman (Event Director) Aleš Richtr (Sport Director) Radim Hošek (TOM leader) Tomáš Prokeš (LONG course setter) Roman Zbranek (National Controller)

Radoslav Jonáš (SEA)

3 complaints today

- 2x: missing punch in both SIACs; disqualifications confirmed
- complaint on 519 Crossing point: not to be easily passed through; not relevant, wide enough to pass through

no protests followed

COMPLAINTS



Several runners did not take their GPS units today.

We recall that it is runners' duty to carry a GPS unit once they are asked by the organizer to do so.

GPS UNITS

Yesterday one of the teams failed to supply the assignment of their runners to the starting group.

The SEA did the assignment instead.

TEAM LINE-UPs

The organisers apologise for the yesterday's delay with the startlists for the sprint race.

Relevant measures were taken to prevent repeating the situation.

Today Eventor struggled with some errors, the startlists are ready and waiting for SEA approval.

APOLOGY

Yellow bags are for plastics, black bags are for mixed waste.

Thank you for your cooperation!

WASTE **BAGS IN** QUAR...

Will be brought to both arena and quarantine, we kindly ask to specify the numbers here after the meeting or later in the EO (till 20:00 CET).

MEAL PACKAGES

2 Long

1:15 000, contour interval 5 m, ISOM 2017-2 Rev. 6, size: A3, surveyed by Jan Potštejnský and Aleš Hejna, offset print by Žaket Praha, paper G-Print 115 g/m2. Maps are in plastic bags.

Prominent trees (symbols 417, 418) are mapped only in Open land. Rootstocks are not mapped.



Not mapped in a forest

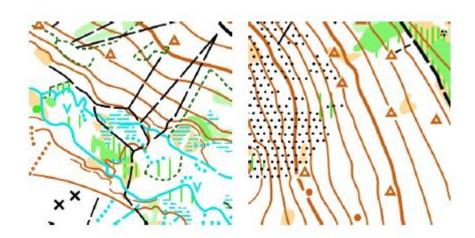


Not mapped

MAP

Special symbols:

- ISOM 531 Prominent man-made feature (black cross)
- = man-made feature
- ISOM 530 Prominent man-made feature (black ring) = flag pole
- ISOM 115 Prominent landform feature (brown triangle) = small platform



MAP

Women: 9.6 km, 480 m climb, 16 controls, 2 refreshment points

Men: 11.5 km, 560 m climb, 19 controls,

2 refreshment points

Expected winning time: 70 minutes

Maximum running time: 180 minutes

Map exchange for Men.

The refreshments are placed according to the IOF competition rules. Water and Sports drink lonilyte available.

COURSES

Separate control descriptions are handed out in the second start box.

Maximum size 170 x 60 mm.

Control descriptions are printed on the competition map as well.

Special items: 6.2 ring (o) = flag pole.

CONTROL

DESC's

Mostly hilly; little flat terrain.

Altitude 430 - 630 m above sea level.

Local terrain detail (erosion gullies, remains of mining or military activity). Rocks and stones in places high up on the hills. Mostly coniferous forest (spruce), in some parts with a larger number of clearings.

Visibility and runnability are mostly good.

In some places runnability is slowed by thickets, undergrowth or a rocky surface.

There are many paths.

TERRAIN

There are remains of a fence in a few places (not mapped).



A larger stream flows through the competition area. The depth to stream bottom 0.2 - 0.4 m, locally could be deeper, up to 1 m. Crossing is allowed anywhere.

Competitors will cross a busy road. There is a 90 m long compulsory passage from the previous control point. Traffic on the road will be controlled by the organizers. Follow their instructions.

TERRAIN

Fences drawn in the map by symbol ISOM 518 Impassable fence are forbidden to cross. (Czech Forest Law)

UNXABLE OBJECTS

Meadow near the village of Strašice, 49.7210N, 13.7300E. The quarantine is open from 7:45.

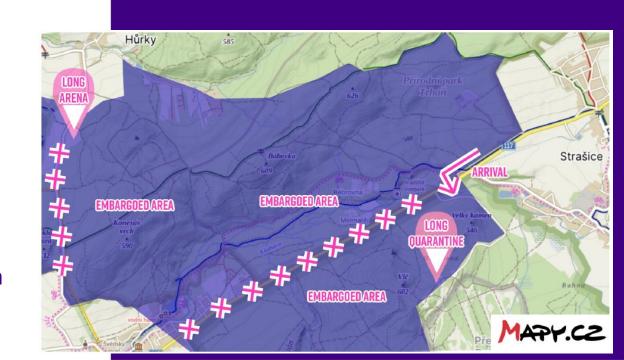
Arrival via road No. 117 only from the east to the coordinates 49.7312N, 13.7314E, then south 2.2 km by car and 200-300 m on foot.

We recommend Arrival to quarantine: Highway D5, exit 50, Medový Újezd - Strašice.

Way from quarantine to the Long Arena: Strašice - Medový Újezd -Holoubkov - Hůrky.

Straight Arrival to Long Arena from Plzeň: Highway D5, exit 62, Rokycany - Svojkovice - Hůrky.

QUARANTINE



Notice:

- The access from the road No. 117 to the parking is narrow, therefore it will only be possible to arrive until 8:50, and leave after that time.
- The roads Strašice Dobřív and Dobřív - Hůrky pass through the embargoed area. It is forbidden to drive to the quarantine or back through Dobřív.

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>8:50</u> at the latest.

CHECK-IN
IN QUAR..

You can use a warm-up map without controls.

You are not allowed to leave the area marked on the warm-up map, the area of the warm-up map is considered as part of the quarantine.

WARM-UP

MAP

The location is visible from the quarantine zone.

Distance from quarantine to start: 0 m, 0 m

climb.

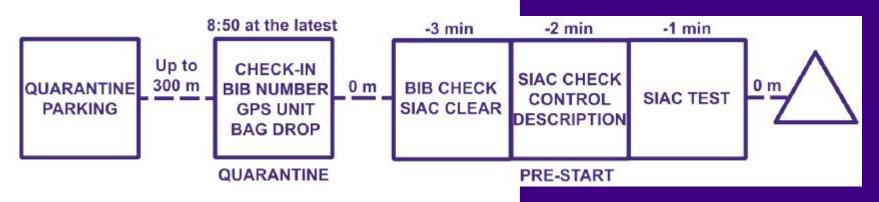
First start: 9:00

Estimated last start: 14:40

Distance from the start line to the start point: 0

m.

START



Only the last control and finish are visible from the arena.

Respect the boundary of the competition area, don't enter the forest.

There is no coaching zone or compulsory arena passage.

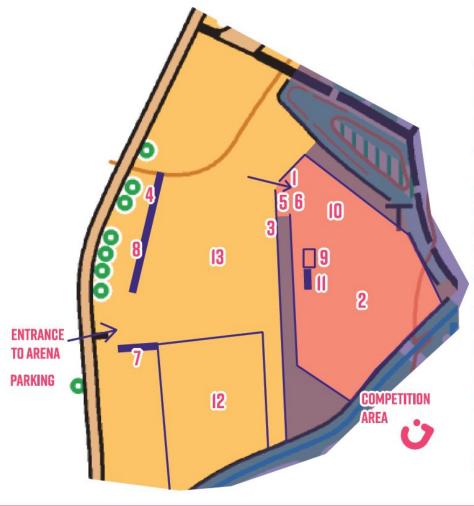
ARENA

Meadow near the village of Hurky, 49.7364N, 13.6787E

Coaches and non-competing runners can travel by team cars to the arena using the spectator parking near the arena. The same applies to coaches who travel from quarantine to the arena.

There is a team zone with a shelter and toilets. It is allowed to cool-down in the team zone, arena or parking area.

ARENA



HŮRKY

LONG

- 1 EVENT OFFICE
- 2-TEAM ZONE
- 3-FINISH
- 4-CATERING
- 5-VIP
- 6-MEDIA
- 7-WC, WASHING
- 8-SPORT SHOPS, PARTNERS
- 9 PODIUM, CEREMONY
- 10 MIX ZONE
- 11 BIG SCREEN
- 12 SPECTATOR TENTS
- 13 LABYRINTH

3 Q & A

MODEL EVENT

Regarding the controls of the model event that were not very visible in the forest.

Can we expect the same type of positioning on the long distance and other forest races?

Control No. 3 = at the bottom of the hole

Control No. 6 = too close to the cliff

Control No. 4 = placed in the corner but into the vegetation instead of beside it

ANSWER:

3 - YES, BUT FAIR; 6 - YES; 4 - NO

WASPS

What measures are in place to deal with athletes who are attacked by wasps?

ANSWER:

- FIRST AID (ANTIHISTAMINES) in FINISH
- QUAD READY TO GO TO THE TERRAIN
- CONTROL GUARDS READY TO CALL THE HELP AT ANY CONTROL

FENCES

The trainings and model had many new fences missing from open areas. Is the competition map up to date with new fences?

ANSWER:

YES.

WATER

At what percentages of the race can athletes expect water from organizers?

ANSWER:

Approximately 3/7 and 5/7 of the course.

MAP EXCHANGE

How will the map exchange look like? It will be a map flip, or the runners will drop the map at a control, and get a new one?

ANSWER:

Map exchange: old map should be dropped, new one to be taken from the box.

The procedure will be supervised by an official.

REFRESHMENT

The refreshments will places at controls, or between controls during a leg? What are the percentages of the refreshments compared to the course length?

ANSWER:

Both. Approximately 3/7 and 5/7 of the course.

FORKING SYSTEM

Will the courses contain any kind of forking system (for example phi-loops)?

ANSWER:

NO.

FORKING SYSTEM

Will the courses contain any kind of forking system (for example phi-loops)?

ANSWER:

SEE Q 7.

REFRESHMENT #2

How far through will the drink points be for the long for each course? I.e. at 30% and 80% for women, etc for men.

ANSWER:

SEE Q 6

CONTROL PLACEMENT

In the model event, a control on a pit had the stake at the bottom so the flag was completely hidden in the hole. Will controls in the races be placed at the bottom of small depressions and pits, or on the side so the flag is visible from the approaching direction?

ANSWER:

SEE Q 1.

FENCES #2

There was a fence that was not on the map at the model event, will there be another one tomorrow?

ANSWER:

SEE Q 3.

TENTS IN QUARANTINE

Will there be the same number of tents in the quarantine as there was in the Sprint Relay (i.e. the same capacity for the athletes)? If there is less space, please let us know, and we will bring our own tent.

ANSWER:

THE CAPACITY WILL BE LOWER, WE KINDLY ASK THE TEAMS TO TAKE THEIR OWN TENTS AS WELL.

Any other questions?

MAP EXCHANGE

Does the map exchange take place on a control point?

On the new map - is there a start triangle? What about numbering?

ANSWER:

Map exchange takes place on a control point. There is a start triangle on the new map. Control numbering is continuous.

MAP EXCHANGE - CONTROL

Does also women run at the map exchange control point?

ANSWER:

No, women category doesn't run at the map exchange control point.

BOXES FOR MAPS

Are the boxes for old and new maps clearly distinct from each other at the map exchange control point?

ANSWER:

Yes. Also, the map exchange will be coordinated by an organiser.

BAGGAGE TRANSPORT

It would be nice if baggage transport from quarantine would be a bit faster than on the the sprint competition.

ANSWER:

Slower baggage transport is a usual problem in a fast pace competition such as sprint. Since a long distance is a much longer competition, this problem doesn't usually occur.

MEALS

Is there going to be more meals in the outside canteen?

ANSWER:

Organisers know about the issue.

A few of the precautions:

- Organisers eat at the end only.
- The canteen is not an all-you-can-eat place. One portion per person please. Wait with the second round closer to the end of canteen opening, so that it is clear how many meals are left.

CONTROL DESCRIPTIONS

What about control descriptions with respect to the map exchange?

ANSWER:

There are only respective parts of the control descriptions on the maps.

Separate sheet distributed at the start contains full control descriptions.



