

TEAM OFFICIALS MEETING

SATURDAY 13 JULY

ORGANISING COMMITTEE

Event Director	Andy Mitchelmore
Assistant Event Director	Jon Cross
Technical Director	Jon Hollingdale
Course Planner	Graeme Ackland
Assistant Course Planner	Helen Bridle

EVENT ADVISERS & NATIONAL CONTROLLERS

Senior Event Advisor	Áron Less (HUN)
Assistant SEAs	Jari Kymäläinen (FIN) Finn Arildsen (DEN)
National Controller	Tony Thornley (GBR)
Assistant National Controller	Rob Hickling (GBR)

REFEREES

Referee	Helge Lang Pedersen (DEN)
Assistant Referee	David Rosen (GBR)

CONGRATULATIONS!

» Congratulations to our Sprint medallists!

» Men

1. Martin Regborn SWE
2. Tino Polsini SUI
3. Emil Svensk SWE

» Women

1. Tove Alexandersson SWE
2. Simona Aebersold SUI
3. Natalia Gemperle SUI



REVIEW OF SPRINT

- » Thank you to all Sprint competitors for taking care to avoid collisions with other pedestrians
- » We have noted that some teams felt that the quarantine area was too small
- » Please continue to respect embargoed areas and training area restrictions

WOC EVENT OFFICE UPDATES

- » Please do not run fast or hang training kites within Pollock Halls
- » All competitors must ensure that they use the correct SIAC (as registered in IOF Eventor)
- » New race maps from the Sprint Qualification and Sprint Final are now available to collect from the WOC Event Office
- » Don't forget to buy your tickets at the WOC Event Office for the athlete farewell party on Tuesday night!

EMBARGO RULES

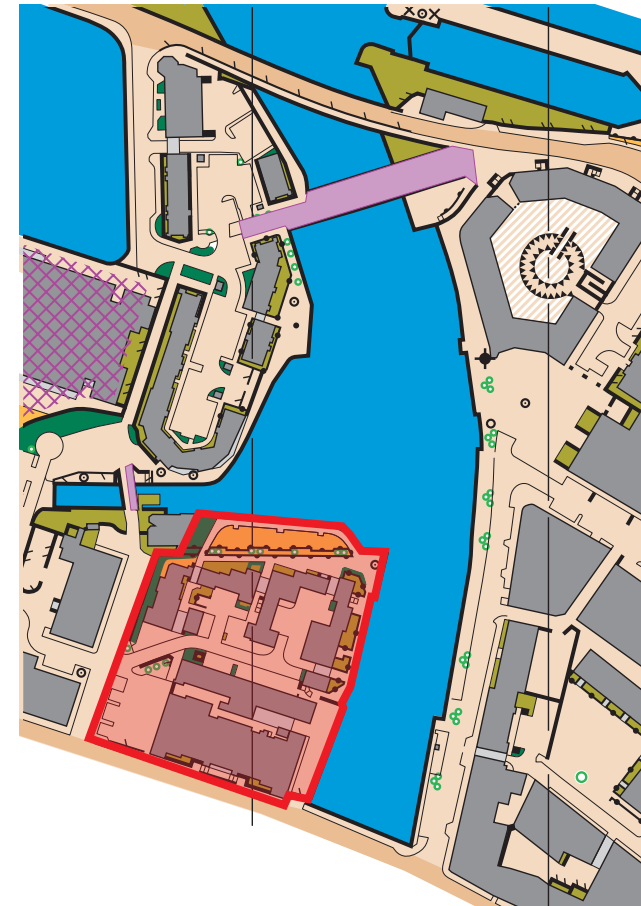
- » Rules apply to all accredited athletes and team officials
 - » You must not enter an embargoed area
 - » You may use "permitted routes"
 - » You may enter a building directly from a permitted route if the building is directly adjacent to the permitted route
 - » You must not exit a building into an embargoed area
 - » You may take trains through an embargoed area
 - » You may use other public transport (including buses and trams) through an embargoed area only along the permitted routes
- » All competition areas are embargoed until the competition is finished

UPDATE TO EMBARGOED AREAS

- » A revised embargo area for Central Edinburgh following the Sprint Finals was published on IOF Eventor on Friday night
- » Accredited athletes and team officials are allowed to compete in the Historic Edinburgh WOC Tour race on Monday

LEITH DOCKS – AREA NOW OOB FOR TRAINING

» Due to the inconsiderate behaviour of some athletes while training at Leith Docks, the area marked on this map is now out-of-bounds for any training



QUARANTINE RULES

- » Competitors and team officials **must** use the official bus transport from the Event Centre to go to quarantine
- » Show your WOC 2024 ID card to board the bus
- » Have your SIACs ready for check-in at quarantine
- » Mobile phones must be turned off and kept in bags
- » No laptops, tablets, e-book readers or gaming consoles
- » No maps of the embargoed areas (of any kind)
 - » Maps of other non-WOC areas are permitted
- » GPS-enabled devices (such as sports watches) are permitted in quarantine and on courses provided they are not used for communication or navigation

QUARANTINE RULES

- » The following breaches will result in immediate disqualification:
 - » viewing a map of the competition area
 - » viewing the GPS tracking of the race
 - » viewing the live results of the race
 - » viewing the TV coverage of the race and/or listening to the TV commentary
 - » looking at the screen of a prohibited device
 - » using any messaging or communications app
- » Breaches by team officials may result in sanctions for the entire team

SPRINT RELAY

SUNDAY 14 JULY

RICCARTON CAMPUS

PROGRAMME: SUNDAY 14 JULY

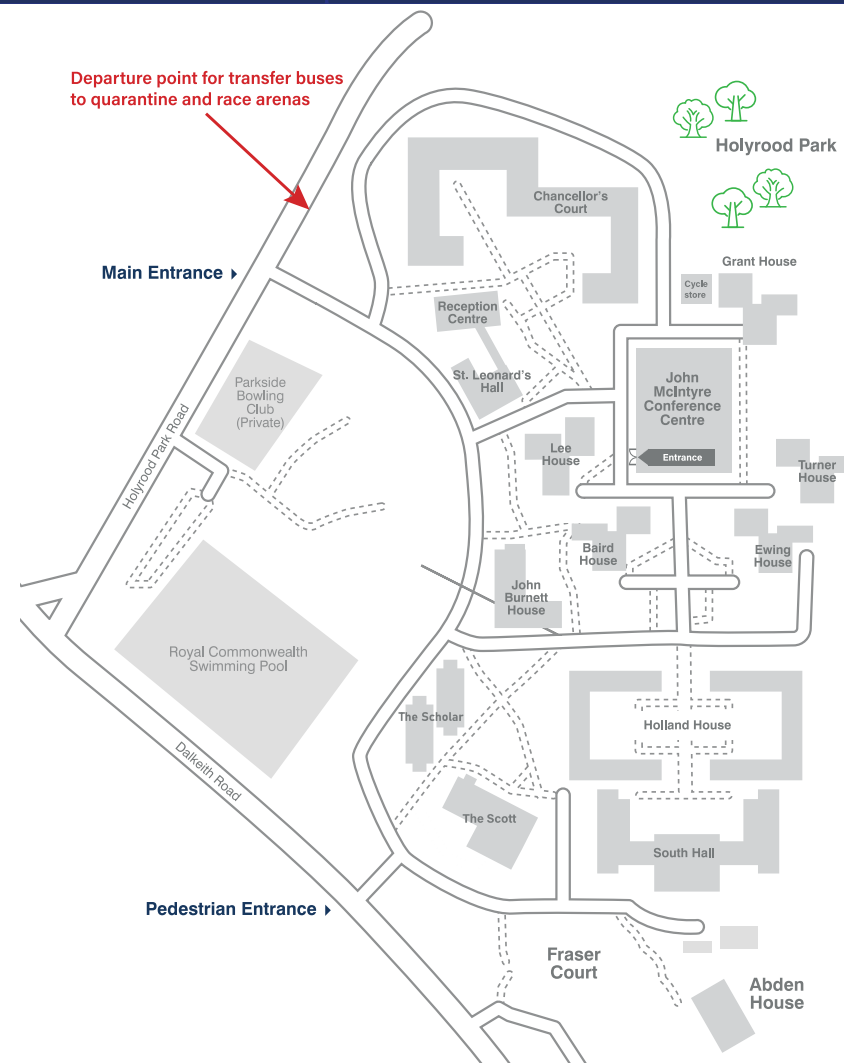
SPRINT RELAY – RICCARTON CAMPUS

10:00	First bus from Event Centre to quarantine
10:15	Last bus from Event Centre to quarantine
11:00	Quarantine deadline
11:00–11:15	Bus departures from Event Centre to race arena for non-competing athletes and team officials
12:40	Mass start
13:52	Flower ceremony
14:30	Medal ceremony
14:30–15:30	Return transport from arena to Event Centre

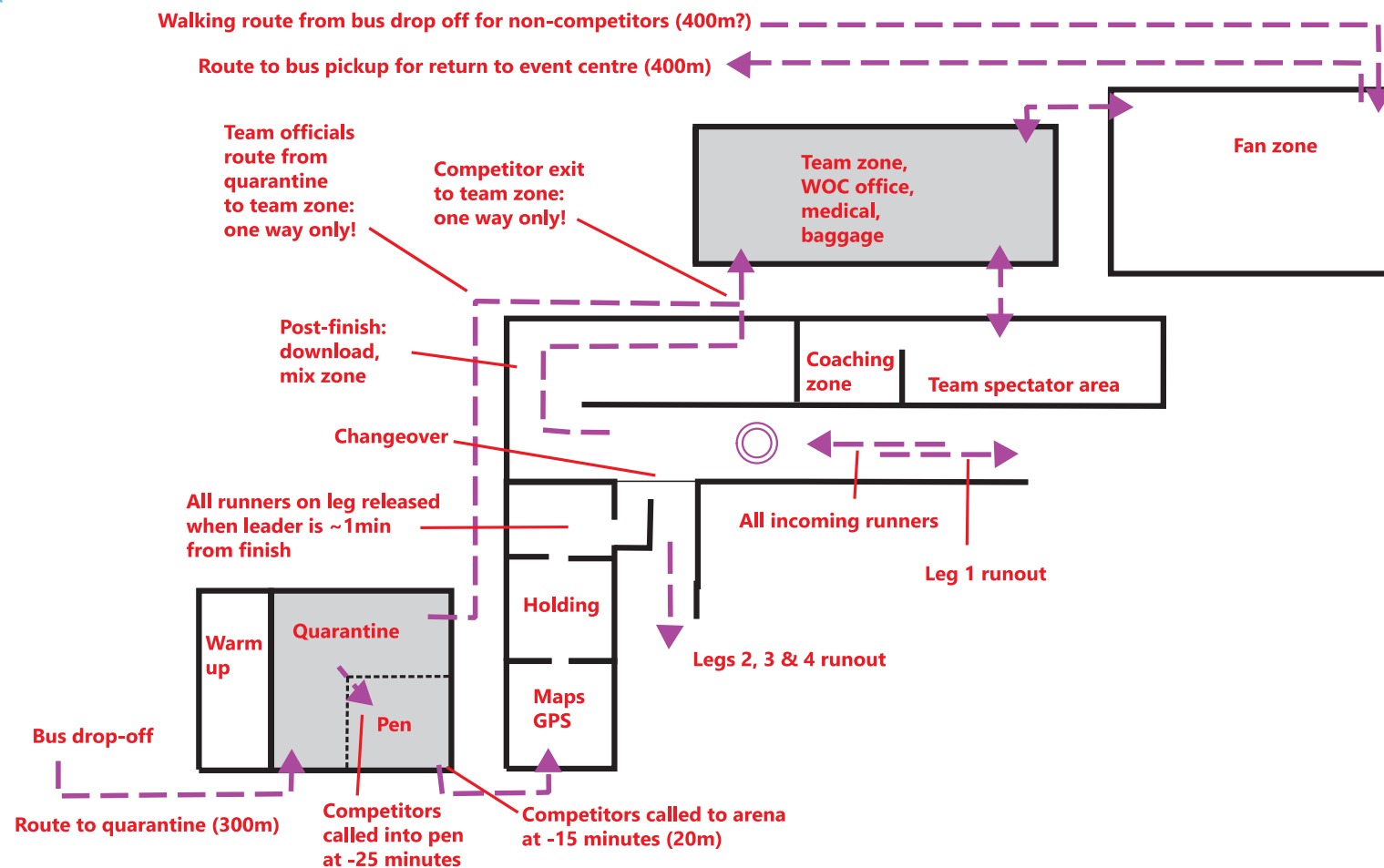
TRANSPORT

» Competitors and team officials going to quarantine must use the free bus transport from the Event Centre at Pollock Halls

- » First quarantine bus at 10:00
- » Last quarantine bus at 10:15
- » Take any bus



ARENA



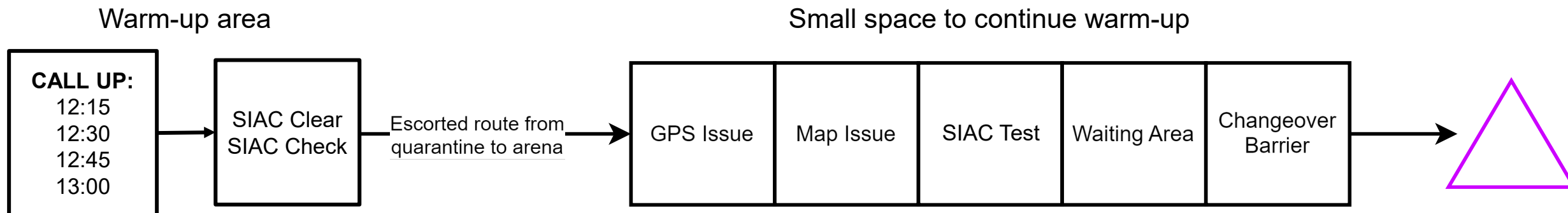
QUARANTINE & CALL-UP

- » Quarantine is in a large, indoor space where some warm-up will be possible
 - » There is limited outdoor warm-up space at quarantine
 - » A warm-up map showing the quarantine area will be provided
- » Call-up will take place in quarantine at a fixed time for each leg:

Leg 1	Leg 2	Leg 3	Leg 4
12:15	12:30	12:45	13:00

- » After call-up, competitors will be escorted to the arena
 - » It is 20 metres from quarantine to the arena

PRE-START



» After the escorted route to the arena, an emergency toilet will be available upon request

MAPS

- » Maps will be rolled
 - » First part of the course on the inside
 - » Blank sheet of paper around the outside, sealed with a sticker
- » Competitors who open their maps before the start will be disqualified

LEG 1 MASS START

- » Called to the start line at -3 minutes
- » Start positions marked with a number on the ground
- » Competitors must not go through the finish line while waiting to start
- » Verbal countdown followed by 'athletics-style' electronic start signal

CHANGEOVER PROCEDURE

- » Outgoing competitors are released into the changeover pen once the leading incoming competitors are approximately 1 minute from the finish
- » Each outgoing competitor enters the changeover area when it is possible to see their incoming teammate, approximately 10 seconds before the incoming competitor reaches the changeover lines
- » Incoming competitor crosses the finish line and continues to the changeover zone
- » Incoming competitor makes physical contact with their outgoing teammate over the changeover barrier
- » Outgoing competitor starts their race

MASS START FOR SLOWER TEAMS

- » There will be a mass start shortly after the leading leg 4 competitors finish for all remaining competitors who have not yet started, at approximately 13:50

TERRAIN

- » Mix of paved surfaces, unpaved paths and natural terrain
- » Significant areas of grass and runnable woodland
- » 15%–25% of courses on grass and other natural surfaces
- » Predominantly flat with some gentle gradients
- » Many narrow paths and passageways
- » Shoes with some grip are recommended
 - » Shoes with spikes or metal dobbs are not allowed

SAFETY

- » Pedestrian numbers will be much lower than for the Sprint, but there are still some area where pedestrians may be encountered
 - » We will have marshals
- » With a mass start, there is a greater risk of competitor-competitor collisions
 - » We have tried to reduce this risk through course planning but cannot eliminate it completely
- » It is the competitor's responsibility to avoid collisions

COURSE DETAILS

	Length	Climb	Controls
Women (legs 1 & 4)	3.8km	30m	20-21
Men (legs 2 & 3)	4.3km	35m	22-23

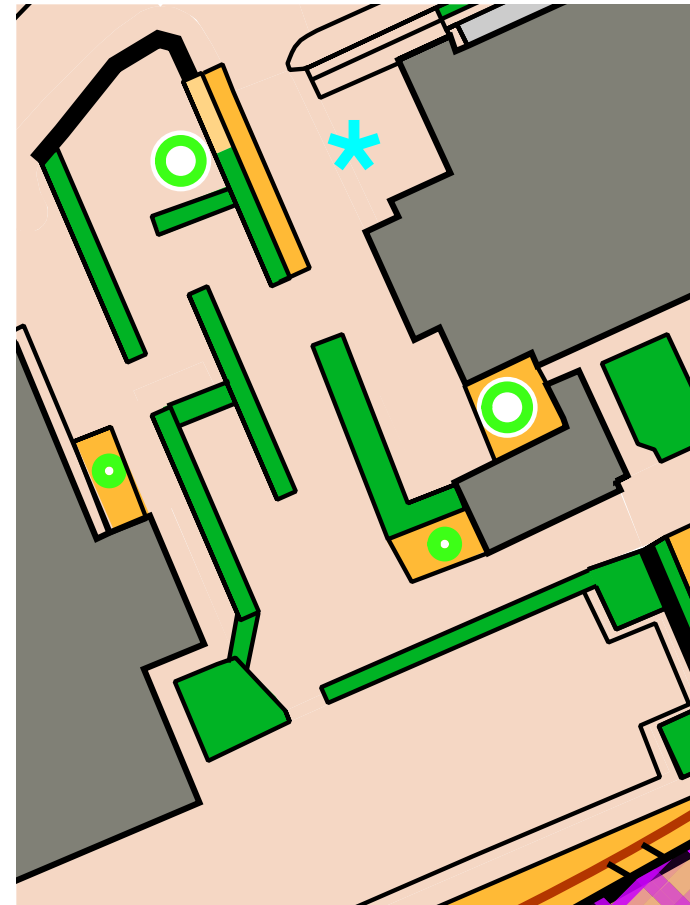
- » The estimated total winning time is 59 minutes
- » All courses will have a map flip

OVERPRINTING

» Competitors should take care to ensure they visit all controls, as some are in areas that are very crowded with purple overprint

ARTIFICIAL HEDGES

- » Metal fences may be disguised as hedges using artificial hedging material. These artificial hedges will be marked on the map using 411 (uncrossable vegetation), as demonstrated at the model event
- » Black boundary lines do **not** show a passage through the hedge



WOC TOUR CONTROLS

- » There will be WOC Tour controls on the campus, but not in the area used by the Sprint Relay courses
- » WOC Tour controls will be placed in the area used by the Sprint Relay courses from 14:30

FINISH

- » Final placings based on the order in which the leg 4 competitors' chests cross the finish line
- » A photo-finish camera will be used where necessary to determine the finish order

SPECTATING – ARENA

- » Free buses from the Event Centre at Pollock Halls to the arena for non-competing athletes and team officials at 11:00–11:15
- » Limited spectator capacity in the arena with views of the changeover
- » Reserved spectator area within the arena for non-competing athletes and team officials
 - » You must show your WOC 2024 ID card to access to the national team spectator area

SPECTATING – FAN ZONE

- » The fan zone has a big screen, good views of the course, and food vendors
- » Relay competitors may go to the fan zone once they have finished their race
- » Non-competing athletes and team officials must stay within the arena, the team zone or the fan zone

FLOWER & MEDAL CEREMONIES

- » Flower ceremony at 13:52
 - » Top three teams
- » Medal ceremony at 14:30
 - » Top six teams
 - » Must wear national team uniform
 - » No national flags, signs, sunglasses, headbands, bottles, etc.
 - » Headbands worn around the neck are allowed

RETURN TO EVENT CENTRE

- » Return buses from the arena to the Event Centre between 14:30 and 15:30
- » Bus departure point shown on cool-down maps

QUESTIONS

Q. For the leg 1 mass start, how many competitors will be in each row?

» Competitors will line up in six rows, with six competitors in each row

Q. Will the control code be shown next to the control number on the map?

» No – the control code will only be in the control descriptions (as specified in the IOF Rules)

Q. Is there a spectator control or arena passage?

» You will be able to see competitors from the fan zone

Q. How high are any passable fences (516)?

» Passable fences vary in height, to a maximum of 1 metre

Q. Will there be viable route choices through dense vegetation (408/409/410)?

» We don't think there are viable route choices through areas mapped as dense vegetation

Q. Will any areas of 520 (area that shall not be entered) or 714 (temporary construction area) be clear in the terrain?

- » We believe these areas should be clear in the terrain
- » We will be taping any that we consider to be unclear

Q. Have the marshals been reminded not to talk to competitors?

- » Yes, the marshals have been reminded not to talk to competitors or to cheer them on
- » Marshals have been told to only communicate with competitors if it is necessary to give a safety warning

Q. Will it be possible for competitors to leave light warm-up clothing in the pre-start?

» Yes

Q. Will any low/ruined fences that may be dangerous for competitors when running be taped?

» Yes, but it will not be possible to tape all hazards in the terrain

Q. Are there any hazardous fence crossings where aids will be provided to help competitors cross?

» No, all passable fences should be easily crossable

Q. How should athletes who stay for the WOC Tour race return to Edinburgh?

- » There are buses from the nearby park and ride
 - » See the WOC Tour programme for details
 - » All accredited athletes and team officials must continue to respect the embargoed area in central Edinburgh