



# WUOC 2018

## Team Officials' Meeting

### Wednesday 18.7.2018

TOM for Sprint in Seinäjoki



# General agenda

- About today
- General questions
- Specifications for the Sprint Distance race

# About today

- Congratulations to all medalists: Sweden, Finland and Norway





# Questions about the Sprint (from the TOM)

- Q1: Do runners need to turn towards “watchman” in case they return to touch the control?
- A1: Just make sure the number is visible. The watchmen mark the number when a runner touches the control.
- Q2: Is it necessary to forbid phones totally in quarantine?
- A2: (After voting): Phones can be brought into quarantine if they are stuffed away in the bag and TURNED OFF during quarantine time.
- Q3: Is it possible to run the sprint course after the competition?
- A3: No. The FIN5 is competing directly after the WUOC on same area.
- Q4: How are man-made obstacles marked on the map?
- A4: If an area is forbidden, it is marked with solid line and stripes over the area. If a passage is closed there is just a solid (purple) line. It will be clear in the terrain with either fence or tape. Please note! Tape can be on the ground.
- Q5: More lunch during sprint?
- A5: No answer at the moment. Answer will come on facebook as soon as it is known.
- Q6: Will rules for passing roads be similar for everyone?
- Q6: Yes. rules will be similar for everyone.
- Q7: Can old maps from other areas be brought to the quarantine?
- A7: No. It is hard to supervise maps.



## Questions (continue)

- Q8: The team zone in the Sprint finish area is also in the running area, as shown in Bulletin 4 - is that correct? May and must the runners go after the finish through the running area to the team zone?
- A8: Runners should go out north from the arena to reach the team zone (according to the map in the bulletin).
- Q9: Can the entry time for the relay be delayed?
- A9: Yes, the relay team can be entered on a form on the arena on Friday (specific details in tomorrow's TOM).
- Q10: Are mixed teams allowed in the Relay on Saturday?
- A10: Yes. More information will be given in later TOM.



# Sprint Distance July 19<sup>th</sup>



# Agenda for Sprint

- Schedule for Transportation
- Quarantine
- Bibs and punching
- Start procedure
- GPS tracking and vests
- Control description
- Terrain & Map
- Arena
- Weather forecast
- Timetable for Thursday
- Things to remember



# Schedule for Transportation

- Buses departure from the EC quarantine
- Travel time to pre-start area is ~50minutes
- One bus goes directly to arena with team officials and not-competing athletes
- Walk (~20minutes) for coaches from pre-start to arena

Bus nr.	Runner start time	Bus start time
1.	10:00-10:15 +coaches	08:00
2.	10:16-10:30 +coaches	08:10
3	10:31-10:55 only athletes	08:20
4.	10:56-11:19 only athletes	08:40
5.	11:20 -11:45 only athletes	09:00
6. This bus drives directly to arena	non-competing athletes and officials	09:05 (or when every coach has entered the bus)





# Bibs and punching

- **emiTags** are used for punching
  - 2 emiTags per runner (similar to Sprint relay)
  - On Tuesday there were technical problems with punching units, they are changed
  - Every control has a watchman tomorrow:
    - If your chip didn't flash, put your hand on the control. Then punching is accepted without flash
- Punching is "TouchFree", the LED light in the emiTag is blinking 5 seconds after punching
- The emiTags are cleared and checked at the call-up
- **Remember to bring your emiTags to quarantine**
- **Bibs** are available at **pre-start before call-up**
- Bibs must be worn visible in their entirety
- Safety-pins are available for the bibs



# Quarantine (latest before the last bus)

- The quarantine **starts at Event Center** in the inside arena – no shoes inside!
- You must have sock in quarantine (EC)
- Quarantine continues in bus transportation and in pre-start area.
- **All competitors and team officials going to start must check-in in the quarantine at EC before the first start in the competition**
- Runners must bring **accreditation card, emiTags, vest for GPS**
- The use of mobile phones, computers or any other communication devices inside the quarantine is strictly forbidden! Also maps are forbidden!
- Phones must be in the bag and turned off!
- Toilets and drinking water available in the quarantine and in pre-start





# Pre-start and warm-up

- Entering to pre-start is allowed only from buses
- At pre-start you check-in once more.
- There is water to drink
- There are toilets and first aid
- Area for warm-up



# GPS tracking and vests

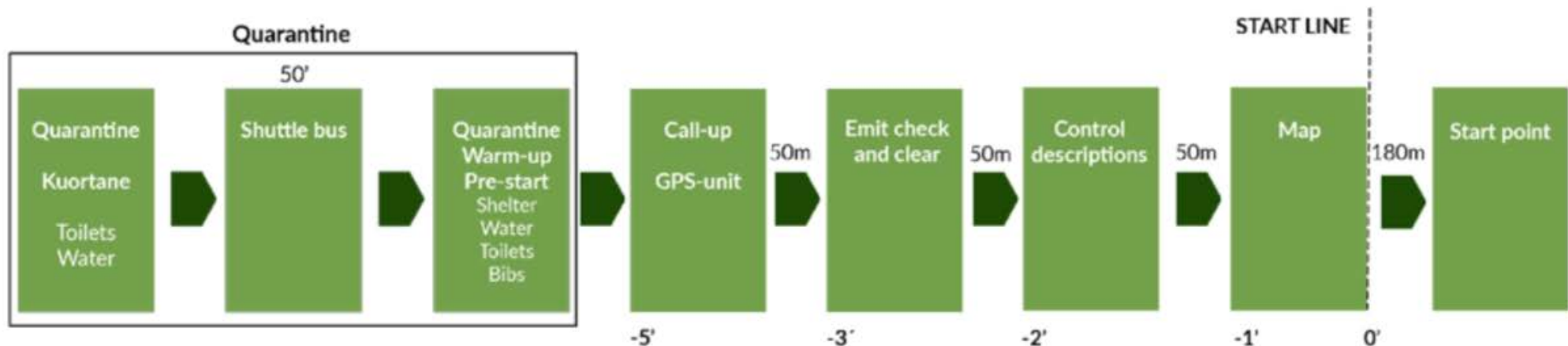
- Remember to bring your GPS vest to the quarantine
- GPS devices will be installed by organizer at the prestart after call-up
- Devices will be removed by organizer after finish



# Start procedure

- The competitor's start time is called up at the pre-start. It is the competitor's responsibility to watch out for his/her start time.
- The competitor's map is placed face down on a table at the start line. One official releases the competitor by taking his/her hand off the competitor's shoulder.
- A starting gate is used for time keeping. Time counting starts when runner opens the gate.
- Mens starting is every minutes (xx:00) and womens have half minute over (xx:30)

## START PROCEDURE/ Sprint Distance





# Control description

- Loose control descriptions will be handed out to runners at -2 minutes in the start proper
  - Also printed on the map
- Descriptions have 6 mm wide boxes.
- Size for men is 60 x 170 mm and women is 60 x 160 mm



# Terrain & Map

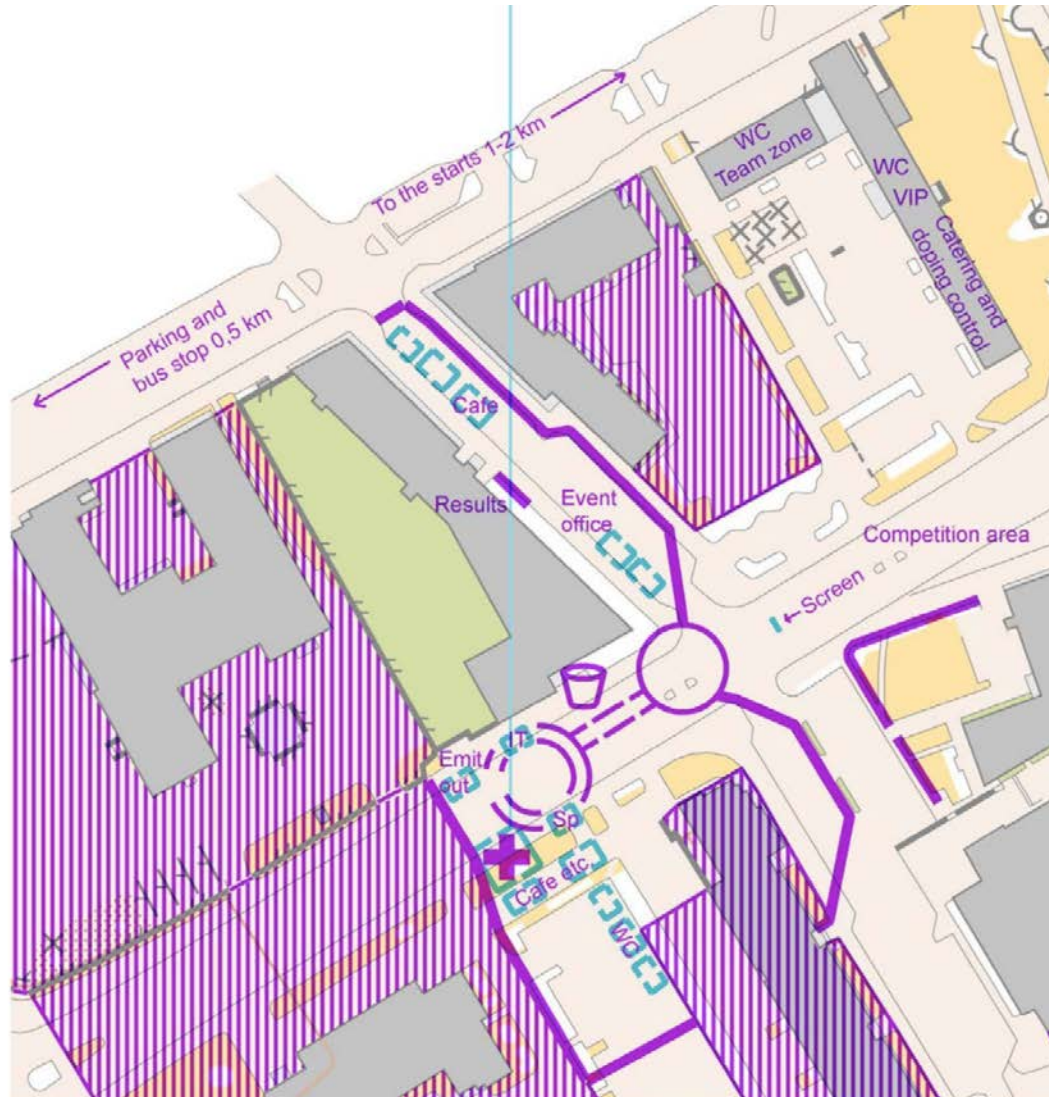
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<b>Land form</b>	80-90 m asl. Flat area
<b>Vegetation</b>	Parks and urban area.
<b>Runability</b>	Excellent (Urban area, 20 % park)
<b>Visibility</b>	Excellent
<b>Paths and roads</b>	Urban area and some developed paths
<b>Warm-up map</b>	<b>No</b>
<b>Map</b>	1:4000 contour intervals 2 m, ISSOM2017, size 297x210mm

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# Sprint Arena

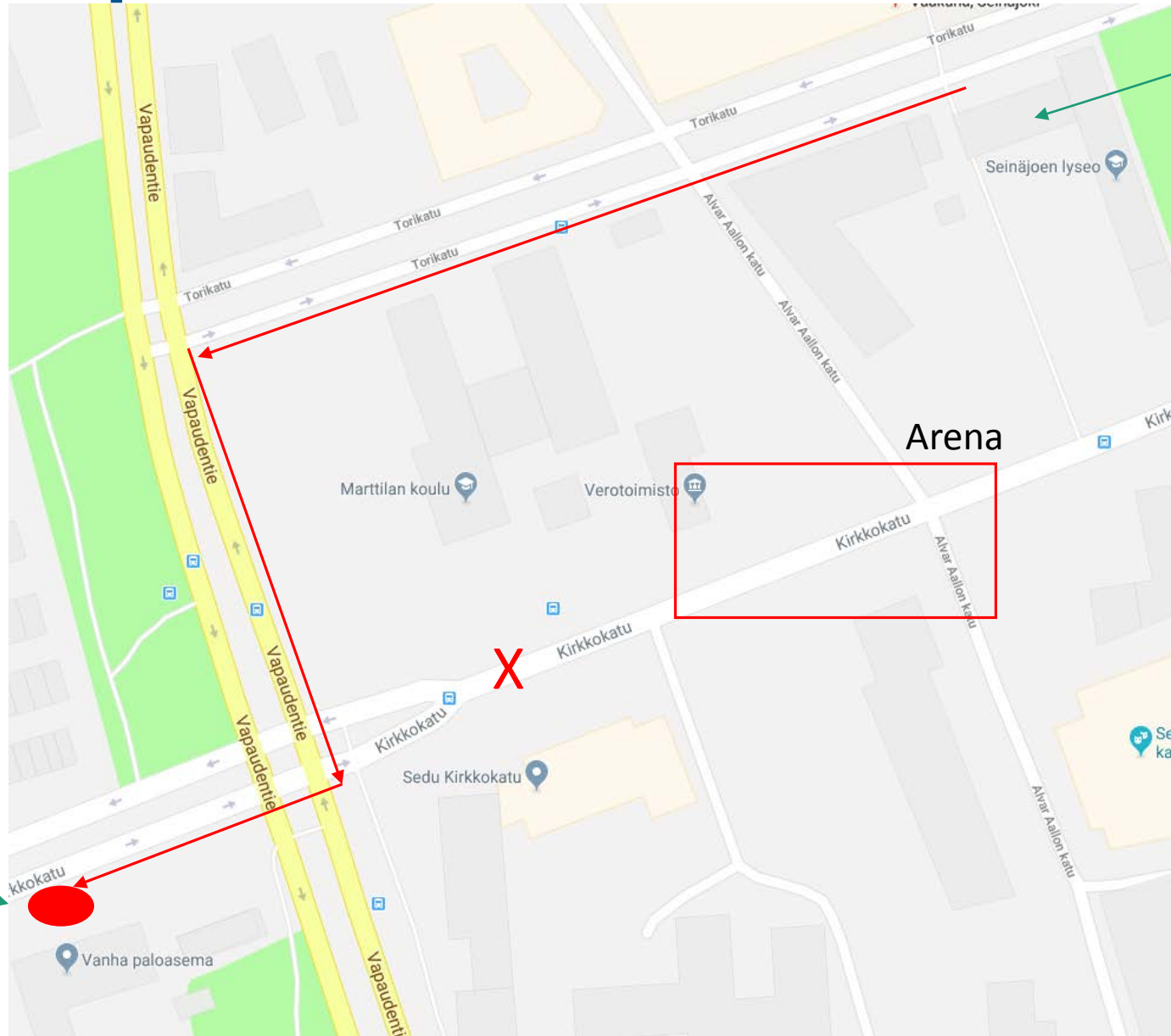


- The bags from pre-start are moved to team zone by organizer.
- Team zone is inside building
- Cool-down in appointed area
- All runners are to stay in the arena until organizer (speaker) announce
- Buses back to EC are leaving after flowering ceremony
- No free parking near the Sprint Arena
- Distance from arena to bus stop is 500 m. There is guiding to bus stop





# Bus transportation back to Kuortane



Team Zone

Arena

Buses



# Weather forecast

- Very warm weather +28 °C
- There is drinking water available
- Please remember to drink enough

Time	Weather Icon	Temperature	Wind	Humidity	Conditions
10:00		+25°	← 2 m/s	49%	Mostly clear Feels Like: +24° Precip chance: 2%
11:00		+26°	← 3 m/s	43%	Mostly clear Feels Like: +24° Precip chance: 2%
12:00		+27°	← 3 m/s	37%	Partly cloudy Feels Like: +25° Precip chance: 2%
13:00		+28°	← 3 m/s	35%	Partly cloudy Feels Like: +26° Precip chance: 2%
14:00		+28°	← 3 m/s	34%	Partly cloudy Feels Like: +26° Precip chance: 2%
15:00		+28°	← 2 m/s	34%	Cloudy Feels Like: +26° Precip chance: 2%



# Timetable for Thursday 19<sup>th</sup> July

Time	
07:00-10:00	Breakfast
07:30	Quarantine at Event Center opens
08:00	First bus start from Event Center to pre-start
09:00	Bus to arena for non-competing athletes and team officials
09:00	Last bus start from Event Center to pre-start
10:00	The first start (Men 10:00:00, Women 10:00:30)
12:45-13:15	Flower ceremony in Seinäjoki
13:45	Buses back to Event Center
19:00-20:00	Team officials Meeting for Long Distance
20:00-20:30	Prize giving ceremony for Sprint



# Things to remember

- **No spikes or studs allowed**
- Finish time from crossing finish line
- Bring to quarantine:
  - Accreditation card
  - GPS vest
  - emiTags



**Good luck for everyone !**