



WUOC 2018

Team Officials' Meeting

Thursday 19.7.2018

TOM for Long Distance Kuortane



General agenda

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



About today

- Congratulations to medalist of sprint:
 - New Zealand, Norway and Australia
 - Hungary, Switzerland and Poland



General questions

- If Officials or competitors have something to ask, please enter in advance your question to email ask.wuoc2018@gmail.com
- Q1: Is it possible to have breakfast from 06:30 instead of 07:00 for the early starter?
A1: Breakfast will be available at 6:45
- Q2:
- A2:



Long Distance July 20th



Agenda for Long Distance

- Schedule for Transportation
- Quarantine
- Bibs and punching
- Start procedure
- GPS tracking and vests
- Control description
- Terrain & Map
- Additional information
- Forking
- Arena
- Weather forecast
- Extra water and cooling
- Timetable for Friday
- Things to remember



Schedule for Transportation

- Buses departure from the EC quarantine
- Travel time to pre-start area is ~30minutes
- One bus goes directly to arena with team officials and not-competing athletes
- Bus transportation for coaches from pre-start to the Arena at 10:00, 11:00, 12:00, 13:15 (last one)

Bus nr.	Runner start time	Bus start time
1.	09:31-09:59 Men +coaches	08:00
2.	10:01-10:29 Men, 10:00-10:30 Women	08:30
3	10:31-10:59 Men, 10:32-11:00 Women	09:00
4.	11:01-11:31 Men, 11:02-11:32 Women	09:30
5.	11:33-12:01 Men, 11:34-11:58 Women	10:00
6. This bus drives directly to arena	non-competing athletes and officials	10:00
7.	12:03-12:29 Men, 12:00-12:30 Women	10:30
8.	12:31-13:01 Men, 12:32-> Women	11:00



Quarantine (latest at 9:30)

- The quarantine **starts at Event Center** in the inside arena – socks inside!
- Quarantine opens 07:30
- 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 09:31**
- Runners must bring **accreditation card, Emit Card, vest for GPS**
- The use of mobile phones, computers or any other communication devices inside the quarantine is strictly forbidden! Phones must be in bag and turned off. Also maps are forbidden!
- 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
- There is water to drink
- There are toilets and first aid
- Shelter
- **Map for warm-up at pre-start.** It is not allowed to cross the forbidden-area stripe.



Bibs and punching

- **Emit card is** used for punching
- **Remember to bring your Emit card to quarantine**
- The Emit cards are cleared and checked at -3 minutes to start (after call-up)

- **Bibs are available at pre-start before call-up**
- Bibs must be worn visible in their entirety
- Safety-pins are available for the bibs



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



Control description

- Loose control descriptions will be handed out to runners at -2 minutes before start time
 - Only loose descriptions!
- Runners with odd starting number have M-1/W-1 description and runners with even starting number have M-2/W-2 description
- Descriptions have 6 mm wide boxes.
- Maximum size is 160x60mm



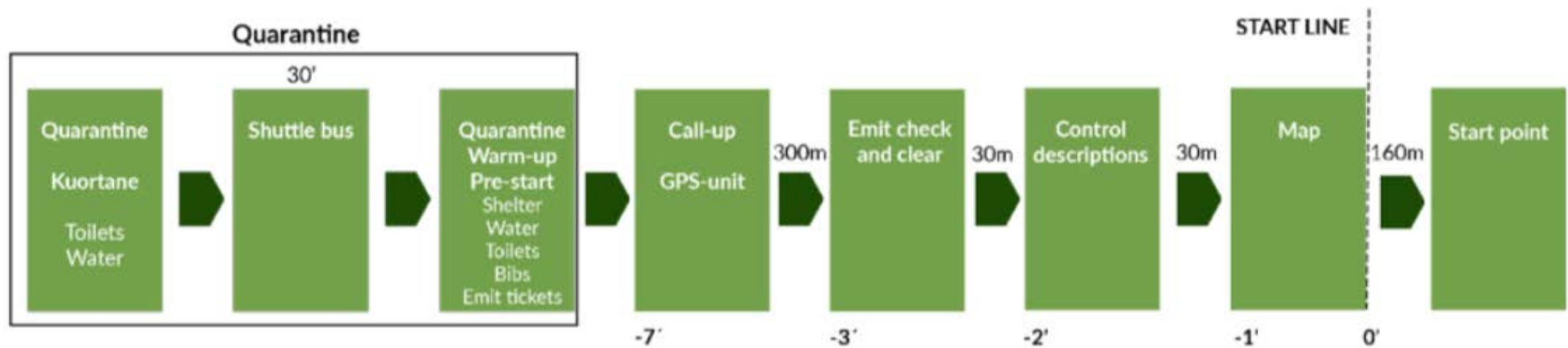
O tar-burning pit



Start procedure

- The competitor's start time is called up at the pre-start (-7minutes). 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.

START PROCEDURE/ Long Distance





Terrain & Map

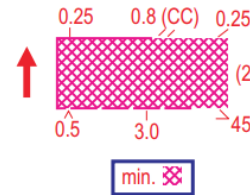
Land form	120-160 m asl. Gentle hills up to 40m. Some specific features (tar-burning pits, ant nests). Some areas with many stones.
Vegetation	Mostly pine and fir forest. Undergrowth in many places. Some green areas and marsh.
Runability	From good to difficult
Visibility	From very good to limited
Paths and roads	Developed network of some paths and forest roads
Warm-up map	Yes. Available at pre-start area.
Map	1:15 000, contour interval 2,5m; ISOM2017, size A3
Map change	There is a map change. When reaching the last control of part 1, turn over the map and continue with part 2



Questions (2)

Bulletin page 36 „Obligatory road passage“. The road is marked as out-of-bound route (ISOM 2017, symbol 709).

- **Q3:** Symbol 709 is NOT Out-of bounds route. It should be 711. Which symbol is used for the road?
- **A3:** Symbol 709
- **Q4:** Is it allowed to run alongside the road?
- **A4:** No



709 Out-of-bounds area

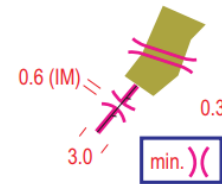
An out-of-bounds area. A bounding line may be drawn if there is no natural boundary, as follows:

- a solid line indicates that the boundary is marked continuously (tapes, etc.) in the terrain,
- a dashed line indicates intermittent marking in the terrain,
- no line indicates no marking in the terrain.

An out-of-bounds area shall not be entered.

Minimum area: 2 mm x 2 mm (footprint 30 m x 30 m).

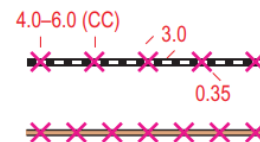
Colour: purple (29%).



710 Crossing point

A crossing point, for instance through or over a wall or fence, across a road or railway, through a tunnel or out-of-bounds area, or over an uncrossable boundary is drawn on the map with two lines curving outwards. The lines shall reflect the length of the crossing.

Colour: purple.



711 Out-of-bounds route

A route which is out-of-bounds. Competitors are allowed to cross directly over a forbidden route, but it is forbidden to go along it.

An out-of-bounds route shall not be used.

Minimum length: 2 symbols (6 mm – footprint 90 m)

Colour: purple.



Additional information

- There is **one obligatory road passage in both classes.**
- There is only one crossing point and it is **marked on the map** and guarded in the terrain by organizers. You can only cross the road, but it's forbidden to run in the direction of the road. Buses to pre-start are driving on the road. Crossing point can be seen from buses after 20 minutes bus start from quarantine.
- **Everyone must use the marked road passage!**
- Refreshment points are placed on the road and marked on the map. For men at ~30% and ~70% of the course. For women at ~40% and ~50% of the course
- **Additional water at passage road, men at ~90 % and women at ~85%. This is not on the map!**
- Forbidden areas:
 - Olive-green areas are private properties = forbidden
 - There are out of bounds areas on map (ISOM symbol 709) ->
 - Forbidden forest areas (planted forest) are also marked in the terrain
 - Forbidden fields are not marked in the terrain



Forbidden area on field



Additional refreshments

- Water sponges available at 1st and 2nd water point



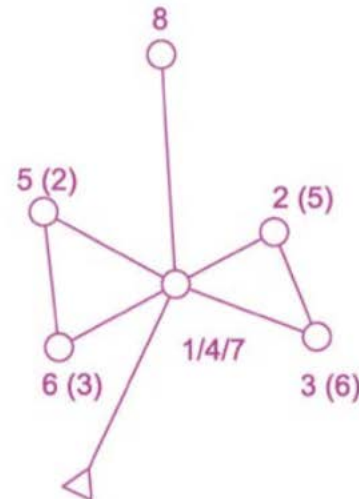


Forking

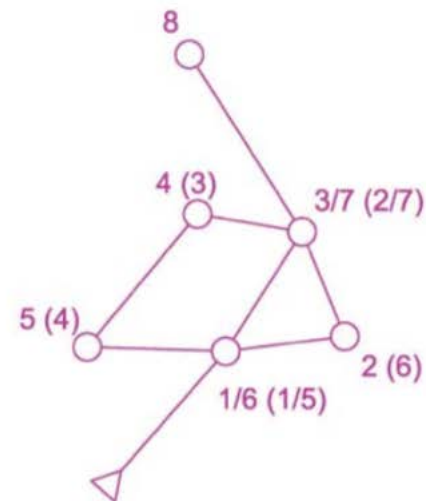
- Forking for both men and women
- Competitors must run forking controls in given order
- Men have Phi-loop forking and Women have Butterfly forking (see below)

Examples of forkings

Butterfly forking

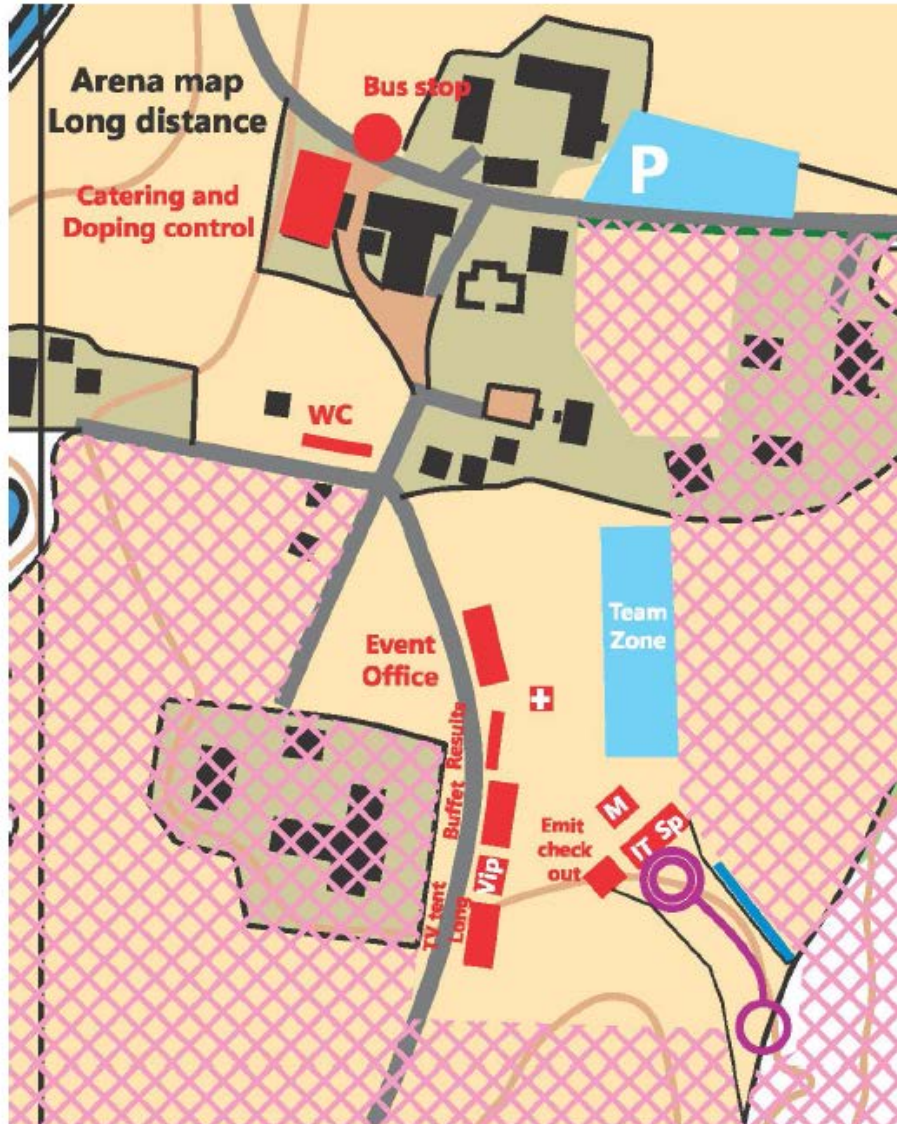


Phi-loop forking





Long Distance Arena



- The bags from pre-start are moved to team zone by organizer.
- Cool-down is possible inside the arena or on the road to west or north-west but NOT east
- It is possible to set up own tents in arena
- All runners are to stay in the arena until organizer (speaker) announce
- Buses back to EC are leaving after flowering ceremony 15:45-15:55



Weather forecast

- Warm weather > +25 °C
- There is drinking water available
- Please remember to drink enough

07:00		+17°	← 2 m/s	Mostly clear Feels Like: +16° Precip chance: 2% Humidity: 74%
08:00		+20°	← 2 m/s	Partly cloudy Feels Like: +19° Precip chance: 2% Humidity: 69%
09:00		+22°	← 2 m/s	Partly cloudy Feels Like: +22° Precip chance: 2% Humidity: 63%
10:00		+24°	← 2 m/s	Partly cloudy Feels Like: +23° Precip chance: 2% Humidity: 53%
11:00		+26°	← 3 m/s	Cloudy Feels Like: +25° Precip chance: 2% Humidity: 45%
12:00		+27°	← 3 m/s	Cloudy Feels Like: +25° Precip chance: 2% Humidity: 38%
13:00		+27°	← 3 m/s	Cloudy Feels Like: +25° Precip chance: 3% Humidity: 35%
14:00		+27°	← 2 m/s	Cloudy Feels Like: +25° Precip chance: 4% Humidity: 35%
15:00		+27°	↖ 2 m/s	Cloudy Feels Like: +25° Precip chance: 5% Humidity: 36%
16:00		+27°	↖ 2 m/s	Cloudy Feels Like: +25° Precip chance: 7% Humidity: 38%
17:00		+27°	↖ 1 m/s	Cloudy Feels Like: +25° Precip chance: 9%



Timetable for Friday 20th July

Time	
06:45-10:00	Breakfast
07:30	Quarantine at Event Center opens
08:00	First bus start from Event Center to pre-start
09:31	The first start of Long Distance
10:00	Bus to arena for non-competing athletes and team officials
11:00	Last bus start from Event Center to pre-start
15:15-15:45	Flower ceremony at arena
15:45	Deadline for final entries for Relay at arena
15:45-15:55	Buses back to Event Center
17:00-18:00	Team officials Meeting for Relay
20:00-20:30	Prize giving ceremony for Long Distance



Comination teams for relay

- Combine team and entry form before 15:45
- Starting time is same
- Results are unofficial



Things to remember

- Forking in both classes
- Map-change
- Obligatory road passage

- Bring to quarantine:
 - Accreditation card
 - GPS vest
 - Emit card



Good luck for everyone !