



WUOC 2018

Team Officials' Meeting

Tuesday 17.7.2018

TOM for Middle Distance in Lapua



General agenda

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

About today

- Congratulations to Switzerland





General questions

- If Officials or competitors have something to ask, please enter in advance your question to email ask.wuoc2018@gmail.com
- Q1: Some one has asking name list of coaches?
- A1: There is list where everyone can add his/her name
- Q2:
- A2:



Middle Distance July 18th

Presentation for Middle Distance

- Harri Pajula, Course Setter
- Arto Puro-aho, Course Controller





Agenda for Middle Distance

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



Bibs and punching

- Emit cards are used for punching
 - Each runner must compete with his/her assigned card
- Remember to bring your Emit card
- The light-diode in the card is blinking 5 seconds after punching
- **Bibs and Emit check tickets** are available **at pre-start before call-up**
- Bibs must be worn visible in their entirety
- Safety-pins are available for the bibs
- It is possible to check the functioning of the Emit card at the pre-start



Quarantine

- The quarantine **starts at Event Center** in the inside arena – no shoes inside!
- 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, Emit card, vest for GPS**
- The use of mobile phones, computers or any other communication devices inside the quarantine is strictly forbidden! Also maps are forbidden!
- Toilets and drinking water available in the quarantine and in pre-start



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
- The bus from pre-start to arena for coaches, the last bus at 13:30 (earlier buses – please contact organizer)

Bus nr.	Runner start time	Bus start time
1.	10:00-10:35	07:45
2.	10:36-11:12	08:15
3	11:13-11:59 only athletes	09:00
4. This bus drives directly to arena	ONLY non-competing athletes and officials	09:15
5	12:00-12:30 only athletes + coaches if there is space	10:00
6	12:30-13:00 only athletes + coaches if there is space	10:30
7	13:01-13:30 only athletes + coaches if there is space	11:00



Pre-start and warm-up

- Entering to pre-start is allowed only from buses
- At pre-start you check-in once more.
- Walking through the building to yard to warm-up
- There is water to drink
- There is toilets and first aid on the yard
- Packs from pre-start will be available at finish when runner arrives



GPS tracking and vests

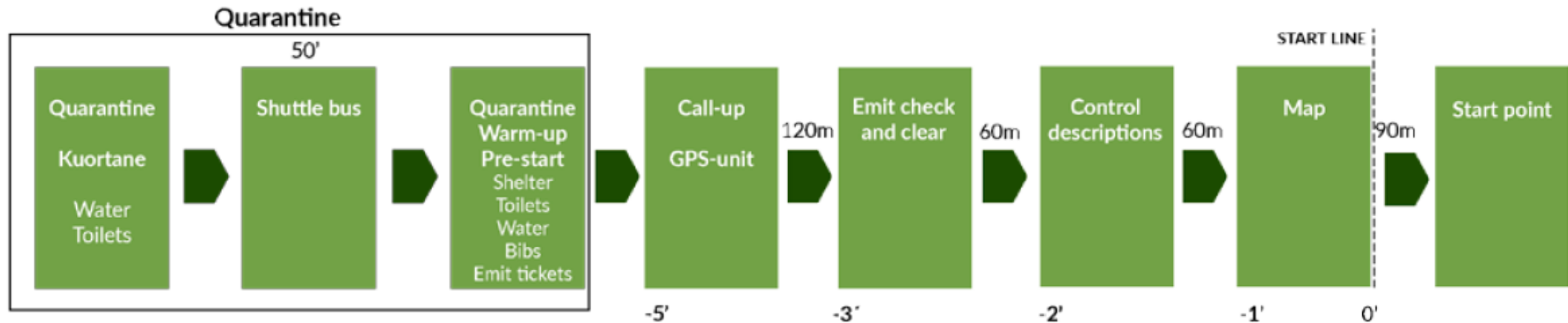
- Remember to bring your GPS vest to the quarantine
- GPS devices will be installed by organizer at the prestart after call-up
- Devices will be removed by organizer after finish



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.

START PROCEDURE/ Middle Distance





Control description

- Loose control descriptions will be handed out to runners at -2 minutes in the start proper
- Descriptions have 6 mm wide boxes.
- Size for men is 65 x 140 mm and women is 65 x 135 mm
- There will be extra water on control in the forest. Control number is published on start.

Last control of the competition is marked with black cross on the map.



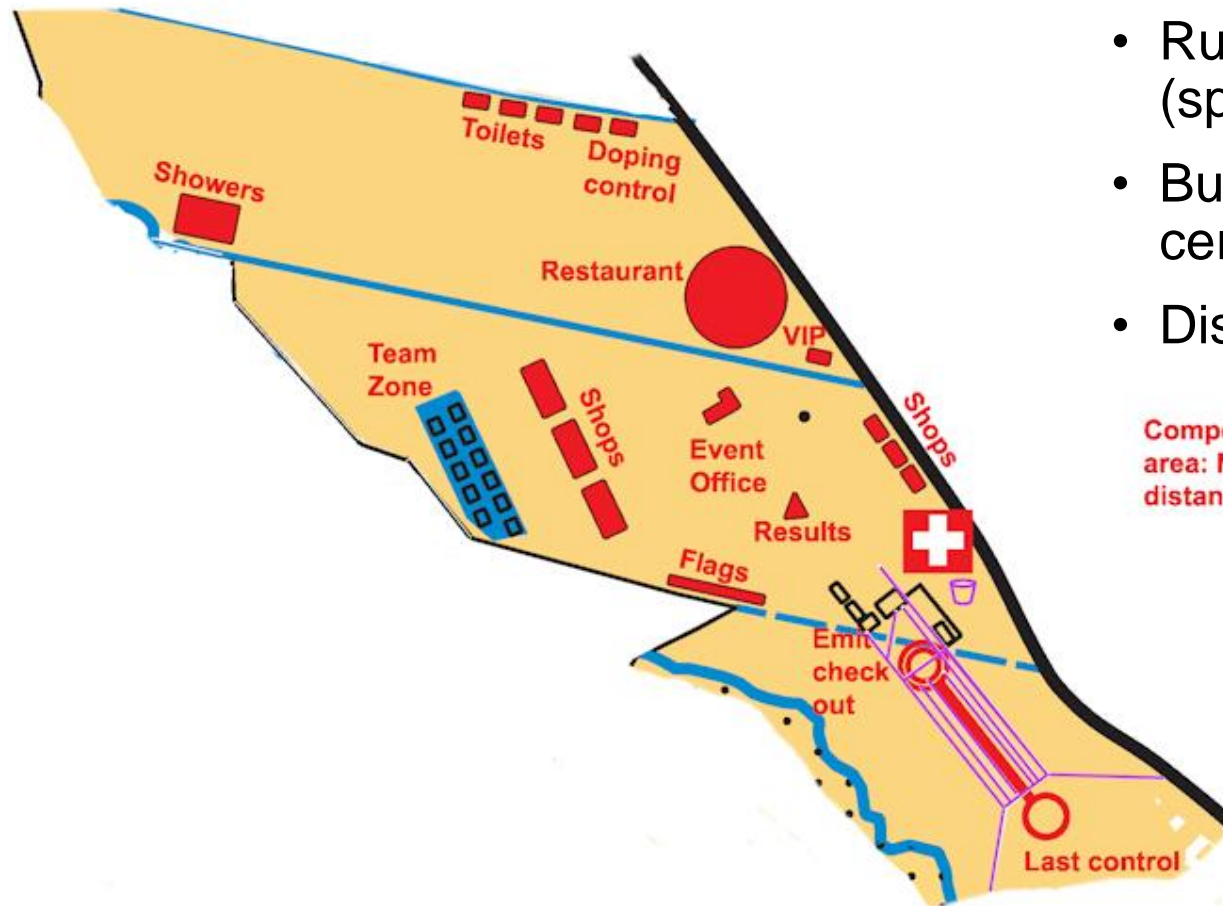


Terrain & Map

Land form	50-90 m asl. Mainly quite a flat terrain. Some gentle hills up to 30 meters.
Vegetation	Mostly old forest with undergrowth. Just some small green parts. Only a few harvested areas. Some swamps also.
Runability	Ranging from very good to good.
Visibility	Mostly very good.
Paths and roads	Developed network of paths.
Warm-up map	No
Map	1:10.000, contour intervals 2,5 m, ISOM2017, size a4



Middle Distance Arena



- The bags from pre-start are moved to team zone by organizer.
- Runner have to Arena until organizer (speaker) announce
- Buses are leaving after flowering ceremony
- Distance to bus stop is ~1,0 km

Competition area: Middle distance 18.7.



Weather forecast

- Very warm weather +30 °C
- There is drinking water available
- Please remember to drink enough

10:00		+26°	 3 m/s	Clear Feels Like: +25° Precip chance: 2% Humidity: 49%
11:00		+28°	 3 m/s	Clear Feels Like: +26° Precip chance: 2% Humidity: 44%
12:00		+29°	 4 m/s	Clear Feels Like: +27° Precip chance: 2% Humidity: 37%
13:00		+29°	 4 m/s	Clear Feels Like: +26° Precip chance: 2% Humidity: 33%
14:00		+29°	 3 m/s	Clear Feels Like: +26° Precip chance: 2% Humidity: 32%
15:00		+30°	 3 m/s	Clear Feels Like: +27° Precip chance: 2% Humidity: 29%
16:00		+30°	 4 m/s	Clear Feels Like: +27° Precip chance: 2% Humidity: 28%
17:00		+30°	 4 m/s	Clear Feels Like: +27° Precip chance: 2% Humidity: 28%



Timetable for Wednesday 18th July

Time	
06:30-10:00	Breakfast
07:15	Quarantine at Event Center opens
07:45	First bus start from Event Center to pre-start
09:15	Bus to arena for non-competing athletes and team officials
11:00	Last bus start from Event Center to pre-start
10:00	The first start (Men 10:00, Women 10:01)
14:15-14:45	Flower ceremony in Lapua
14:15-15:45	VIP and coaches orienteering Lapua
14:45	Buses back to Event Center
16:00	The last bus back to Event Center
19:00-20:00	Team officials Meeting for Sprint distance
20:00-20:30	Prize giving ceremonies for Sprint Relay & Middle Distance



Things to remember

- **Arrive at quarantine in Event Center at latest 10:00 a.m.**
- Bring to quarantine:
 - Accreditation card
 - GPS vest
 - Emit card



Good luck for everyone !