

Team officials meeting

LONG DISTANCE

Friday, 30 September



Roll-call



Austria



Czech Republic



Denmark



Estonia



Finland



France



Germany



Great Britain



Italy



Japan



Latvia



Lithuania



Portugal



Romania



Russian Federation



Spain



Sweden



Switzerland



Ukraine

Organizers

IOF - International orienteering federation

LOSF - Lithuanian orienteering federation

Kaunas Municipality

MTBO Renginiai

Event director: Roma Puišienė

Competitions director: Devis Žilovas

Deputy event director: Jurgis Rubaževičius

Event secretary: Mindaugas Kavaliauskas

Maps: Darius Kalvaitis, Remigijus Sereika, Egidijus Kukenys, Saulius Kireilis

Course planners: Darius Kalvaitis (Long and Middle), Ramunė Arlauskienė (Sprint)

Course setter: Vitalijus Paulauskas

IT, timekeeping : Tadas Kazlauskas, Danielius Pralgauskis and Vilius Skučas

Arenas: Algirdas Pikturna

Media: Donatas Lazauskas, Jogvilė Sušinskaitė

Event Office: Lina Balčiūnaitė

Controlling and Jury

- Advisers
 - IOF Senior Event Adviser: Ludomir Parfianowicz (POL)
 - National Controller: Remigijus Masilionis (LTU)
- JURY members
 - Sandor Talas (HUN)
 - Mark Stodgell (GBR)
 - Nermin Fenmen (TUR)

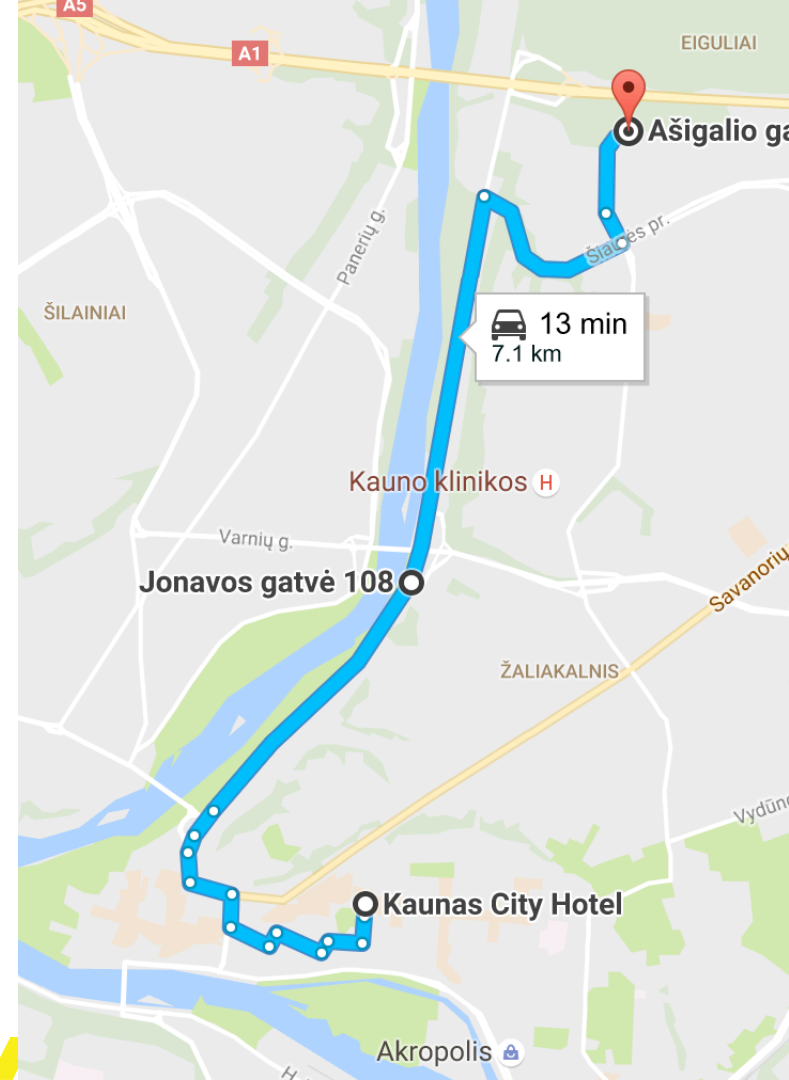
LONG distance – Time schedule

9:00 - 18:00	Office opening hours (at the competition arena)
19:30 - 21:00	Office opening hours (at the event centre - EC)
12:00	Deadline for final entries - Middle distance (EC)
19:30 - 20:30	Team leaders meeting at the EC

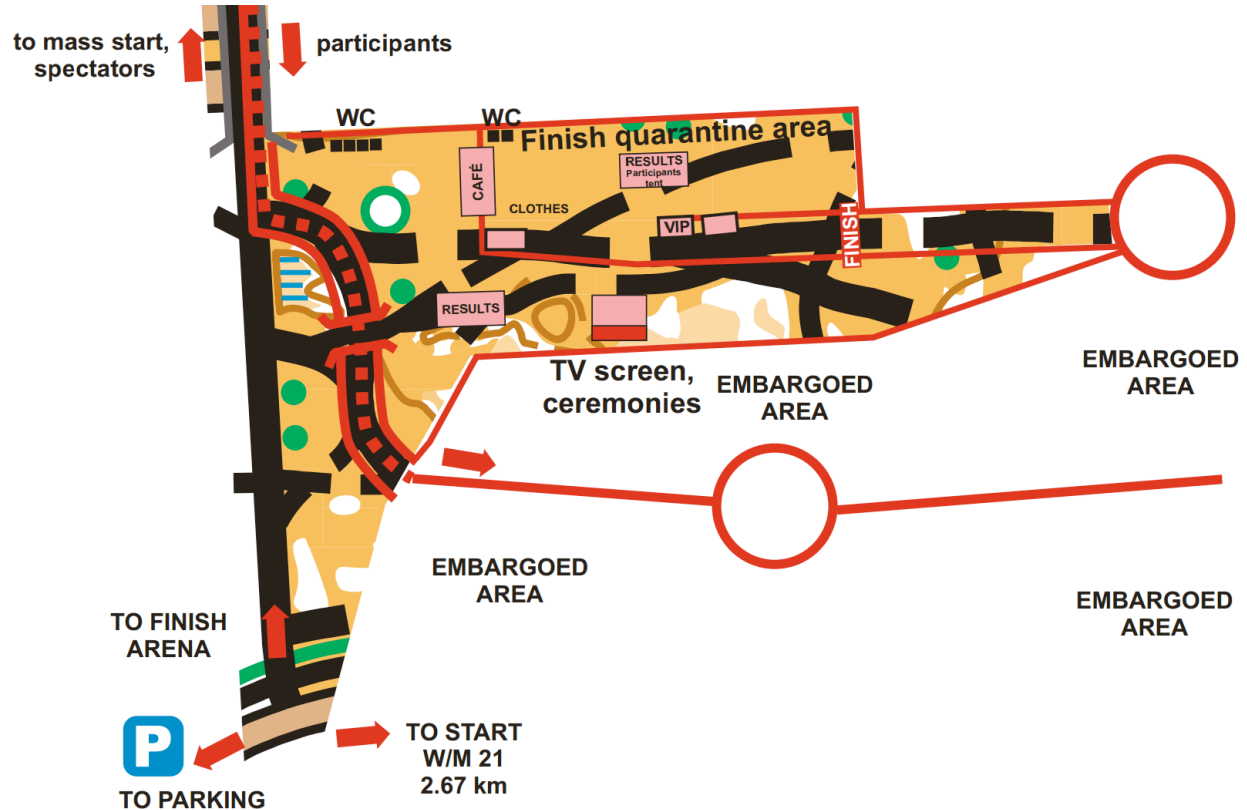
9:30	Start of Masters classes (mass start)
9:35	Finish quarantine activated
10:30	Start quarantine (Elite) opens
11:30	Start of Elite classes (individual start)
14:00	Last entry into the Start quarantine zone
14:00	Finish quarantine ends
17:45	Prize giving ceremony at EC

LONG distance - Logistics

- Distance from Event center to Long competition arena is 7.1 km by car on shown route (fastest)
- No special parking area, cars should be parked along Ašigalio street.



LONG distance - Finish arena

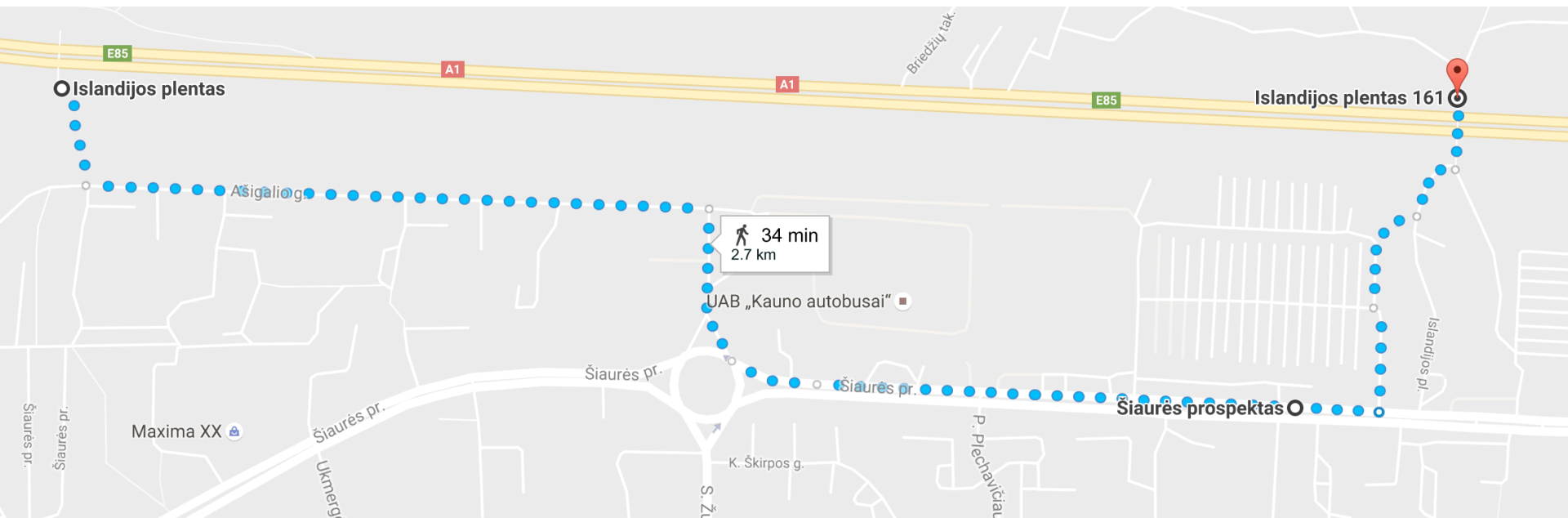


LONG distance – Finish quarantine

- Opens 9:35 - end of quarantine - 14:00
- Facilities (within finish quarantine)
 - WC, Showers
 - Dressing tents
 - Clothes from the start
 - Catering (hot food and drinks)
 - Tents with tables and benches
 - Live results and GPS tracking screens
- NO COMMUNICATION EQUIPMENT WITHIN QUARANTINE

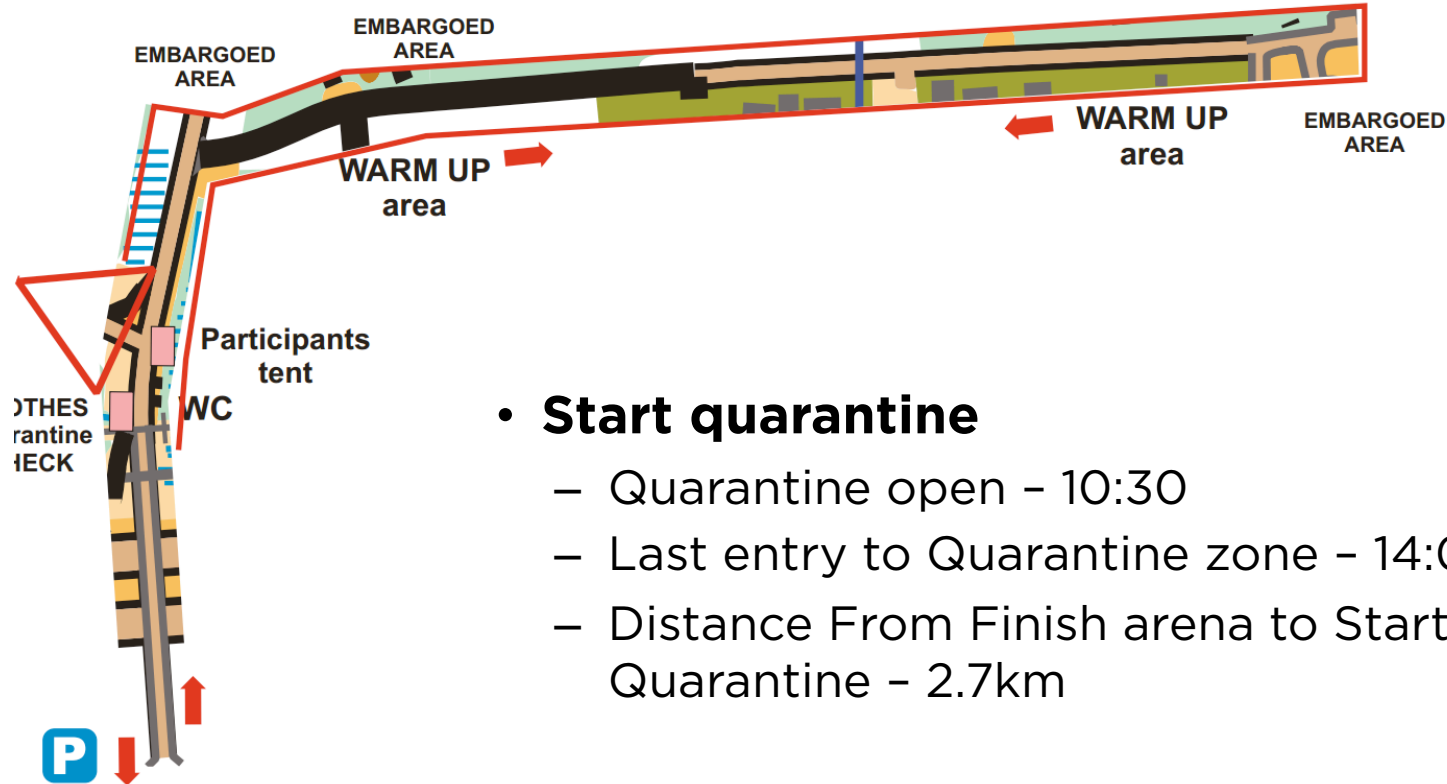
Those not fishing the distance should mandatory come to the finish quarantine

LONG distance – Route to Start Quarantine



- The route will be marked by yellow arrows

LONG distance – Start Quarantine zone



- **Start quarantine**

- Quarantine open – 10:30
- Last entry to Quarantine zone – 14:00
- Distance From Finish arena to Start Quarantine – 2.7km

LONG distance – Start Quarantine zone

- Quarantine opens – 10:30
- Last entry to the quarantine zone – 14:00
- There will be a punching control in entry of a quarantine zone. Quarantine facilities - toilets, tents.
- WarmUp – along gravel/asphalt road (Road will be closed for traffic).
- Path from the quarantine to the start will be marked by ribbons.
- Distance from quarantine to the start – 0 meters
- Clothes from start quarantine will be brought to the finish quarantine, marked by competitor's number
- GPS units will be distributed in a quarantine zone. List of athletes, that will be riding with a GPS, will be distributed to teams with a start lists (50 units for men and 35 for women).

LONG distance – courses, maps

LONG	Length, km (optimal route)	Number of CP	Climb, m	Estimated winning time
WE	35,6	30	320	110
ME	42,9	43	450	115

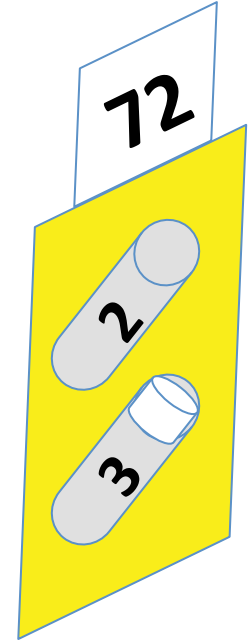
- Time limit: 230 minutes
- Map scale: 1:15000, contours 5m, waterproof synthetic paper
- Map size: A4 (21x30 cm) and A3 (42x30 cm)

LONG distance – courses, maps

- Refreshment during the race:
 - Water supply will be available at the refreshment point
 - Own drinks and refreshments will be delivered to the map exchange point, located roughly at 1/3 and 2/3 of the course.
 - Marked flasks as well as spare parts packages, indicating start number, shall be brought until 11.00 to the event office at the competition arena.

LONG distance – courses, maps

- Both groups will have 3 maps and will have to exchange map two times during the course.
- Both map exchanges are at the same location.
- There will be control point placed before the map exchange. Competitor punches control point and goes to the map exchange point following obligatory route marked by red stripes.
- For each competitor it is a set of two mapholders at map exchange point, marked by competitor's number above.
- First time changing the map, competitor should take the new map **ONLY** from the holder 2, coming 2nd time to the exchange competitor takes the new map from the holder 3. Referee will follow that only one map is taken at a time!



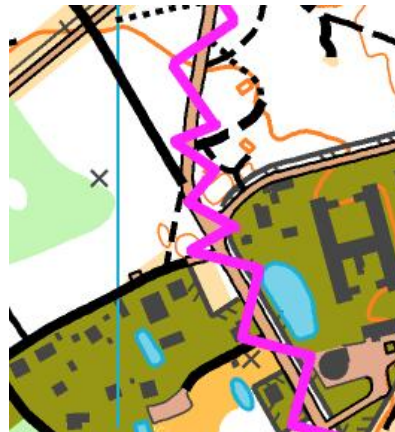
LONG distance - Terrain

- Terrain form: Mostly gently sloping with flat urban areas.
 - Vegetation: A mixture of park terrain, urban areas and forested areas (combination of pine and birch wood).
 - Speed: Most tracks are easy rideable
 - Visibility: Mostly good but reduced in some dense areas.
 - Paths&roads: Urban areas and forested areas with a dense network of paths
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- The terrain is city park type with a lot of fast but quite narrow paths also covers some urban territory. The competitors will have to cross some bigger roads used by locals – marshals will be regulating the traffic on most dangerous places, but riders should take full responsibility of safe riding. As this is a city park and the competition takes part on weekend it's used for recreational purposes – walks, biking, jogging etc. Please take care while riding especially when passing families with small kids and people with dogs!

LONG distance - Terrain

- Special attention
 - Traffic on public roads
 - Public on the park paths
 - Wild quadrocycles and enduro motobikes on some sandy roads
 - Some paths are very steep and could be dangerous, especially in the wet conditions
 - One tree removed (closest to the start)
 - Fenced territory - OK to enter, gates are marked
 - Forest is dry, expect good grip

LONG distance - Terrain



LONG distance – start procedure

Start interval: 3 minutes

- 3 minutes: Number check and SI clear
 - 2 minutes: SI number check and SI ON
 - 1 minutes: Athlete is allowed to collect the map and move to Start line.
It's competitor's responsibility to take the correct map
 - 0 minutes: Start from stationary position (one foot on the ground)
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- After the start the competitor has to follow a mandatory route (marked by red stripes) to the start point marked by a standard CP flag in the terrain.
 - A distance between corridors and start point will be announced in the start area.

LONG distance – Finish procedure

- There is contactless punching in the finish. When competitor goes over the finish line, time of the finish will be automatically written and SIAC Air function will be off. Then continue to SI reading.
- PUNCHING SYSTEM
 - Full long range SiAir contactless punching
 - All controls have at least 1.5 m punching radius
 - Successful punch indicated by audible signal and flashing red LED on SiAC chip
 - In case of SiAC failure, mechanical backup punches are on each CP
 - Finish gate has two 3 meter radius beacons, located on each side of the gate.

LONG distance – miscellaneous

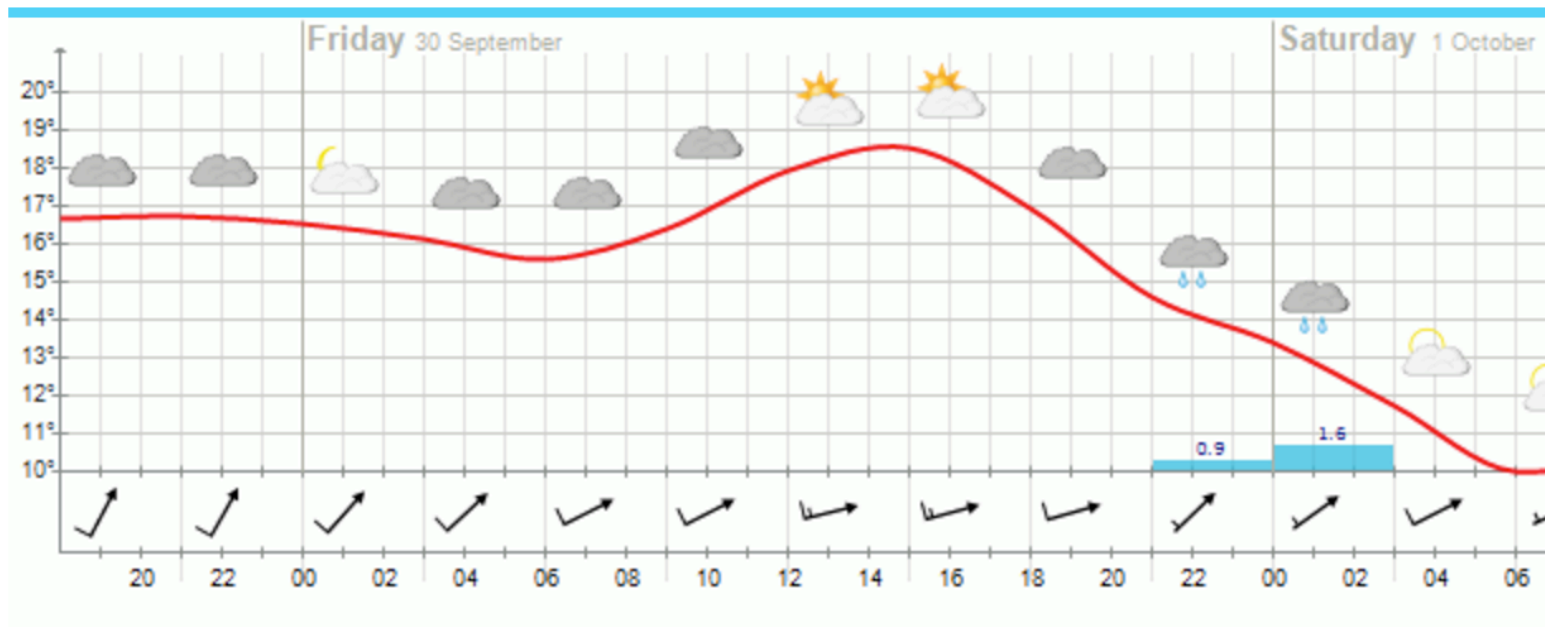
- Starting bibs
 - for each discipline competitors will receive separate start bib, that has to be placed in the front of the bike. No start without start bib allowed.
- Complaints
 - Time limit for complaints is 17:45. Complaints received after this limit will be considered if there are valid exceptional circumstances (described in the complaint). Any complaints shall be made in writing to the organizer – please contact event office at the competition centre.
- Antidoping
 - Call for a doping test may happen at any time.

LONG distance – miscellaneous

- Bike wash
 - Bike wash will be located close to showers..
- Radio controls
 - 3 radio control points will be located for each class
- Prize giving ceremony
 - Will be organized at the finish arena at 17:45. There will be medals for 3 top competitors and diplomas for 6 top competitors in each category. In line with IOFrules podium finishers are requested to dress in team uniforms.

LONG distance – weather forecast

Meteogram, next 48 hours



LONG distance

- Tomorrow Team Officials meeting starts at 19:30 same place.

THANK YOU!