

Team officials meeting

MIDDLE DISTANCE

Saturday, 1 October

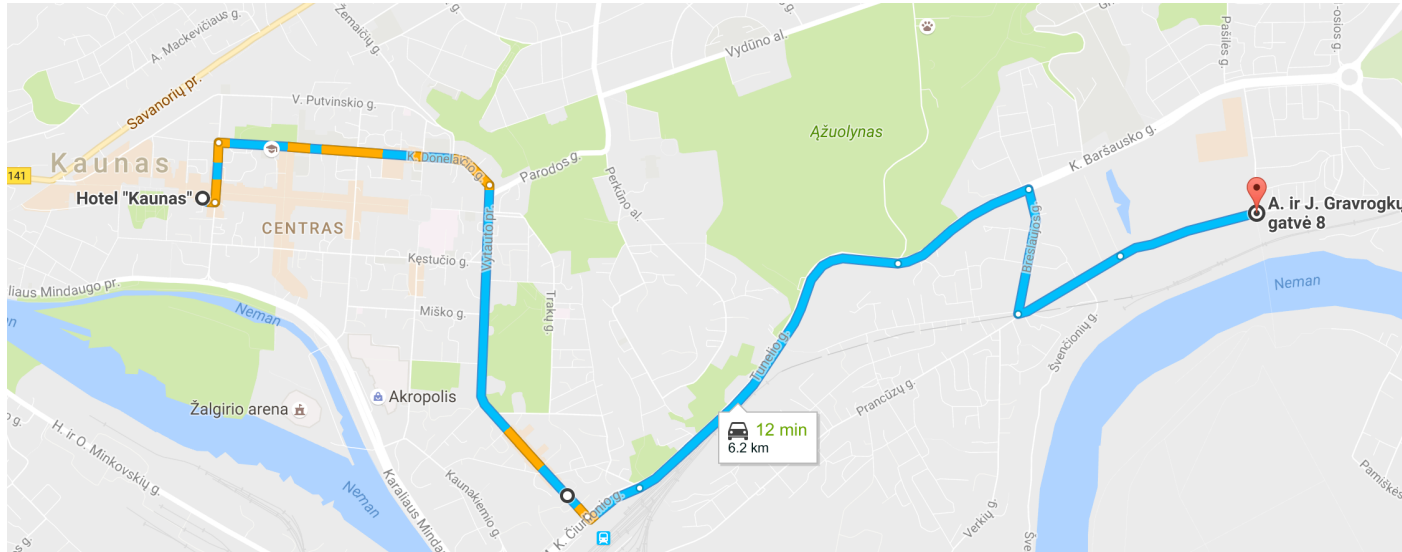


MIDDLE distance – Time schedule

9:00 - 17:00	Office opening hours (at the competition arena)
18:30 - 21:00	Office opening hours (at the event centre - EC)
- : -	No form submission for Sprint allocation. The final decision is to apply reverse start order by WCup standing for all athletes
18:30 – 19:30	Team leaders meeting at the EC
10:05	Finish quarantine activated
11:30	Start quarantine (Elite) opens
12:30	Start of Elite classes (individual start)
13:00	Last entry into the Start quarantine zone
13:15	Finish quarantine ends
17:00	Prize giving ceremony at (event centre)

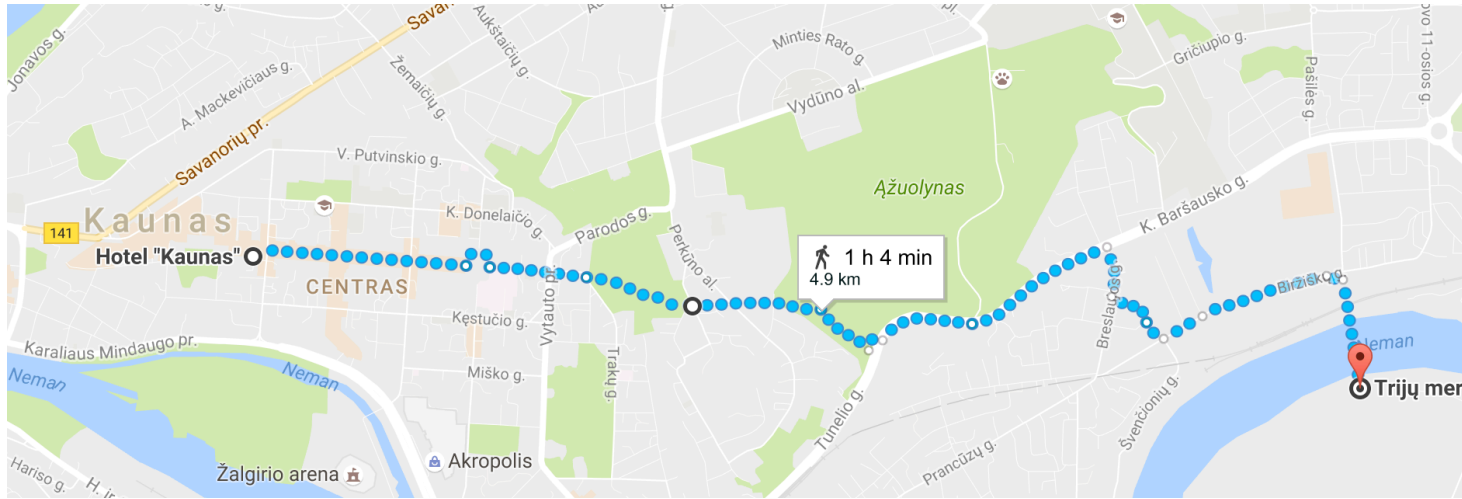
MIDDLE distance - Logistics

- Distance from Event center to Middle competition arena is 6.2 km by car.
 - No special parking area, cars should be parked along Riomerio street.
- Over



MIDDLE distance - Logistics

- Road suggestion by bike - 4.9 km

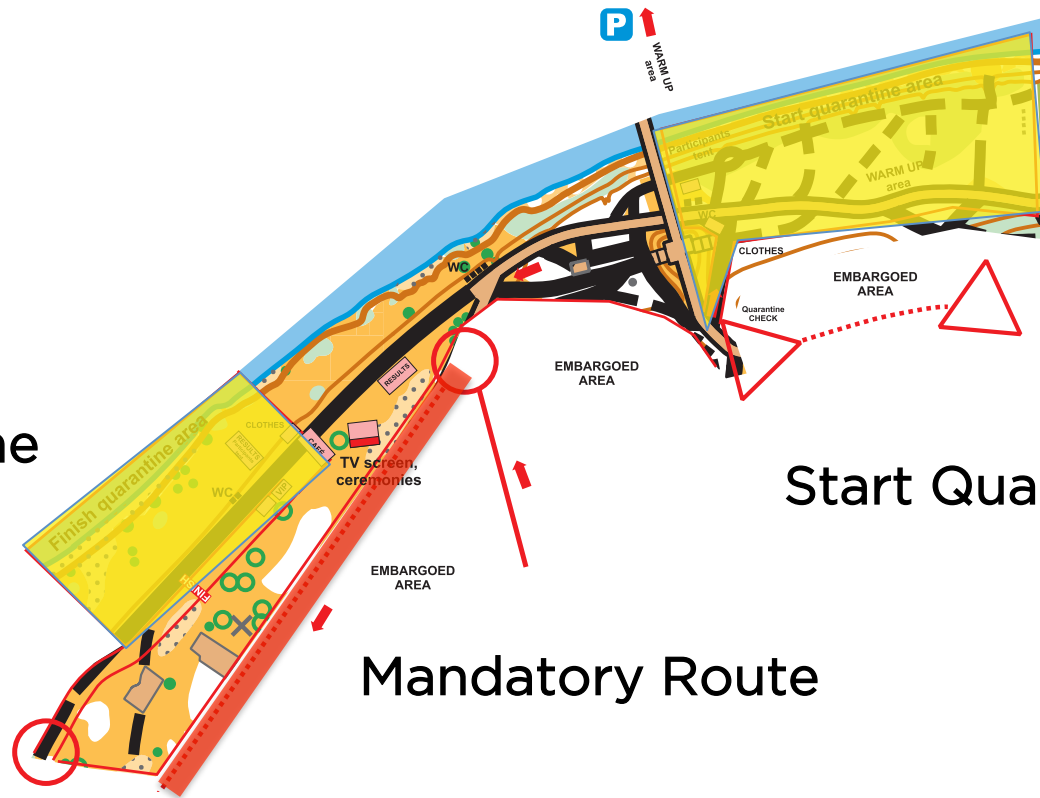


MIDDLE distance – Event arena

Finish Quarantine

Start Quarantine

Mandatory Route



MIDDLE distance – Start Quarantine zone

- Quarantine opens – 11:30
- **Last entry to the quarantine zone – 13:00**
- There will be a punching control in entry of a quarantine zone. Quarantine facilities - toilets, tents.
- WarmUp – Loop and tracks inside the quarantine (sand, asphalt, trail)
- Start is from the quarantine
- 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 the teams with the start lists (50 units for men and 35 for women).

MIDDLE distance – Finish Quarantine Zone

- Opens 10:05 - Ends - 13:15
- 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
- NO COMMUNICATION OVER THE FENCE

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

MIDDLE distance – Courses, maps

LONG	Length, km (optimal route)	Number of CP	Climb, m	Estimated winning time
WE	16,2	31	180	55
ME	19,1	37	230	55

- Time limit: 110 minutes
- Map scale: 1:10 000, **contours 2,5 m**, waterproof synthetic paper
- **Map size: 32 x 26 cm**
- **Distance to orienteering start - 100 m.**

MIDDLE distance – Courses, maps

- For both categories there is a spectator control and compulsory marked route next to finish quarantine.
- Men have a map exchange (turning-over). Athletes will receive one double-sided map at the start, both sides marked with category and the sequence number (1) or (2). Last control of the first map is marked with start symbol on a second map.

MIDDLE distance - Terrain

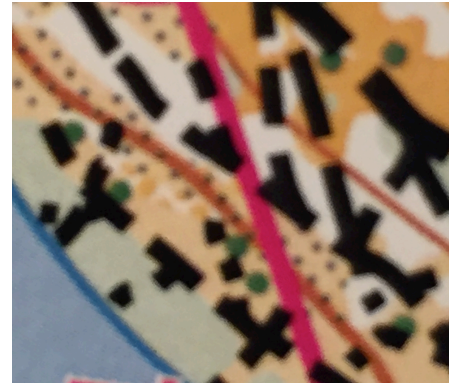
- Terrain form: Mostly gently sloping with flat urban areas.
 - Vegetation: A mixture of park terrain, urban areas and forested areas (combination of pine and birch wood).
 - Speed: Most tracks are easy rideable
 - Visibility: Mostly good but reduced in some dense areas.
 - Paths&roads: Urban areas and forested areas with very 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 fragmented urban territory. The competitors will have to cross some access roads used by locals – no big traffic, but riders should take full responsibility of safe riding. As this is a city park very close to dense residential area and the competition takes part on weekend, please take extreme care while riding narrow tracks with bad visibility, also when passing families with small kids and people with dogs!

MIDDLE distance - Terrain

- Special attention
 - Public on the park paths !!!
 - Forest is dry, expect good grip
 - Dangerous areas are marked with the signs on terrain:
 - Sand is really loose in sandy areas
- Special signs
 - Stairs:



Sand:



MIDDLE 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)
- 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.

MIDDLE 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.

MIDDLE distance – Miscellaneous

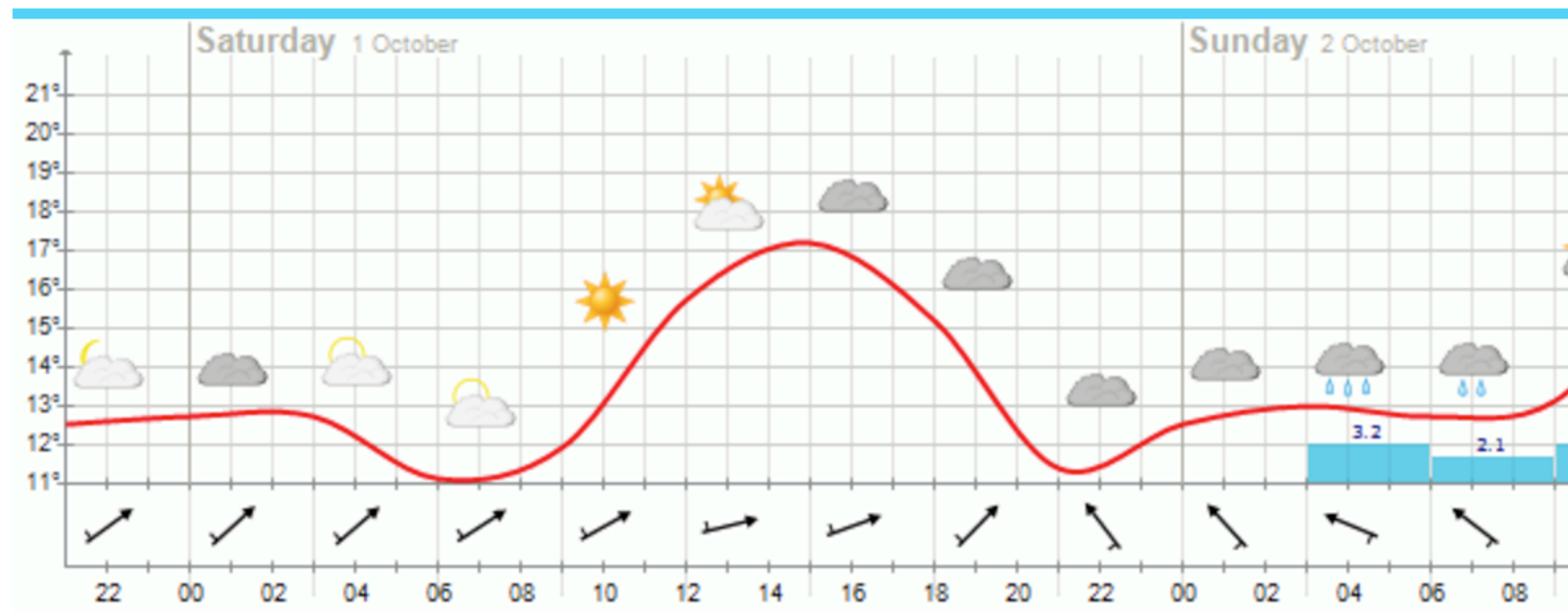
- Starting bibs
 - for each discipline competitors will receive separate start bib, that has to be placed in the front of the bike. No start without start bib allowed.
- Complaints
 - Time limit for complaints is 17:00. Complaints received after this limit will be considered if there are valid exceptional 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.

MIDDLE 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 17:00. 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.

MIDDLE distance – Weather forecast

Meteogram, next 48 hours



MIDDLE distance

- Tomorrow Team Officials meeting starts at 18:30 same place.

THANK YOU!