



Team Officials Meeting

6 July 2015

Middle distance - finals

Topics



1. Summary of middle qualification
2. Middle final
3. Other topics







Middle distance finals

Tuesday 7 July

Rauland (Lid)



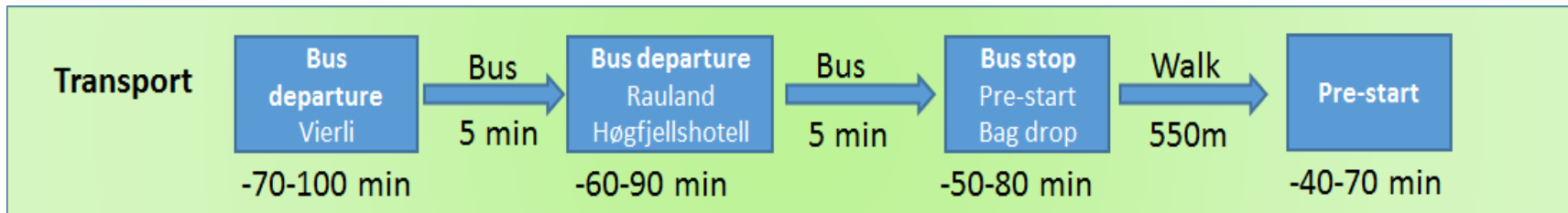
Weather forecast Tuesday



Tomorrow, 07 July 2015

Time	Forecast	Temp.	Precip.	Wind
Tuesday 06:00		7°	0 mm	Moderate breeze, 7 m/s from west-southwest
Tuesday 07:00		7°	0 mm	Moderate breeze, 6 m/s from west-southwest
Tuesday 08:00		8°	0 mm	Gentle breeze, 5 m/s from west-southwest
Tuesday 09:00		9°	0 mm	Moderate breeze, 6 m/s from west
Tuesday 10:00		10°	0 mm	Moderate breeze, 6 m/s from west-southwest
Tuesday 11:00		11°	0 mm	Gentle breeze, 4 m/s from west-southwest
Tuesday 12:00		12°	0 mm	Gentle breeze, 4 m/s from west-southwest
Tuesday 13:00		13°	0 mm	Gentle breeze, 4 m/s from west-southwest
Tuesday 14:00		12°	0 mm	Gentle breeze, 4 m/s from west-southwest
Tuesday 15:00		12°	0 mm	Light breeze, 3 m/s from west-southwest
Tuesday 16:00		12°	0 mm	Light breeze, 3 m/s from west-southwest
Tuesday 17:00		13°	0 - 0.2 mm	Light breeze, 3 m/s from west-southwest

Transport & quarantine



! Check-in deadline is 12:00 - athletes will either check-in when entering the shuttle bus or in the quarantine zone at the hotel.

Warm-up map: Distributed when leaving shuttle buses. Warm-up map covers a piece of relevant terrain

NB: Wet terrain between bus stop and pre-start!!

Transport – revised 6 July 18.00



Departure Vierli	Departure hotel	Arrival Bus stop	Start times due	# Athletes	# Coaches	Check-in quarantine
09:05	09:10	09:20	10:31 - 10:39	40	20	when getting on-board
09:25	09:30	09:40	10:40 - 10:50	44	15	when getting on-board
09:40	09:45	09:55	10:51 - 11:05	45	15	when getting on-board
09:55	10:00	10:10	11.06 - 11:22	45		when getting on-board
10:15	10:20	10:30	11:23 - 11:30	15		when getting on-board
10:35	10:40	10:50	11:46- 12:12	15		when getting on-board
11:00	11:05	11:15	12:14 - 12:42	15		when getting on-board
11:30	11:35	11:45	12:44 - 12:59	15		when getting on-board
11:45	11:50	12:00	13:00 - 13:14	15		when getting on-board
11:45	12:00	12:10	13:15 - 13:29	45		at the hotel
	12:20	12:30	13:30 - 13:44	15		at the hotel
	12:35	12:45	13:45 - 14:13	15		at the hotel
	13:00	13:10	14:15 - 14:45	15		at the hotel

Transport of coaches



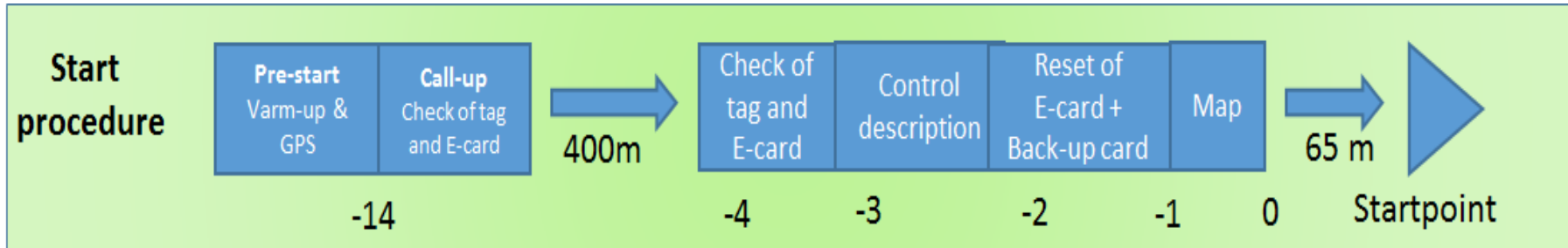
- Transport of coaches to the Middle Final will be done in the same way as to the Sprint:
- Coaches will be allocated guaranteed places on different buses.
- Allocation has been made to match with the athletes start times.
- Bus places are shown in table which will be posted
- We also allow for team cars to drop off coaches at the bus stop before continuing to the finish area.
- Team leaders that will be dropped off from team cars need to register with organizers' buses, and team cars drive together

Coach bus transport – middle final



Bus 1 <u>Vierli 9.05/</u> <u>Raulandhotel</u> 9.10	BUS 2 9.25/9.30	BUS 3 9.40 / 9.45	BUS 4 9.55 / 10.00	BUS 5 10.15/ 10.20	No coaches in later buses		
CRO LTU 2 RUS PRK 2 USA 2 JPN 2 SRB TUR 2 IRL ISR GER HKG 2 NZL AUS 2 CAN 2 ESP	SVK IRL POL RUS BEL 2 NZL AUT 2 SUI IRL HUN SLO POR	DEN 2 BUL HUN EST GER CZE ITA GBR 2	CZE LAT FRA 2 SWE 2 FIN 2	NOR 2 UKR			

Start procedure



Start interval: A-finals: 2 minutes. B- & C-finals: 1 minute (4 runners are starting at once).

GPS: Approximately 50 women and 50 men running A-final shall use GPS-unit. GPS-unit to be picked up in good time at the pre-start info point.

E-cards



- Back up paper should have yellow side out
- No tape should destroy back up function (studs) or cover E-card number

GPS – A finals



- Men start numbers 12-60 will wear GPS
- Women start numbers 311-360 will wear GPS

Mini-mosquitos - "Knott"



- Better weather may result in "Knott" at pre-start and finish
- Organizers will have "anti-knott-cocktail" at pre-start GPS table



Map



Map: Scale 1:10.000, ISOM, contour interval 5 m, issued 6/2015.

Size of map: 297 mm x 210 mm (A4).

Cartography: Helge Gisholt

Special features: There are several anthills of different size and appearance in the terrain.

These are not shown on the map!

In the competition area a few trees that are very distinct different from the remaining vegetation are shown by a green cross on the map. See example on pictures.



Distinct tree

Ruined fences



There are several ruined “sheep-fences” in the terrain. The fences are shown by symbol 523 “Ruined fence” on the map. In the terrain they are quite visible when going along, but less visible when crossing. **There might be remaining steel wires on the ground.** At points where it is likely that runners will cross, these wires are marked with red/white tape to avoid stumbling.



Courses



Competition	Class	Winning time	Length	Climb	# controls	# refreshment points
Middle finals	Women A	27 min	3,6 km	110 m	18	1
	Women B	25 min	3,2 km	70 m	15	None
	Women C	25 min	3,2 km	60 m	14	None
	Men A	27 min	4,2 km	140 m	19	1
	Men B	25 min	3,8 km	100 m	18	None
	Men C	25 min	3,7 km	100 m	18	None

Maximum running time: 90 min

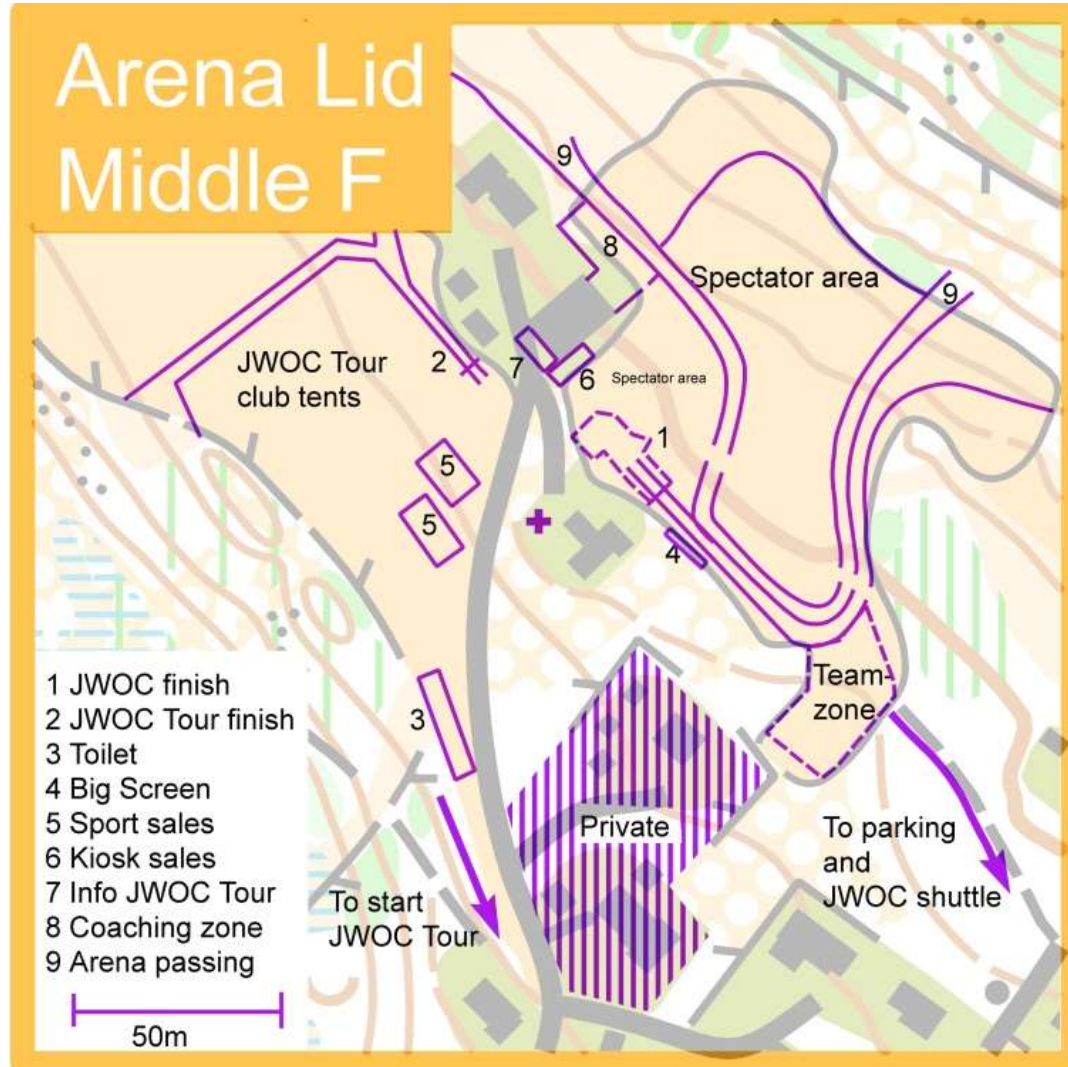
Course planners: Per Christian Hagen and Thore Kornmo

Arena passage: A-finals

Coaching zone: Coaching zone (A-finals)

Refreshments: A-finals (arena passage)

Arena





Other topics

Long distance & Relay



- Deadline for long entries Wednesday 12.00
- Mixed relay teams
 - Deadline for entry: **Wednesday 8 July 12:00** CET for announcing which countries that will have mixed teams together. The names of runners can be given later, according to the same rules as for normal teams, Thursday 17.00

Get together & Price-giving ceremony



- The price-giving ceremony for the Sprint and Middle distance will be held just after the "Get together" dinner on Tuesday 7 July at 19:30. We kindly ask athletes in 1st - 6th placing's to come be ready at 19:15, so that all the instructions and requests can be presented.

Transport for "Get together" (local transport service)



- Departure Vierli: 17:10
- Departure Hotel: 17:15
- Get together: 17:30-19:30
- Price-giving ceremony: 19:30-19:45
- Departure Krossen: 20:00

Friday evening



- No banquet on Friday evening
- Hotel has offered to organize Disco in basement
- Is this wanted?
 - Organizers want feedback from coaches
 - Decision will be announced Wednesday meeting

Bus transport Saturday 11th



Departure Rauland (hotel/Vierli)	Arrival Oslo	Arrival OSL Gardermoen	Teams
00:00	04:00	05:00	South Africa, Turkey
05:30	09:30	10:30	Belgium, Hungary, Romania, DPR Korea, Brazil, Slovenia, Spain, Slovakia, Russia (+ 2NULL15 + press)
10:00	14:00	15:00	Poland, New Zealand, Portugal, Japan

Ireland?

Hong Kong?

Q&A TOM#3



Q: Should runners living at Vierli and starting late be at the quarantine at Hotel before 12:00?

A: Yes, all runners should be in the quarantine at Raulands Högfjellshotel before 12:00

Q: Is it possible to leave luggage at the pre start tomorrow?

A: Yes

Q: Will there be a shelter at the pre-start also tomorrow?

A: Yes. It will be the same set-up as today at the pre-start.

Q&A TOM#3



Q: Is it possible to leave clothes at the start?

A: No, but it is just 400 meters from pre-start and runners are allowed to warm up along the way to start.

Q: Is it allowed to give runners refreshments from the coaching zone?

A: Yes, and it will also be refreshments for runners without coaches.

Q&A TOM#3



Q: Can supporters be at the price-giving on Wednesday?

A: Yes, they are welcome to join the event at 19:15

Q: Is the area of today's JWOC Tour embargoed?

A: No, it is outside the embargoed area.

The organizer informed about possibilities for disco in the basement of the hotel at Friday evening and asked for first responses. The teams that responded were generally positive. More info will be given at TOM on Wednesday,

