

## Congratulations – MIDDLE Medalists



**GOLD** Isa Envall



Fiona Bunn



**BRONZE** Tereza Janosikova



## Congratulations – MIDDLE Medalists





## **Roll-call**

CAN	FIN	ISR	NZL	SRB	
BUL	EST	IRL	NOR	SLO	USA
BRA	ESP	HUN	MDA	RUS	UKR
BLR	EGY	HKG	LTU	RSA	TUR
BEL	DEN	GER	LAT	ROU	SWE
AUT	CZE	GBR	JPN	POR	SVK
AUS	CRO	FRA	ITA	POL	SUI

#### Welcome

Dorthe Hansen, Event Director Kell Sønnichsen, Technical Event Director Mogens Hagner, Technical Event Director Morten Pedersen, Social Events Director Bjarne Knudsen, Finance Director Flemming Johannsen, Logistics Director

Hannu Pyy, IOF Senior Event Advisor Keld Gade, National Controller

Clive Allen, TOM Secretary Finn Arildsen, TOM Coordinator

#### Review of the MIDDLE DISTANCE Races

- Medalists from 5 different nations nice to see the variety
- A number of athletes did not finish the qualification race. According to the rules, such athletes can start in the C final, but cannot classify.

# Handed out before this meeting

Start lists for Relay
 Also available on-line at IOF Eventor and at the JWOC website

Available at the Pre-start

Number bibs, GPS units

A fresh set of maps is available from the Arena Event Office after the first start

#### **General Matters / Reminders**

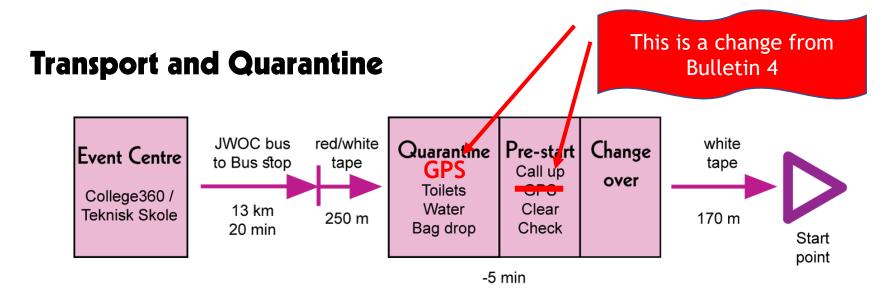
- Do not forget to return GPS vests
  - There is a €40 charge for missing vests.
- Do not forget to return SI Air+ cards for athletes not running the relay
  - There is a €80 charge for missing SI AIR+ cards.
- Vests and SI Air+ cards can be returned to the Event Office
- After this TOM, the organisers of JWOC 2021 will make a short presentation

# Departure – Saturday – College 360

- Latest check-out is at 10:00
- Building 1
  - A Team Official returns all keycards to the Event Office and receives a refund of the deposit
  - There is a charge of 100 DKK for lost keys
  - Separate duvets, pillows and linen, then bring them to the Event Office
- Building 2
  - Separate duvets, pillows and linen, then bring them to the lobby in Building 2
- Building 3
  - Separate duvets, pillows and linen, then bring them to the cafeteria in building 3

# Detailed programme – Friday – RELAY

```
6:45 - 9:00
                 Breakfast (Accommodation)
                        Optional buses leaves Event Centre
8:25 (M20), 9:10 (W20)
                 Quarantine opens (Arena)
8:30
9:15 and 9:40
                 Demonstration of Change-over
                 Quarantine closes (Arena)
9:50
10:00
                 Start - M20
11:15
                 Start - W20
11:00 - 14:00
                 Lunch (Arena)
13:30
                 Prize giving, Closing Ceremony (Arena)
14:15 - 15:15
                 VIP, Media and Coaches' race
14:30, 15:15
                 Optional buses leave Arena
17:45 - 20:00
                 Dinner (Event Centre)
                 Party (Jysk Arena)
20.00 - 01.00
```



- Use of own transport is allowed
- Optional buses from the Event Centre
- Check in to the Quarantine latest at 9:50
- Number bibs, GPS units (see later slide) and plastic bags are available after check-in to the Quarantine

# Start and changeover **GPS** Unit ssue

The GPS units will be placed in the vests from a table in the Quarantine, from approx. 25 min before change-over. The table is located near the entrance to the pre-start/change-over area.

This is a change compared with Bulletin 4.

MEN	Start	To change-	over GPS
	1 10:00	09:55	9:35-9:55
	2 10:35	10:30	10:10-10:30
	3 11:10	11:05	10:30-10:50

This is a change from Bulletin 4

WOMEN	Start	To change-over GPS		
	1 11:15	11:10	10:50-11:10	
	2 11:50	11:45	11:25-11:45	
	3 12:25	12:20	12:00-12:20	

#### First leg (repetition from Bulletin 4)

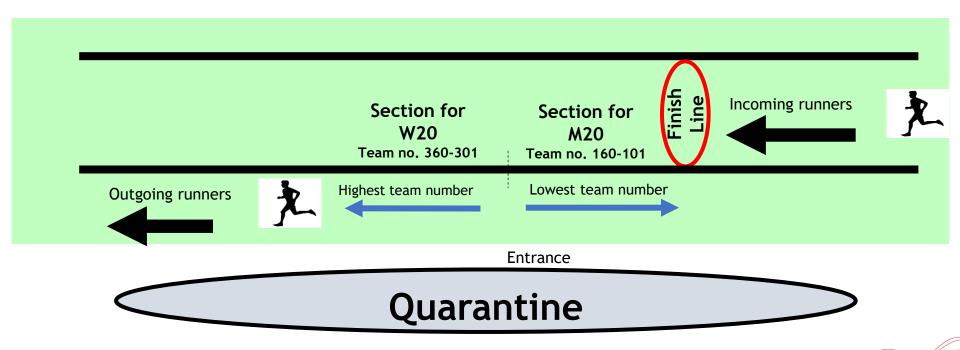
- Latest 5 minutes before the race start, first-leg competitors move into the changeover zone
- At the entrance to the zone:
  - Bib number and SIAC number check
  - SIAC Clear and SIAC Checks.
- 2 minutes before start, stand behind your map.
- Count-down begins 10 seconds before the start. You can bend down and grip the map.
- On the **start signal**, take the map and follow the marked route (white tapes) to the Start Point.
- It is your responsibility to clear and check the SI-card correctly.
  - The touch-free function of the SI-card is activated by the "Check" SI-unit and can be verified by the slowly-blinking green light at the tip of the card.

## Relay Change-over (repetition from Bulletin 4)

- About 5 minutes before the expected change-over, competitors for the next leg go into the change-over zone.
- There is no pre-warning from the organisers!
- At the entrance to the change-over zone, the same checks as for the first leg
- Team officials are not allowed to go into the change-over zone.
- The incoming competitor:
  - 1. Crosses the finish line
  - 2. Drops the map in a bin
  - 3. Continues to the map board, and takes the next competitor's map
  - 4. Hands over the map to the catgoing competitor
  - 5. Reads out the SIAC
- The outgoing competitor follows the marked route (white tapes) to the Start Point.
- After finishing, you are not allowed to enter the Quarantine again. There will be bag transport from the Quarantine to the Team Area.

This is not mentioned in Bulletin 4

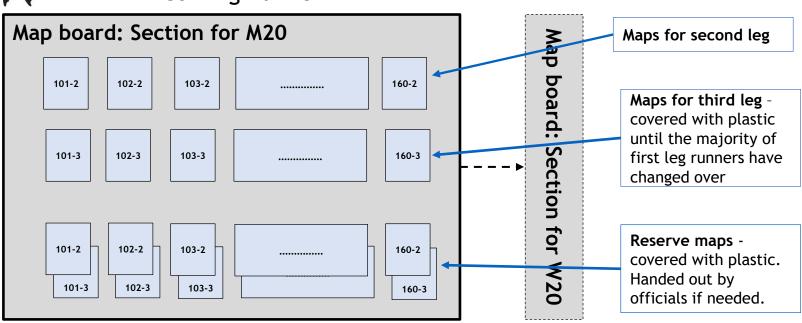
# Change-over Zone



#### Team Numbers and Map Board (repetition from Bulletin 4)

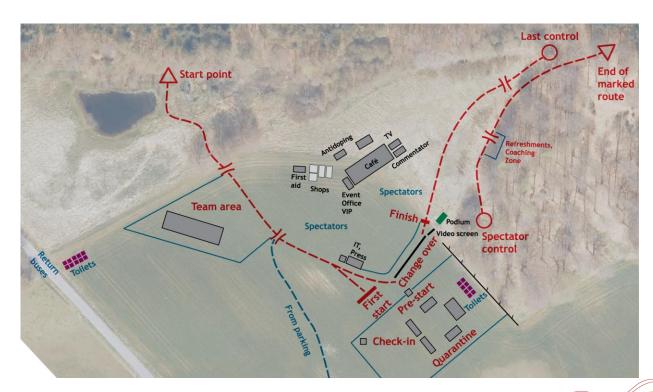
- M20 has team numbers from 101-160
- W20 has team numbers from 301-360
- On the Map Board:
  - The maps are in numerical order
  - The lowest team number is closest to the finish line
  - The 2. leg map is highest and the 3. leg map lowest
- The team and leg number (e.g. 102-3) is marked on the back of the map.
- It is the competitor's own responsibility to take the correct map.
- If a competitor's map is missing, the finish officials will supply a reserve map as quickly as possible.

## Map Board as seen by the in-coming runner



## Arena Passage

- All legs have an Arena Passage
- Marked with white tape
- Be careful and check which control you are going to from the Arena Passage - the course overprint is quite complex with many lines to and from the Arena area.
- Check control sequence and control codes!



## Weather forecast

08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	
<b>ி</b> 15°		△ 16°	△ 17°	△ 18°	△ 18°	<u>△</u> 19°	△ 20°	
<1 mm  1 m/s Vindstød 2 m/s	1 m/s Vindstød 3 m/s	1 m/s Vindstød 3 m/s	1 m/s Vindstød 4 m/s	2 m/s Vindstød 5 m/s	\ \			

#### Relay / Mapping / Special Features



419, Prominent vegetation feature: Rootstock > 2 m This is not mentioned in Bulletin 4 for the Relay





## VIP, Media and Coaches' Race

- Start: 14:15 from the map boards
- Everyone accredited may run
- No timing
- M20/W20 competition maps will be used
- Courses close at 15:15
- Results will not be available afterwards

# **JWOC Party**

- The party takes place at **Jysk Arena**, *Ansvej 114*.
- Entrance only with accreditation.
- No organised transport to the party.
- Teams can use their own bus/cars.
- 15 min. walk from EC possible to walk together at 19.45
- Bus transport back from Jysk Arena to EC, from 23.45 01.15 (approx. every 20 minutes)
- There will be night watch at the Event Centre

## JWOC Party – Alcohol Policy

- No alcoholic drinks are allowed at College 360!
- It is not allowed to bring your own drinks to the party.
- Water is served for free.
- Team Officials carry full responsibility for their athletes.
- Team Officials are asked to discuss appropriate behaviour with their athletes
- Team Officials are requested to be present and assist in patrolling at the party and help athletes get home when necessary.

## **JWOC Party**

- Age limit for buying alcohol at the JWOC Party is 18 years.
- After this TOM, team officials get wristbands to distribute to their athletes.
- Only competitors with green wristbands can buy beer at the counter.
- Team Officials are responsible for ensuring that only those fulfilling the 18 years' age limit gets a green wristband.

Question 1: How do you comment picture with proximity of controls, and what do you say about Fair Play to the competitors with such course setting?

Answer 1: The control locations are in line with rules and fair play guidelines.
Controls close to each other are not on similar features.



**Question 2:** It looks like it might rain "kittens and puppies" tomorrow and we worry about the maps? Is it possible to get the maps plasted tomorrow?

**Answer 2:** There will be plastic bags available for self-service in the Quarantine area.

**Question 3:** Will there be control codes printed besides the control on the map? ?

**Answer 3:** No. The codes are on the control descriptions - on the map.

**Question 4:** Will it be allowed to inspect the arena before the quarantine closes for the athletes?

Answer 4: Yes.

**Question 5:** Is it possible to place GPS units before entering the change-over area 5 minutes before start? Many runners, many GPS-es will make stress...?

**Answer 5:** The GPS units are available in the Quarantine area, from approx. 25 min. before the expected change-over for each leg.

**Question 6:** The controls in the middle qualification was very tight. Is it controlled that is 30 meters or more between the controls out in the forest for the relay?

**Answer 6:** The control locations are in line with rules and fair play guidelines. Controls close to each other are not on similar features.

**Question 7:** One of our athletes placed his headphones inside the cover and in his bag leaving the quarantine. After the race they weren't in the cover and nothing in the bag (possible stolen). Has anyone seen them, it is a Bose black headset?

**Answer 7:** If anyone knows the whereabout of such a headset, please contact the Norwegian Team Officials.

**Question 8:** We have seen many people who shouldn't be in the team zone and coaching zone today?

**Answer 8:** We did not guard the team area. If there is a general wish for us to place guards, we will be happy to do so tomorrow.

**Question 9:** Breakfast: To catch trains and planes - we need to leave latest at 8am, earlier is better. Is it possible to get breakfast at 7:30am?

**Answer 9:** The official breakfast opening hour is 8.00. Unfortunately, we cannot guarantee that you will be able to eat before 8.00

**Question 10:** Check-out: Same as breakfast - is it possible to check-out before 8am (and get back the deposit of the keys)? **Answer 10:** You'll be able to check-out from 7.30 or a little bit earlier.

**Question 11:** How long time does it take from the arena passage to the change-over?

**Answer 11:** We are not prepared to provide this information.

Question 12: Are cash and cards accepted at the party?

Answer 12: Cash in DKK and EUR is accepted. A beer is 20 DKK / 3

EUR

**Question 13:** What is the count-down 10 - and then "go" - or 10-9-8-7...?

**Answer 13:** It will be 10 - 5 - "go!".

**Question 14:** Thanks to the organisers for providing appropriate food