

Team Officials' Meeting

Sprint relay



Monday 19. 8.

- 7:00 –8:00 breakfast (canteen Envelopa)
- 9:00 departure to the competition –Prostějov
- **10:00** closing of the quarantine zone
- 10:30 –11:30 SPRINT RELAY –Prostějov
- 12:00 flower and medal ceremony
- 12:15 departure back to Olomouc
- 13:00 –14:00 lunch (canteen Envelopa)
- 18:00 –18:30 Team Officials Meeting LONG DISTANCE (Faculty of Science)
- 18:30 at the end of TOM hand out of the entry list for long distance
- 18:30 –19:30 dinner (canteen Envelopa)



SPRINT RELAY

- **Date:** 19. 8. 2019 10:30 – 11:30
- **Assembly area:** Prostějov, ZŠ a MŠ Jana Železného, school playground
- **Map:**
 - Máneska
 - scale 1 : 4 000
 - 2m contours
 - ISSprOM 2019
 - mapped by Ondřej Vystavěl
 - waterproof paper
- **Terrain:** Partly park, partly housing estate, totally flat terrain



SPRINT RELAY

- **Course planner:** Tereza Janošíková
- **Course lengths:**
 - MW21 1st and 4th leg (W): 2,4-2,5 km, climb 6 m, 22 control points
 - MW21 2nd and 3rd leg (M): 2,8 km, climb 6 m, 24 control points
- Courses are forked, check the control number
- Spectators' control (no. 50), then the last loop:
 - (W) – 650 m
 - (M) – 800 m
- Control descriptions only on the map



SPRINT RELAY

- HARD EMBARGO!



TRANSPORT TO THE SPRINT RELAY

- It is compulsory to use organised bus transport
- Departure time: 9:00



QUARANTINE ZONE SPRINT RELAY

- School playground
- Toilets, changing room available
- Closing time: 10:00 (30 mins before the mass start)

- No electronic devices at the quarantine zone, no previous map of the competition area at the quarantine zone



WARM UP MAP

- It will be no warm up map, you can use the school playground for the warm up.



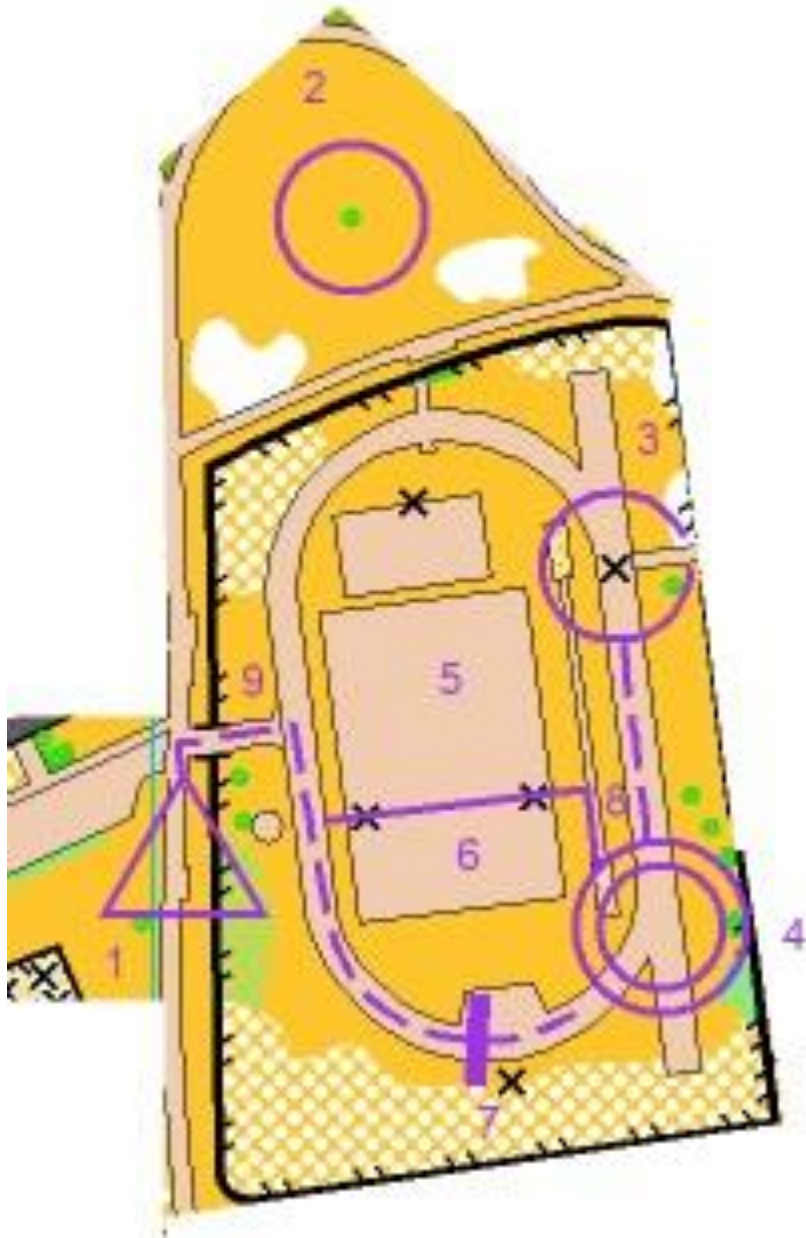
THE RACE

- After arrival in Prostějov (near school) you will be guided to the school playground where the assembly area is.
- You will be given the starting bibs after arrival.
- After 10:00 it is forbidden to leave the school playground.
- 10:15 the changeover display
- 10:20 first leg runners have to gather at the mass start place (clear and check, checking of the SI card number,...)
- 10:25 lining up the first leg runners, maps on the ground
- 10:30 MASS START



THE RACE - CHANGEOVER

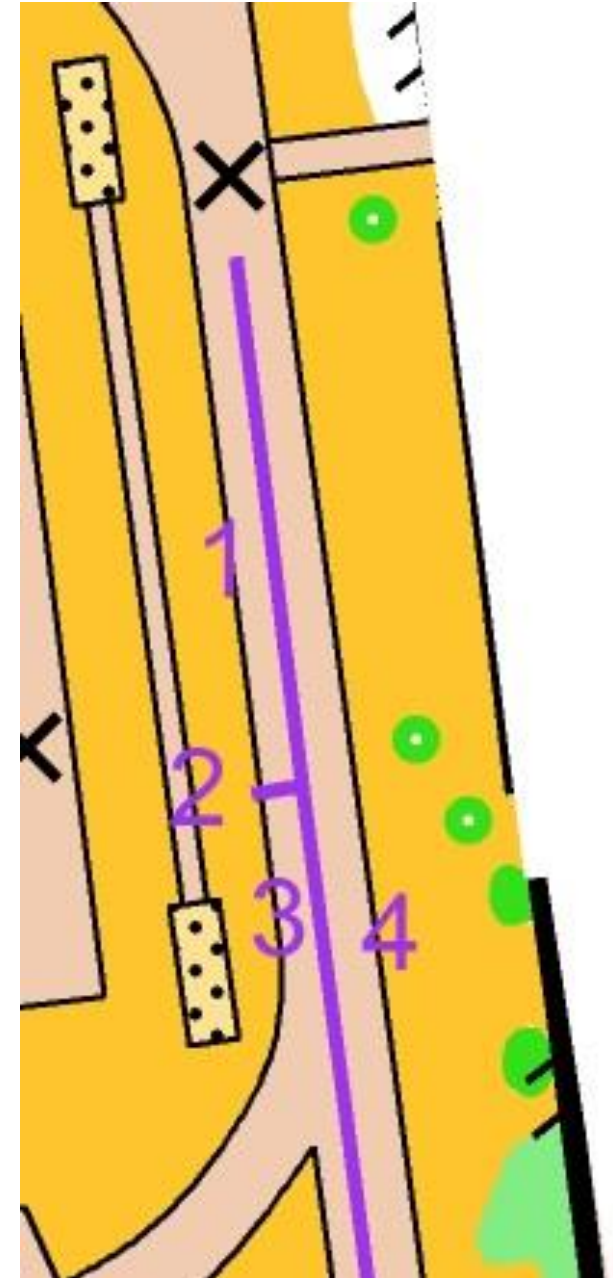
- Next leg runner will wait in the quarantine zone. The spectators' control is visible from the quarantine zone. It is runner's responsibility to check if his teammate is close to the changeover.
- Clear and check will be placed near the changeover zone. Maps will be distributed rolled. Do not look at the map prior to the changeover.
- After punching the last control a runner has to take the right corridor and changeover. Next leg runner has to follow marked route to the starting point.
- Last leg runner will take the left corridor. Decisive is crossing the finish line first (punching the finish unit will be in this order)



- 1 – map start
- 2 – spectators' control (no. 50)
- 3 – last control (no. 100)
- 4 – changeover and finish line
- 5 – quarantine zone (area for waiting for the changeover
It is forbidden to leave this zone after 10 o'clock)
- 6 – cool down zone (area for already finished legs)
- 7 – mass start place and assembly area for 1st leg runners
(clear, check,...)
- 8 – entrance to the changeover zone
- 9 – entrance to the assembly area, distribution of starting
bibs after arrival of busses

Changeover

- 1 – corridor for 1st, 2nd, 3rd leg runners
- 2 – changeover wall
- 3 – real start for the 2nd, 3rd and 4th leg runners
- 4 – corridor for 4th leg runners to the finish line



TRAFFIC



- Cars and cyclists in the competition area:
- limited car traffic in the competition area, in the block of flats part of the terrain are parking lots, be careful
- during the competition it will be crossed a minor road twice, you can cross it anywhere, organisers will regulate the traffic but be careful
- there are some cyclists roads through the park zone – be careful, cyclists can ride fast!

IMPASSABLE OBJECTS

- SEE THE PAGES REGARDING ISSPROM FROM YESTERDAYS PRESENTATION
- PLEASE DO NOT ENTER ANY FLOWERBED (OLIVE GREEN), IT IS FORBIDDEN!
- THE RIVER IS CROSSABLE ONLY VIA BRIDGES!



Questions

- Q1: Mixed teams?
- A1:



Optional discipline Double mixed relay

- 21. 8. 2019, 16:30, University Campus
- 1 woman and 1 man (each run twice)
- legs: WMWM
- Mixed nationalities possible? You can arrange the teams yourself

- Entry fee 10USD per team paid at the registration
- Use the form, hand it out at the event office
- Deadline of entries 20. 8. 2019 18:15 (at the event office)