



AGUIAR DA BEIRA ✕ PORTUGAL

TEAM OFFICIALS' MEETING

Thursday | 3rd November

Middle, Relay , General Matters

MEETING AGENDA

1. Welcome to JWOC2022
2. Plan for JWOC Forest weekend
3. General information
4. Race specific information: Middle and Relay
5. Q & A



ROLL-CALL

Australia	Estonia	Ireland	Norway	Sweden
Austria	Finland	Israel	Poland	Switzerland
Belgium	France	Italy	Portugal	Ukraine
Bulgaria	Germany	Japan	Romania	United States
Canada	Great Britain	Latvia	Slovakia	
Czechia	Hong Kong China	Netherlands	Slovenia	
Denmark	Hungary	New Zealand	Spain	



WELCOME!

Event director: Rafael Miguel

Technical event director & Middle and Relay Course Setter: Bruno Nazário

IOF Senior Event Adviser: Helge Lang Pedersen, DEN

IOF Assistant Senior Event Adviser: Kell Sønnichsen, DEN

National Controller: Carlos Monteiro



JURY MEMBERS

Sebestyen Istvan, ROU

Milka Reponen, FIN

Szava Sigmond, HUN



TOM PRESENTATIONS

- Draft TOM presentations will be available on the JWOC website before each TOM (<http://jwoc2022.pt/tom/>).
- Final TOM presentations (including Q&A) will be uploaded to IOF Eventor and on the JWOC webpage within 30 minutes of the conclusion of the meeting



HANDED OUT BEFORE EACH MEETING

- Start lists

Also available on-line at IOF Eventor and at the JWOC website

Available at the Team boxes

Number bibs and Start list (printed)

Available at the call-up

GPS units

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

GPS vests and SIAC delivered at accreditation.



DETAILED PROGRAMME - MIDDLE (FRIDAY)

7h45 - 8h45 Quarantine check-in

9h00 **Middle Distance**

14h15 Prize-giving ceremony

Middle Start Location

Quinta das Lameiras

Arena Quinta das Lameiras



WEATHER FORECAST

Sexta-feira, 4 Nov.



Lua Crescente 73%



08:00		6 °	1 °	1 °	73	-			0 %	0 %	10 %	1024
09:00		7 °	2 °	3 °	69	-			0 %	0 %	0 %	1024
10:00		8 °	3 °	4 °	69	-			0 %	0 %	0 %	1024
11:00		10 °	2 °	5 °	60	-			0 %	0 %	10 %	1024
12:00		11 °	2 °	7 °	56	-			0 %	0 %	10 %	1024
13:00		12 °	2 °	8 °	51	-			0 %	0 %	10 %	1024
14:00		12 °	2 °	9 °	48	-			0 %	0 %	20 %	1023
15:00		12 °	2 °	9 °	48	-			0 %	0 %	20 %	1023

MIDDLE QUARANTINE LOCATION

- Parking is the same as arena's parking. No need to move the cars,
- From Parking to Quarantine distance is between 1200 - 1600 m.
- NOT ALLOWED TO ENTER EMBARGOED AREA. While exiting the parking, Team Officials and Athletes must follow organizers tapes and signs (strictly follow)
- Electronic devices are not allowed to use from the moment Team Officials and Athletes leave the car parking for the quarantine.
- NOT ALLOWED TO DRIVE TO QUARENTINE. Please take your time to walk.
- GPS Location of the parking
 - 40.784432, -7.596211
 - 40°47'04.0"N 7°35'46.4"W
 - <https://goo.gl/maps/MAEgBCmeP8mcHBsK6>

to quarantine



MIDDLE QUARANTINE LOCATION

- CHANGE TO BULLETIN 4.5 section 22.2
 - Team official that enter quarantine can only leave after the deadline for quarantine closes (8h45)
- Team officials should use the marking to return to the car parking and, from there, follow the signs to the Arena.

to quarantine



MIDDLE / PROCEDURES FOR QUARANTINE

IMPORTANT:

1. all team members need to check in until 8h45.
2. Athletes and team official not competing may go directly to the arena – arrival at the arena before check-in time is closed is not allowed.
3. no old maps or electronic devices are allowed in the quarantine



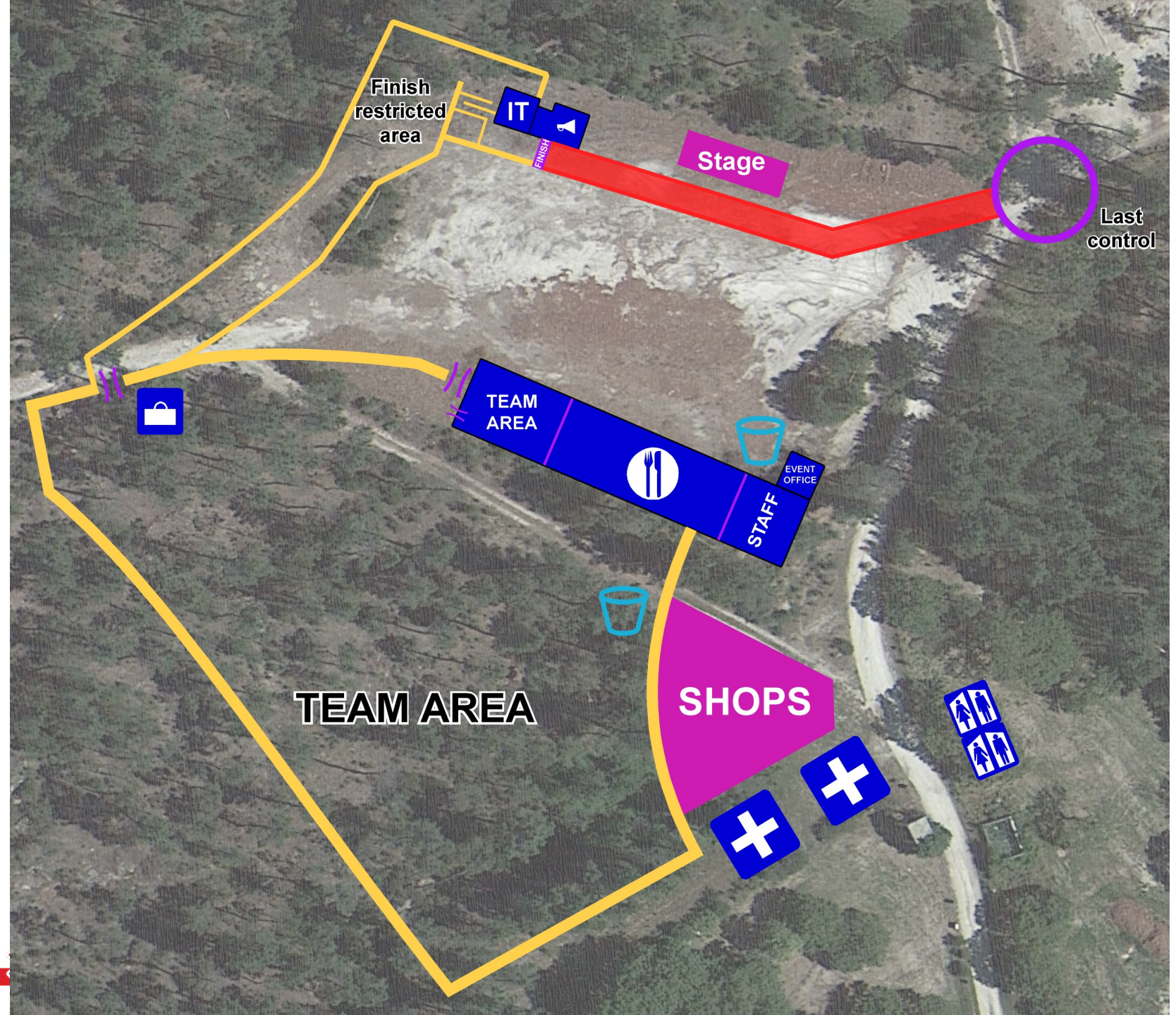
MIDDLE / GENERAL MATTERS

How to mark for bags in Bag Drop

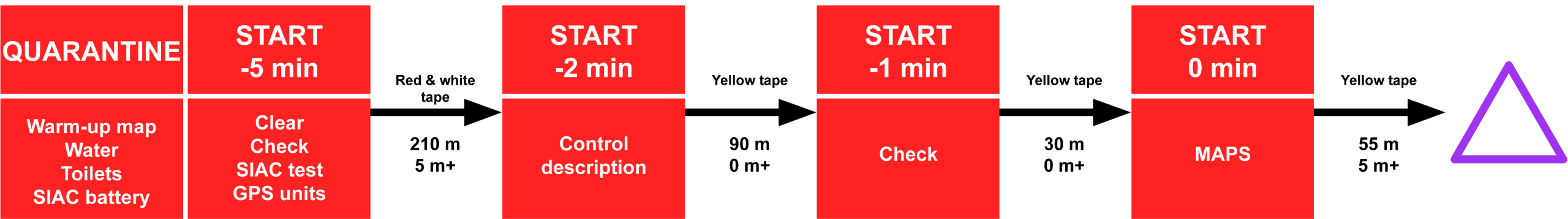
The athletes should mark their bags with their accreditation badge.



ARENA



MIDDLE / START PROCEDURE



At the start, 2 tables will be set (one for women, one for men).

Maps will be plastic sealed; the Class Name is visible.



MIDDLE / MAPPING / COURSES

Mapping: Janne Weckman (Finland) & Timo Joensuu (Finland) using ISOM 2017-2. The last updates in vegetation were done by Rafael Miguel (Portugal) in October 2022. Map scale: 1:10,000 Contour interval: 5 meters

Warm up map: Will be available. Controls in the terrain. Maps will be delivered inside quarantine area.

Course setting: Bruno Nazário

Course specific characteristics: There will not be any arena passage/spectator control.

Courses

Competition	Class	Winning time	Length	Climb	Controls	Refreshments
Middle Final	Women	20 - 25 min.	3,5 km	180 m	14	0
	Men	20 - 25 min.	4,0 km	210 m	16	0



MIDDLE / MAPPING / SPECIAL FEATURES

JWOC and JWOC Tour controls

During JWOC races only JWOC controls will be in the competition areas.

However, on the Middle distance, Organizers will set all the TOUR controls, some are on the competition area. All controls respect the minimum distance according to IOF rules.

Specific terrain characteristics - “Forest work”: Some parts of the competition terrain have been cleaned by forestry personnel. The cleaning process intended to remove dense vegetation from terrain, leaving the trees intact. **Competition maps are updated.**

Example from this:







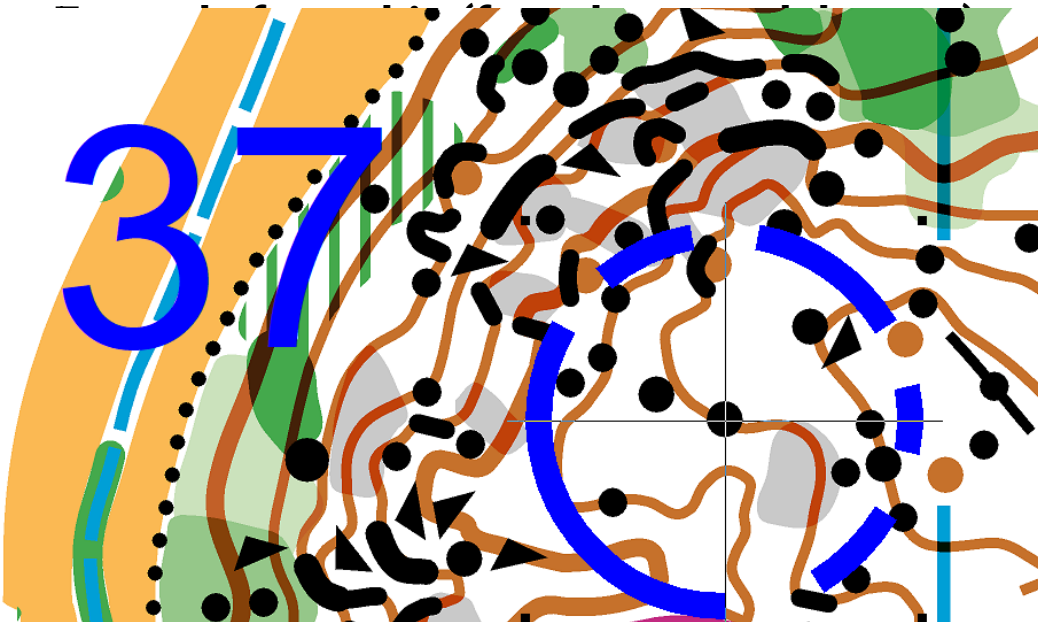


MIDDLE / MAPPING / SPECIAL FEATURES

Control Description

As you know the terrain as a lot of rocky features. With the circles at 75meter, it is very difficult to place the controls without having similar features inside the ring. We avoided using the middle symbol to locate the control feature

In all controls it is quite clear what is the feature where the control is located.



MIDDLE DISTANCE LEADER CHAIR

There will be 2 chairs at the podium for the current leaders (WOMEN and MEN).

We kindly ask the athletes that are in the lead to stay – right after the finish. Place is covered and just in front of the screen.

Team Officials – please deliver the athletes bags there.



MIDDLE DISTANCE QUESTIONS AND ANSWERS

Italy

Q:QUARANTINE - How big is the tent in the quarantine area, if it's raining a lot?

A: Big enough for all but can be crowded. We recommend to bring own tents.

Q: COURSES. Are the control codes beside the control number or only in the description?

A: They are according to the rules.

Q: CONTROLS. Like in the model event with stick and/or wooden stands?

A: yes. Whenever possible to stick on the ground, we place the yellow stands. When not, we used the wooden stands. Model event control site were chosen to mimic the competition style of control sites.



MIDDLE DISTANCE QUESTIONS AND ANSWERS

Italy

Q: The control code written on the sportident unit is printed or written by hand? Is it plastic sealed for water?

A: Printed. Waterproof

Q: Control code for last control/spectator control?

A: Will be on the control description tomorrow.

Q: OTHER. Is there any kind of tape in forest put by the organizers? (for example to mark the cleared areas in the dense vegetation). Did you see in the forest other tapes put by other people that runners should ignore?

A: there are **no tapes set by organizers in the forest**. There are several tapes (red and white) that have been placed by forestry personal. **Please instruct the runners to ignore this.**



MIDDLE DISTANCE QUESTIONS AND ANSWERS

Italy

Q: Are you allowed to run across uncrossable/impassable features (like a high fence) or areas that shall not be entered (private property)? In case, are you disqualified from the gps or there will be marshalls?

A: Athletes shall follow competition rules. In this case – please see rule 17.2 – on the topic FOREST.

Q: The area near control 44 didn't look like it was described in the bulletin, maybe in the competition area it will be a bit different?

A: We already answered before.



MIDDLE DISTANCE QUESTIONS AND ANSWERS

Great Britain

Q: Where will quarantine be each day? In a tent? Inside a building?

A: a covered space, with the possibility for athletes/Team officials to be outdoor.

Q: Are GPS watches allowed in quarantine? In the races?

A: During the race no - Rule 21.5. Inside the quarantine it is allowed, but please make sure that it does not have communication capability.



MIDDLE DISTANCE QUESTIONS AND ANSWERS

Sweden

Q: What kind of tape will indicate the borders of the out of bounds areas?

A: for middle and relay there are no out of bounds areas (symbol 709). For area that shall not be entered (symbol 520) the boundaries of those areas are very clear (ex: high fence)

Q: On the model-event for the long distance, between start and controls 51/52, red and white tape was visible in the forest. Will this kind of tape indicate the OB-area. If not, will it be removed from the forest?

A: We already answered before, but let's reinforce. there are **no tapes set by organizers in the forest**. There are several tapes (red and white) that have been placed by forestry personal. **Please instruct the runners to ignore this.**



MIDDLE DISTANCE QUESTIONS AND ANSWERS

Sweden

Q: Will there be printed bulletins (4.5) in the quarantine?

A: there will be no printed bulletins handed out.

Q: What's the ETA for the bags, from quarantine to the arena? (will the runners have their bags on the arena when they finish?)

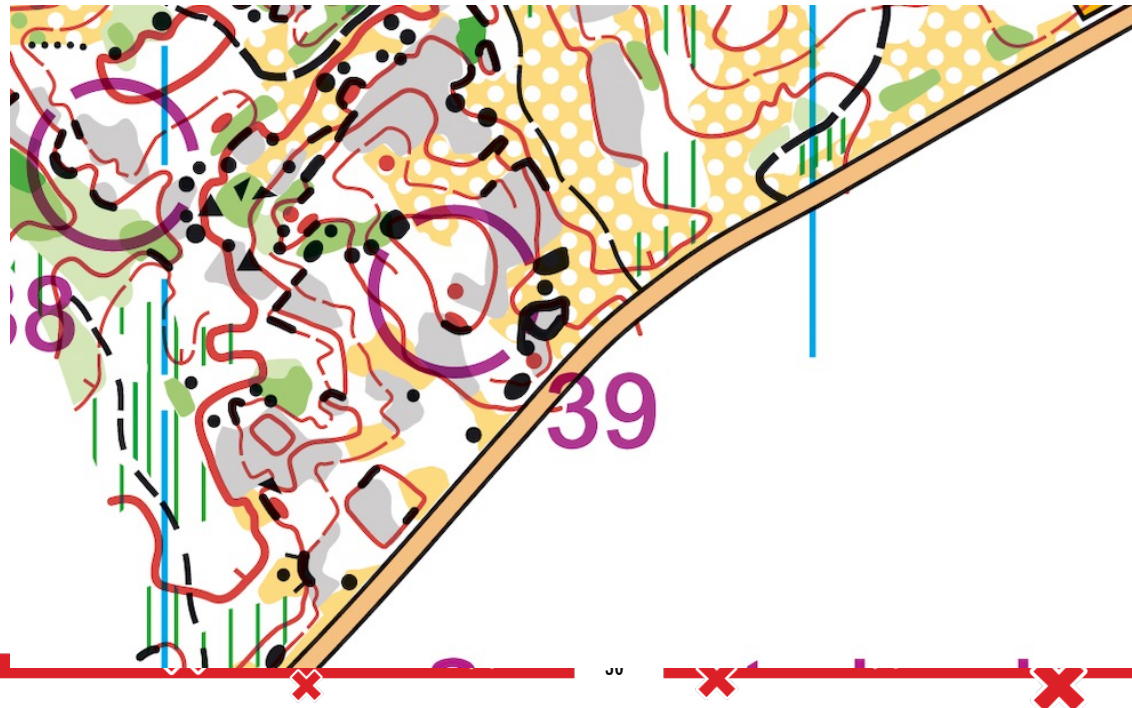
A: There will be 2 vans delivering luggage. They will be constantly going back and forward from the arena to the quarantine. So, yes, we planned things so that runners have their luggage when they finish.



MIDDLE DISTANCE QUESTIONS AND ANSWERS

Q: Are power lines or Telephone lines or similar mapped or not?

A: The map standard is according to ISOM. This means that the telephone line near control 39 is not shown but, the power line in the north of the model event map is.



MIDDLE DISTANCE QUESTIONS AND ANSWERS

Canada

Q: is it possible to get bib number at the quarantine tomorrow morning?

A: Yes, we will bring the bib number that havent been collected to the quarantine.



MIDDLE DISTANCE QUESTIONS AND ANSWERS

Q: Where in the arena are the bags dropped

A: At the entrance of the Team Area coming from the Finish.

Q: Can team line up for Relay be entered by paper at the Arena.

A: Yes, at the Event Office.

Q: Enter team line up for Relay later?

A: Deadline is now 14:30.





RELAY

WEATHER FORECAST

Sábado, 5 Nov.



Lua Crescente 80%



09:00		10 °	2 °	7 °	58	-		0 %	0 %	0 %	1022
10:00		12 °	2 °	9 °	51	-		0 %	0 %	0 %	1022
11:00		13 °	2 °	10 °	47	-		0 %	0 %	0 %	1022
12:00		15 °	3 °	12 °	45	-		0 %	0 %	0 %	1022
13:00		16 °	3 °	14 °	43	-		0 %	0 %	0 %	1021
14:00		16 °	3 °	14 °	42	-		0 %	0 %	0 %	1021
15:00		16 °	3 °	14 °	41	-		0 %	0 %	20 %	1020

RELAY/ PROCEDURES FOR QUARANTINE

IMPORTANT:

1. all team members need to check in until 9h45.
2. Parking to arena: Walking distance between 800 and 1200 meters

Athletes and team officials not competing may go directly to the arena – arrival at the arena before check-in time is closed is not allowed.

3. no old maps or electronic devices are allowed in the quarantine



RELAY / GENERAL MATTERS

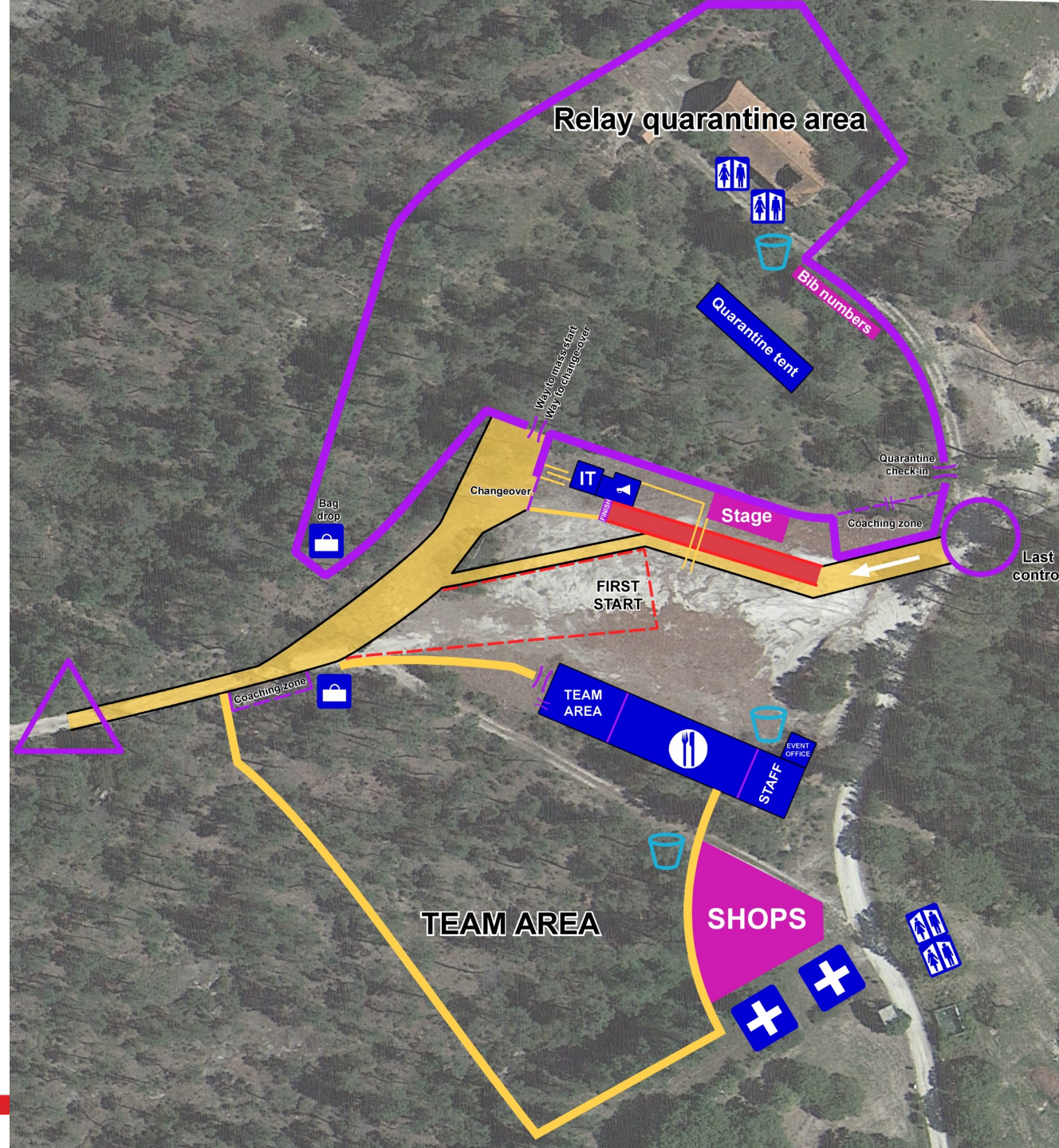
How to mark for bags in Bag Drop

The athletes should mark their bags with their accreditation badge.



ARENA

s' Meeting – Middle & Relay



RELAY / MAPPING / COURSES

Mapping: Janne Weckman (Finland) & Timo Joensuu (Finland) using ISOM 2017-2.
The last updates in vegetation were done by Rafael Miguel (Portugal) in October 2022. Map scale: 1:10,000 Contour interval: 5 meters

Warm up map: Not available

Course setting: Bruno Nazário & Rafael Miguel

Courses

Competition	Class	Winning time	Length	Climb	Controls	Refreshments
Relay	Women	30 – 35 min.	4,1 km	190 m	19	0
	Men	30 - 35 min.	4,9 - 5,0 km	230 m	21	0



RELAY / MAPPING / COURSES

Course specific characteristics: There will be an arena passage, located between 1,6 and 1,8 km from the finish, on both Womens and Mens courses. As can be seen from the arena scheme, the last control is punched both before the arena passage and just before the finish. It is the athlete's responsibility to follow the left route when passing the arena and the right route when running towards changeover/finish.

Coaching zone: There will be two coaching zones at the arena passage (see arena scheme). Coaches are allowed to give liquids/solids to their athletes.

Map change: Both Womens and Mens courses will be divided into part 1 and 2 printed on opposite sides of the sheet. At the Start, athletes will get their maps wrapped with an elastic band. Part 1 will be the one in the external part of the roll. Part 1 will end at the arena passage. Contrary to the other days, part 2 begins with a triangle – be extra careful not to start with the wrong part.

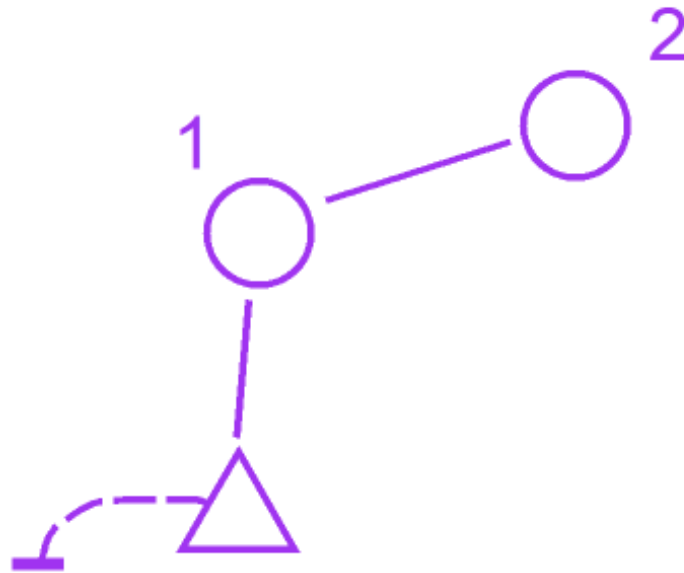
PLEASE TAKE EXTRA CAREFULL CHECKING CONTROL CODES. THERE ARE CONTROLS THAT ARE CLOSE TOGETHER – RESPECTING IOF RULES OF COURSE



155-1

Men

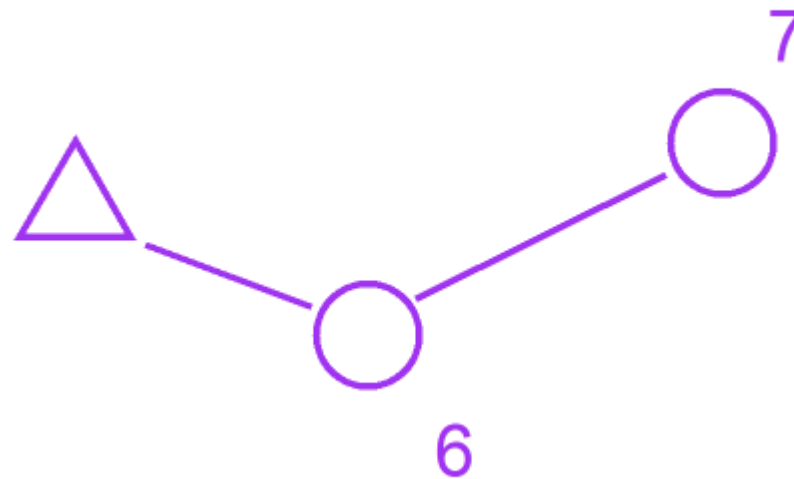
Part 1



155-1

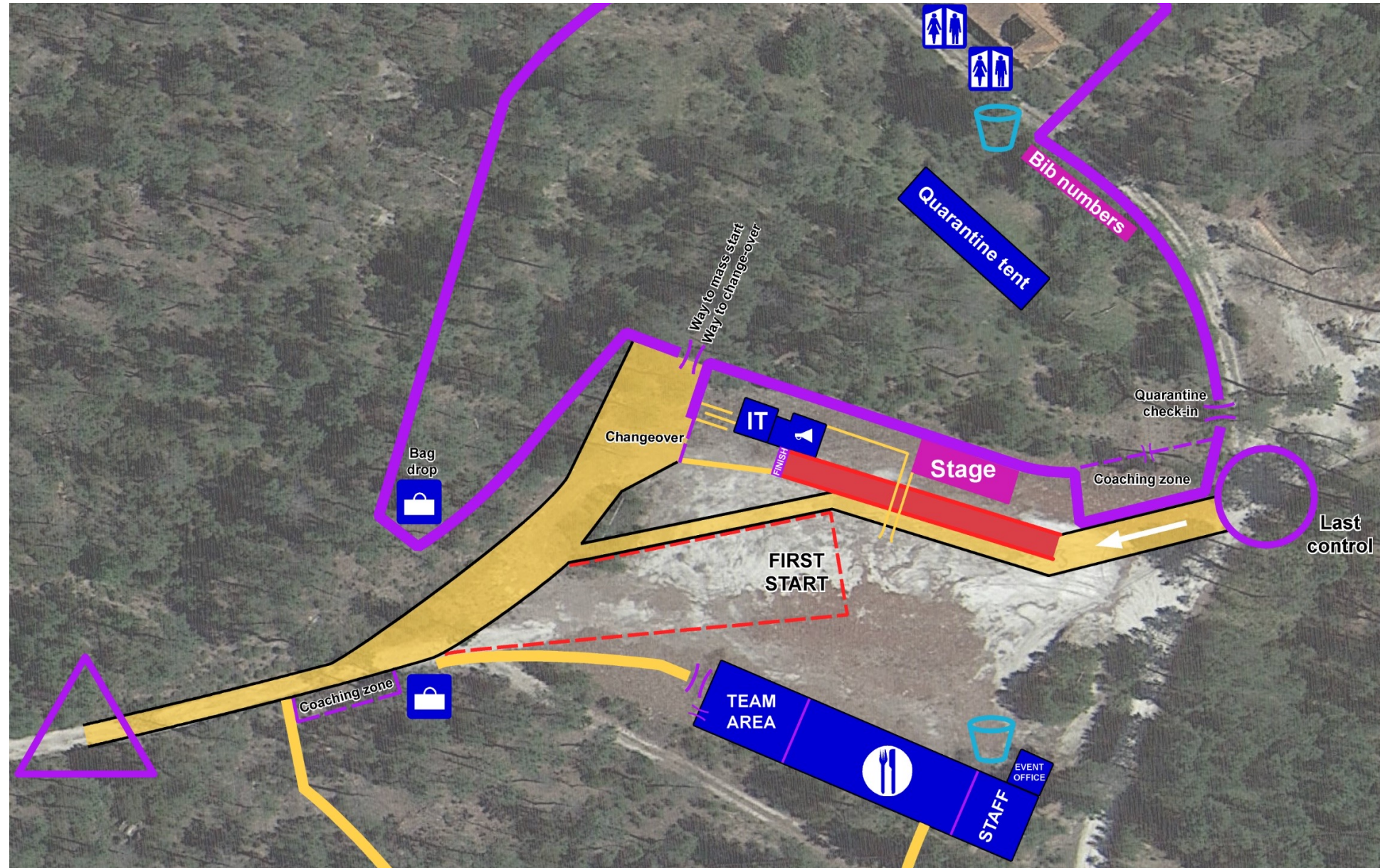
Men

Part 2



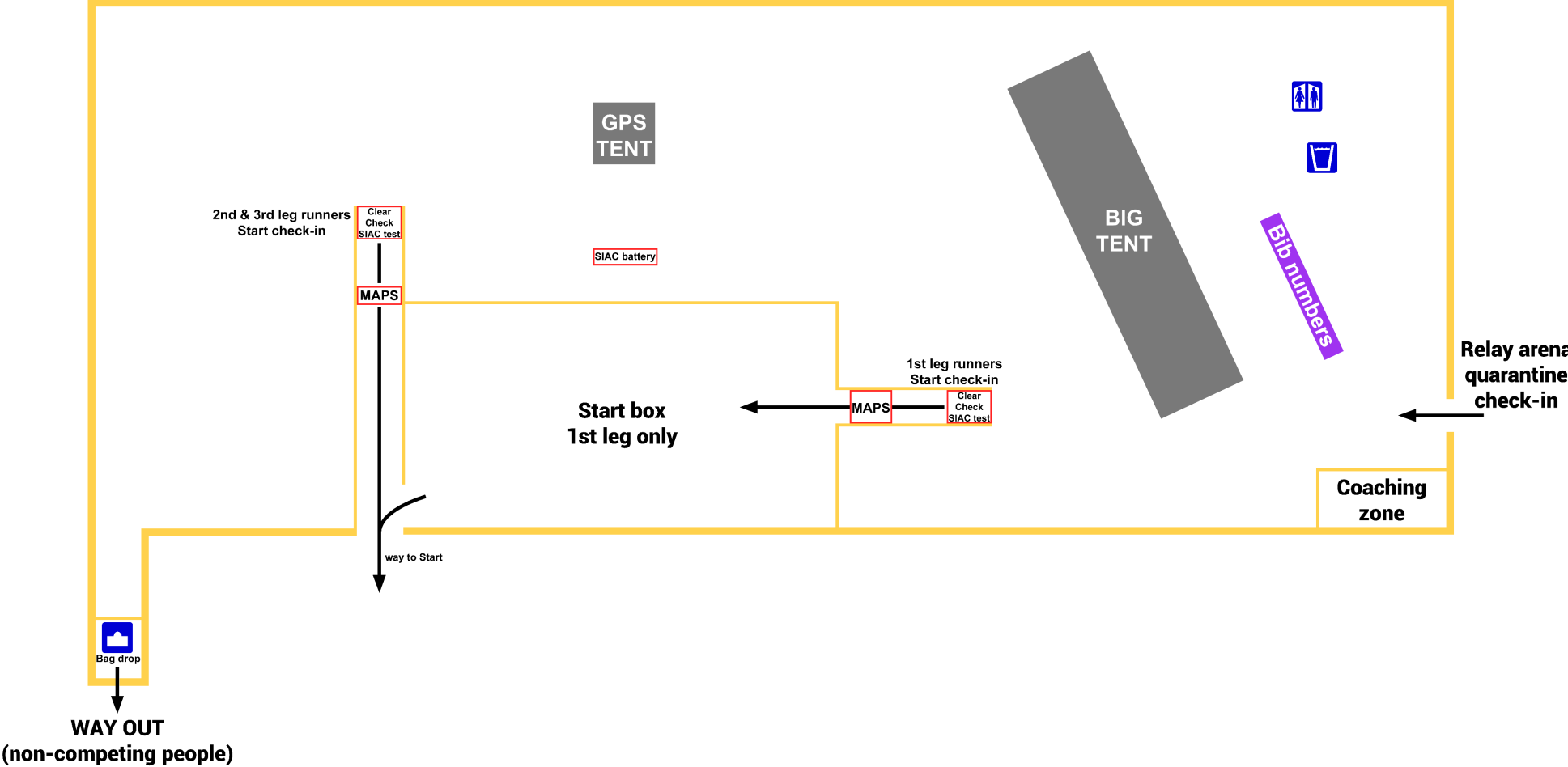
ARENA

- before the Start
- Start for 1st leg athletes
- Start for 2nd & 3rd leg athletes
- at the Finish
- Late athletes mass start
 - Women 12h10
 - Men 14h10



CHECK IN START / START PROCEDURE

- Start for 1st leg athletes
- Start for 2nd & 3rd leg athletes



RELAY / MAPPING / SPECIAL FEATURES

Specific terrain characteristics - “Forest work”: Some parts of the competition terrain have been cleaned by forestry personnel. The cleaning process intended to remove dense vegetation from terrain, leaving the trees intact. **Competition maps are updated.**

To improve the quality of the courses, Organizers used forestry trucks to open passages through some areas of dense vegetation. These passages are marked as white forest (“405 Forest”) in most cases. Light yellow (“403 Rough open land”) has been used only in locations where the surrounding area is not forest. Below you can see how those passages will look in the terrain. On the left image, light yellow was used; on the right image, white is used.

Example :



TEAM OFFICIALS & VIP RACE (MASS START)

After the Relay prize-giving ceremony, on Saturday 5th of November, a mass start will take place at Arena Quinta das Lameiras using JWOC Relay maps. All accredited people are welcome to run this course. No timing will be performed during this race.



RELAY QUESTIONS AND ANSWERS

Q:

A:



RELAY QUESTIONS AND ANSWERS

Q:

A:



RELAY QUESTIONS AND ANSWERS

Q: What about athletes that do not have a team?

A: Write an email to it@iwoc2022.pt

Q: Will there be water stations at the arena passage?

A: No. But coaches are allowed to give some a the Coaching Zones.





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