



AGUIAR DA BEIRA ✕ PORTUGAL

TEAM OFFICIALS' MEETING

Saturday | 5th November

Long Distance

MEETING AGENDA

1. Roll call
2. Congratulations to winners
3. Race specific information: Long Distance
4. 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: Bruno Nazário

IOF Senior Event Adviser: Helge Lang Pedersen, DEN

IOF Assistant Senior Event Adviser: Kell Sønnichsen, DEN

National Controller: Carlos Monteiro

Long Course Setter: Diogo Miguel



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 IOFEventor 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)

8h15 - 9h15 Quarantine check-in

9h30 **Long Distance**

15h50 Prize-giving & closing ceremony

Long Distance Start Location

Carapito

Arena Carapito



WEATHER FORECAST



LONG QUARANTINE LOCATION

**REVEALED
DURING TOM**



LONG / PROCEDURES FOR QUARANTINE

IMPORTANT:

1. all team members need to check in until 9h15.
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



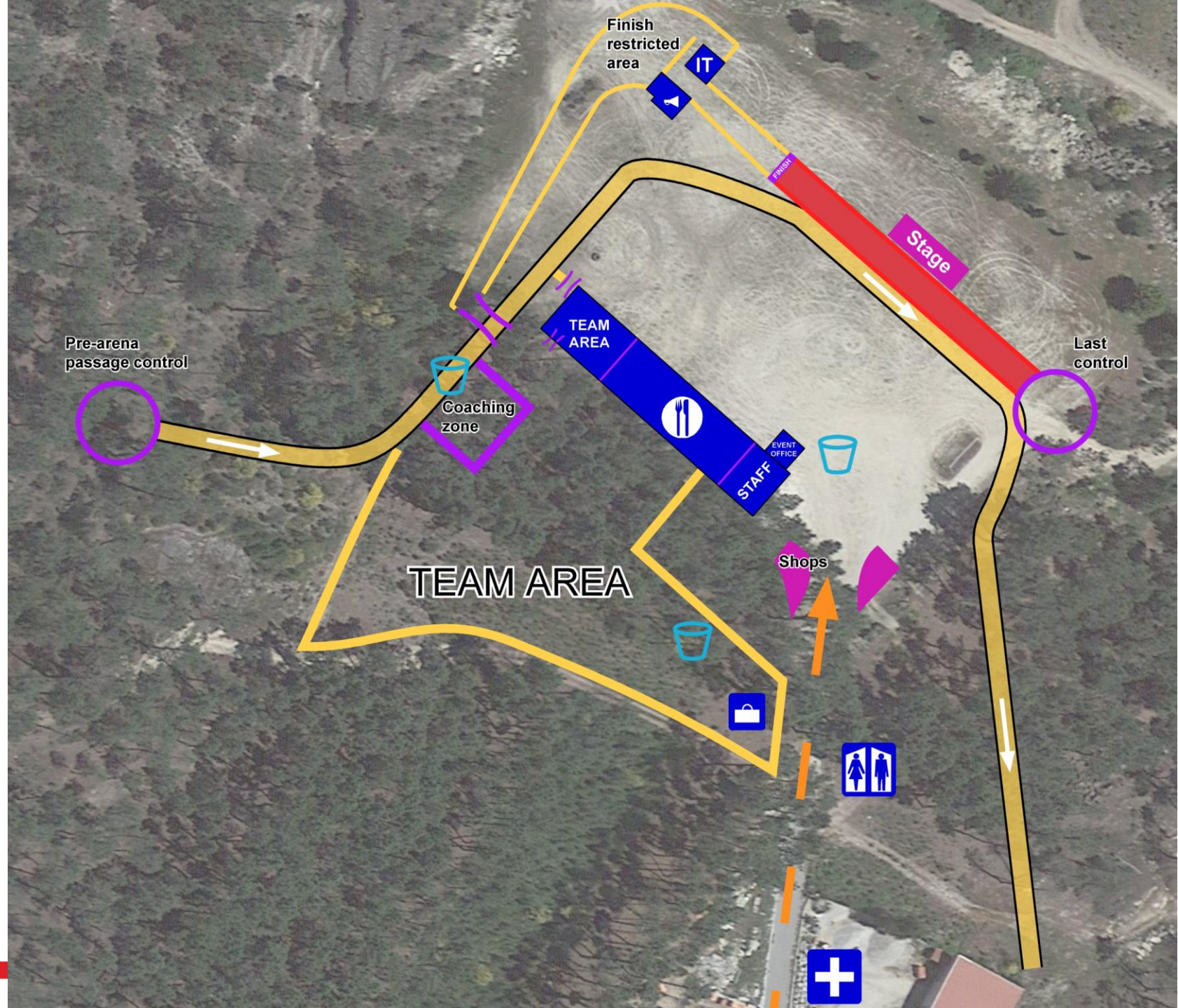
LONG / GENERAL MATTERS

How to mark for bags in Bag Drop

The athletes should mark their bags with their accreditation badge.

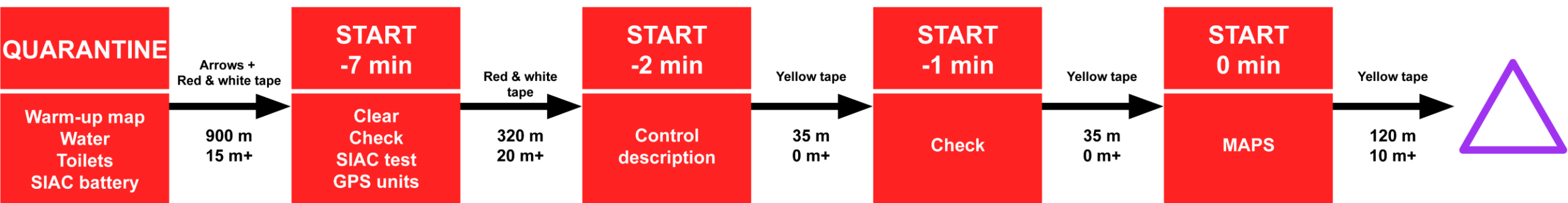


ARENA



LONG / START PROCEDURE

The way from Quarantine shelter to call-up: To get to the Start call-up, athletes can both use the warm-up map or follow the marked route (arrows + red & white tape) from the Quarantine shelter to the call-up. If using the organiser's instructions, team members need to cover 900 meters with 15 meters of climb.



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

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

The Men's course will be divided into parts 1 and 2 printed on opposite sides of the sheet. At the Start, athletes will get their maps with part 1 facing up. Finish will not be shown in part 1.



LONG / 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: 1:15,000 Contour interval: 5 meters

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

Course setting: Diogo Miguel

Course specific characteristics: There will be an arena passage in both Women's and Men's courses toward the end of the course. There will be a "710 Crossing point" in the Long distance course. It is not mandatory to use such passage. This type of passage is demonstrated in the model event for Long distance.



LONG / MAPPING / COURSES

Courses

Competition	Class	Winning time	Length	Climb	Controls	Refreshments
Long	Women	55 minutes	7,3 km	310 m	20	2 or more
	Men	70 minutes	10,8 km	460 m	24	4 or more

Refreshment points and coaching zone: There will be a coaching zone at the arena passage (see arena scheme). Coaches are allowed to give liquids/solids to their athletes. Organisers will also place a refreshment point at the arena passage corridor (close to the coaching zone). Besides the refreshment point at the arena passage, there will be only one more control with refreshment (marked on the control description). All the other refreshment points are out of controls and are marked on the map using the symbol “713 Refreshment point”. The first-aid point, marked on the map using “712 First aid post”, will also work as a refreshment point.



LONG DISTANCE QUESTIONS AND ANSWERS

Q:

A:



LONG DISTANCE QUESTIONS AND ANSWERS

Q:

A:





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Sunday | 10th July

Middle, Relay , General Matters