



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	Netherlands	Slovenia	
Denmark	China	New Zealand	Spain	
	Hungary			



CONGRATULATIONS

TOP 3 WOMEN

1ST		HANNA LUNDBERG	23:18
2ND		ELSA SONESSON	26:08
3RD		Eeva Liina Ojanaho	26:28

TOP 3 MEN

1ST		ZOLTAN BUJDOSO	24:20
2ND		EDVIN NILSSON	24:39
3RD		TOUKO SEPPA	24:42



CONGRATULATIONS

JUNIOR WORLD ORIENTEERING CHAMPIONSHIPS RELAY - W20

1	Sweden	86:06	
2	Hungary	90:13	
3	Finland	90:57	



JUNIOR WORLD ORIENTEERING CHAMPIONSHIPS RELAY- M20

1	Sweden	89:19	
2	Finland	90:15	
3	Norway	90:46	



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

Long Distance Start Location

9h30 **Long Distance**

Carapito

15h50 Prize-giving & closing ceremony

Arena Carapito



WEATHER FORECAST

Domingo, 6 Nov.

 Lua Crescente 87%

									
09:00		12 °	9 °	9 °	88	< 0.1 mm		90 %	0 %
10:00		13 °	10 °	10 °	83	< 0.1 mm		70 %	0 %
11:00		14 °	8 °	11 °	69	< 0.1 mm		60 %	0 %
12:00		15 °	8 °	13 °	64	< 0.1 mm		80 %	0 %
13:00		16 °	7 °	13 °	58	-		30 %	0 %
14:00		16 °	7 °	12 °	56	-		0 %	0 %
15:00		15 °	9 °	13 °	65	< 0.1 mm		80 %	0 %



LONG QUARANTINE LOCATION



- Specific Parking for quarantine.
- GPS Location of the south road crossing.
 - 40.774437, -7.490625
 - 40°46'28.0"N 7°29'26.3"W
 - <https://goo.gl/maps/EeSPRSz1sy1JRzBu6>

Not allowed to visit Arena before the start.

- Green route – coming from Aguiar or Fornos de Algodres
- Yellow route – coming from Trancoso or Carapito

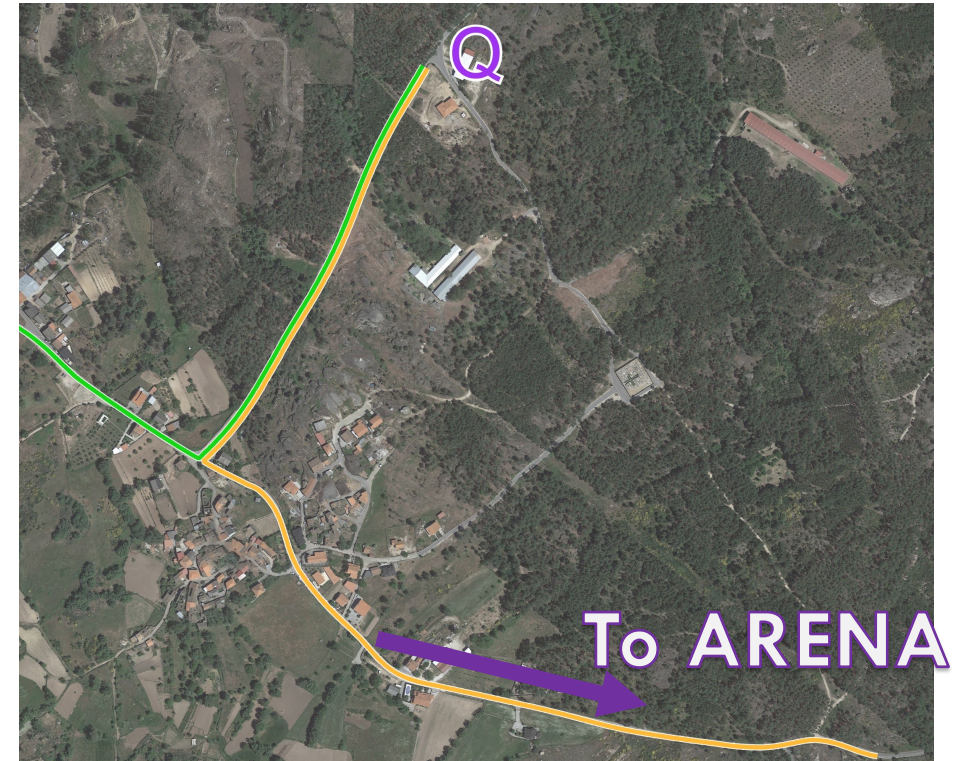
LONG QUARANTINE PARKING

- Please respect the marshall's instructions



LONG QUARANTINE LOCATION

- CHANGE TO BULLETIN 4.5 section 22.2
 - Team official that enter quarantine can only leave after the deadline for quarantine closes (9h15)
- Team official should use the yellow route to drive to the arena car parking. Distance from the car parking to the Arena is about 1000 to 1400 meters.



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



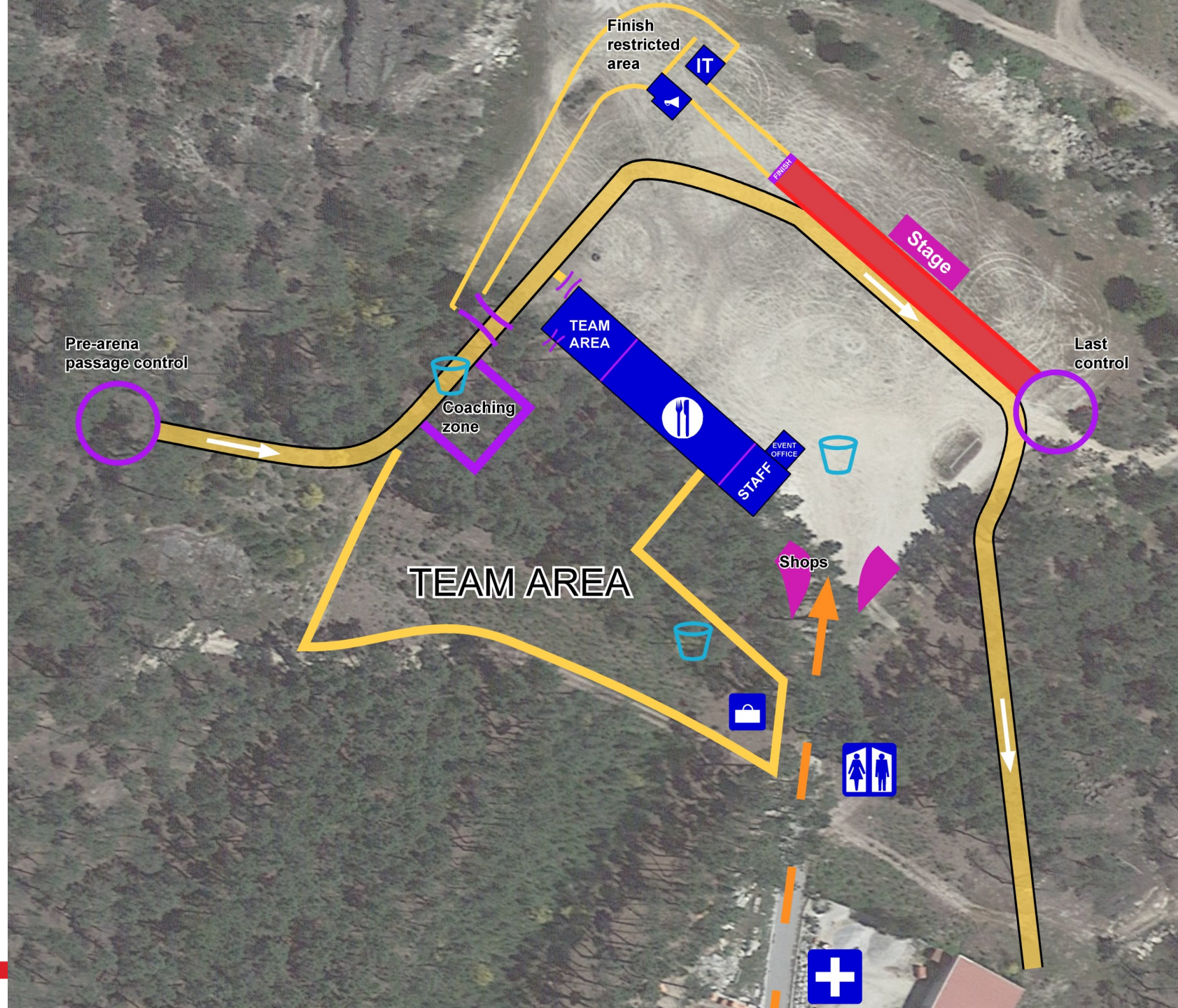
LONG / GENERAL MATTERS

How to mark for bags in Bag Drop

The athletes should mark their bags with their accreditation badge.

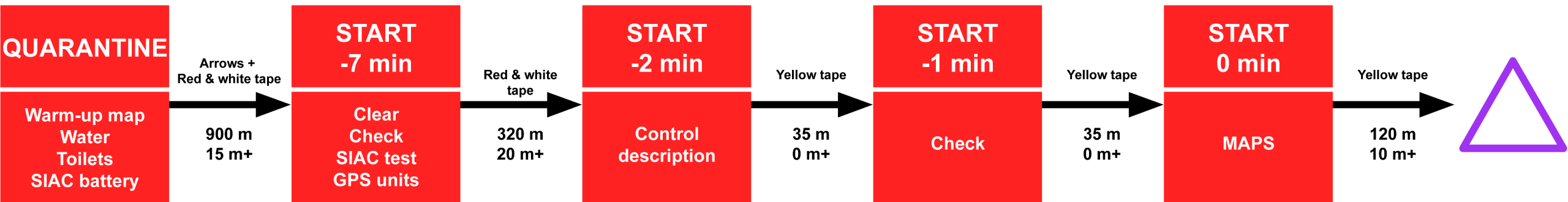


ARENA



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

Sweden

Q: How many % of the course is left when they pass through the arena?

A: Like we wrote, it is toward the end of the course. We can add that after the arena passage it will be in the range of 7-15 min of running.

Q: After how many minutes is the refreshment station located at a control?

A: Refreshment stations are very spread during the course. If not on controls, they are on the route choice lines (we have covered the several options) There will be max 3kms between each one. Besides that the refreshment station at the arena, there is only one at a control - only for the men.

Q: Will it be guaranteed that all runners will be provided with sportsdrink and not only water at the refreshment controls?

A: yes, we can guarantee. We have plenty...



LONG DISTANCE QUESTIONS AND ANSWERS

Sweden

Q: What label is the sportdrink?

A: zumub professional – taste Orange. This was the only brand with WADA seal of aproval and it is used by professional football clubs in Portugal

Q: Will there be more then two toilets at the quaratine to avoid long ques?

A: Yes. There will be 4 toilets.



ZUMUB:
**ISOTÓNICO
PROFESSIONAL**

Bebida Isotónica. Hidratação e resistência

★★★★★ (Ler 6 comentários)



LONG DISTANCE QUESTIONS AND ANSWERS

Sweden

Q: The bulletin states that if a road / path is under OB-symbol it's forbidden to run on. Will the entrance of the road to the OB-area be taped? (EOC 2022 long distance issue)

A: There is only one Out of Bounds area. To be clear, the area is the parking for the arena. There will be no tapes, but it is quite clear.

We did not use Out of Bounds symbol to create route choices.



LONG DISTANCE QUESTIONS AND ANSWERS

Italy

Q: Part 1 and Part 2 for MEN have the same map area or different layout? (arena and finish area is present in both parts?)

A: Same map, same layout.

Q: What percentage of the course is the refreshment placed at the control point?

A: answered before.

Q: Water at the organizer's refreshment places (also during the arena passage) is already in the cups or in bottles? For the arena passage, the place of the organized refreshment is before, after or at the same place as the coaching zone?

A: Coaching zone is bigger than on the arena scheme – full size of the team area. Water will be on the coaching zone. During the course the water/sports drinks is already in cups.

Q: What percentage is the arena passage on the courses?

A: answered before



LONG DISTANCE QUESTIONS AND ANSWERS

Q: Is it clear on the map the Out-of-bounds area? Is there tape to recognize the actual border? Is there any other tape in the forest? (for example the long model event “crossing point” was highlighted with white/red tapes)

A: answered before for the Out-of-bounds area.

Yes, there will be tapes – red and white, marking the non-mandatory crossing point, just like in the model event for the long distance

Q: At middle distance race start corridor some organizers were talking/chatting/making noise while our athletes were trying to focus, is it possible to avoid this?

A: we will talk with the start team



LONG DISTANCE QUESTIONS AND ANSWERS

Israel

Q: 1. Will there be extra maps at water stations or arena passage for runners in case they tear their map? Peleg fell during middle and made a hole in his map, and if it happens in the long distance it might be problematic.

A: no, there will be no extra maps at the water stations or arena passage. We have this double safety with waterproof paper + plastic. We feel that it is enough.

Q. At what percentage of the course is the arena passage. I know it says "close to the finish", but can you give accurate distance?

A: Answered before



LONG DISTANCE QUESTIONS AND ANSWERS

Q: Is the length of part 1 and 2 equal?

A: It is clearly shown on the map.

Q: Is part 2 shown with a start triangle?

A: No the same control is shown on both parts.

Q: Do you have to park at the Quarantine or can you drop off athletes?

A: Yes, but you should not go to the Arena before 9.15.

Q: Do the athletes have to pick up the cups themselves at the arena passage?

A: Yes.



LONG DISTANCE QUESTIONS AND ANSWERS

Q:

A:





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