



# TOM Long Distance & Relay

**06.07.2023 – 19:00**

**Races begin 07.07.2023 – 09:00 and 08.07.2023 – 09:30**





# MEETING AGENDA

- Roll Call
- Congratulations for the winners at Middle Distance
- Race specific information: Long Distance
- Race specific information: Relay
- Q & A: Long Distance
- Q & A: Relay





# ROLL-CALL

<a href="#">Australia</a>	<a href="#">Latvia</a>
<a href="#">Austria</a>	<a href="#">Lithuania</a>
<a href="#">Belgium</a>	<a href="#">Moldova, Republic of</a>
<a href="#">Brazil</a>	<a href="#">Netherlands</a>
<a href="#">Bulgaria</a>	<a href="#">New Zealand</a>
<a href="#">Canada</a>	<a href="#">North Macedonia</a>
<a href="#">Croatia</a>	<a href="#">Norway</a>
<a href="#">Czechia</a>	<a href="#">Poland</a>
<a href="#">Denmark</a>	<a href="#">Portugal</a>
<a href="#">Egypt</a>	<a href="#">Romania</a>
<a href="#">Estonia</a>	<a href="#">Serbia</a>
<a href="#">Finland</a>	<a href="#">Slovakia</a>
<a href="#">France</a>	<a href="#">Slovenia</a>
<a href="#">Germany</a>	<a href="#">South Africa</a>
<a href="#">Great Britain</a>	<a href="#">Spain</a>
<a href="#">Hong Kong China</a>	<a href="#">Sweden</a>
<a href="#">Hungary</a>	<a href="#">Switzerland</a>
<a href="#">Ireland</a>	<a href="#">Turkiye</a>
<a href="#">Israel</a>	<a href="#">Ukraine</a>
<a href="#">Italy</a>	<a href="#">United States</a>
<a href="#">Japan</a>	



# Congratulations!



<b>1</b>	HENRIETTE RADZIKOWSKI	SUI	25:42
<b>2</b>	LUCIE DITTRICHOVA	CZE	25:46
<b>3</b>	PIA YOUNG VIK	NOR	25:56



# Congratulation!



<b>1</b>	HANNES MOGENSEN	SWE	24:39
<b>2</b>	JAKUB CHALOUPSKY	CZE	25:22
<b>3</b>	OSCAR DAVID BROM JENSEN	DEN	25:55



# PROGRAM – Long Distance

- Quarantine closes at 08:50. Quarantine shall start when the competitors take the official buses. No officials allowed in the arena before Quarantine closes (08:50).
- Start window is 09:00-14:46.
- Deadline for name entries at Forest Relay is 13:00.
- Prize Giving Ceremony will be at 16:30.





# IMPORTANT

- No old maps or electronic devices are allowed in the quarantine.
- The athletes should mark their bags with their accreditation badge.
- Use of GPS watches is forbidden according to Rules 21.4: *GPS-enabled devices (watches etc.) must not be carried unless the device has been provided by the organizer.*



# Transportation Schedule: Baia Mare - Cavnici

Line	Time	Bib Numbers		Estimated travel time	No. of buses
		M	W		
Line 1	7.00	174-91	347-280	45 min	2
	08.50	90-1	279-201	45 min	2
Line 2	7.00	174-91	347-280	45 min	1
	08.50	90-1	279-201	45 min	1
Line 3	6.55	174-91	347-280	45 min	2
	08.40	90-1	279-201	45 min	2



# Transportation Schedule: Cavnica – Start Area

Time	Bib Numbers		Officials	Athletes	Estimated travel time	No. of mini buses	Minimum minutes
	M	W					
7.50	174-170	347-343	22	10	10 min	2	09:00
8.10	169-162	342-335	12	16		2	09:10
8.30	161-148	334-321	2	28		2	09:26
8.50	147-134	320-307	2	28		2	09:54
9.20	133-120	306-293	2	28		2	10:22
9.50	119-106	292-279	2	28		2	10:50
10.15	105-92	278-265	2	28		2	11:18
10.45	91-77	264-250	1	30		2	11:46
11.15	76-62	249-235	1	30		2	12:16
11.45	61-47	234-220	1	30		2	12:46
12.15	46-32	219-205	1	30		2	13:16
12.45	31-17	204-201	1	19		2	13:46
13.15	16-01	-	1			1	14:16



# Transportation

- Driving Baia Mare – Arena for non competitors, 25 km ( 35 min driving), parking coordinates: 47.626702, 23.807917
- Parking place to Arena: walking distance 300 meters, 20 m climb. The way from parking to Arena will be not marked, the Arena is in the neighborhood.
- The official buses will have an optional station on the arena - only for team leaders or non competitors who want to go directly to the Arena.

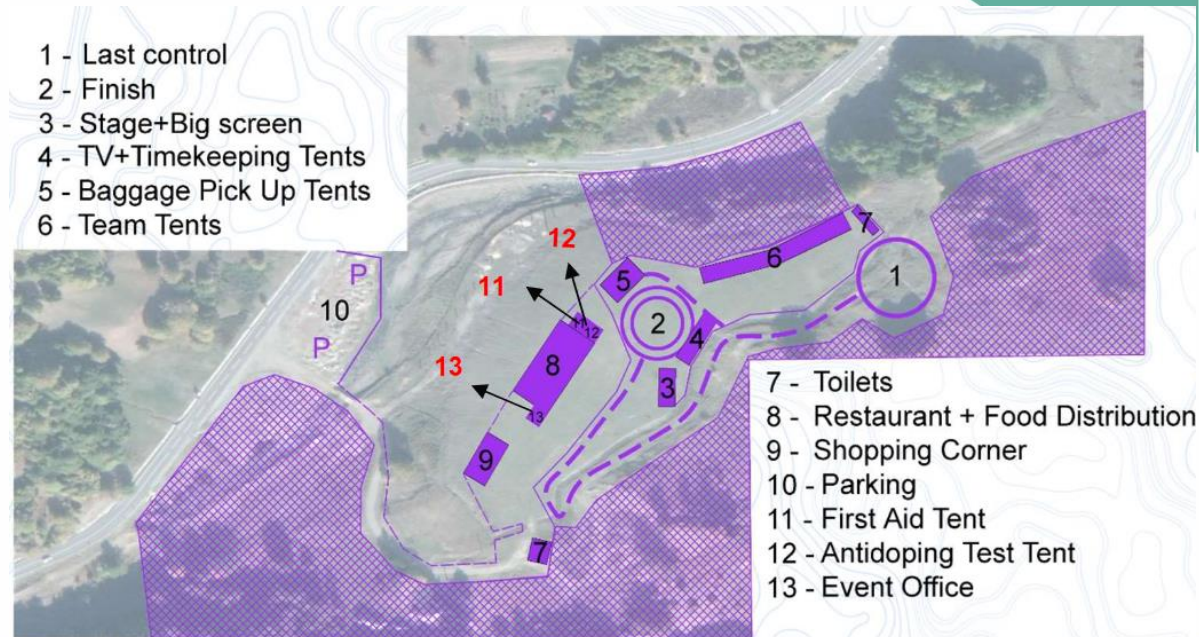


# ARENA

Arena location:

Arena Baia Mare, coordinates:

47.626862, 23.809808





# Quarantine Area

The Quarantine area consists in a theatre/concert hall. Here you will find many chairs, possibility to rest. There are spaces where competitors can use their own mats. Competitors will have water, fruits, coffee available. The toilets are located inside the quarantine area, both inside and outside (ecological toilets).

- From the quarantine, competitors and officials can go to the pre-start area only with the organizers minibuses, driving time 10-12 min. The schedule of these minibuses will be displayed at the quarantine location.
- Drop off baggage area will be both in the quarantine area and in the pre-start area.





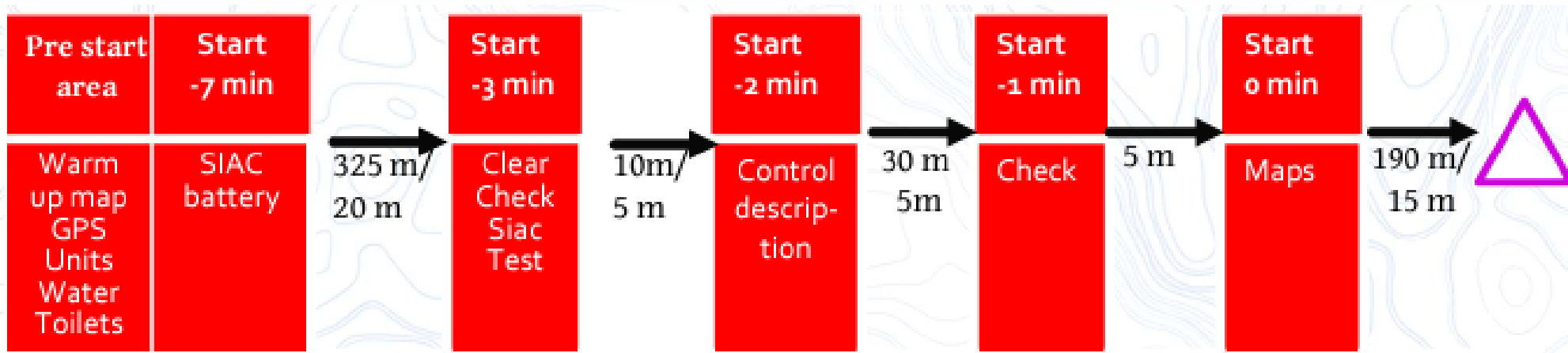
## Prestart

**It is located about 10 minutes from the quarantine area, but each competitor will arrive at the pre-start at least 50 minutes before his start.**









- Baggage drop off will be both in the quarantine area and in the prestart area.**
- Warm up map will be available in the pre-start area.**
- Toilets and water will be available in the Prestart Area.**



# Start procedure



# WEATHER FORECAST – 07.07

09		17°	0.1	2 ↓	Light breeze from north east
10		18°	2.1	3 ↓	Light breeze from north east
11		19°	0.1	4 ↓	Gentle breeze from north east
12		20°	0.2	3 ↓	Light breeze from north east
13		21°	0.5	3 ↓	Light breeze from north east
14		21°	4.2	4 ↓	Gentle breeze from north east
15		18°		4 ↓	Gentle breeze from north east
16		18°	0.2	2 ↓	Light breeze from north



# COURSES

Competition	Class	Winning time	Length	CP	Climb	Scale
Long Distance	W20	62 min	7.800 m	17	310 m	1:15.000/5m
	M20	70 min	10.700 m	23	585 m	







# Refreshment during the race

Refreshment shall be ensured during the races 3 times for M and 2 for W.

Location is at about 25% - 50% - 75% of the course, in terms of time, for Men.

Location is at about 35% - 75% of the course, in terms of time, for Women.

It is mandatory that runners drop the garbage (cups, gel, or any other packages) in a special square set at the refreshment area or in the arena after finishing!



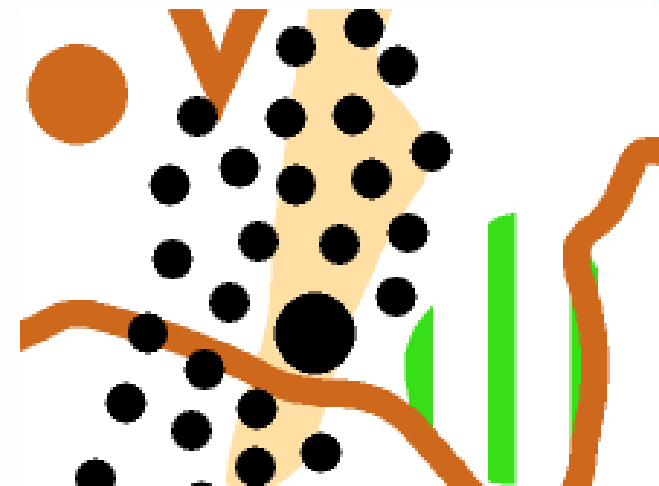


# SPECIAL FEATURES

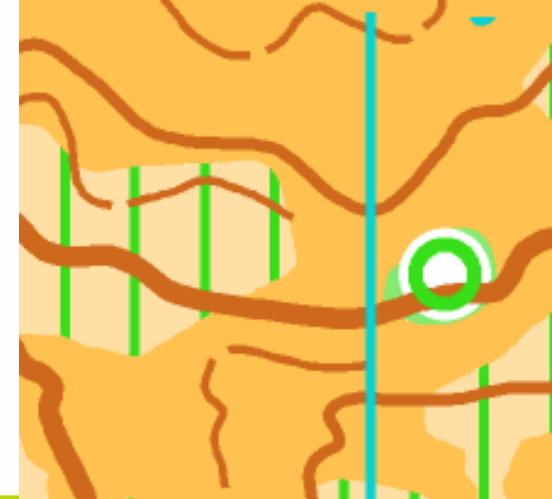
Please see Bulletin 4 page 36-37



# SPECIAL FEATURES

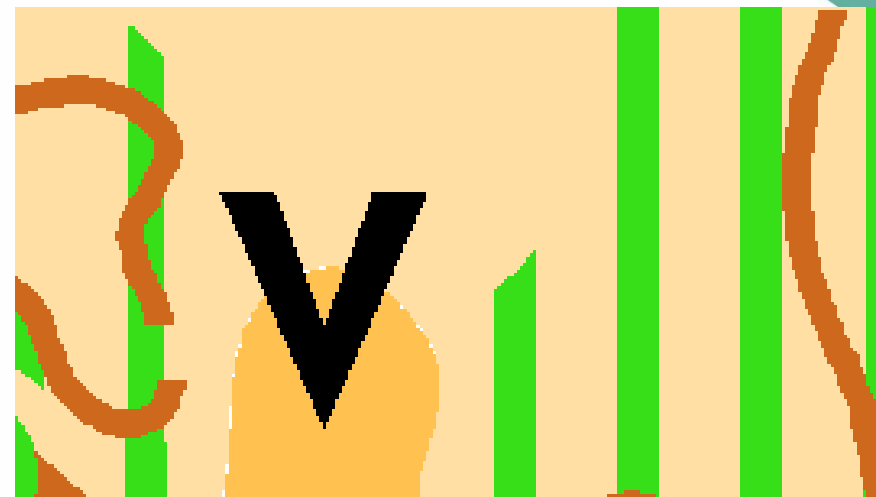


# SPECIAL FEATURES





# SPECIAL FEATURES



# SPECIAL FEATURES



526. Cairn Symbol





# Special Requests

- We ask responsible water consumption during the quarantine and after finish.
- Snack & Coffee served in the quarantine are for local consumption only, and not to-go.





# Relay

**Race begins 08.07.2023 – 09:30**







Junior World Orienteering Championships  
Romania, Baia Mare **2023**

# PROGRAM

Saturday	09.00-15.00	Event Office open	Cavnic arena
08.07.2023	09.30	Forest Relay (3 legs), First start M category	Cavnic arena
	11.30	Forest Relay (3 legs), First start W category	Cavnic Arena
	13.30	Closing Ceremony	Cavnic Arena
	14.20	Coaches and VIP race – mass start	Cavnic arena
	18.00-20.00	Event Office open	Event Center
	20.30	Banquet	Baia Mare

Quarantine closes at 09:15, next to Arena Cavnic.





# IMPORTANT

- No old maps or electronic devices are allowed in the quarantine.
- The athletes should mark their bags with their accreditation badge.
- Use of GPS watches is forbidden according to Rules 21.4: *GPS-enabled devices (watches etc.) must not be carried unless the device has been provided by the organizer*



# Transportation Schedule: Baia Mare – Cavnic Arena - Relay

Line	Time	Bib numbers	Travel time	Buses
Line 1	7:45	All legs men, women	40 min	2
Line 2	7:45	All legs men, women	40 min	2
Line 3	7:40	All legs men, women	40 min	2



# Transportation

- Driving Baia Mare – Arena 25 km ( 35 min driving), parking coordinates: 47.626702, 23.807917. Official buses are no longer mandatory to reach Cavnic.
- Parking place to Arena: walking distance 300 meters, 20 m climb. The way from parking to Arena will not be marked. Beware that parking spots are limited next to arena.

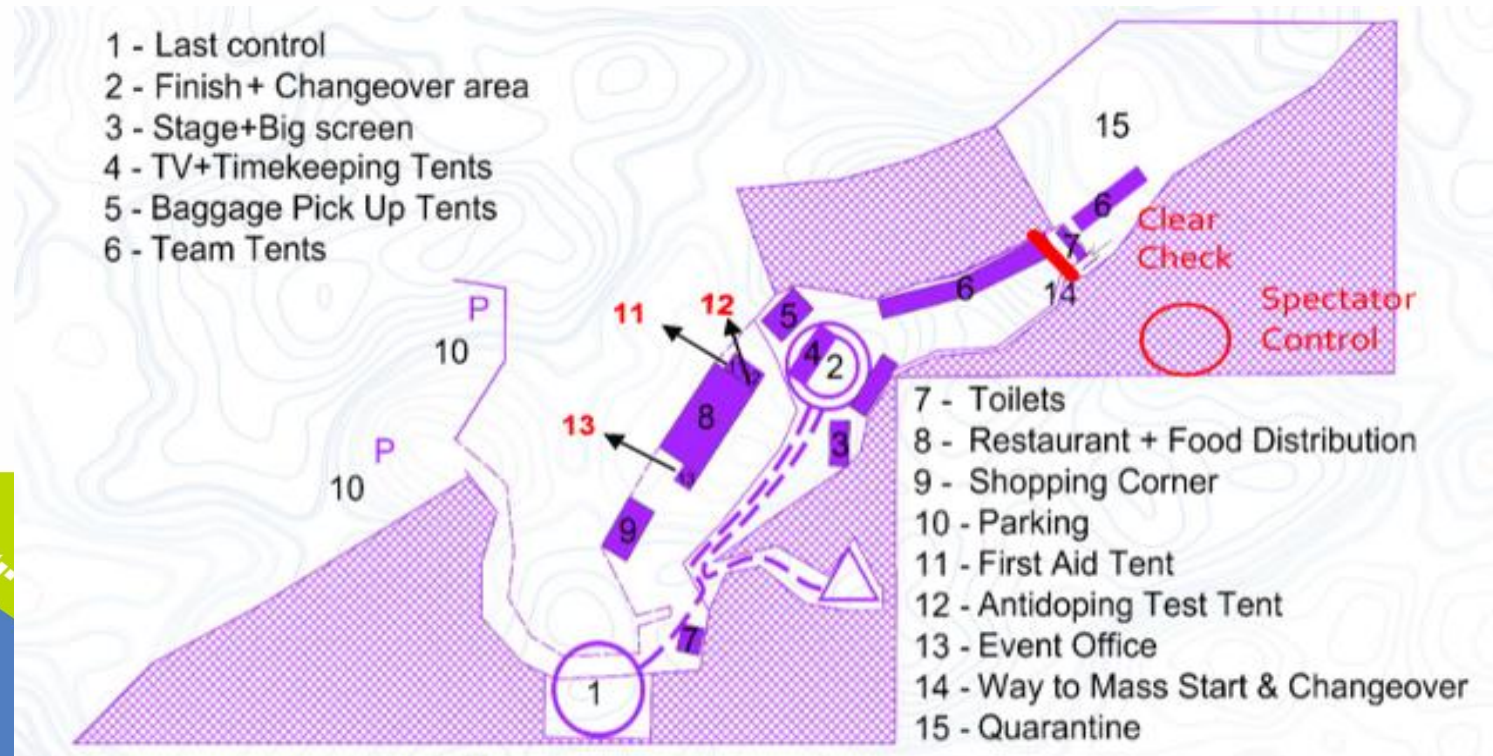


# ARENA

Arena location:

Cavnic Arena coordinates:

47.626862, 23.809808













# Detailed Program

Quarantine closes at 9:15, without sign-in.  
First legs shall go to the Start line at 09:25.  
09:30 Men mass-start shall be given.  
11:30 Woman mass-start shall be given.



# WEATHER FORECAST - RELAY

09		16°	3 ↓	Light breeze from north east
10		16°	4 ↓	Gentle breeze from north east
11		17°	4 ↓	Gentle breeze from north east
12		18°	4 ↓	Gentle breeze from north east
13		19°	4 ↓	Gentle breeze from north
14		20°	4 ↓	Gentle breeze from north
15		20°	5 ↓	Gentle breeze from north
16		20°	5 ↓	Gentle breeze from north east



# COURSES

Competition	Class	Winning time	Length	CP	Climb	Scale
Relay	W20	90 min/team	4.120 m/leg	15	250 m	1:10.000/5m
	M20	95 min/team	5.500 m/leg	21	285 m	







# Refreshment - Relay

At the arena passage – 75%  
Coaching Zone will be available at the arena passage, it can be accessed from quarantine





# SPECIAL FEATURES

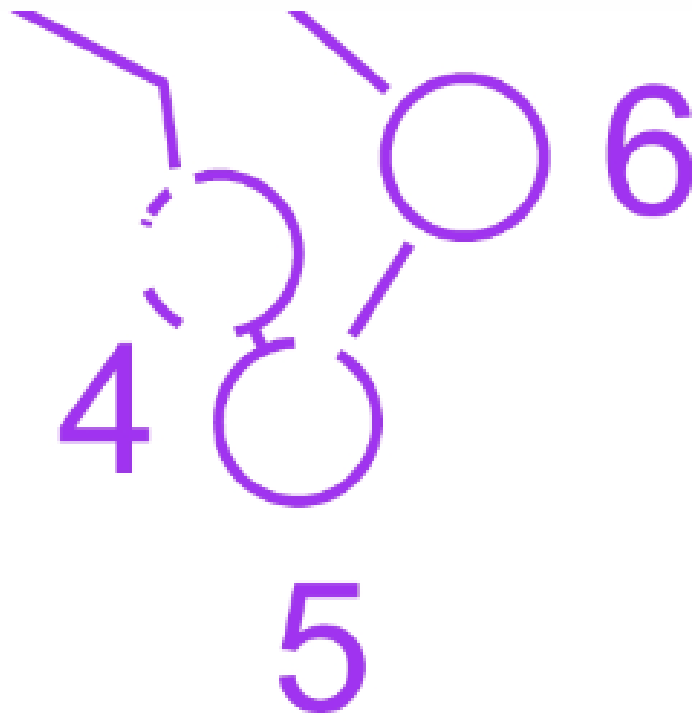
Same as first 2 forest races





# IMPORTANT

Mind that there might be controls that are placed at short distances between each other.  
The runners shall be very careful when taking these controls in right order.





# IMPORTANT

2<sup>nd</sup> and 3<sup>rd</sup> legs shall receive their maps rolled with elastic band, like in the mixed relay. Checking the numbers printed on the back of the maps is the runner's responsibility.





# REMINDER !!

Team Leaders shall return all SIACs and vests together to the Event Office to:

- At the Arena: before 15:00
- At the Event Office: 18-20:00





# Questions and answers - emails

Q: could you please make sure that every athlete has 50 min in the pre-start-area. when a bus starts 46min before a start-time this is really not possible due to physics. one of our runner had just 25min before entering the start-boxes.

A: Yes, we will reschedule based on the detailed issue.





# Questions and answers - emails

Q: Is it possible to make sure that the control flags are properly mounted? some of my athletes told me that there were on the ground

A: Yes, we'll do our best! We kindly ask runners, while getting passed the controls, not to take them down!



# Questions and answers - emails

Q: Yesterday, the athlete's bags arrived at the arena slowly / late after the arrival of athletes. Tomorrow the weather is expected to be bad, is it possible to speed up the return of bags from pre start to the arena ?

A: Yes, we will do our best.





# Questions and answers - emails

Q: Can the spectators cheer for their nations runners on the Long Distance other than on the run-in?

A: There is no noise limit in the arena 😊.





# Questions and answers - emails

Q: Is there any chance to have a later deadline for giving the names and running order for the relay, for example until the prize giving ceremony for Long Distance?

A: New deadline for Relay 16:30.





# Questions and answers - emails

Q: How much time do the 2nd and 3rd runner have after the previous runner was at the spectator control?

A: Approximately 8 minutes.





# Questions and answers - emails

Q: You may find attached a picture of Rita Máramarosi's map from yesterday. Fortunately it didn't affect her run, because it happened after she had passed this part of the race but this is not acceptable and you said it will not happen. Do you have solution for this on both the Long Distance and Relay?

A: Maps will be available both in sealed plastic bags and without. Runners may choose each of them, or put them in own bags after start.





# Questions and answers - emails

Q: If there is no solution of making the maps fully protected against damage (even with plastic cover) is there any chance for having some replacement maps at least at the refreshment controls?

A: This is not possible.





# Questions and answers - emails

Q: Is it possible to create mixed relay teams? 2 men will be glad to run with a complete relay team.

A: Yes.





# Questions and answers - emails

Q: Is it possible to provide lunch in quarantine for the athletes who leave in the final part of the 3rd group?

A: No.





# Questions and answers - emails

Q: Will the controls at the feature pit or depression be placed inside or on the edge of the object?

A: Inside.







# Questions and answers - emails

Q: Some runners ran with GPS watches, we ask you to remind the coaches to please take care to ask the runners to remove them before their start.

A: This is not a question. We also ask teams to obey rules.





# Questions and answers - emails

Q: Prominent vegetation features were not so prominent (example TV control code 41), is it the same at the next races? What is the minimum size for them to be mapped according to the mapper?

A: Control 41 at Middle Distance was about the minimum size.





# Questions and answers - emails

Q: At the relay, will there be the control codes written next to the continuous numbering printed close the control circle on the map? or they are only on the control description?

A: No, they are only on the control description.





# Questions and answers - emails

Q: For the middle distance, the first bus, supposed to leave at 14:00, left late because it was not completely full. Is it possible to set fixed bus schedule for the return from arena to accommodation ?

A: No it is not.





# Questions and answers

Q: Percentage for open areas of the race?

A: To be seen.





# Questions and answers

Q: Can there be butterfly of forks at Long?

A: You will see.





# Questions and answers

Q: Water in refreshments shall be cups or other solution? Cups will be filled continuously?

A: Water will be served in cups. Yes they will be filled by guardsmen. Also there will be buckets and sponges with non drinkable water.





# Questions and answers

Q: Water in refreshments shall be cups or other solution? Cups will be filled continuously?

A: Water will be served in cups. Yes they will be filled by guardsmen.







# Questions and answers

Q: About banquet, how is it going to be organized?

A: The banquet will be on the game surface of the sports hall. We will provide there benches and tables with soft drinks, jumping food, and a DJ with loud nice music 😊.

