

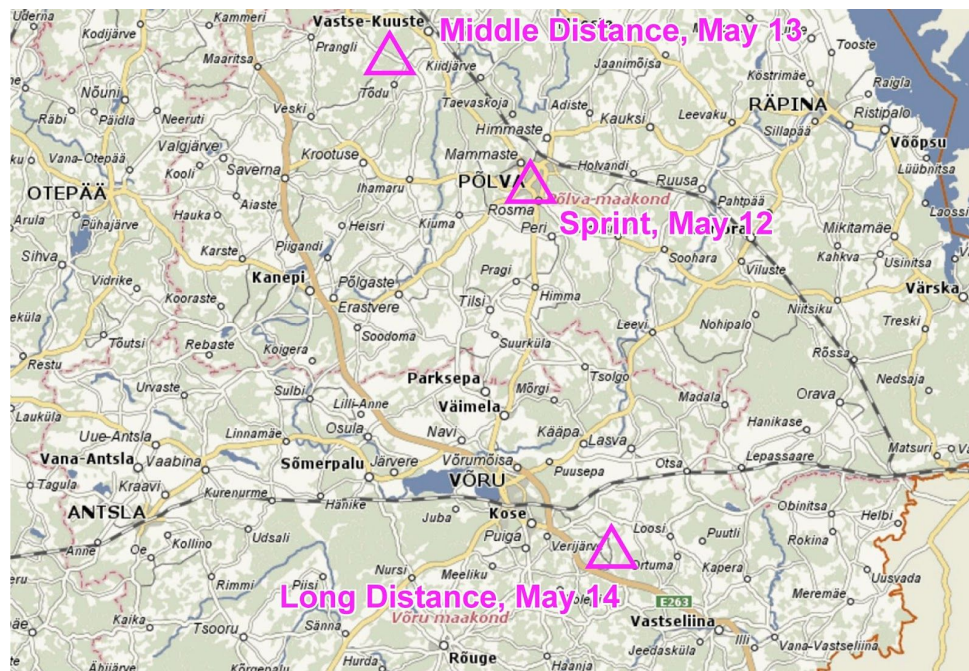


WOC 2017 Selection Races

May 12-14, 2017

1. Venue

WOC 2017 Selection races will be held in South Estonia in Põlva (Sprint), Voorepalu (Middle Distance) and Kütiorg (Long Distance) from May 12 to May 14, 2017.



Arena GPS coordinates:

SPRINT: 58.052083, 27.051250 (<https://goo.gl/maps/8JVEg7cSjaQ2>) Team parking: 58.052165, 27.054522 (<https://goo.gl/maps/dFqhxC5m2XD2>)

MIDDLE DISTANCE: 58.144444, 26.880651 (<https://goo.gl/maps/PtEn2kh3GqD2>)

LONG DISTANCE: 57.786653, 27.148644 (<https://goo.gl/maps/AKCgR5QeXRG2>)

2. Programme

Date	Time	Activity	Location
Friday, May 12	15:30	Event Office open (for payment, number vests). Entry to the quarantine is open.	Põlva
	16:30	Quarantine check-in deadline at Mesikäpa Sports Hall (Kesk 25, Põlva)	
	17:00	Competitors must move to the 2nd floor in the quarantine.	
	17:00-19:10	Starts	
	20:00	Event Office closed	
Saturday, May 13	11:00	Event Office open	Voorepalu
	12:00-15:06	Starts	
	16:00	Event Office closed	
Sunday, May 14	08:00	Event Office open	Kütiorg
	09:00-13:06	Starts	
	15:00	Event Office closed	

3. Event organisers and contacts

Event Director - Markus Puusepp (markus.puusepp@woc2017.ee) +372 526 8279

Competition Manager - Mihkel Järveoja (trainings@woc2017.ee) +372 5341 5075

Event Office - Maret Vaher (office@woc2017.ee)

Media - Jonatan Karjus (media@woc2017.ee)

Maps and Courses - Sven Oras (orassven@gmail.com)

Start manager - Ahti Bleive

Finish manager - Vallo Vaher

Timekeeping and punching systems - EMIT (Tommy Jauhojärvi), EQ Timing (Peter Löfås), OK Võru (Indrek Kuusk)

MTÜ MM2017
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50407 Tartu
ESTONIA
Reg. nr. 80370811

Bank
Swedbank, Liivalaia 8, 15040 Tallinn
EE862200221059950032
SWIFT/BIC: HABAE2X

4. Event Office

Event Office/Information is open during the races from Friday, May 12 to Sunday May 14 at the arenas. Please see detailed times for each day in the programme. Outside of the races, please contact Competition Manager (WOC 2017 Training Coordinator) Mihkel Järveoja (trainings@woc2017.ee, +372 5341 5075 for information).

5. Medical care and safety

First aid is provided at the arenas close to the finish.

Emergency number outside of the races: 112

Nearest hospitals are located in [Põlva](#) (May 12), [Tartu](#) (May 13), [Võru](#) (May 14).

Pharmacies are located in Põlva, Tartu and Võru. Only 24h pharmacy can be found in Tartu (at the [Town Hall Square](#)).

During the Sprint and Middle distance, courses cross public streets and traffic is open. Be extra careful at crossing roads!

Competitors are responsible for their own safety.

6. Quarantines

Sprint: start quarantine at the arena. Quarantine is located indoors in Mesikäpa Sports Hall. Inside the quarantine, access to toilets and warm-up area is provided. See arena map for entry details and for the location of the toilets and warm-up area. Before leaving for the start, there's a drop-off point for bags and clothes to the finish.

15:30-16:30 - Entry to the quarantine .

17:00 - Competitors must move to the 2nd floor of the quarantine area.

Middle Distance: no quarantine. Athletes are expected to follow fair play rules and not to show maps or share information with runners that have not yet started.

Long Distance: no quarantine. Athletes are expected to follow fair play rules and not to show maps or share information with runners that have not yet started.

Various teams are using GPS-tracking during the races. Athletes are expected to follow fair play rules and not to check the tracks before their start.

7. Start procedures

Sprint:

- Call-up time is 9 minutes before the actual start time
- Start gate is used
- Start interval is 1 minutes between runners on the same course
- Clothes' and bags' drop of inside the quarantine

Middle Distance:

- Call-up time is 5 minutes before the actual start time
- No start gate
- Start interval is 2 minutes between runners on the same course
- Clothes' drop-off before call-up

Long Distance:

- Call-up time is 3 minutes before the actual start time
- No start gate
- Start interval is 3 minutes between runners on the same course
- Clothes' drop-off before call-up

8. Finish procedures

Sprint:

- Competitors' time is registered by crossing the finish line. No finish punch!
- After the finish, officials lead the athlete to read out and out of the finish area
- Athletes are expected not to leave the arena after finishing their race, except for going to the Team parking and leaving the venue.
- Maps are not collected after the finish

Middle Distance:

- Competitors' time is registered by crossing the finish line. No finish punch!
- After the finish, officials lead the athlete to read out, collect the competitors' map, and out of the finish area
- Athletes are expected not to leave the arena after finishing their race, except for going to the Team parking and leaving the venue.

Long Distance:

- Competitors' time is registered by punching SPORTident on the finish line!
- After the finish, officials lead the athlete to read out, collect the competitors' map, and out of the finish area
- Athletes are expected not to leave the arena after finishing their race, except for going to the Team parking and leaving the venue.

Results are displayed on paper at the finish area and online-results from Sprint and Middle are available at <http://cloud.ol-live.com/>

9. Competition info - technical

Clothing restrictions

There are no regulations regarding clothing. Choice of footwear is free for the Middle Distance and Long Distance. Spike shoes are not allowed for the Sprint.

Refreshments on the course

Athletes are offered pure water and sports drink at the refreshment stations. Type of sports drink offered: SiS Go Hydro.



Start numbers

Number bibs are used on all the races. In the Sprint, number vests are used for safety reasons. In the Middle Distance and Long Distance traditional paper bibs are used. Different bibs are used for the Middle Distance (blue background) and Long Distance (white background)!

SPRINT - number vests are available inside the quarantine.

MIDDLE DISTANCE and LONG DISTANCE - number bibs are available at the Event Office at the arenas

Organiser offers one set of safety pins per competitor.

Team areas at the arenas

Teams are allowed to set up their tents at all of the arenas close to the finish. See more in the arena maps. In the Sprint and Long Distance, there are possibilities to stay indoors.

Coaching zones

Sprint - No coaching zone

Middle Distance - coaching zone along the arena passage

Long Distance - No coaching zone

emiTag instructions for competitors at the Selection Races

In Sprint and Middle Distance races, each runner will be using two emiTags - 1 for punching and 1 for backup for timing and punching. Strap the tags around the same wrist. emiTag with the smaller number fastened on yellow strap closest to your hand.

In speed, the punching is performed by holding the emiTag 0...50 cm from the control station for a short moment. Stretch out your hand with the emiTag towards the control and hold your hand still

on top of the control unit until you have passed the control. The LED light in the emiTag will start flashing, and keeps flashing for 5 seconds after the punch.



NOTE! It is important to see the flashing, since this is the only feedback telling you that the punch is performed correctly!

START

Touch-Free Start PRO. Hold your emiTags up to the starting unit at the start. The LED light in the emiTag will start flashing, and keeps flashing for 5 seconds after the punch at the start unit. The organisers will then see if you are carrying your emiTags.



CONTROLS

The controls are of the type Touch-Free PRO. In speed, the punching is performed by holding the emiTag 0...50 cm from the control station for a short moment.



Different solutions of mounting Touch-Free PRO during

Selection Races

FINISH

At finish, there are loops on the ground so that you can pass the finish line at full speed in the Sprint and Middle Distance. The readout is after the finish line.

10. Competition info - Maps, courses and terrain

SPRINT (Põlva)

Map: Scale 1:4 000, contour interval 2,5 m, mapped by Mait Tõnisson, final revision April - May 2017. Map sheet size A4. Map is inside a plastic bag, which is open from one side. It is prohibited to leave the plastic bag on the terrain!

Course setter: Mait Tõnisson

Terrain description: Põlva is a verdant town with irregular street network and large height differences.

Safety: Courses cross public streets and traffic is open. Be extra careful at crossing roads! Competitors are responsible for their own safety!

Punching system: EMIT

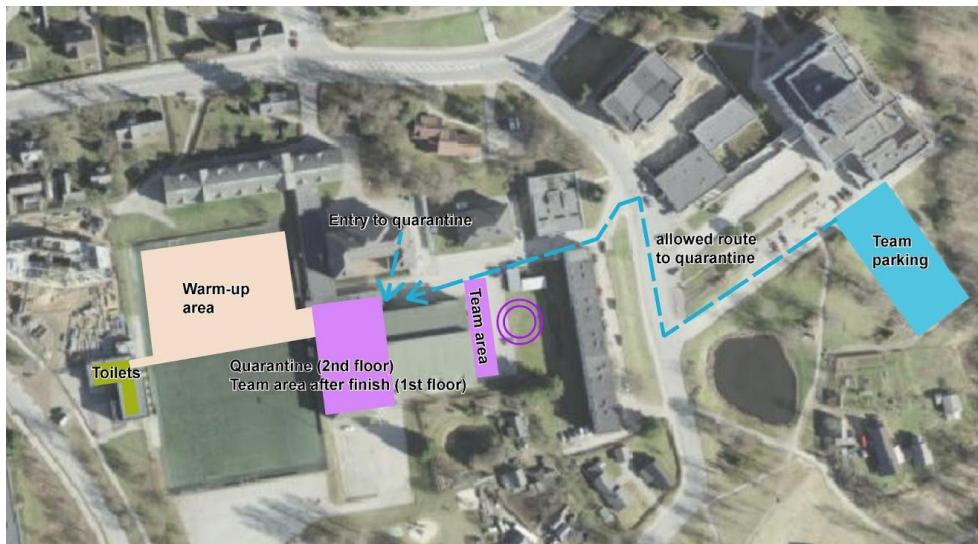
Controls: All controls have two EMIT touch free punching units.

Courses: 1 course for men and 1 for women. Maps are numbered.

Men: 3,4 km, 24 controls, 60 m climb

Women: 3,1 km, 21 controls, 50 m climb

Control descriptions: separate sheet of control descriptions at the pre-start. Control descriptions are numbered.



Arena coordinates: 58.052083, 27.051250 (<https://goo.gl/maps/8JVEg7cSjaQ2>)



Please respect forbidden areas - flower beds, impassable hedges, walls, fences etc.

MIDDLE DISTANCE (Voorepalu)

Map: Scale 1:10 000, contour interval 2,5 m, mapped by Kalle Remm, final revision April - May 2017. Size A4. Inside a plastic bag, which is open from one side. It is prohibited to leave the bag on the terrain.

Course setter: Leho Haldna

Terrain description: Middle and small land forms, a lot of small contour objects. Maximum height difference is 40m (on one slope 30m). Runnability is best ever due a late spring and is from good or very good. Mostly coniferous forest. Many paths, roads and trails. Due a very active forestry work during last winter a lot of trails from forestry machines. Marshes are wet and some marshes are covered with water.

Safety: All courses cross public road and be careful at crossing!

Punching system: EMIT

Controls: All controls have one EMIT touch free punching unit. There are a few controls placed ca 50 m from each other. **Be careful and do not forget to check the control codes!**

Courses: 2 different courses for men and 2 for women. Maps are numbered.

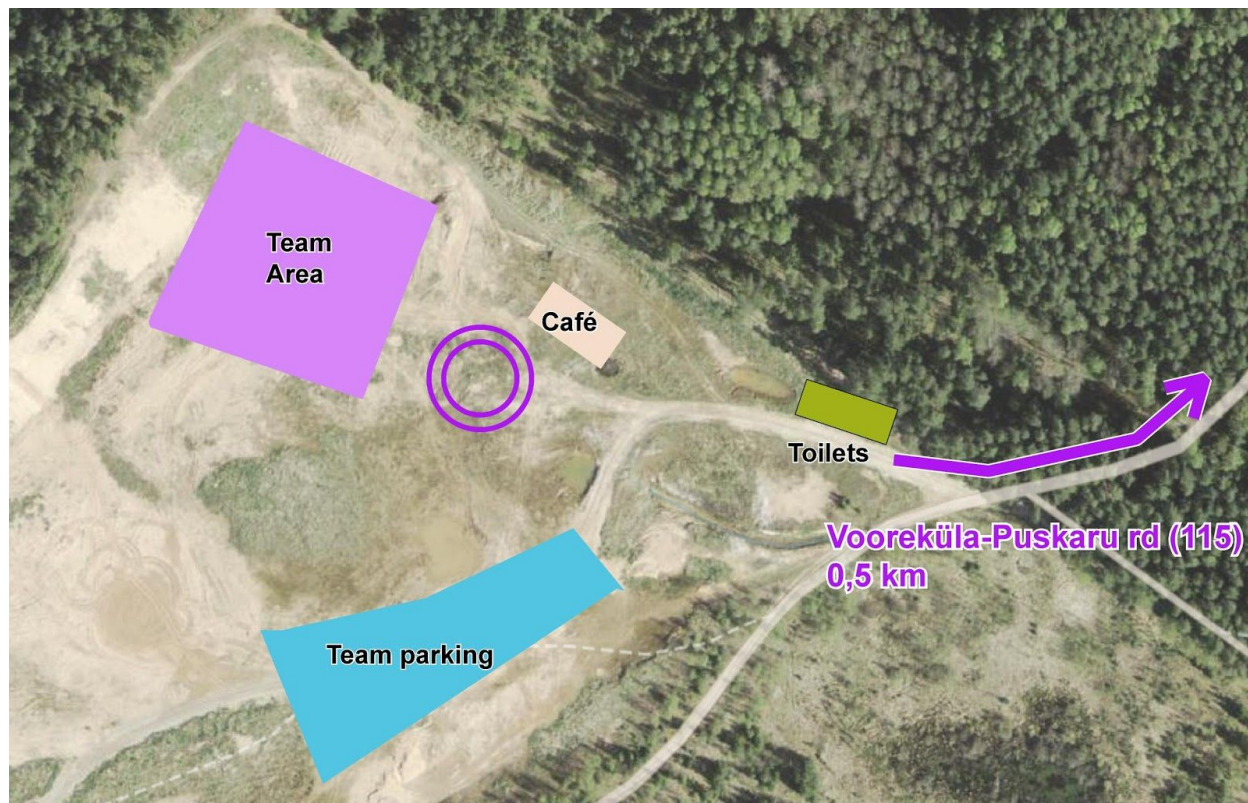
M21-1: 6,1 km, 20 controls

M21-2: 6,1 km, 19 controls

W21-1: 5,0 km, 17 controls

W21-2: 5,1 km, 18 controls

Control descriptions: Separate sheet of control descriptions is available at the start. Control descriptions are numbered.



MIDDLE DISTANCE: 58.144444, 26.880651 (<https://goo.gl/maps/PtEn2kh3GqD2>)

LONG DISTANCE (Kütiorg)

Map: Scale 1:15 000, contour interval 5 m, mapped by Madis Oras, final revision April - May 2017. Size A4. Inside a plastic bag, which is open from one side. It is prohibited to leave the plastic bag on the terrain.

Course setter: Tõnis Erm

Terrain description: Competition terrain consists of two parts. First is the deepest valley in Estonia with slopes up to 70 m. Around the edges of the valley there are areas with a lot of marshes, small landforms with irrelevant height differences. Runnability varies from good to poor. Some forest tracks and fields provide comfort. Mostly coniferous forest. Marshes are wet.

Map flip: Women receive 2-sided map at the start. Numbers on the second map continue. There is no map exchange/map flip for the men.

Safety: Some courses may include route choices that use public roads. Traffic goes at usual speeds and is not regulated in any way. Competitors are responsible for their own safety

Refreshments and first aid: There are 2 refreshment points on men's and women's courses. Refreshment points are manned and officials can call for help. So in case medical assistance is needed the competitor should aim for start, refreshment points or finish.

Punching system: SPORTident

Courses: 2 different courses for men and 2 for women. Athlete is responsible to take the correct map with correct course. See your course from start list.

M1: 16.5 km, 23 CP

M2: 16.5 km, 22 CP

W1: 12 km, 20 CP

W2: 12 km, 20 CP

Control descriptions: Separate sheet of control descriptions is available at the start. Control descriptions are numbered.



Arena coordinates: 57.786653, 27.148644 (<https://goo.gl/maps/AKCgR5QeXRG2>)

11. Transport

There is no organized transport to the races. Parking is free of charge. Please see arena maps for suggested parking areas.

12. Media information

Organiser provides simple coverage of the Selection Races through www.woc2017.ee and www.facebook.com/WOC2017Estonia/. Official photos by Reigo Teervalt will be available at the official Facebook event <https://www.facebook.com/events/123814221508255/> and later, in high quality, in an online album.

Any media persons may contact media@woc2017.ee beforehand for more information and requests. At the arenas, please contact Event Office for more information.

Athletes may be requested to give interviews for the organiser or for the Estonian media.

13. Other

Services at the arenas:

Location	First aid	Toilets (arena/start)	Cafe	Shower/Sauna
Põlva	+	+/+	In the town	+
Voorepalu	+	+/+	+	-
Kütiorg	+	+/+	+	+ (sauna)