

RELAY ADDITIONAL INFORMATION

START TIMES

09:45 - Demonstration of start and handover procedures

10:00 - M21, OPEN (2 legs), W20, W135, W165, M140

10:10 - W21, M135, M18, M195

10:20 - M105, M20, W105, M14, W14, M12

10:30 - M165, W18, OPEN (3 legs), W12

MAP SCALE:

1:7500 - M140, M165, M195, W165,

1:10 000 - M12, M14, M18, M20, M21, M105, M135, W12, W14, W18, W20, W21, W105, W135, OPEN

There will be areas where the control points are close to each other. Please make sure you punch the correct CP!

START - HANDOVER - FINISH

Everyone will enter the start area through a green tent, where you will clear and check your SI-cards. Mass start for 1st leg runners. All 1st leg runners must be at the lineup 5 minutes before designated start time. Maps will be handed by a start official. It is not allowed to look at the map before the start signal.

Runners from the 2nd and 3rd leg will enter the waiting area through the same tent. It is suggested to enter the waiting area after your teammate has passed the spectator control. The runner receives their rolled map when entering the waiting area. It is not allowed to open the roll before the changeover.

The runner, who is coming from the race, will take the finish station, hands over the map and then heads to the changeover. The runner must physically touch the next runner during changeover. All runners will continue to read out afterwards.

SPECTATOR CONTROL

Spectator control is located 1,1-1,5km before finish. You are allowed to cheer for your team mate or give refreshments (drink). You are not allowed to look at the map before your own start.