

# WOC SELECTION 2016 – SWEDEN

## Sprint race (men) 3

### Bulletin 2

The third and final Men's Sprint selection race will take place on:

- University of Limerick campus.
- Sunday July 3rd 2016. Starts from 12:00

Planner – Ruairi Short.  
Controller – Philip Baxter.  
Organiser – Danny O'Hare/Paul O'Sullivan-Hourihan.

### General information.

#### Car Parking

The car park at grid reference: 52.6715,-8.5655 will be used for parking. Entry is only allowed from the Eastern entrance to the University. This is the smaller of the two entrances so please ensure that you take the correct one. No other car parking or access is allowed.

Directions:

#### From the North:

Travelling on the M7 take exit 28. At the junction roundabout take the 3<sup>rd</sup> exit, (signposted Limerick & University of Limerick). After 1.8 km, at the Annacotty roundabout take the 2<sup>nd</sup> exit to continue straight ahead. After 1.2 km, at the roundabout take the 3<sup>rd</sup> exit. You will reach a T-junction after 400 m where you turn left. The entrance to the university is then on the right, at the traffic lights after 600 m. The car park is on the left 100 m after entering the campus.

#### From the South:

Travelling on the M7 take exit 28 and proceed as above.

It is not permitted for competitors to travel North from this car park, however they may use any area to the south. **THERE WILL BE NO TOILET FACILITIES IN THE CAR PARK.**

Any spectators will be directed to the finish area. Once you leave to the North from the Car Park area you are not permitted to return until the quarantine has closed at 11:45.

#### Quarantine

There will be a quarantine for all athletes. This will close at 11:45. Athletes will be transported by car to the quarantine from the car park.

## Transport to Quarantine Area

The first shuttle will depart the car park at 11.15 and will transport the first 3 starting athletes (C Corbett, J Quinn & J O'S-Hourihan). The next shuttle will depart at 11.25 approx and will transport D Burke & K O'Boyle.

The next shuttle will contain the 4 senior female athletes (N O'Boyle, N Corbett, C O'Boyle & O Baxter) and will depart at 11.50 approx. The remaining athletes will be transported from 12.00 approx.

## Warm Up Map

Athletes will be provided with a warm up map when they are being transported to the quarantine. The quarantine will be unmanned. Aside from the area shown on the warm up map, athletes are only permitted to travel along the route to the start. This will provide ample area to warm up.

## Toilets

Toilet facilities will be available in the Quarantine Area.

## Shelter

There will be no specific shelter.

There will be a clothing transfer from the start area to the finish after the last start. As there is only a small organising team we ask that the athletes kindly try to minimise the amount of clothing left at the start.

The call up for the start is located 320 m from the edge of the warm up map. This will also be indicated on the warm up map.

## Maps

Scale - 1:4000

Contours – 2.5 m

A3 on waterproof paper to ISSOM standard.

Mapped by Pat Healy in 2015 with updates by Ruairi Short in 2016.

Special Symbols - black circle: O significant man made object, e.g. bench, map board

## Terrain

The area is mostly urban university campus with some small height changes. Competitors will also encounter grassy areas on the course, some of which may be slippery if it has been wet.

## SHOES WITH SPIKES ARE NOT ALLOWED

**There are a number of concrete based water features, shown in blue. Some may be dry as part of a maintenance programme, but they should not be crossed**

**Uncrossable objects will in general not be taped. Tape in the competition area is not to be crossed and may be used in some locations where there is ambiguity.**

## **Course Lengths**

Course lengths are quoted in optimal running distance.

Men: 3.9km 35m

Women: 3.1km 30m

## **Timing**

S.I.Air will be used.

Athletes will be issued with a card in the car park before they are transported to the warm up area. There will be a SIAC testing station set up here in the car park. There will be no clock in the quarantine area. It is the athletes own responsibility to ensure they start on time.

## **Start**

Start interval is 1 minute.

Men and women will be starting separately.

Please stay inside the designated start boxes in the starting area.

There will be a timed start and **punching** Finish.

Start list as published.

## **Showers**

UL Sport have kindly allowed us the use of the outdoor changing rooms – note some will already be in use for the youth games soccer but there are referee changing rooms and showers there also. Please do not leave any valuable items in bags in the changing rooms as they will not be locked. Athletes are responsible for their own items.

All athletes are requested to bring their Ireland orienteering kit (including jerseys) for photographs after the sprint qualification races.

Paul O'S-H