

## IOC2017 Relay Final Information

### Approximate Course Lengths (in Km)

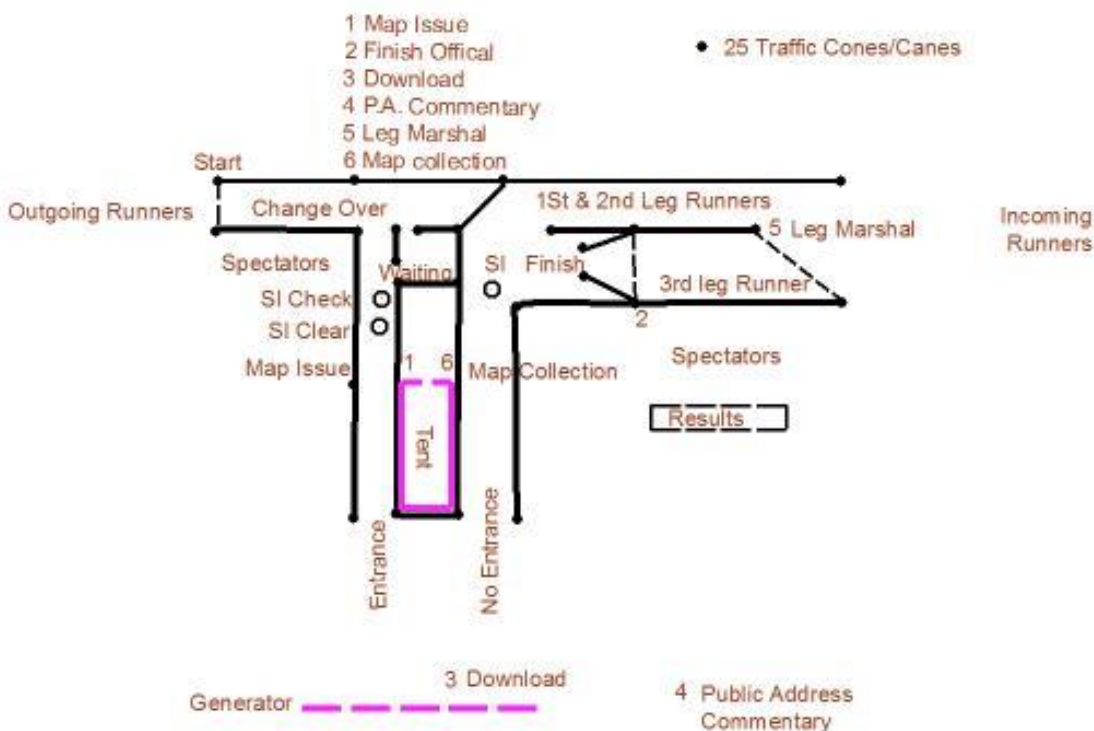
	Short/Medium/Long
Junior 36	1.5/1.5/2.0
Junior 48	2.0/2.5/2.5
Handicap 18	2.5/2.5/3.4
Handicap 12	2.6/3.4/4.1
Handicap 6	3.2/4.1/5.0
Women's premier	4.0/4.0/4.0
Open Premier	5.0/5.0/5.0

- It is the team managers' responsibility to make sure all team members read this information sheet.
- Bib numbers are coloured as follows:
  - Lap 1: Green
  - Lap 2: White
  - Lap 3: Red
- Numbers must be highly visible and not covered by other items of clothing. Your team must run in the order that you declared on the registration form.
- **Important:** Each runner will be allocated a SPORTident card. You will receive this card in the start pen – it will be attached to your map. You must use this card - personal SPORTident cards are not permitted.
- The start pen will open at 09:30. First lap runners (Green numbers) must be in the pen before 09:45. After you enter the pen you must clear and check your SPORTident card. When removing your SPORTident card from your map do not tear the map bag. Please leave ample time to attach your SPORTident card to your wrist.
- Once you have entered the start pen you cannot leave - the only exit is to start your course.
- Maps will be bagged and sealed – do not break the seal until after you start. All maps are A4 landscape printed on waterproof paper. Symbolic control descriptions are printed on the front of the maps for all courses except the shortest junior course which has text control descriptions. There will be no loose control descriptions available at the event.
- Mass start will be at 10AM.
- The run-in/handover will be demonstrated just before the mass start.
- The start triangle is approximately 100m from the mass start location along a forest road. It will be visible from the mass start location.
- There will be some radio controls and a commentary system and we hope to announce most incoming runners; however, it is your team's responsibility to be ready for the handover. DO NOT depend on hearing announcements.
- Runners must make physical contact on handover otherwise your team will be disqualified. After handover the incoming runner should immediately punch the finish control, place their map in their club bag and promptly go to the download in the motorhome.
- In the event of a head-to-head sprint finish it is the first runner to cross the finish line that wins.
- Mini mass starts will be arranged at the organiser's discretion. It is your responsibility to be in the vicinity of the start so that you can hear the mini mass-starts being announced. Mini-mass starters will punch a SPORTIdent start unit.
- Map reclaim will be immediately after the last mini-mass start.
- The following facilities will be available in the assembly area:
  - First Aid
  - Toilets (true?)

- This event takes place on private land part of which is a sheep farm. Dogs are not permitted in the parking, assembly and competition areas, even if they are on a leash. Please respect this – we are entirely reliant on the continued goodwill of the local farming community and the landowners.
- There will be no string course or entry-on-the-day courses.

## Assembly Area

The assembly/spectator area is in a gravel pit bounded by a fence - any competitor seen outside of this area risks disqualification. The outside of the highest corner on the fence is also the second last control on all courses and is effectively the start of the run-in. You are encouraged to be there to motivate your clubmates. This is also a good location to view the final part of most courses and to view the longer courses on the open mountainside. The final legs of each lap are very visible and photography is encouraged. If you are uploading photos to social media and photo sharing accounts please tag them as *Irish Orienteering Championships 2017*.



## Travel Arrangements

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