

Sprint competition 12 October 2019 in Haderslev, Final Details

Meeting point/arena: <https://goo.gl/maps/VWZGuiTL8abs6NY76>

Map: Haderslev C, drawn in 2018-2019 by Gediminas Trimakas. ISSOM 2007.

Format: Sprint

Terrain: 95 % hard ground.

Course lengths: Women 3.7 km, Men 4.4 km.

Winning times: 15 min

First start: 15:01

Start lists: To be found at <https://www.woc2020.dk/training/>

Course planners: Ulrik Staugaard and Ove Brix Therkildsen

Punching and timing system: EMIT touch free punching and timing system is used. Each runner will carry two emiTags around the same wrist. The punching is performed by holding the emiTag 20-50 cm from the control for a short moment. The LED light in the emiTag will start flashing after a successful punch and will keep flashing for 5 seconds. Timekeeping services are provided by EQ Timing. emiTags will be handed out at registration on the arena.

Start: Follow signs for 200 m. Call-up at -4 min. Control descriptions will be handed out at -2 min. At the start time an official releases the competitor at the start beep by taking his hand off the competitor's shoulder and the runner takes the map.

Finish: On crossing the finish line, loops on the ground measure the time and no punching is needed. After the finish the competitor continues to read-out.

Results: Live results will be provided: <http://liveresultater.no/livesider/livesenter.php?arr=762>

Toilets: There will be toilets available

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