

## Knock-Out Sprint competition 13 October 2019 in Vejen, Final Details

### Qualification

**Meeting point/arena:** <https://goo.gl/maps/ooFt5Tfo3cgST8cV8>

**Map:** Vejen West, drawn in 2018-2019 by Gediminas Trimakas. ISSOM 2007.

**Format:** Qualification, Knock-Out Sprint. There will be one heat for Women and one heat for MEN. All runners will qualify for the quarterfinals (QF). Start interval 1 min.

**Terrain:** Mainly grass

**Course lengths:** Women and Men 2.4 km

**First start:** 10:00

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

**Course planners:** Per Eg Pedersen

**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:** Shown on a warm-up map, handed out at the arena. Distance 375 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.

**Toilets:** There will be toilets available

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## **Elimination rounds**

**Meeting point/arena:** <https://goo.gl/maps/4ggsiKmsaaonnQ2EA>

**Format:** Knock-Out Sprint, mass start, no forking.

There will be 3 QF heats with 5 runners for WOMEN and 6 runners for MEN in each heat. Seeding for QF is based on results from the qualification (IOF rule 12.26 (b) with the modification as there are 3 heats).

To give all training camp participants as much training as possible, the qualification for semifinals (SF) is modified so that all runners will qualify for SF. There will be 3 SF heats with 6 runners in each heat.

Seeding for SF will be based on IOF rule 12.26 giving (as far as possible) equally strong heats.

The two leading runners in each SF heat will qualify for the final. There will be B finals for runners not qualifying for the final. B finals will be scheduled after the finals.

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

**Terrain:** Hard ground

**Course lengths, both women and men:**

Quarterfinal 1.6 km, semi-final 1.4 km, final 1.9 km.

**Map flip:** There will be map flip on the final

**Warm-up and cool-down:** Maps will be handed out. Please stay within the area shown on the map during the race.

**Time plan:**

Quarterfinals, first start 14:00, start Interval 5 min

Semi-finals, first start 14:45, start Interval 5 min

Final and B-finals, first start 15:30, start Interval 5 min

**Course planners:** Per Eg Pedersen

**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:** At the arena. Call-up at -4 min. Control descriptions will be handed out at -2 min.

**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

### Special symbols:

- Monument
- Spiral staircase

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