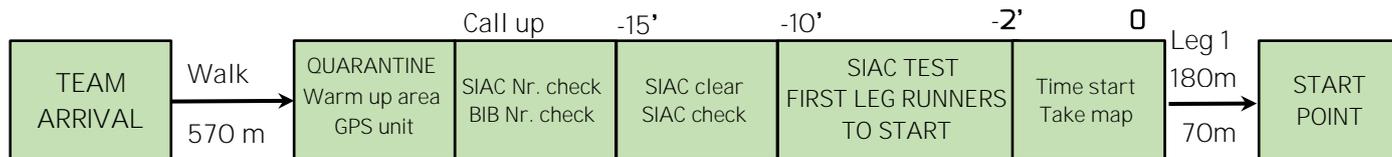


RELAY – Thursday 9 August

Venue and arena:

Arena Turaida, 57°11'12.0"N 24°51'01.9"E

Schedule



Pre-race embargo: Embargoed area remains embargoed until the end of the Long distance competition. It is allowed to cross forbidden area using green marked roads by using any means of transport. See map and more detailed information on page 9.

Parking: Team parking is near Arena/Quarantine and opens at 09:00 (57°11'16.5"N 24°50'41.9"E).

Quarantine: There is a Quarantine before and the Team zone after the competition. It's not allowed to have contact during the competition between the two areas. Both are next to the Arena. The distance from Team parking to Quarantine is 570 m. To access Arena Turaida, which is in the territory of the Turaida Museum Reserve, WOC 2018 ID card shall be presented at the designated WOC arena entrance. Please do not use the tourist entrance.

Quarantine opens at 12:30 **and all athletes have to check in before 14:00.**

The runners will return to their team zone after each leg.

Warm-Up: in the dedicated area inside the quarantine.

Pre-start: Next to the quarantine.

Bags and warm-up clothing: Athlete's bags can be left at the bag drop in quarantine. Organizers will transport them to the team zone. In the changeover area, it is possible to leave warm-up clothes and other personal belongings. These clothes will also be transported to the team zone after the last start of each class.

1st leg start: 15 minutes before start athletes are called to perform SIAC clear and check. 10 minutes before the start, the athletes will be called up to follow an official to the start area. The competitors will receive their maps 2 minutes before the start but will not be allowed to unfold them before the start signal.

2nd & 3rd leg start: approximately 15 minutes before first change over all the athletes of the next leg are called to perform SIAC clear and check. 10 minutes before the first changeover, all athletes will be escorted in a group to the changeover area.

A mass start for 2nd and 3rd leg runners of slower teams may take place if needed at approximately 15:55 for women and 17:55 for men. The exact time will be announced well in advance in the quarantine area.

Change over: incoming runner will 1) Cross the finish line 2) Continue to the map board 3) Collect the map marked with bib number 4) Hand over the map over the board to the next runner. **It's the competitor's** responsibility to take the correct map. Teams running with a wrong map will be disqualified at the next change-over.

For runners waiting for the changeover drinking water, shadow and 1 toilet will be provided.

Control set-up:

Please see Middle distance section on page 26.

Out-of-bounds areas:

Please see Sprint Qualification section on page 20.

Arena passage: for women and men after about 1/3 of the course.

Coaching zone: There is a coaching zone in the arena passage belonging to the Team zone. Own refreshments may be given to the athletes.

Refreshment: one refreshment point on the arena passage next to the coaching zone.

Finish: Last-leg runners must follow the run-in corridor from the last control. The chest position is determining factor in a close finish. Judges will rule on the final placements based on the order that the athletes' chests cross the finish line. A jury member will be present at the finish line. After finishing, the runner must proceed to reading out the SIAC.

Team officials and athletes having finished their races are not allowed back in the competition (embargoed) area.

Terrain form: hilly area

Vegetation: The ravine of the Gauja river valley with side ravines. Forests of various types. Roads and paths of various categories. Height difference 95 m

Runability: From very good to very hard. Runability is reduced because of vegetation.

Visibility: Mostly poor because of dense vegetation.

Paths and roads: Some forest roads and paths cross the terrain.

Map: Scale: 1:10000, ISOM, contour interval 5m, issued 07/2018

Cartography: Leonīds Malankovs, Edmunds Zvaigzne

Special symbols:



Circle (O) = beach flag

Course planner: Indulis Peilāns

Arena:

Arena will be in the territory of special protected cultural monument "Turaida Museum reserve". After the finish athletes will be able to use team zone and cool down map.

Flower Ceremony: the podium is newly located at the bottom of the arena next to the mass start.

	Women (leg 1-2-3)	Men (leg 1-2-3)
Length (km)	4.7	5.7
Climb (m)	270	305
Controls	15-16	16-17
Refreshment controls	1	1
Winning time (min)	34	34
Maximum running time (min)	65	65
Map size (mm)	297x210	297x210
Control Description size (mm)	50x110	50x120