

JEC 2019

ORIENTEERING JUNIOR EUROPEAN CUP
Ardèche - France  **September 27 th to 29 th**

TOM Relay
28/09/2019

Roll Call

COUNTRY
Norway
Great Britain
Finland
Sweden
Russia
France
Belgium
Austria
Danemark
Estonia
Slovakia
Czech republic
Portugal
Italy
Switzerland
Slovenia
Germany
Spain
Hungary
Moldavia
USA
Latvia

Review of today's LD Race

- Explication of cancelled race in W20 (missing sportident unit during part of the race). Tomorrow all SI-units will be attached to the control stand.

Review of today's LD Race

Congratulation to all winners today from
France, Hungary and Switerzland



Generals Matters

- Please remind your runners to take **ID card** to the competition, in case of an anti-doping control.
- Please take the environment into consideration and do not throw away the bags of the lunch package. They should be used again tomorrow again.
- The runners who run with rented SI-cards must return them immediately after their race (in the finish).

Weather Forecast



Relay / General matters

- Warm-up area: around and on the pitch of the football stadium (do not run on the road)
- No warm-up map
- Toilets : as today
- Cool down: same as for the warm-up : around and on the stadium

Relay mass start :

- Runners will line-up in front of their maps (placed on the ground) according to their bib numbers.
- 80m after the start line, all the runners will run through a narrow passage, please be careful.
- Mass-start first legs:
9:30 women
9:45 men
Call up 10min before the start (clear&check at the entrance of the start area).

Relay change over :

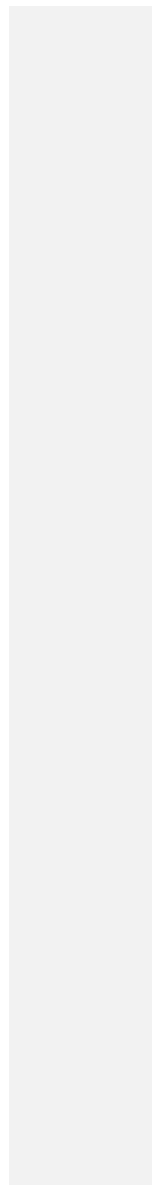
- The change-over is before the finish line, when the in-coming runner hands over his/her map to the next runner.
- The out-going runner throws this map into a box and gets his/her own map from the « wall of maps » before the start triangle.
- On the map wall, first there are maps for women (numbers 1-50) and further away maps for men (numbers 100-160). The maps for the 2nd leg are in the upper line and for the 3rd leg in the lower line.

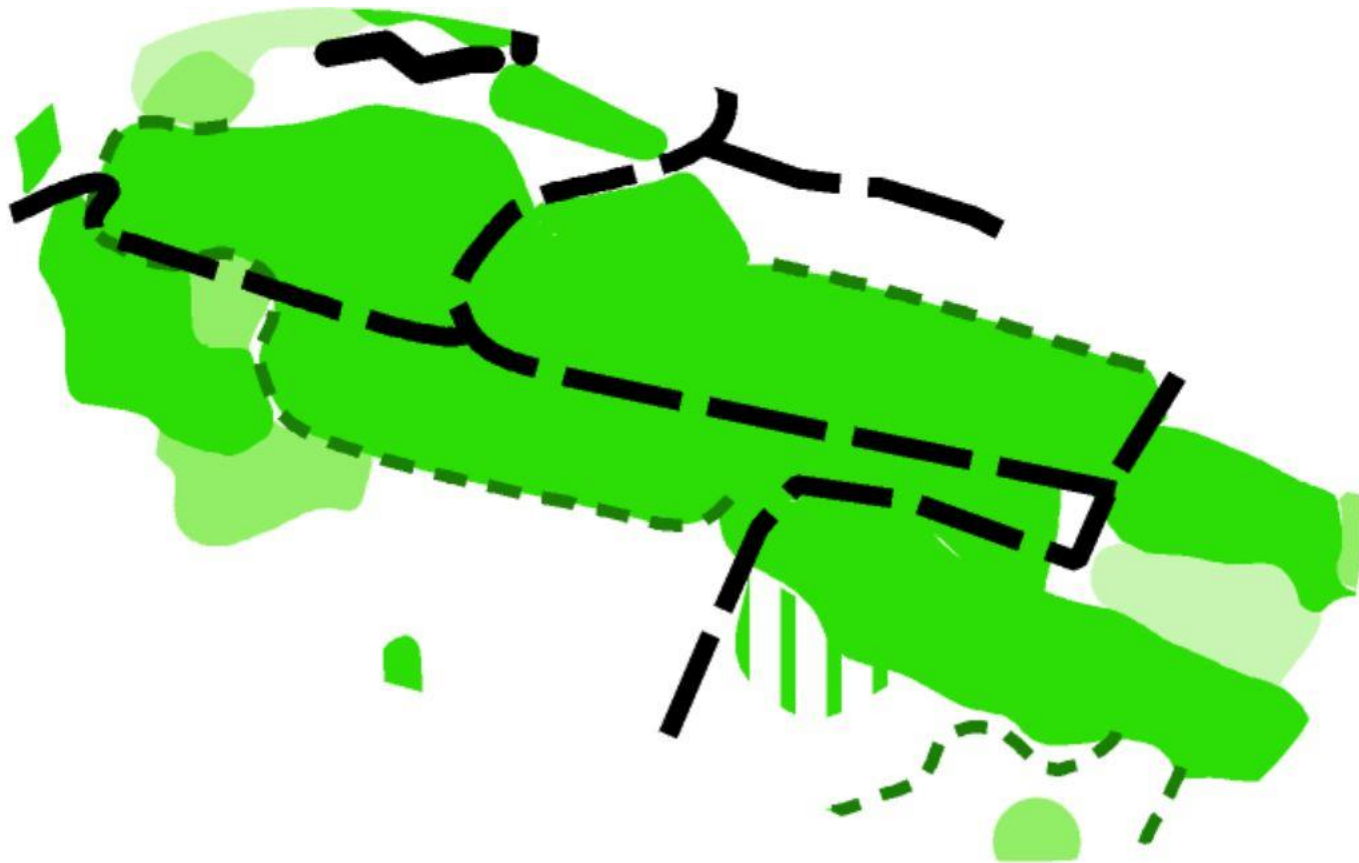
Relay / Mapping / Special features



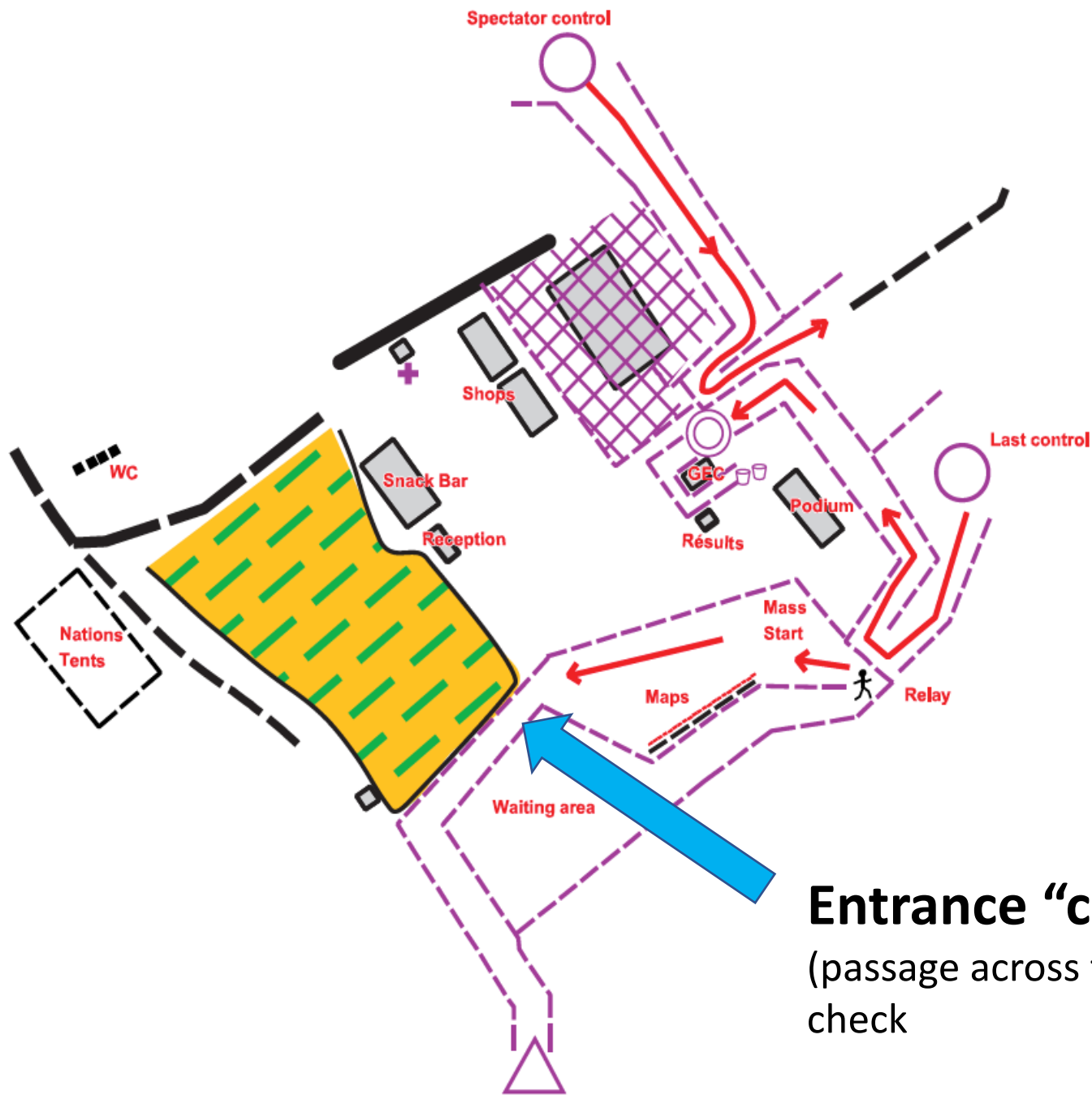
Runners will run through some areas with a lot of small dry stone walls (*called Faïsses*) which are **NOT** on the map.

Only the most significant stone walls have been mapped.





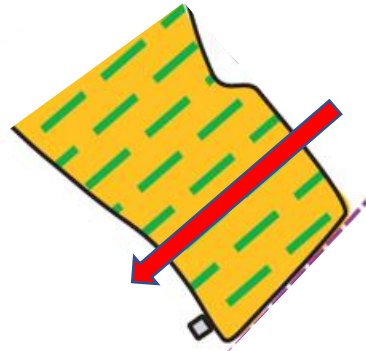
Runners might be going through a former vineyard with very uneven runability (mostly very bad). It has been mapped with IOF symbol « vegetation, impassable » (410.0) and the organisers have created new paths crossing it.



Entrance “change over area”

(passage across the start corridor) – clear & check

Questions and answers



Vineyards – it is allowed to run through/on the vineyards ?

- Yes, it is possible to run through the vineyards.

No problem if going in the direction of the vine stocks, but strongly not recommended if going in the other direction (high wire).

• **No quarantine : is it allowed for runners who have finished their race to communicate with runners who have not started yet ?**

- Yes (*note : the maps of the last runners will be collected at the finish*).

Questions and answers

- **Is the link to the parking tomorrow the good one ?**
Yes, the one in the bulletin online is good (older one was wrong but already corrected).
- **Are you washing the drinking cups used at the finish before re-using them ?**
 - Yes