## Runners PM

## Map

- Scale 1:10 000 with 5 meters equidistance, created 2019
- Mapped: Herderssons Specialkartor.
- Map is available on the first leg at start and on the following legs by previous runners
- Maps are collected before the change between each leg.


## TURNING

- HD18 routes 1, 2, 4 and 10 and D18 routes 1, 2 and 5 turns adjacent to the arena, no map change.


## Terrain

Mainly woodland with varied level of details. Elements of forest roads and paths throughout the area. Limited elements of sanctuaries, however, there are a number of clear small sanctuaries. Slightly hilly. Accessibility is mostly good. Areas of juvenile forest and cosines exist and are well reported on the map.

## Pubching and controls

- Controls are marked with orange / white screen at checking position. Night control is also marked with red / white / blue reflex. There are two stamping units on the control stand. The code number is located on the stamping unit.
- Check that the code is correct, the controls are tight in the forest.
- Stamping is done by stopping the runner pin in the stamping unit. If no sound and light signal is received as acknowledgment when stamping, you need to stamp at the other unit.


## NUMBER TAG

- All number tag have the number of the leg printed below the start number. The number tag must be worn clearly visible on the chest and may be keept after the competition. Attach the number tag properly, the speaker will when clearly see what number you have.
- Runner on leg 5 in class HD18 will receive number tags marked 5A, 5B and 5C respectively. Make sure the right runner gets the right number tag
- according to the final bill of registration, otherwise the wrong time is recorded for each runner.
- Runners on leg 3 in class D18 will receive number tags marked 3A, 3B and 3C respectively. Make sure the right runners get the correct number tag according to the final legal notification, otherwise the wrong time for each runner is recorded.
- Runners on leg 3 in class HD12 will receive number tags marked 3A, 3B and 3C respectively. Make sure the right runners get the correct number tag according to the final legal notification, otherwise the wrong time for each runner is recorded.


## START

- Start for class HD12 will takes place at 18.00 on Friday, August 2.
- Start for class HD18 will takes place at 03.00 on Saturday, August 3rd.
- Start for class D18 will take place at 05.30 on Saturday, August 3rd.
- All runners shall have checked in latest 30 minutes before each start.
- The runners must be well in advance of the start positioned on their map, while at the same time dress checking is carried out. A short ceremony precedes thestart.
- After the start signal, follow the marked road to the starting point, which in the terrain is marked with screen and reflex and with the sign "Starting point".


## Reley Change

- Only outgoing runners may stay in the changeover area.
- Incoming runners should, after passing the "finish line" (timing), place their used map in the intended map box. NOTE! No change is allowed before the map is placed on the map box! Placement for the team is determined by goal stamping and goal controller. Thereafter, the runner proceeds to the map board, where the map is drawn for the next leg. Be sure to take the right map. The map is handed over to the outgoing runners. On the back of the map there are team numbers and leg number indicated with clear signs. NOTE! Teams that take the wrong map are disqualified from the competition. Outgoing runners must check that they have received the correct map. Teams affected by another competitor taking the wrong map should receive a new map as soon as possible, but cannot receive time compensation for waiting time.
- Runner coming in for on leg number 4 in class HD18 takes all maps (sits in an envelop) for leg 5 at map board. PLEASE NOTE that any remaining maps should immediately be submitted to the official at the map board.
- First runner in for change on leg 5 in class HD18 takes leg 6's map. Other runners on leg 5 in the team will see if the team's map for leg 6 is gone. If so the team has already gone out on leg 6 and the runner does not need to change. Only the time of the person who changed first is counted, has he then stamped wrong or broken the team is excluded.
- Runner coming in for on leg number 2 in class D18 takes all maps (sits in a envelop) for route 3 at map board. PLEASE NOTE that any remaining maps should immediately be submitted to the official at the map board.
- First runner in for change on leg 3 in class D18 takes leg 4's map. Other runners on leg 3 in the team will see if the team's map for leg 4 is gone. If so the team has already gone out on leg 4 and the runner does not need to change. Only the time of the person who switched first is counted, has he then stamped wrong or broken the team is excluded.
- Runner in for shifting on route 2 in class HD12 takes all maps (seated in a bundle) for route 3 at switchboard. PLEASE NOTE that any remaining maps should immediately be submitted to the official at the map board.
- First runner in for change on leg 3 in class HD12 takes leg 4's map. Other runners on leg 3 in the team will see if the team's map for leg 4 is gone. If so the team has already gone out on leg 4 and the runner does not need to change. Only the time of the person who switched first is counted, has he then stamped wrong or broken the team is excluded.
- After changing, all runners must read their sports identity tag, follow signs and markings.


## Markings

- From the start and the change area, a track is marked and must be followed to the starting point, which in the terrain is marked with a screen and reflex and with sign "Starting point".
- From the last check, follow the markings to the right track for your leg.


## PROHIBITED AREAS

- Prohibited areas are marked on the map with a read grids. Where there is a solid line at the edge of the grid, marking will be visible in the terrain with a blue / yellow band. Passing into a prohibited area results in disqualification.


It are allowed to pass between the houses along track or road.

## RESTART

- Restart for all distances in all classes may be decided and will take place about 1 hour after winning team finish. Exact time is announced by the speaker.


## MAX TIME

- Maximum team time is 2.5 hours after the restart time. Teams that are not in goal before maximum time will be disqualified.


## NOT APPROVED TEAMS

- Teams registered as "not approved" will be notified of this at check-out and referred to "Red exit" for investigation. Not Approved teams are reported on the scoreboard as soon as possible after changing. However, the team is allowed to continue the competition as exluded of the competition. The team may be retained by officials at the map board until a number of minutes have passed after leading teams. This is so that the team does not affect the outcome of the competition.
- Team leaders who wish to take action against an unapproved race should contact the competition expedition as soon as possible, but no later than 60 minutes after the finish on the route concerned.


## MED MARKDUBBELN

## Discontinued Teams

- Teams that have discontinued should immediately leave their map to the officials in the change area, and read off their sports identity badge.


## Warm up clothes

- The respective teams are responsible for their own clothing.


## Introduction

- Before starting in the HD12 class, a introduction of the start and change procedure will be held. Pre-runners will show how you as a runner should run in the arena.

