

GENERAL TECHNICAL MEETING

Middle distance
Sprint relay



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CHAMPIONSHIP
SKI ORIENTEERING



swiss
orienteering



graubünden



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Roll-call

- Bulgaria
- China
- Czechia
- Estonia
- Finland
- Germany
- Italy
- Japan
- Latvia
- Lithuania
- Norway
- Sweden
- Switzerland
- Türkiye





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Technical delegates

- Markku Vauhkonen (FISU)
- Sixten Sild (IOF)

Jury

- Keishi Kimura (Japan)
- Ondrej Vodrazka (Czechia)
- Christian Hohl (Norway)



GENERAL TECHNICAL MEETING

Middle distance
15.1.24



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Courses

	distance	Shortest route choice	elevation	controls
Men	8,7km	11,8km	310m	34
Women	7,6km	9,6km	260m	29

- After three days of competition there are shortcuts in the competition area
- Spare equipment until 9.30 beside the waxing cabins





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Golf greens

- Golf greens are forbidden areas for competitors



Golf course track

- Marked as public snow mobile route on the map



- Half meter wider than narrow track
- 30-40cm high sharp snow walls
- Caterpillar tracks on each side

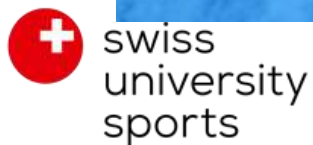




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Golf course track entering green

Some are marked
with tape



Narrow bridges

- There are several narrow bridges in the terrain





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Tracks

- Very wide tracks < 3.0m 30%
- Wide tracks 1.6-3.0 m 20 %
- Narrow Tracks 1.2-1.6 m 50 %





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Start procedure

- Enter the arena through the tunnel
- GPS distribution at the end of the tunnel
- Enter start area 4min before to clear and check, 3min before lineup
- 8 starters in a row, 5 rows, doublepoling first 50m
- On command "maps" volunteers hand out maps 15sec before start
- 1st loop upside (loops are marked with 1 and 2 on the map)
- Start with gun shot
- Coaches are allowed to go until k-point with spare poles





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Map Type

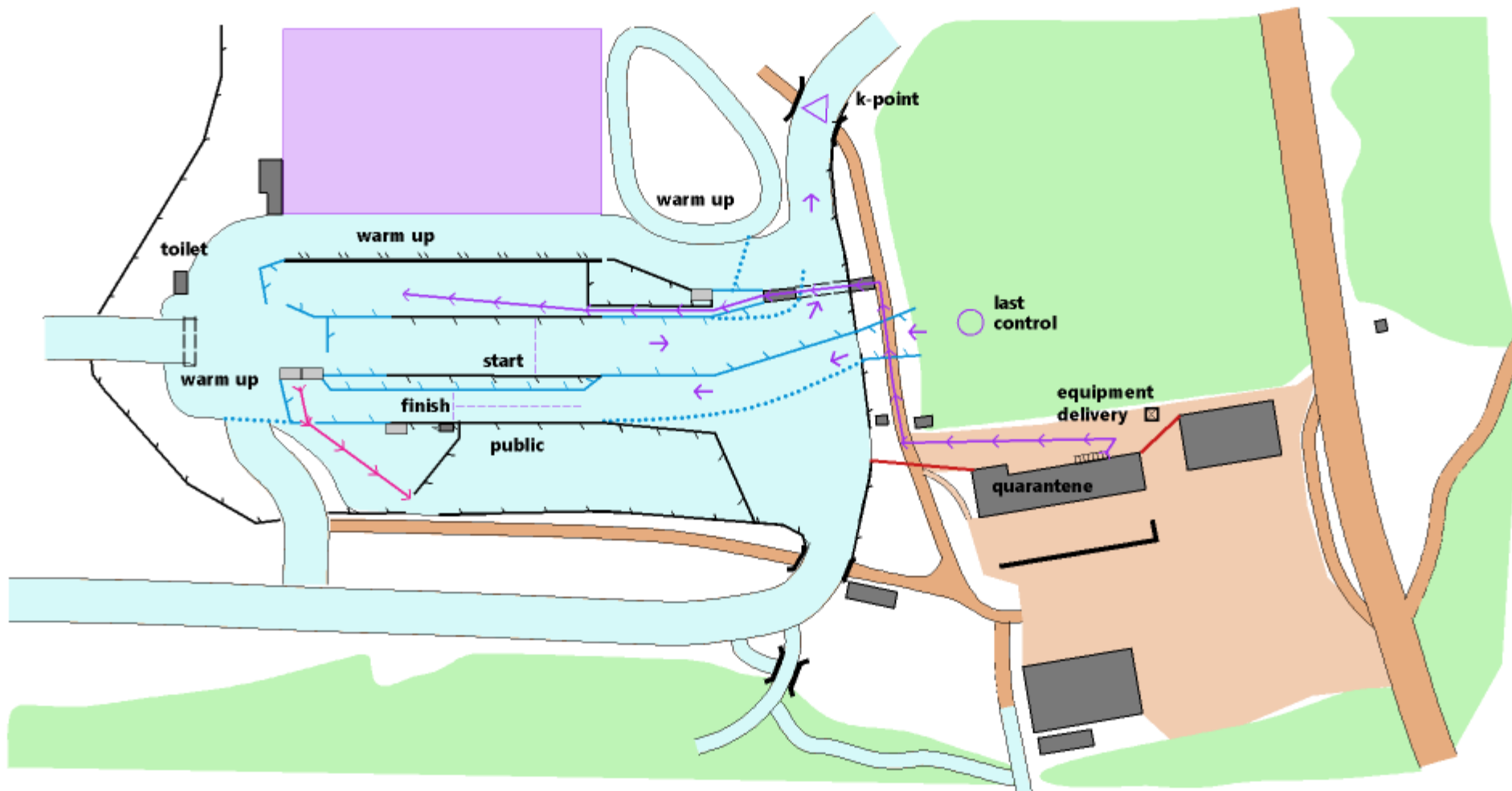
- Scale 1:10'000, 5m interval
- A4, printed on both sides,
athletes will need to flip the map at the end of first loop
- Women's maps will be collected after finish
- Maps will be returned after the race at the info desk





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Stadium Layout Middle





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Quarantine

- **All** athletes have to enter to quarantine area through main entrance "Bualino"
- Quarantine rooms are located in the basement of "Bualino"
- All team members will be registered at the entry to quarantine area
- Coaches are allowed to leave the quarantine through main entrance at any time but can't re-enter.
- Quarantine includes warm-up and start area (competitors are allowed to go back from warm-up to quarantine room)





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Finish procedure

- According to the bulletin 4
- The athlete in front approaching the finish can not change lane on the last 50m
- The time is registred when the SIACs cross the finish line . In case of photo finish the front of the ski boot is considered
- Read out right after the finish
- After the finish competitors pick up their bag's from designated area and can leave the arena to waxing/changing facilities



GENERAL TECHNICAL MEETING

Sprint Relay
16.1.24



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Courses

	distance	shortest route	elevation	controls
Women 1/3/5	1,7 – 1,9km	2,6 km	70-80m	8-10 per loop
Men 2/4/6	1,9 – 2km	3 km	80-90m	9-11 per loop





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Entry

- Two teams per nation, with min. one women
- mixed Teams not allowed





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Tracks

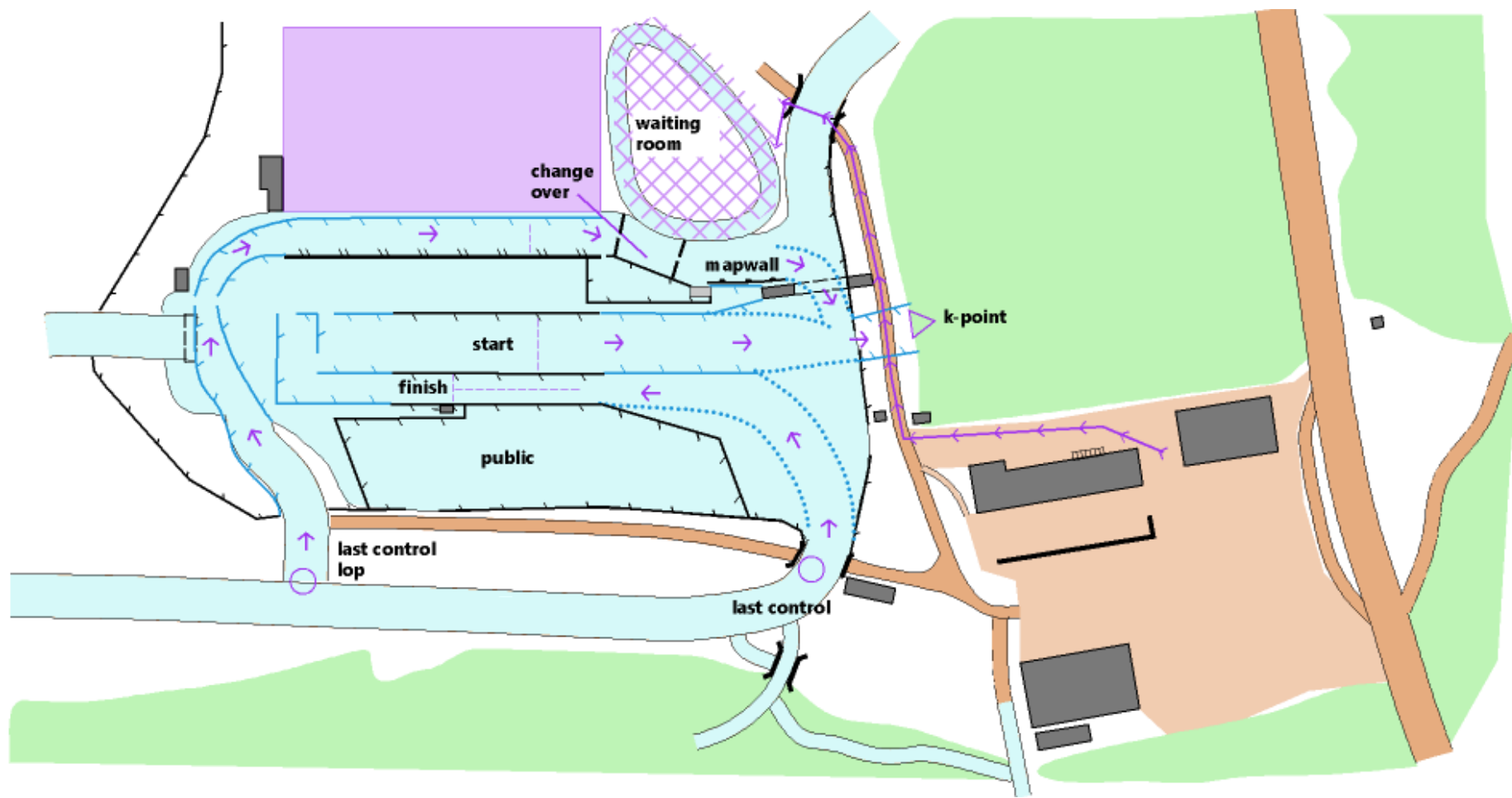
- Very wide tracks < 3.0m 45 %
Wide tracks 1.6-3.0 m 15 %
Narrow Tracks 1.2-1.6 m 40 %





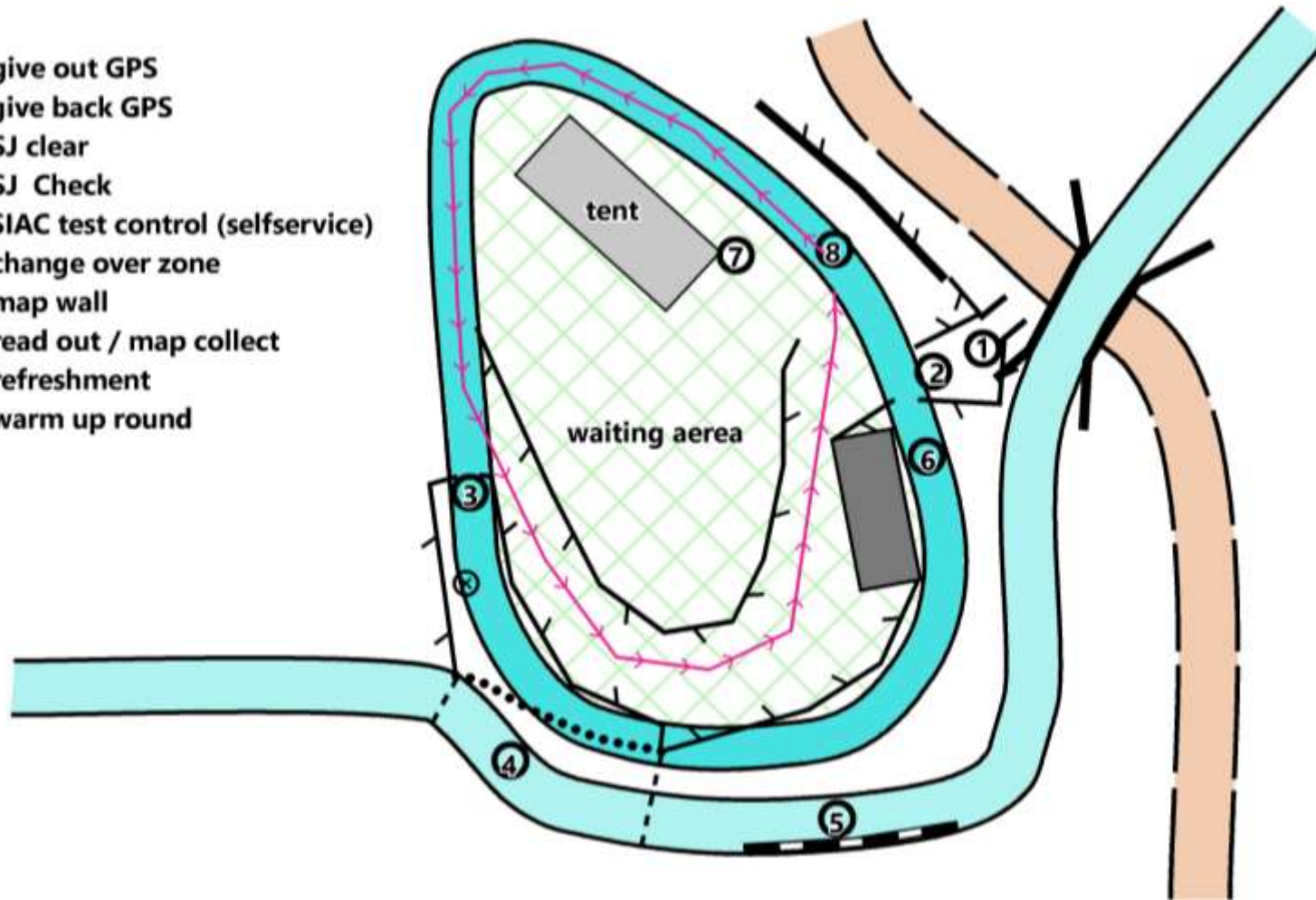
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Stadium Layout Sprint Relay



Change over area

- 1 give out GPS
give back GPS
- 2 SJ clear
- 3 SJ Check
- ⊗ SIAC test control (selfservice)
- 4 change over zone
- 5 map wall
- 6 read out / map collect
- 7 refreshment
- 8 warm up round



Only one coach
per per nation in
the waiting area!



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Start procedure

- Enter start area:
4min before clear/check
3min before line up
- Amount of starters per row will be communicated after entry deadline
- doublepoling first 50m
- On command "maps" volunteers hand out maps 15sec before start
- Start with gun shot
- Coaches are allowed to go until the road before k-point with spare poles





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Map wall

Number

- 2nd loop
- 3rd loop
- 4th loop
- 5th loop
- 6th loop

- Map wall on the right hand side of the track, team numbers in decreasing order (number one is last)





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Material transport

- Plan the material transport to your accommodation with your team attache until Monday 8am
- Return keys of wax container by Tuesday evening 6pm or Wednesday, 8 to 12am





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Delegation services

- Closing event on Tuesday, 16.01.2024, 6pm
Start: all nations in Quadrin (entrance on the right) ready to start at 6pm
- Transport: all nations with organisers/public transport, please order transport from your team attache, Norway please discuss with head of transport.
- Return transport: by post bus:
Direction Churwalden: departure 23.12 with stop in Lenzerheide Post and Hotel Revier (FISU) at Rothornbahn (official course)
Direction Tiefencastel: departure 22.55 (special course)
Direction Savognin: departure 23.15 (special course)





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Protocol

- Closing ceremony and medal ceremony sprint relay at 6pm mandatory for everybody
- Please wear your team uniform
- The same rules apply for the closing ceremony like we communicated in 1st GTM
- Medical masks are ok except for the podium
- No dresscode for dinner and party after the ceremony





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Weather forecast

Check [Wetter Lenz – meteoblue](#)

Monday	03 ⁰⁰	06 ⁰⁰	09 ⁰⁰	12 ⁰⁰	15 ⁰⁰	18 ⁰⁰	21 ⁰⁰	00 ⁰⁰
Temperature (°C)	-3°	-4°	-5°	-3°	-3°	-5°	-7°	-9°
Temperature felt (°C)	-7°	-7°	-9°	-7°	-8°	-10°	-12°	-14°
Wind direction	↙ NNW	↗ NE	↙ NNW	↙ NW	↙ NW	↓ N	↓ N	↙ NNW
Wind speed (km/h)	6-14	1-16	5-11	5-14	9-16	8-21	7-19	7-20
Precipitation (mm/3h)	-	-	-	-	-	-	< 1	-
Precipitation probability	10%	15%	5%	10%	10%	20%	30%	25%






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Welcome

- "meet and greet" for teamleaders and coaches right after GTM



 Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra

Bundesamt für Sport BASPO
Office fédéral du sport OFSPO
Ufficio federale dello sport UFSPÖ


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Cumoin da Lantsch
Gemeinde Lantsch/Lenz

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Rhäzünser

CARROSSERIE
THEUS 

 **RUSTO AG**
Abzeichen | Medaillen | Münzen | Plaketten | Wimpel


kortex