

JWOC 2022
Sprint Relay 13th July Bulletin
Release Date: 11/07/2022

37. Sprint Relay – Wednesday 13th July

Date: 13 July 2022.

Area: Carapito.

Arena location: Arena Carapito ([40°46'19.7"N 7°27'45.7"W](#)).

Sprint Relay arena quarantine check-in: 7h15 to 8h15

Mass-Start Medal Race: 8h30

Mass-Start B-Relay: 10h00

Expected time for prize giving ceremony: 11h30

Deadline for team entries for Medal Race: Tuesday 12 July 2022, at 13h00 – register in IOF eventor

Deadline for team entries and team composition for B-Relay: Tuesday 12 July 2022, at 13h00 – please use the WORD form attached to this email. Team constitutions is free: you can mix athletes from different nations and have more than 2 boys or 2 girls. The first leg athlete must be a girl and, if team has 2 or more girls, the last should be a girl as well.

First bus from Quarantine to Pre-Start area: 6h50 – We are expecting to have a maximum of 90 people (athletes + Team Officials) using this service. We will make a single trip with 2 buses.

Driving to the Arena Carapito parking: Same instructions as for the Sprint competition. Teams are allowed to use their own transportation.

Parking to Arena: Same instructions as for the Sprint competition.

Official transports (non-mandatory) – schedules

FROM: Sports Hall TO: Arena Carapito Bus Stop (Sprint Relay) Wednesday 13th July			FROM: Arena Carapito bus stop TO: Sports Hall Wednesday 13th July		
Bus n°	Departure	Available places	Bus n°	Departure	Available places
1	6h50	50	1	13h30	50
2	6h50	50	2	13h30	50

If, against our expectation, these 2 buses are not enough to transport all the Athletes and Team Officials, Organizers will transport the remaining people in 9 seat vans.

Map & terrain

Mapping: Rafael Miguel (Portugal) 2017. Updated to ISSprOM 2019-2 in June 2022. Old version can be found on [JWOC 2022](#) webpage.

Map scale: 1:4.000

Contour interval: 2.5 meters

Warm up map: Not available.

Specific terrain and mapping characteristics: same as for the Sprint competition.

The maps are **not placed in** plastic bags.

Courses

Competition	Leg	Winning time	Length	Climb	Controls	Refreshment
Sprint Relay	Women 1 st & 4 th leg	60 min.	2,9 to 3,0 km	115 m	16	None
	Men 2 nd & 3 rd leg		3,2 to 3,3 km	125 m	18	None

Course setting: Bruno Nazário & Daniel Silva

Course specific characteristics: Between 20 and 25% of running distance will be on non-paved surface.

Control descriptions: Control descriptions are printed on the map.

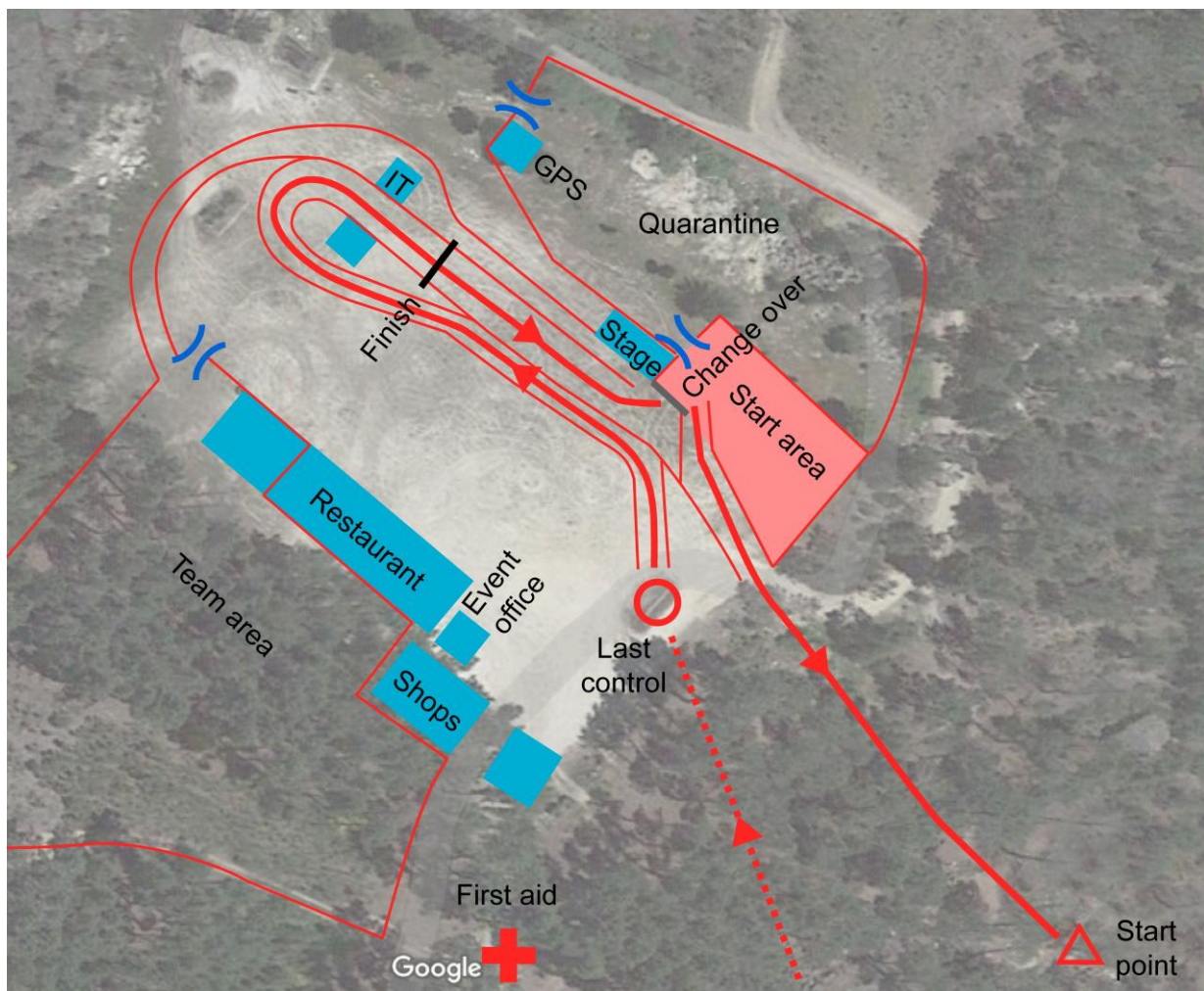
Map size: 22.5 cm * 32 cm

Traffic: Same instructions as for the Sprint competition.

Staff members in the terrain: Same instructions as for the Sprint competition. Please be very careful in the corners since we there will be a lot of runners in the terrain.

Course specific characteristics: No arena passage will exist. Incoming runners will be visible in the arena approximately 20 to 30 seconds before changeover. Next leg runners should place themselves at the changeover area when they see their teammates entering the arena.

Arena Carapito scheme – Sprint Relay day



Relay workflow for Medal race

Before start

- All competing athletes on the medal race must enter Relay arena quarantine during the indicated check-in time-window.
- Team officials and non-competing athletes are not obligated to go inside this area, however, if they want to, the check-in time-window must be respected. An athlete or Team Official who leaves the Relay arena quarantine after the closing of the quarantine cannot go back.
- Once inside the Relay arena quarantine, a team official must collect their team bib-numbers. Bib numbers will be delivered in envelopes, marked with the team number.
- At Relay arena quarantine a big tent, toilets and water in jerrycans will be provided – please bring your own bottles. Teams are allowed to set up their own tents.

First leg athletes

- Between 15 and 30 minutes before the Start athletes must go to the GPS tent in the quarantine to collect their GPS unit.
- At -15 minutes the 1st leg athletes must go to the Start area check-in. At this point, the SIAC unit will be cleared and checked, and athletes will pick-up their maps (maps will be wrapped with an elastic band).
- Athletes will wait inside the Start area until -7 minutes, when Organizers will guide them to the Mass Start place.
- 30 seconds before the start, the speaker will instruct athletes to remove the elastic band from the map.
- A 10 second warning will be performed by the speaker.
- The start will be announced by the speaker. Runners are allowed to unfold and look at the map at this time.

2nd 3rd and 4th leg athletes

- Between 15 and 30 minutes before their expected Start athletes must go to the GPS tent in the quarantine to collect their GPS unit.
- When the previous athlete has started, the next leg athletes must proceed to the Start area check-in.
- At the Start area check-in, the SIAC unit will be cleared and checked, and athletes will pick-up their maps (maps will be wrapped with an elastic band).
- Athletes are allowed to remove the elastic band only after seeing their previous team mate at the last control. Athletes can unfold and look at the map only after the changeover. Changeover is done by touching hands between the two athletes.

Finish/changeover

- Changeover is located after the Finish line.
- After the changeover or finish the athlete must follow Organizer's instructions going to the SIAC download, GPS removal and refreshment.
- From there the athlete follows the marked route to the Team area.
- Bags from Quarantine is placed along the corridor to the Team area. The competitors are asked to take their bags with them.

Mass start

Teams who have not started on leg 4 at 09h40, will start in a mass start

At 09h35, the teams that have not yet started will pick up their maps

At 09h40, the mass start will occur by signal from the start officials

Relay workflow for B-Relay

Before start

- B-relay athletes do not need to enter the quarantine. However, B-finalists must enter the quarantine area and start area according to this time schedule:

Leg	Quarantine area entry	Start area entry
1st leg not later than	09h40	09h50
2nd leg not later than	09h50	10h05
3rd leg not later than	10h00	10h15
4th leg not later than	10h10	10h25

- Once inside the Relay arena quarantine, the athlete must collect their team bib-number from a rope hanging inside the quarantine.
- In the quarantine area a big tent, toilets and water in jerrycans will be provided – please bring your own bottles.

First leg athletes

- As soon as they have collected their bib-number athletes must go to the GPS tent in the quarantine to collect their GPS unit.
- At -15 minutes the 1st leg athletes must go to the Start Area check-in. At this point, the SIAC unit will be cleared and checked, and athletes will pick-up their maps (maps will be wrapped with an elastic band).
- Athletes will wait inside the Start Area until -4 minutes, when Organizers will guide them to the B-relay Mass Start place. This will not be the same start place as for the Medal Race.
- 30 seconds before the start, the speaker will instruct athletes to remove the elastic band from the map.
- A 10 second warning will be performed by the speaker.
- The start will be announced by the speaker. Runners are allowed to unfold and look at the map at this time.

2nd 3rd and 4th leg athletes

- Between 15 and 30 minutes before their expected Start athletes must go to the GPS tent in the quarantine to collect their GPS unit.
- When the previous athlete has started, the next leg athletes must proceed to the Start Area check-in.
- At the Start area check-in, the SIAC unit will be cleared and checked, and athletes will pick-up their maps (maps will be wrapped with an elastic band).
- Athletes are allowed to remove the elastic band only after seeing their previous team mate at the last control. Athletes can unfold and look at the map only after the changeover. Changeover is done by touching hands between the two athletes.

Finish/changeover

- Changeover is located after the Finish line.
- After the changeover or finish the athlete must follow Organizer's instructions going to the SIAC download, GPS removal and refreshment.
- From there the athlete follows the marked route to the Team Area.
- Bags from Quarantine is placed along the corridor to the Team Area. The competitors are asked to take their bags with them.

Mass start

There is no mass start for the B-Relay.