

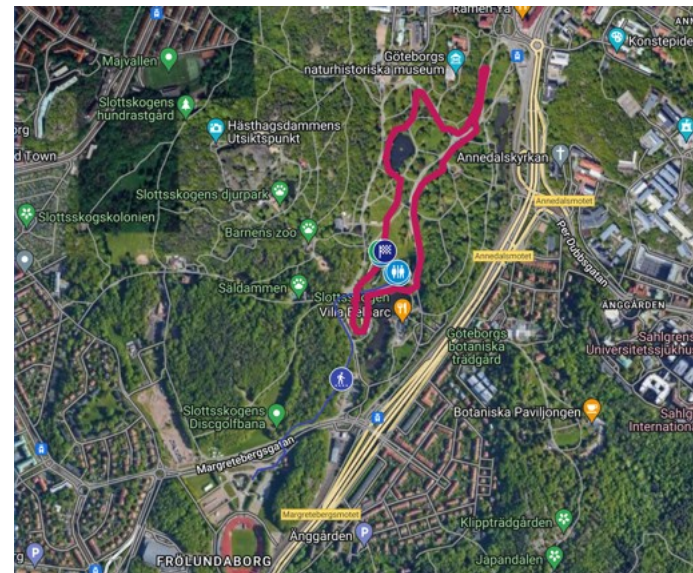
CROSS COUNTRY



SLOTTSSKOGEN CITY PARK- AUGUST 20

6k 3 LAPS M70+, W70+
8K 4 LAPS M35-65, W35-65





TIMETABLE

- 09.00 W70+ & M80+
- 10.00 M70-M75
- 10.50 W60-W65
- 11.40 W50-W55
- 12.30 W35-W45
- 14.00 M60/65
- 14.50 M50/55
- 15.40 M35/40/45

CALL ROOM

- 08.15 CLOSES 08.40
- 09.15 09.40
- 10.05 10.30
- 10.55 11.20
- 11.45 12.10
- 13.15 13.40
- 14.05 14.30
- 14.55 15.20



BAG DROP



TOILETS



CALL ROOM



MEDICAL



WATER STATION



800 M WALK TO/FROM
ATHLETE'S VILLAGE

START/FINISH



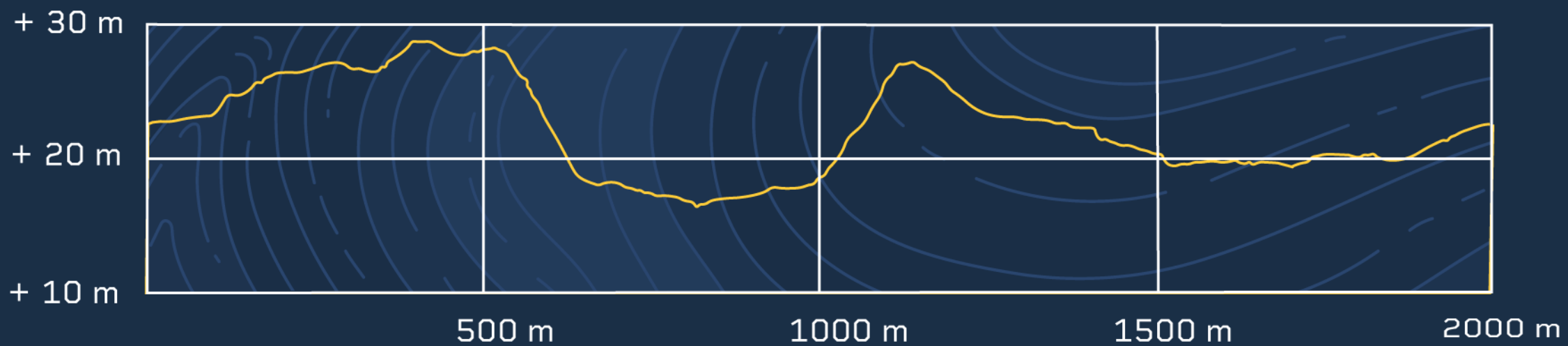
Athlete's Village



6K 3x LAP

8K 4x LAP

CROSS COUNTRY



UNIFORM/BIBS (5.1)

- BIBS TO BE WORN AS ISSUED AND NOT DEFACED – DISQUALIFICATION
- SECURE SAFETY PIN at all FOUR CORNERS
- A UNIFORM (VEST) **MUST** BE WORN CLEARLY IDENTIFYING THE COUNTRY REPRESENTED



CONFIRMATION/CALL ROOM

- NO CONFIRMATION REQUIRED
- ALL RUNNERS MUST GO THROUGH THE CALL ROOM. They can leave when checked.
- CALL ROOM ON SITE OPENS 45 MINUTES BEFORE THE START OF EACH RACE. CLOSSES 20 MINUTES BEFORE THE START

UNIFORM and BIB CHECK (front and back)

- CHIP/CHECK STATION AVAILABLE
- RUNNERS WILL BE ASKED TO SHOW THEIR BIB NUMBER 1st

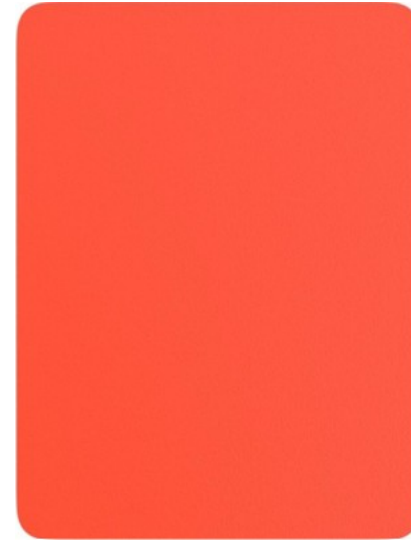
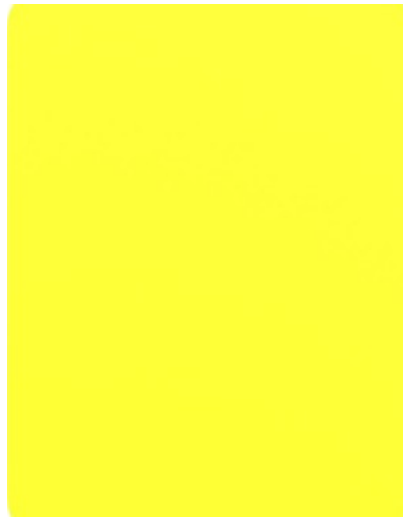
CALL ROOM UNIFORM CHECK FRONT & BACK



ASSISTANCE (56.10) – This is a warning to your runners.

ASSISTANCE (pacing etc.) in the competition area-

DISQUALIFICATION



INFORMATION

- **WATER** WILL BE AVAILABLE AT THE END OF EACH LAP + FINISH
- NO PERSONAL DRINKS
- SURFACE – Wood chips covering tarmac paths
- SPIKES suitable
- NO WARMING UP or DOWN on the course during races
- NO SPECTATORS ON THE COURSE and ONLY ACCREDITED PHOTOGRAPHERS, ESPECIALLY AT THE FINISH
- **SECURE BAGGAGE** at the Call Room Area (x BIB NUMBER attached)
- **TOILETS** at the call room area
- MEDAL PRESENTATION – ATHLETE`S VILLAGE – SLOTTSSKOGSVALLEN
- **CHECK PRESENTATION TIMETABLE**

NO



APPEALS and PROTESTS

- 1 As soon as the results are published, contact the REFEREE orally within 30 minutes at the cross country venue
- 2 Then a further 90 minutes to put in a written appeal to be handed in at the TIC with the 100 Euros/1000 sek
- REFEREE – Roger Magnusson

SAFETY OFFICER

- SAFETY OFFICERS HAVE THE AUTHORITY TO WITHDRAW ANY ATHLETE FROM THE COMPETITION WHO IN THEIR OPINION ENDANGER THE ATHLETE'S HEALTH and SAFETY or THE SAFETY OF OTHER COMPETITORS
 - 1 YELLOW CARD
 - 2 RED CARD – Disqualification
- WMA Rule 3.2

GOOD LUCK TO ALL RUNNERS AND TEAMS

