

# **Urban Relay**

## **Bulletin**

**Release Date: 13/07/2022**

## Urban Relay – Friday 15<sup>th</sup> July

**Date:** 15 July 2022.

**Area:** Dornelas.

**Format:** Relay, mass start. Two classes (Women and Men), each with 3 legs.

**Arena location:** Arena Dornelas (40°43'54.6"N 7°33'21.0"W).

**Sprint Relay arena quarantine check-in:** 7h45 to 8h50

**Deadline for team entries:** Thursday 14 July 2022, at 13h00.

### Schedule

08h15: Quarantine closes.

08h30: Mass start, Men.

09:40: Mass start, Women.

11:00: Mass start, Coaches.

11:30: Prize giving.

### Transport

**Driving to the Arena Dornelas parking:** Organizers will set arrows from the Event Centre to Arena Dornelas parking. Other routes are allowed to get to the parking. Follow the organizer's instructions when you get to the parking. Location is 40°44'12.8"N 7°33'19.6"W.

**Parking to Arena:** Walking distance 400 meters. The way will be marked using arrows.

**Transport schedule, non-mandatory bus:**

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	6h40	50	1	12h30	50
2	6h40	50	2	12h30	50

If these 2 buses are not enough,  
Organizers will transport the  
remaining people in 9 seat vans.

The route from Arena Carapito bus stop to the Arena will be marked using arrows. The distance is 300 meters.

### Map & terrain

**Mapping:** Rafael Miguel (Portugal) 2017. Updated to ISSprOM 2019-2 in June 2022. Latest revision July 2022.

**Map scale:** 1:4000

**Contour interval:** 2.5 meters

**Warm up map:** Not available.

**Specific terrain characteristics:** Same as Sprint competition.

**Specific mapping characteristics:** The passable green (410) is been used on the map. 411 Uncrossable vegetation is not used on the map.

The maps are *not* bagged.

## Courses

Competition	Classes	Winning time	Length	Climb	Controls	Refreshment
Sprint Relay	Men	52-58 min.	4.3 km	115 m	18/19	None
	Women	60-65 min.	4.3 km	115 m	18/19	None

**Course setting:** Rafael Miguel.

**Course specific characteristics:** There will be an arena passage approximately after 40% of the course.

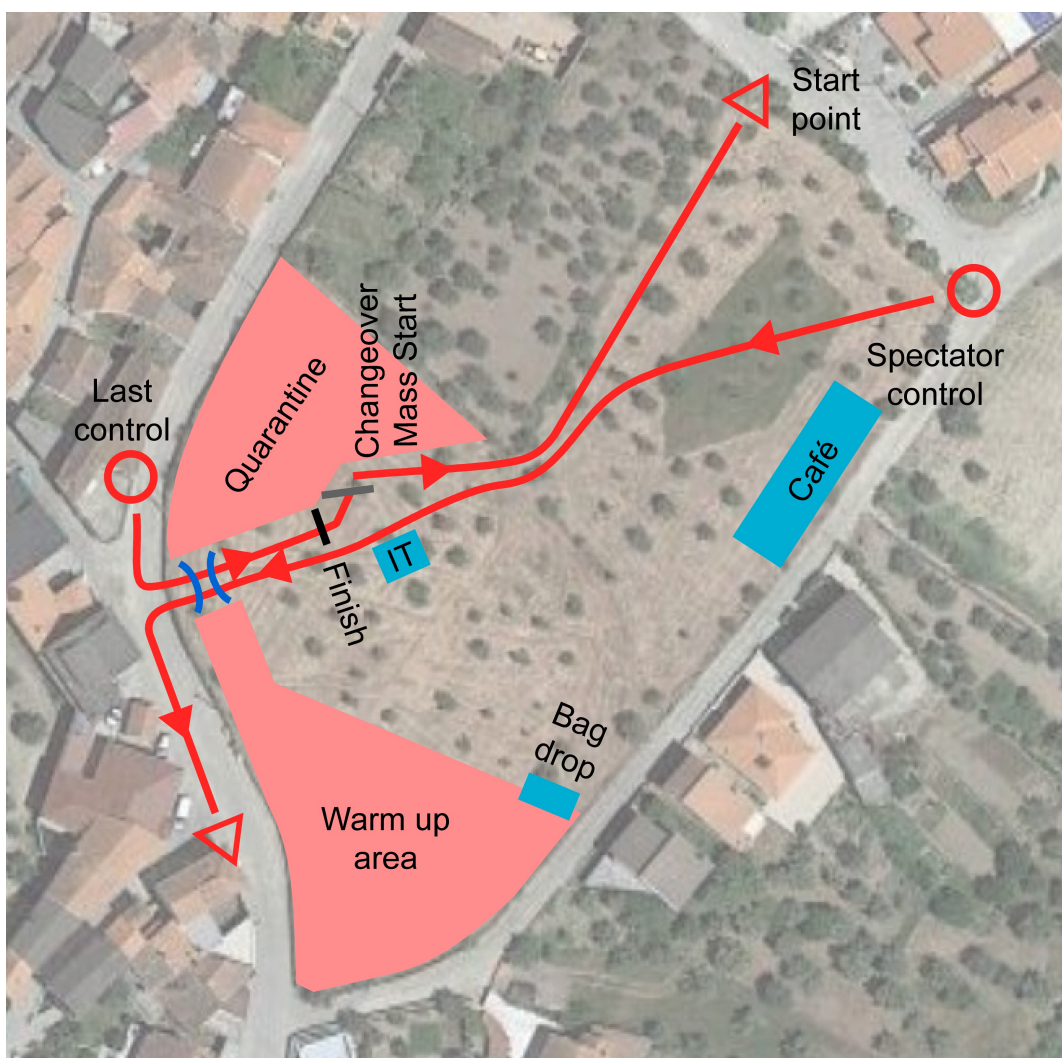
**Control descriptions:** Loose control descriptions will not be available. They are printed on the map.

**Map size:** 22.5 cm \* 32 cm.

**Traffic:** Same instructions as for the Sprint competition, except that the traffic will not be limited. There will be very little traffic, though.

**Staff members in the terrain:** Same instructions as for the Sprint competition.

## Arena Dornales scheme



## **Relay workflow**

### **Before start**

- All competing athletes 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 member must collect their team bib-numbers. Bib numbers will be hanging along a rope, secured with safety pins, and should be collected in self-service mode.
- At Relay arena quarantine a tents, toilets and water in jerrycans will be provided – please bring your own bottles. Teams are allowed to set up their own tents.
- There is a Bag drop in the Warm up area where the bags can be collected after the race.

### **First start**

- Between 15 and 30 minutes before the Start athletes must go to the GPS tent 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 box until -4 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.

### **Change over**

- When the previous runner has started, the next leg athletes must go to the GPS tent to collect their GPS unit and can 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). Once all is ready with the check-in, athletes will go into the Start Area, where they must wait for the finish of the previous runner.
- Athletes are allowed to remove the elastic band only after seeing their previous team mate entering the arena. Athletes can unfold and look at the map only after the change over. Change over is done by touching hands between the two athletes.

### **Finish**

- Change over is located after the Finish line.
- After the change over or finish the athlete must follow Organizer's instructions going to the SIAC download, GPS removal and refreshment.
- There is no specific Team Area. Bags can be collected from the Bag drop.

## **Coaches race**

After the Relay at around 11h00 there will be a mass start for Team Officials. The exact time will be announced by the speaker.

There will be no timing, tracking, speaking or tv coverage.

## **Prize giving ceremony**

After the Coaches Race – about 11h30 – there will be a prize giving ceremony with symbolic prizes for the three best teams in each class.