



27 – 30 June 2018

# Long – Agenda

- Roll call
- Organizers / Jury
- Admin
- Safety
- Time Schedule
- Competition center
- Courses
- Map
- Punching
- Start / Finish procedure
- Questions

# Organizers / Jury

- **Organizing committee**

- Miklós Mets
- Ágoston Dosek
- Anna Füzy

- **National Controller**

- Péter Vajda

- **IOF Senior Event Advisor**

- Anke Dannowski (GER)

- **Jury**

- Maxim Kapitonov, RUS
- Ursula Häusermann, SUI
- Jiri Vransky, CZE

# Admin

- **Parking in Nagykovácsi**

- Please check parking tickets
- If you do not have one, please get one in the Office
- DO NOT park anywhere else in Nagykovácsi

- **AD Control**

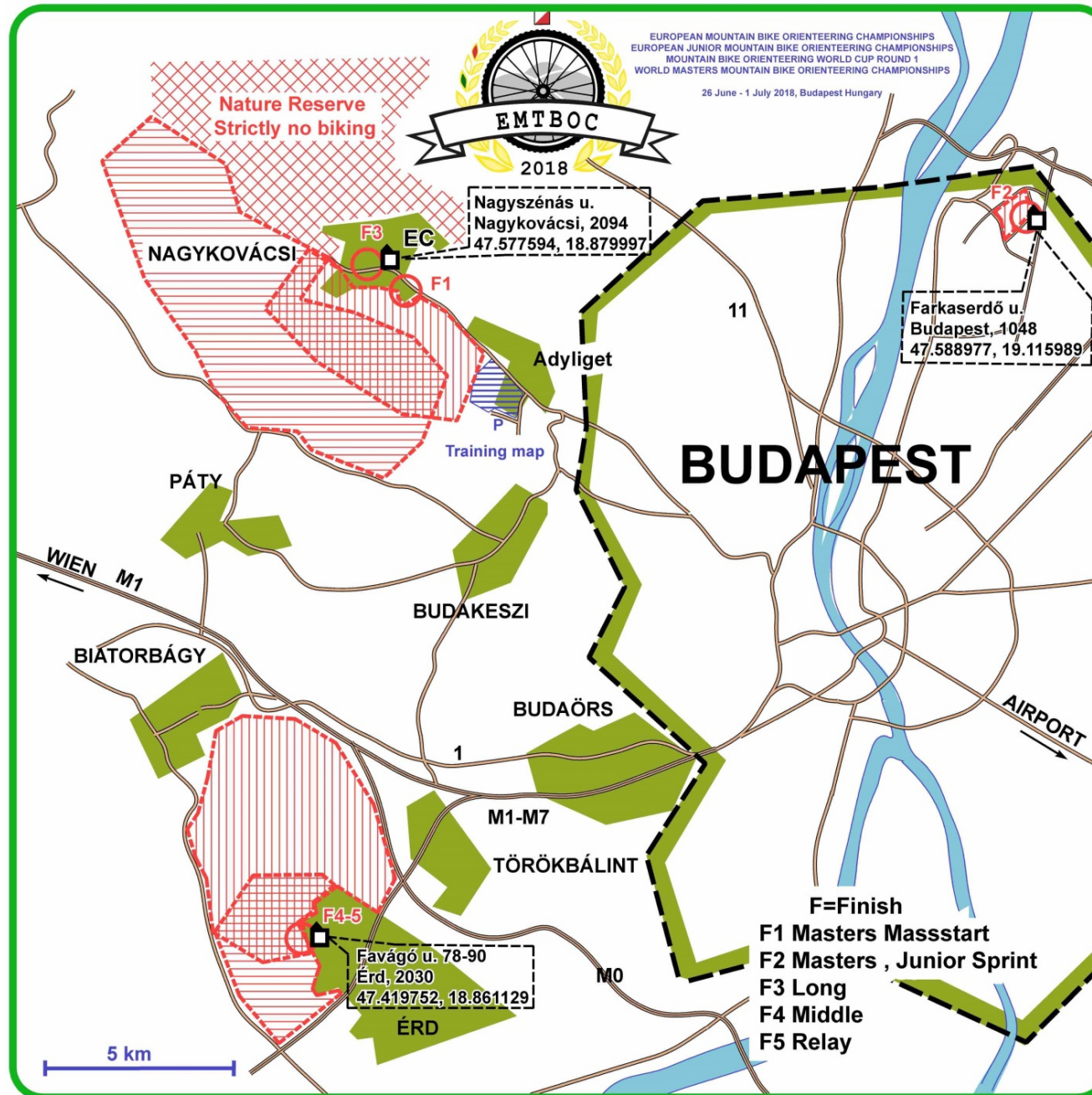
- IOF event, AD tests are possible
- ID card / Passport + TUE (therapeutic use exception)

# Safety

- When two riders converge:
  - (i). riders should normally pass with their left shoulders
  - (ii). any rider travelling uphill must be given priority
  - (iii). at an intersection, the rider on the smaller path should give way to any rider on the larger path.
- Generally, riders should overtake on the left.
- Slower riders should give way to overtaking riders.
- Riders should not stop right on the control

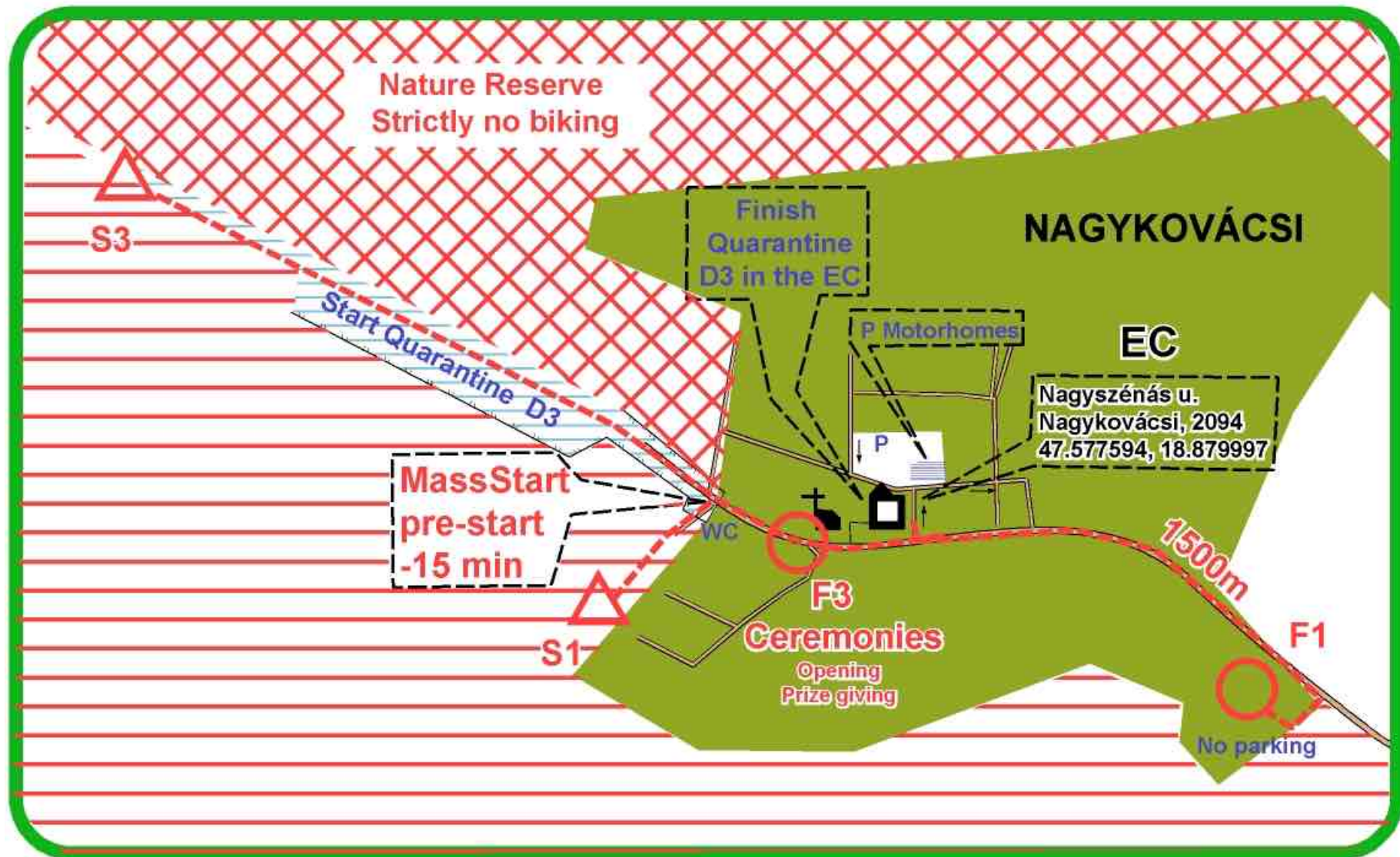
***MOST COLLISIONS HAPPEN ON WIDE ROADS  
WHEN ONE ATHELETE RIDES ON THE WRONG SIDE  
(MAP READING OR CUTTING THE CORNER)***

# Overview map





# Long venue



# LONG – Time schedule

First start	10:18	ME	11:22	WE
	10:38	M20	10:44	W20

Start interval                      3 min

Expected winning time    105 – 115 min for Elite  
                                      85 – 90 min for Juniors

Time limit                          240 min

Deadline for complaints   15:30 (or 15 min after Finish)

Finish Quarantine            until 12:00

Start Quarantine             from 12:00

***NO PHONES, TABLETS, OR OTHER  
COMMUNICATION DEVICES IN QUARANTINE  
EVEN WHEN SWITCHED OFF***



# Long – Courses

	Length	Climb	Controls
<b>ME</b>	40.5km	920m	19
<b>WE</b>	30.2km	630m	20
<b>M20</b>	27.1km	670m	18
<b>W20</b>	20.3km	465m	17

Butterfly system on all courses

Refreshment controls (water): 55% for Elite, 35% for Juniors

Personal refreshment: 9:30 latest with Start number (and flag)

# Long – Map

Scale	1: 15.000 / 5m
Survey	2017-18
Size	A4 and A3
Protection	waterproof paper
Standard	ISMTBOM 2010

# Long – Map exchange

Each rider receives 2 maps in the start

- ME, WE, M20: A3 + A3 ; W20: A4 + A3
- The maps are stapled together in order
- WE, M20, W20: single point of exchange, the last control on the first map is the first control on the second map
- ME: overlap of controls on both maps from CP 4 to CP 11
- The controls are numbered in order across the two maps (if CP10 was the last, CP 11 is the first on the second map)

# Long – Punching, Start, Finish

- SI Air+ system
    - 1.5 m detection range
  - Start Quarantine – 0.5km / 5m from EC (closes at 12:00)
  - Start - 2.5 km / 75 m from EC, light local traffic possible
    - - 4 min – CLEAR
    - - 3 min – CHECK / ACTIVATE
    - - 2 min – TEST
    - - 1 min – map
  - Map start 250m from start line
  - Finish No punch (SI line)
  - Readout in Finish
    - Quarantine 75 m from Finish through a narrow street
- After Finish go to Quarantine without any delay!***  
***No communication is allowed***

# Start bibs / GPS

- Front start number only
- GPS unit allocation
  - ME (35 of 65)
  - WE (20 of 34)
  - M20 (15 of 42)
  - W20 (10 of 26)
- Check start list – pick up GPS 10 - 15 min before start
- Pick up units close to Start

# Long – Map



**Off-road riding is OK  
but not expected to be optimal choice**

# Long – Terrain

- High speed sections
  - long valleys that tempt high speed
  - there could be unexpected difficulties
  - watch out for other riders
- Some danger areas after strong rain
  - road erosion
  - washed out holes
- Stronger than usual under vegetation
  - some roads difficult to see
  - difficult to see junctions marked with black/yellow
  - Gaiters recommended

***Do not use forbidden public road on SW edge of map  
Road to DISQ***



# Long – Road





# Long – Ruts

