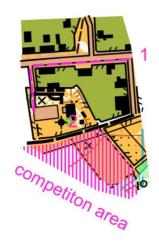


Final information for middle distance

- Transport: buses from/to hotel
 - o driving time ca 25 minutes
 - Departure from the hotel: 8:15
 - Departure from the assembly area: 13:30
 - o Note: individual transport to the assembly area is NOT allowed
- Assembly area: Daskabát, sports field
 - o toilets, washing, changing rooms possibility, finish
- Map: Olešnický mlýn
 - 1:10 000, E=5,0 m, ofset print, waterproof (in plastic bags)
 - Note: No previous map of competition area can be watched during the race!
- Courses:
 - o M21 5,3 km, 22 controls, 13 5 m climbing
 - W21 3,9 km, 15 controls, 85 m climbing
 - o M18 (+ M Masters) 4,6 km, 18 controls, 115 m climbing
 - W18 (+ W Masters) 3,3 km, 14 controls, 80 m climbing
- Control description: available only in the starting corridor (-2 minutes)
- Quarantine: No quarantine at all
- Start: 10:00
 - interval start for all categories (2 minutes interval)
 - there will be three starting corridors
 - warm-up map will be available in the assembly arena
 - o marked route to the prestart is 1 500 m
- Time keeping: SportIdent
- Recommended shoes and clothes: Orienteering shoes are recommended, spike shoes are allowed. Short sleeve and long trousers are also recommended.
- Be careful about insects.
- SI reading: in the finish
- Refreshment: in the finish
- Cars and cyclists in the competition area: No traffic at all





- 1 marked route to the prestart
- 2 toilets, changing rooms, assembly arena

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