



# Bulletin

## N° 4



# Junior European Cup

## October 9-11, 2015

### Bad Harzburg/Germany



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**Foreword by Stephan Weil Minister-President of Lower Saxony  
2015 German Orienteering Championships  
and Junior European Cup Bad Harzburg, 9-11 October 2015**



The German Gymnastics Federation has entrusted the men's gymnastics club "Männer-Turn-Klub Bad Harzburg von 1886" with the organisation of the long-distance event, Deutschland Cup and Schüler-Deutschland-Cup in this year's German Orienteering Championships. The events will take place together with the Junior European Cup.

On behalf of the government of Lower Saxony, I should like to extend a cordial welcome to all the contestants of this sports event and their trainers.

Orienteering is an endurance sport that is usually practised in woodland areas by individual athletes or groups. The contestants have to use a map and compass to reach control points in a prescribed order, so that the sport requires a precise combination of orienteering and running. The fascination of this discipline for most contestants is the opportunity to enjoy sport amidst beautiful scenery.

MTK Bad Harzburg, which is hosting the championships, was one of the first sports clubs in Germany to practise orienteering as a competitive sport back in the 1960s and set an example for other sports organisations in the Harz Region. MTK Bad Harzburg has already hosted the 2011 German Orienteering Championships and the Senior Event in 2012, demonstrating its excellent potential for organising further major events in this sports discipline.

I am convinced that the Harz tourist region can benefit from such mega sports events. The wild and romantic Radau Valley outside the spa town of Bad Harzburg on the northern outskirts of the Harz Mountains boasts excellent facilities for outdoor sports activities which have minimum impact on the natural environment. As in 2011 and 2012, I am confident that the responsible members of Bad Harzburg council and the sports association, together with MTK gymnastics club, will once again succeed in organising and implementing excellent championships and supporting events.

I wish these sports fixtures every success and sincerely hope that large numbers of spectators will take this opportunity to cheer on the contestants as they run through the Harz forests. My thanks go to everyone involved in the organisation of this event.

Hannover, September 2015

A handwritten signature in blue ink, which appears to read "Stephan Weil". The signature is fluid and cursive.

**Stephan Weil  
Minister-President of Lower Saxony**

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## Greetings from the District Administrator Thomas Brych

As District Administrator of Goslar I wish to convey my warmest greetings to all the participants and guests of the German Masters Orienteering Championships and the Junior European Cup.



I am very pleased that these high-class events are going to take place in our beautiful Harz region from 9<sup>th</sup> to 11<sup>th</sup> October 2015. The Harz offers the ideal conditions for this international sporting competition.

Many competitors have registered for the competition and they will most certainly contribute to making the German Championships and the Junior European Cup to a very special sporting highlight in this region. Not only does this region offer both a fascinating and at the same time demanding sporting backdrop for the competitors, but they can also look forward to a well-organised championship by our dedicated team. The team has been busy for months to meet the logistical challenges of such a big event. They have also received wonderful support from the Harz community, so that I am certain it will be a festival for the sportsmen and visitors alike.

I sincerely thank the organising team and the countless voluntary assistants, who through great personal commitment have contributed to the success of the competition. Without their commitment such an event would not be possible. I wish all the orienteering runners a fair competition and the hoped-for sporting success. I wish the spectators a lot of pleasure during this not very common sporting event. I am sure that we will be rewarded with varied and exciting competitions.

A handwritten signature in dark ink, appearing to read 'Thomas Brych', written in a cursive style.

Thomas Brych

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## **Welcoming address by Bad Harzburg Mayor, Ralf Abrahms**



Dear sportsmen and women, dear guests,

It is with great pleasure that I welcome you on behalf of the Town Council to the Junior European Cup, the German championships and the German Cup in our beautiful spa resort Bad Harzburg. This combination of events was already held in Bad Harzburg in 2003.

Our Men's Gymnastic Club of 1886 is the second oldest and second biggest club in Bad Harzburg, with a long history of successfully organizing and hosting large sporting events and is therefore a guarantee for success.

In 2012 we hosted the Orienteering World Championship for seniors, an event with 4000 participants from more than 20 countries, which the club also organized and managed with great success.

At this point, I would like to thank the club once again for promoting Bad Harzburg and the Harz region far and wide beyond our borders.

And, of course, our business community will also appreciate the presence of the many sportsmen and women.

I wish you all a successful October weekend with wonderful weather and personal success.

„Gut Sport“, as we say in German, and good luck,  
Ralf Abrahms, Town mayor





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## Greetings of the president of the German Gymnastics Federation

On behalf of the German Gymnastics Federation, we welcome warmly all the runners, organizers as well as spectators to the Junior European Cup 2015. We are very glad, that the club MTK Bad Harzburg took over the organization of this international event in 2015. As the organizers of the WMOC, the club MTK Bad Harzburg organized already a successful event in 2012 and I am convinced that also this year MTK Bad Harzburg will provide challenging and well-organized competitions.



We will expect more than 1.000 competitors that will fight for the sought-after titles in various disciplines.

Special thanks go to the town of Bad Harzburg as well as their mayor Ralf Abrahms for their help and support. I also want to thank the club members that are involved in the organization and execution of the competitions. Such an event always relies on the help and dedication of many volunteers that put a lot of effort into the preparations as well as on the day of the event. This cannot be stressed enough. Thanks also to all the partners and sponsors whose commitment is vital for such an event.

Let's hope together for strong sportive performances of the athletes. All participants I wish good luck and success for the competitions and the spectators fun watching the competitions.

A handwritten signature in black ink, which appears to read 'Rainer Brechtken'. The signature is stylized with a long horizontal line extending to the right.

Rainer Brechtken  
*President of German Gymnastics Federation*



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## Greetings of the president of the Gymnastics Federation of Lower Saxony

From October 9th to 11th, 2015 the club MTK Bad Harzburg organizes the German Championship in long distance orienteering, the German Cup and Junior European Cup.

The beautiful Harz mountains between Bad Harzburg and Braunlage is one more host region for orienteers from Germany and Europe. Already in 2003 this combination of competitions was organized in Bad Harzburg. Back then 1200 runners participated in the competition. Such a participation is also expected for this year. On the agenda are the Sprint on Friday, Long Distance on Saturday and Relay on Sunday. Long time ago the terrain for the long distance and relay competitions were chosen already. It is the same terrain as for the Long Distance Final of the WMOC 2012. It was recognized for its demanding and scenic orienteering terrain which offered good runnability. For the orienteering weekend in October 2015, some new parts of the terrain will be used.

I thank all organizers for these great competitions and the MTK Bad Harzburg as the hosting club. My thanks also go to the city of Bad Harzburg, the Harz region and to all volunteers, patrons and sponsors.

On behalf of the Gymnastics Federation of Lower Saxony, I welcome all participants and visitors and wish us exciting and interesting competitions as well as some beautiful days in the Harz mountains.



A handwritten signature in black ink that reads "Heiner Bartling". The signature is written in a cursive, flowing style.

Heiner Bartling  
President  
Gymnastics Federation of Lower Saxony

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## Greetings of German Technical Committee for Orienteering

Three years ago, MTK Bad Harzburg organized the WMOC for the first time in Germany. The very positive national and international response to that event showed that the team of MTK Bad Harzburg is able to carry out the job in an outstanding way seen from the point of view of both the sport and the organization. The numerous national orienteering events which the MTK Bad Harzburg has organized over the past decades should also not be forgotten in this context.



The German Technical Committee for Orienteering therefore wishes to thank the MTK Bad Harzburg for organizing both the Junior European Cup and the German long distance Championships this year. We look forward to demanding and interesting races in an attractive terrain. Together with the Final race of the Deutsche Parktour (Sprint League) and the Deutschlandcup (Relay) an orienteering weekend is offered which meets the expectations of every orienteer and which we are all looking forward to.

Achim Bader  
Chairman



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## Greetings of MTK Bad Harzburg

Dear orienteers,

On behalf of the MTK Bad Harzburg I welcome you warmly in our town. It is already the second time that our club organizes the Junior European Cup. We hope that once more we were able to lay the foundations for interesting and exciting competitions. Our club members, at least, have put very much effort these days to create appropriate conditions.



Moreover, we also welcome cordially all German orienteers. As in 2003, they will compete once again for the national title. As spectators they for sure will enjoy watching exciting races! In addition to the sport activities, the Northern edge of the Harz mountains offers many cultural and scenic experiences. Perhaps some of you will have the opportunity to enjoy these after the competitions.

Best wishes for your sportive endeavors and we hope you'll have an interesting weekend

Hanne-Lore Bruns

Hanne-Lore Bruns

Head of Gymnastics and Sports at MTK Bad Harzburg



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## Organizing team

Organizer:	German Gymnastics Federation
Hosting club:	MTK Bad Harzburg
Event Director:	Christoph Hofmeister
Senior consultant:	Hanne-Lore Bruns
Event Adviser:	Rainer Müller (USV TU Dresden)
Day controllers:	Sven Hommen (Sprint and Long) Winfried Schreiber (Relay)
Map maker:	Stephan Schliebener
Course setters:	Patrick Hofmeister (Sprint) Joachim Stamer (Long) Thilo Bruns (Relay)
PR:	Eike Bruns
Start:	Henning Bruns
Finish and IT:	Tim Schröder
Event office:	Claudia Ann Graber
Jury:	Rainer Müller (IOF Event Adviser) Eike Bruns (Organizing Team/IOF-licensed) Coach to be announced at the first team leader meeting

## Timetable

### Thursday

10 am-7 pm	Training
2 pm-10 pm	Event office at youth hostel Torfhaus
9 pm	Deadline start groups Sprint

### Friday

10 am-7 pm	Training
11 am	Team leader meeting at youth hostel Torfhaus
2 pm	First Start Sprint
4 pm	Deadline start groups Long Distance
4 pm	Flower Ceremony Sprint at Kurpark Bad Harzburg
8 pm	Team leader meeting at youth hostel Torfhaus

### Saturday

8 am-4 pm	Event office at assembly area
9.30 am	First Start Long Distance
12 noon	Deadline entries Relay
5.30 pm	Team leader meeting at youth hostel Torfhaus
8 pm	Price giving ceremony at Kurgastzentrum Altenau

### Sunday

8 am-4 pm	Event office at assembly area
9 am	First Start Relay
Ca. 11.15 am	Price giving ceremony at assembly area



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## General Information

### How to get there?

#### Accommodation

Youth Hostel Torfhaus (51.800152 N, 10.533245 E) and Schullandheim Torfhaus (51.799130 N, 10.541850 E).

Arrival by train until Bad Harzburg train station, then with bus 820 towards Braunlage until bus stop Torfhaus.

Arrival by car via national road 4 (Bad Harzburg-Braunlage) until Torfhaus.

Turn into road L504 towards Altenau. After 100m turn right to "Jugendherberge" (youth hostel), where the Event office is situated. Schullandheim Torfhaus is situated approx. 500 m on the other side of national road 4.

#### Friday

Sprint at Bad Harzburg. Arrival by car from Torfhaus via national road 4 towards Bad Harzburg. By entering Bad Harzburg turn immediately left to the main parking area (following signs to "Bäumwipfelpfad"). Further parking places along the national road 4. Start and quarantine zone are situated at the main parking area.



#### Saturday/Sunday

Long Distance at quarry Huneberg Steinbruch (51.853513N, 10.497932E). Arrival by car from Torfhaus via national road 4 towards Bad Harzburg. After approx. 4 km turn left at the traffic light following the forest road towards the forest education centre "Ahrendsberg". Please follow the indications of the parking instructors.

Price giving ceremony on Saturday evening at Kurgastzentrum Altenau (51.804028 N, 10.442570 E). Arrival by car from Torfhaus via road L504 towards Altenau. In Altenau turn right on national road 498 towards Oker. After 350 m turn left to Kurgastzentrum/Tourist-Information.

#### Late registration

Only within the limits of available vacancies.

#### Authorized runners

In general the rules for IOF-competitions in combination with special rules for JEC apply as well as the rules for orienteering of the German Gymnastics Federation and department regulations for orienteering and the Gymnastics regulation of the German Gymnastics Federation.

#### Distances

##### Training

Accommodation – Training 1	15 km
Accommodation – Training 2	22 km
Accommodation – Sprint training	13 km

##### Friday

Accommodation – parking	9 km
Parking – Start (Quarantine zone)	0-100 m
Start – Finish/Assembly area	800 m

### Saturday

Accommodation – parking	8 km
Parking – Finish/Assembly area	0-2000 m
Assembly area – Start	1900 m/0 climbing (please arrive early enough)
Accommodation – Price giving ceremony	8 km

### Sunday

Accommodation – parking	8 km
Parking – Assembly area	0-2000 m

### **Bid numbers**

Please wear the bib numbers visible on the chest. The advertisement must not be folded away.

### **Start groups**

According to rules of JEC there are three start groups in each race and category. Entries have to be handed in according to the time table (see page 18). Teams with less than six but more than three runners in a category have to fill up all start groups first before they can enter a second place in another start group. Start list will be drawn randomly and separately per start group. Start lists and bib numbers will be handed out at the team leader meeting.

### **Training**

On Friday three trainings will be offered until 7pm.

#### Training 1: Ahrendsberger Forsthaus

Parking: At national road 498 between Oker and Altenau (51.851270 N, 10.456715 E), North or South of the main dam of the "Okertalsperre".

Terrain and map: The terrain is especially representative for the edges of the competition terrain. The view from a control close to the "Hallschen Hütte" is not only attractive from a touristic point of view. The terrain has been mapped by the same map maker as for the competitions, however only for training purposes and thus is not always as detailed as the competition map.

Control marking: Wooden sticks painted in red mark the controls. The same marking is used for the competitions (in addition to the regular control equipment).

#### Training 2: Ziegenrücken

Parking: At the "Schützenhaus" (51.890120 N, 10.477470 E). For arrival by bus we recommend to stop at the Waldhaus am Oker at the national road 498, at the Southern town exit of the town Oker (51.884272 N, 10.472479 E).

Terrain and map: The terrain is especially relevant for the rocky areas of the competition terrain. The terrain has been mapped only for training purposes and thus is not always as detailed as the competition map.

Courses: The St-Course is representative for the relay including the passing of the start triangle again after the spectator control.

Control marking: Wooden sticks painted in red mark the controls. The same marking is used for the competitions (in addition to the regular control equipment).

#### Training 3: Bündheim

Parking: At street "Am Schlosspark" (51.888197 N, 10.543759 E) in Bad Harzburg.

Terrain and map: The terrain is relevant for sprint with urban and park areas. The map was used as model event for WMOC 2012.

Control marking: Only small tapes will be used.

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### Awards

Diplomas of the organizing club will be given out to the Top 6 runners; for Top 3 medals of the organizing club will be given out, additionally material rewards.

### Medical care

At the finish there will be medical care provided by the red cross of Bad Harzburg. In case of emergency the closest hospital is located in Goslar.

### Catering

At the assembly areas coffee, cake and barbecue as well as refreshments will be offered.

### Insurance

Organisers, hosts, landowners and authorities do not accept any liability exceeding existing insurances. Participants are responsible for obtaining sufficient insurance.

### Embargoed areas

According to the embargoed areas of the Northern Harz Mountains published on [www.orientierungslauf.de](http://www.orientierungslauf.de).

### National competitions

On Friday, Saturday and Sunday national championships will follow after the JEC-competitions. So you can expect up to 1.000 spectators following the JEC.

### Live results

Follow JEC and the German champs live via the event-website (not optimized for mobiles) or via App for iPad and iPhone (download via the event-website or directly in the app store link: <http://appstore.com/liveresultsfororienteeing>).



## Technical Information JEC Sprint October 9, 2015

### Map

Name:	Bad Harzburg Süd
Scale:	1:5.000
Contour interval:	2,5 m
Status:	Summer 2015 (according to ISSOM)
Material of map:	Laser print, waterproof and tear resistant paper (DIN A4)

### Special map features:

- (green cross) Tree root
- (green circle) Special tree
- (black circle) Advertising column
- (black cross) Small man-made feature

## **"Wald in guten Händen"**

### **bei uns Förstern der Niedersächsischen Landesforsten im Harz**

Schwarzstorch, Luchs, Nordfledermaus, Arnika und Trollblume, um nur wenige Arten zu nennen, haben ihren angestammten Platz im Naturpark Harz und seinen von uns nachhaltig genutzten und geschützten Wäldern.

Menschen: Spaziergänger, Wanderer, Mountainbiker und Sportler der verschiedensten traditionellen - und auch neuen - Sportarten sind hier ebenso willkommen.

Förster sorgen auf den Flächen der Niedersächsischen Landesforsten für Wanderwege, Loipen, Skiabfahrten, Reit- und Fahrradwege sowie andere Einrichtungen.

**Wir bitten Sie darum, nur diese Einrichtungen zu nutzen.  
Tiere und Pflanzen wollen abseits der Wege ungestört bleiben.**

Die Forstämter garantieren eine naturverträgliche Streckenführung bei Veranstaltungen im Wald.

### **Ihre sportliche Fairness ist wichtig.**

Beweisen auch Sie Ihre Mitverantwortung für Wald, Natur und Mitmenschen.

Wir wünschen den Teilnehmerinnen und Teilnehmern sowie dem Publikum viel Spaß beim Wettkampf und beim Training in unseren Wäldern.

### **Ihre Niedersächsischen Forstämter im Harz**

**Wir**

**bewahren, pflegen und entwickeln eine großartige Naturlandschaft  
schützen Natur  
wirtschaften nachhaltig  
ernten Holz umweltschonend  
sichern Arbeitsplätze**

**heißen Menschen willkommen**

**Wald in guten Händen.**

### Terrain description

The competition terrain is located in the city centre of Bad Harzburg that is not completely shut down for car traffic; even though there is only traffic on a few streets, competitors should take care. In case of doubt the German Road Traffic Regulations (StVO) apply.

The competition area is crossed by a busy road (national road 4) which is marked as out-of-bounds. Some courses cross this road. However, the runners are only allowed to pass this road over the marked bridges and tunnels.

In general the competition terrain consists of a mix of park and urban areas (asphalt: 60% / grass: 40%), some courses include a few forest parts. The runnability is very good everywhere. While the terrain is sloped moderately northbound, it rises westbound steeply towards the Papenberg.

### Control description

Control descriptions are printed on the front side of the maps and loose control descriptions (not water resistant) will also be available at the start.

### Controls

Each control is equipped with the control flag, one or two electronic punching units (SPORTident units), one pin punching device, where no SI-units are available (only to be used if SPORTident fails). The control code is located on top of the SPORTident unit. The number codes used range from 31 to 100. There are many controls in the competition terrain. Please make sure to always check your control codes!

### Course lengths

Category	Length ideal route (km)	Climbing (m)
M18	3,9	50
M20	4,1	60
W18	3,3	40
W20	3,6	50

### Quarantine

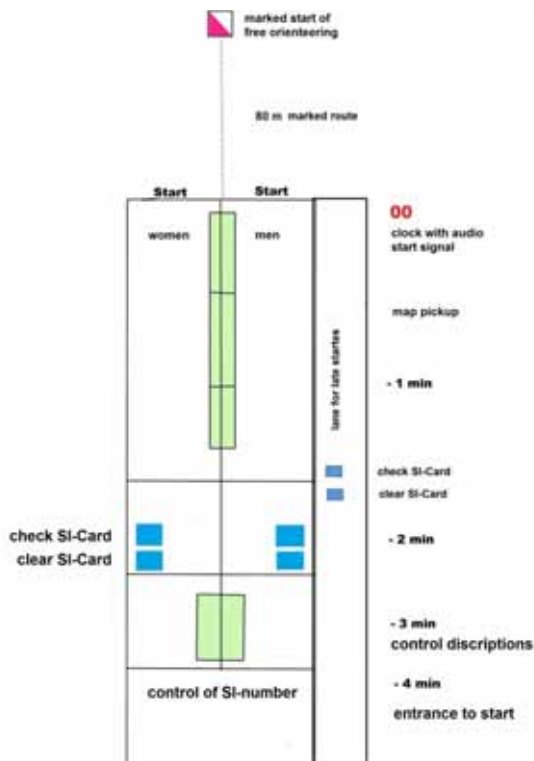
There will be a quarantine zone for the JEC Sprint. It is located at the pre-start at the main parking lot at the national road 4 right before entering Bad Harzburg (Nordhäuser Straße 12A, 38667 Bad Harzburg). The check-in for the quarantine is open from 1pm to 2pm. All competing athletes in the Sprint have to be in the quarantine before the first start at 2pm. Non-competing athletes, coaches and spectators can go straight to the finish in the Kurpark Bad Harzburg. The way to the finish is also marked with tape from the quarantine. Once you enter the assembly area it is not allowed to leave it until the last finish of the JEC Sprint.

### Warm-up

The warm-up area is located on the other side of the national road 4. In order to get to the warm-up area, runners should cross the national road 4 via the bridge. The tracks East of the national road 4 northbound towards the canopy pathway (Baunwipfelpfad) can be used for warm-up.

## Setup of start

Pre-start is 4 minutes. The way to starting point is 80 meters (control flag without SI-station).



## Race time

The elapsed race time stops when you punch one of the SI units at the finish line.

## Read out of SI units

Runners are asked to read out their SI card at the IT tent right after the finish.

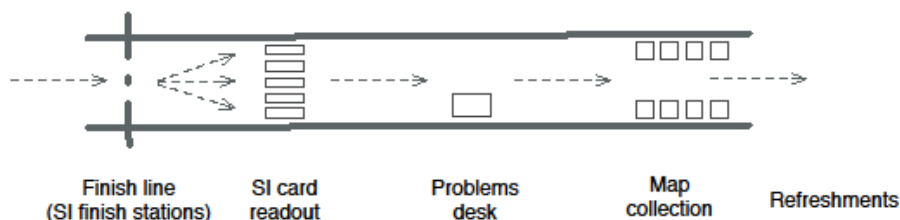




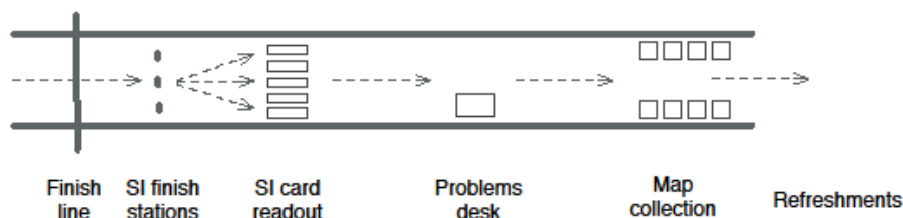
## Last finish

The finish for JEC Sprint runners is closing at 4pm due to a national competition taking place afterwards.

## Finish procedure sprint / long



## Finish procedure relay



## Flower ceremony

The flower ceremony for the JEC Sprint takes place right after the last finish at 4pm in the Kurpark Bad Harzburg.

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# Boslarsche Zeitung

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## WEIL UNS JEDES WORT VERBINDET

Welche aus all den großen Themen  
bewegen meine Region? In meiner  
Zeitung steht, was uns direkt betrifft.  
Weil sie die besten Leute vor Ort  
hat und sich für uns engagiert.  
Gedruckt und digital.



## Technical information for JEC Long Distance October 10, 2015

### Map

Name:	Kästeklappen
Scale:	1:15.000
Contour interval:	5 m
Status:	September 2015 (ISOM-Norm)
Print:	Laser print, waterproof and tear resistant paper (DIN A3)

### Special map features:

Black circle: Coal burning platform

Black cross: Small man-made feature

Green cross: Root stock

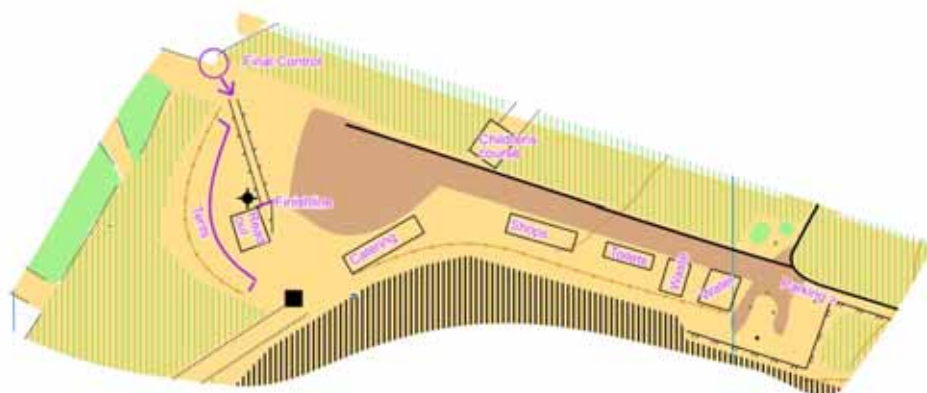
Green circle: Special tree

**Note:** There is an extract of the detailed rocky area in scale 1:7.500 printed on the map close to that area.

### Terrain description

The competition terrain is located at the Northern edge of the Harz Mountains at an altitude of 350 to 650m above sea level. Northbound and westbound the terrain slopes moderately. Especially in these areas there are a lot of rocks and stones of different size. The run ability in the coniferous forest varies considerably between very fast in areas of older woods and slow in areas of dense younger forest. Unfortunately, the warm summer months of July and August have made the undergrowth expand significantly: grass, raspberry and blackberry bushes etc. Open areas, tracks and forest aisles can be overgrown enormously. So, long running clothes are strongly recommended. There are some new tree roots that have not been mapped. Shooting platforms could have been relocated at short notice. Due to recent forest works new towing tracks might have appeared which were not mapped on the map. The Harz Mountains, especially the rocky areas in the competition terrain, are the home of the lynx. It is very unlikely to meet one of these shy animals but not impossible.

### Layout of assembly area



**Control description**

Control descriptions are printed on the front side of the maps and loose control descriptions (not water resistant) will also be available at the start

**Course lengths**

Category	Length (km)	Climbing (m)
M18	10,2	510
M20	11,9	580
W18	8,0	310
W20	9,2	450

**Control sites**

Controls have been marked with numbered wooden stakes which are still in the forest. Please check the code numbers, since many controls are close to one another. In case an SI unit is not working properly, please punch manually into the map and report the failure at the finish.

**Refreshments**

Refreshments are provided on the forest road (not directly at controls). They are marked on the map with the cup symbol.

**Way to start**

The distance from the finish to the start is 1900m, has no climbing and is marked. Leaving the marked route, except from the warm-up area, will lead to disqualification of the runner.

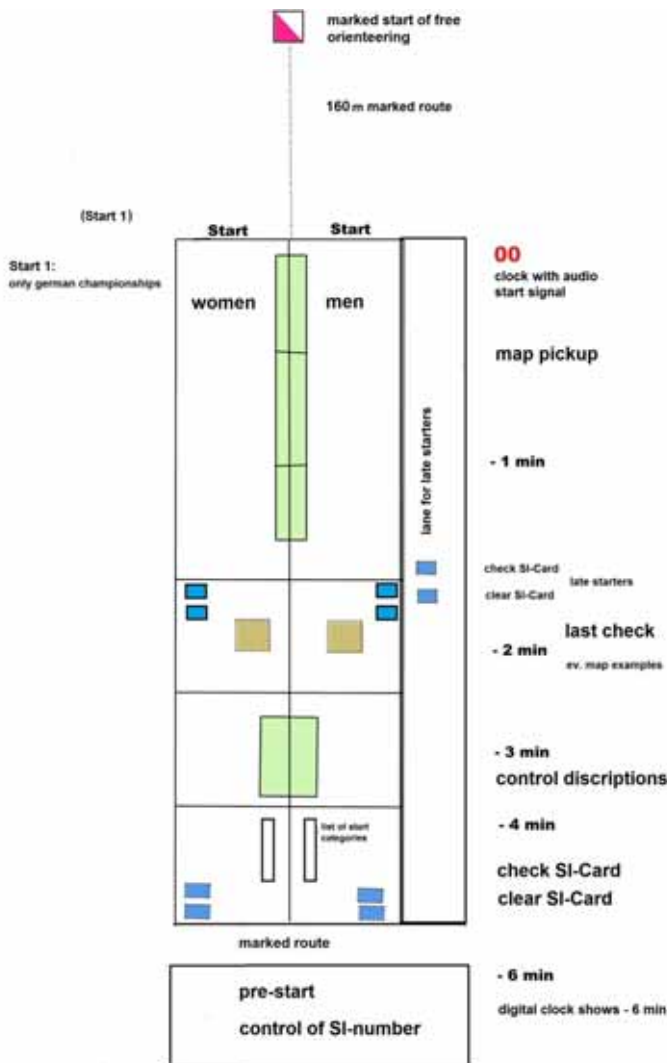
**Warm-up area**

There will be a warm-up area on the way to the start. The warm-up maps will be distributed at the warm-up area in scale of 1:15.000.



## Start setup

The pre-start is 6 minutes. The way to starting point is 200 meters.



## Race time

The elapsed race time stops when the runners punch one of the SI units at the finish line.

## Read out of SI cards / Map collection

Runners are asked to read out their SI card at the IT tent right after the finish. Maps have to be placed in the respective club bags at the finish. The maps will be returned after 3.15pm.

## Last finish

The finish closes at 6pm.

**Club tents**

A limited number of club tents can be built up in the finish area.

**Toilets / Showers**

There will be mobile toilets available at the finish. Washing opportunities will be setup, but please refrain from using soap and shampoo because the venue is located in a natural reserve. Showers will be available at the accommodation.

**Price giving ceremony**

The pricing giving ceremony will take place in the Kurgastzentrum, Altenau at 8pm. Drinks will be provided by the catering service of the organizers.

## Technical information for JEC Relay October 11, 2015

**Map**

Name: Romketal  
 Scale: 1:10.000  
 Contour interval: 5 m  
 Status: September 2015 (ISOM-Norm)  
 Print: Laser print, waterproof and tear resistant paper (DIN A4)

**Special map features:**

Blue circle: Bordered well, visible is only the air pipe  
 Black circle: Coal burning platform  
 Green cross: Root stock

**Terrain description**

See terrain description of Long Distance.

**Control description**

The control description is printed on the map. Code numbers are not printed next to the control circles.

**Course lengths**

Category	Length (km)	Climbing (m)
M 20 leg 1	4,3	160
M 20 leg 2	5,6	220
M 20 leg 3	5,6	220
W 20 leg 1	3,5	140
W 20 leg 2	4,4	170
W 20 leg 3	4,4	170

### **Controls**

The controls will be generally equipped with two SI units, in only some occasions with one SI unit and a manual punching device. In case an SI unit is not working properly, please use the other unit or punch manually into the map and report the failure at the finish.

### **Control sites**

Controls have been marked with numbered wooden stakes which are still in the forest. Please check the code numbers, since many controls are close to one another.

### **Illustration of change-over procedure**

The change-over procedure will be illustrated at 8.45 am before the JEC start.

### **Bib numbers**

Wearing the right bib number is compulsory. Bib numbers should be worn on the chest, visible and not folded. The first number of the bib number reflects the number of the team, the second number the leg (example: 46<sub>3</sub> = Team 46, 3rd leg).

### **Mass start**

The mass start takes place at 9 am.

### **Spectator control and last loop**

There will be a spectator control at the edge of the finish area. From there to the finish all the runners will need between 5 and 8 minutes until the change-over.

All courses pass the start triangle after the spectator control for a second time.

### **Change-over zone**

We ask all runners to enter the change-over area on time. Clear and Check of SI-cards are located here. In the change-over area every runner receives the map in a DIN-A4-envelope. The runners are obliged to check the allocation of the right map based on the bib number (visible edge of the map, i.e. bib number 31 and 2nd leg runner is 31.2). Thus they are responsible for taking over the right map. The envelope remains closed until the physical change-over between the team members has taken place. Taking out the map before that will lead to disqualification. The map can be taken out of the envelope on the way to the start triangle. Leaving the change-over area is not possible once entered. Runners are responsible for entering the change-over area on time. The change-over takes place by physically touching the next team member.

### **Run-in/ Time measurement**

The first 2 runners of a team have to change-over to the next runner and punch afterwards on the finish line. For the last runners, the passing of the finish line is decisive (runners' chest) for the finishing order. A referee will watch the finishing order. Afterwards the runners punch in the order decided by the referee.

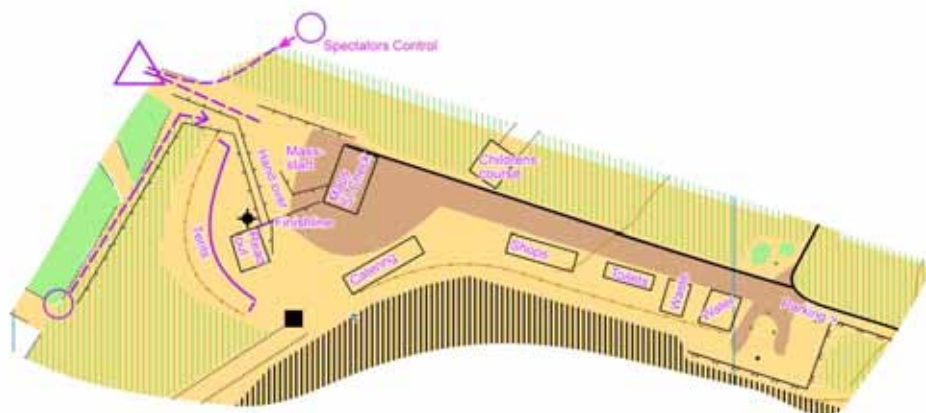
### **Read out SI card/ Return of maps**

Please do not forget to read out the SI card directly after the finish. The maps have to be handed in and will be collected in bags for each club. The return of maps will take place after the German Cup.

### **Start for runners waiting for the last change-over**

Whether or not, there will be a start for runners waiting for the last change-over will be decided on the spot.

## Layout of the assembly area



### Closure of finish

The finish will be closed at 2.30pm.

### Price giving ceremony

The price giving ceremony will take place in the assembly area app. at 11.15pm.

### We thank

all supporters, sponsors and volunteers to make this logistically demanding event possible:  
Niedersächsisches Forstamt Clausthal, Stadt Bad Harzburg, Kemna Bau GmbH, Kur-, Tourismus- und Wirtschaftsbetriebe der Stadt Bad Harzburg, Stadtwerke Bad Harzburg, Bauhof der Stadt Bad Harzburg, Landkreis Goslar, Polizeikommissariat Bad Harzburg, Freiwillige Feuerwehren im Stadtverband Bad Harzburg, DRK Bad Harzburg, Werner-von-Siemens-Gymnasium, Gerhart-Hauptmann-Schule,  
Nova Baker Sound, Tanzschule Karen Sander, Hotel Zum Löwen;  
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### We hope,

you'll enjoy a beautiful and successful competition weekend and we're looking forward to seeing you again.



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