

## **JK 2019 – Individual Start Procedure (Days 1, 2 and 3).**

Please note that all the individual days will operate on the 'silent start' principle as required by IOF for WRE events. We ask that you respect this and follow the instructions of the start officials at all times. There are no blank maps in the start lanes on Days 1 and 2 (WRE/IOF rules).

**Call up is 5 minutes before your start time** and it is your responsibility to be there on time. You must have: a race bib (number clearly displayed on your front); your emiTag timing device; all clothing or safety items required by the organiser for that day (e.g. hooded jackets, whistles).

We cannot stop you from talking to your friends, but once in the pre-start area please keep conversation to a minimum, and ask an official for assistance only if absolutely necessary.

No maps will be made available for Juniors (or anyone else!) before your start time.

**At -5 minutes:** enter the start system when your name is called. "Activate/Initiate" your emiTag as you enter the first box. If it fails to activate (i.e. does not flash) ask an official for a replacement.

**At -4 minutes:** move forward to the next box and collect loose control descriptions.

**At -3 minutes:** move forward and read any important last minute safety and/or map information, displayed on notices in the -3 box. It is your responsibility to read any such notices.

**At -2 minutes:** "Check/test" your emiTag at the control station as you leave the -3 box (this is a safety check – please do not avoid it). Stand in the correct start lane for your course number. An official will visually check the start time on your race bib.

**At -1 minute \*\*:** move forward and stand by your map. Check your course number, visible on the corner of the map. At 10 seconds to go, you can hold the edge of your map, but do not remove it from the tray/box. Check that you are taking only one map.

**At your start time \*\*:** your race time starts on the long beep. Take your map from the tray/box and follow the marked route to the centre of the start triangle, indicated by a kite.

**\*\* VARIATION FOR NON-ELITE COURSES ON DAY 1 (SPRINT) ONLY:** competitors will have a **punching start**. At -1 minute, move forward and stand at the start line. On the long beep, punch the start unit before collecting your map. Your race time starts when you punch the start unit.

### **LATE ARRIVALS / LATE STARTS:**

The relevant BOF rules are the same as the IOF rules, and are as follows.

*27.6.1 In an interval start, if the competitor is at the start line less than half the start interval after their start time, they shall start immediately.*

*27.6.2 In an interval start, if the competitor is at the start line more than half the start interval after their start time, they shall start at the next available half start interval.*

**Start times will NOT be changed.** If you arrive after your call-up time please go to an Official at the call up point. You will be transferred to a Late Start marshal who can escort you to the correct point in the pre-start system, via any necessary safety checks. We will do this as quickly as possible, but you must remain with the Late Start official until you reach the correct box in the start system. If you can be placed in the system before the -1 line, proceed as normal from that point.

**If you arrive at the -1 line too late for your allocated time you will start from a late start release point adjacent to the main start.** An official will collect your map and ask you to confirm that it is the correct course. At this point you are considered to be “at the start line” (see rules above). A Start Line Official will now check the time as displayed by the start line clock. Late starters will use a punching start but it will not over-ride your allocated start time.

**If you are late by less than half the start interval** for your course, you will be allowed to start immediately.

**If you are late by more than half the start interval** for your course, the Start Line Official will allow you to start at the next available half-interval for your course, as permitted by the rules. (For example: if your course has a 1 minute start interval, you will be released on the first available half-minute. If your course has a 3 minute start interval you will be released on the first available 90 second interval for that course). Your start time will be recorded but will only be used if the reason for your late arrival is due to an organisational fault.

Vacant start slots caused by other late competitors or no-shows will be ignored for the purposes of applying this rule. All late starters shall start on a half interval between allocated start times.

If there are two late starters on the same course they shall be allowed to start in the order they arrived at call-up, ignoring their allocated start times. Competitors on the same course cannot start at the same time, so the second competitor to arrive has to wait until the next half interval. If two late starters on the same course arrive *simultaneously* at call up (extremely unlikely, but we have to be prepared!) they shall be allowed to start in the order of their allocated start times.

## **OPEN STARTS**

A small number of competitors have been given open starts. Report to call up, where a vacant start time will be allocated to you (on busy courses you may have to wait a while). You will be escorted through the system like a late starter, and start from the late start release point at your allocated time, but **use a punching start**.

## **COMPLAINTS AND PROTESTS**

Please do not complain to the start officials or attempt to by-pass the system. They are following the rules, and cannot change your time, or their process. This is to ensure fairness and equal treatment for all competitors. If you believe your lateness is due to a fault of the organisation please follow the rules for registering a protest, and talk to the Organiser after you have completed your run.