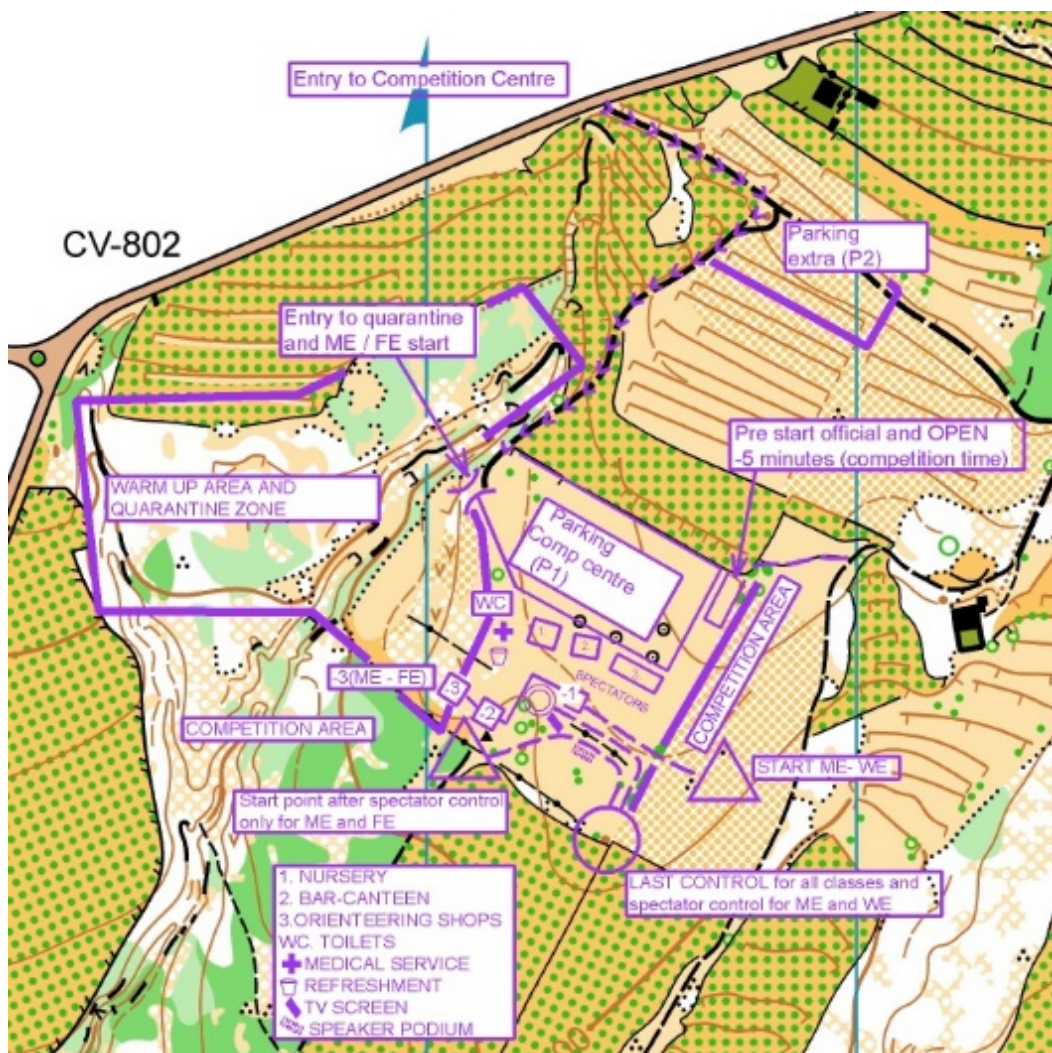


Bulletin 4

(Just information not included in Bulletin3)

- There will be cameras, runners with camera, drone and banners with propaganda during competitions. Those are not represented on the map and control descriptions either.
- 60 runners from ME and WE will run with GPS. Please pick up the device some minutes before the start. GPS delivery to the runners will be in the start. List of runners with GPS will be published.

MIDDLE



- On Saturday first start at 9.00 a.m. Corrected from bulletin 3.
- Spectators control and corridor to the finish:

- **There will be 2 corridors from the last control.** Right corridor from the last control (number 200) will lead to the finish to all classes. Left corridor (Only for WE and ME) will lead from control number 200 to the second start point to begin the second part printed on the other side. So WE and ME will punch control number 200 twice.
- WE and ME maps will be printed in both sides. In one side will be printed the first part until the spectators control. The other side from the second start flag after the spectators control until the finish.

Due to live broadcast and GPS tracking followed from competition centre, there will be a Quarantine zone for WE and ME athletes starting from 10.45 a.m. (broadcasting will begin at 11.00 a.m.).

Quarantine zone will be situated 50 meters from finish line. Access to this quarantine zone and to Elit start will be situated in the entrance of the parking (see Middle Distance sketch). Access to the quarantine will be open from the beginning of the competition until 10.45 a.m. After this time runners not being inside the quarantine zone will be disqualified.

Inside quarantine zone mobiles and electronic devices communicating with exterior are forbidden. Maps from the area are not permitted except warm up map delivered from organizers.

Runners going outside quarantine zone after 10.45 will be disqualified.

Quarantine zone will have chemical toilets, shelters and warm up area.

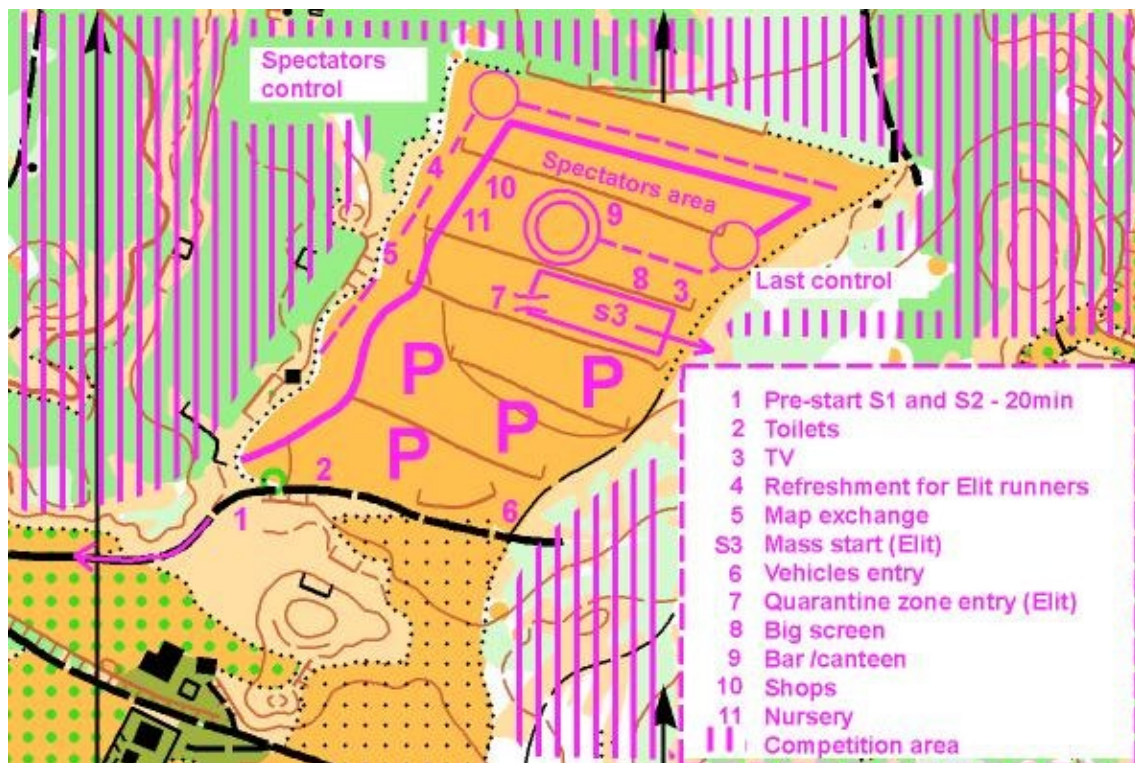
Start: Baggage can be delivered in minute -3. Runners will be permitted to pick it up after the race without entering to quarantine zone.

- **ATTENTION: For ME and WE there won't be pre-start. Runners will go directly to -3 minutes (Changed from bulletin 3).**

Class	Scale	Winner time	Distance (Km)	Climbl (m)	Control points
ME	1:10000	30-35	6,54	200	26
WE	1:10000	30-35	5,48	185	25
U10	1:7500	20-25	1,92	45	10
M12	1:7500	20-25	2,49	70	11
W12	1:7500	20-25	2,24	60	10
M14	1:10000	25-30	3,07	115	12
W14	1:10000	25-30	2,86	85	10

M16-18	1:10000	25-30	3,38	120	12
W16-18	1:10000	25-30	2,79	95	11
M16	1:10000	25-30	3,61	140	14
W16	1:10000	25-30	3,10	105	13
M18E	1:10000	30-35	4,34	145	15
W18E	1:10000	30-35	3,68	110	17
M20E	1:10000	30-35	5,31	190	19
W20E	1:10000	30-35	4,13	120	14
M21A	1:10000	30-35	4,20	160	15
W21A	1:10000	30-35	3,53	115	14
M21B	1:10000	25-30	3,70	120	13
W21B	1:10000	25-30	2,57	75	10
M35A	1:10000	25-30	4,35	145	15
W35A	1:10000	25-30	3,24	110	14
M35B	1:10000	25-30	3,17	115	15
W35B	1:10000	25-30	2,53	95	10
M40	1:10000	25-30	3,74	120	17
W40	1:10000	25-30	2,88	100	14
M45	1:10000	25-30	3,49	115	15
W45	1:10000	25-30	2,58	70	12
M50	1:10000	25-30	3,35	95	14
W50	1:10000	25-30	2,41	70	11
M55	1:7500	25-30	3,23	100	15
W55	1:7500	25-30	2,33	65	12
M60	1:7500	25-30	2,90	80	14
W60	1:7500	25-30	2,04	60	12
M65	1:7500	20-25	2,77	65	12
W65	1:7500	20-25	1,84	60	10
M70	1:7500	20-25	2,54	65	13
W70	1:7500	20-25	1,57	60	9
M75	1:7500	20-25	2,42	65	11
W75	1:7500	20-25	1,60	55	8
YELLOW	1:7500	20-25	1,90	50	10
ORANGE	1:7500	20-25	2,71	80	11
RED	1:10000	25-30	3,39	120	13
BLACK	1:10000	25-30	4,28	170	14

LONG DISTANCE



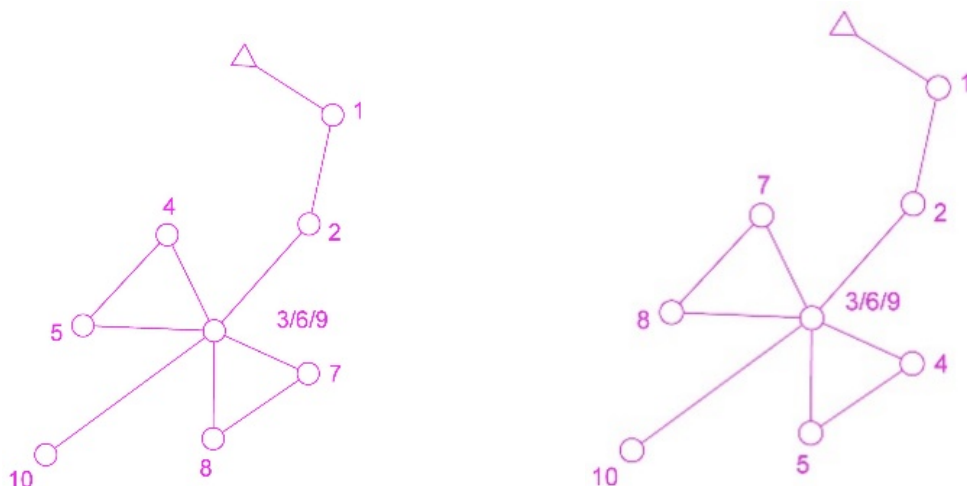
ME and WE classes

Special details:

- Competition will be in one man/woman relay format. A one-man relay is a relay with mass-start and any number of legs competed by one single runner. Be aware to forking and butterflies
- Every competitor will run across the competition area several times. One of them will be to map Exchange. There won't be problems to interpret the course in the map.
- During the first part there will be a spectators control in the competition area. After that control there will be a marked corridor in the map and also in the terrain which must be followed as indicated. At that moment there isn't map exchange. That can be deduced without problem.
- The second time crossing the spectator's area, there is a map exchange. Runners must left the map and take the second one. A start point will be indicated as usual.
- Spectators marked corridors must be followed as indicated in international rules.
- Take care because of the number of controls. There are more controls as usual to be easier for spectators to follow and watch the competition.
- There will be several refreshment points during competition marked on the map. Just refreshment point in the competition/spectators area is not marked on the map because of space for printing course setting. Everything will be ready before elit competition so runners will have the possibility to see how map exchange, refreshment point and spectators control will be distributed.
- A sketch will be printed in the entrance to quarantine zone.
- Maps will be in secretary/information point after the competition.

M21A, M45, M50 and M55 classes

Due to the number of registrations expected a course setting with butterflies has been designed. So Long Distance will have a specific course marked on the map. In bib number will be marked for each runner AB or BA. Every box will be marked.



Class	Scale	Distance (Km)	Climb(m)	Control points
ME	1:10.000	17,32	375	47
WE	1:10.000	13,95	265	40
U10	1 : 7.500	2,80	25	13
M12	1 : 7.500	3,30	25	13
W12	1 : 7.500	3,20	25	12
M14	1:10.000	4,75	50	14
W14	1:10.000	4,20	45	12
M16-18	1:10.000	6,11	65	16
W16-18	1:10.000	5,80	45	14
M16	1:10.000	8,20	140	22
W16	1:10.000	6,30	85	17
M18E	1:10.000	10,90	165	27
W18E	1:10.000	8,30	130	21
M20E	1:10.000	12,00	185	33
W20E	1:10.000	9,40	165	24
M21A	1:10.000	10,30	180	28
W21A	1:10.000	6,65	95	17
M21B	1:10.000	5,90	75	14
W21B	1:10.000	3,95	50	13
M35A	1:10.000	10,80	180	29
W35A	1:10.000	7,80	130	23
M35B	1:10.000	5,60	75	15
W35B	1:10.000	4,40	70	11
M40	1:10.000	10,00	160	27
W40	1:10.000	6,70	95	18

M45	1:10.000	8,95	180	26
W45	1:10.000	5,65	85	16
M50	1:10.000	7,55	170	20
W50	1:10.000	5,25	75	13
M55	1 : 7.500	6,10	110	17
W55	1 : 7.500	4,15	65	15
M60	1 : 7.500	5,70	100	16
W60	1 : 7.500	3,95	30	12
M65	1 : 7.500	4,95	80	14
W65	1 : 7.500	3,55	20	12
M70	1 : 7.500	4,00	20	11
W70	1 : 7.500	3,45	20	12
M75	1 : 7.500	3,50	20	12
W75	1 : 7.500	3,40	20	12
YELLOW	1 : 7.500	2,95	20	14
ORANGE	1:10.000	4,00	25	10
RED	1:10.000	6,15	75	13
BLACK	1:10.000	6,60	85	14

Shower

Available in sport's zone (See Google maps link)

Hard floor showers are only available to pavilion users.

Hard Floor

At 23:59 p.m. will be closed.

During competition a random control will be done.

Refreshment points

Refreshment points will be marked in the map and controlled by organizers.

Toilets.

We ask for using chemical toilets in the competition area. Be respectful and clean in the forest.

ORGANIZERS WISH A NICE COMPETITION FOR EVERYONE