

## Instructions for Thursday afternoon One-man relay training

The route to the start: <https://mapy.cz/s/kutanelado>

Mass start:

M - 16:00

W - 16:03

Punching: SIAC (contactless)

M will run 4 loops, W will run 3 loops

At the end of each loop, competitors will punch control number 100 and follow the marked route where maps will be exchanged.

Teams are responsible for arranging their own map exchange - each team will have a part of the marked route available. We recommend clearly labeling the maps with the competitor's name and loop number on the back.

At the end of the last loop, competitors will continue 50 m to the finish after punching control number 100. The finish line will be marked with 2 control flags. The order at the finish line (competitor's chest) is decisive.

After crossing the finish line, competitors will be allowed to punch finish according to the finish order (finish punching will be contact).