

Format for the new Sprint Relay

Basic requirements and characteristics for the new WOC Sprint Relay are:

- Based on current requirements for Sprint (map scale, ISSOM map standards, etc.)
- Terrain and technical requirements similar to the current sprint format. Terrain to be a combination of park, park-type of forest and urban. Relatively small area required for a competition (especially with the arena passage)
- The event shall be easy to understand for the spectators
- Big part (70-80 %) of the course should be possible to cover with TV-cameras
- It should be built on a 75 minute live broadcasting and arena production concept. This means that the winning time should be about 60 minutes. 15 minutes should be allocated for broadcasting introductions, interviews and prize-giving ceremonies
- Arena passage should be used, if possible (if terrain allows it without compromising too much with course quality). When there is a comprehensive TV coverage on the course, the arena passage may not always be required. This also gives more flexibility for course planning and may enable better and more challenging courses
- Four laps: two women and two men with a fixed running order woman-man-man-woman as this running order will create more drama for spectators
- Men's courses are bit longer than women's meaning that targeted time for each lap is 15 minutes
- 2 loops per lap, if arena passage is used. Then map has a course printed on both side of the map
- Forked courses
- GPS-tracking is required and "touch-free" punching should be considered