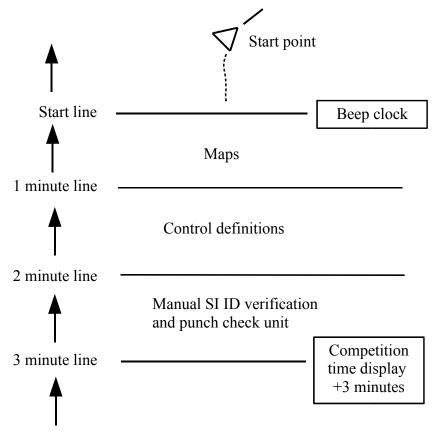
SportIdent Instructions for Runners

Before the race

- If you have rented an SI stick, pick it up at the computer tent.
- Double check that your SI stick number is correct in the start list.
- Don't forget to bring the SI stick to the start. Make sure it is YOUR number.
- You have to clear the SI stick on your way to the start.
- Check the distance to the start and be there on time. Your start time will not be changed in the database if you are late. The time that you are late will be included in you total running time.

At the start

- Enter the start box when your start time comes up on the display. This time is 3 minutes ahead of the competition clock so that you will reach the start line at the correct time.
- In the 3-minute zone an official will check your SI number and then you have to punch the check unit.
- When it is time enter the 2-minute zone and pick up your control definition.
- When it is time enter the 1-minute zone and pick up the correct map for your course.
- Start your run when you get the beep from the clock.



Drawing 1: Start procedure.

During the race

- You punch the control by placing the stick in the hole of the unit.
- You should get a verification from the unit in the form of a beep and a flashing light.
- If you do not get this verification from the unit, you HAVE to use the manual punch and punch the edge of the map. If you cannot prove that you have visited all your controls you will be disqualified.
- You are allowed to punch units that are not on your course. As long as you have punched all the controls on your course in the correct order the extra punches will be ignored by the computer.
- Multiple punches on the same unit will also be ignored and are thus allowed.

At the finish

- You have to punch the unit on the finish line.
- Continue to the download unit. Your punching will be automatically checked and your splits will be downloaded to the computer.
- If you are told by the computer official that you have mis-punched, proceed to the complaint area. Don't stop and argue at the download unit!
- Continue to the thermal printer and punch the unit to have your splits printed.
- If you have rented an SI stick and this is a one day event or the last day of a multi-day event, please drop the stick in the bucket as you exit the finish chute.