

## SWEDBANK XDREAM-GENERAL INSTRUCTIONS

Swedbank Xdream series consists of four adventure races, where three-member teams collect checkpoints by trekking, mountain-biking, canoeing and complete special tasks.

### RACES

#### I RACE – APRIL 25, SAKU

Organiser: Tuuli Mäeots, tuuli@xdream.ee, +372 55 583 025

#### II RACE – JUNE 13, TAMSALU

Organiser: Tarvo Klaasimäe, tarvo@xdream.ee, +372 56 575 511

#### III RACE – JULY 31 – AUGUST 1, KARULA

Night race with longer courses, start at 22.00

Organiser: Urmo Liblik, urmo@xdream.ee, +372 55 665 394

#### IV RACE – SEPTEMBER 4, ROOSTA

Sprint race with shorter courses

Organiser: Kristjan Gans, kristjan@xdream.ee, +372 50 34 506



### RACE DAY SCHEDULE (excluding II race)

8.00	Race centre is opened (personal SI-card check)
9.50	A-course enters the start area
9.59	A-course takes the maps
10.00	A-course starts
10.10	B-course enters the start area
10.19	B-course takes the maps
10.20	B-course starts
10.25	Open course maps are sold (50 EEK)
~13.20	B-course winner finishes
~15.00	B-course prize giving ceremony
~15.30	A-course winner finishes
~17.30	A-course prize giving ceremony
20.00	Finish is closed

### DISTANCES AND COURSES

Teams compete on two courses:

**A-course:** longer, winning time **5–5,5h**, approx 11km trekking, 50km biking, 8km canoeing, 7km inline-skating (if included).

**B-course:** shorter, winning time **3h**, approx 6km trekking, 25km biking, 5km canoeing.

The length and duration of the courses may vary. The distances on 2<sup>nd</sup> race are longer and on 3<sup>rd</sup> race shorter.

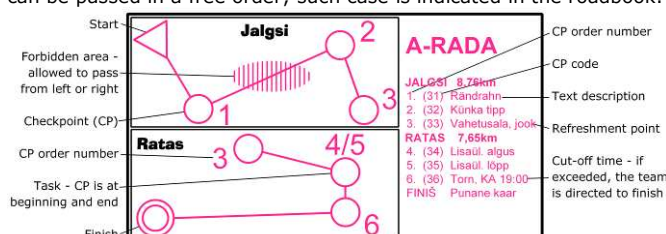
**Open course:** free-order foot-orienteering (max 8km) and one special task. Open course is good option for following A- or B-course.

### THE COURSE

Each race course is divided into disciplines and special tasks. Main disciplines are trekking/orienteering, mountain-biking and canoeing. On A-course, the fourth short discipline will be inline-skating in at least two races. It is allowed to complete inline-skating discipline on foot or on roller-skis. The use of skiing poles is allowed.

The special tasks are similar to previous years: obstacle courses, accuracy shooting, accuracy throwing, orienteering exercises, quiz, puzzle, Legos, rock carrying, hayball rolling, crutch walking, bag jumping, swimming, diving, distance/height measuring and MTB cross. **In each A-course race, most likely one special task will be rope work.** There are Estonian and English instruction boards at the beginning of special task, where competitors must read themselves, what needs to be done to complete the task.

On terrain, the route is marked by orienteering checkpoints (CP), which must be passed in a sequential order. Sometimes, checkpoints can be passed in a free order; such case is indicated in the roadbook.



### EQUIPMENT

#### MANDATORY EQUIPMENT (that the team must bring):

Bicycles for all members  
Helmets for all members

#### RECOMMENDED EQUIPMENT:

Compass  
Spare tyre and bicycle repair kit  
Weatherproof clothing, preferably similar for all members  
Sports drink and energy-rich food  
Waterproof-packed mobile phone, with organiser's number  
A-course: inline-skates or roller-skis and ski poles

#### EQUIPMENT PROVIDED BY ORGANIZERS:

3 wristbands for SI-card attachment  
3 number bibs for clothing  
3 number bibs for bikes  
3 maps

#### EQUIPMENT LENT BY ORGANISERS (included in start fee):

Canoe, 3 life jackets and 3 paddles  
Special task equipment  
SI-card – for competitors, who wish to borrow.

#### FORBIDDEN EQUIPMENT:

Motorized or beast-powered means of moving  
Canoe-barrow

#### EXCHANGE AREAS

Exchange area is a place, where the team ends one discipline and starts another. The details about leaving equipment into the exchange areas are stipulated by the race instructions; in case nothing is specified, the following rules apply:

- The team leaves bikes and helmets to the exchange area that is located in the race centre. It is allowed to leave other things there as well.
- In case the exchange area is not located in the race centre, the team can leave things only with bicycles or inline-skates. All equipment must be taken away from the exchange area, when the team leaves the area for the last time. Inline-skating equipment is exception; this must be packed to a bag.

### TIMEKEEPING

Only SportIdent (SI) electronic checkpoint marking system is used. A SI-card is attached to the hand of each team member. All team members use the SI-card to mark SI-stations at checkpoints, exchange areas, special task beginning and special task end.

While canoeing, only one member marks the checkpoints. **Note:** the same member must mark all canoeing checkpoints. The team members are allowed to move separately during canoeing discipline.

In order to avoid timekeeping problems:

- **Attach** one SI-card tightly with a wristband to the naked wrist of each team member. Organisers check the SI-card attachment of at start area gates.
- It is recommended to **tape** the wristband for durability.
- **Clear** SI-cards near the start area.
- Mark all checkpoints together. Be careful with closely located checkpoints – none of the members may mark the checkpoint before the previous checkpoint has been taken by all members.
- **Save** the information to finish computer after the race.

### RULES

#### COMPETITOR IS OBLIGED:

To follow traffic regulations.

To wear helmet during biking and inline-skating.

To arrive with bikes or the canoe to the end of particular discipline. It is allowed to leave bikes, roller-skates or the canoe behind in the middle of a discipline, pass the checkpoint(s) and continue to the end of discipline.

To put life jackets and paddles into the canoe and place the canoe into the place shown by the referee at the end of canoeing. In case the canoe does not reach the end, the team must report the location of canoe wreckage to the nearest referee and to the finish referee.

#### IT IS FORBIDDEN:

To move on cultivated land, farmyards and forbidden areas! In case it is apparent on terrain that the farmyard is abandoned or the owner gives an explicit permission, it is allowed to go through. In case a track that goes through farmyards is marked on a map, it is allowed to use the track. However, forbidden area must not be passed at any time (even with owner's permission or when track goes through)!

To use supporters', open course participants' or other external help, which helps the team to move forward (pushing, pulling, transportation, wind cutting or equipment carrying)!

To use means of moving not indicated in the roadbook!

To canoe without firmly-attached life jacket!

To dispose waste on terrain or in checkpoints. The waste can only be disposed into trash bins, in refreshment points, in exchange areas, at special tasks and in the finish area!

#### COMPETITOR'S RESPONSIBILITY:

Adventure racing is dangerous! The team must assure that they are aware of the dangers and must sign the waiver before the start (the waiver is termless).

Adventure sports race is a great stress to participant's physical abilities and health. The participant must be aware that there are significant health risks in racing. The organizer bears no liability for injuries, traumas and death that may occur during the race.

The competitor is responsible for the safety own equipment.

Organisers guard exchange areas and special task areas, but bear no material liability for things left by the competitors. Lost and found things can be retrieved through the organiser.

#### REFEREES HAVE THE RIGHT:

To shorten the course for the team, if the team exceeds cut-off time.

To penalize the team in case rules are violated. The punishment may be a time penalty, compensating monetary damages, warning or disqualification. Examples:

• Unmarked CP	15 minutes per member
• Unmarked canoeing CP	45 minutes
• Broken wristband	1 hour per member
• Special task not completed	45 minutes (usually)
• "Obligated" rule violation	45 minutes
• "Forbidden" rule violation	disqualification
• Borrowed SI-6 card is lost	900 EEK
• Borrowed SI-9 card is lost	600 EEK
• Borrowed SI-5 card is lost	500 EEK

The team has the right to write a protest to finish referee. The jury work is based on the document and may take into account the nature and impact of violation in order to ensure the fairness of results.

#### RESULT CALCULATION

Winner is the team with the shortest total time (sum of finish time and time penalty). A and B course teams are further divided into three classes:

- Men
- Mixed
- Women

In case the referees shortened the course for the team or the team finished with two members, the team will receive the result according to the total time, which includes a time penalty for unpassed checkpoints and special tasks.

Final results will be posted at [www.xdream.ee](http://www.xdream.ee) within 3 days.

The ranking of the entire series is based on three best race results. In case of equal points, the team with more higher places prevails. If these are also equal, then the importance of the races is: III, II, I and IV. Point distribution:

1. place - 225
2. place - 205
3. place - 195
4. place - 185
5. place - 180
6. place - 175
7. place - 172
8. place - 169
9. place - 167
10. place - 165
11. place - 164, etc

The series ranking is determined based on the team name (members may change). The team can participate only on one course and in one class during the series.

#### PRIZE GIVING

After each race, prizes will be awarded to the 3 best male, mixed and female teams on A and B course. Winners receive special trophies.

For the entire series, prizes will be awarded to the best male, mixed and female team on A and B course. In addition, **twelve best teams on A-course** and six best teams on B-course of the overall ranking (all classes together) will receive a prize. A-course accounts for 70% of the total prize fund.

#### REFRESHMENTS AND CATERING

Plain water or sports drink is offered in the race centre and in one place on the terrain. A warm meal is offered to the A and B course participants after the finish.

#### MEDICAL ASSISTANCE

First aid staff is present in the race centre. In case of an emergency on route, the team should continue moving until the nearest special task or exchange area. In case moving is impossible, a member or co-competitors should be sent to inform the organisers.

#### WASHING FACILITIES

There are showers and sometimes sauna in the race centre.

#### ENTRY PROCEDURE

The teams must submit their entry via [www.xdream.ee](http://www.xdream.ee) or via e-mail to [xdream@xdream.ee](mailto:xdream@xdream.ee). **There are 175 start places available for the A-course and 175 start places for B-course.**

The teams that sign up for all four A-course races before April 1 will receive a special Swedbank Xdream clothing item.

Entry fee should be paid in the race centre or to the 'Seiklusklubi Xdream' bank account - IBAN: EE702200221026320226; SWIFT/BIC code: HABAE2X; Swedbank AS (reg.code: 10060701), Liivalaia 8, 15040 Tallinn, Estonia. For payment details, confirmation and receipt please contact: Kristjan Gans, [kristjan@xdream.ee](mailto:kristjan@xdream.ee), +372 50 34 506. A- and B-course entry fee per team member per race (price in brackets is for participants without personal SI-card):

#### ENTIRE SERIES:

before 19.04.2010 32 EUR (36 EUR) per member per race

#### I RACE – APRIL 25, SAKU

before 12.04.2010 36 EUR (40 EUR) per member  
13.04.-19.04.2010 41 EUR (45 EUR) per member

#### II RACE – JUNE 13, TAMSALU

before 14.06.2010 36 EUR (40 EUR) per member  
15.06.-21.06.2010 41 EUR (45 EUR) per member

#### III RACE – JULY 31-AUGUST 1, KARULA

before 12.07.2010 36 EUR (40 EUR) per member  
13.07.-19.07.2010 41 EUR (45 EUR) per member

#### IV RACE – SEPTEMBER 4, ROOSTA

before 23.08.2010 36 EUR (40 EUR) per member  
24.08.-30.08.2010 41 EUR (45 EUR) per member

For entry after the above-listed deadlines, please contact Kristjan Gans ([kristjan@xdream.ee](mailto:kristjan@xdream.ee), +372 50 34 506).

**The team receives an entry fee discount of 4 EUR per personal SI-card per race!** The team that has three personal SI-cards receives a 48 EUR entry fee discount for the season. A-course team must have three large memory SI-6 or SI-9 cards.

The entry form must contain the following information:

- Team name
- Homepage/blog (if applicable)
- Races where entry is made (1, 2, 3 and/or 4)
- Course (A or B)

For each team member:

- First and last name
- Gender
- Mobile phone number
- E-mail address
- SI-card. The member can (1) borrow SI-card, (2) use personal SI-card or (3) buy a SI-9 series card.

#### ADDITIONAL INFORMATION

During last week before the race, specific race instructions are published. In case the general and race instructions are contradicting, the race instructions should be held paramount.

#### ORGANISER – ADVENTURE CLUB XDREAM

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