

## ACE XDREAM – GENERAL INSTRUCTIONS

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

### RACES

April 29	<b>Sillamäe</b>	regular distance
June 2	<b>Kehra</b>	sprint
Aug 3/4	<b>Kuussaare</b>	night prologue + regular distance
Sept 2	<b>Otepää</b>	regular distance



### CLASSES

Three-member teams are divided into three classes:

- Men
- Women
- Mixed

### COURSES

A team chooses on which course to compete:

	A-course	B-course	C-course
Winning time	5h	3h	1,5h
Running	11km	5km	4km
Biking	40km	25km	10km
Canoeing	8km	5km	1km
Inline skating <small>roller skis or running allowed</small>	8km	-	-

Winning times and distances may vary a lot. An exception, the sprint race (II race) is about 30% shorter and III race is taking place on two days - on first day is short night prologue and on second day is regular distance, which indicated above. Some disciplines may be excluded from some races.

On every course teams have to pass special tasks. Special tasks may vary and depends on course planner decisions. Special task examples: swimming, obstacle course, MTB cross, shooting, puzzle, strength tasks, thinking tasks etc. In some cases, there are Estonian and English **instruction boards** at the 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 specific order. Sometimes free-order orienteering, separating and forking may take place. All stages are marked with specific colours: running - red; biking - green; canoeing - blue; inline skating - orange; and special tasks - lilac. Example of course marking is [here](#).

There is one drinking point in the terrain on A- and B-course, which serves water and sports drink.

### START PROCEDURE

- 9:00 – start materials are handed out. SIAC and map bike map holders rental available.
- Each team member **attaches a SIAC-card to the wrist**. It is recommended to **tape** the wristband to protect it from breaking.
- 15 minutes to start – entry to start area begins. Each team member **clears the SIAC-card** near the start area.
- 1 minute to start – maps can be taken.
- 10:40 C-course, 11:00 A-course, 11:20 B-course start – unless the race instructions specify differently.
- 11:20 may take MATKaSPORT open course maps from info desk.

## EQUIPMENT

### MANDATORY EQUIPMENT (the team must have):

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 maps  
3 number bibs for clothing  
3 wristbands for SIAC-card attachment

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

Canoe with 3 life jackets and 3 paddles  
Special task equipment  
3 number plates for bikes  
SIAC-card – for competitors, who do not have their own.

### 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. The exchange area must be clean after leaving.

### TIMING

On the ACE Xdream races are in use **only touch free SportIdent (SIAC)** system. Competitor fasten SIAC-card itself on wrist with wristband (given by organizer).

### START AREA ENTRANCE:

1. Competitor **clears** SIAC-card;
2. Organizer **checks** SIAC-card attachment on wrist and **activate** SIAC-card.

Different types of checkpoint are in use along terrain, minimal guaranteed working radius is 0,3 meter. Competitor is responsible of marking checkpoints.

**NB! It is very important to check SIAC-card when passing the checkpoint, red flash should be seen on the top of the card.** SIAC-card also beeps when passing the checkpoint. Green flash is showing that SIAC-card is activated.

On the finish line, do not stop, just pass by. Final team member stop time counting.

### RULES

#### 1. COURSE COMPLETION:

- 1.1. Each team member carries an attached SIAC-card and marks SIAC-stations at checkpoints (CP), exchange areas, special task beginning, special task end, finish and finish computer. Team's result is based on information that is saved on SIAC-card.
- 1.2. Team must mark 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.
- 1.3. "First-come, first-served" rule applies in special tasks. In case there are several parallel task completion places, the team may not take the place indicated by the organiser, but can choose alternative place or wait for the alternative place to be freed.

#### 2. COMPETITOR IS OBLIGED:

- 2.1. To wear a helmet during biking and inline-skating and follow the traffic law.
- 2.2. 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.
- 2.3. 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 organiser and to the finish referee.

### 3. IT IS FORBIDDEN:

- 3.1. 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)!
- 3.2. To move with non-competitor or open course participant or use their help for moving forward (pushing, pulling, transportation, wind cutting or equipment carrying)!
- 3.3. To use means of moving not indicated in the map!
- 3.4. To canoe without firmly-attached life jacket!
- 3.5. 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!

### 4. COMPETITOR'S RESPONSIBILITY:

- 4.1. 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). All competitors is racing on their own risk. Organiser is not taking responsibility of health damage and/or broken equipment.
- 4.2. 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 and he/she races on own responsibility. The organizer bears no liability for injuries, traumas and death that may occur during the race.
- 4.3. First aid staff is present in the race centre and in some places on the course. In case a member cannot move, the team must call organisers or send another member or co-competitor for help.
- 4.4. The competitor is responsible for the safety own equipment.
- 4.5. 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 [xdream@xdream.ee](mailto:xdream@xdream.ee).

### 5. ORGANISERS HAVE THE RIGHT:

- 5.1. Stop the race time or deduct time from team's result, if the waiting was not in accordance with "first-come, first-serve" principle or if the team was subjected to unequal treatment.
- 5.2. To shorten the course for the team, if the team exceeds cut-off time. The team has the right to skip checkpoints in order to beat cut-off times.

- 5.3. To penalize the team in case of violation. Examples:

Unmarked CP	15 minutes per member
Unmarked canoeing CP	45 minutes
Unmarked exchange area or special task beginning/finish CP	5 minutes per member
Special task not completed	according to instruction board, if unspecified then 45 minutes
Broken wristband	30 minutes per member
Referee order violation	disqualification
Passing forbidden area	disqualification
Impolite act to referee or other competitors	disqualification
"Obliged" rule violation	30 minutes
"Forbidden" rule violation	disqualification

- 5.4. To demand compensation for damages to organisers or third parties. Some examples:

Lost SIAC	68 EUR
Lost MIRY bike map holder	72 EUR

- 5.5. The team has the right to write a protest to finish referee. The protest must be report within 1 hour after finishing. 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).

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 unmarked checkpoints and special tasks.

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

The ranking of the entire series is based on team name (members may differ) on **three best results**. 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

In case of equal points, the team with more higher places triumphs. If these are equal, then the importance of the races is: III, II, IV & I.

## RACE CENTRE

Before start, from the information desk, one can:

- Borrow SIAC-cards, in case own card is forgotten
- Borrow bike map holders

After finish:

- Bike wash
- Showers, sauna in some races
- Warm meal
- A- and B course prize giving and C-course prize lottery

## PRIZE GIVING

After each race, prizes will be awarded to the 3 best male, mixed and female teams on A and B course. If there are up to 6 teams at any given category, only the winner is awarded. In addition category winners receive medals.

On C-course the top 3 teams are awarded, regardless of category.

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

## ENTRY PROCEDURE

The team can submit their entry [on event website](#) or via e-mail to [xdream@xdream.ee](mailto:xdream@xdream.ee). There are 175 start places on each of three courses (sponsors' teams may be added).

Entry fee should be paid in the race centre or to the bank account:

Recipient: Seiklusklubi Xdream  
 IBAN: EE702200221026320226  
 SWIFT/BIC code: HABAE2X  
 Bank: Swedbank AS (reg.no: 10060701)  
 Bank address: Liivalaia 8, 15040 Tallinn, Estonia.

For payment details, confirmation and receipt please contact: [xdream@xdream.ee](mailto:xdream@xdream.ee).

Entry fee in EUR per **one team member per one race**:

		A & B-course	C-course	C-course junior*
Entire series	until 31.03	34	18	9
Sillamäe	until 18.04	38	22	11
	19.04-25.04	48	32	16
Kehra	until 23.05	38	22	11
	24.05-30.05	48	32	16
Kuressaare	until 25.07	38	22	11
	26.07-01.08	48	32	16
Otepää	until 22.08	38	22	11
	23.08-29.08	48	32	16

\* All under 16 years old competitors get 50% discount for C-course.

**In case a team member does not have own SIAC-card, the entry fee is 4 EUR higher.**

**NB! Final registration** (it means 3 days before race) **should be agreed with chief organiser directly.**

The entry form is available in English and contains the following information:

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

For each team member:

- First and last name
- Gender
- Mobile phone
- E-mail
- SIAC-card – use own card or borrow from organisers

### **MATKaSPORT OPEN COURSE**

The participant can take as many checkpoints as he/she pleases and cheer the competing teams. Maps will be distributed from 11:20 at the info desk; maps are free of charge. Open course participants may use a shower after trekking.

### **ORGANISER – ADVENTURE CLUB XDREAM**

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address: Toomaveski tee 13, Tännassilma, Estonia  
www: [www.xdream.ee](http://www.xdream.ee)  
bank account: EE702200221026320226, Swedbank  
chief organiser: Sten-Eric Uibo, +372 50 12 872,  
[sten-eric@xdream.ee](mailto:sten-eric@xdream.ee)

### **ADDITIONAL INFORMATION**

About 4 days before the race, specific race instructions are published in English. In case the general and race instructions are contradicting, the race instructions should be held paramount.

### **SPONSORED BY:**

Main sponsor:

