

## Mixed teams relay

Teams of 2 runners belonging to different countries are made (i.e. one runner from Turkey and one runner from Croatia) according to runners' categories and their level of practicing orienteering (basic or advanced). The teams may have runners of both genders.

Each team will run a course made of 2 or more loops ( A, B, C, D...etc). Below, in Figure 1, an example with 2 loops (A and B) can be seen.

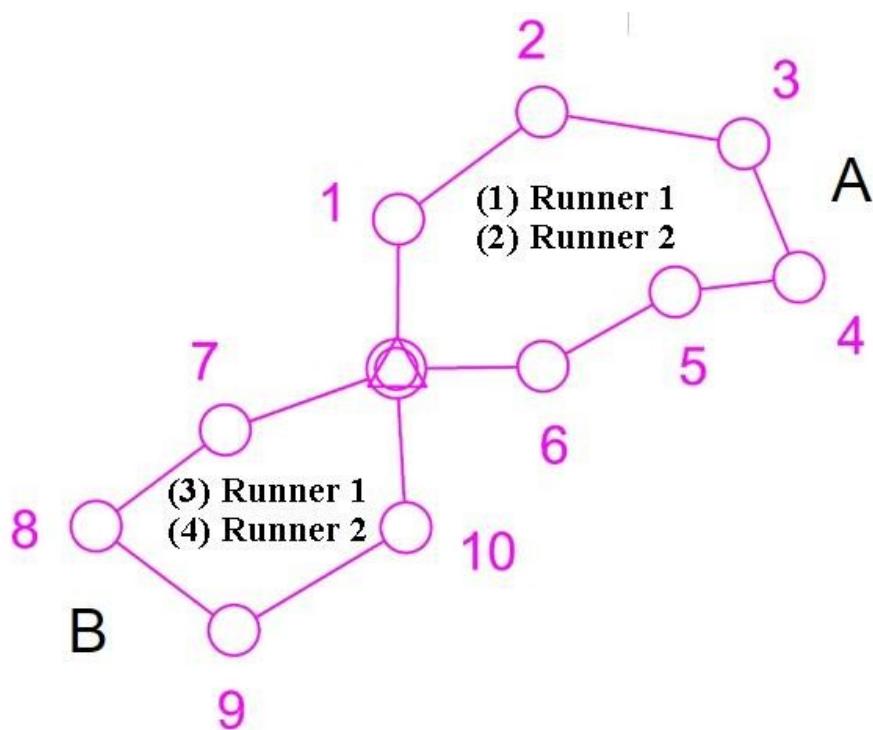


Figure1. Mixed team relay configuration – team starting with loop A

All participants are gathered together in one place which is in the same time Start and Finish. The first legs of two competing teams start in the same time: one will run the A loop, and the other B loop.

The first leg starting with loop A will see on his map the controls in the order displayed in figure 1. The first leg of the competing team, starting with loop B will see on his map the controls in the order displayed in figure 2.

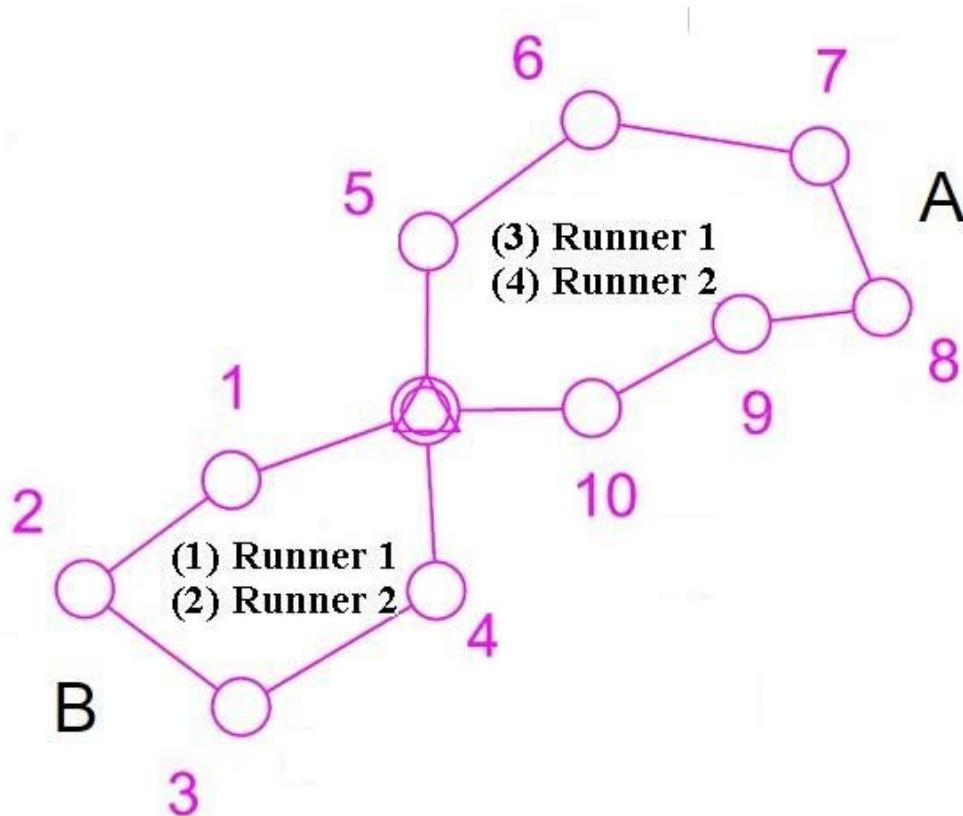


Figure2. Mixed team relay configuration – team starting with loop B

Now, let's follow what happens with team starting with A loop.

(1) The 1<sup>st</sup> leg runs A loop and (2) hands the map to the 2<sup>nd</sup> leg who is running too A loop. The 2<sup>nd</sup> leg finishes A loop and (3) gives the map to the 1<sup>st</sup> leg which starts running B loop. (4) At his arrival, the 2<sup>nd</sup> leg receives the map runs B loop. The relay ends when both legs finish the A and B loops of the course.

The same steps are for the team starting with B loop: they have to take the controls in the order displayed on their map.

## DISCLAIMER

*"This project has been funded with support from the European Commission. This communication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein."*