

Instructions for competitors

emiTag

At the competitions the runners use one or two emiTags; strap the tag/tags around same wrist.

At speed the punching is performed by holding the emiTag 20-50 cm from the control for a short moment. Stretch out your hand with the emiTag toward the control and hold your hand still until you have passed the control.

The LED light in the emiTag will start flashing, and keeps flashing for 10 seconds after the punch.

NOTE! It is important to see this flashing, since this is the only feedback telling you that the punch is performed correctly!!!!!!



TOUCH-FREE PRO

The controls are of the type Touch-Free PRO.

Punching range is 75cm when standing still. The range is reduced by punching in high speed.

Excample video.

<http://tv.emit.no/video/9535796/mix-relay-wc-in-turkey-8>



START

Touch-Free Start PRO. Hold your emiTags up to the starting unit before the start/exchange. The LED light in the emiTag will start flashing, and keeps flashing for 10 seconds after the punch at the start unit

FINISH

At the finish there are loops on the ground so that you pass the finish line at full speed. The readout is after the finish line.

An example of how to punch and check the punch at high speed!

