

Earlier Start for Long Final

With the same aim as for the Middle Distance Final races, we are again taking actions to try to reduce the effects of the forecast high temperatures.

Firstly, all competitors in the B- and C-finals races will have the option to start earlier, between 7.30 h and 8.15 h. The system will work in exactly the same way as it did for the Middle Distance Final – many competitors opted for this choice. For further information, see the news item about the Middle Distance Final races ([read here](#)).

Secondly, the start interval in the formal start list for all finals for all classes will be one minute. The only exception will be for the last ten starters in the A-finals, where the standard two-minute interval will be retained. Fairness for potential WMOC medal winners remains the key consideration. This change to the method for compiling the start list has been approved by the IOF. It means that all WMOC competitors should have started by 10.00 h.

Lastly, for the Costa Brava O-Cup, the start list has been modified. The first starts will now be at 08.30 h. The revised start list will be published on the website. C4 and C5 will start in the normal way, but with the start control open from 08.30 h until 11.00 h.





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Prize giving ceremony will be earlier than on the official schedule, as soon as official results will be published the speakers will inform about the new time.

Please carry your phone!

The organisers would like as many competitors as possible to carry a phone with them, during both the Finals races. This will help to reduce the concerns over competitors' well-being if it seems that they have been out on their course for an unexpectedly long time. It will also be easier to make sure that all competitors have returned safely at the end of the day's races.

Bus Organiser Transport

As the Middle Final, tomorrow 15 August, the departure of all the buses will begin gradually at 6:30 until 8:00. While there will be a final bus leaving in the last hour, all buses will depart once they are full. We recommend arriving early at the Fontajau bus stop in Girona.

The buses from Cassà de la Selva to Girona-Fontajau will depart from 12:30 to 15:00 every 30 minutes, once they are full.



Information about alternative parking to all people without car parking ticket



TO ALL PEOPLE WITHOUT CAR PARKING FOREST TICKETS

Long Final - 15 Aug. Cassà de la Selva

COMING BY CAR: Public areas to park (marked in green)
Parking spots where you won't bother the locals and that are relatively close to the shuttle bus.

COMING BY PUBLIC TRANSPORT from Girona Bus Station
Pl. Joan Brossa, Girona

L59 (nocturn service, dir. Palafrugell) - SARFA ([moventis.es](https://compras.moventis.es/online/search)):
05:30 Girona - 6:05 Cassà de la Selva
Suggestion: buy in advance at
<https://compras.moventis.es/online/search>

L105 (dir. Sant Feliu Guixols) - TEISA (teisa-bus.com):
9:15 Girona - 9:35 Cassà de la Selva

CONSIDER COMING BY TAXI

B. Shuttle-stop (1.5 km to Arena), buses (300 pax) every 15 min
since 7:30

