

Instructions for competitors DM

emiTag

At the competitions the runners are using emiTag. Strap the tag around your wrist.

In speed the punching is performed by holding the emiTag 0-50 cm from the control for a short moment. Stretch out your hand with the emiTag toward the control and hold your hand still on top of the control unit until you have past the control.

The LED light in the emiTag will start flashing, and keeps flashing for 5 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 60 cm when standing still. The range is reduced by punching in high speed.



Example video.

<http://tv.emit.no/video/9535796/mix->

START

Touch-Free Start PRO. Hold your emiTag up to the starting unit at the start. The LED light in the emiTag will start flashing, and keeps flashing for 5 seconds after the punch at the start unit. The organizers will then see if you are carrying your emiTag.

FINISH

In 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 how to punch and control the punch in high speed

