



- a Competitors' Guide

The Emit Electronic Punching System (EPS) is an IOF approved system for recording your progress around your course.

There are two parts to this system:

- The card carried by you, the competitor
- The control unit that you will find at each location that you visit

The card

This is sealed and waterproof. It contains a battery (so is active) and stores all the information of your run. They are permanently switched on at manufacture. There are two versions available, V2 (pictured right) and V3, which has an LCD display. A separate sheet is available to explain the enhanced operation of the V3.



The control

Again sealed and waterproof, they also contain a battery, and are permanently switched on at manufacture. A control's number is set at manufacture and cannot be changed. It does NOT store any information about competitors' visits. It simply tells the card what number it is, and nothing else. This makes electronic registration of your visit far faster, taking just 1/8 second to complete. The control may also have a light, which will flash to confirm your visit. The control will NOT bleep. This wastes battery power and can distract competitors where a control may be faulty, or even give the control's location away.

Controls and cards carry a 5 year/500 run pro-rata guarantee, but most last years longer.

Starting

Cards retain the information from your last run until you get to a start control. This clears your card and sets the timer to zero ready for your next run. The clock does not start running until you REMOVE your card from the start control. All start controls are equipped with a light. A flashing light means your card has been cleared, zeroed and is functioning correctly. **Do not remove your card until you see the light flash.** If unsure then leave the card there during the bleep count down of 5 secs. If the light does not flash, your card needs to be replaced. Check starts are provided for you to check this process at your leisure before you run. Their use is optional as they are not a prerequisite for the card to function correctly. Reinserting your card into either a check start or start control will clear it again, and restart it.

You must visit a start control for your card to be active during your run. Some competitions (eg relays/mass start) will require you to do this at most half an hour before you depart.

DO NOT VISIT A START CONTROL, NOR A CHECK START ONCE YOU HAVE VISITED CONTROLS UNLESS YOU HAVE DOWNLOADED. IF YOU DO TOUCH A START YOU WILL LOSE ALL YOUR RACE INFORMATION UP TO THAT POINT!!!

Finishing & Downloading

After the last control, you must punch the final finish control on the finish line to effectively stop your race time. The clock continues to run, but the software knows the finish code. You must then visit the Download station to record the fact that you are back whether you completed your course or not: don't cause an unnecessary search! You will be given your result there and then.

Backup punching

Electronic punching has revolutionised the sport, but occasionally things can go wrong. The Emit system has one major advantage in that you get a manual punch for no extra effort provided you have inserted your card correctly. This eliminates the worry of whether or not a control is working, as you can still prove that you've been there and your race time and performance are not unnecessarily affected by the nagging doubt of whether the card registered or not.

Your card is equipped with a water resistant card (inserted yellow side facing out), and each control has a very sharp pin in a unique position.

To attach the backup card, locate one end under the slot nearest the elastic, bow it slightly to fit its other end under the two slots at the eCard's flat end, then press down around the centre hole to secure it in place.



The open end of the control should face the feature, pointing away from the optimal route into the control feature. Hold the card in the palm of your hand with the yellow card side facing out and the elastic loop on the ring finger, or little finger for small kids. This ensures that you can effortlessly insert the card into the control as shown. Correct insertion causes the pin to mark your card. The card only fits one way, green side uppermost; yellow backup card facing down for marking. The card's flat end goes against the control's big bump. Gentle pressure ensures that the pin clearly marks the backup card.

Faster punching (no backup)

Does the card *have* to be inserted fully to get the electronic visit? **No.** The control has a one-inch range, so the chances are that your visit has already been recorded *before* your card even got to the control. **HOWEVER.** Know how to do it properly. Do not just wave your card at a control. You may get lucky, but you may not. The active part of the control is in the space between the big bump and the two lugs. The active part of the card is along the straight bottom edge. Touching the end of your card in this space will virtually guarantee an electronic visit provided the equipment is functioning perfectly.

TAKE NOTE

If the electronic registration has been successful, the backup card is not really needed. However, where electronic disqualification occurs, the backup card will be checked for a mark in the correct position. If you choose to forfeit the manual backup, and you are disqualified electronically, you have no proof of your visit. Witnesses are not accepted as you are deemed to be gaining advantage from incorrectly punching too fast. The choice is yours, especially if it is a relay!

It is the competitor's responsibility to ensure that the back-up card is marked so that it can be used if the electronic punch is missing. A competitor who attempts to gain advantage by inaccurate punching may be disqualified. **IOF Rules 2004, Appendix 4, Page 36**

