



PALMELA.PORTUGAL

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APRIL 2014



9-16 APRIL 2014

EUROPEAN ORIENTEERING CHAMPIONSHIPS
EUROPEAN TRAIL ORIENTEERING CHAMPIONSHIPS

WWW.EOC2014.FPO.PT/



Sesimbra
câmara municipal
www.cm-sesimbra.pt

Município
Palmela
www.cm-palmela.pt

IOF
ORIENTEERING
WORLD CUP

IOF
INTERNATIONAL ORIENTEERING FEDERATION



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WELCOME

WELCOME TO EUROPEAN ORIENTEERING CHAMPIONSHIP, EUROPEAN TRAIL ORIENTEERING CHAMPIONSHIP, WORLD CUP SERIES 2014 AND EOC TOUR BY PRESIDENT OF PORTUGUESE ORIENTEERING FEDERATION

Dear O-friends,

The Portuguese Orienteering Federation (POF) is delighted to be organizing the European Orienteering Championships and European Trail Orienteering Championships 2014.

We are already working hard to make the event memorable both from a sporting and a social point of view.

Updated information is available from our website in <http://www.eoc2014.fpo.pt/> and any further questions will be answered by emailing the EOC/ETOC'14 office at geral@fpo.pt.

Please ask about any matters connected to your trip to Portugal in order to fully enjoy your participation in European Orienteering Championships and European Trail Orienteering Championships 2014 and your stay in our beautiful country.

Greetings from Portugal,


Augusto Almeida

The Chairman of the POF Board



Álvaro Amaro

The Palmela Mayor




The realization in Palmela , from 9th to 16th April, of the European Orienteering Championships and European Trail Orienteering Championships EOC / ETOC 2014 is, to us, a great honor and , simultaneously , great responsibility . The high competitive level of the participants - the best in Europe , and even the world - and the technical requirement of the various competitions that will take place here, have received from the organization - which we are proud to integrate with enthusiasm , from the first moment - all the attention and commitment so we can host, in the most proper way, this event and its thousands of athletes , support teams and companions . The relief that Orienteering has obtained in Palmela , over the past few years, reflecting the deep work of the Basic and Secondary Schools , led to a rapid growth of the sport among our youth , who have achieved remarkable results at national and international levels within the school and federated context. During these eight days , I invite you to enjoy our territory and our landscapes , with excellent conditions for the practice of Orienteering and other sports, in contact with nature, from the Serra da Arrábida, applying now for World Heritage , to the vast plains where grows our wines of internationally recognized quality , and also through Reserva Natural do Estuário do Sado, prime location to observe local flora and fauna, highlighting one of the largest populations of Dolphins in Europe. Culture, heritage , crafts and a rich gastronomy, are some more of what we have to offer for you in Palmela.

I hope you feel at home !

José Manuel Constantino

President of the Portuguese Olympic Committee




The European Orienteering and Trail Orienteering Championships 2014, which this year takes place in Portugal, precisely in the municipalities of Palmela and Sesimbra in another meritorious organization of Portuguese Orienteering Federation provides an opportunity to promote a sport that is gaining new fans, of all ages, harmoniously combining sport with Environment and Tourism.

The Olympic Committee of Portugal is pleased to join this international organization, welcoming the participants and various competitors that certainly will not fail to join this great sport festival.

Humberto Santos

The Chairman of the Paralympic Committee of Portugal (CPP)



The Portuguese Orienteering Federation (FPO) is a member of the Paralympic Committee of Portugal (CPP) since 2010, and since then has made great progress toward sports inclusion, through the development of TrailIO in Portugal. To prove it, we have numerous initiatives undertaken with the participation of athletes with disabilities, in a perfect demonstration of adherence to the principles of equality, inclusion and sporting excellence, which underlie the action of CPP.

It is always with great contentment that I register the dynamics of the members of the Paralympic Committee of Portugal, in the case, the FPO. Certainly, as a sign and recognition of the excellent work, was granted by International Orienteering Federation (IOF) the organization of the European Trail Orienteering Championship 2014, which will be held in the region of Palmela, intended for athletes with disabilities.

Considering the region and the organization team I have no doubt to guess that the conditions are ideal for a successful sports and social event , because it will surely be a stimulating space for participation, competition and sporting excellence, but also for socializing and interaction.

Convinced of the deep commitment, I endorse the entire organization votes of big success in the preparation of this great event, and that it may provide, to all who will participate in it, moments of equality, inclusion and sporting excellence.

PALMELA

WHAT WE HAVE FOR YOU!



Inhabited since prehistoric times due to its privileged and strategic location, Palmela has traces of the various cultures it has fostered. Stage for the battles of the Christian conquest against the Moors, it was D. Afonso Henriques who gave it its first foral in 1185. The choice of the Castle of Palmela, in 1443, as the headquarters for the Military Order of Santiago da Espada for four centuries is a crucial landmark of its identity.

Nature is exuberant in the municipality of Palmela. The territory incorporates two of the most important national protected areas: the Natural Park of Arrabida, nominated to Unesco World Heritage, and the Natural Reserve of the Sado Estuary. Magnificent sceneries, endowed with pedestrian paths, provide all the richness of open-air experiences. In the middle of the Natural Park of Arrabida, by yourself or with specialized enterprises, sport and open-air activities are also leisure options such as Orienteering, Go-karting, walking/trekking, cycling and MTB, donkey rides, paintball, traditional games and rock-climbing.



The generous products that are the basis of the quality delicacies grow both in the never-ending plains and the Main Mountain. Start with the creamy Sheep Butter and the famous Azeitão Cheese, a renowned and certified product which are ideal to accompany the home-made bread. Indulge in the genuine taste of the typical "Caramela" soup, in the "Palmeloa" broad beans, in the Rabbit with beans a la Palmela, in the Capon Stew or the Cheery Chicken, and finish with a juicy "Riscadinha" Apple. In confectionary, the Fogaça de Palmela, the Santiago, the Palmelense, the Bolinho de Amêndoa, pear cooked in Muscatel wine, the "Riscadinha" Apple Tart, the Rice pudding with sheep's milk, the Suspiros and the Bolo de Família are all noteworthy. True delicacies... Accompany with an excellent wine.



Of certified quality and unmistakable fragrance, the wines of Palmela are differentiated by red, white and muscatel, never forgetting the Rosés and the top-quality Sparking Wines. In the reds, the caste Castelhão dominates, originating full-bodied wines, of intense colour and full fragrance, with hints of dry fruits and spices. The whites derive from a caste such as Fernão Pires and Setubal Muscatel, with good body and a fruity fragrance. The Muscatel of Setubal and Muscatel Roxo castes dominate the generous wines and offer the centenary "Muscatel of Setubal". Here, wine is an excuse for meeting people, acquiring knowledge and traditional tastes, always with astonishing landscapes as background. In the Town of Palmela you can find the Headquarters of the Wine Route of the Peninsula of Setubal, the ideal place to plan your visit.

The traditional arts and trades were once the only means of production, and handcraft was related to needs, customs, feelings, rules and values. In Palmela, the offer of handcraft is diverse, from the miniature farming tools to pottery; from tiles and artistic ceramics to copper, tin and iron work; from basketry to weaving; from rag-doll making to wood engraving. Works of love and dedication that honour ancient traditions.



Culture has a spotlight position in the municipality's day-to-day life. An associative dynamic movement and a schedule of events filled with proposals of national and international quality, in areas such as theatre, music, or dance, have been combined to the traditional manifestations that the people devoutly maintain. The Wine Harvest Feast is the most significant festivity in the municipality and it is a celebration of the Vine and the Wine.

The Lisbon Metropolitan Region, in which Palmela is included, is renowned for its excellent climate conditions and for the diversity and quality of its golf courses. Distinguished with the award "Best European Golf Destination", in 2007, by the IAGTO - International Association of Golf Tour Operators, the region fascinates golfers. Here, the best conditions for the practice of this sport, may be found framed by stunning natural sceneries, secular heritage, traditional gastronomy and all the comfort of cosmopolitan life.

VENUE AND ACCESS

The European Orienteering Championships (EOC) 2014, the European Trail Orienteering Championships (ETOC) 2014, the World Cup races and EOC Tour will be held in Palmela, Portugal. All the competitions will be located inside 25 minutes driving from the Event Centre located in Pinhal Novo.

The Event Center will be hosted in ESCOLA SECUNDÁRIA DE PINHAL NOVO (high school) and it's located side-by-side with the City Swimming Pools and it will have enough parking space available, sign posted to reach it.



GPS: N 38°38'12.63" | W 8°54'44.94"

Address:

Rua Orlando Ribeiro
2955 - 211 Pinhal Novo

HOW TO REACH PINHAL NOVO

By plain

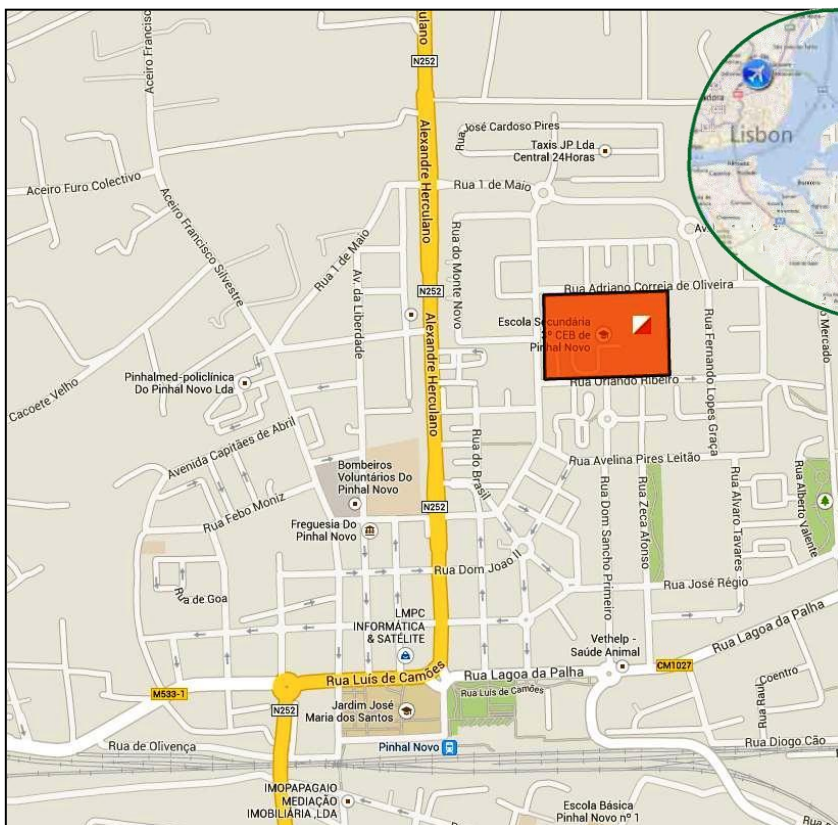
Lisbon International Airport, 40km from Pinhal Novo (highway)

By car

40km south from Lisbon (highway) and 5 hour drive from Madrid - Spain

By train

Railway station in Palmela (10 km to EC) and Pinhal Novo (900 m to EC)



PROGRAM

Eoc & ETOC 2014



Date	EOC	ETOC	EOC Tour
9 th April - Wednesday	10:00 – 20:00 - Check-in Event Centre 11:00 –16:00 – Model qualification Middle (Lagoa de Albufeira) / Long (Fornos) Training possibility Bairro do Viso (Setúbal) 12:00 – Deadline for entry middle qualification 19:00 – Team O Meeting (EC – Pinhal Novo)	10:00 – 20:00 - Check-in Event Centre	10:00 – 20:00 - Check-in Event Centre 18:00 – Participants Meeting (EC)
10 th April - Thursday	10:00 - Middle distance qualification (Meco North) 12:00 – Deadline for entry long qualification 19:00 - TO Meeting (EC – Pinhal Novo)	10:00 – 20:00 - Check-in Event Centre	12:00 - Stage 1 (Meco North)
11 st April - Friday	10:00 - Long distance qualification (Meco South) 12:00 – Deadline for entry sprint qualification 15:00 –17:00 – Model sprint ⁱ (Sesimbra West) 19:00 - TO Meeting (EC – Pinhal Novo)	10:00 – 20:00 - Check-in Event Centre	13:00 - Stage 2 (Meco South)
12 nd April - Saturday	10:00 - Sprint qualification (Sesimbra East) 13:00 – 17:00– Model Final middle/long/relay (Landeira) 18:00 - TO Meeting (EC – Pinhal Novo) 18:30 - Official Dinner (EC – Pinhal Novo)	09:00 - 14:00 - Model event (Vale de Barris) 16:30 - TO Meeting (Starts list for Q TempO; TempO Bib numbers) (EC – Pinhal Novo)	
13 th April - Sunday	13:45 - TO Meeting (Palmela Primary School) 14:00 – Sprint finals B (Palmela) 14:00 - Last check-in time at Palmela Primary School 15:00 – Opening Ceremony (Palmela) 16:30 - Sprint finals A Woman (Palmela) 17:45 - Sprint finals A Men (Palmela) 19:15 – Prize giving ceremony sprint (Palmela)	09:00 – TempO qualification (Palmela Village/Qt ^a do Anjo)	14:00 - Stage 3 (Palmela)
14 th April - Monday	10:00 – Middle distance final Men (Marateca) 10:30 – Middle distance final Woman (Marateca) 14:00 – Flower ceremony middle 18:00 - TO Meeting (EC – Pinhal Novo) 19:00 – Prize giving ceremony middle (EC – Pinhal Novo)	09:00 – PreO stage 1 (Vale de Barris) 18:00 – Deadline for entry PreO team competition 18:00 –TO meeting (Starts list for PreO stage 2; Starts list for F TempO; Results of PreO stage 1) (EC – Pinhal Novo)	12:40 - Stage 4 (Marateca)
15 th April - Tuesday	09:00 – Long distance final Men (Marateca) 09:00 – Long distance final Woman (Marateca) 12:00 - Deadline for entry relay teams 14:30 – Flower ceremony long 18:00 - TO Meeting (EC – Pinhal Novo) 19:00 – Prize giving ceremony long (EC – Pinhal Novo)	09:00 – PreO stage 2 (Vale de Barris) 15:00 – Flower ceremony PreO Results of PreO stage 1 inside the teams boxes 18:30 – Prize giving ceremony PreO (EC – Pinhal Novo)	12:30 - Stage 5 (Marateca) 17:30 – Prize giving (EC – Pinhal Novo)
16 th April - Wednesday	09:00 – Relay Men (Marateca) 11:00 – Relay Woman (Marateca) 12:45 – Flower ceremony relay 15:00 – Closing Ceremony and Prize Giving (Palmela Village/Qt ^a do Anjo)	09:00 – TempO final (Palmela Village/Qt ^a do Anjo) Flower ceremony TempO	

¹ Sprint training map of Setúbal will be available in Event Centre

ACCREDITATION



Only one person per EOC/ETOC team is requested to check in at the event office for accreditation of the whole team. It will be available only on the Event Centre.

Late payments can be accepted at accreditation. Payment by credit cards will not be possible. Please note that no participant will receive accreditation unless all invoices have been settled. All fees and pre-ordered services must be paid before the accreditation can be completed.

Accreditation for EOC/ETOC teams as well for EOC Tour participants is possible:

- April 9th: 10:00 to 20:00
- April 10th: 10:00 to 20:00
- April 11th: 10:00 to 20:00

For the EOC Tour participants is also possible to do it at the arenas's secretariat.

TEAM OFFICIAL'S MEETINGS

Team officials' meetings (TOMs) will be held in the Event Center at Pinhal Novo, according to the program. Only accredited team officials (maximum 2 per team) and invited guests will have access to the team officials' meetings.

Date	EOC	ETOC
April 9th	19:00, Event Center	---
April 10th	19:00, Event Center	---
April 11th	19:00, Event Center	---
April 12th	18:00, Event Center	16:30, Event Center
April 13th	13:45, Palmela	
April 14th	18:00, Event Center	18:00, Event Center
April 15th	18:00, Event Center	---



CEREMONIES AND BANQUET

The EOC/ETOC opening ceremony will be held on Sunday, April 13th in the arena Palmela at 15:00, just before the EOC sprint final / World Cup Race. During TOM which will be held Friday, a sheet with further detailed information about opening ceremony will be available.

There will be flower's ceremony at the arenas after the races. The prize and medal awarding ceremonies for the EOC and ETOC are scheduled in the detailed programme and will be held in the event center at Pinhal Novo, except for the sprint which will be held in the arena, and for the TempO and Relay which will be held in Palmela Village. Athletes ranked 1-6 shall be present behind the podium 5 minutes prior to the beginning of the prize-giving ceremony, in their official national clothes. No sunglasses or hats shall be worn during the ceremonies. Final instructions to the participants will be given prior to the ceremonies on site.

The closing ceremony will be held on Wednesday, April 16th at Palmela Village.

The banquet will be held on the evening of Saturday, April 12th in the Event Center at Pinhal Novo. Doors will open from 18:30 for an ice-break snack and drinks. The banquet will start at 19:00. The dinner will be served in buffet style. Before the dinner a live band will play mood music and after the dinner will play dance music.

MODEL EVENTS

The Model Events will take place in the locations and times indicated in the program and can be used afterwards. There will be flags on the terrains but no time keeping from the organizer.

Besides those periods, athletes have the maps and free access to terrains for free training. These days there will not be flags or time keeping.

Date	Model	Map	Obs
April 9th, 11:00 - 16:00	Middle Qualification	Lagoa de Albufeira	Maps delivered at the accreditation (except for sprint - TOM Thursday)
April 9th, 11:00 - 16:00	Long Qualification	Fornos	
April 11th, 15:00 - 17:00	Sprint	Sesimbra West	
April 12th, 13:00 - 17:00	Middle/Long Final; Relay	Landeira	
April 12th, 09:00 - 14:00	PreO	Vale de Barris	Maps at the local



ENTRY OF ATHLETES/TEAMS TO THE RESPECTIVE COMPETITIONS



EOC

Entry of athletes/teams to the respective competitions shall be submitted to the event office before 12:00 on the preceding day. The entries must be submitted in writing on a specific form available at the event office.

ETOC

Entry of teams to ETOC Day2 shall be submitted to the event office no later than Monday 14th, 19:00. The entries must be submitted in writing on a specific form available at the event office.

QUARANTINE



Quarantine zones are shown in pages 26 to 29.

There will be a check-in before the start at the quarantine zone at each competition for competitors and accompanying team officials. Competitors and team officials must show their accreditation cards and sign a list at the entry point into the quarantine zone.

The pre start is located at the edge of the quarantine zone. Teams are allowed to take their own tents to the quarantine areas of all competitions with exception of sprint qualification and sprint final.

The use of mobile phones, computers or any other communication device inside the quarantine zones is strictly prohibited. It is not allowed to bring any maps of the competition areas into quarantine zones. Runners and coaches may not visit the finish area before entering the quarantine zone (with the exception of the relay).

Competitors must enter the quarantine zone before the specified deadline; otherwise they will not be allowed to participate in the competition.

Check-in Deadlines for Quarantine Areas on EOC:

Date	Competition	Check-in Open	Deadline
April 10th, Thursday	Middle Qualification	08:30	10:00
April 11th, Friday	Long Qualification	08:30	10:00
April 12th, Saturday	Sprint Qualification	08:30	10:00
April 13th, Sunday	Sprint Final	12:30	14:00
April 14th, Monday	Middle Final	08:30	10:00
April 15th, Tuesday	Long Final	07:30	09:00
April 16th, Wednesday	Relay	08:00	09:00

Check-in Deadlines for Quarantine Areas on ETOC:

Date	Competition	Check-in Open	Deadline
April 13th, Sunday	TempO Qualification	08:15	09:30
April 14th, Monday	PreO Day 1	08:30	10:00
April 15th, Tuesday	PreO Day 2	08:30	10:00
April 16th, Wednesday	TempO Final	08:30	09:30


Besides Model Events, there will be possibility of free sprint training, without flags, on the map Anunciada, located in Setúbal 18km from the Event Center and 11km Palmela. Maps will be available in the Event Centre when teams proceed to accreditation.

BAIRRO DO VISO (SETÚBAL)



GENERAL INFORMATION

Climate During April you can expect temperatures from 15° to 30° Celsius during the day and from 10° to 20° at night.

Event Centre The official Event and Media Centre of European Orienteering Championships 2014 will be at Pinhal Novo (N 38°38'12.63" | W 8°54'44.94").
All the Event Centre and its facilities are suitable for wheelchair. 
Secretariat at the event center will be open daily from 10:00 to 20:00, from april 9th to april 16th.

Internet Access Internet access will be available at the event center in desktop access points, open from 9:00 to 21:00, days april 9th to april 11th, and from 17:00 to 21.00 the rest of the days. There will also be wireless permanent access.

Travelling By plane: Lisbon International Airport, 40km from Pinhal Novo (highway)
By car: 40km south from Lisbon (highway) and 5 hour drive from Madrid – Spain.
By train: Railway station in Palmela and Pinhal Novo
Please refer to map in page 6

Visa Please contact the Portuguese embassy in your country or refer to www.sef.pt.

Currency Euro €

Lodging The organization offers various accommodation options at reduced rates for participants in the European Orienteering Championships / European Trail Orienteering Championships, upon prior reservation. Reservations must be made with the Organising Committee. For the EOC, ETOC and EOCTour we propose a variety of accommodations in Palmela, Setúbal, Sesimbra and Almada, at special rates for the participants if the accommodation is booked via the event organizer using the entry form available in our web page. For further details see our web page (all hotel units are disclosed). The capacity of each hotel is limited; priority according to paying order. In the Event Center (EC) there will be suitable space for caravans: €80,00 (from 8th to 16th April 2014).

TABLE BELOW SHOWS THE DISTANCES (KM) BETWEEN THE HOTELS AND THE ARENAS

Hotel	Location	Lagoa	Sesimbra	Meco	Palmela	Pinhal	Marateca	Palmela	Vaie de
		Albufeira				Novo	/ Landeira	Village	Barris
		(model event middle/long O)	(model event sprint O/F, sprint O)	(Middle/long O)	(Sprint F, Opening ceremony)	(Event centre)	(Middle/Long F, Relay, Model event Middle-long/mile)	(TempO O/F)	(PreO, PreO model event)
Almada Business 4*	Almada	17	31	32	35	25	54	28	37
F Palmela 3*	Cajados	54	42	51	17	15	12	20	22
Pousada de Palmela	Palmela	31	29	38	0	9	26	7	4
Amazónia 4*	Palmela	30	31	35	4	7	28	8	6
Palmela Village Golf Resort 4*	Qtº do Anjo	25	26	30	7	11	31	0	9
Sesimbra Hotel & SPA 4*	Sesimbra	18	0	17	31	38	64	27	35
Pousada de Setúbal	Setúbal	38	28	36	12	17	24	17	15
Novotel 4*	Setúbal	41	32	40	9	16	18	15	11
Hotel do Sado 4*	Setúbal	36	30	38	10	15	22	16	9
Laitau 3*	Setúbal	35	29	37	9	14	21	15	8
Ibis 2*	Setúbal	41	34	43	11	16	15	17	13
Aqualuz 4*	Troia	37	30	38	10	15	22	15	10

Food



Catering service will be available in the event centre for dinner each day (except Saturday 12th). Individual packet meals will also be available in the arenas for the middle and long distance finals and relay, as well in the PreO competition centre for stages 1 and 2. The cost is 10,00€ per person for reservations after march 31st and shall be reserved until 24h before. The sprint arenas will be set in urban areas, with good offer of restaurants and similar. The middle and long qualification arenas will be set side by side with a camping site with restaurant and snack-bar.

There will be a bar service at the event center, working from 10:00 to 21:00 days april 9th to april 12th, and from 15:00 to 21:00 days 14th and 15th

Transportation

We strongly recommend car rental as the best way to move around during the event.

Parking

Parking is available for private caravans, cars and buses near the arenas and at Pinhal Novo Secondary School (EC).

Entries

The official Event and Media Centre of EOC/ETOC'14 will be in Pinhal Novo. Fully equipped dedicated facilities for media will also be available in the arenas.

Media representatives do not pay any entry fee; however they are required to register to receive ID cards which will entitle them to access all model and competition areas, as well as the media zones.

Baby-sitting String Course

During the qualification and final races, a babysitting service with trained staff will be available to look after children up to 10 years old. This service is free of charge. Close to the baby-sitting facilities, a string course will be held for the same age group. The entries will be accepted free of charge at the event.

Punching System



SPORTident (SI-Card). All EOC competitors will use an SICard 9 handed by the organization over to a team official during the accreditation, free of charge. Each competitor must use the same SICard through all EOC Competition. Lost SI Cards will be charged to the teams federations at 50 EUR per SI Card. Each EOC Tour competitor must register his/her SI-code on the entry- form; those who do not have their own SI-Card must either rent or purchase. SI Card rental – 10,00€ for the whole event (40,00€ deposit).

Toilets

There will be toilets in the starts and finish area of each competition.

Pool and Gym



Due to an agreement with Palmela Desporto EM, participants in EOC, ETOC and EOC Tour have access to the swimming pool and gym located side-by-side with the Event Center, in the following schedules and fees:

- Pool
 - Monday to Friday: 07:45-17:45 and 20:15-21:45
 - Saturday: 08:30-14:00 and 15:30-19:00
 - Sunday: 09:15-14:00
- Gym
 - Monday to Friday: 08:00-21:45
 - Saturday: 08:30-13:00 and 16:00-18:30
- 2,00€ per use of the pool or the gym; 3,00€ for the use of both

MAP OF COMPETITION AREAS



1	Sprint Model (Sesimbra West)	N38°26'37,07"	W9°06'36,06"	(parking)
2	Sprint Qualification (Sesimbra East)	N38°26'37,98"	W9°05'49,64"	(parking and quarantine)
3	Sprint Final (Palmela)	N38°34'20,21"	W8°54'10,33"	(team parking and quarantine)
4	Middle Qualification Model (Lagoa de Albufeira)	N38°30'24,79"	W9°10'49,00"	(parking)
5	Middle Qualification (Meco North)	N38°27'47,92"	W9°11'22,38"	(parking)
6	Middle Final Model (Landeira)	N38°35'32,63"	W8°38'04,44"	(parking)
7	Middle Final (Marateca)	N38°34'56,56"	W8°41'20,26"	(team parking and quarantine access)
		N38°35'01,69"	W8°41'13,10"	(tour parking)
8	Long Qualification Model (Fornos)	N38°26'44,12"	W9°10'00,37"	(parking)
9	Long Qualification (Meco South)	N38°27'47,92"	W9°11'22,38"	(parking)
6	Long Final Model (Landeira)	N38°35'32,63"	W8°38'04,44"	(parking)
10	Long Final (Marateca)	N38°35'02,99"	W8°40'41,87"	(team parking and quarantine)
		N38°35'01,69"	W8°41'13,10"	(tour parking)
6	Relay Model (Landeira)	N38°35'32,63"	W8°38'04,44"	(parking)
7 10	Relay (Marateca East/West)	N38°35'01,69"	W8°41'13,10"	(EOC & Tour parking)
11	TempO Qualification and Final (Palmela Village)	N38°34'31,66"	W8°57'24,06"	(parking access)
12	PreO Model, Stage 1 and Stage 2 (Vale de Barris)	N38°33'10,86"	W8°55'58,77"	(parking)

Relay quarantine is closeby to the Arena and the distance between parking and quarantine never exceeds 500m.

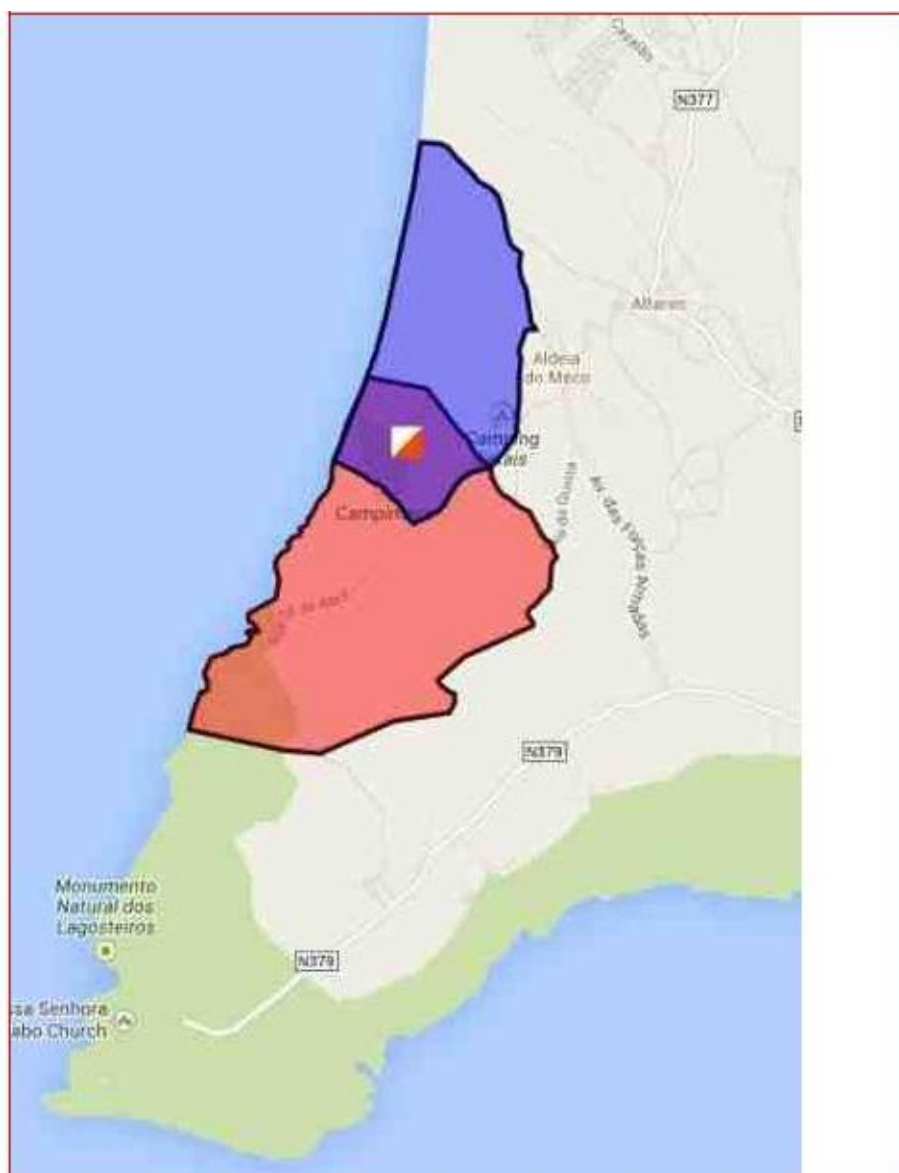


EMBARGOED AREAS EOC

These restrictions on the embargoed areas apply to athletes, coaches and officials as well as any person who may be in a position to provide information to potential members of the participant delegations. It is permissible to pass through the embargoed areas using paved public roads.

For the sprint and Tempo competition terrains (qualification and final) it is permissible to pass through the embargoed areas using paved public roads as well to visit shops, hotels and public buildings from paved public roads.

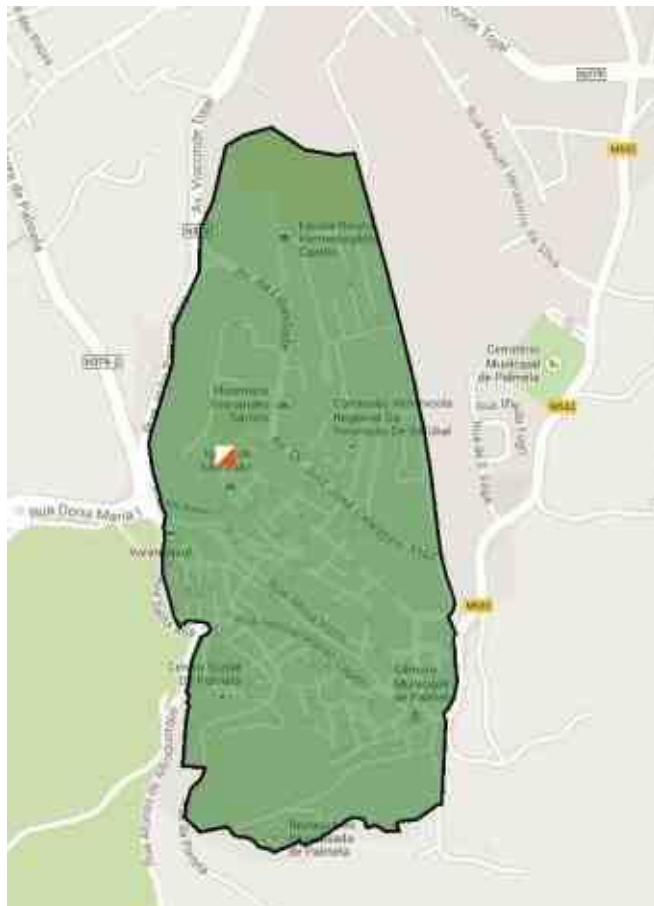
EMBARGOED AREAS FOR LONG DISTANCE QUALIFICATION AND MIDDLE DISTANCE QUALIFICATION: MECO SOUTH AND MECO NORTH (5 & 9)



EMBARGOED AREA FOR SPRINT QUALIFICATION: SESIMBRA EAST (2)

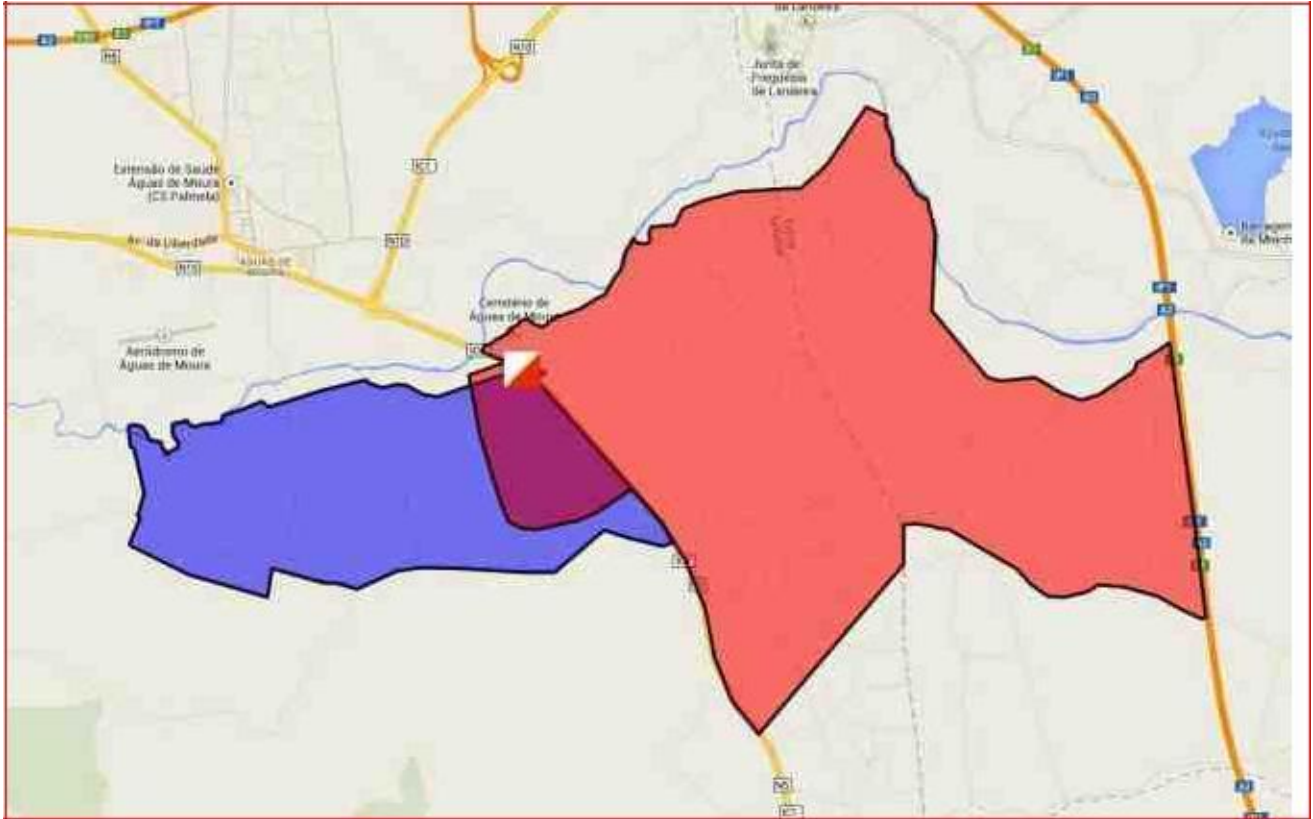


EMBARGOED AREA FOR SPRINT FINAL: PALMELA (3)

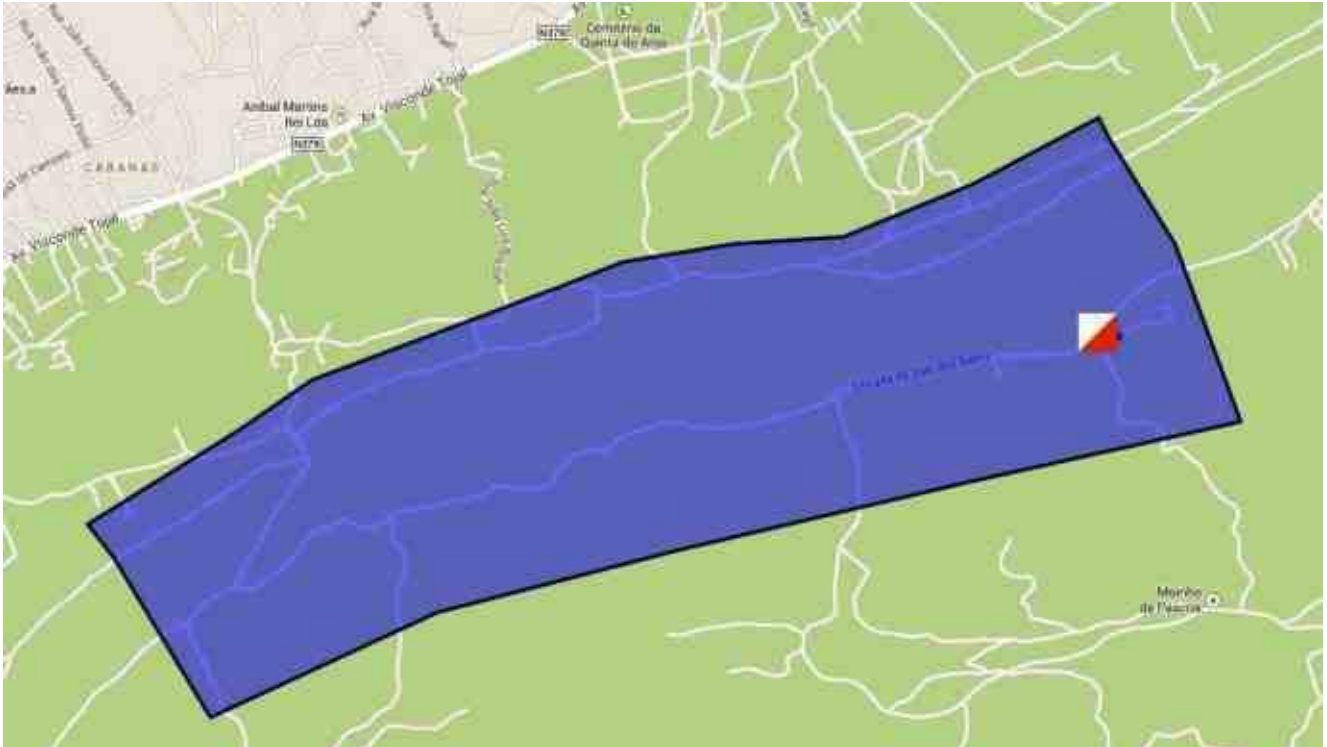


EMBARGOED AREAS EOC

AREAS FOR MIDDLE AND LONG DISTANCE FINALS AND RELAY:
MARATECA EAST AND MARATECA WEST (7 & 1 0)



EMBARGOED AREA FOR PREO: VALE DE BARRIS (1 2)



EMBARGOED AREA FOR TEMPO: PALMELA VILLAGE (11)



Colour images of the most recent version of existing orienteering maps in the embargoed areas are available in the website and are as follows:

MECO SOUTH



MECO



PALMELA URBAN



PALMELA - BARRIS



QUINTA DO ANJO



SESIMBRA



MAP DETAILS AND TERRAIN DESCRIPTION

COMPETITION MAP	TERRAIN	SCALE	CONTOUR
EOC Sprint Qualification	Typical old village area with developed network of paths and roads combined with some stairs and alleys. Mostly urban area combined with some non-urban open areas with rocks and some detailed relief; gently to highly sloping. Good runnability and visibility	1: 4000	2,5m
EOC Sprint Final	Typical old village area with developed network of paths and roads combined with some stairs and alleys. Mostly urban area combined with some park zones; gently to highly sloping. Good runnability and visibility.	1:4000	2,5m
EOC Middle Qualification	Gently sloping sand dune terrain with some detailed relief and vegetation; mostly good runnability and visibility. Moderate network of paths. Some areas covered by low but thorny undergrowth and dead wood.	1:10.000	2,5m
EOC Middle Final	Gently to moderately steep clean open forest, sandy earth loosened by mechanical equipment to 10-15cm depth mostly cork tree and pine tree, with some detailed relief. Almost no stone elements. Good runnability and visibility. Moderate network of paths. Some (unpassable) stone wall / barbed wires crossable at indicated spots.	1:10.000	2,5m
EOC Long Qualification	Gently to highly sloping open areas with some small areas of pinus and eucalyptus forest. Mostly good runnability and visibility. Moderate network of paths. High grass, high thorny bushes, strong grown vegetation could significantly reduce runnability". Maked passages through 2-3m high fences.	1:15.000	5m
EOC Long Final	Clean open forest sandy earth loosened by mechanical equipment to 10-15cm depth of varying steepness, mostly cork tree and pine tree, with some detailed relief and some undergrowth vegetation. Almost no stone elements. Good runnability and visibility. Moderate network of paths. Some (unpassable) stone wall / barbed wires crossable at indicated spots. Big electric power lines.	1:15.000	5m
EOC Relay	Gently to moderately steep clean open forest, sandy earth loosened by mechanical equipment to 10-15cm depth mostly cork tree and pine tree, with some detailed relief. Almost no stone elements. Good runnability and visibility. Moderate network of paths. Some (unpassable) stone wall / barbed wires crossable at indicated spots. Big electric power lines.	1:10.000	5m
ETOC PreO Stage 1 ETOC PreO Stage 2	Valley with firm non-paved road and terrain on both sides with open and semi open landscape with a large number of contour and vegetation details and some stony elements. Mostly suitable for wheelchair users and, when not, local assistance will be provided.	1:4.000 1:4.000	2,5 2,5
ETOC TempO Qual ETOC TempO Final	Golf Course	1:4.000 1:4.000	2,5 2,5

EOC/ETOC and EOC Tour payments must be made to the Portuguese Orienteering Federation by bank transfer as follows:

- Bank name: Montepio Geral (Agency: Torre da Marinha)
- BIC/SWIFT: MPIOPTPL
- IBAN: PT50.0036.0276.9910.0027.1984.3
- Bank Address: Montepio Geral - Agência da Torre da Marinha;
- Detail of payment: EOC, ETOC or Tour 2014 (according to the competition) Rua Gil Vicente, 1 A/B - Torre da Marinha
P-2840-437 Seixal - Portugal

A separate transfer must be done for each type of competition.

Please note that the payer is responsible for all bank fees and charges.

Entries will be accepted and confirmed after the arrival of the transfer. It will not be deemed valid until full payment has been received.

Please note that any payments for accommodation and transport should be made separately.

Consider the entries deadline presented in this bulletin as the latest day for the entry fee payments – 15th March 2014. Participants in EOC Tour should consider the dates according to the different fees, as referred in this bulletin.

Late payments can be accepted at accreditation. Payment by credit cards will not be possible. Please note that no participant will receive accreditation unless all invoices have been settled.

HOST FEDERATION

Portuguese Orienteering Federation POF

E-mail | geral@fpo.pt

Phone | (+351) 244 575 074

Address | Estrada da Vieira,4 Bairro Florestal –
Pedreanes 2430-401 Marinha Grande
PORTUGAL

CHAIRMAN OF THE BOARD

Augusto Almeida (POR - POF
President) almeida.ori@gmail.com

EOC/ETOC'14 AND WCUP EVENT DIRECTOR

Ricardo Chumbinho (POR)
ricardom.chumbinho@espalmela.net

EOC/ETOC'14 AND WCUP OFFICIAL RESPONSIBLE FOR THE MEDIA

Hugo Borda d'Água (POR)
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EOC & WCUP ASSISTANT NATIONAL CONTROLLER

Luís Gonçalves (POR)

ETOC SENIOR IOF EVENT ADVISOR

Knut Ovesen (NOR)

ETOC ASSISTANT IOF EVENT ADVISOR

Ola Wiksell (SWE)

ETOC NATIONAL CONTROLLER

Jose Fernandes (POR)
Josefernandes0048@gmail.com

EOC Jury:

- **Jan Arild Johnsen**, NOR
- **Håkan Carlsson**, SWE
- **Bruno Nazário**, POR



ETOC Jury:

- **Hannu Niemi**, FIN
- **Bosse Sandström**, SWE
- **Christine Roberts**, GBR

Any complaint shall be made in written form and handed over to the organizers at the arena event office as soon as possible. A special form is available at the event office. Complaints regarding the results shall be made no later than 15 minutes after publication of the official results list.

A written protest can be made against the organizers' decision about a complaint. Written protests shall be delivered personally to the national controllers or to the senior event advisor no later than one hour after the organizers have announced the decision about the complaint.

European Orienteering Championships



COMPETITION RULES

The Competition Rules for IOF Foot Orienteering Events, as well as Rules for European Orienteering Championships valid from January 2014, shall be applied to participation in European Orienteering Championships 2014.

CLASSES AND PARTICIPATION RESTRICTIONS:

- There is one class for women and one class for men. There are no age restrictions.
- Competitors representing federations of the IOF, defined by the International Olympic Committee, as belonging to the European continent, can compete in EOC.
- Competitors representing other full member federations of the IOF can participate in EOC but will not be eligible for European titles, medals or diplomas.
- Competitors who are representing a federation shall have full passport-holding citizenship of the country of that federation.
- A competitor may represent only one federation during any one year calendar.
- There is no limit on the number of runners and officials in a team.
- In the individual events a federation may enter a maximum of 6 runners in each class.
- The current European Champion shall be given a wild card to enter the qualification in the next EOC in addition to the ordinary entries from his/her federation (in which case one starting group may have three competitors from that federation). In each individual competition, the competitors placed number 17 and better in each qualification race heat may run in the A-final.
- In the relay a federation may enter 2 teams each consisting of 3 competitors, but only the better placed team will count in the prize list. Incomplete teams and teams with runners from more than one federation are not allowed. Under no circumstances may persons other than entered competitors participate in the competition.



EVENT DISTANCE	MAX NUMBER FROM EACH FEDERATION	QUALIFICATION RACE	NUMBER OF HEATS IN QUALIFICATION	QUALIFIED FROM HEAT/TOTAL IN FINAL
Sprint	6 (+E Champion)	Yes	3	17/51
Long	6 (+E Champion)	Yes	3	17/51
Middle	6 (+E Champion)	Yes	3	17/51
Relay	2 team 3 legs	No		

Each participating Federation shall appoint a team manager to act as a contact person between the team and the organizer. It is the team manager's duty to see that the team receives all necessary information. Insurance against accidents is the responsibility of the Federation or the individual competitor according to national regulations.

Competitors participate at their own risk (including warm-up), assuming their own safety precautions, and will be held responsible for any injuries which might occur during the competition.



European Orienteering Championships

CLOTHING

According to Portuguese Orienteering Federation competitors should wear clothing covering the whole body except for head, neck and arms. This does not apply for the sprint competitions. There are no regulation concerning the type of footwear.



TRACKING DEVICES

Tracking devices will be used for the presentation of the competitions on the large video screen in the event arenas, during live transmission, and as a part of the online web presentation. The tracking device is an electronic device carried on the back of the runner in an elastic top (harness).

There will be 42 tracking devices assigned by the organization. Tracking devices will be handed out by the organizer at the pre-start, and collected at the finish. The harness will be handed out in the quarantine zone. Please, remember to pick it up before going to the pre-start.

Runners are allowed to do non-permanent adjustments with tape or similar to the harness. It is not allowed to cut off any parts of the harness. Runners must use the harness provided by the organizer. GPS-units will be placed into the harness by a start official.

FINISH PROCEDURES (EOC ONLY)

The finish time will be registered by a light beam at the finish line, so the runner can pass the finish at full speed. Instruction for competitors (procedure after crossing the finish line):

1. Right after crossing the finish line you have to punch the finish Station that will be hand carried by an IT Team member. Please, make this procedure without unnecessary delay;
2. Proceed to the IT Tent to download your SICard and check for correct punching;
3. If you carried a GPS device, kindly hand it over to the organizer.

ANTI DOPING

Doping is strictly forbidden, and the organizers of these championships are dedicated to supporting anti-doping authorities in their work.

Doping controls may be carried out any time during the competition period, as some sites for the doping controls may be few minutes' drive away; we suggest the athletes are prepared at all events to take along some dry clothes to change into after their race.

Doping tests are always carried out in accordance with the procedures described in the WADA International Standard of Testing. The IOF Anti-Doping Code and rules apply as of 1st February 2010 and WADA 2013 List of Prohibited Substances and Methods.

Athletes who are selected for the doping tests must bring an official identification (with photo) to the doping control station. Accreditation cards with photo can also be used for this purpose. The athletes should bring along their therapeutic use exemption (TUE) if applicable. In general, it is advisable that the athletes bring along their ID to all the competitions and events.

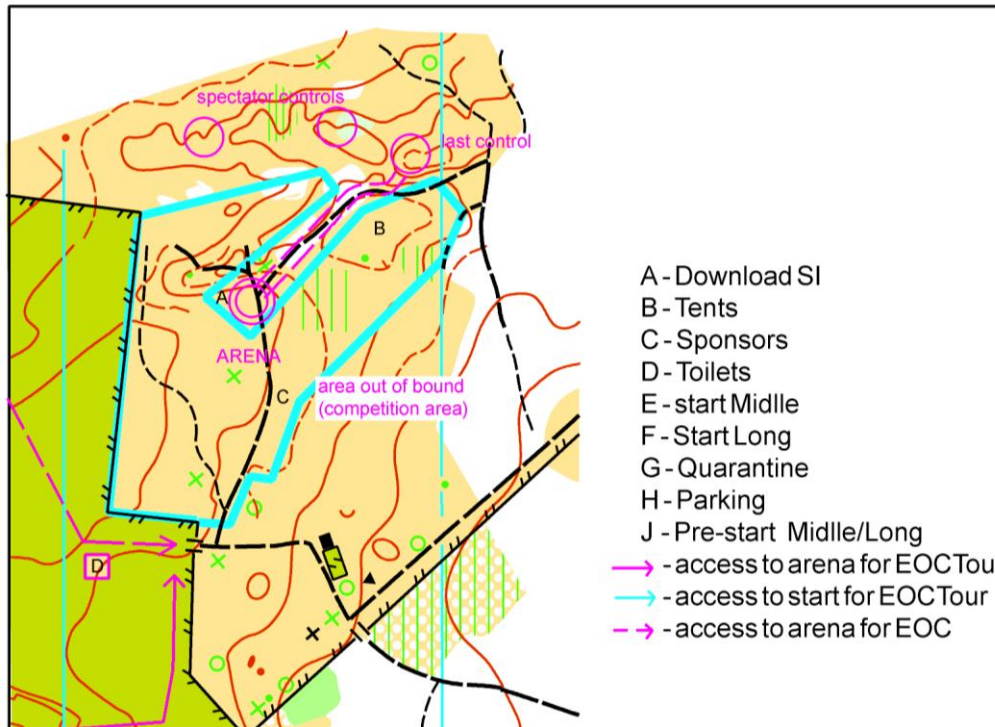
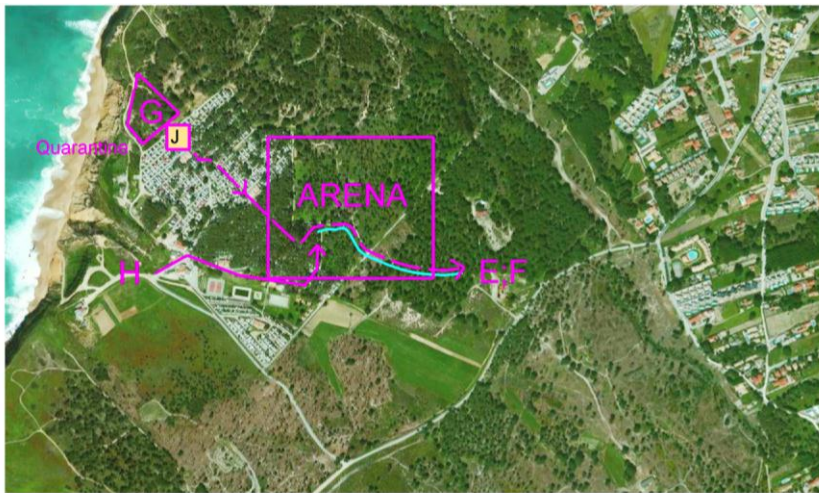


European Orienteering Championships

Arena Meco



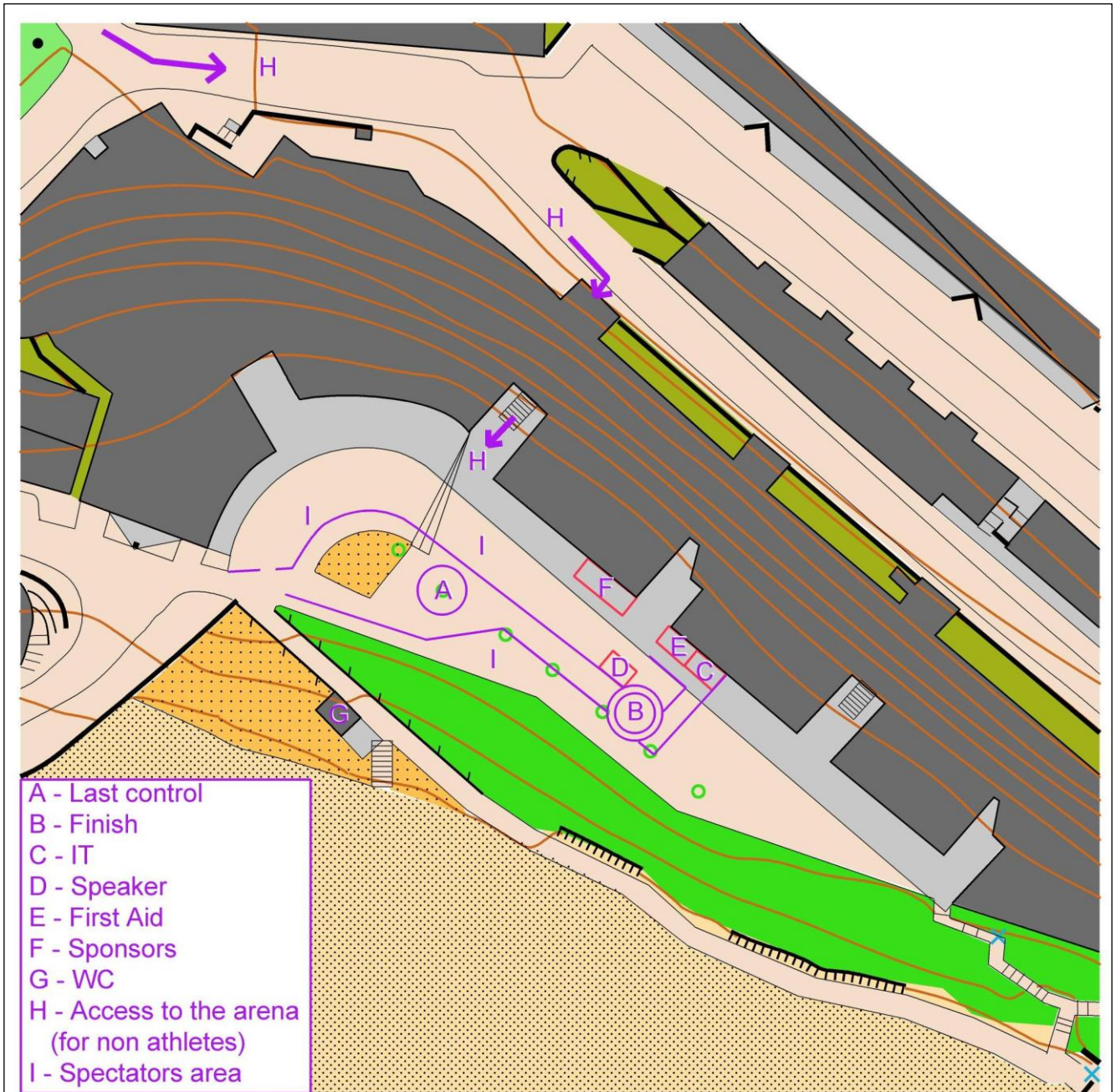
Middle and Long Qualification – Thursday, April 10th and Friday, April 11th



Exit Quarantine: -9 min



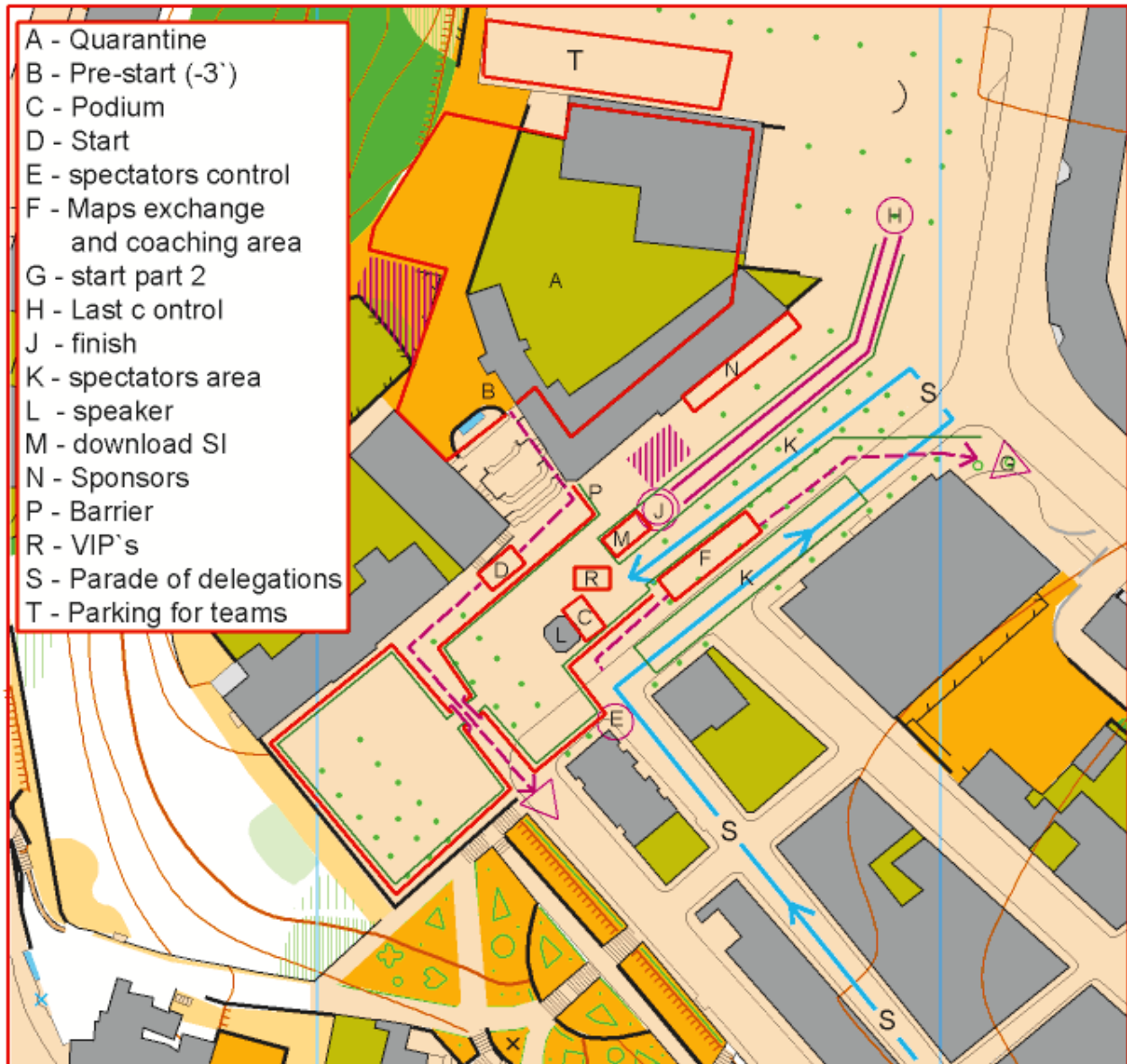
Arena Sesimbra Sprint Qualification – Saturday, April 12th



Exit Quarantine: -4 min

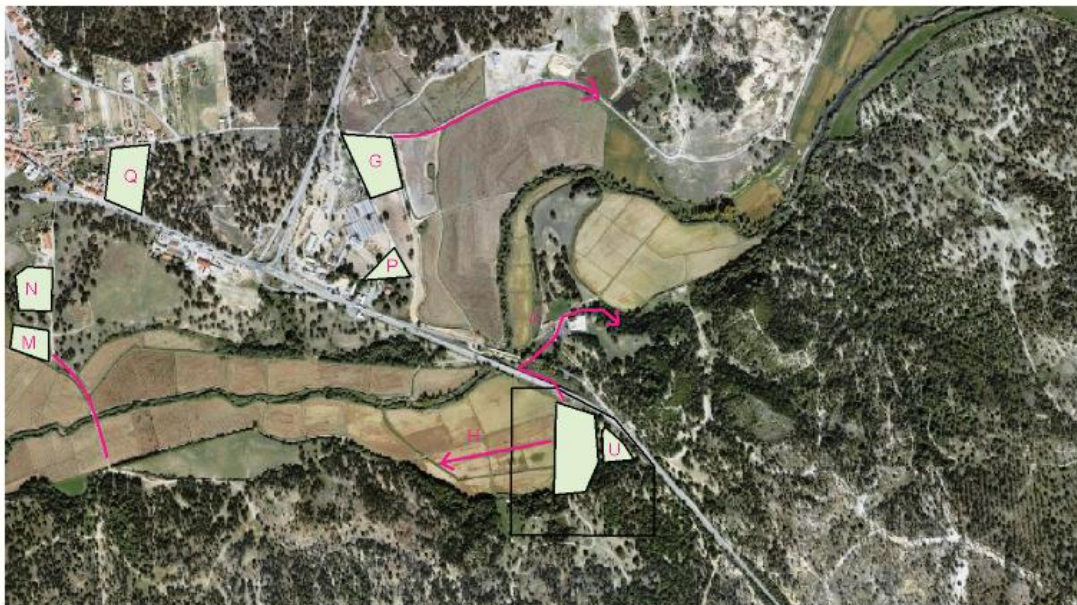
European Orienteering Championships

Arena Palmela Sprint Final – Sunday, April 13th



European Orienteering Championships

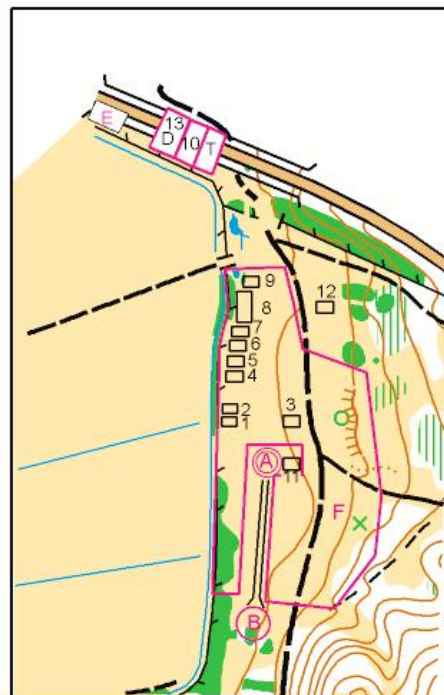
Arena Marateca Middle Final – Monday, April 14th



- A - Finish
- B - Last control
- C - marked route
- D - Sponsors
- E - toilets
- F - spectators
- G - Quarantine Final Long
- H - access for EOCTour - Middle distance
- J - access for EOCTour - Long distance
- K - Start - Relay
- L - exchange - relay
- M - Quarantine Final Middle
- N - Park - Quarantine Final Middle
- P - Park - Quarantine Final Long
- Q - Park EOCTour
- S - 2nd and 3rd maps for relay
- T - First Aids
- U - Quarantine Relay

- 1 - SI download
- 2 - Refreshment
- 3 - Speaker
- 4 - Results
- 5 - Athletes
- 6 - Athletes
- 7 - VIP's
- 8 - Bar
- 9 - Secretariat
- 10 - Baby sitting
- 11 - fotofinish
- 12 - Screen tv
- 13 - merchandising

Middle Distance



Exit Quarantine: -5 min

European Orienteering Championships

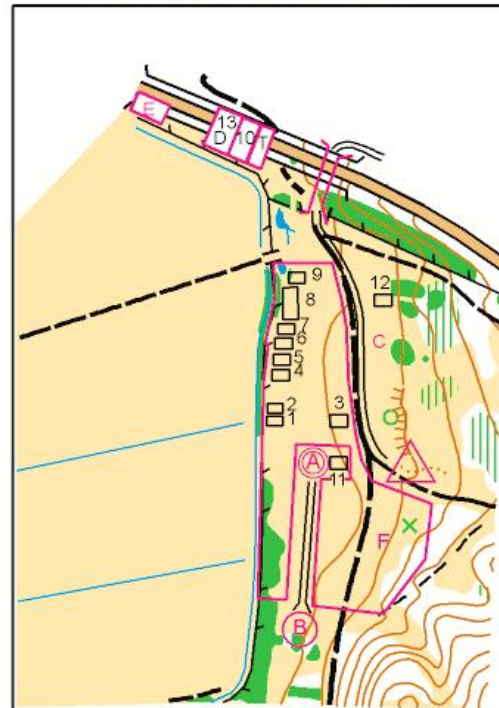
Arena Marateca Long Final – Tuesday, April 15th



- A - Finish
- B - Last control
- C - marked route
- D - Sponsors
- E - toilets
- F - spectators
- G - Quarantine Final Long
- H - access for EOCTour - Middle distance
- J - access for EOCTour - Long distance
- K - Start - Relay
- L - exchange - relay
- M - Quarentine Final Middle
- N - Park - Quarantine Final Middle
- P - Park - Quarantine Final Long
- Q - Park EOCTour
- S - 2nd and 3rd maps for relay
- T - First Aids
- U - Quarantine Relay

- 1 - SI download
- 2 - Refreshment
- 3 - Speaker
- 4 - Results
- 5 - Athletes
- 6 - Athletes
- 7 - VIP's
- 8 - Bar
- 9 - Secretariat
- 10 - Baby sitting
- 11 - fotofinish
- 12 - Screen tv
- 13 - merchandising

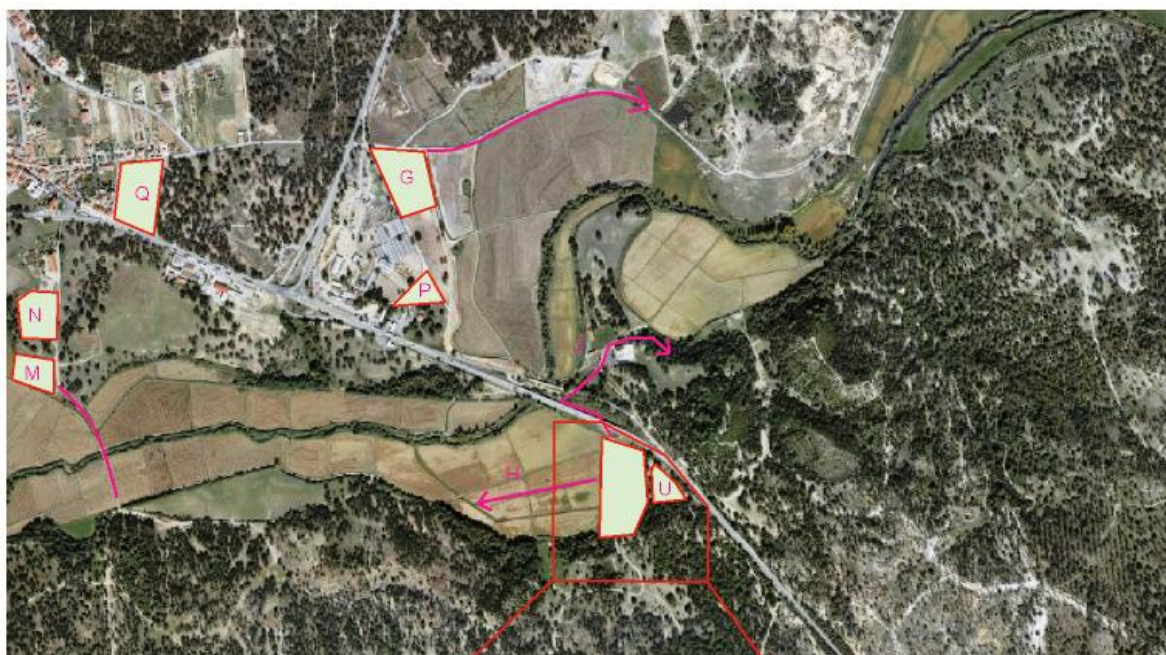
Long Distance



Exit Quarantine: -15 min

European Orienteering Championships

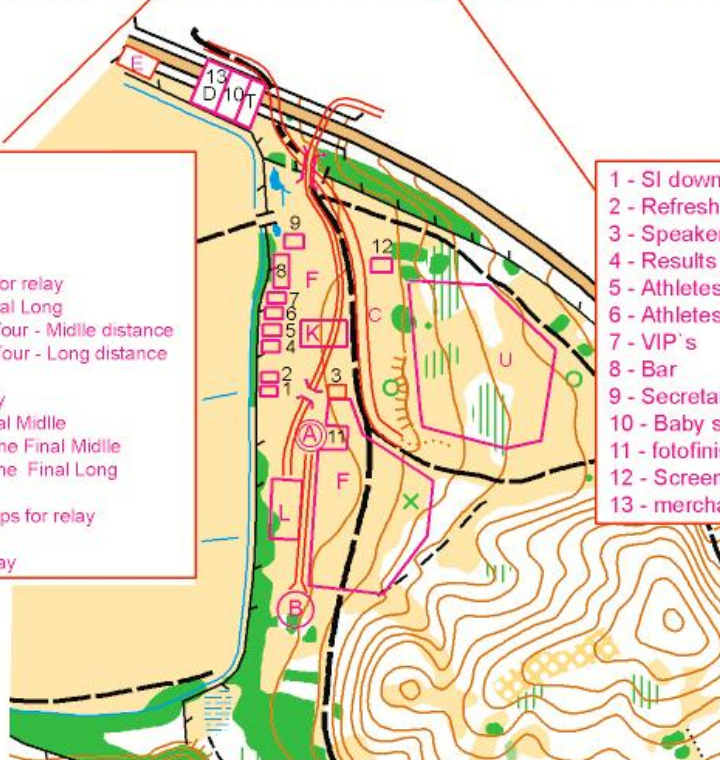
Arena Marateca Relay – Wednesday, April 16th



Relay

- A - Finish
- B - Last control
- C - marked route
- D - Sponsors
- E - toilets
- F - marched route for relay
- G - Quarantine Final Long
- H - access for EOCTour - Middle distance
- J - access for EOCTour - Long distance
- K - Start - Relay
- L - exchange - relay
- M - Quarentine Final Midlle
- N - Park - Quarentine Final Midlle
- P - Park - Quarantine Final Long
- Q - Park EOCTour
- S - 2nd and 3rd maps for relay
- T - First Aids
- U - Quarantine Relay

- 1 - SI download
- 2 - Refreshment
- 3 - Speaker
- 4 - Results
- 5 - Athletes
- 6 - Athletes
- 7 - VIP's
- 8 - Bar
- 9 - Secretariat
- 10 - Baby sitting
- 11 - fotofinish
- 12 - Screen tv
- 13 - merchandising

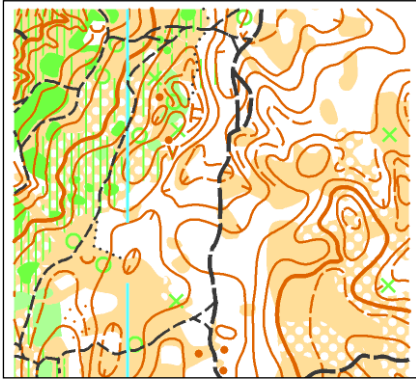


European Orienteering Championships



Map Samples

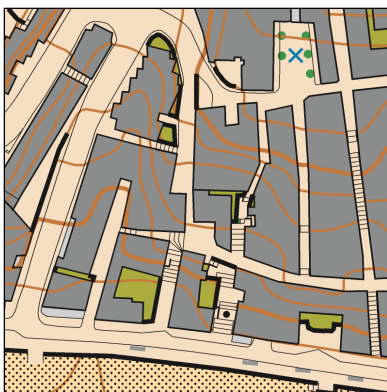
Middle Qualification



Long Qualification



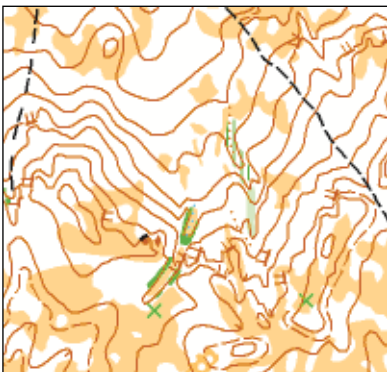
Sprint Qualification



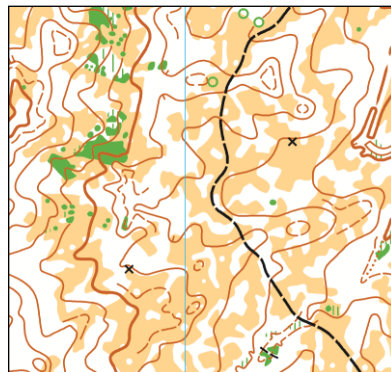
Sprint Final



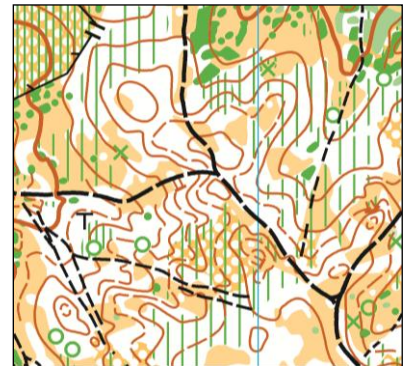
Middle Final



Long Final



Relay



European Orienteering Championships

COURSE INFORMATION



Race	Class	Distance (kms)	Climb (m)	Controls	Water refreshment (kms)
Sprint qualification	M	3,7 - 3,8	125 - 130	20 - 21	-
	W	3,0 - 3,1	85 - 90	17	-
Middle qualification	M	5,7 - 5,8	130 - 145	21 - 22	-
	W	4,7 - 4,8	100 - 110	19 - 20	-
Long qualification	M	11,1 - 11,2	275 - 290	22 - 23	3 / 7,5 / 9,5
	W	8,1 - 8,2	190 - 200	19 - 20	3,5 / 5 / 6,5
Sprint Final A	M	3,7	90	22	-
	W	3,3	75	19	-
Sprint Final B	M	3,6	90	21	-
	W	3,3	70	19	-
Middle Final A	M	7,9	180	22	-
	W	6,4	140	17	-
Middle Final B	M	6,7	150	22	-
	W	5,3	130	20	-
Long Final A	M	20,6	325	32	6 / 8 / 12 / 13 / 17 / 19
	W	13,2	240	20	4 / 7 / 9 / 10 / 12
Long Final B	M	17,8	285	22	3 / 9 / 15 / 16
	W	13,7	215	24	3 / 8 / 9 / 11 / 12
Relay	M1	7,3 - 7,6	170 - 185	23 - 24	5,3
	M2	7,3 - 7,6	170 - 185	23 - 24	5,3
	M3	8,1 - 8,3	190 - 205	34	5,3
	W1	5,8	245	24	3,6
	W2	5,8	250	24	3,6
	W3	5,8	235	25	3,6

Maximum running times



- Qualification Long: M - 120 min, W - 120 min
- Qualification Middle: M - 90 min, W - 90 min
- Qualification Sprint + Final A: M - 50 min, W - 50 min
- Final Long: M - 240 min, W - 180 min
- Final Middle: M - 90 min, W - 90 min

Special instructions for each competition, such as maps changing, picking up maps after the finish line, GPS coordinates, parking and others, will be given at TOMs.

European Orienteering Championships



Summary of Entries Received



Federation	Number of competitors - men	Number of competitors - women	Number of sprint women	Number of sprint men	Number of middle women	Number of middle men	Number of long women	Number of long men	Number of women team relay	Number of men team relay
Australia	2	2	2	2	2	2	2	2	0	0
Austria	7	5	5	6	5	6	3	6	1	2
Azerbaijan	5	0	0	5	0	5	0	4	0	1
Belarus	3	1	1	3	1	3	0	0	0	1
belgium	6	0	0	4	0	6	0	5	0	2
Bulgaria	3	0	0	3	0	2	0	2	0	1
Canada	0	2	1	0	2	0	2	0	1	0
Czech Republic	6	7	6	6	6	6	6	6	2	2
Denmark	9	8	4	4	6	5	2	2	2	2
Estonia	7	7	6	6	6	6	5	5	2	2
Finland	13	10	6	6	6	6	6	6	2	2
France	6	6	6	5	5	5	2	2	2	2
Germany	3	3	3	1	3	3	0	2	1	1
Great Britain	13	10	3	6	6	5	4	4	2	2
Hungary	1	1	0	1	1	1	1	1	0	0
Ireland	6	3	3	5	2	4	0	5	0	2
Israel	3	1	1	3	1	3	1	3	0	1
Italy	7	4	4	6	4	6	4	4	1	2
Latvia	8	3	3	3	2	6	2	6	1	2
Lithuania	4	4	3	4	4	4	1	1	1	1
Norway	9	7	4	5	5	7	3	6	2	2
Poland	3	1	1	2	0	3	1	1	0	1
Romania	3	0	0	2	0	3	0	2	0	1
Russia	10	10	6	6	6	6	6	6	2	2
Spain	5	4	4	5	4	5	4	5	1	1
Switzerland	8	8	6	6	6	6	6	6	2	2
Ukraine	9	5	5	5	5	5	5	5	2	2
Sweden	12	10	6	6	6	6	6	6	2	2
New Zealand	1	0	0	1	0	1	0	0	0	0
Portugal	9	9	6	6	6	5	3	5	2	2
30	181	131	95	123	100	131	75	108	29	43

European Trail Orienteering Championships

EUROPEAN TRAIL ORIENTEERING CHAMPIONSHIPS

COMPETITION RULES

The competitions will follow the IOF Trail Orienteering Competition Rules, the Technical Guideline for TrailO and the rules for European Trail Orienteering Championships valid from January 2013.

CLASSES AND PARTICIPATION RESTRICTIONS

The following regulations based on The IOF Trail Orienteering Competition Rules shall be applied to participation in the ETOC'14:

- In European Trail Orienteering Championships there are two classes. All competitors, regardless of sex, age or physical ability/disability are eligible to be entered for the European Championship Open class competition.
- Only competitors who have a permanent disability that significantly reduces their mobility are eligible to be entered for the European Championship Paralympic class competition.
- Competitors for the Paralympic class shall submit to the IOF, at least eight weeks before the competition, an eligibility form (available at www.orienteeering.org) completed by a doctor.
- When approved, a certificate authenticating their Paralympic status will be issued.
- The rules for representing a country are the same as for EOC.
- In the individual PreO events a Federation may enter maximum 6 persons in each class + European champion. Competitors may only be entered for one class.
- In the team competition a Federation may enter 2 teams with three competitors, including at least one Open class competitor and at least one Paralympic class competitor. Only the better-placed team will count in the prize list.

In the TempO event a Federation may enter a maximum of 8 persons. The current European Champion may be entered in their respective classes in addition to the normal maximum.

Each participating Federation shall appoint a team manager to act as a contact person between the team and the organizer. It is the team manager's duty to see that the team receives all necessary information.

Competitors participate at their own risk. Insurance against accidents is the responsibility of the Federation or the individual competitor according to national regulations.

Competitors participate at their own risk (including warm-up), assuming their own safety precautions, and will be held responsible for any injuries which might occur during the competition.

ELECTRIC WHEELCHAIR

The maintenance of wheelchairs is the responsibility of the participants. There will be a possibility to recharge wheelchairs both in the event centre and at the start quarantine.

CLOTHING

According to The Competition Rules for IOF Trail Orienteering Events, the choice of clothing and footwear shall be free.

ANTI DOPING

Rules for ETOC are the same of EOC, described in section Anti Doping of Page 25.

ESCORT

In the bulletin 2, teams have already been invited to register escorts and medical assistants free of entry fee and, in addition, in the preliminary entry form were asked to indicate the total estimated number of escorts required provided by the organizer. Both of these data will be confirmed within the final entries. The organizer will provide escort according to these data, and also when it may be necessary in accordance with the terrain.



NEW



European Trail Orienteering Championships

COMPETITION AREAS

VALE DE BARRIS

PreO model event and stages 1 + 2



PALMELA VILLAGE

TempO qualification and final



COURSE COURSE INFORMATION

PREO COURSE INFORMATION

Event	Lenght	Controls	Climb	Limit Time	Water refreshment
PreO - stage1	1,4 km	20 + 1 TC	15-20 m	102'	1
PreO - stage 2	1,8 km	20 + 1 TC + 1 TC Teams		115'	1

TEMPO COURSE INFORMATION

Event	Lenght	Stations	Climb
TempO Qualifying	980m	5	< 10m
TempO Final	1,7km	6	

In the qualification the athletes will be spread for 2 heats

European Trail Orienteering Championships



Summary of Entries Received



Federation	Number of competitors	Number of PreO competitors	Paralimpic	Open	Number of TempoO competitors	Number of PreO teams
Croatia	5	5	1	4	5	1
Czech republic	12	12	6	6	8	2
Denmark	7	7	2	5	2	2
Spain	4	4	0	4	4	1
Finland	10	10	4	6	8	2
Germany	2	2	0	2	2	0
Great Britain	8	8	2	6	8	2
Hungary	4	4	2	2	3	1
Ireland	3	3	0	3	3	0
Italy	7	6	2	4	4	1
Latvia	10	10	4	6	8	2
Lithuania	7	7	4	3	6	2
Norway	7	7	2	5	7	2
Poland	1	1	1	0	1	1
Russia	7	7	4	3	7	2
Slovenia	3	3	0	3	3	0
Sweden	11	11	4	7	8	2
Ukraine	11	11	5	6	8	2
Portugal	10	9	3	6	8	2
19	129	127	46	81	103	27

EOC TOUR



European Orienteering Championships Tour is an orienteering festival held in parallel with European Orienteering Championships 2014 with open races to the public. The races will occur on the same terrains that will be used for European Orienteering Championships 2014.

CATEGORIES

Age groups | from M/W10 to M/W90

Final classification is given by adding the points of the 4 best stages out of 5, being required the participation in, at least, 4 stages.

Open Courses | there will be open courses suitable to any degree of knowledge of Orienteering and / or habits of physical activity, since they have different levels of technical difficulty and distance. These courses may be made in groups, pairs or individually and have reduced competitive nature.



ENTRIES

Final entries for EOC Tour (detailing first name, surname, gender, date of birth, athlete or team official) shall reach the organization not later than 2nd February to 15th April 2014.

Competitors participate at their own risk (including warm-up), assuming their own safety precautions, and will be held responsible for any injuries which might occur during the competition.

ENTRY FEES

Until 30th November 2013	1st December 2013 to 1st February 2014	2nd February 2014 to 15th february 2014
(reduced fee)	(normal fee)	(increased fee)
100,00€ (5 stages)	150,00€ (5 stages) or 30,00€ per stage	200,00€ (5 stages) or 50,00€ per stage

Banquet – 35,00€ per person

Middle distance (10/04)					
Class	Distance (m)	Climb	Controls	Water	Scale
M10	2090	50	12	0	10000
M12	2580	70	16	0	10000
M14	3200	92,5	17	0	10000
M16	4390	110	26	0	10000
M18	4430	120	22	0	10000
M20	5750	165	25	0	10000
M21A	5060	155	21	0	10000
M21B	4340	110	26	0	10000
M35	5750	165	25	0	10000
M40	5110	160	23	0	10000
M45	5070	155	22	0	10000
M50	4690	125	23	0	10000
M55	4610	115	21	0	10000
M60	3600	112,5	18	0	10000
M65	3600	112,5	18	0	10000
M70	3390	95	20	0	10000
M75	3390	95	20	0	10000
W10	2090	50	12	0	10000
W12	2580	70	16	0	10000
W14	2330	70	12	0	10000
W16	3190	92,5	17	0	10000
W18	4390	110	26	0	10000
W20	4610	120	17	0	10000
W21A	4600	120	20	0	10000
W21B	3190	92,5	17	0	10000
W35	4600	120	20	0	10000
W40	4430	120	22	0	10000
W45	4610	115	21	0	10000
W50	3500	105	19	0	10000
W55	3500	105	19	0	10000
W60	3390	95	20	0	10000
W65	2820	60	18	0	10000
W70	2820	60	18	0	10000
W75	2820	60	18	0	10000
Short easy	2580	70	16	0	10000
Short hard	3390	95	20	0	10000
Long easy	3220	80	19	0	10000
Long hard	3600	112,5	18	0	10000

Long distance (11/04)					
Class	Distance (m)	Climb	Controls	Water	Scale
M10	2420	75	13	0	10000
M12	2450	75	12	0	10000
M14	4750	105	15	1	10000
M16	7090	230	15	2	10000
M18	6580	145	15	1	15000
M20	10110	350	25	1	15000
M21A	8130	300	22	1	15000
M21B	7090	230	15	1	10000
M35	10110	350	25	1	15000
M40	9680	320	24	1	15000
M45	7970	285	21	2	10000
M50	7960	270	19	1	10000
M55	7470	55	19	2	10000
M60	6550	150	15	1	10000
M65	6550	150	15	1	10000
M70	5850	130	15	1	10000
M75	5850	130	15	1	10000
W10	2420	75	13	0	10000
W12	2450	75	12	0	10000
W14	4350	105	13	1	10000
W16	6180	135	15	1	10000
W18	6830	145	17	2	15000
W20	7610	270	18	2	15000
W21A	7470	265	18	2	15000
W21B	6830	145	17	2	15000
W35	7470	265	18	2	15000
W40	6580	145	15	1	15000
W45	7470	55	19	2	10000
W50	6170	145	17	1	10000
W55	6170	145	17	1	10000
W60	5850	130	15	1	10000
W65	5780	125	16	1	10000
W70	5780	125	16	1	10000
W75	5780	125	16	1	10000
Short easy	2450	75	12	0	10000
Short hard	5780	125	16	0	10000
Long easy	4460	110	18	1	10000
Long hard	6550	150	15	1	10000

Sprint (13/04)					
Class	Distance (m)	Climb	Controls	Water	Scale
M10	1080	25	8	0	4000
M12	1080	25	8	0	4000
M14	1860	65	14	0	4000
M16	2000	65	14	0	4000
M18	2110	70	17	0	4000
M20	2790	90	20	0	4000
M21A	2560	85	20	0	4000
M21B	2000	65	14	0	4000
M35	2790	90	20	0	4000
M40	2590	90	20	0	4000
M45	2500	85	19	0	4000
M50	2160	77,5	18	0	4000
M55	2150	75	17	0	4000
M60	1680	55	12	0	4000
M65	1680	55	12	0	4000
M70	1540	50	12	0	4000
M75	1540	50	12	0	4000
W10	1080	25	8	0	4000
W12	1080	25	8	0	4000
W14	1530	45	11	0	4000
W16	1860	65	14	0	4000
W18	2100	65	17	0	4000
W20	2150	85	19	0	4000
W21A	2070	75	15	0	4000
W21B	2100	65	17	0	4000
W35	2070	75	15	0	4000
W40	2110	70	17	0	4000
W45	2150	75	17	0	4000
W50	1690	60	13	0	4000
W55	1690	60	13	0	4000
W60	1540	50	12	0	4000
W65	1370	40	10	0	4000
W70	1370	40	10	0	4000
W75	1370	40	10	0	4000
Short easy	1080	25	8	0	4000
Short hard	1540	50	12	0	4000
Long easy	1730	70	17	0	4000
Long hard	1680	55	12	0	4000

Middle distance (14/04)					
Class	Distance (m)	Climb	Controls	Water	Scale
M10	2600	40	11	0	10000
M12	2980	42,5	12	0	10000
M14	3040	77,5	16	0	10000
M16	4560	145	17	0	10000
M18	4620	125	17	0	10000
M20	6320	175	25	0	10000
M21A	6010	162,5	21	0	10000
M21B	4560	145	17	0	10000
M35	6320	175	25	0	10000
M40	6140	175	21	0	10000
M45	5750	170	20	0	10000
M50	5610	125	19	0	10000
M55	5050	125	19	0	10000
M60	4440	140	14	0	10000
M65	4440	140	14	0	10000
M70	3180	90	12	0	10000
M75	3180	90	12	0	10000
W10	2600	40	11	0	10000
W12	2980	42,5	12	0	10000
W14	3090	77,5	15	0	10000
W16	4220	122,5	16	0	10000
W18	4450	145	17	0	10000
W20	5020	127,5	19	0	10000
W21A	4770	125	20	0	10000
W21B	4450	145	17	0	10000
W35	4770	125	20	0	10000
W40	4620	125	17	0	10000
W45	5050	125	19	0	10000
W50	4390	120	17	0	10000
W55	4390	120	17	0	10000
W60	3180	90	12	0	10000
W65	2960	67,5	11	0	10000
W70	2960	67,5	11	0	10000
W75	2960	67,5	11	0	10000
Short easy	2980	42,5	12	0	10000
Short hard	3180	90	12	0	10000
Long easy	4020	40	12	0	10000
Long hard	4440	140	14	0	10000

Long distance (15/04)					
Class	Distance (m)	Climb	Controls	Water	Scale
M10	2220	70	10	0	10000
M12	2930	85	11	1	10000
M14	5800	150	9	1	10000
M16	6710	195	12	1	10000
M18	9370	280	18	1	15000
M20	12410	350	21	1	15000
M21A	10000	310	15	3	15000
M21B	7170	190	11	1	15000
M35	12410	350	21	3	15000
M40	10110	295	17	3	15000
M45	9250	280	17	2	10000
M50	8350	260	15	2	10000
M55	7610	245	14	1	10000
M60	5730	180	9	1	10000
M65	5730	180	9	1	10000
M70	3760	130	8	1	10000
M75	3760	130	8	1	10000
W10	2220	70	10	0	10000
W12	2930	85	11	1	10000
W14	3400	110	9	1	10000
W16	5800	150	9	1	10000
W18	6660	195	11	1	15000
W20	8450	255	15	1	15000
W21A	6130	180	13	1	15000
W21B	5590	150	10	1	15000
W35	6130	180	13	1	15000
W40	5610	160	11	1	15000
W45	5320	160	11	1	10000
W50	4730	160	9	1	10000
W55	4730	160	9	1	10000
W60	3760	130	8	1	10000
W65	3180	130	8	1	10000
W70	3180	130	8	1	10000
W75	3180	130	8	1	10000
Short easy	2930	85	11	1	10000
Short hard	3760	130	8	1	10000
Long easy	4780	175	13	1	10000
Long hard	5730	180	9	1	10000



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