



24th to 31st July 2016

Águeda, Cantanhede and Mealhada - PORTUGAL

MTBOC'16

# Bulletin #4

World MTB Orienteering Championships 2016 & MTBO World Cup  
Campeonato do Mundo de O-BTT 2016 & Taça do Mundo de O-BTT  
(WMTBOC'16 & MTBOWCup)

Junior World MTB Orienteering Championships 2016  
Campeonato do Mundo de Juniores de O-BTT 2016  
(JWMTBOC'16)

European Youth MTB Orienteering Championships 2016  
Campeonato da Europa de Jovens de O-BTT 2016  
(EYMTBOC'16)



<http://mtbo16.fpo.pt>

<http://www.facebook.com/MTBO16Portugal-1483144768637204>





**24th to 31st July 2016**

**Águeda, Cantanhede and Mealhada - PORTUGAL**

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## Comissão de Honra

## Honour committee

### Mensagem do Presidente da Câmara Municipal de Águeda

### Message from the Mayor of Águeda

Gil Nadais



Águeda, um território de múltiplas paisagens que se estendem ao longo do maior concelho do distrito de Aveiro. A extensa área florestal, as variações altimétricas, os recursos naturais, de onde se destaca a rede de rios e ribeiras, criam paisagens únicas que convidam à aventura e descoberta, bem como à prática desportiva de ar livre.

Este é um dos fatores que tem contribuído para o aumento da procura de Águeda como destino mas também as atividades de lazer, um cartaz cultural de excelência, a rica e vasta gastronomia, o património histórico e cultural, bem como a simpatia das "gentes" de Águeda! O Município tem apostado nestas áreas implementando uma rede de trilhos pedestres, valorizando espaços naturais, apoiando a prática desportiva em particular o BTT, a orientação e a criação de programas com vista à promoção da saúde das populações através da prática desportiva.

Enquadrado neste âmbito o Município apoia, desde o primeiro instante, a organização e dinamização dos Campeonatos do Mundo de Seniores e de Júniores de O-BTT (Orientação em BTT) e o Campeonato Europeu de Jovens de O-BTT, cujo convite endereçado pela Federação Portuguesa de Orientação-FPO, muito nos honra.

Bem-vindo a Águeda!

Águeda is a territory with multiple landscapes that extend along the largest municipality in the district of Aveiro. With a wide forest area, altimetry variations, an important network of rivers and streams, among other natural resources that create unique landscapes and invite to adventure and discovery, as well as outdoor sports.

These are some of the factors that contribute to the choice of Águeda as a tourist destination but also the leisure activities, an excellent cultural program, a rich and vast gastronomy, the historical and cultural heritages as well as the friendliness of the "people" of Águeda! The municipality invests in these areas by implementing a network of hiking trails, valuing natural areas, supporting sports especially mountain biking, orienteering and the creation of programs to promote the health of populations through sport.

The Municipality receives with great honor the World MTBO Championships and Junior World MTBO Championship and the European Youth MTBO Championship, organized by the Portuguese Orienteering Federation-POF, and welcomes all participants, teams, sponsors and visitors.

Welcome to Águeda!

# ÁGUEDA



## CÂMARA MUNICIPAL



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## Comissão de Honra

## Honour committee

### Mensagem do Presidente da Câmara Municipal de Cantanhede

Ao acolher em 2016 o World Championship of Mountain Bike Orienteering (MTBO) em seniores e juniores e o European Youth MTBO Championship, o Município de Cantanhede torna-se palco de mais um grande evento desportivo internacional, ficando associado às mais importantes provas mundiais de uma modalidade com forte projeção em todos os continentes.

Tendo em conta a notoriedade que um acontecimento desta natureza proporciona aos locais onde se realiza, este concelho vai poder desfrutar de uma excelente oportunidade para promover a diversidade do seu território e a variedade dos seus recursos naturais, fatores que o tornam particularmente convidativo para quem aprecia o contacto com a natureza, como é o caso dos praticantes de Orientação e de BTT.

Para além de dispor de condições extremamente favoráveis para o desporto nessas e noutras vertentes, como de resto comprovam as provas nacionais e internacionais já realizadas em vastas zonas florestais e na rede de trilhos existente, o Município de Cantanhede tem para oferecer um estimulante leque de experiências, seja em atividades de lazer, seja no contacto com um património edificado de relevo seja na convivência de uma dinâmica socioeconómica com forte identidade cultural.

Além disso, esta comunidade é uma comunidade que está habituada a receber BEM quem a visita, conforme poderão testemunhar todos quantos a visitarem no âmbito do World MTBO Championships (Mountain Bike Orienteering) em seniores e juniores e do European Youth MTBO Championships, organização da Federação Portuguesa de Orientação-FPO a que o Município de Cantanhede tem muita honra em se associar.

### João Moura



### Message from the Mayor of Cantanhede

By hosting the senior and junior World MTBO Championships 2016 and the European Youth MTBO Championships 2016, the Municipality of Cantanhede becomes the scene of another major international sporting event, becoming associated with the world's most important sporting events of a type of sport with strong projection on all continents.

Given the notoriety that such an event provides to where it happens, the Municipality will be able to enjoy an excellent opportunity to promote the diversity of its territory and the variety of its natural resources, factors that make it particularly inviting for those who appreciate contact with nature, as in the case of orienteering and mountain biking practitioners.

In addition to having extremely favorable conditions for these and other sports, as indeed prove national and international events already held in vast forest areas and the existing rail network, Cantanhede has an exciting range of experiences to offer either in leisure activities or in contact with an important heritage and a socio-economic dynamic with strong cultural identity.

Furthermore, this community is a community that is accustomed to receive WELL those who visit it, as may witness all that will visit the senior and junior World MTBO Championships and the European Youth MTBO Championships, organized by the Portuguese Orienteering Federation to whom the Municipality of Cantanhede is honored to be associated.



CANTANHEDE  
MUNICÍPIO



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## Comissão de Honra

## Honour committee

### Mensagem do Presidente da Câmara Municipal de Mealhada

É com satisfação e orgulho que o Município da Mealhada acolhe os Campeonatos Mundiais e Europeus de Orientação em BTT 2016.

Quero, desde já, saudar todos os atletas que participam nesta competição, que chegam dos quatro cantos do Mundo, mas também todos os que os acompanham e os que nos vêm visitar para assistir a este evento desportivo.

Espero sinceramente que estes campeonatos sirvam para uma troca de experiências enriquecedoras, de boas práticas desportivas e promovam o convívio entre todos os participantes.

Da nossa parte, tudo faremos para que se sintam bem, em casa, para que conheçam a nossa cultura, as nossas tradições, as nossas riquezas patrimoniais e ambientais, a nossa gastronomia, os nossos vinhos, a nossa terra e a nossa gente. É bom podermos mostrar a simpatia e a hospitalidade com que acolhemos todos os que nos visitam.

Estamos certos que será com o mesmo espírito de alegria, convívio e "fair-play" que os atletas, as suas equipas e o público vão viver este espetáculo desportivo. Esperemos que disfrutem do momento e que fiquem com vontade de regressar.

Desejo os maiores sucessos a todos os participantes. É um prazer receber-vos aqui.

### Rui Marqueiro



### Message from the Mayor of Mealhada

The City of Mealhada is pleased and proud to host the World and European MTB Orienteering Championships 2016.

I would like to welcome, not only all the athletes participating in this competition, coming from all around the World, but also all the accompanying and those who come to visit us to attend this sport event.

I really hope that this championship will give us all an enriching exchange of experiences, good sports practice and will promote sporting interaction between all those involved in the event.

We will do our best to welcome you all so that you can feel at home, to get you to know our culture, our traditions, our wealth of patrimony, and natural environments, our gastronomy, our wines, our land and our people. It is a pleasure to welcome all visitors that come to us.

We are sure it will be with joy, interaction and "fair play" that athletes, their teams and the audience will experience this sports event. We hope you enjoy the moment and will be willing to return.

I wish all the best and success to all the participants. It is a great pleasure to host you.



município de  
mealhada



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## 1. General

### 1.1. Organizers

IOF - International Orienteering Federation - [www.orienteering.org](http://www.orienteering.org)

FPO - Portuguese Orienteering Federation - [www.fpo.pt](http://www.fpo.pt)

CM Águeda - Municipality of Águeda - [www.cm-agueada.pt](http://www.cm-agueada.pt)

CM Cantanhede - Municipality of Cantanhede - [www.cm-cantanhede.pt](http://www.cm-cantanhede.pt)

CM Mealhada - Municipality of Mealhada - [www.cm-mealhada.pt](http://www.cm-mealhada.pt)

Event Director: Augusto Almeida

Deputy Event Directors: Carlos Ferreira, António Amador and Jacinto Eleutério

Event Center: Jorge Simões

Maps: Alexandre Reis

Courses: Alexandre Reis and Carlos Simões

IT: Nuno Leite

Media: Fernando Costa

### 1.2. Event controlling

IOF Senior Event Advisor: Jan Eg Pedersen / DEN

National Controller: Tiago Fernandes / POR

### 1.3. Information

Federação Portuguesa de Orientação - FPO

Estrada da Vieira, 4 - Bairro Florestal - Pedreanes

P - 2430-401 Marinha Grande

PORTUGAL

Phone: (+351) 244575074

Email: [mtbo16.portugal@gmail.com](mailto:mtbo16.portugal@gmail.com) or [geral@fpo.pt](mailto:geral@fpo.pt)

Website: [mtbo2016.fpo.pt](http://mtbo2016.fpo.pt) and <http://www.facebook.com/MTBO16Portugal-1483144768637204>





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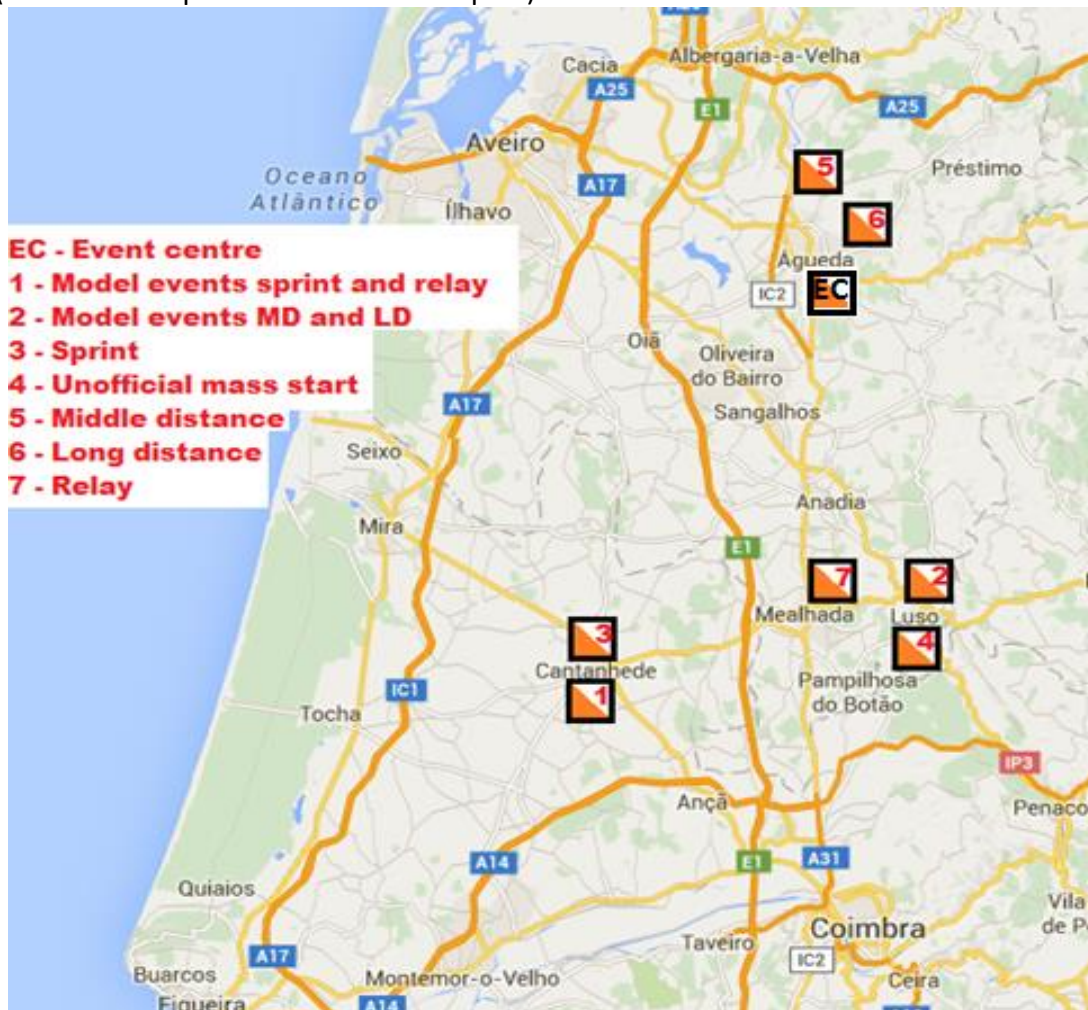
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**1.4. General location**



Notes:

- Águeda, Cantanhede e Mealhada: host counties
- **Águeda: event centre (EC)**
- (230 km from Lisbon international airport)
- (80 km from Oporto international airport)



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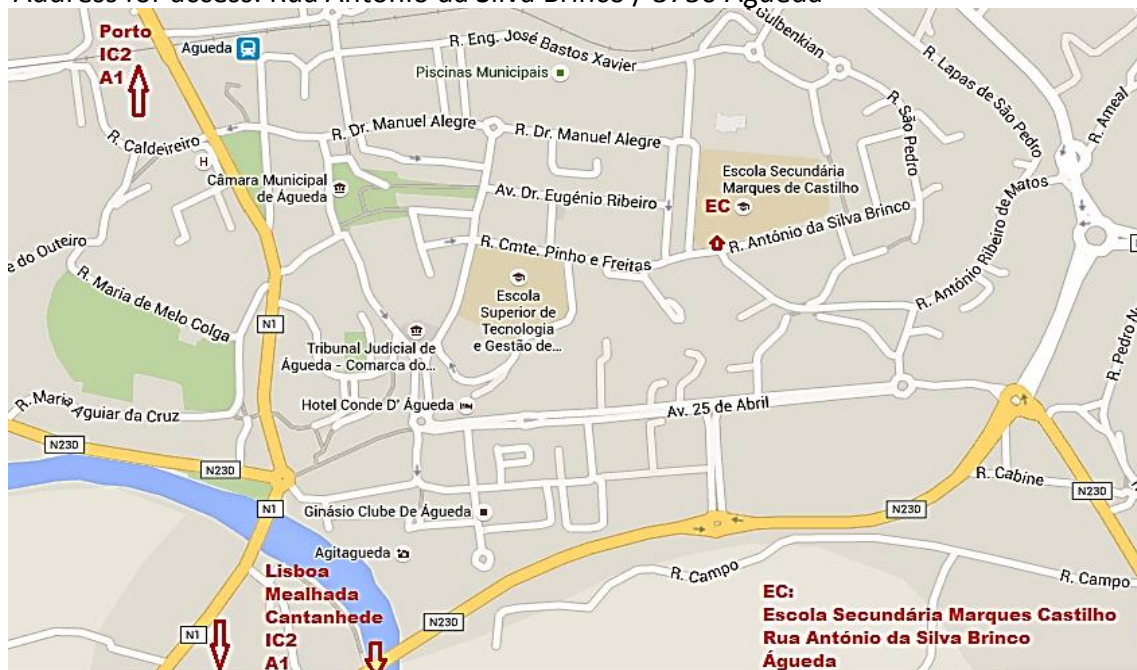
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### 1.4.1. Event centre

Águeda - Escola Secundária Marques Castilho (GPS: 40.574961 / -8.440535)

Address: Largo Dr. António Breda, 2 - Águeda / 3750 Águeda

Address for access: Rua António da Silva Brinco / 3750 Águeda



### 1.4.2. Facilities locations

#### - Supermarkets:

There are several supermarkets in the partner counties:

- Águeda: **Intermarché + LIDL + Continente + Pingo Doce + Minipreço**
- Cantanhede: **Intermarché + LIDL + Continente**
- Mealhada: **Intermarché + LIDL + Minipreço**

#### Web pages:

Intermarché: <http://www.intermarche.pt/lojas>

LIDL: <http://www.lidl.pt/pt/infos-lojas-pesquisa-de-loja.htm>

Continente: <http://www.continente.pt/>

Pingo Doce: <https://www.pingodoce.pt/lojas/>

Minipreço: <http://www.loji.pt/minipreco/>

#### - Hospitals:

##### In Águeda:

Hospital Distrital de Águeda  
R. Misericórdia de Águeda 227  
Águeda  
Phone (+351) 234 611 000  
Distance to EC - 0,9 km

##### In Aveiro:

Hospital Infante D Pedro  
Coimbra  
Av Artur Ravara 3814  
**Aveiro**  
Phone (+351) 234 378 300  
Distance EC - 26 km

##### In Coimbra:

Centro Hospitalar e Universitário de  
Praceta Prof Mota Pinto  
**Coimbra**  
Phone: (+351) 239 400 400  
Distance EC - 50 km



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#### - Pharmacies:

There are several pharmacies in the partner counties:

- Águeda: <http://www.farmaciasdeservico.net/localidade/aveiro/aguada>
- Cantanhede: <http://www.farmaciasdeservico.net/localidade/coimbra/cantanhede>
- Mealhada: <http://www.farmaciasdeservico.net/localidade/aveiro/mealhada>

#### - Bike Shops:

- FERMAQ - Address: Trofa / Águeda - Phone: (+351) 234644681 / (+351) 966654379
- GOIN BIKES - Address: Estrada Nacional 1 - Borralha / Águeda - Phone: (+351) 234621870 / (+351) 916601037  
- Address: Trofa / Águeda - Phone: (+351) 234 644 681
- BICISPORTS - Address: Estrada Nacional 1 / Mealhada - Phone: (+351) 918 604 852

#### - Banks and ATM:

There are several Banks and ATM in the urban centers of Águeda, Cantanhede and Mealhada.

#### - Fuel stations:

There are several Fuel stations in the peripheries of Águeda, Cantanhede and Mealhada and in the main roads.

#### - Restaurants:

There are many restaurants in the urban centres' of Águeda, Cantanhede and Mealhada and in all the villages.

## 1.5. Program overview

### Saturday, 23<sup>rd</sup> July

10:00-19:00: Opening Hours of the Event Office (EO) in Águeda (EC).

### Sunday, 24<sup>th</sup> July

09:00-19:00: Opening Hours of the EO in Águeda (EC).

11:00-16:00: Model events Sprint and Relay (Cordinhã - Cantanhede)

15:00: Deadline for names/start group allocation for sprint competitions at the EC.

17:30: Team Leaders meeting (TLM) for WMTBOC, JWMTBOC, EYMTBOC and WCup at Escola Profissional Vasconcelos Lebre (GPS: 40.373068 / -8.454456) in Mealhada.

18:30: Opening Ceremony in Mealhada.

### Monday, 25<sup>th</sup> July (Cantanhede, local public holyday)

#### Sprint

09:00-16:00: Opening hours of the Event Office at the Sprint arena (Cantanhede)

11:00: Start for Sprint EYMTBOC

11:05: Finish quarantine activated.

12:00: Start for Sprint JWMTBOC

12:40: Start quarantine activated.

12:45: Finish quarantine finished.

13:00: Start for Sprint WMTBOC

14:30: Start for Sprint Open Classes.

15:30: Prize giving ceremony for Sprint (Cantanhede) - EYMTBOC, JWMTBOC, WMTBOC, Open

16:00-20:00: Opening hours of the Event Office at the EC.



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**Tuesday, 26<sup>th</sup> July****Unofficial Mass Start**

09:00-13:00: Opening hours of the Event Office at the Unofficial Mass Start arena (Luso)

10:00: Mass Start for ME + M20

10:10: Mass Start for WE + W20

11:00: Mass Start for M17, M40, M45, M50, M55, M60, M65, M70, M75

11:10: Mass Start for W17, W40, W45, W50, W55, W60, W65, W70, W75

12:30-16:00: Model Events Middle and Long distances at Luso.

14:00-19:00: Opening hours of the Event Office at EC.

16:00: Deadline for names/start group allocation for Middle distance competitions at the EC.

17:00: World Masters Series (WMS) Information session at EC (Águeda).

18:00: Team Leaders meeting at EC (Águeda).

**Wednesday, 27<sup>th</sup> July****Middle Distance**08.30-15.00: Opening hours of the EO at the Middle distance arena (Valongo do Vouga - GPS:  
40.620275 / -8.412871)

09:00: Start for middle distance course WMS + Open

09:30: Finish quarantine activated.

10:00: Start for middle distance course EYMTBOC + JWMTBOC

11:45: Start quarantine activated.

11:50: Finish quarantine finished.

12:00: Start for middle distance course WMTBOC

16:00: Prize giving ceremony for Middle distance

16:00-19:00: Opening hours of the Event Office at EC.

**Thursday, 28<sup>th</sup> July****Rest day**

10:00-20:00: Opening hours of the Event Office at the EC

15:00: Deadline for names/start group allocation for Long distance competitions at EC.

18:00: Team Leaders Meeting at EC.

**Friday, 29<sup>th</sup> July****Long distance**

08:30-15:00: Opening hours of the Event Office at the Long distance arena.

09:00: Start for long distance course EYMTBOC + JWMTBOC + WMS + Open + B Final WMTBOC

10:00: Finish quarantine activated.

11:25: Start quarantine activated.

11:30: Finish quarantine finished.

11:30: Start for long distance course WMTBOC

16:00-19:00: Opening hours of the Event Office at EC.

16:00: Deadline for names/start group allocation for Relay competitions at the EC

16:30: Prize giving ceremony for Long distance.

18:00: Team Leaders Meeting at EC



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**Saturday, 30<sup>th</sup> July****Relay**

08:30-16:00: Opening hours of the Event Office at the Relay arena (Mealhada).

09:00: Mass start first leg Relay EYMTBOC + JWMTBOC

11:00: Mass start first leg Relay WMTBOC

14:00: Mass start first leg unofficial/open relay

15:00: Prize giving ceremony.

19:00: Closing ceremony and Party MTBO'16 at Cantanhede.

**1.6. Team leaders meeting and information session**

The WMTBOC, JWMTBOC, EYMTBOC and World Cup Team Leaders meeting will take place in:

- Sunday, 24<sup>th</sup> July, at 17:30 in Mealhada (at Escola Profissional Vasconcelos Lebre - GPS: 40.373068 / -8.454456);
- Tuesday, 26<sup>th</sup> July, at 18:00 in EC (Águeda);
- Thursday, 28<sup>th</sup> July, at 18:00 in EC (Águeda);
- Friday, 29<sup>th</sup> July, at 18:00 in EC (Águeda).

A World Masters Series information session will be held at Tuesday, 26<sup>th</sup> July, at 17:00, in the Event Center preceding the beginning of the Masters Series competition.**1.7. Late start policy**

*Rule deviations/special rules:* For all the athletes except Elites - if it is still possible to start at the original minute, the athlete will be positioned in the start corridor in accordance with the start minute he/she has, if not, they will start in the next available 30 second slot, but the original start time stands and will be utilised to calculate the result.

**1.8. Complaints and Protests**

A special form should be used for the Complaints and Protest process which is available at the Event Office or is available on the IOF website

If the competitor is not satisfied with the result of the Complaint, a Protest can be made against the organiser's decision no later than 15 minutes after that decision has been given to the competitor.

Protests must be completed in writing in English and handed in at the Event Office in the Finish area. Protests will be handled by the jury, who will communicate their decision to the complainant as soon as possible.

There is a fee of 50.00€ for making a protest against the outcome of a complaint. This fee will be returned if the or Protest is accepted. See Competition Rules for IOF MTBO events rules 27 and 28.

**1.9. Model events**

The maps are provided at the secretariat (EC).

**1.9.1. Schedule of model events:**24<sup>th</sup> July 2016: 11:00-16:00 - Model event in Cordinhã - Cantanhede26<sup>th</sup> July 2016: 12:30-16:00 - Model event in Luso - Mealhada (GPS: 40.376305 / -8.387658)

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### 1.9.2. Travel & Logistic

Distance from EC to Cantanhede: 38 Km (45 min driving).

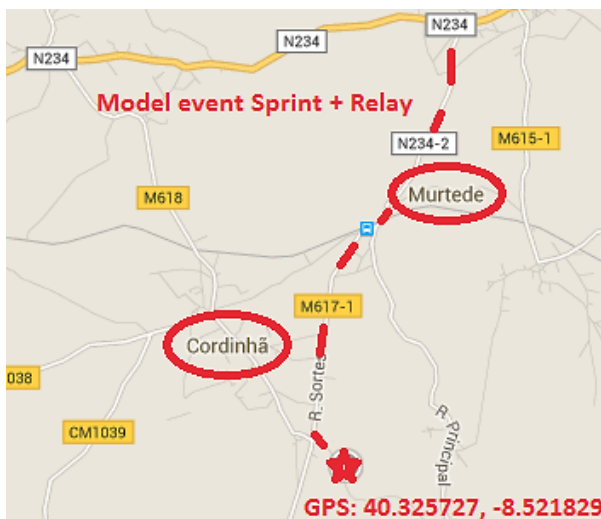
Directions: follow the direction **Mealhada** (EN1/IC2). In Mealhada turn to the west and follow the direction A1 / Cantanhede (EN234). Before reaching the A1 turn to the left in direction Cantanhede. The event is signed with orienteering guiding arrows from the Cantanhede entrance.

Distance from Luso to Cantanhede: 21 Km (30 min driving).

Directions: follow the direction **Mealhada** (EN234). In Mealhada turn to the west and follow the direction A1 / Cantanhede (EN234). Before reaching the A1 turn to the left in direction Cantanhede. The event is signed with orienteering guiding arrows from the Cantanhede entrance.

Distance from Mealhada to Cantanhede: 15 Km (20 min driving).

Directions: Follow the direction A1 / Cantanhede (EN234). Before reaching the A1 turn to the left in direction Cantanhede. The event is signed with orienteering guiding arrows from the Cantanhede entrance.



### 1.9.3. Safety communication needed:

Masters and competitors of other open classes travelling alone may leave their intentions to train at the model events with the event centre secretariat as a safety measure, however it is imperative that they then confirm their safe return.

### 1.9.4. Available maps

1/10.000, Eq 5m

1/10.000, Eq 5m (with 1:5.000 blow-up section)

1/15.000, Eq 5m



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### 1.10. Summary of entries received:

		WMTBOC		JWMTBOC		EYMTBOC			Open and WMS	
Federation		Men	Women	Men	Women	Men	Women	Team Officials	Men	Women
Sum		78	52	48	27	40	25	34	58	16
	Australia	1	0	1	1	0	0	2	1	1
	Austria	6	4	2	1	4	2	5	4	3
	Czech Republic	6	4	2	2	3	1	5	0	0
	Denmark	3	3	1	0	3	1	2	2	0
	Estonia	5	0	1	1	1	0	1	0	0
	Finland	6	6	6	3	3	3	4	0	0
	France	6	2	3	3	3	4	3	13	3
	Germany	3	1	0	0	0	0	0	1	0
	Great Britain	0	3	0	0	0	0	0	4	1
	Hungary	0	0	0	0	0	0	0	1	0
	Italy	4	1	3	1	0	0	2	2	0
	Japan	1	2	0	0	0	0	0	0	0
	Latvia	3	0	0	0	0	0	0	0	0
	Lithuania	4	3	2	2	1	1	0	0	0
	Norway	1	0	0	0	0	0	0	0	0
	Poland	0	0	4	0	3	0	1	1	0
	Portugal	6	3	6	3	6	3	3	12	1
	Russian Federation	7	7	6	6	6	6	2	1	0
	Slovakia		1	1	0	0	0	0	0	0
	Spain	4	2	2	1	1	0	1	14	5
	Sweden	4	3	6	3	6	4	3	0	0
	Switzerland	3	3	1	0	0	0	0	2	2
	Turkey	1	0	1	0	0	0	0	0	0
	United States	4	4	0	0	0	0	0	0	0

### 1.11. Accommodation (extra cost)

For the WMTBOC'16, the MTBO WCup, the JWMTBOC'16 and the EYMTBOC'16 we offer (**extra cost**) a variety of accommodation in Águeda, Cantanhede and Mealhada Counties.

We recommend that you make reservations through the organization.

*For further details see our web page (all hotel units are disclosed).*

### 1.12. Weather

During July you can expect temperatures from 20° to 36° Celsius during the day and from 14° to 25° at the night.

We strongly recommend that sufficient water is carried during competitions, as the areas are dry.

Sun protection is highly recommended.

### 1.13. Health care

The Organizer will provide first aid at the competition centre and at the arenas of each event.

The Organizer will not bear costs connected to health insurance of participants. We recommend each individual to arrange their own personal health insurance. Participants take part at their own risk.

The nearest hospital is on Águeda (please see 1.4.2).

### 1.14. Visas

Countries that who need visas for entering into Portugal: please contact the Portuguese embassy in your country. If a personal invitation from the organisers is required for the visa, please contact us.



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### 1.15. Media services

Media representatives are cordially invited to come to Águeda, Cantanhede and Mealhada to cover the World Cup, World Championships and Open races.

Media facilities will be available only to registered media representatives.

### 1.16. Live coverage

On our website you'll be able to follow MTBO'16 events with live results, live TV coverage, GPS Tracking, Live Blog, text commentary, pictures, video, and route choices.

Video: <http://original.livestream.com/Webtvex?t=846713> // <https://www.facebook.com/neovideotv/>

GPS: [http://www.tractrac.com/web/event-page/event\\_20160721\\_MTBO/765/](http://www.tractrac.com/web/event-page/event_20160721_MTBO/765/)

### 1.17. Bicycle storage, washing and repair

Bicycle storage (free) is located in the competition event centre. Access to the bicycle storage will be strictly limited and can only be permitted by presenting your competitor's card.

At the EC there will be a place for washing bikes.

We have our official bicycle repair partner (FERMAQ) who will be working at the event centre during opening hours. FERMAQ will have spare parts, CO2 cartridges, etc.

Every day there will be one person who can help with smaller problems in the Finish.

### 1.18. Protocol at Prize giving ceremonies

In line with IOF rules podium finishers are requested to dress in team uniforms and to refrain from taking to the podium items such as hats, sunglasses, bottles, headbands and various sponsors gadgets and accessories. No accompanying persons may be brought to the podium.

#### **Prize giving for open classes:**

- Open classes will have awards ceremony on the sprint, middle distance, long distance and relay;
- The awards ceremony will be quick and simple and begins with the delivery of prizes to all third, then every second and finally to all the winners;
- Whenever possible will be held before the official ceremony of the championships

### 1.19. Catering service

There is catering service at sprint, mass start, middle distance, long distance and relay events:

- Only available for those who book before the 17<sup>th</sup> of July. Cost: 6.50€ each lunch;
- Composition: Soup + Dish of the day + fruit + bread + water
- Dishes of the day:
  - 25<sup>th</sup> July: Pork loin roast with potatoes, rice and salad
  - 26<sup>th</sup> July: Chicken with vegetables rice and salad
  - 27<sup>th</sup> July: Steak with mushrooms and rice
  - 29<sup>th</sup> July: Chopped meat with spaghetti and salad
  - 30<sup>th</sup> July: Grilled mixed with rice, chips and salad

### 1.20. Training events

Entries for the training events must be submitted 10 days in advance.

There will be training maps **ONLY** for the entered athletes.

The maps for the training events will be given to the entered athletes at the Mealhada Tourism Office (GPS: 40.381454 / -8.449038), from 9am to 6pm (on 19, 20, 21 and 22 July).





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The training events will be in:

- 19 and 22 July: Cordinhã (GPS: 40.32574 / -8.521700)



- 20 and 21 July: Palácio de S. Marcos - Vila Verde (GPS: 40.243789 / -8.549815)





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## 2. Rules & Maps

### 2.1. Classes and participation restrictions

#### Classes:

**World Cup & WMTBOC: W/M 21**

**EYMTBOC: W/M 17**

**JWMTBOC: W / M 20**

**Open: W/M 14, 21A, 40, 45, 50, 55, 60, 65, 70 and 75**

#### Participation restrictions:

##### **WMTBOC**

Each Federation may enter a team of an unlimited number of competitors and team officials.

In the Middle distance and the Sprint every Federation may enter up to 6 women and 6 men and, in addition, the current World Champions for the distance may be entered by their Federation(s) provided they are members of the Federation's team.

For the Long distance competition, the number of competitors who may enter is limited. The qualification rules are published as Special Rules decided by IOF Council and published at the latest by January 31<sup>st</sup> in the year of the competition

In the Relay, each Federation may enter two women's team and two men's team, each consisting of 3 team members.

Incomplete teams and teams with competitors from more than one Federation are not allowed.

##### **JWMTBOC**

Each Federation may enter a team of up to 12 competitors - up to 6 women and 6 men - and a number of team officials. In each competition every Federation may enter up to 6 women and 6 men.

In the Relay, each Federation may enter two women's team and two men's team, each consisting of 3 team members. Incomplete teams and teams with cyclists from more than one Federation are not allowed.

##### **EYMTBOC**

Each Federation may enter a team of up to 12 competitors - up to 6 women and 6 men - and a number of team officials. In each competition every Federation may enter up to 6 women and 6 men.

In the Relay, each Federation may enter two women's team and two men's team, each consisting of 3 team members. Incomplete teams and teams with cyclists from more than one Federation are not allowed.

### 2.2. Competition rules

All events will be organized in accordance with the Competition Rules for IOF MTB Orienteering Events' as published by the IOF and valid of 1 January 2016, the Special Rules for the 2016 World Cup in MTB Orienteering, the Special Rules for the 2016 World MTB Orienteering Championships and the IOF Anti-Doping Rules valid at the time of The Event. IOF MTB Orienteering Competition rules are available on: [www.orienteering.org](http://www.orienteering.org).



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**Summary of the most important rules:**

- Competitors must get to all control points with their bikes.
- Riding off the track, trail or path is allowed in areas marked as forest or freely ride able open area. Off road riding is strictly prohibited in all other areas, including settlements, cultivated land, orchards, vineyards and all other open areas not marked as ride able. Competitors riding off road in restricted areas are responsible for any damage claimed by the landowners and will be disqualified.
- In Portugal one drives on the RIGHT side of road.
- Therefore riders must ride on the RIGHT side on all roads and tracks.
- Overtaking slower riders should be done by the LEFT.

**2.3. Start groups****WMTBOC:**

In individual competitions with no qualification races, for both women and men, a fifth start group (Red Start Group) will consist of the following competitors, provided they are members of their Federation's team (as per Competition Rule 6.6) for this competition:

- the reigning World Champion of the format;
- the 9 top-ranked competitors in the IOF World Ranking list as published 10 days before the event. In the case of a tie, all competitors concerned will be included in the Red Start Group. If the above rules provide less than 10 riders, the Red Start Group will be increased to comprise 10 riders by adding the next-best ranked competitors from the IOF World Ranking list (in the case of a tie, all competitors concerned will be included in the Red Start Group).

The Red Start Group is mandatory for competitors who qualify for it.

In individual competitions with no qualification races, for both women and men a fourth start group (Orange Start Group) will consist of the following competitors, provided they are members of their Federation's team (as per Competition Rule 6.6) for this competition:

- the 10 highest-ranked competitors in the IOF World Ranking list as published 10 days before the event who are not in the Red Start Group. In the case of a tie, all competitors concerned will be included in the Orange Start Group.

The Orange Start Group is mandatory for competitors who qualify for it.

**JWMTBOC & EYMTBOC:**

In individual competitions with no qualification races, the starting order shall be drawn at random. The draw shall be made in three starting groups, early, middle and late.

**2.4. Start bibs / Race numbers**

WMTBOC, JWMTBOC and EYMTBOC participants for Sprint, Middle and Long distance will receive start bibs numbered according to their start order.

For all other competitors (Open) riders will use the same start bib for all races.

The start bib should be attached in front of the bike using zip ties.

**2.5. Maps**

New MTB Orienteering maps;

Scales: 1:10.000 (with 1:5.000 blow-up section), 1:10.000, and 1:15.000.

Vertical contour intervals: 5 m

All events will be organized in accordance with the IOF International Specification for MTB Orienteering Maps (2010).

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Due to the type of vegetation you will find in the terrain, the organizers strongly recommend the usage of long socks.

We also suggest that all riders bring with them a spare rear mech hanger and to use puncture protection in the tyres. You can find on some paths many sticks from different types of trees, with predominance of Eucalyptus which can tangle easily in wheels and frames.

### **2.5.1. Special map symbols for stairs / steps:**

For mapping stairs/ steps the symbol used in sprint orienteering maps is used.



### **2.5.2. First aid assistant point and water point:**

1st aid assistant point and water point(s) will be marked on the Maps with the following ISOM symbols (Medical Cross and Water).





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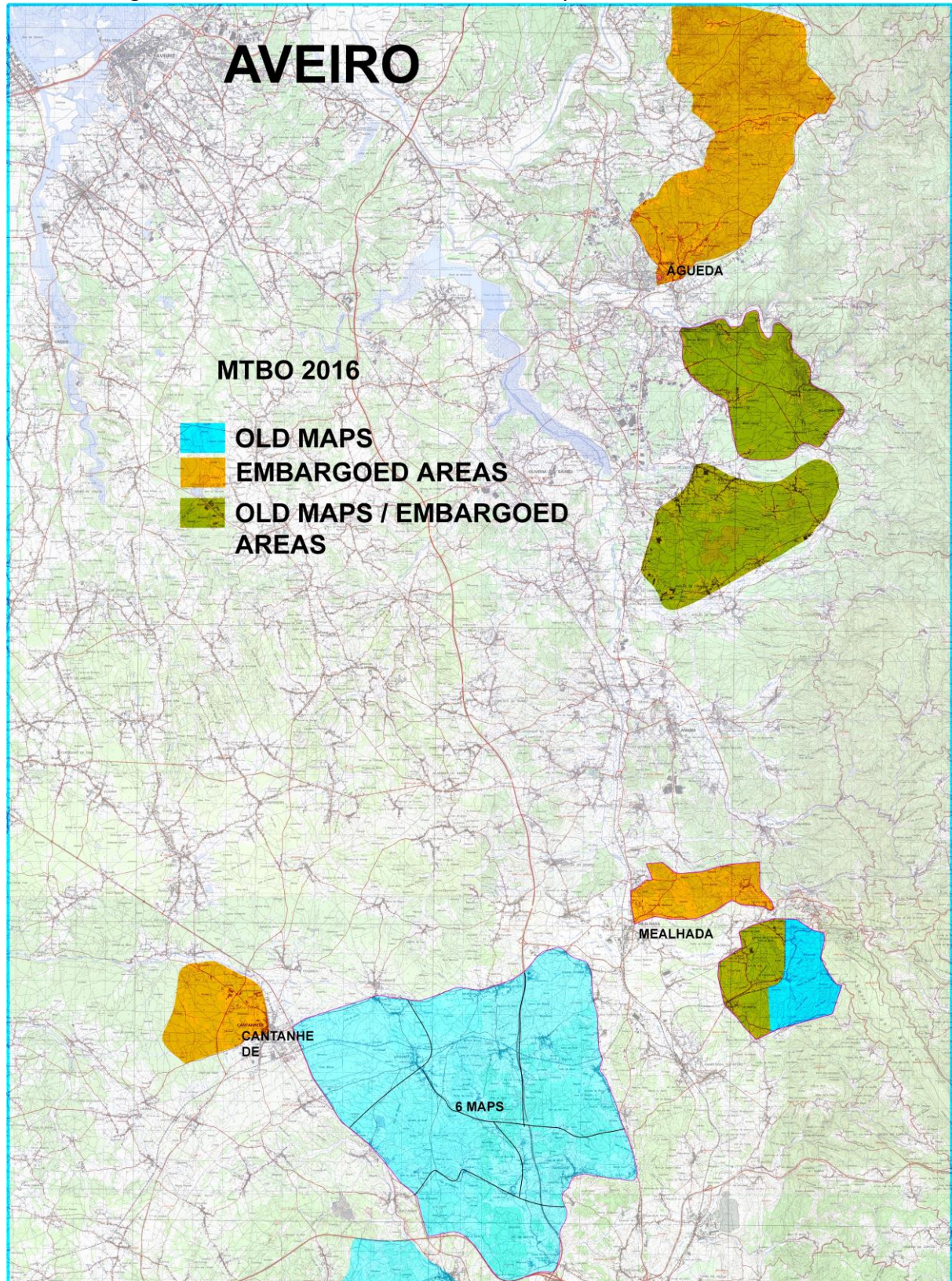
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## 2.6. Embargoed areas

Águeda / Cantanhede / Mealhada

Areas embargoed from 1<sup>st</sup> December 2014 until 31<sup>st</sup> July 2016.



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The areas are out of bounds for all potential participants and team members, including competitors, team leaders, coaches, doctors, escorts, and any other person who through their knowledge of the terrain may influence the result of the competitions.

The areas of Águeda, Cantanhede e Mealhada are restricted for MTB Orienteering activity.

The exceptions are for Águeda city centre, Cantanhede city centre and Mealhada city centre under certain restrictions: - using a map in the areas is forbidden; - cycling or running is forbidden; - testing route choices is forbidden.

## 2.7. Overall Terrain description

Event	Map	Terrain Description
Sprint	1:10.000, E 5m	The Sprint area it is a combination of suburban forest, park, Industrial and urban area of a town with a varied terrain. The area has a dense network of tracks and paths with a good rideability.
Middle distance	1:10.000, E 5m	The Middle and Long distance area it is a combination of pine and eucalyptus forest and small urban areas, on the Long distance there will be small parts of rugged and hilly terrain with a dense network of roads and paths, mostly with a good rideability. In the long distance, for some courses only, there will be a river to cross, we recommend unmounting the bike due to small round rocks, the water level will be low. All the other water lines will be easy to cross.
Long distance	1:15.000, E 5m	
Relay	1:10.000, E 5m (with 1:5.000 blow-up section)	The Relay distance area it is a combination of Pine and Eucalyptus forest, wine yards and park area, with a dense network of roads and paths, mostly with a good rideability. One water line could recommend unmounting the bike before crossing once it is anticipated by a significant drop.

## 2.8. Time keeping system

SPORTident Air+ will be used on all events with SI-Card and compatible Control Stations.

SI Active Card rental cost has been changed to free.

Non returned SIAC's will have a cost of 80,00€.

\*More information:

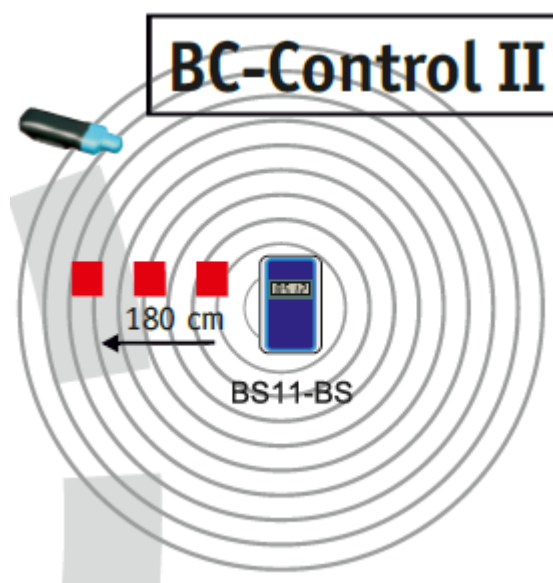
[https://www.sportident.com/documents/information\\_technical/SI system AIRplus/sportident airplus information for athletes.pdf](https://www.sportident.com/documents/information_technical/SI_system_AIRplus/sportident_airplus_information_for_athletes.pdf)

### Very important:

It is the responsibility of the athletes to confirm that the registration at control stations happened (sound and light signal).

We recommend, to avoid failures in the punching process, that the athlete pass within 1.5 m of the electronic unit and to move at a speed below 30 km/h.

We also recommend to wear the SIAC in a easy place to confirm the flashing light (ex: Wrist)"





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## **2.9. Anti-doping**

Doping is strictly forbidden, the organisers of the European MTB Orienteering Championships are dedicated to supporting the anti-doping authorities in their work.

Doping controls may be carried out any time during the competition period. As some sites the doping controls may be a few minutes' drive away, we suggest that 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 for Testing. The IOF Anti-Doping Rules apply as of 1st January 2015.

Athletes who are selected for the doping tests must bring an official identification (with photo) to the doping test area. The athlete should also 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.

Please consult <http://orienteering.org/anti-doping/>

## **2.10. External Assistance**

Accordance with the "COMPETITION RULES FOR INTERNATIONAL ORIENTEERING FEDERATION (IOF) MOUNTAIN BIKE ORIENTEERING (MTBO) EVENTS" valid from 1 January 2015, please note the following:

- 26.2 Except in the case of an accident or mechanical failure, seeking to obtain or obtaining assistance from other riders or providing assistance to other competitors during a competition is forbidden. It is the duty of all competitors to help injured riders.
- 26.3 The provision of mechanical (spares or repairs) assistance between competitors during a competition is permitted but is not compulsory. No outside mechanical assistance is permitted. It is the duty of all competitors to help injured competitors.
- Please note as a clarification, assistance between competitors of different competition classes for mechanical failure is not allowed: eg a master helping an elite.

## **2.11. Technical Jury**

The technical jury consists of the following elements:

- Sandor Talas / HUN
- Ursula Hausermann / SUI
- Wolf Eberle / AUT

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### **3. Competition days**

#### **3.1. Day 1 - Sunday, 24<sup>th</sup> July**

#### **Opening ceremony and model events (sprint and relay)**

##### **3.1.1. Schedule of the day**

09:00-19:00: Opening Hours of the EO in Águeda (EC).

11:00-16:00: Model events Sprint and Relay (Cantanhede)

15:00: Deadline for names/start group allocation for sprint competitions at the EC.

17:30: Team Leaders Meeting (TLM) at Escola Profissional Vasconcelos Lebre - EPVL (GPS: 40.373068 / -8.454456) in Mealhada (WMTBOC, JWMTBOC, EYMTBOC and WCup).

18:30: Opening Ceremony (Mealhada) in Mealhada.

##### **3.1.2. Detailed schedule of the opening ceremony**

18:00: Gathering / preparation: at the Escola Profissional Vasconcelos Lebre (EPVL) area. Please can all participants dress in team / country dress to help create a good spectacle. Each delegation will be given a national flag and a sign with the name of the country (or organization representative if the team is not present). The procession will be by alphabetical order of participating countries

18:15: Start of procession towards the town square where the opening ceremony will take place (400 m / 10 min) very slowly (can be on foot or by bike).

18:25: Arrive at the opening ceremony location in front of the stage. The flag bearer will put the flag on the stage and the team delegation occupies the space for athletes.

18:30: Start of the Ceremony (expected to last 30 minutes)

##### **3.1.3. Travel & Logistic**

Distance from EC to Mealhada: 20 Km (25 min driving). // Parking: In areas marked with signs (P).

##### **3.1.4. Mealhada - Map of opening ceremony and Team Leaders Meeting locations**







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## 3.2. Day 2 - Monday, 25<sup>th</sup> July (Cantanhede)

### Sprint event

#### 3.2.1. Schedule of the day

09:00-16:00: Opening hours of the EO at the Sprint arena in Cantanhede  
 11:00: Start for EYMTBOC Sprint course  
 11:05: Finish quarantine activated  
 12:00: Start for JWMTBOC Sprint course  
 12:45: Start quarantine activated  
 12:50: Finish quarantine finished  
 13:00: Start for WMTBOC Sprint course  
 14:25: Start for Sprint course (Open classes)  
 15:30: Prize giving ceremony (EYMTBOC, JWMTBOC, WMTBOC and open) for Sprint at arena.  
 16:00-20:00: Opening hours of the EO at the EC

#### 3.2.2. Travel & Logistic

Distance from EC to Cantanhede: 38 Km (45 min driving).

Directions: follow the direction **Mealhada** (EN1/IC2). In Mealhada turn to the west and follow the direction A1 / Cantanhede (EN234). Before reaching the A1 turn to the left in direction Cantanhede. The event is signed with orienteering guiding arrows from the Cantanhede entrance.

Parking: In areas marked with signs for arena area or start area (It is compulsory to use the marked routes). Distance from arena to start is around 2 km.

Competitors' clothes and other personal belongings will be transported by the organiser from the start quarantine to the finish arena. Please pack your things in a plastic bag provided at the start quarantine and mark the bag with your start number.

#### 3.2.3. Quarantine times

General start quarantine open at 09:30.

It is mandatory to be in quarantine until 12:45 for athletes who start after this time

#### 3.2.4. Facilities

There are many restaurants, cafés and bars nearby the arena.

There is catering service with daily menu (needs to be booked 8 days in advance). The lunches will be delivered at about 13:30 in the arena.

There are toilets in the quarantines and in the arena.

There is water available in quarantines, in warm up area and in arena.

Some tents are provided for shade in quarantine areas.

#### 3.2.5. Map collection

All Maps will be collected. They will be returned before the meeting of team leaders.

For fairness reasons don't reveal anything important from the courses or the terrain to the other competitors in the open and unofficial races.

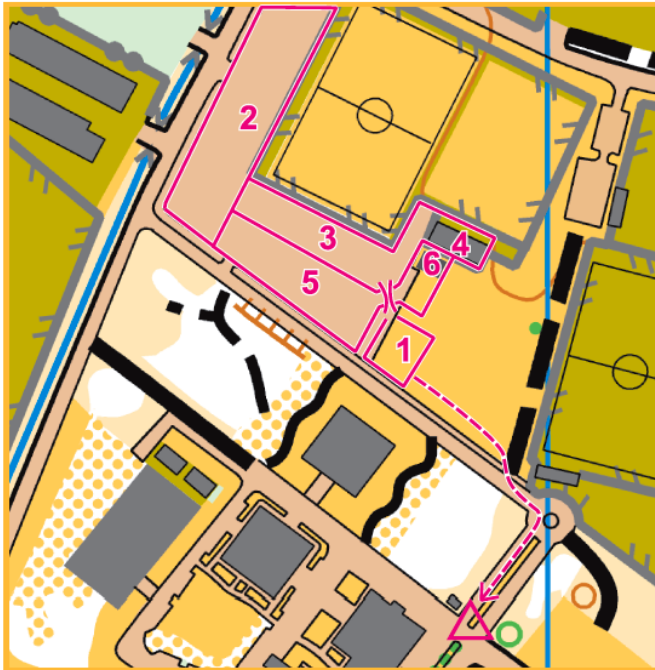
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### 3.2.6. Map of Arena

#### Start



#### Finish



1 - Start

2 - Parking

3 - Start quarantine

4 - Toilets quarantine

5 - Spectators

6 - Toilets open

7 - Last control

8 - SI Download

9 - Finish quarantine

10 - Spectators/Merchandising

11 - Speaker

12 - Doctor/First aid

13 - Prize giving

### 3.2.7. Course Detail

- **Start procedures:** SI-clear is found outside start boxes. There are 3 start boxes, which you enter 3 minutes before time start:

- In box 1 your SI-number is confirmed by the start staff, and you have the SI-check.

- In box 2 we made a test to the SI cards.

- In box 3 you pick up your map (it is your responsibility to pick up the correct map).

After your time start you have to follow a mandatory route to the start point which is marked by a flag in the terrain.

- **Tracking:** Athletes of Red and Orange start groups, will wearing tracking units (GPS). Another 30 ME and 20 WE athletes (to be indicated) too.

*Note: At the team leaders meeting riders will be given information about the delivery of equipment and how they will be worn.*

- **Finish procedures:** Finish SI Air+ stations will be on the finish line.

- **Maps:**

Map scale: 1:10.000

Contours: 5 meters

Map size: 25 x 30 cm

Paper type: Waterproof

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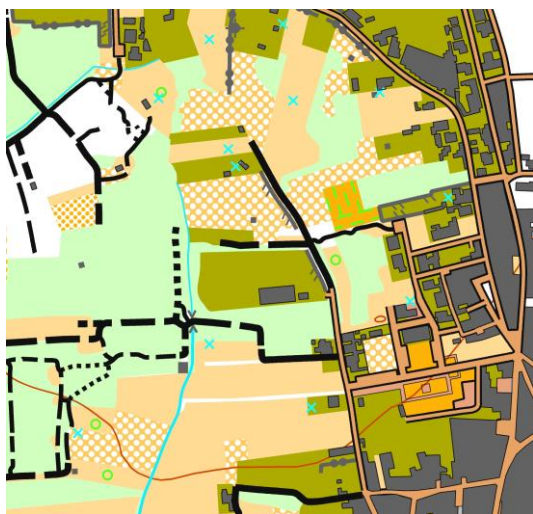
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- Distance tables and climb per categories:

	length (km)	climb (m)	controls
ME	9,5	10	22
WE	7,1	10	16
M20	8,1	10	18
W20	6,1	10	14
M17	6,2	10	15
W17	6,3	10	14

Open	Sprint				Sprint		
	length (km)	climb (m)	controls		Length (km)	climb (m)	controls
M14	4,9	10	14	W14	4,9	10	14
M21A	8,1	10	18	W21A	5,5	10	16
M40 / M45	8,1	10	18	W40 / W45	5,5	10	16
M50 / M55	6,2	10	15	W50 / W55	5,5	10	16
M60 / M65	5,8	10	16	M70 / M75	4,9	10	14

### 3.2.8. Terrain description



Takes place in combined urban and forest area with multiple paths, open areas, industrial and house buildings, and numerous man made features. Thorny vegetation can be found. Therefore puncture protection is strongly recommended.

The competition areas are open to public traffic and the courses cross several public roads. There will be marshal's with whistles at the most critical places to help safe crossing and minimize disruption. Riders should follow the instruction of marshals. Still, it is the riders' responsibility to observe traffic rules and avoid unsafe practices.

As in any town dogs could be found near to houses, chained or otherwise, efforts will be made to ask owners to control them, part could be confined by a chain or fences, others can be loose, please be careful and pay attention when crossing them, there have been no experience of problems in the past, however we cannot control that all will be chained and that they will not try to follow you or bark at your passage.

### 3.2.9. Warnings

- Sections of the final part of the course will take place in the village, on narrow streets with close angle corners, all riders need to pay special attention to the possibility of an unexpected resident exiting of their house or walking on the street. An announcement of the competition was done with several notices for the possible danger to the local population but we cannot control that there will be no movements in the streets and that a car will not block one of this passages , although extra effort will be made on the morning of the event.



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- On critical and more dangerous passages routes and junctions there will be marshals with whistles present to control the traffic and announce the presence of any possible obstacle or arrival of a car.
- Start groups for WMTBOC:**

According to the world ranking the provisional RED start group is:

Men	Women
Luca Dallavalle -ITA	Martina Tichovska - CZE
Anton Foliforov - RUS	Emily Benham - GBR
Jussi Laurila - FIN	Gaelle Barlet - FRA
Jiri Hradil - CZE	Svetlana Poverina - RUS
Lauri Malsroos - EST	Marika Hara - FIN
Baptiste Fuchs - FRA	Ingrid Stengard - FIN
Marek Pospisek - CZE	Maja Rothweiler - SUI
Vojtech Stransky - CZE	Renata Paulickova - CZE
Kevin Haselsberger - AUT	Ramune Arlauskiene - LTU
Grigory Medvedev - RUS	Tatiana Repina - RUS

The provisional ORANGE start group is:

Men	Women
Ruslan Gritsan - RUS	Antonia Haga - FIN
Pekka Niemi - FIN	Marie Brezinova - CZE
Clement Souvray - FRA	Michaela Gigon - AUT
Andreas Waldmann - AUT	Laura Scaravonati - ITA
Valeriy Gluhov - RUS	Ruska Saarela - FIN
Simon Braendli - SUI	Nina Hoffmann - DEN
Andre Haga - FIN	Stanislava Fajtova - SVK
Davide Machado - POR	Caecilie Christoffersen - DEN
Marcus Jansson - SWE	Christine Schaffner - SUI
Rasmus Soegaard - DEN	Sonja Zinkl - AUT

*Note: the final groups will be published on 20<sup>th</sup> July on the event website.*

The remaining competitors have to be allocated in late, middle and early start groups by the team leader no later than Sunday 24<sup>th</sup> July at 16.00. Note: before allocating a second competitor to a group, you have to allocate one competitor to each group. If you fail to allocate competitors to starting groups, the organizer decides the allocation.

- Start groups for JWMTBOC and EYMTBOC:**  
The start draw shall be made with 3 starting groups, each starting group being drawn at random. Competitors from the same Federation shall not start consecutively. In each individual competition each Federation shall allocate its competitors to specified starting groups. A Federation shall allocate one competitor to each group first (before allocating second competitor to the same group). If a Federation fails to allocate its competitors to starting groups, the organiser shall decide the allocation.
- The use of telecommunication devices (mobile phones, tablets, etc.) inside the quarantine zones is not allowed.
- The time limit for **complaints** is 15:00. Complaints received after this time limit will only be considered if there are valid exceptional circumstances which must be explained in the complaint. Any complaint shall be made in writing to the organizer - contact the staff at the finish.
- Prize giving ceremony** starts at 15.30 (in the arena).  
There are prizes for the 6 best placed women and men in EYMTBOC, JWMTBOC and WMTBOC.  
There are prizes for the 3 best placed in Open classes.

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### 3.3. Day 3 - Tuesday, 26<sup>th</sup> July (Luso)

#### Unofficial mass start and model event (Middle and Long distances)

##### 3.3.1. Schedule of the day

09:00-13:00: Opening hours of the Event Office at the Unofficial Mass Start arena (Luso)

10:00: Mass Start for ME + M20

10:10: Mass Start for WE + W20

11:00: Mass Start for M14, M17, M40, M45, M50, M55, M60, M65, M70, M75

11:10: Mass Start for W14, W17, W40, W45, W50, W55, W60, W65, W70, W75

12:30-16:00: **Model Events Middle and Long distances** at Luso-Mealhada.

14:00-19:00: Opening hours of the Event Office at EC.

16:00: Deadline for names/start group allocation for Middle distance competitions at the EC.

17:00: World Masters Series (WMS) Information session at EC (Águeda).

18:00: Team Leaders meeting at EC (Águeda).

##### 3.3.2. Travel & Logistic

Distance from EC to Luso: 30 Km (35 min driving).

Directions: follow the direction **Mealhada** (EN1/IC2). In Mealhada turn to the east and follow the direction Luso (EN234). The event is signed with orienteering guiding arrows from the Luso entrance.

Parking: In areas marked with signs, near de arena.



##### 3.3.3. Facilities

There is sale of light meals and drinks at the arena.

There is catering service with daily menu (needs to be booked 8 days in advance). The lunches will be delivered at about 13:00 in the arena.

There are toilets in the arena.

There is water available in arena.



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**3.3.4. Map collection**

No map collection.

**3.3.5. Map of Arena**



- 1 - Mass start/Maps
- 2 - Bikes
- 3 - Start entrance
- 4 - Last control
- 5 - Toilets
- 6 - Warm up
- 7 - SI Download
- 8 - Parking
- 9 - Doctor and first aid
- 10 - Prize Giving

**3.3.6. Course Detail**

- **Maps:**  
 Map scale: 1:10.000.  
 Contours: 5 meters  
 Paper type: Waterproof

• **Distance tables and climb per categories:**

	Mass start		
	length (km)	climb (m)	controls
ME	19,3	420	22
WE	15,8	375	19
M20	14,6	340	18
W20	13	280	16
M17	12	295	16
W17	11,6	265	14

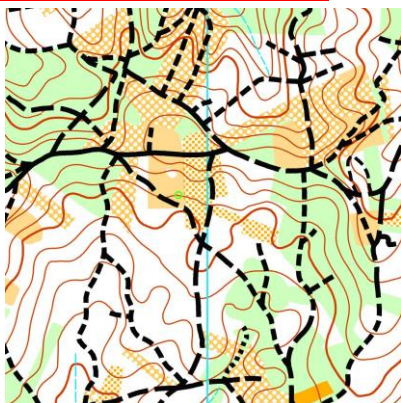
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Open	Mass start						
	length (km)	climb (m)	controls		Length (km)	climb (m)	controls
M14	9,7	265	14	W14	9,7	265	14
M21A	18,7	405	22	W21A	12,6	335	15
M40 / M45	18,7	405	22	W40 / W45	12,6	335	15
M50 / M55	14,6	340	18	W50 / W55	12,6	335	15
M60 / M65	13,6	335	18	M70 / M75	9,7	265	14

### 3.3.7. Terrain description



The event take place in combined Forest, urban and farmland / scrub area with multiple paths, open areas, buildings, and few man made features.

Thorny vegetation can be found, therefore puncture protection is strongly recommended.

All the competitions area is open to public traffic. The courses cross and use several public roads. There will be marshal's with whistles at the most critical places to help safe crossing and minimize disruption.

### 3.3.8. Warnings

- On critical and more dangerous passages routes and junctions there will be marshals with whistles present to control the traffic and announce the presence of any possible obstacle or arrival of a car.



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### 3.4. Day 4 - Wednesday 27<sup>th</sup> July (Valongo do Vouga - Águeda)

#### Middle Distance event

##### 3.4.1. Schedule of the day

08.30-15.00: Opening hours of the EO at the Middle distance arena (Valongo do Vouga - **GPS: 40.620275 / -8.412871**)

09:00: Start for middle distance course of WMS + Open

09:30: Finish quarantine activated.

10.00: Start for Middle distance course (EYMTBOC + JWMTBOC)

11:45: Start quarantine activated.

11:50: Finish quarantine finished.

12.00: Start for WMTBOC Middle distance course

16:00: Prize giving ceremony for Middle distance at arena.

16:00-21:00: Opening hours of the EO at the EC

##### 3.4.2. Travel & Logistic

In order to access the best parts of the middle race event area and to maximize course planning opportunities the start is some distance from the arena and parking.

Distance from arena to the Start quarantine: 1,8 Km.

Distance from EC to the arena in Valongo do Vouga: 8 Km (15 min driving).

Directions: follow the direction **Porto** (North) in the EN1, and follow the orienteering guiding arrows.

Parking: In areas marked with signs (at arena).

Middle distance, competitors' clothes and other personal belongings will be transported by the organiser from the start quarantine to the finish arena. Please pack your things in a plastic bag provided at the start quarantine and mark the bag with your start number.

##### 3.4.3. Quarantine times

09:30: Finish quarantine activated (EYMTBOC, JWMTBOC, WMS, Open).

11:45: Start quarantine activated (WMTBOC).

11:50: Finish quarantine finished.

##### 3.4.4. Facilities

There is catering service with daily menu (needs to be booked 8 days in advance). The lunches will be delivered at about 13:00 in the arena.

There are toilets in the quarantines (finish and start) and in the arena.

There is water available in quarantines, in warm up area and in arena.

Some tents are provided for shade in quarantine areas.

##### 3.4.5. Map collection

All maps will be collected. They will be returned before the prize giving ceremony.

For fairness reasons don't reveal anything important from the courses or the terrain to the other competitors.

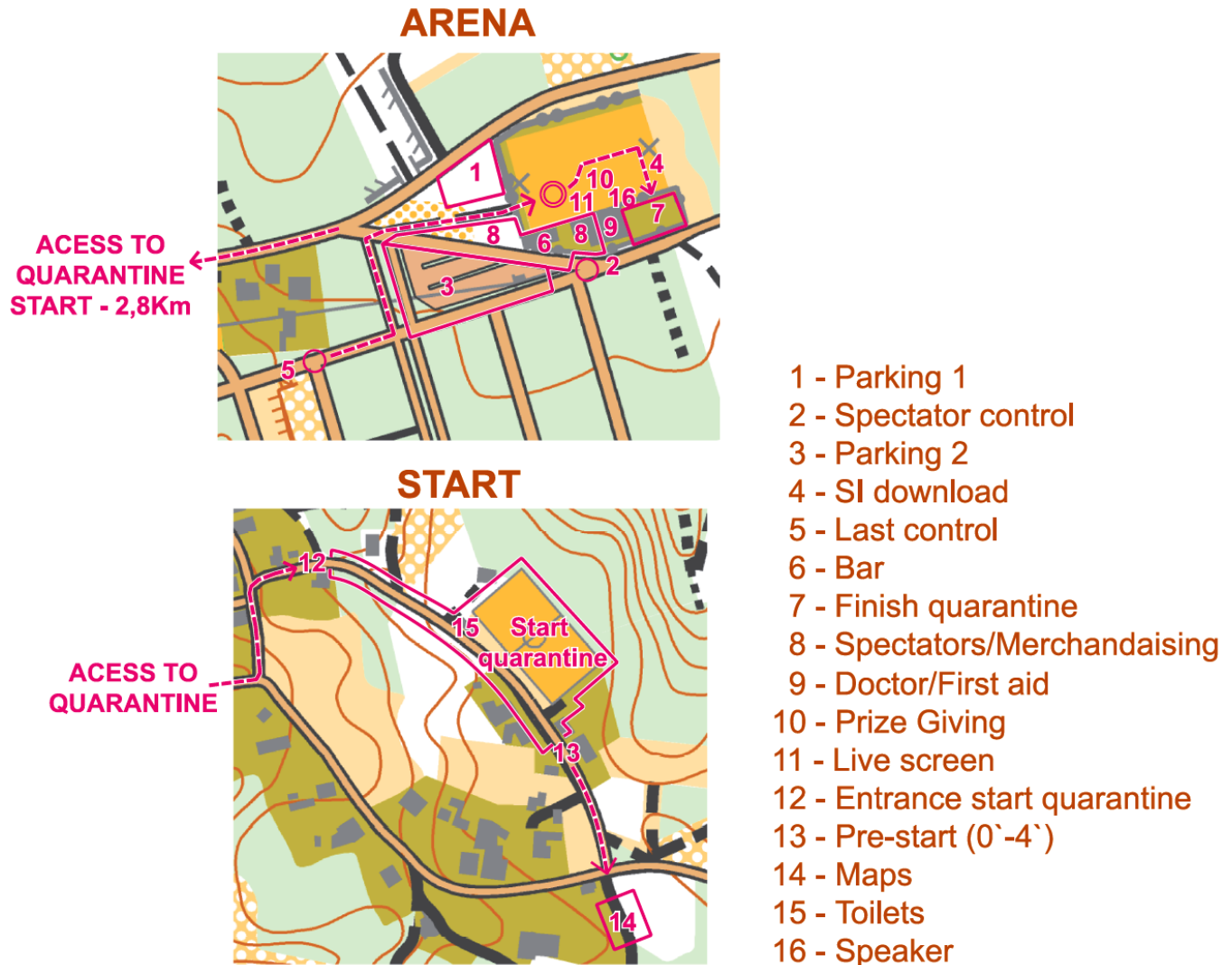


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### 3.4.6. Map of Arena and start



### 3.4.7. Course Detail

- **Start procedures:**

Pre-start: On exiting the quarantine there is a prestart allowance of -4 minutes.

Start: SI-clear is found outside start boxes. There are 3 start boxes, which you enter 3 minutes before your start time:

- In box 1 your SI-number is confirmed by the start staff, and you have the SI-check.
- In box 2 we made a test to the SI cards.
- In box 3 you pick up your map (it is your responsibility to pick up the correct map).

After your time start you have to follow a mandatory route to the start point which is marked by a flag in the terrain.

- **Tracking:** Athletes of Red and Orange start groups, will be wearing tracking units (GPS). Another 30 ME and 20 WE athletes (to be indicated) too.

*Note: At the team leaders meeting riders will be given information about the delivery of equipment and how they will be worn.*

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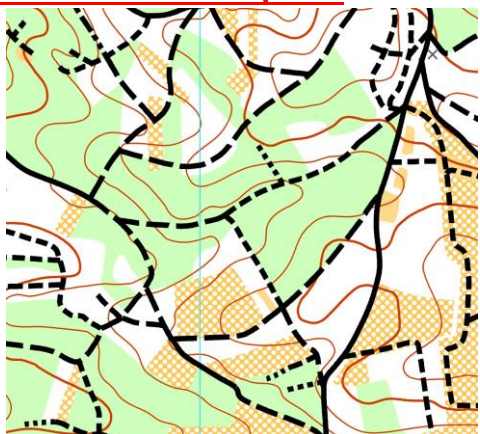
- **Finish procedures:** Finish SI stations will be in the finish line.
- **Distance tables and climb per categories:**

	Middle		
	length (km)	climb (m)	controls
ME	19,3	395	20
WE	14,5	330	16
M20	13,9	315	18
W20	12,6	265	16
M17	12,1	275	15
W17	10,3	200	13

Open	Middle						
	length (km)	climb (m)	controls		Length (km)	climb (m)	controls
M14	8,2	200	12	W14	8,2	200	12
M21A	17,5	385	20	W21A	12,1	275	15
M40 / M45	17,5	385	20	W40 / W45	12,1	275	15
M50 / M55	15,4	330	19	W50 / W55	12,1	275	15
M60 / M65	12,6	265	16	M70 / M75	8,2	200	12

- **Maps:**  
Map scale: 1:10.000  
Contours: 5 meters  
Map size: 37 x 30 cm (1/10.000)  
Paper type: Waterproof

### 3.4.8. Terrain description



Takes place in a mainly mature forest with some areas of recent clear felling and young trees; the forest characteristic features are typical Mediterranean forest, consisting mainly of Eucalyptus plantations, with multiple paths and roads, dense vegetation. The forest areas sometimes have underbrush that can hamper the shortcuts. Small urban areas will be crossed.

Thorny vegetation can be found. Therefore puncture protection is strongly recommended.

It is unlikely that you will come across any vehicles or forest machinery but please be careful as normal to watch for other forest users. Due to significant spring growth following a wet winter some paths have become overgrown. The organisers have done their utmost to clear and flatten vegetation and avoid the worst affected areas, however some track junctions can be difficult to see on the ground. The unclear track junction mapping convention has **NOT** been used due to the fast changing nature of this problem and for consistency.



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### 3.4.9. Warnings

- **Start groups for WMTBOC:**

According to the world ranking the provisional RED start group is:

Men	Women
Anton Foliforov - RUS	Gaelle Barlet - FRA
Luca Dallavalle -ITA	Martina Tichovska - CZE
Jussi Laurila - FIN	Emily Benham - GBR
Jiri Hradil - CZE	Svetlana Poverina - RUS
Lauri Malsroos - EST	Marika Hara - FIN
Baptiste Fuchs - FRA	Ingrid Stengard - FIN
Marek Pospisek - CZE	Maja Rothweiler - SUI
Vojtech Stransky - CZE	Renata Paulickova - CZE
Kevin Haselsberger - AUT	Ramune Arlauskiene - LTU
Grigory Medvedev - RUS	Tatiana Repina - RUS

The provisional ORANGE start group is:

Men	Women
Ruslan Gritsan - RUS	Antonia Haga - FIN
Pekka Niemi - FIN	Marie Brezinova - CZE
Clement Souvray - FRA	Michaela Gigon - AUT
Andreas Waldmann - AUT	Laura Scaravonati - ITA
Valeriy Gluhov - RUS	Ruska Saarela - FIN
Simon Braendli - SUI	Nina Hoffmann - DEN
Andre Haga - FIN	Stanislava Fajtova - SVK
Davide Machado - POR	Caecilie Christoffersen - DEN
Marcus Jansson - SWE	Christine Schaffner - SUI
Rasmus Soegaard - DEN	Sonja Zinkl - AUT

*Note: the final groups will be published on 20<sup>th</sup> July on the event website.*

The remaining competitors have to be allocated in late, middle and early start groups by the team leader no later than Monday 26<sup>th</sup> July at 18:00. Notice, before allocating a second competitor to a group, you have to allocate one competitor to each group. If you fail to allocate competitors to starting groups, the organizer decides the allocation.

- **Start groups for JWMTBOC and EYMTBOC:**

The start draw shall be made with 3 starting groups, each starting group being drawn at random. Competitors from the same Federation shall not start consecutively. In each individual competition each Federation shall allocate its competitors to specified starting groups. A Federation shall allocate one competitor to each group first (before allocating second competitor to the same group). If a Federation fails to allocate its competitors to starting groups, the organiser shall decide the allocation.

- There is a spectator control and compulsory taped route - competitors are forbidden to short cut or deviate from this route. (see arena plan).
- The use of telecommunication devices (mobile phones etc.) inside the quarantine zones is not allowed.
- The time limit for complaints is 15:30. Complaints received after this time limit will only be considered if there are valid exceptional circumstances which must be explained in the complaint. Any complaint shall be made in writing to the organizer - contact the staff at the finish.
- Prize giving ceremony starts at 16:00 in arena. There are prizes for the 6 best placed women and men in EYMTBOC, JWMTBOC, WMTBOC.  
There are prizes for the 3 best placed in WMS and other open classes.



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### 3.5. Day 5 - Thursday 28<sup>th</sup> July (Rest day)

#### 3.5.1. Schedule of the day

10:00-20:00: Opening hours of the EO at the EC

15:00: Deadline for names/start group allocation for Long distance competition at the Event Office (EC).

18:00: Team Leaders Meeting at EC.

20:00: Limit time to deliver water/refreshment of the Elite Athletes for the long distance at the EC.

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### 3.6. Day 6 - Friday 29<sup>th</sup> July (Águeda)

#### Long Distance event

##### 3.6.1. Schedule of the day

- 08:30-20:00: Opening hours of the EO at the EC
- 9.00: Start of Long distance course (EYMTBOC, JWMTBOC, WMS, Open, and B Final WMTBOC)
- 10:00: Finish quarantine activated.
- 11:25: Start quarantine activated.
- 11:30: Finish quarantine finished.
- 11:30: Start for WMTBOC long distance course
- 16:00-19:00: Opening hours of the Event Office at EC.
- 16:00: Deadline for names/start group allocation for Relay competitions at the EC
- 16:30: Prize giving ceremony for Long distance.
- 18:00: Team Leaders Meeting at EC

##### 3.6.2. Travel & Logistic

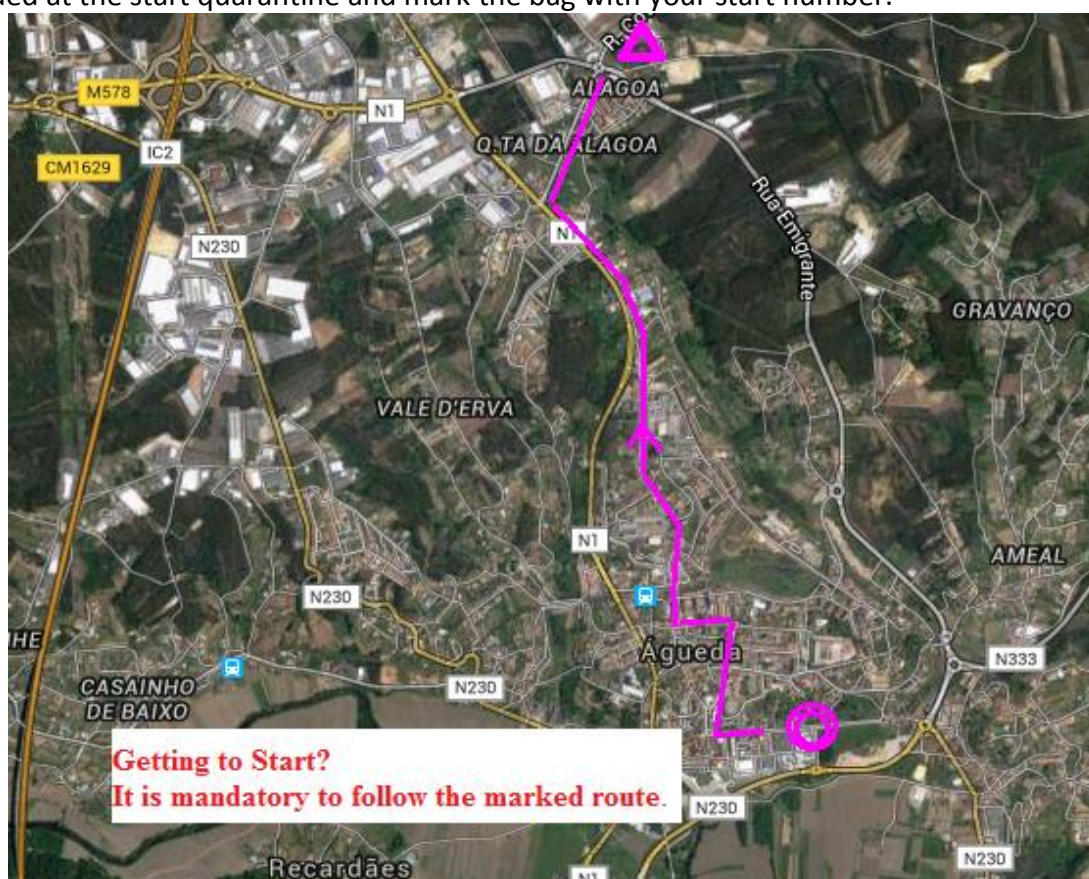
Distance from EC to the arena: 0,6 Km.

Distance from EC to the Start quarantine: 2 Km.

Directions: It is mandatory to follow the marked route to go to the start (there will be orienteering guiding arrows).

Parking: In areas marked with signs.

Long distance, competitors' clothes and other personal belongings will be transported by the organiser from the start quarantine to the finish arena. Please pack your things in a plastic bag provided at the start quarantine and mark the bag with your start number.





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### 3.6.3. Quarantine times

10:00: Finish quarantine activated.

11:25: Start quarantine activated.

11:30: Finish quarantine finished.

### 3.6.4. Facilities

There are many restaurants, cafés and bars nearby the arena.

There is catering service with daily menu (needs to be booked 8 days in advance). The lunches will be delivered at about 13:00 in the arena.

There are toilets in the quarantines and in the arena.

There is water available in quarantines, in warm up area and in arena.

There will be one First Aid Assistant point (GPS: 40.620358 / -8.412953) and Water point(s) in the terrain; it will be possible for the Elite athletes to receive their own refreshment bottles at these points, to permit this, all must be delivered to the **EC the day before till 20:00**, clearly labelled with riders name and country. It will be difficult to keep bottles cool for this period so please bear this in mind when choosing your bottle contents.

### 3.6.5. Map collection

All maps will be collected. They will be returned before the prize giving ceremony.

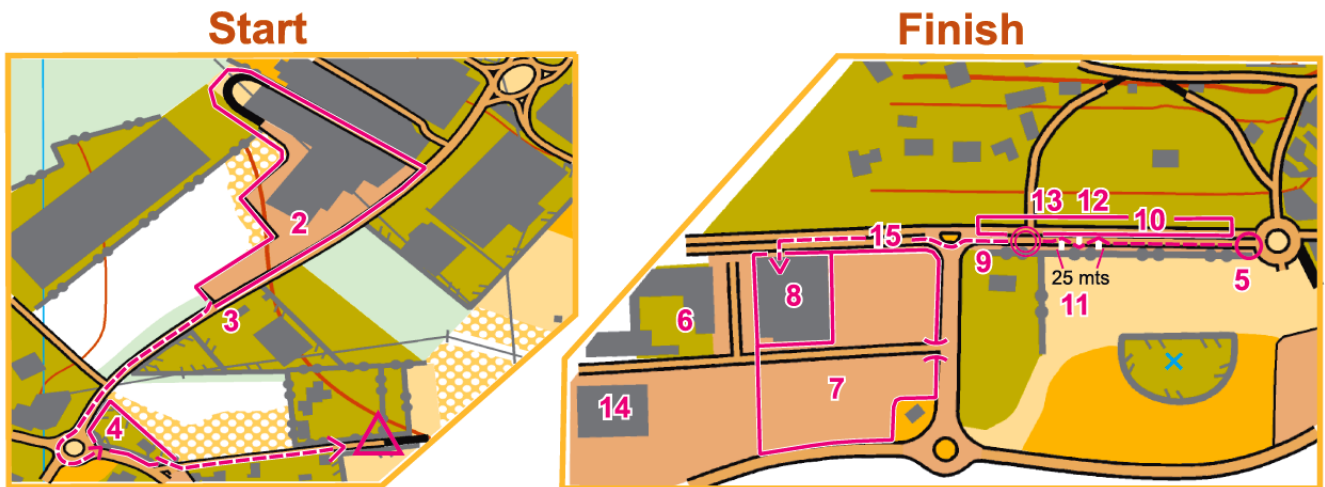
For fairness reasons don't reveal anything important from the courses or the terrain to the other competitors.

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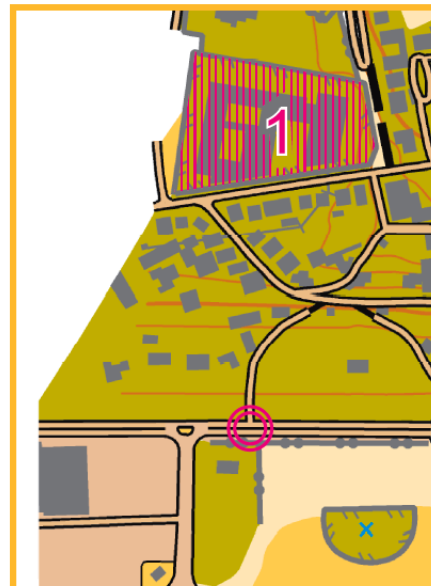
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### 3.6.6. Map of Arena



- 1 - Event Center
- 2 - Start quarantine
- 3 - Pre-start (0` - 4`)
- 4 - Start
- 5 - Last control
- 6 - Doctor/First aid
- 7 - Parking
- 8 - Finish quarantine
- 9 - SI Download
- 10 - Spectators and finish area
- 11 - Speed reduction barriers
- 12 - Live screen
- 13 - Speaker
- 14 - Prize giving
- 15 - Access to finish quarantine

### General Area



### 3.6.7. Course Detail

#### • Start procedures:

Pre-start: On exiting the quarantine there is a prestart allowance of -4 minutes.

Start: SI-clear is found outside start boxes. There are 3 start boxes, which you enter 3 minutes before your start time:

- In box 1 your SI-number is confirmed by the start staff, and you have the SI-check.
- In box 2 we made a test to the SI cards.
- In box 3 you pick up your map (it is your responsibility to pick up the correct map).

After your time start you have to follow a mandatory route to the start point which is marked by a flag in the terrain.

- **Tracking:** Athletes of Red and Orange start groups, will wearing tracking units (GPS). Another 30 ME and 20 WE athletes (to be indicated) too.

*Note: At the team leaders meeting riders will be given information about the delivery of equipment and how they will be worn.*



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- **Water:** All athletes must start with a minimum of 0,5 litre of water / sports drink due to the dry and probable high temperatures.
- **Refreshment point:** A water point will be provided on all longer courses. Fresh water will be provided. Due to the distances and logistics involved in carrying riders' bottles to the terrain, we will only provide this possibility to the Elite riders, who will need to deliver their bottles to the EC the day before till 20:00, clearly labelled with riders name and country. It will be difficult to keep bottles cool so please bear this in mind when choosing your bottle contents.
- **First Aid point:** A first aid assistance point will be available in the terrain with a 4x4 ambulance to quick provide assistance to any athlete in need.
- **Finish procedures:** Finish SI stations will be in the finish line.
- **Distance tables and climb per categories:**

	Long					
	length (km)	climb (m)	controls	refreshment (km)		
ME	39,1	755	25	9,5	24	29
WE	29,1	620	20	8,6	17,7	19,5
M20	30,2	585	20	9	15	19
W20	23,3	390	18	9,2	12,6	16,5
M17	24,3	440	16	9,5	13	
W17	18,1	295	14	10,5		
M14/W14	15,2	215	12	7,5		
M21A	35,3	725	23	8,5	21,5	25
W21A	24,3	445	17	9,6	13,6	16,6
M40/M45	35,3	725	23	8,5	21,5	25
W40/W45	24,3	445	17	9,6	13,6	16,6
M50/M55	29,4	605	21	8	18	26
W50/W55	24,3	445	17	9,6	13,6	16,6
M60/M65	26,8	505	18	8,6	16	19
M70/M75	15,2	215	12	7,5		

- **Maps:**  
Map scale: 1/15.000  
Contours: 5 meters  
Map size: 35 x 31 cm  
Paper type: Waterproof

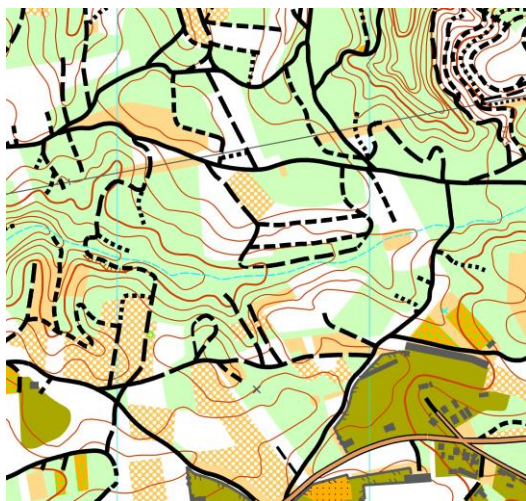


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### 3.6.8. Terrain description



Takes place in a steep forest area to the South, punctuated with derelict farmsteads, meadows and rolling meadows and scrubland to the north. The forest characteristic features are typical Mediterranean forest, consisting mainly of Eucalyptus plantations, with multiple paths and roads, dense vegetation. The area is a working forest with recent felling. The forest areas sometimes have underbrush that can hamper the shortcuts.

On some of the very steep valley sides in the Eucalyptus plantations there are many parallel extraction lanes that could be viewed as tracks.

They are too numerous and close together to map accurately in places. Due to a very wet winter some track junctions are difficult to see, however the indistinct track junction symbol has not been used. Efforts have been made to clear track junctions and over grown tracks wherever possible. Thorny vegetation can be found. Therefore puncture protection is strongly recommended.

### 3.5.9. Warnings

- **Start groups for WMTBOC:**

According to the world ranking the provisional RED start group is:

Men	Women
Anton Foliforov - RUS	Gaelle Barlet - FRA
Luca Dallavalle -ITA	Martina Tichovska - CZE
Jussi Laurila - FIN	Emily Benham - GBR
Jiri Hradil - CZE	Svetlana Poverina - RUS
Lauri Malsroos - EST	Marika Hara - FIN
Baptiste Fuchs - FRA	Ingrid Stengard - FIN
Marek Pospisek - CZE	Maja Rothweiler - SUI
Vojtech Stransky - CZE	Renata Paulickova - CZE
Kevin Haselsberger - AUT	Ramune Arlauskiene - LTU
Grigory Medvedev - RUS	Tatiana Repina - RUS

The provisional ORANGE start group is:

Men	Women
Ruslan Gritsan - RUS	Antonia Haga - FIN
Pekka Niemi - FIN	Marie Brezinova - CZE
Clement Souvray - FRA	Michaela Gigon - AUT
Andreas Waldmann - AUT	Laura Scaravonati - ITA
Valeriy Gluhov - RUS	Ruska Saarela - FIN
Simon Braendli - SUI	Nina Hoffmann - DEN
Andre Haga - FIN	Stanislava Fajtova - SVK
Davide Machado - POR	Caecilie Christoffersen - DEN
Marcus Jansson - SWE	Christine Schaffner - SUI
Rasmus Soegaard - DEN	Sonja Zinkl - AUT

Note: the final groups will be published on 20<sup>th</sup> July on the event website.



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The remaining competitors have to be allocated in late, middle and early start groups by the team leader no later than Monday 28<sup>th</sup> July at 15.00. Notice, before allocating a second competitor to a group, you have to allocate one competitor to each group. If you fail to allocate competitors to starting groups, the organizer decides the allocation.

- **Start groups for JWMTBOC and EYMTBOC:**

The start draw shall be made with 3 starting groups, each starting group being drawn at random. Competitors from the same Federation shall not start consecutively. In each individual competition each Federation shall allocate its competitors to specified starting groups. A Federation shall allocate one competitor to each group first (before allocating second competitor to the same group). If a Federation fails to allocate its competitors to starting groups, the organiser shall decide the allocation.

- There will be one first aid points, marked on the map, in case of any eventuality, please go to this point for aid or support.
- In case of catastrophic bike mechanical failure although the first aid point will do their best to help riders get back to the finish there will be a long wait until their job is done in the terrain.
- The use of telecommunication devices (mobile phones etc.) inside the quarantine zones is not allowed.
- The time limit for **complaints** is 16:00. Complaints received after this time limit will only be considered if there are valid exceptional circumstances which must be explained in the complaint. Any complaint shall be made in writing to the organizer - contact the staff at the finish.
- **Prize giving ceremony** starts at 16.30 (in arena). There are prizes for the 6 best placed women and men in EYMTBOC, JWMTBOC and WMTBOC.

There are prizes for the 3 best placed in WMS and other open classes.



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### 3.7. Day 7 - Saturday 30<sup>th</sup> July (Mealhada)

#### Relay event

##### 3.7.1. Schedule of the day

- 07:30-15:00: Opening hours of the EO at the Relay arena (in Mealhada).
- 09:00: Mass start first leg Relay (EYMTBOC, JWMTBOC)
- 09:15: Finish quarantine for EYMTBOC and JWMTBOC activated
- 10:45: Mass start for remaining athletes (EYMTBOC, JWMTBOC)
- 10:45: Start quarantine activated (WMTBOC).
- 10:55: Finish quarantine finished.
- 11:00: Mass start first leg Relay (WMTBOC)
- 13:00: Mass start for remaining athletes (WMTBOC)
- 13.30 Mass Start first leg unofficial Open Relay.
- 15:00: Prize giving ceremony for Relay.
- 19:00: Closing ceremony and Party MTBO'16 at Cantanhede.

##### 3.7.2. Travel & Logistic

Distance from EC to Mealhada: 25 Km (30 min driving).

Directions: follow the direction **Mealhada** (EN1/IC2). The event is signed with orienteering guiding arrows from the Mealhada entrance.

Parking: In areas marked with signs for arena area (It is compulsory to use the marked routes).

##### 3.7.3. Quarantine times

- 09:15: Finish quarantine for EYMTBOC and JWMTBOC activated
- 10:45: Start quarantine activated (WMTBOC).
- 10:55: Finish quarantine finished.

##### 3.7.4. Facilities

There are many restaurants, cafés and bars nearby the arena.

There is catering service with daily menu (needs to be booked 8 days in advance). The lunches will be delivered at about 13:00 in the arena.

There are toilets in the quarantines and in the arena.

There is water available in quarantines, in warm up area and in arena.

Some tents are provided for shade in quarantine areas.

##### 3.7.5. Map collection

All Maps will be collected. They will be returned before the prize giving ceremony.

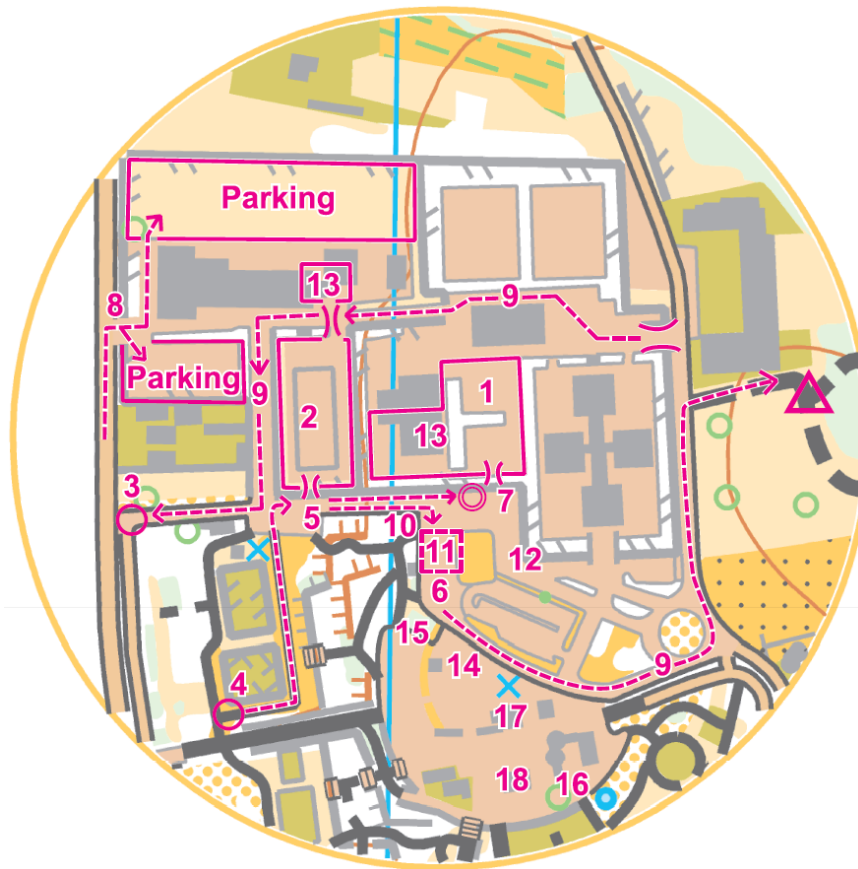
For fairness reasons don't reveal anything important from the courses or the terrain to the other competitors.

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### 3.7.6. Map of Arena



- 1 - Finish quarantine
- 2 - Start quarantine
- 3 - Spectator control
- 4 - last control
- 5 - Exchange relay
- 6 - First Start
- 7 - SI Download
- 8 - Parking entrance
- 9 - Mandatory track
- 10 - Speaker
- 11 - Maps
- 12 - Live screen
- 13- Toilles Quarantine
- 14 - Spectators/Merchandising
- 15 - Doctor/First aid
- 16 - Prize giving
- 17 - Toilles
- 18 - Bar

### 3.7.7. Course Detail

- **Start procedures:**
  - **first leg:**  
Competitors will be placed with their bikes and they receive their maps at their bikes 15 seconds before the start. The bike must be stationary and competitors shall keep at least one foot on the ground until the start signal. (Rule 22.16)
  - **second and third leg:**  
The changeover between the members of each relay team takes place by touch. You then proceed to the start area and collect your map and start your race. (Rule 22.11)
- **Finish procedures:**
  - **first and second legs:**  
After the last control, when entering into the transition area go to touch the next member of your team. After this the rider downloads their SI Card, and after this operation goes in to the finish quarantine.
  - **third leg:**  
The winner is the first rider to cross the finish line.
- **Tracking:** Athletes of 30 teams will wearing tracking units (GPS).  
*Note: At the team leaders meeting riders will be given information about the delivery of equipment and how they will be worn.*

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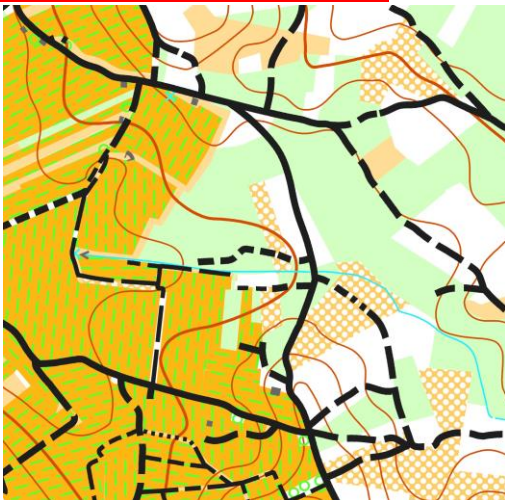
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- **Maps:**  
Map scale: 1:10.000 (with 1:5.000 blow-up section)  
Contours: 5 meters  
Map size: 33 x 30 cm  
Paper type: Waterproof
- **Distance tables and climb per categories:**

Relay			
	length	climb	controls
ME	17,7	190	21
WE	13,8	150	17
M20	12,5	100	14
W20	11,1	90	14
M17	10,8	95	15
W17	8,9	80	12
M120	13,8	150	17
M160	11,1	90	14
MX120	10,8	95	15
MX160	8,9	80	12

### 3.7.8. Terrain description



Takes place in a forest area and farmland, with small urban areas; the forest characteristic features are typical Mediterranean forest, consisting mainly of Eucalyptus plantations and winyards, with multiple paths and roads, dense vegetation. The forest areas sometimes have underbrush that can hamper the shortcuts. Thorny vegetation can be found. Therefore puncture protection is strongly recommended.

All the competitions area are open to public traffic. The courses use and cross several public roads. There will be marshal's with whistles at the most critical places to help safe crossing and minimize disruption.

Riders should follow the instruction of marshals. Still, it is the riders' responsibility to observe traffic rules and avoid unsafe practices.

Some dogs could be found some chained and some loose, there has been no experience of problems in the past, however we cannot control that all will be chained and that they will not try to follow you or bark at your passage.

### 3.7.9. Warnings

- On critical routes there will be marshals with whistles present to control the traffic and announce the presence of any possible obstacle or arrival of a car.
- We recommend all athletes attend the various relays for elite, masters, juniors and youth and remain in the area when not competing. We expect a very good atmosphere and experience for all.
- **There is one river crossing that is anticipated by a significant drop, unmounting the bike is recommended, this drop will be identified in the terrain.**

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- The use of telecommunication devices (mobile phones etc.) inside the quarantine zones is not allowed.
- The time limit for complaints is 14:30. Complaints received after this time limit will only be considered if there are valid exceptional circumstances which must be explained in the complaint. Any complaint shall be made in writing to the organizer - contact the staff at the finish.
- Prize giving ceremony starts at 15.00 (in arena). There are prizes for the 6 best placed women teams and men teams in EYMTBOC, JWMTBOC and WMTBOC.

### 3.7.10. Details of Party / Banquet:

**Location:** Sports Pavillion - Rua Luis de Camões, 15 - Cantanhede (GPS: 40.344094/-8.587649)



#### Entertainment:

- 19:00: performance of the Coral Quecofónico do Cifrão (university musical group)
- 20:30: performance of the Coral Quecofónico do Cifrão (university musical group)
- 22:00: Expofaciac festival (free entry for those interested).

#### Notes:

- There is reserved parking for the participants
- The Expofaciac park is about 0.5 km away from the place of the party.

#### Dinner:

- 19:30: Dinner: Various appetizers + Soup + codfish with corn bread + roasted suckling pig stylish bairrada + salads + fruit + regional sweet / drinks: water, juices, wine and beer.





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