

WORLD MOUNTAIN BIKE ORIENTEERING CUP 2016  
WORLD MASTERS MOUNTAIN BIKE ORIENTEERING CHAMPIONSHIP 2016

**BULLETIN 3**

Kaunas, Lithuania  
28<sup>th</sup> September -2nd October 2016



**Organizers**

IOF International orienteering federation  
LOSF Lithuanian orienteering federation  
Kaunas Municipality  
Organization MTBO RENGINIAI

Lithuanian orienteering federation welcomes the participants of the final round of World Mountain Bike Orienteering Cup and World Masters Mountain Bike Orienteering Championship at September 28<sup>th</sup> – October 2<sup>nd</sup>, 2016 in Kaunas, second largest city of Lithuania. The organizers' team is ready to host the event, use its proficiency obtained in multiple international and local orienteering events and make the competition unforgettable experience for the participants.

## Officials

Event director: Roma Puišienė (LTU)  
Competitions director: Devis Žilovas (LTU)  
Event secretary: Mindaugas Kavaliauskas  
Course setters: Darius Kalvaitis (Long and Middle) Ramunė Arlauskienė (Sprint)  
Logistics: Vilius Skučas  
Office: Lina Balčiūnaitė

IT: Tadas Kazlauskas, Danielius Pralgauskis and Vilius Skučas  
Finance: Milda Guogienė  
Media: Donatas Lazauskas [media@orienteering.lt](mailto:media@orienteering.lt)  
Organizations: Lithuanian Orienteering Federation, orienteering club Takas, orienteering club Būdakalnis and orienteering club "Fortūna"

## Advisers

Event adviser: Ludomir Parfianowicz (POL)  
National controller: Remigijus Masilionis (LTU)

## Event Center

The event center of the competition is at hotel KAUNAS (Laisvės alėja 79 LT-44297 Kaunas), located in the main pedestrian street Laisvės alėja (Liberty Avenue).

## Information

Web page: [www.mtbo.lt](http://www.mtbo.lt)  
e-mail: [wmtboc@gmail.com](mailto:wmtboc@gmail.com), [info@mtbo.lt](mailto:info@mtbo.lt)  
Roma Puišienė tel.: 0037067099997  
Facebook: <https://www.facebook.com/wmtboc>

## General Location

Kaunas is the 2<sup>nd</sup> largest city of Lithuania. Kaunas is easily accessible by airplane (Kaunas international airport), roads and railroad.

Main roads:

**E67** Helsinki- Tallinn -Riga -Panevėžys-**Kaunas** -Warsaw -Wrocław-Prague

**E85** Klaipėda-**Kaunas**-Vilnius-Lida-Cernivci-București

Accessibility map:



## Program Overview

September 28 (Wednesday)	Arrivals
September 29 (Thursday)	Model event, opening ceremony
September 30 (Friday)	Long race
October 1 <sup>st</sup> (Saturday)	Middle race
October 2 <sup>nd</sup> (Sunday)	Sprint. Closing ceremony and departure

## Program

Wednesday 28<sup>th</sup> September

Event office opening hours  
18.00-21.00

Thursday 29<sup>th</sup> September

10.00 – 21.00 Office opening hours  
 12.00-15.00 Model event at Kačerginė. Maps at the Event Center (EC). Free order start.  
 15:00 Deadline for names/start group allocation for Long  
 17.00-18.00 Official opening ceremony Kaunas Town Hall Square  
 18.00-20.00 Opening party at the Kaunas Town Hall Square for participants and public with popular Dj's  
 18.45-19.30 Team leaders meeting

### Friday 30<sup>th</sup> September (Long distance competition)

10.00 – 21.00 Office opening hours  
10.00 Start of Masters classes (mass start)  
12.30 Start of Elite classes  
15:00 Deadline for names/start group allocation for Middle  
18.00 Prize giving ceremony  
18.45- 19.30 Team leaders meeting at the EC  
19.30 Dinner at the EC

### Saturday 1<sup>st</sup> October (Middle distance competition)

10.00 – 21.00 Office opening hours  
10.00 Start of Masters classes  
13.00 Start of Elite classes  
15:00 Deadline for names/start group allocation for Sprint  
16.40 Prize giving ceremony  
18.45- 19.30 Team leaders meeting at the EC  
19.30 Dinner at the EC  
20.30 Party

### Sunday 2<sup>nd</sup> October (Sprint distance competition)

10.00 – 21.00 Office opening hours  
10.00 Start of Masters classes  
12.00 Start of Elite classes  
14.30 Prize giving ceremony

## Competition Days

### Model Event

The Model Event at Kačerginė is accessible by bike or by car from the Event Centre. Distance approximately 16km.  
12.00-15.00 pm is the start of the Model Event with free start times. Maps and other equipment will be available at the event office.

## Long distance competition

### Masters

Mass start

10.00	Masters group 1 M40, M50 W40, W50
10.05	Masters group 2 M45, M55, W45, W50
10.10	Masters group 3 M60,M70,W60,W70
10.15	Masters group 4 M65,W65,M75,W75

Finish quarantine till 14.00

### Elite

Start 12.30

Start quarantine: 14.00 – 15.30

Start time interval 3 min

Finish quarantine till 14.00

### Length of the courses

LONG	Length KM	Number of CP	Approximate winning time
Elite W	35,2	30	110
Elite M	41,3	38	115
W 40/45	28,6	24	110
M 40/45	37,4	34	110
W 50/55	25,2	22	110
M 50/55	32,6	28	110
W 60/56	21,6	18	110
M 60/65	22,8	23	110
W 70/75	19,1	16	110
M 70/75	23,5	20	110

There will be tents and shelters at start and finish quarantine zones.

In finish quarantine zone warm showers, tents, bike wash, catering and screens for watching competition will be provided.

## Middle distance competition

### Masters

Start 10.00

Finish quarantine till 13.15

Start time interval 2 min

### Elite

Start 13.00

Start quarantine opens at 13.15

Start time interval 2 min

There will be tents and shelters at start and finish quarantine zones.

In finish quarantine zone warm showers, tents, bike wash, catering and screens for watching competition will be provided

Prize giving ceremony at 16.40 at the competition arena

### Courses

Middle	Length KM	Number of CP	Approximate winning time
Elite W	15,4	27	55
Elite M	18,3	33	55
W 40/45	11,8	19	55
M 40/45	16,5	28	55
W 50/55	9,7	17	55
M 50/55	14,8	25	55
W 60/56	8,1	14	55
M 60/65	12,5	21	55
W 70/75	6,7	11	55
M 70/75	10,2	17	55

## Sprint distance competition

### Masters

Start 10.00

Finish quarantine till 12.00

Start time interval 1 min

### Elite

Start 12.00

Start quarantine opens at 12.00

Start time interval 1 min

There will be tents and shelters at start and finish quarantine zones.

In finish quarantine zone warm showers, tents, bike wash, catering and screens for watching competition will be provided

Prize giving ceremony at 14.30 at the competition arena

### Courses

SPRINT	Length KM	Number of CP	Approximate winning time
WE	8,3	27	25
ME	9,3	34	25
W40/45	8	32	25
M40/45	8,7	29	25
W50/55	7,3	27	25
M50/55	8,1	28	25
W 60/65	5,1	20	25
M 60/65	7,1	28	25
W70/75	4,3	18	25
M 70/75	5,1	21	25

## Team leaders meeting

Team leaders meeting will take place at 18.45 pm in Kaunas Hotel every evening preceding every World Cup competition day.

The participation in the Team leaders meeting is limited to 3 officials per team.

## Competition Rules

- Competition Rules for IOF MTB Orienteering Events 2016
- Special Rules and Program for MTB Orienteering World Cup 2016
- International specification for MTB Orienteering Maps 2010

## Specific Rules

- Riding off the track, trail or path is allowed in areas marked as forest or freely ride able open area.
- In Lithuania 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 side.

## Classes and Participation Restrictions

For the World Cup there are only 2 classes Men and Women will be opened with no age restrictions. In each race, every Federation may enter up to 6 women and 6 men. In addition, the current World Champions for the distance may be entered by their Federations, provided they are members of the Federation's team. Each Federation may enter unlimited number of team officials.

Competitors who are representing a Federation shall have full passport holding citizenship of the country of that Federation.

For the World Masters MTBO Championship the following classes are offered: W40, M40, W45, M45, W50, M50, W55, M55, W60, M60, W65, M65, W70, M70, W75 and M75. Participation in WMMTBOC is open to all competitors according to their age classes.

Two adjacent classes in the same decade will be merged if either or both have fewer than 10 entries. For example, if there are fewer than 10 entries in the W50 and/or W55 classes, the two classes will be merged to make a single W50 class.



## Entries overview

Summary of the entries received:

	Elite	Number of participants
1	Austria	12
2	Czech Republic	11
3	Denmark	8
4	Finland	13
5	France	6
6	Germany	3
7	Great Britain	2
8	Italy	6
9	Japan	1
10	Latvia	10
11	Lithuania	12
12	Portugal	4
13	Russian Federation	13
14	Spain	1
15	Sweden	8
16	Switzerland	5
17	United States	5
		<b>120</b>

	<b>Masters</b>	Number of participants
1	Australia	4
2	Austria	6
3	Bulgaria	1
4	Czech Republic	3
5	Denmark	23
6	Estonia	11
7	Finland	33
8	France	5
9	Germany	8
10	Great Britain	14
11	Hungary	2
12	Italy	1
13	Japan	3
14	Latvia	11
15	Lithuania	26
16	Portugal	2
17	Russian Federation	9
18	Spain	4
19	Sweden	32
20	Switzerland	5
21	Turkey	1
22	United States	5
	Unknown	1
	No club membership	11
		<b>221</b>

## Entries deadlines

ENTRY FROM A (preliminary entry)  
by 16<sup>th</sup> of May 2016 giving:

- country,
- number of competitors of each gender (preliminary),
- number of team officials,
- category of accommodation,
- team manager's name, address and telephone/fax numbers,
- 50% payment of accommodation, meals, transport and entry fees.

NAME ENTRY in IOF Eventor by 10<sup>th</sup> of August 2016:

- each competitor's surname and first name, class or gender and year of birth,
- information on whether the athlete borrows an SI-card or uses his own SI-card (also enter the SI-card number),
- surname and first name of each team official,
- full payment of accommodation, meals, transport and entry fees.

## Entry Fees and Payment

	Elite (EUR)	Masters (EUR)
Registration fee (all participants+ officials)	60	50
Middle	35	30
Long	35	30
Sprint	35	30

### Payment details

VŠĮ "MTBO renginiai",  
Company id 303981383  
Address: Žvirgždyno 1, Vilnius, Lithuania  
Account Nr. LT637300010143023967  
SWIFT HABALT22, SWEDBANK AB VILNIUS

The final payment deadline for the event participation is the 10<sup>th</sup> of September.

## Transportation

All events are reachable by bike.

Event center – Long competition arena 6,5 km

Event center – Middle competition arena 6,4 km

Event center – Sprint competition arena 7,2 km

Event center – Model Event arena 16,0 km

In case you prefer car transport we recommend car rental.

Europcar.lt offer - 30% discount on the car rent for participants. Please use the discount code 52778096

The price for the transport between Kaunas/Vilnius airport – Event Center:

Vilnius Airport – Event Center - Vilnius Airport 150 EUR (one way) (6 persons+6 bikes)

Vilnius Airport – Event Center - Vilnius Airport 170 EUR (one way) (17persons +10 bikes)

Kaunas Airport – Event Center - Kaunas Airport 60EUR (one way) (6 persons+6 bikes)

Kaunas Airport – Event Center - Kaunas Airport 73 EUR (one way) (17persons +12 bikes)

Transport should be ordered no later than 18<sup>th</sup> of September.

Local transportation approximate price (depending on the number of requests – will be confirmed after 18<sup>th</sup> of September):

Event center – arenas – event center 10 EUR with bike one way.

## Accommodation and Catering

Accommodation in the event center hotel Kaunas\*\*\*\* (Laisvės alėja 79 LT-44297 Kaunas) and Kaunas City\*\* (Laisvės alėja 90 LT-44251 Kaunas). The hotels are next to each other and it is possible to order full catering services (breakfast and dinner). Dinner will be organized at Kaunas\*\*\*\* hotel.

Kaunas hotel \*\*\*\* offer:

<http://www.kaunashotel.lt>

Bike storage is agreed and available at the hotel

Number of rooms available	Type of the room		Price of the stay	Price of the stay
			Including breakfast	Including breakfast and dinner
			EUR	EUR
30	Standard	Single	48	<b>57</b>
	Standard	Double	52	<b>71</b>
30	Delux	Single	51	<b>60</b>
	Delux	Double	54	<b>73</b>
3	Suite	Single	65	<b>75</b>
	Suite	Double	75	<b>94</b>
3	Executive Suite	Single	80	<b>90</b>
	Executive Suite	Double	91	<b>110</b>
10	Tripple		75	<b>104</b>

**Kaunas City\*\* hotel offer:**

<http://kaunascityhotel.com>

Bike storage is agreed and available at the hotel

Its possible to order dinner which will be provided in the nearby (~100m) Kaunas\*\*\*\* hotel for 10EUR pp.

Number of rooms	Type of rooms	Price (EUR) including breakfast
3	Single	36
24	Dbl, twin	40
10	Tripple	48

Catering services (serving snacks and short menu of warm meals) will be available at the competition arenas during the competition days. As hotels are located in the central part of town there are a lot of catering options within the walking distance open till late hours.

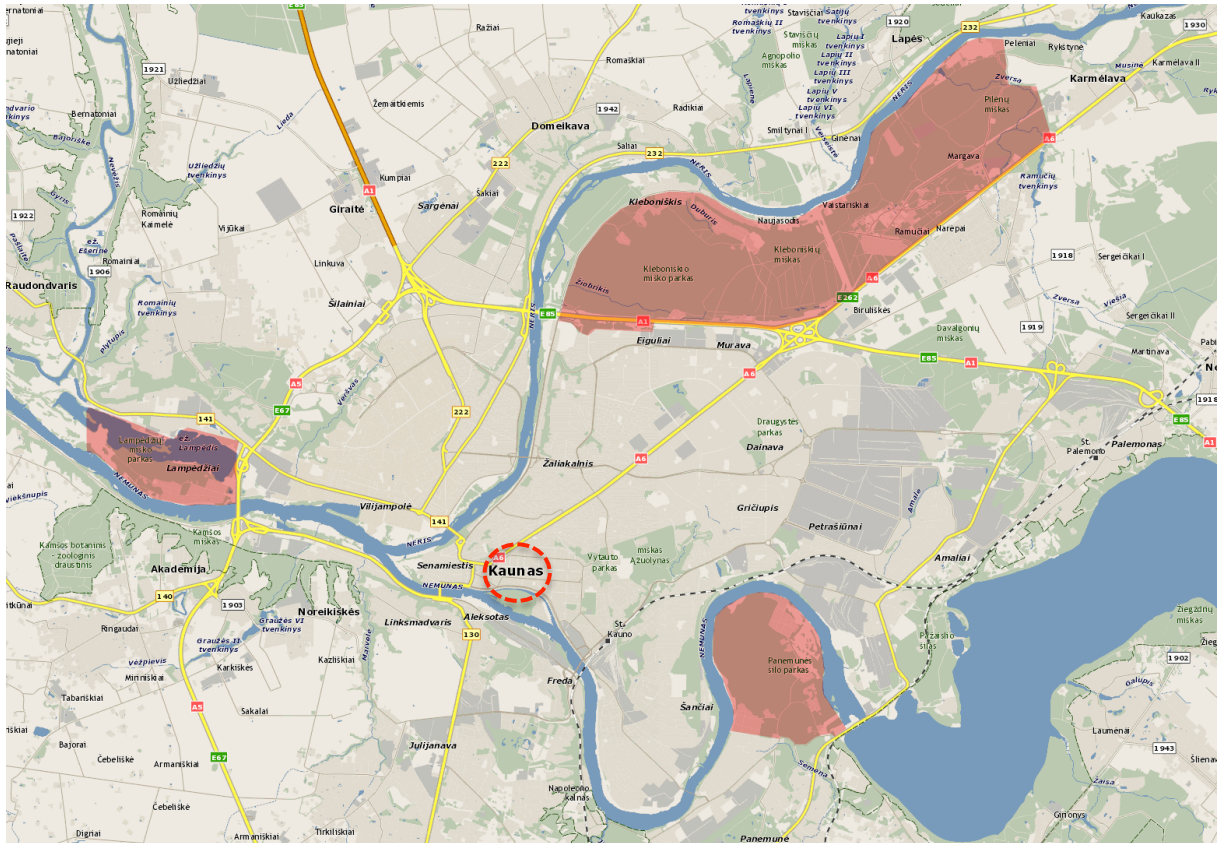
## Time keeping system

SI system will be used for all categories. We will use Air+ system. Rental fee of the SI Air+ system is included in the entry fee.

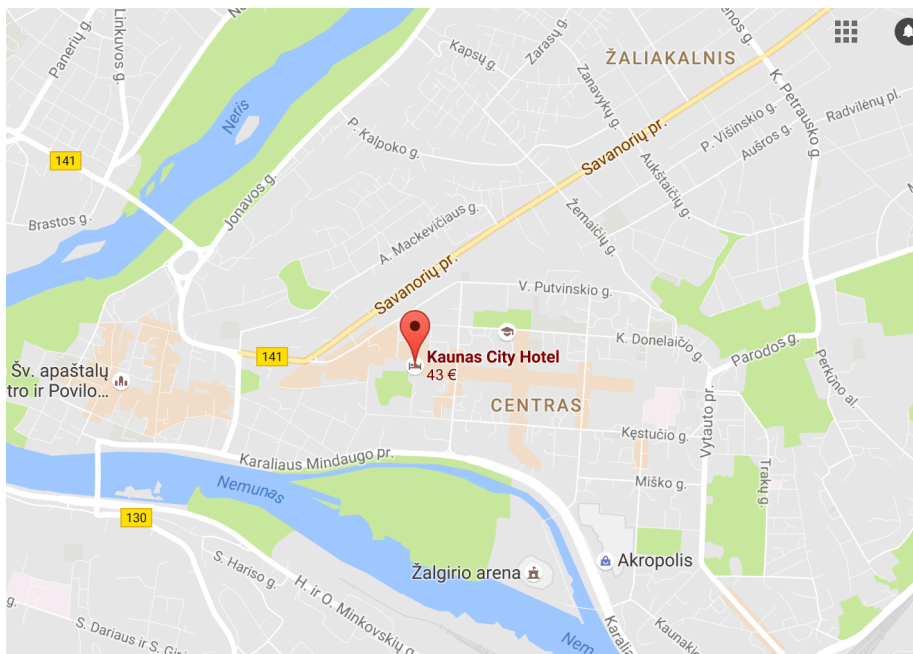
## Embargoed Areas

The following areas are closed:

Panemunė  
Lampėdžiai  
Karmėlava  
Kleboniškis  
Murava



## Event Center



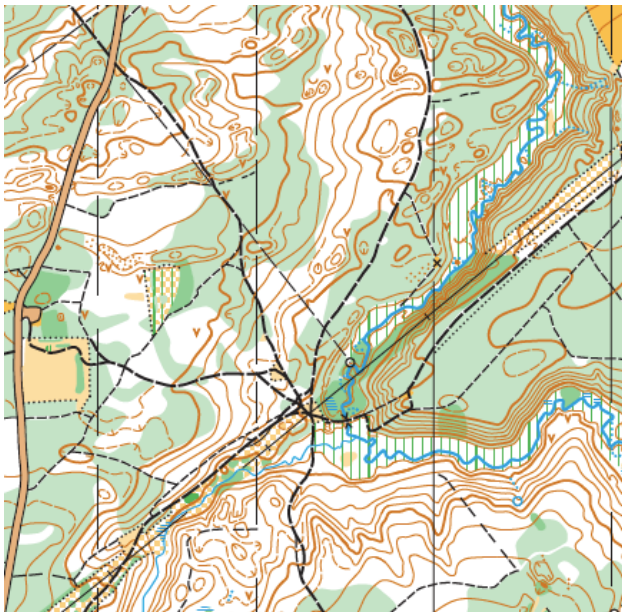
## Maps

### Map samples:

#### Panemunè (Middle)



#### Karmélava (Long)

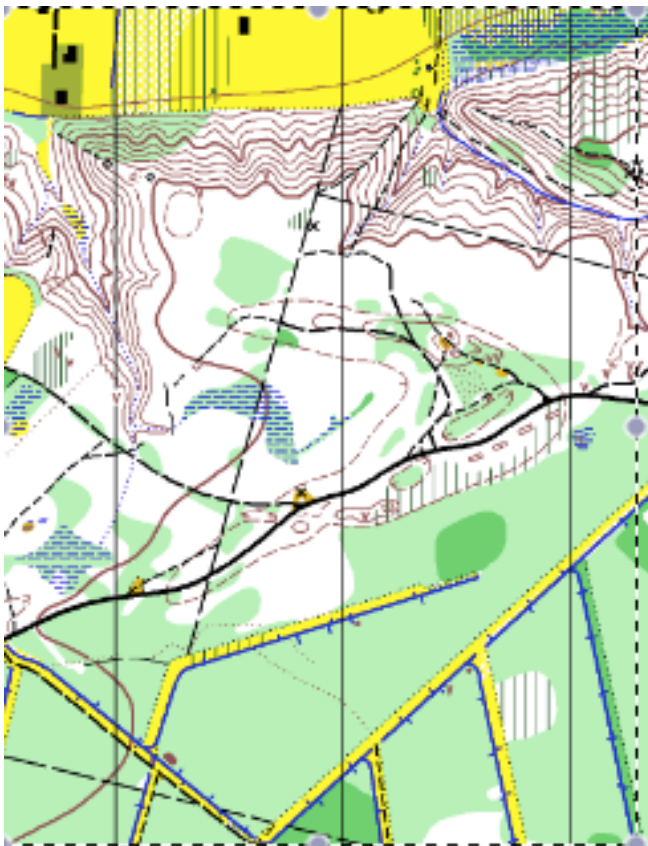




Kleboniškis (Long)



Murava (Long)





## Lampėdžiai (Sprint)



## Terrain Description

### **Sprint**

**1:7500, E 5m**

Terrain form:	Mostly gently sloping with some steeper hills. A mixture of open cultivated land, park terrain, urban areas and forested areas (dominating pine wood).
Vegetation:	
Speed	Most tracks are easy rideable
Visibility:	Mostly good but reduced in some dense areas.
Paths and roads:	Urban areas and forested areas with a dense network of paths

### **Long**

**1:15 000, E 5m**

Terrain form:	Mostly flat with quite steep river slopes.
Vegetation:	Coniferous and deciduous forest.
Speed	Mostly good and fast
Visibility:	Good, but limited in dense areas.
Paths and roads:	Areas with developed network of paths and forest roads and areas with few paths and roads.

## **Middle**

**1:10 000, E 5m**

Terrain form:	Mostly gently sloping with flat urban areas. A mixture of park terrain, urban areas and forested areas (combination of pine and birch wood).
Vegetation:	
Speed	Most tracks are easy rideable
Visibility:	Mostly good but reduced in some dense areas.
Paths and roads:	Urban areas and forested areas with a dense network of paths

## **GPS Tracking**

We will have 90 GPS units and allocate them between Women/Men Elite athletes.

The device to be picked up in the start area 20-30 min. before the start.

The GPS tracks of elite riders will be displayed in finish quarantine area for the masters to watch.

All tracks will be available on the event website after the event.

## **Start bibs**

MWMTBOC participants will receive start bibs for all 3 days on the accreditation day.

MTBO World Cup participants will receive start bibs, according to the start list minutes in the evening before the competition on team leaders meeting. The start bib should be attached in front of the bike.

## **Prize-giving and entertainment**

Thursday 17.00 grand opening ceremony at Kaunas Town Hall square with popular Dj's and minimal official talks. 18.00 party with the Dj's for participants and general public.

Prize giving ceremonies will be held at arenas, just after the deadline for protests from the teams expires.

Saturday, 1<sup>st</sup> of October 20.30 events party – PUB QUIZ will be in Kaunas hotel restaurant. You should reserve places in advance till the 18<sup>th</sup> of September. The participation free of charge, drinks and snacks are not included.

Come in teams to answer some fun questions about orienteering, physics, music, love and other every day life issues.

In order to participate in the party, please register here:

<https://www.surveymonkey.com/r/C696GNV>

NO REGISTRATION, NO GUARANTEED PARTICIPATION

## Weather

Weather prediction for the end of September is very tricky in Lithuania. In general average temperature is around +13°C with frequent rains. However the last week of September or beginning of October might get warmer and dryer with a week of sunny days and temperatures around 20°C. We expect those nice days during our event☺

## Visas

Lithuania is a full Schengen member state. The following IOF full member countries require visa to Lithuania: Belarus, China, Colombia, Kazakhstan, Moldova, Mongolia, Russia, South Africa and Turkey

Visas have to be applied for at the nearest Lithuanian embassy. The organizers will assist participants as required to obtain visas.

Please make sure that you allow for sufficient time (at least 3 months) for invitation letters and visa processing.

Please note that visa regulations are subject to change. Please double-check your specific visa requirements.

## Training Opportunities and Model

### Prior to the World Cup and Masters WOC

No official training camps will be organized before the World Cup, but the Organizers are happy to provide maps and help with organizing trainings upon request (wmtboc@gmail.com).

### Model event

Model event will be organized on Thursday, September 29 between 12pm and 3 pm, Maps will be available at the event office. No registration is needed.

## Media

Media representatives are cordially invited to Kaunas to cover the final round of the World Cup and World Masters Championship races. Registration of the media representatives should be done by e-mail: Donatas Lazauskas [media@orienteering.lt](mailto:media@orienteering.lt)

The video summary of each day might be distributed for national federations in case of request that is free to be shared on national federation's media and news channels.

## Permitted deviations from the rules

The starting method for the long distance competition at the World Masters MTBO Championships will be mass-start.

## Legal restrictions

Every participant takes part at his/her own risk. Organizers are not liable for any health problem or damage in the equipment. Any kind of trading activity requires written permission by the organizers.

## Fair play

The usage of mobile devices in start and finish quarantines is prohibited. The maps will be collected at the finish area and distributed later during team leaders meeting.