



**MTBO
WORLD
CUP**

KAUNAS 2016

BULLETIN 4

WORLD MOUNTAIN BIKE ORIENTEERING CUP 2016

WORLD MASTERS MOUNTAIN BIKE ORIENTEERING CHAMPIONSHIP 2016



KŪNO KULTŪROS IR SPORTO DEPARTAMENTAS
PRIE LIETUVOS RESPUBLIKOS VYRIAUSYBĖS



Kaunas, Lithuania

28th September - 2nd October 2016





Dear mountain bike orienteers!

We welcome the elite and masters mountain bike orienteers to the city of Kaunas.

Kaunas has a great honour to host the world's best mountain bike orienteers who will show their great skill competing on this landscape. We are grateful to you for the opportunity to introduce and promote the exciting but still young sport of mountain bike orienteering here in Lithuania to our sports enthusiasts.

The city of Kaunas will do everything possible to guarantee a well organized competition and to make the competitors and guests feel welcome.

We believe you will enjoy the city of Kaunas and spend unforgettable days here.

Vice-Mayor of Kaunas City

Simonas Kairys

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Lithuanian Orienteering Federation welcomes the participants of the final round of MTB Orienteering World Cup 2016 and World Masters Mountain Bike Orienteering Championship 2016 at 28 September – 2 October 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.

1. GENERAL INFORMATION

1.1. Organizers



IOF - International Orienteering Federation



LOSF - Lithuanian orienteering federation



Kaunas Municipality

MTBO Renginiai

1.2. Organizing Committee

Event director: Roma Puišienė

Competitions director: Devis Žilovas

Deputy event director: Jurgis Rubaževičius

Event secretary: Mindaugas Kavaliauskas

Course planners: Darius Kalvaitis (Long and Middle) Ramunė Arlauskienė (Sprint)

Course setter: Vitalijus Paulauskas

Logistics: Vilius Skučas

Event Office: Lina Balčiūnaitė

IT: Tadas Kazlauskas, Danielius Pralgauskis and Vilius Skučas

Web: Vaida Reinartaitė

Finance: Milda Guogienė

Arenas: Algirdas Pikturna

Media: Donatas Lazauskas

Organizers: VšĮ MTBO renginiai, orienteering club Takas, orienteering club Būdakalnis, orienteering club "Fortūna", Lithuanian Orienteering Federation.

1.3. Advisers

Event adviser: Ludomir Parfianowicz (POL)

National controller: Remigijus Masilionis (LTU)

1.4. Information

Web page: www.mtbo.lt

e-mail: wmtboc@gmail.com, info@mtbo.lt

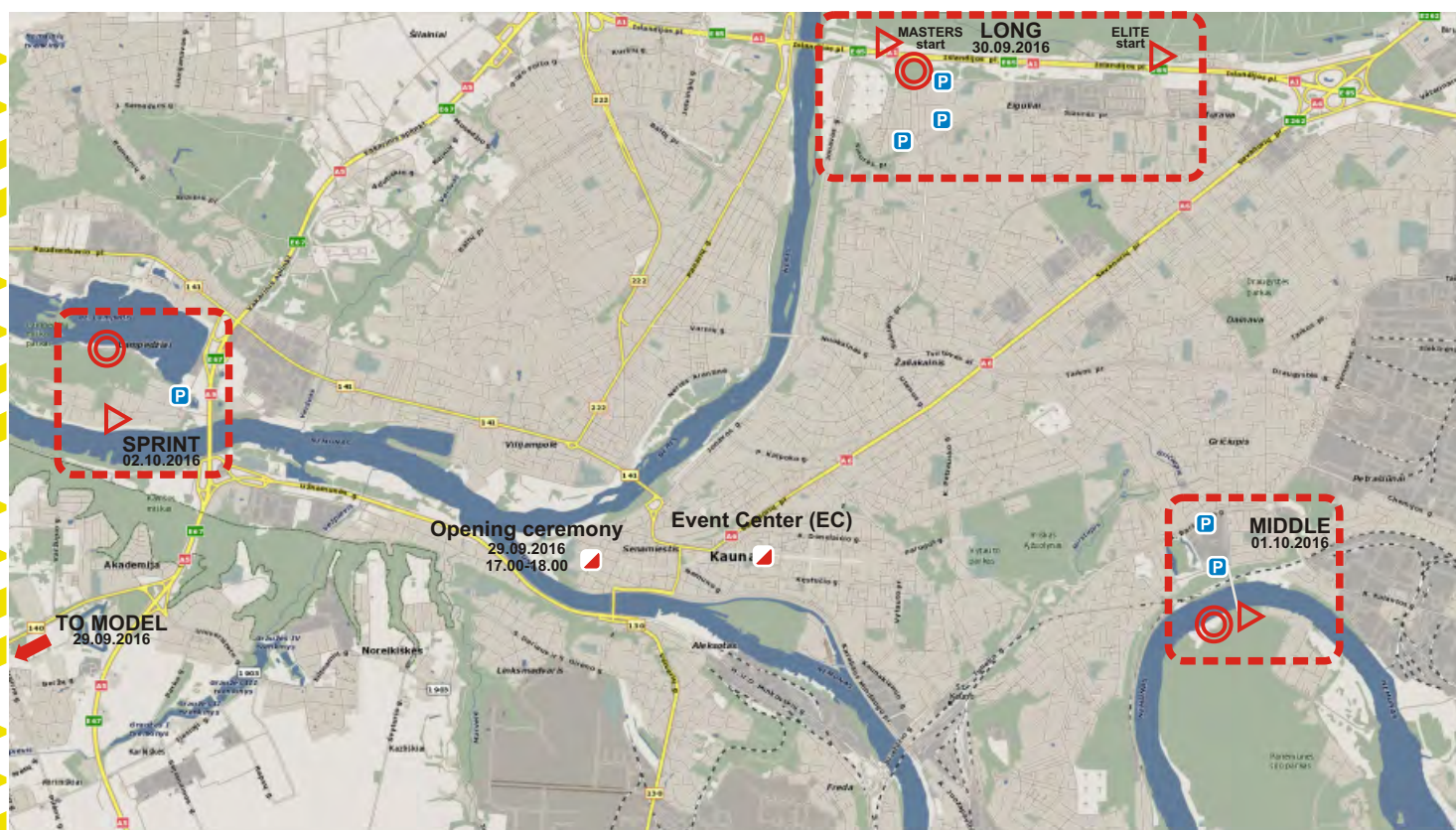
Office tel.: +37065064764 (Lina Balčiūnaitė)

Event Director +37067099997 (Roma Puišienė)

Competition Director +37068584685 (Devis Žilovas)

Facebook: <https://www.facebook.com/wmtboc>

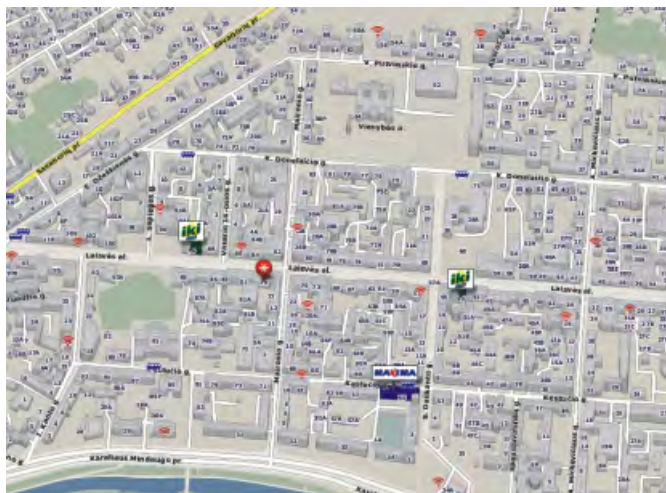
1.5. Event Location map



1.6. Event Center

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

Event Center will be site of Event Office, Team leaders meetings and of course Pub Quiz party on Saturday, October 1, at 20.00



Event Office contact – Lina Balčiūnaitė
wmtboc@gmail.com, +37065064764

Event office working hours:

	At the event center	At the competition center
Wednesday 28 September	18:00-21:00	-
Thursday 29 September	10:00 -21:00	-
Friday 30 September	19:30 – 21:00	09:00-18:00
Saturday 1 October	18:30-21:00	09:00-15:00
Sunday 2 October	-	09:00-14:00

Accreditation - World Cup

Accreditation takes place at the Event Office. For the World Cup participants one team official should collect the accreditation for the whole team. As part of this process, the team members' passports must be shown to prove the nationality and full passport-holding citizenship of the country of their Federation.

Each team will get an information pack accreditation, which consists of:

- Bulletin 4 for all team members
- SIAC (SI active card) for each competitor
- Model event maps for all team members
- Accreditation cards
- Tourist brochures and maps
- Present from the organizers

Accreditation - Masters

Accreditations should be collected individually, at the Event Office. Masters' accreditation package includes:

- Bulletin 4
- SIAC (SI active card) for those who ordered
- Start bibs
- Model event map
- Accreditation cards
- Tourist brochures and maps
- Present from the organizers

Please settle your hotel payments and participation fees before the arrival, as there will be no accreditation for those who did not pay the full amount.

Office rules

Names and start group allocations for each event should be submitted using official forms, available at the event office and www.mtbo.lt

Deadline for submission of names/start group allocation for each event is noon of the day preceding the event (12:00 local time).

Acceptance of name/group allocation list or change request after the deadline is at sole decision of organiser. The teams not submitting the allocation of the start groups on time are not guaranteed that their team members will start competition in the wished order.

Time limit for complains – long: 17.45, middle: 17:00, Sprint 14:45.

Forms for complains/protests available at the event office.

Event Office contact – Lina Balčiūnaitė
wmtboc@gmail.com, +37065064764

1.7. Event Schedule

Wednesday, 28 September

18:00-21:00 Event Office opening hours (at Event centre)

Thursday, 29 September

10:00-21:00 Event Office opening hours (at Event centre)

12:00 Deadline for names/start group allocation for Long distance

12:00-15:00 Model event at Kačerginė. Free order start.

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

19:00-19:30 Team leaders meeting

Friday, 30 September (Long distance event)

09:00-18:00 Event Office opening hours (at the competition arena)

09:30 Start of Masters classes (mass start)

11:30 Start of Elite classes

12:00 Deadline for names/start group allocation for Middle distance

17:45 Prize giving ceremony

19:30-20:00 Team leaders meeting at the EC

19:30-21:00 Office opening hours at the event centre

20:00 Dinner at the EC

Saturday, 1 October (Middle distance event)

09:00-15:00 Office opening hours at the competition arena

10:00 Start of Masters classes

12:00 Deadline for names/start group allocation for Sprint

12:30 Start of Elite classes

17:00 Prize giving ceremony

18:30-19:30 Team leaders meeting at the EC

18:30-21:00 Office opening hours at the event centre

19:30 Dinner at the EC

20.30 Pub Quiz party at the event center restaurant

Sunday, 2 October (Sprint event)

09:00-14:00 Office opening hours at the competition arena

10:00 Start of Masters classes

12:00 Start of Elite classes

14:30 Prize giving ceremony

1.8. Team leaders meetings

Team leaders meeting will take place 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.

Team leaders meeting is designed only for World Cup competitors.

Please note the different times of Team Leaders meeting:

Thursday, 29 September 19:00

Friday, 30 September 19:30

Saturday, 1 October 18:30

1.9. Entries overview

Class	Number of participants
Elite W	47
Elite M	69
W40	10
M40	18
W45	13
M45	43
W50	17
M50	39
M55	32
W60	8
M60	17
M65	16
W70	2
M70	17

Summary of the entries received:

	Men	Women	Officials	Sum	Men	Women	Sum
Australia					3	1	4
Austria	6	3	2	11	6	1	7
Bulgaria					1		1
Czech Republic	6	4	1	11	8	4	12
Denmark	5	3		8	16	7	23
Estonia	6	2	2	10	9	1	10
Finland	6	6	1	13	30	6	36
France	3	2	1	6	6		6
Germany	2	1		3	5	3	8
Great Britain		2		2	11	5	16
Hungary					4	2	6
Italy	5	1		6		1	1
Japan		1		1	3		3
Latvia	6	4		10	11		11
Lithuania	6	6		12	27	4	31
Portugal	3	1		4	2	1	3
Romania	1			1			
Russian Federation	6	6	1	13	6	4	10
Spain		1		1	2	1	3
Sweden	6	2	1	9	24	5	29
Switzerland	2	3		5	3	2	5
Turkey						1	1
Ukraine	2			2			
United States	4	1		5	4	1	5
Sum	75	49	9	133	180	50	231

1.10. Weather conditions

The third decade of September is characterized by falling daily high temperatures, with daily highs averaging at 15°C, and night low temperatures at 7°C. Precipitation probability is around 50%, slightly decreasing over these days. Typical precipitation – light rain. It's usually cloudy, but even without occasional sunshine you can't miss the beauty of forest colors.

1.11. Life coverage, GPS tracking

Live coverage will include Radio controls, GPS tracking, live commentary and tweets during all events as well as live video broadcasting during Sprint event.

Links will be accessible via Live Center of each event page on www.mtbo.lt

1.12. 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

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.

There will be live coverage of the sprint event on TV3.LT starting at 12.00

<http://play.tv3.lt/>

1.13. 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.

1.14. Transportation

All events are reachable by bike:

Event center – Model Event arena 16,0 km

Event center – Long competition arena 6,5 km

Event center – Middle competition arena 6,4 km

Event center – Sprint competition arena 7,2 km

In case you prefer car transport we recommend car rental.

Europcar.lt has a special offer - 30% discount on the car rent for participants.

Please use the discount code 52778096

Local transportation from the competition center to arenas will not be provided due to no requests for such a service until the deadline of 18 September.

1.15. Accommodation

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.

1.16. Bike storage and bike wash

Bike storage is agreed with the event hotels. Please approach reception staff arranging your bike storage inside the hotel.

Only clean bikes will be accepted to hotels bike storage!

Bike wash will be available at Competition Centers.

1.17. Bike shops

There will be basic bike service at the competition arenas as well as possibility to buy some MTBO related stuff – clothing, accessories, etc.

1.18. Catering

Catering services (serving snacks and short menu of warm meals) will be available at the competition arenas during the competition days. Service will be available also in Finish quarantine zone. Payment only in cash. No preordering is needed.

Catering is also provided at the hotels, for those who ordered. For those living in Kaunas City hotel and having HB option special tickets will be issued for dinners at Kaunas**** hotel

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.

1.19. Protocol at Prize giving ceremonies

In line with IOF rules podium finishers are requested to dress in team uniforms with matching shoes (no flip-flops etc.) and refrain from taking to the podium items such as hats, sunglasses, headbands and other similar items. No accompanying persons should be brought to the podium.

1.20. Legal matters

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 on event centre or arenas requires written permission by the organizers.

1.21. Training

There will be training maps available for the training with CP on the 27 and 28 of September. Maps will be available at the Event center in hotel Kaunas**** reception for 5 EUR for those who ordered the service starting from 9.00 on Wednesday, September 27.

The CP will be in forest from 12-16 PM
Questions regarding the training and maps: Asta Šimkonienė +37069976044

The location of training on the 27 September - Girionys



%A1k%C5%B3+ir+aplinkos+in%C5%BEinerijos+kol
egija/@54.8565886,24.0426436,16z/data=!4m8!1
m2!2m1!1sliepu+g.+girionys!3m4!1s0x0:0x3c9aae7
5d46f47fc!8m2!3d54.8555892!4d24.0453923?hl=
lt

Location of the training on 28 September -
Pažaislis

<https://www.google.lt/maps/dir/54.8757242,24.0201644/54.8757242,24.0201859/@54.876289,24.0200893,17z/data=!4m2!4m1!3e0?hl=lt>

2. COMPETITION INFORMATION

2.1. Competition Rules.

All events will be organized in accordance with:

- Competition Rules for IOF MTB Orienteering Events, as published by the IOF and valid from 1 January 2016 ,
- Special Rules for 2016 World Cup in MTB Orienteering,
- 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 rideable 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.

2.2. Permitted deviations from the rules

The starting method for the long distance competition at the World Masters MTBO Championships 2016 will be mass-start.

2.3. Anti-doping

Doping is strictly forbidden. Organizers of the WMTBOC will support 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 find more information about anti-doping at <http://orienteering.org/anti-doping/>

2.4. 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.

2.5. Members of Jury

Sandor Talas (HUN)
Mark Stodgell (GBR)
Nermin Fenmen (TUR)

2.6. Classes and Participation Restrictions

For the World Cup there are only 2 classes - Men and Women 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, M45, W50, M50, M55, W60, M60, M65, W70, M70. 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.

2.7. Starting order

ELITE

Each team will receive for each discipline starting group allocation form with list of all entered competitors. The team leader will choose the required starting group for each competitor by crossing the check box. For Long and Middle red and orange groups will be allocated. In sprint last 10 riders will start in reverse order according to their World Cup rating.

Qualification procedure for allocating start slots for MTB Orienteering World Cup. Teams are

required to submit name entries of the athletes for the Long/Middle/Sprint distances competitions by 12 o'clock the day before each of the competition day of the World Cup. The teams not submitting the allocation of the start groups on time are not guaranteed that their team members will start competition in the wished order.

MASTERS

The starting order for masters will be assigned by computer randomly

Late start

Competitors who are late for their start time will be permitted to start. A separate corridor will be marked for late starters. If the competitor is at the start line less than half the start interval after their start time they will be allowed to start immediately. If the competitor is at the start line more than half the start interval after their start time they will be allowed to start at the next available half start interval.

2.8. Time keeping and punching system

Long distance SPORTident Air+ system with Active Cards (SiAC) will be used for all categories and all events. Rental fee of the SIAC card is

included in the entry fee. Rented cards will be bare, but it will be a possibility to purchase SiAC holder at event office.

For not returned SiAC card full card cost of 80.00 EUR will be charged.

Punching radius of the system in normal condition is over 1,5 meters, but it is responsibility of athlete to check that the punch was successful – confirmed by sound and light signal on SiAC.

2.9. Competition time limits

Maximum time limit in forrest for all age groups and disciplines is the following:

Sprint: 1,5 hour

Middle 2 hours

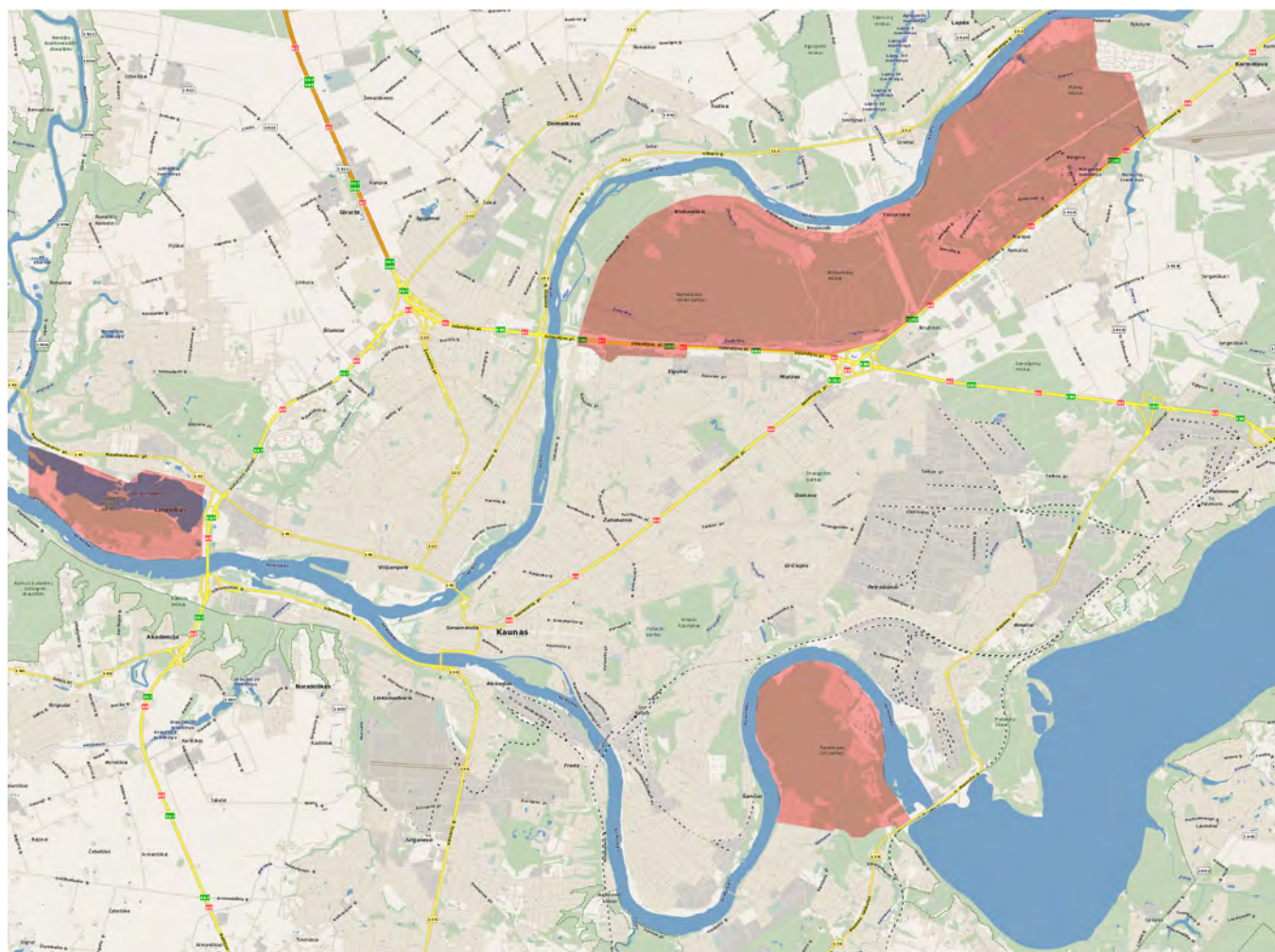
Long 4 hours

Exceeding the time limit the results will not be counted.

2.10. Embargoed Areas

The following areas are closed:

Panemunė
Lampėdžiai
Karmėlava
Kleboniškis
Murava



2.11. Maps

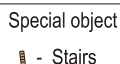
New MTB Orienteering maps, surveyed on August 2016.

Scales 1:7500 sprint, 1:10 000 middle and 1:15 000 long

Prepared according International specification for MTB Orienteering Maps 2010

All maps printed on waterproof synthetic paper.

Special map symbol for Stairs/steps:

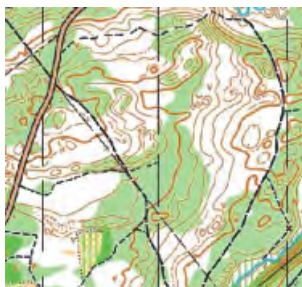


Map samples (previous versions):

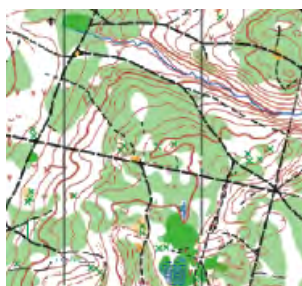
Panemunė (Middle)



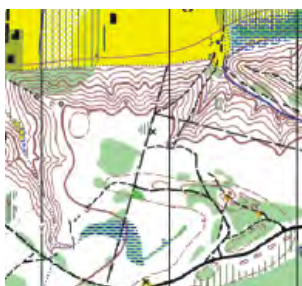
Karmėlava (Long)



Kleboniškis (Long)



Murava (Long)



Lampėdžiai (Sprint)



2.12. GPS Tracking

Up to 90 GPS units will be allocated to Women and Men Elite athletes each day.

List of athletes will be presented at team leaders meeting.

The device should be collected in the start area or start quarantine at least 15 min. before the start. GPS devices have a hand band mounting. GPS device should be returned after finish each day.

The GPS tracks of elite riders will be displayed in finish quarantine area for the masters as well as in arena's main screen after closing start quarantine. All tracks will be available on the event website after the event.

2.13. Start bibs

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.

Masters will use the same start bib for all 3 days. Start bibs will be provided during the accreditation.

Participants without start bibs will not be allowed to start.

2.14. Opening event, Prize-giving and entertainment

Grand opening ceremony on the event will be held on Thursday, 17:00 at Kaunas Town Hall square with popular Dj's and official greetings. After the official part, at 18:00 party with the Dj's for participants and general public. Teams and masters should gather 16.40 near the event center for the parade.

Prize giving ceremonies will be held at Competition arenas, after the deadlines for complains and protests from the teams expires. On Saturday, 1 of October at 20:30 big party of the event – PUB QUIZ - will start in Kaunas hotel. We recommend to reserve your entry in advance, as there limited space.

Relax by competing with your mates in answering some fun questions about orienteering, physics, music, love and other every day life issues.

The participation is free of charge. Please register here:

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

NO REGISTRATION, NO GUARANTEED PARTICIPATION

Prize giving ceremony order

Long and Middle

Masters prize giving ceremony for each age group

Elite prize giving ceremony

World Cup leader Jersey ceremony

Sprint

Masters prize giving ceremony for each age group

Masters prize giving ceremony for World Masters Series

Elite prize giving ceremony for sprint

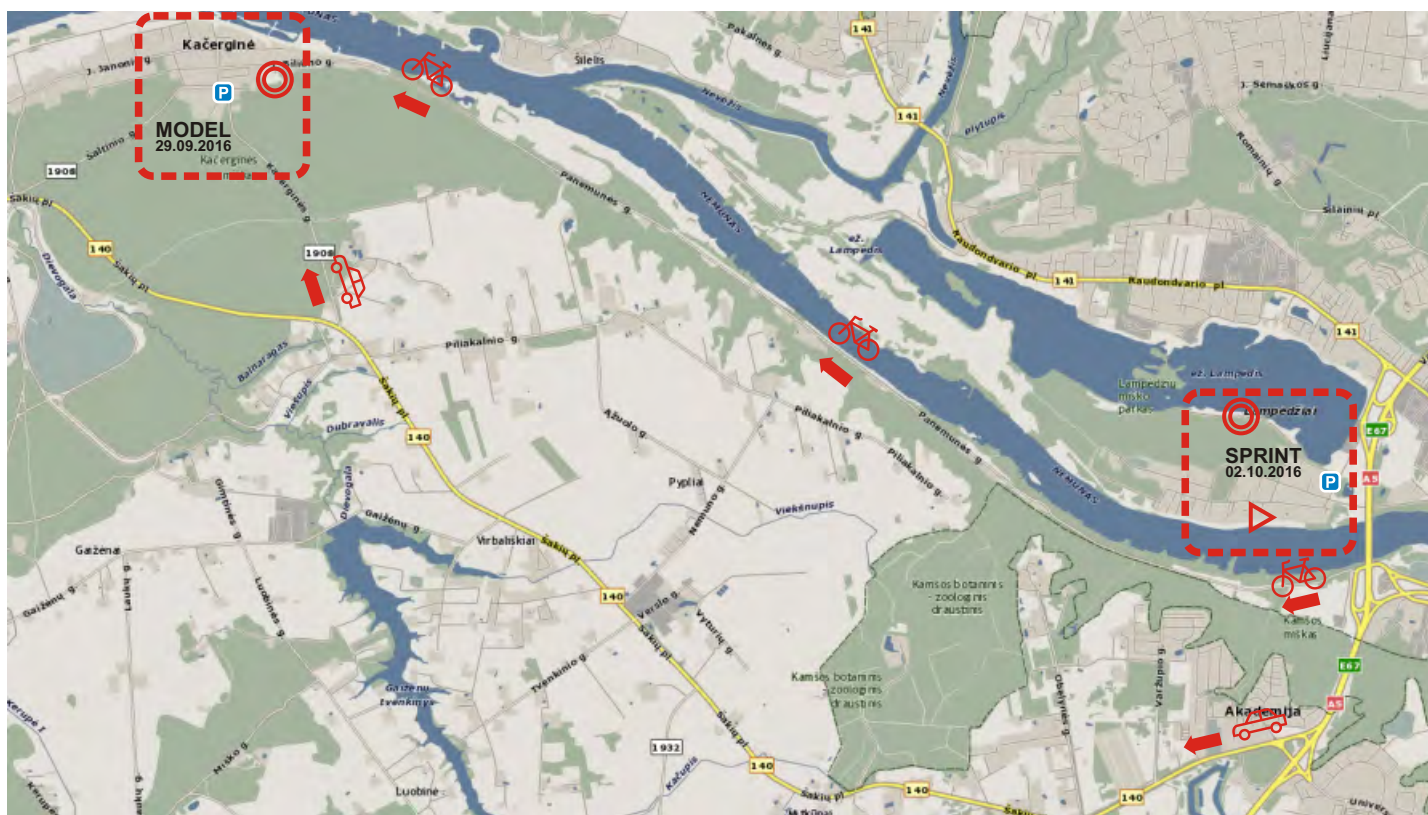
World Cup final prize giving ceremony

3. Competition Days

3.1. Model Event

The Model Event at Kačerginė is accessible by bike or by car from the Event Centre. Distance to the model event map is 16km from the competition center.

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.



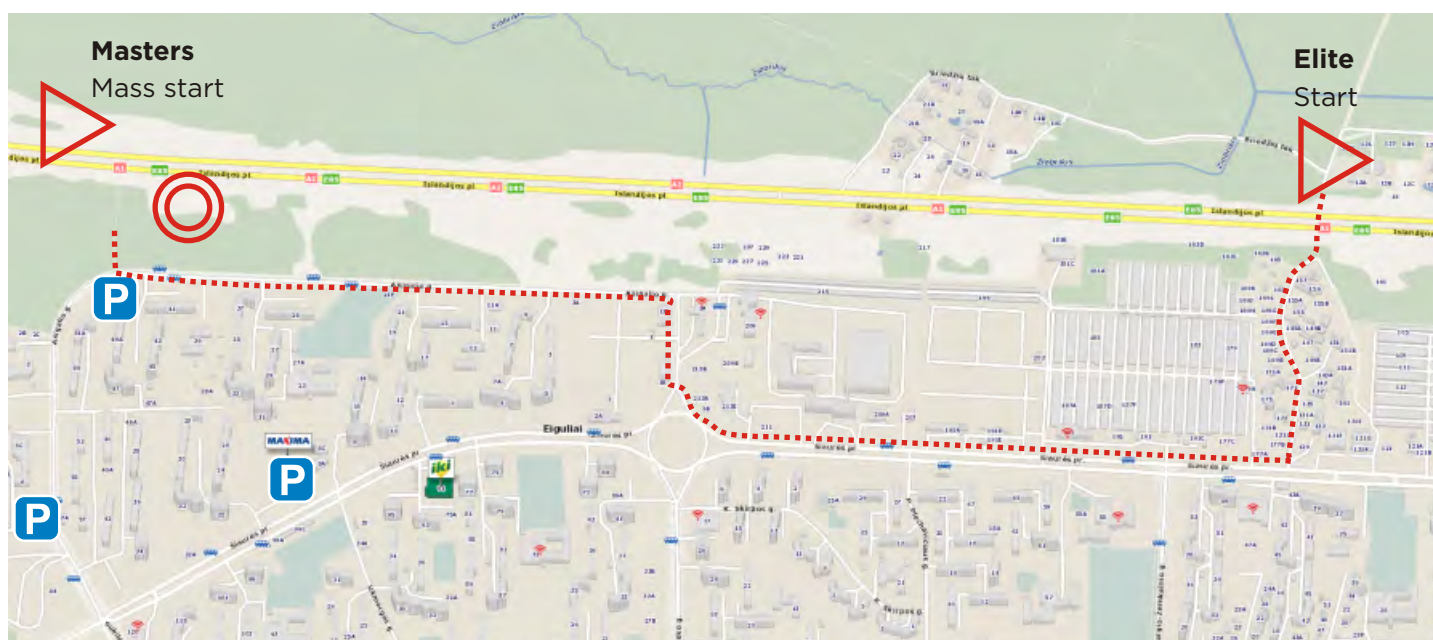
3.2. LONG DISTANCE - 09.30 Kleboniškis

LOCATION

495414, 6088809 (LKS)

54.935271, 23.928438 (WGS)

54° 56' 6.98", 23° 55' 42.38" (WGS)



START AND QUARANTINE TIMES

Elite:

Individual Start 11:30-15:15

Start time interval 3 min

Start quarantine from - 14:00

Finish quarantine till 14.00

Masters:

Mass start in 4 start groups:

9:30: M40,M50

9:35: M45,W50-55

9:40: M55,M65,W40

9:45: M60,M70-75,W45,W60-65,W70

No start quarantine

Finish quarantine till 14.00

Prize giving ceremony

At the competition arena 17:45

MAPS

Size A4, waterproof synthetic paper 1:15000, E 5m

Size A3, waterproof synthetic paper 1:15000, E 5m

2 times map change for
World Cup classes

Multiple maps at start for some
Masters categories (see detailed
description below)

COURSES

LONG	Length KM	Number of CP	Approximate winning time
Elite W	35,6	30	110
Elite M	42,9	43	115
W 40/45	28,6	29	110
M 40/45	39,8	40	110
W 50/55	25,1	25	110
M 50/55	34,8	36	110
W 60/65	21,7	20	110
M 60/65	26,1	28	110
W 70/75	18,4	16	110
M 70/75	21,7	21	110

START PROCEDURE AND MAP CHANGE:

Elite

Individual start with start interval of 3 minutes.
Start is accessed from Start quarantine. Entrance to start quarantine is administered by marshals.
All participants should enter start quarantine before 14:00. After that time quarantine entry is closed.

Warm-up area, tents, toilets and bags to finish collection points will be located within start quarantine.

Start is at immediate proximity of the start quarantine.

ARENA PLAN



Start order:

- **3 minutes:** Number check and SI clear
- **2 minutes:** SI number check and SI ON
- **1 minutes:** Athlete is allowed to collect the map and move to Start line. It's competitor's responsibility to take the correct map
- 0 minutes:** Start from stationary position (one foot on the ground)

After the start the competitor has to follow a mandatory route (marked by red stripes) to the start point marked by a flag in the terrain. A distance between corridors and start point will be announced in the start area.

Map Change

It will be single map change point, for both map changes. Two maps clearly marked with numbers "2" and "3" will be placed into tube-form holders attached under participant number. Women / Men will be on different sides. Competitors are responsible for taking the correct map.

Refreshments and spare parts

Those wishing to have their own refreshment at the refreshment point in the forest as well as spare parts, should bring the marked flasks and marked package with spare parts indicating start number until 11.00 at the office at the competition center.

Masters

Mass start by 4 divided into start groups, according competitors' classes

9:30: M40,M50

9:35: M45,W50-55

9:40: M55,M65,W40

9:45: M60,M70-75,W45,W60-65,W70

Start area consists of up to 8 lines with 10 marked start areas in each. At the end of the line will be a sign, indicating start numbers for that row.

Marshals will assist in finding the correct position, but it is required to be at the start at least 10 minutes before the actual start time.

Start positions will be assigned according start numbers.

Maps will be distributed by marshals at least minute before the start, blank side up. Competitors number will be clearly marked on the map and competitors are responsible to check that they got map(s) with the correct number.

Competitors are allowed turn the maps 15 seconds before the start.

Till the start all bikes must be in stationary position, competitors keeping at least one foot on the ground until the start signal.

Map Change (IMPORTANT!)

Courses for groups M40-55 are planned in form of three stage single-rider relay, with each leg using separate map. Competitors will get all maps at start and will have to change maps on course. One map will have print on both sides, so map package will consist only of two sheets of polymer paper. Leg number will be clearly marked on each map.

Courses for groups W40-55 and M60-65 are planned in form of two stage single-rider relay, with each leg using separate map. Competitors will get one map with print on both sides, one side only partially covered by print. Leg number will be clearly marked on each map.

Other groups will get one map with full course.

Late start

Competitors who are late for their start time will be permitted to start as soon as possible.

RADIO CONTROLS

Elite:

At least 3 radio control points be located for Elite classes.

Masters:

There will be a radio control point at the end of each leg, so each group in Masters will have at least one radio control.. However as legs are not equal in length and riding speed, intermediate times will not reflect correctly the actual positions of competitors in different leg combinations.

GPS COLLECTION

GPS devices will be assigned to the elite members, to all red and orange groups in men and women elite, the rest of the GPS devices will be randomized.

Assignment of the GPS device for the rider will be noted at the start lists distributed to the team leaders during Team leaders meeting. GPS device should be collected at the start quarantine area - please come to pick up yours at least 15 min before your start time.

Terrain description

Terrain form: Mostly gently sloping with flat urban areas.

Vegetation: A mixture of park terrain, urban areas and forested areas (combination of pine and birch wood).

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

The terrain is city park type with a lot of fast but quite narrow paths also covers some urban territory. The competitors will have to cross some bigger roads used by locals - marshals will be regulating the traffic on most dangerous places, but riders should take full responsibility of safe riding. As this is a city park and the competition takes part on weekend it's used for recreational purposes - walks, biking, jogging etc. Please take care while riding especially when passing families with small kids and people with dogs!

Quarantine

Using of telecommunication devices (phones, tablets, notebooks ...) inside the quarantine zones is not allowed. Respect fair play!

Competitors must enter the start quarantine zone before the relevant deadline and not to leave finish quarantine before the time-limit; otherwise they will not be allowed to participate in the race or will be disqualified from the competition.

Team and event officials will be allowed to enter finish quarantine, but should remain there until the end of quarantine. No team and event officials will be allowed to enter start quarantine after it's closed.

Competitor's clothes and other personal belongings will be transported from a quarantine zone to the finish arena. Stickers with participants number will be put on bags. Clothing will be collected in plastic bags provided by organizers and signed with your start number

Facilities

Catering service will be available at the quarantine zone and at the finish arena.

Toilets, tents, bike wash and catering in the quarantine area.

Toilets, tents and catering in the finish arena

Due to long days at the arena combined with possible cold and rainy weather we advise competitors to take warm clothing to the quarantine arenas and competition arenas in order fully enjoy the time spent there.

Map collection

Maps will stay with the rider and be allowed at the finish quarantine area

Complaints

Time limit for complaints until 17:45. Later complains will be acceptable if there are valid exceptional circumstances (described in the complaint). Any complaints shall be made in writing to the organizer – in that case please contact staff in the finish office.

3.3. MIDDLE DISTANCE 10.01 Panemunė

LOCATION

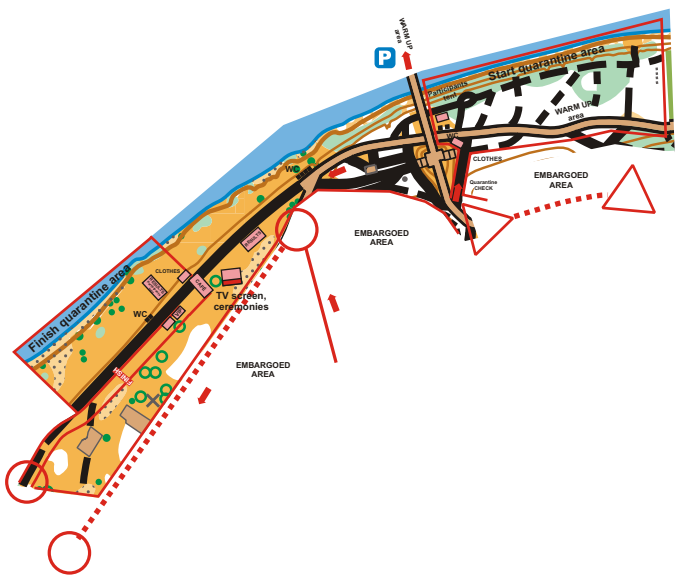
497989, 6084105 (LKS)

54.893028, 23.968656 (WGS)

54° 53' 34.9", 23° 58' 7.16" (WGS)



ARENA PLAN



START AND QUARANTINE TIMES

Masters

Start 10.00

Finish quarantine till 13.15

Start time interval 2 min

Elite

Start 12:30

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 tents, bike wash, catering and screens for watching competition will be provided

Prize giving ceremony at 17.00 at the competition arena.

MAP

Size A4, waterproof synthetic paper

1:10 000, E2,5m

COURSES

MIDDLE	Length	Number of	Approximate
	KM	CP	winning time
Elite W	16,2	31	55
Elite M	19,1	37	55
W 40/45	11,9	24	55
M 40/45	16,5	31	55
W 50/55	9,9	21	55
M 50/55	14,6	30	55
W 60/56	8,4	18	55
M 60/65	12,6	26	55
W 70/75	7,2	13	55
M 70/75	10,4	21	55

Start procedure:

Individual start with start interval of 2 minutes. Start is accessed from Start quarantine. Entrance to start quarantine is administered by marshals. All participants should enter start quarantine before 13:15. After that time quarantine entry is closed.

Warm-up area, tents, toilets and bags to finish collection points will be located within start quarantine.

Start is at immediate proximity of the start quarantine.

Start order:

- **3 minutes:** Number check and SI clear
- **2 minutes:** SI number check and SI ON
- **1 minutes:** Athlete is allowed to collect the map and move to Start line. It's competitor's responsibility to take the correct map
- 0 minutes:** Start from stationary position (one foot on the ground)

After the start the competitor has to follow a mandatory route (marked by red stripes) to the start point marked by a flag in the terrain. A distance between corridors and start point will be announced in the start area.

RADIO CONTROLS

There will be 3 radio control points in the distance for Elite riders. Each group in Masters will have at least one radio control.

GPS COLLECTION

GPS devices will be assigned to the elite members, to all red and orange groups in men and women elite, the rest of the GPS devices will be randomized.

Assignment of the GPS device for the rider will be noted at the start lists distributed to the team leaders. GPS device should be collected at the start quarantine area – please come to pick up yours 15 min before your start time.

DANGEROUS PLACES

Potentially dangerous places (stairs) will be marked in the forest by special signs



Entering or crossing asphalt and other roads with car traffic could be dangerous. Please take care about yourself and follow the marshals' signals

Special symbols

In order to improve the readability of the map, symbol which are not according to the "International specification" are used:

Stairway – symbol as used in foot-O but with thicker line.



Terrain description

Terrain form: Mostly gently sloping with flat urban areas.

Vegetation: A mixture of park terrain, urban areas and forested areas (combination of pine and birch wood).

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

The terrain is city park type with a lot of fast but quite narrow paths also covers some urban territory. The competitors will have to cross some bigger roads used by locals – marshals will be regulating the traffic on most dangerous places, but riders should take full responsibility of safe riding. As this is a city park and the competition takes part on weekend it's used for recreational purposes – walks, biking, jogging etc. Please take care while riding especially when passing families with small kids and people with dogs!

Quarantine

Using of telecommunication devices (phones, tablets, notebooks ...) inside the quarantine zones is not allowed. Respect fair play!

Competitors must enter the start quarantine zone before the relevant deadline and not to leave finish quarantine before the time-limit; otherwise they will not be allowed to participate in the race or will be disqualified from the competition.

Competitor's clothes and other personal belongings will be transported from a quarantine zone to the finish arena. Stickers with participants number will be put on bags. Clothing will be collected in plastic bags provided by organizers and signed with your start number

Facilities

Catering service will be available at the quarantine zone and at the finish arena.

Toilets, tents, bike wash and catering in the quarantine area.

Toilets, tents and catering in the finish arena

Due to long days at the arena combined with possible cold and rainy weather we advise competitors to take warm clothing to the quarantine arenas and competition arenas in order fully enjoy the time spent there.

Map collection

Maps will stay with the rider will and be allowed at the finish quarantine area

Complaints

Time limit for complaints is until 17:00 .

Complaints received after this limit will be accepted only if there are valid exceptional circumstances (described in the complaint). Any complaints shall be made in writing to the organizer – in that case please contact staff in the finish.

3.4. SPRINT DISTANCE 10.02 Lampédžiai

LOCATION

488459, 6086370 (LKS)

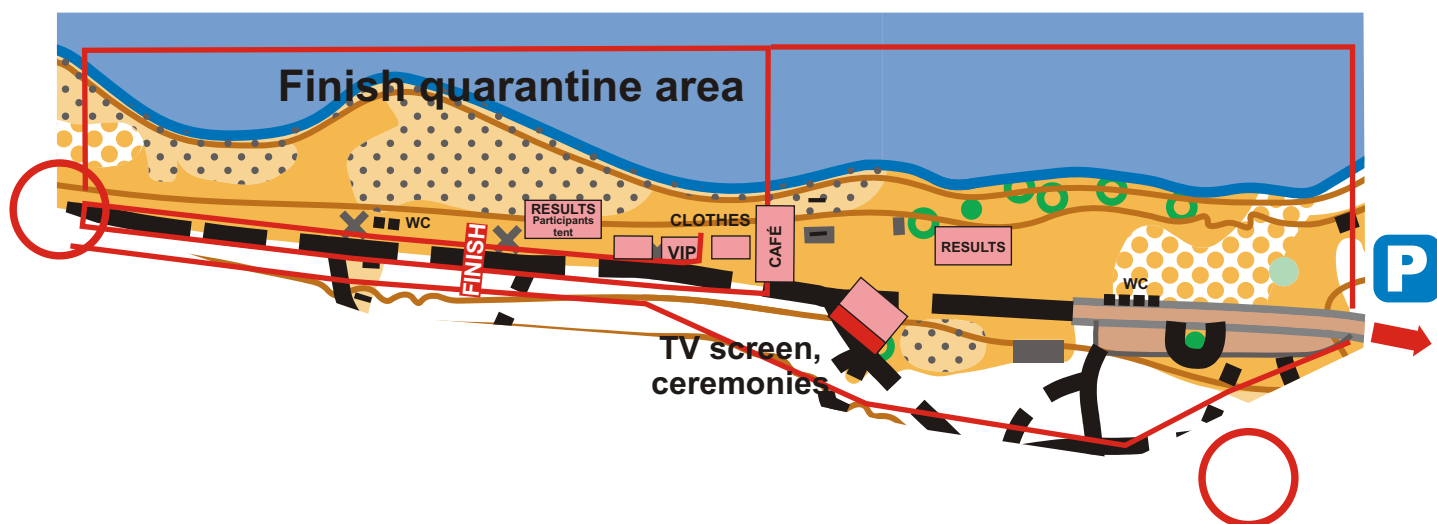
54.913246, 23.820014 (WGS)

54° 54' 47.68", 23° 49' 12.05" (WGS)



ARENA PLAN





START AND QUARANTINE TIMES

Masters

Start 10.00
Finish quarantine till 13.00
Start time interval 1 min

Elite

Start 12:00
Start quarantine from 13:00
Start time interval 1 min

ARENAS

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

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

Prize giving ceremony at 14.45 at the competition arena

MAP

Size A4, waterproof synthetic paper
1:7500, E2,5m

Facilities

Catering service will be available at the quarantine zone and at the finish arena.

Toilets, tents, bike wash and catering in the quarantine area.

Toilets, tents and catering in the finish arena

Due to long days at the arena combined with possible cold and rainy weather we advise competitors to take warm clothing to the quarantine arenas and competition arenas in order fully enjoy the time spent there.

COURSES

SPRINT	Length KM	Number of CP	Approximate winning time
Elite W	8,5	31	26
Elite M	9,6	37	24
W 40/45	8,1	31	26
M 40/45	9,0	31	25
W 50/55	7,4	27	26
M 50/55	8,6	27	26
W 60/65	5,6	23	24
M 60/65	7,6	27	25
W 70/75	4,4	18	24
M 70/75	5,6	23	21

Start procedure:

Individual start with start interval of 1 minute. Start is accessed from Start quarantine. Entrance to start quarantine is administered by marshals. All participants should enter start quarantine before 13:00. After that time quarantine entry is closed.

Warm-up area, tents, toilets and bags to finish collection points will be located within start quarantine.

Start is at immediate proximity of the start quarantine.

Start order:

- **3 minutes:** Number check and SI clear
- **2 minutes:** SI number check and SI ON
- **1 minutes:** Athlete is allowed to collect the map and move to Start line. It's competitor's responsibility to take the correct map
- 0 minutes:** Start from stationary position (one foot on the ground)

After the start the competitor has to follow a mandatory route (marked by red stripes) to the start point marked by a flag in the terrain. A distance between corridors and start point will be announced in the start area.

RADIO CONTROLS

There will be 3 radio control points in the distance for Elite riders. Each group in Masters will have at least one radio control.

SPECTATORS CONTROL

There will be spectators control for Elite riders. It is located at the beginning of the course and approximately 70% of the distance is left for men and for women to ride after the spectators control.

GPS COLLECTION

GPS devices will be assigned to the elite members, to all red and orange groups in men and women elite, the rest of the GPS devices will be randomized.

Assignment of the GPS device for the rider will be noted at the start lists distributed to the team leaders. GPS device should be collected at the start quarantine area – please come to pick up yours 15 min before your start time.

Terrain description

Terrain form: Mostly gently sloping with some steeper hills.

Vegetation: A mixture of open cultivated land, park terrain, urban areas and forested areas (dominating pine wood).

Speed Most tracks are easy rideable

Visibility: Mostly good but reduced in some dense areas.

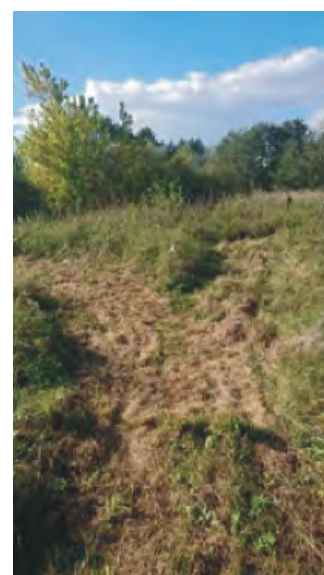
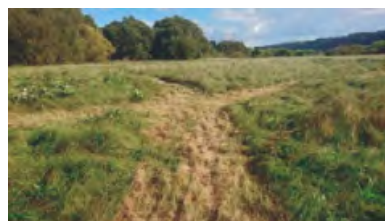
Paths and roads: Urban areas and forested areas with a dense network of paths

The terrain is city park type with a lot of fast but quite narrow paths also covers some urban territory. The competitors will have to navigate in urban area and marshals will guard some

dangerous and bad visibility turns. However riders should take full responsibility of safe riding. As this is a city park and the competition takes part on weekend it's used for recreational purposes – walks, biking, jogging etc. Please take care while riding especially when passing families with small kids and people with dogs!

ARTIFICIAL PATHS

There will be a network of artificial paths made for the purpose of this competition in North-West part of the map. The artificial paths are good visibility but slow riding. The sample of the artificial path is shown in the picture below:





Quarantine

Using of telecommunication devices (phones, tablets, notebooks ...) inside the quarantine zones is not allowed. Respect fair play!

Competitors must enter the start quarantine zone before the relevant deadline and not to leave finish quarantine before the time-limit; otherwise they will not be allowed to participate in the race or will be disqualified from the competition.

Competitor's clothes and other personal belongings will be transported from a quarantine zone to the finish arena. Stickers with participants number will be put on bags. Clothing will be collected in plastic bags provided by organizers and signed with your start number

Facilities

Catering service will be available at the quarantine zone and at the finish arena.

Toilets, tents, bike wash and catering in the quarantine area.

Toilets, tents and catering in the finish arena

Due to long days at the arena combined with possible cold and rainy weather we advise competitors to take warm clothing to the quarantine arenas and competition arenas in order fully enjoy the time spent there.

Map collection

Maps will stay with the rider will and be allowed at the finish quarantine area

Complaints

Time limit for complaints until 14:45. Complaints received after this limit will be accepted only if there are valid exceptional circumstances (described in the complaint). Any complaints shall be made in writing to the organizer – in that case please contact staff in the finish.

