

WORLD MTB ORIENTEERING CHAMPIONSHIPS

JUNIOR WORLD MTB ORIENTEERING CHAMPIONSHIPS

MTB ORIENTEERING WORLD CUP ROUND 3 - FINAL

Vilnius, Lithuania
20-26 August 2017



BULLETIN 4



Welcome !

The Lithuanian Orienteering Federation is pleased to welcome the participants to the World Mountain Bike Orienteering Championships and Junior World Mountain Bike Orienteering Championships from 20 to 26 August 2017 in Vilnius, the capital city of Lithuania.

Roma Puišienė, Event director

I would like to welcome all the teams from 24 nations to Vilnius, Lithuania. Lithuania was hosting couple of major orienteering events in the past, but for the first time World Championship will be held here. Bringing it to Vilnius and arranging all 5 competitions within the boundaries of the capital city, I had 2 goals:

1st to show for the participants and TV spectators how unique and beautiful is our Vilnius, I would assume one of the greenest capitals in the World, where from the central Cathedral square one could wander all the way through the parks and the forests for dozens of kilometres.

2nd to use this opportunity of forests and parks being located within the Vilnius city to introduce the mountain bike orienteering as extreme, attractive and fun sports discipline for the local community.

I would say that the main ambition of this championship is to get mountain bike orienteering to the level where it is seen, appreciated, interesting for spectators and TV broadcasters and attractive for sponsors. The challenging courses and technical rides for the participants should be the background, making the public salutation of MTBO worthwhile.

So together with the whole incredible organising team I wish all participants good luck, safe rides, satisfying results and invite you to celebrate a week of mountain bike orienteering in Vilnius.



Remigijus Šimašius, Mayor of Vilnius



Dear mountain bike orienteering enthusiasts, participants of World Mountain Bike Orienteering Championship, organisers and volunteers of this event, guests of Vilnius, spectators and fans. I am delighted to congratulate you all spinning in the wheel of this great event of 2017 - World Mountain Bike Orienteering Championship. I welcome all of you, those participating and challenging the rivals, those supporting the sportsmen and sportswomen and those spending their time actively or just willing to have great time in Vilnius.

Such an important event is a great accomplishment for our capital. We, the citizens of Vilnius, are once again confirmed that the city is heading in the right direction. Being a city open to bicycles, expanding the bicycle track network and promoting the active healthy lifestyle eventually leads to the fact that new sport stars are born, the number of enthusiasts and people loving orienteering sport increases. Therefore, hundreds of riders from many countries, meeting here today in Vilnius, are not only a sports community. You all are an exclusive family, living an extraordinary way of life while doing mountain bike orienteering.

I wish you all many delightful emotions, joyful time, spectacular venues and courses in the World Mountain Bike Orienteering Championship in Vilnius. No doubt, this event is significant not only for Vilnius, but whole Lithuania and I am sure it will leave great memories and impressions for our guests and local citizens.

Welcome to Vilnius!

Regretting that only a few shall win, I sincerely wish everyone a great success in World Mountain Bike Orienteering Championship 2017.

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1. GENERAL INFORMATION

1.1 Organisers

Lithuanian Orienteering Federation
City of Vilnius
MTBO RENGINIAI

ORGANISING TEAM

Event Director:	Roma Puišienė
Competitions director:	Jurgis Rubaževičius
Map makers:	Edvardas Baleišis, Martinš Lasmanis, Vytautas Ralys
Courses:	Ramunė Arlauskienė, Darius Kalvaitis, Martinš Lasmanis
Time keeping, IT:	Tadas Kazlauskas
PR & Media:	Patricija Babarauskaitė, Donatas Lazauskas
Event office:	Giedrė Rubaževičienė
Finance director:	Milda Guogienė

EVENT ADVISORS

IOF Senior Event Adviser:	Ursula Häusermann (SUI)
National controllers:	Vitalijus Paulauskas, Tomas Stankevičius

CONTACTS

Phone:	Office: +370 656 52210
Email:	info@mtbo.lt
Website:	www.mtbo.lt
Facebook:	www.facebook.com/wmtboc

1.3 Event centre (EC)

The EC is established in the URBIHOP Hotel.

Address: Ažuolyno g. 7, LT-07196 Vilnius

Phone: +370 5 252 6262

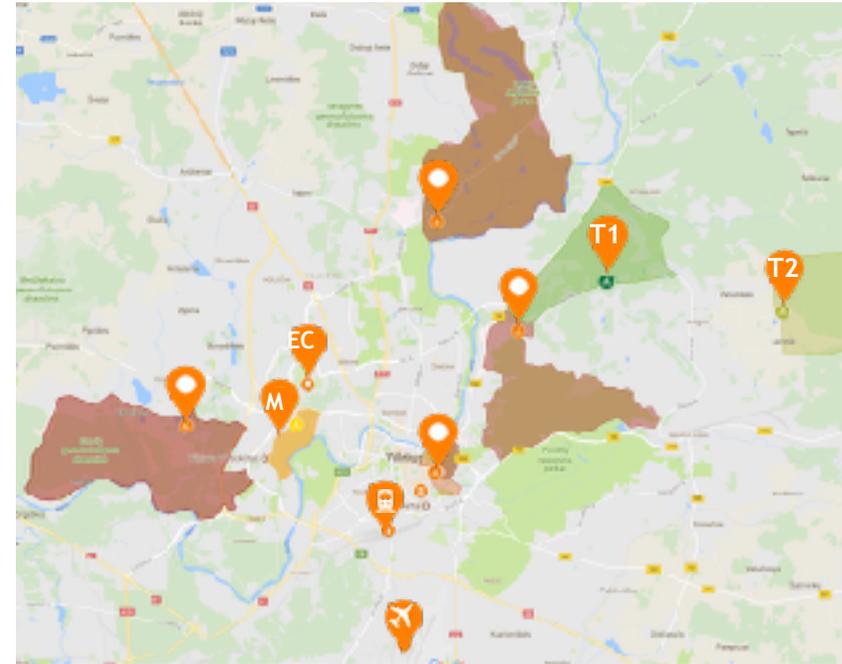
Web: www.urbihop.com

Urbihop is a part of SEB tennis arena complex, it is located 6 km from the city centre, 7 km from the Vilnius train station and about 12 km from Vilnius International Airport (VNO).

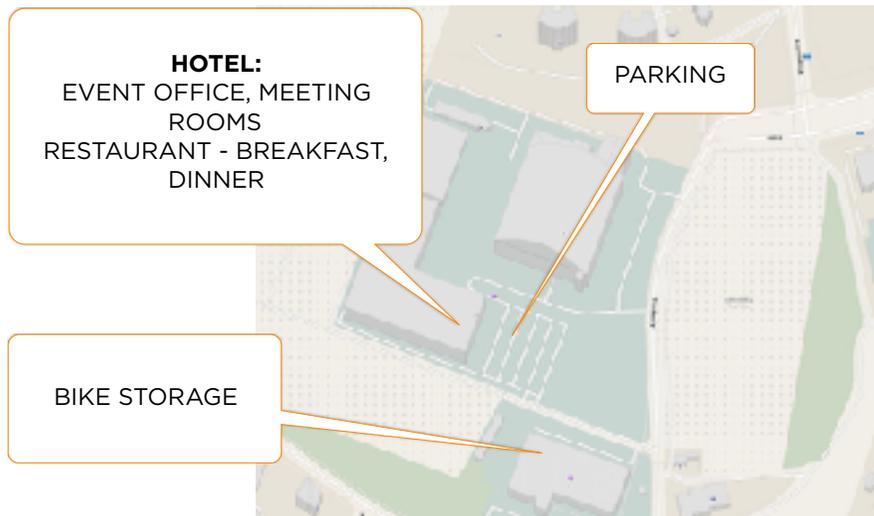
The URBIHOP Hotel is the main accommodation option.

All finish arenas can be accessed conveniently from the Event Centre. They are located within 6-9 km distance if going by car, or 5-12 km if going by bike from the EC.

The Event Centre will be the site for the Event Office and Team leaders meetings.



See detailed map on [WMTBOC 2017 event map](#)



Event office working hours

Date	Competition centre	Event centre
Saturday, August 19	-	16:00 - 21:00
Sunday, August 20	-	09:00 - 21:00
Monday, August 21	09:00 - 14:30	17:30 - 20:00
Tuesday, August 22	09:00 - 13:30	17:30 - 20:00
Wednesday, August 23	09:00 - 14:30	17:30 - 19:00
Thursday, August 24	-	10:00 - 12:00 17:00 - 20:00
Friday, August 25	09:00 - 15:15	17:30 - 20:00
Saturday, August 26	09:00 - 13:00	17:30 - 19:00

1.4 Accreditation process

Accreditation takes place at the Event office. For the WMTBOC 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 a team bag with:

- Bulletin 4
- SIAC (SI active card) for all competitor, who don't have their own SIAC - maybe only available on Sunday
- Model event maps for all team members
- Accreditation cards
- Starting group allocation forms for each day
- Tourist brochures and maps
- Present from the organisers

Event office contact - Giedre Rubazeviciene,
giedre@mtbo.lt, +37065652210

1.5 Office rules

Names and start group allocations for each competition should be submitted using official forms, available at the event office. Deadline for submission of names/start group allocation for each competition is noon of the day preceding the competition (12:00 local time). If the allocation list is not received by the deadline, the allocation will be done by organisers.

Time limit for complaints can be found in 1.8 Programme or in the Schedules of the competition days in the chapters of every competition.

Forms for complaints/protests are available at the event office. Event office contact - Giedre Rubazeviciene,
giedre@mtbo.lt, +37065652210

1.6 Team leaders meetings

Team leaders meetings will be organised every evening before the respective competition.

Team leaders meeting will take place in the Event Centre (Urbihop hotel).

Please note the times of the Team Leaders meetings:

Date	Event centre
Sunday, August 20	18:30
Monday, August 21	18:00
Tuesday, August 22	18:00
Wednesday, August 23	-
Thursday, August 24	18:00
Friday, August 25	18:00

1.7 Entries overview

Federation	Men	Women	Men Junior	Women Junior	Officials	Total
Australia	1		1	1	2	5
Austria	6	3	2		3	14
Bulgaria	1				1	2
Czech Republic	6	4	3	3	4	20
Denmark	3	3	1		1	8
Estonia	5	3	2	3	2	15
Finland	6	6	6	6	4	28
France	5	3	3	4	4	19
Germany	1	1				2
Great Britain		2			1	3
Italy	4		2	1	2	9
Japan	3	3	1			7
Latvia	3	3	1	1		8
Lithuania	7	5	6	5		23
Poland			3		1	4
Portugal	5	1	1	1		8
Russian Federation	8	6	6	6	2	28
Slovakia	1				1	2
Spain	4	3	2		2	11
Sweden	6	3	6	2	3	20
Switzerland	1	2	1		1	5
Turkey	1		1			2
Ukraine	3					3
United States		3				3
Sum	80	54	48	33	34	249

1.8 Programme

Date, time	Event
Saturday, August 19	Team Arrivals, Training, Office Open
16:00 - 21:00	Event office in EC open
12:00 - 16:00	Training at Aukšttagiris (54.73448, 25.37292 WGS)
Sunday, August 20	Model event, Opening ceremony
09:00 - 21:00	Event office in EC open
12:00	Deadline for start group allocation for MIDDLE distance at the event office
12:00-15:00	Model Event at Karoliniškių Šlaitas
16:30-18:00	Opening ceremony at City Hall (Didžioji g. 31, Vilnius)
18:30	Team leaders meeting
Monday, August 21	Middle distance
06:30 - 09:30	Breakfast at Urbihop Hotel
09:00 - 14:30	Event office at finish arena open
09:30	First start
10:00	Start quarantine activated, GPS maps on
12:00	Deadline for start group allocation for the MASS START at the event office
12:00	Finish quarantine ends
13:15	Deadline for complaints (or 15 min after finish of the athlete)
14:00	Prize-giving ceremony at finish arena
18:00	Team leaders meeting
17:30 - 20:00	Event office in EC open
18:30 - 20:00	Dinner at Urbihop Hotel

Date, time	Event
Tuesday, August 22	Mass start
06:30 - 09:30	Breakfast at Urbihop Hotel
09:00 - 13:30	Event office at finish arena open
09:30	First start
10:30	GPS maps on
12:00	Deadline for start group allocation for the RELAY teams at the event office
12:30	Deadline for complaints (or 15 min after finish of the athlete)
13:00	Prize-giving ceremony at finish arena
18:00	Team leaders meeting
17:30 - 20:00	Event office in EC open
18:30 - 20:00	Dinner at Urbihop Hotel
Wednesday, August 23	Relay
06:30 - 09:30	Breakfast at Urbihop Hotel
09:00 - 14:30	Event office at finish arena open
09:30	First start
09:50	Start quarantine activated
10:00	GPS maps on
13:30	Deadline for complaints (or 15 min after finish of the athlete)
14:00	Prize-giving ceremony at finish arena
17:30 - 19:00	Event office in EC open
18:30 - 20:00	Dinner at Urbihop Hotel
Thursday, August 24	Rest day
07:00 - 10:00	Breakfast at Urbihop Hotel
10:00 - 12:00	Event office in EC open
12:00	Deadline for start group allocation for the LONG at the event office and for naming the riders who will get a start slot in the A-final of the LONG distance.
17:00 - 20:00	Event office in EC open
16:30 - 18:00	Open MTBO Forum in EC
18:00	Team leaders meeting
18:30 - 20:00	Dinner at Urbihop Hotel

Date, time	Event
Friday, August 25	Long distance
06:30 - 09:30	Breakfast at Urbihop Hotel
09:00 - 15:15	Event office at finish arena open
09:30	First start
11:30	Start quarantine activated, GPS maps on
12:00	Deadline for start group allocation for the SPRINT at the event office
12:40	Finish quarantine ends
14:30	Deadline for complaints (or 15 min after finish of the athlete)
15:30	Prize-giving ceremony at finish arena
18:00	Team leaders meeting
17:30 - 20:00	Event office in EC open
18:30 - 20:00	Dinner at Urbihop Hotel
Saturday, August 26	Sprint
06:30 - 09:30	Breakfast at Urbihop Hotel
09:00 - 13:00	Event office at finish arena open
09:30	First start
09:30	Start quarantine activated
09:30	GPS maps on
12:15	Deadline for complaints (or 15 min after finish of the athlete)
13:30	Prize-giving ceremony at finish arena
17:30 - 19:00	Event office in EC open
20:00-24:00	Banquet
Sunday, August 27	Departure of teams

1.9 Weather conditions

Vilnius experiences a humid continental climate. In August the temperatures are pleasant with an average high of 23°C and a low of 12°C. On the average there are 16 rainfall days with a precipitation of 68 mm, but towards the end of the month it is usually drier than at the beginning. So the chances are quite good that the weather will be ideal for biking during the event.

For the weather forecast please check <http://www.meteo.lt> or <http://www.yr.no/>.

1.10 Live coverage, GPS tracking

Live coverage will include radio controls, GPS tracking, live commentary and tweets during all competitions as well as live video broadcasting during Sprint. Live streaming of GPS tracking, video and audio from the finish arenas and split times from radio controls will start immediately after the start quarantine is activated. Links will be accessible via the organiser's website mtbo.lt under each competition day.

90% of WMTBOC competitors will be equipped with a GPS transmitter.

1.11 Media services

Media representatives are cordially invited to Vilnius to cover the World MTBO Championship races. Registration of the media representatives should be done by e-mail: giedre@mtbo.lt

Registered media representative can pick up their accreditation cards at the Event office.

There will be a special facility for media at each competition centre. The media place will be equipped with all necessary information - start lists, Bulletin 4, results, etc.

Media facilities will be available for registered media representatives only.

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 on 26.08.2017, starting at 10:30-12:30. The live stream will be broadcasted on Viasat Sport Baltic and Olympic Channel.

1.12 Transportation

All competitions are reachable by bike:

Event centre - Model Event arena 2.9 km

Event centre - Middle competition arena 11.8 km (7,8 km by car)

Event centre - Mass start and Relay competition arena 5.5 km

Event centre - Long competition arena 8.2 km

Event center - Sprint competition arena 5.8 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 centre to arenas will not be provided due to no requests for such a service until the deadline.

1.13 Protocol and prize giving ceremonies

In line with IOF guidelines 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.

1.14 Catering services

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

Catering is also provided at the hotels, for those who ordered.

1.15 Health care

The Organiser will provide first aid at the arenas of each competition. In case of any accident during competition please contact first our office number number +370 656 52210 or any marshal guarding controls. For any other emergency calls use the international emergency number 112.

The organiser will not bear costs connected to health insurance of participants. We recommend each individual to arrange their own personal health insurance.

1.16 Bike storage and bike wash

We offer a bike storage service with opening hours from 7:00 to 10:00, from 14:00 to 19:00 and 20:00 to 22:00.

The bike storage is located at the Vilniaus Pramogu Arena, Ažuolyno g. 9, next to Event Centre. See map under 1.3.

Only clean bikes will be stored. Bike Depository is self service.

Deposit: You place your bike in the storage. On the entrance your bike will be carefully marked, and you will receive a sticker with the same number as the label on your bike. Please place this sticker on your accreditation card. Without a ticket no bike will be given out.

Withdrawal: Your bike will be given out only by presenting the sticker and accreditation card. The numbers will be checked on exit. This is the security requirement; respect this and also the opening hours.

Bike washing will be available at the finish arenas and next to the bike storage.

1.17 Bike shops

There will be basic bike service at the competition arenas as well as the possibility to buy some MTBO related stuff - clothing, accessories, etc. Several bike shops can be found in the city. We recommend the Event sponsor [Maratonas, Ateities g. 33, Vilnius](#). Working times: Mon-Fri: 10:00-19:00
Sat: 10:00-16:00

1.18 Training

Training on 19 August

Training place - Aukšttagiris (Start: 54.73448, 25.37292 WGS).
Link to the map: [WMTBO 2017 places](#)

The training will be prepared as free order training - the controls will be set in the forest without any planned courses. Teams are free to plan the training according to their wishes. There will be no start protocol, but finish is closing at 17:00.

Training maps will be available in the start place.

1.19 Banquet

WMTBC 2017 banquet is going to be completely different one from previous ones, as it will take place at Vichy water park.

Get your bikinis and swimming shorts ready and come to enjoy the party and good vibes with the Latvian DJ Dub:ra near the wave pool.

This is going to be a closed party only for WMTBOC 2017 participants, teams members, officials and organisers team.

It will start at 8.00 PM and last till midnight.

On the last team leaders meeting we will distribute special entrance tickets for the teams. The tickets will be exchanged for the special keys when entering the park, and the key will be preloaded with amount of money (elite and officials €23, Juniors €18).

For this amount you will be able to get food and drinks. No alcoholic drinks will be served for people with Junior keys. After you reach the balance of your key you will be asked to pay the expenses above the limit when leaving the park. There are special automatic machines at which you will be able to check the amount you have spent.

WARNING!!!

There will be strict control, - no drunk or otherwise intoxicated persons will be allowed to enter the park.

It is strictly forbidden to consume your own alcoholic drinks in the park. The ones caught consuming own alcoholic drinks or food will be asked to leave by security guards.

In case one gets too intoxicated while celebrating in the park security will ask you to leave for your own safety.

Having seen many of the banquet parties before organisers took special precautions and hired extra security personnel to ensure that the celebration will be fun and without dangerous incidents.

Lets have a party to remember, dance, flirt, experience weightlessness at “Maori Scream” and other slides!

The place for the after party will be announced on Saturday after sprint competition on our Facebook page.

1.20 Legal matters

Every participant takes part at his/her own risk. Third party insurance and personal insurance is compulsory and is the responsibility of their federation or themselves, according to national regulations.

The organisers are not liable for any health problems or damage in the equipment.

Any kind of trading activity at the event centre or arenas requires written permission by the organisers.

2. COMPETITION INFORMATION

2.1 Competition Rules

The WMTBOC/JWMTBOC 2017 will be organised in accordance with the Competition Rules for IOF MTB Orienteering Events as published by the IOF and valid from 1 January 2017, the Special Rules for the 2017 World Cup in MTB Orienteering and the IOF Anti-Doping Rules valid at the time of the event. All competition rules can be found on the IOF website www.orienteering.org.

- Competitors must get to all control points with their bikes.
- Riding off the track or trail is allowed in Lithuania. Off track riding is strictly prohibited in areas such as settlements, cultivated land, orchards, vineyards. Competitors riding off track in restricted areas are responsible for any damage claimed by the landowners and will be disqualified.
- **In the SPRINT competition off-track riding is not allowed in any place of the map not marked as rideable open area (orange) and will cause a disqualification of the competitor.**
- In Lithuania one drives on the RIGHT side of the road. Therefore competitors must ride on the right side on all roads and tracks.
- Overtaking slower riders should be done by the LEFT side.

2.2 Anti-doping

Doping is strictly forbidden, and the organisers of the WMTBOC and JWMTBOC 2017 are dedicated to support the anti-doping authorities in their work.

Doping controls may be carried out any time during the competition period. As some sites for the doping controls may be a few minutes' drive away, we suggest that athletes are

prepared at all competitions to take along some dry clothes to change into after their race.

Doping tests are always carried out in accordance with the procedures described in the WADA International Standard of testing. The IOF Anti-Doping Code and rules valid at the time of the event apply.

Athletes who are selected for the doping tests must bring an official identification (with photo) and their accreditation card to the doping test area. The athletes should bring along their therapeutic use exemption (TUE) if applicable. In general, it is advisable that the athletes bring along their ID and TUE to all competitions and events.

Please find more information about anti-doping at <http://www.orienteering.org/anti-doping/>

2.3 Fair play

All persons taking part in a MTBO event shall behave with fairness and honesty. They shall have a sporting attitude and a spirit of friendship. Competitors shall show respect for each other, for officials, journalists, spectators and the inhabitants of the competition area.

The usage of mobile devices in start and finish quarantines is prohibited

2.4 Jury members

Patrik Gunnarsson, SWE
Timo Laurila, FIN
Ludomir Parfianowicz, POL

2.5 Classes

WMTBOC: W21, M21;
JWMTBOC: W20, M20

WMTBOC

There is one class for women (W21) and one for men (M21). There are no age restrictions.

For the Long distance competition, the number of competitors who may enter is limited. The qualification rules are published as Special Rules and can be found on the IOF website: (<http://orienteering.org/mtb-orienteering/rules/>) and in chapter 3.5.

JWMTBOC

There is one class for women (W20) and one for men (M20). Only competitors born in 1997 or later are entitled to participate.

At the relay incomplete teams and teams with cyclists from more than one federation are not allowed.

2.6 Public races

Due to organisational restrictions it is unfortunately not possible to offer open competitions.

MTBO fans who would like to ride on WMTBOC courses after the official races will have the opportunity to do that with no guarantee that the controls will still be in place.

If you are interested, please send an email to giedre@mtbo.it no later than two days before the respective competition. Inform which days and for how many people you need maps. The price is 2 € per map (some competitions have more than one map). The maps can be picked up in the office only after announcement.

2.7 Quarantine rules

The start quarantine will be organised for every competition except mass start. The finish quarantine will be organised for every competition except Sprint.

No telecommunication equipment is allowed in the quarantine. This refers also to phones used as cameras. Organisers may check compliance with this rule.

Start quarantine rules:

- Competitors and team officials must be inside the quarantine zone by the time it is activated (see time schedule of the competition day).
- Competitors leave the activated quarantine through start, team officials to the finish.

Finish quarantine rules:

- Competitors and coaches may enter any time (via finish or as coach).
- Nobody may leave until the official finish quarantine ends.

The competitors' personal items will be transported from start to the finish quarantine.

Fair play

If a rider abandons the race, they should go to the finish immediately for the finish read out. They should stay in a restricted area until the last start, or until the end of the finish quarantine, as instructed by organisers.

2.8 Starting order

For the Long/Middle/Sprint competitions teams are required to submit name entries of the athletes by 12:00 the day before each competition. Forms to do so are in the team bags. For Middle, Long and Sprint competitions red and orange groups will be allocated.

For teams not submitting the forms in time the organisers will allocate the start time.

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.

2.9 Time keeping and punching system

Long distance SPORTident Air+ system with Active Cards (SIAC) will be used for all categories and all events. The participants can use their own SIAir+ cards if registered by 08/08/2017. Rental fee of the SIAC card is included in the entry fee. Rented cards will have wrist straps. For not returned SIAC 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 the athletes responsibility to check that the punch was successful - confirmed by sound and light signal on SiAC.

Collection of all SIAC will be done after Sprint finish. Competitors who are not starting on Sprint will return

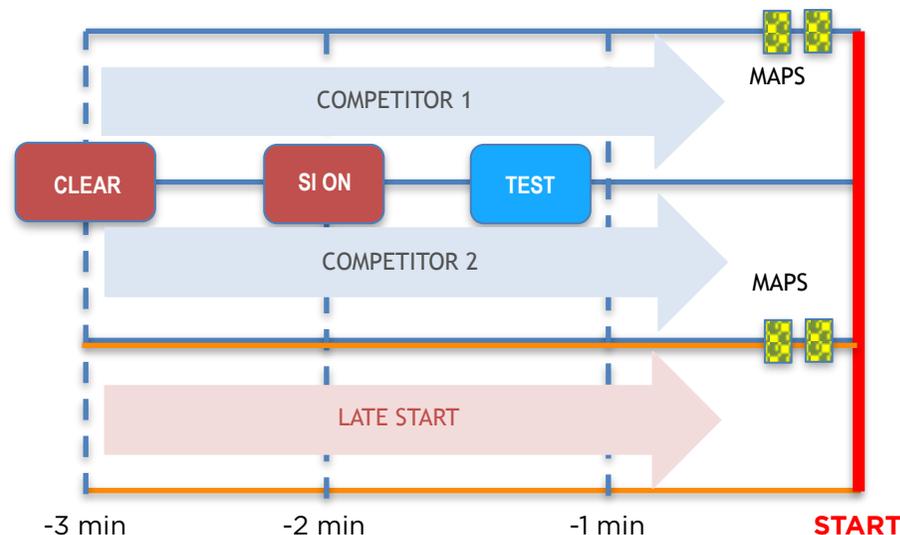
the SIAC after finishing their last competition in the finish area.

Starting procedure for SIAC. Before each competition this procedure has to be followed:

1. clear SIAC (time -3 for individual races),
2. SIAC ON (time -2 for individual races) slowly flashing green LED indicates ON state,
3. SIAC TEST (time -2 for individual races).

For relay competition all three units will be located at the entrance to starting/change over zone.

Start scheme for the individual races:



Finish procedure for SIAC For all competitions competitor's time will be stopped by passing SIAC finish line. SIAC function will be automatically switched off after passing finish line.

2.10 Competition time limits

Maximum time in forest for all classes and competitions is the following:

- Middle 2 hours
- Mass start: 3 hours
- Long 4 hours
- Sprint: 1 hour

Competitors exceeding the time limit will be not ranked.

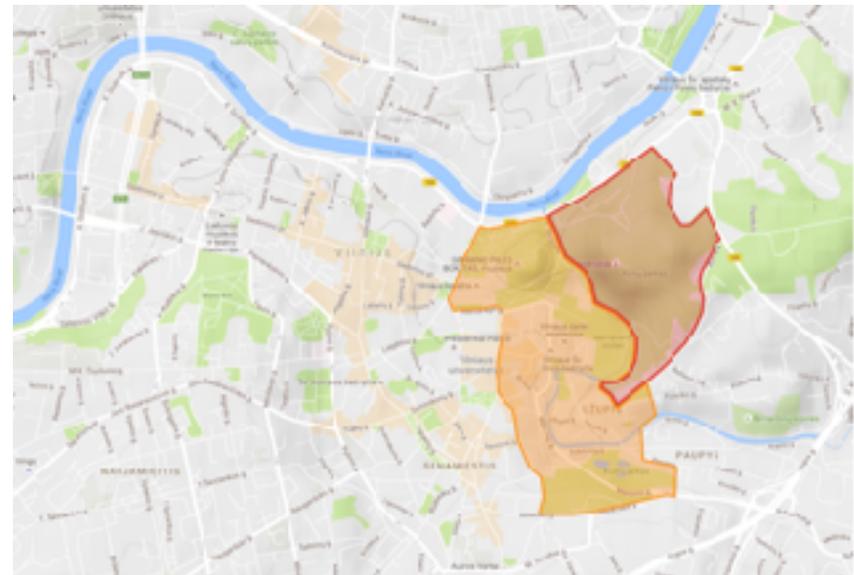
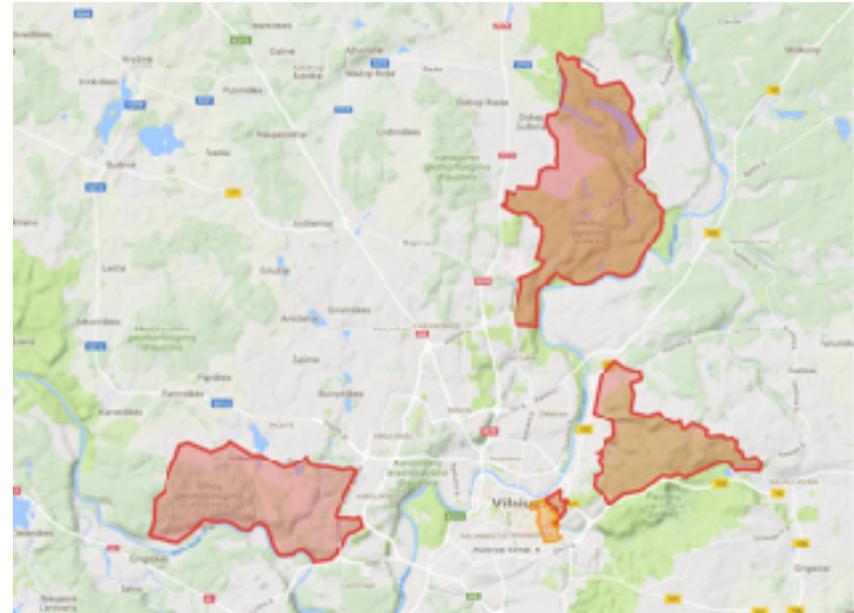
2.11 Embargoed areas

Below is an overview of the embargoed areas. Detailed maps of all embargoed areas can be found on the organiser's website www.mtbo.lt.

The areas marked on the map are embargoed for all orienteering activities, unless specifically permitted by the organiser, except for major through roads. The embargoed areas are out of bounds for all potential participants and team members, including competitors, team leaders, coaches, doctors, escorts, and any other person with potential connection to a team (athletes or others). This means that all potential participants and team members are not allowed to visit these areas with or without a map at all, regardless of whether it is an orienteering activity or a training session, a walk with the dog or a leisurely Sunday stroll.

The full embargo is also valid for the area marked in red in the city of Vilnius (see enlarged map below). So potential participants and team members (detailed definition see above) are not allowed to enter Kalnų parkas, the forested area east of the river Vilnia in the city of Vilnius.

The area marked in yellow in the city of Vilnius can be visited on foot or by car without an orienteering map, but any orienteering or MTBO activity is restricted and it is strictly forbidden to ride a bike



2.12 Maps and overview of competition locations

New MTB Orienteering maps, surveyed in August 2017 will be used for all competitions.

Competition	Race Area	Distance EC (by car)	Map	Short terrain descriptions
Middle distance	Sapieginė	7,8 km	1:10 000, E 5m	Terrain is hilly, with multiple steeper slopes. Vegetation is a mixture urban areas and forested areas (dominating pine wood). Most tracks are easily rideable.
Mass start	Gudeliai Pasakų parkas	6,5 km	1:10 000, E 5m 1:5 000, E 2,5m	Terrain is hilly, some slopes are steep. Vegetation is a mixture of open cultivated land, urban areas and forested areas (dominating pine wood). Most tracks are easily rideable.
Relay	Gudeliai	6,5 km	1:10 000, E 5m	Terrain is hilly, some slopes are steep. Vegetation is a mixture of forested areas, forest park (dominating pine wood), open cultivated land and urban areas. Most tracks are easily rideable.
Long distance	Žalieji ežerai/ Verkiai	9 km	1:15 000, E 5m	Terrain is mixture of flat to gently sloping pine forest and steeper river/lake slopes. The dominating vegetation is pine forest with some urban areas. Most tracks are easily rideable.
Sprint	Kalnų parkas / Old Town	6 km	1:5 000, E 5m	Terrain is mixture of flat urban areas, urban park and hilly forest park, with some steeper slopes. Most tracks are easily rideable.

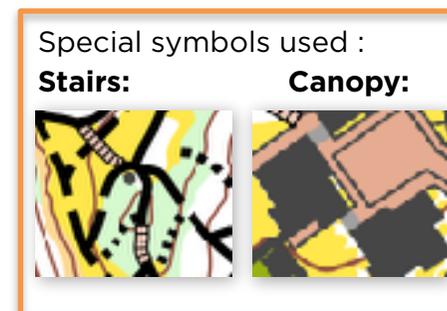
The maps are printed on synthetic water resistant paper.

The scales have been chosen to offer the best possible legibility.

The maps are drawn and printed according to the IOF International Specification for MTB Orienteering Maps ISMTBOM 2010.

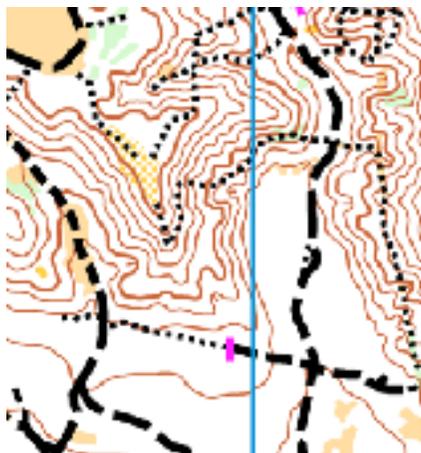
The most recent versions of previous orienteering maps of the competition terrains are accessible on the organiser’s website www.mtbo.lt.

An interactive database of Lithuanian orienteering maps can be found at www.trails.lt.



2.13 Map Samples

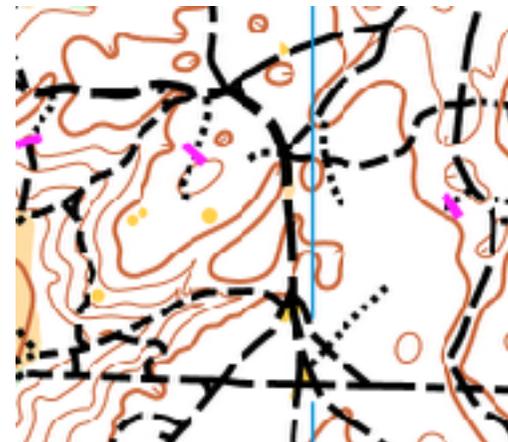
Gudeliai (Relay)



Pasakų Parkas (Mass)



Salotė (Mass & Relay)



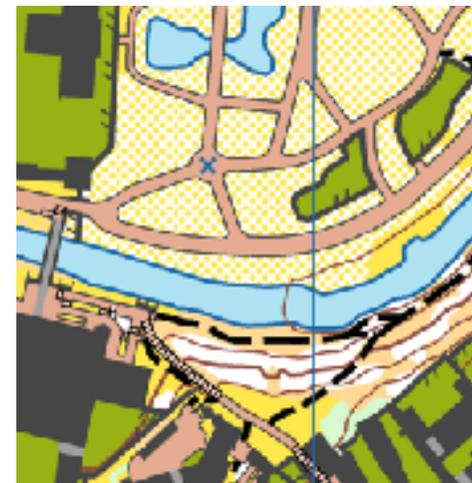
Sapieginė (Middle)



Žalieji Ežerai (Long)



Old town & Kalnų Parkas (Sprint)



2.14 Start bibs

Competitors receive two bibs for each competition. They are according to the start list and will be handed out at the team leaders meeting in the evening before competition. One start bib should be attached in front of the bike, another - on the back or backpack of the competitors. Participants without start bibs will not be allowed to start.

2.15 GPS Tracking

All Women and Men Elite athletes will receive a GPS each day. The device should be collected in the start quarantine area 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 as well as in arena's main screen after activating start quarantine.

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

2.16 Opening ceremony

The opening ceremony will be held on Thursday, 16:30 at Vilnius City Hall square. Teams should gather at 16:10 in the Vilnius City Hall square (Didžioji g. 27, 6.6km from the. EC) for the parade.

If the weather is good, the parade and the opening ceremony will take place outside of the City Hall. You may participate in the parade on foot or on bike. If the weather is bad, there will be no parade and the opening ceremony will take place inside the City Hall.

Please help to make MTBO visible and participate in the parade and the ceremony.

2.17 Prize-giving

Prize giving ceremonies will be held at Competition arenas, after the deadlines for complaints and protests from the teams expires.

The title of World Champion shall be awarded in the following ten separate competitions for elite and for juniors:

- women, Middle distance • men, Middle distance
- women, Mass start • men, Mass start
- women, Relay • men, Relay
- women, Long distance • men, Long distance
- women, Sprint • men, Sprint

2017 is the first year when the Mass start competition is official on WMTBOC.

2.18 Fees and payments

Fees are in € and per person (except Relay)	WMTBOC	JWMTBOC	Team officials
Sprint distance	60	40	-
Middle distance	60	40	-
Long distance	60	40	-
Mass start	60	40	-
Relay (per team)	180	120	-
Accreditation/registration (including banquet)	60	40	60

Charges and bank fees are to be paid by the sender/payer. Competitors or teams will be excluded if their entry fee is not paid.

2.19 Winning times and course details

The course details and winning times in minutes according to the IOF Competition Rules are as follows:

		Length (optimal route)	Total climb	Number of controls	Winning times
Middle	M21	19,7	420	30	55 - 60
	W21	16,3	275	26	55 - 60
	M20	14,6	260	25	50
	W20	11,7	210	22	50
Mass	M21	27,9	540	43	75 - 85
	W21	22,4	430	42	75 - 85
	M20	25,3	470	39	60 - 68
	W20	20,6	380	37	60 - 68
Relay	M21	16,6-17,1	290	23	40 - 45
	W21	13,4-13,9	210	19	40 - 45
	M/W21			total winning time	120 - 135
	M20	11,6-12,1	200	16	30 - 35
	W20	10,4-10,8	160	11	30 - 35
	M/W20			total winning time	90 - 105
Long	M21	47,2	520	31	105 - 115
	W21	38	440	28	105 - 115
	M20	34,3	380	26	84 - 92
	W20	25,8	290	22	84 - 92
	M21 B	34,3	380	26	105 - 115
Sprint	M21	7,7	210	25	20 - 25
	W21	6,8	170	25	20 - 25
	M20	6,2	120	23	16 - 20
	W20	5,1	115	21	16 - 20

Please note that all information is preliminary and could be subject to changes.

3. COMPETITION DAYS

3.1. Model Event. Sunday, August 20

The Model Event at **KAROLINIŠKIŲ ŠLAITAS** is accessible by bike or by car from the Event Centre.

The distance to the model event start from EC is:

- 3.95 km (10 min) by car
- 2,87 km (10 min) by bike
- 1,5 km by foot (can be ridden by bike too)

Start coordinates:

579240, 6062939 (LKS)

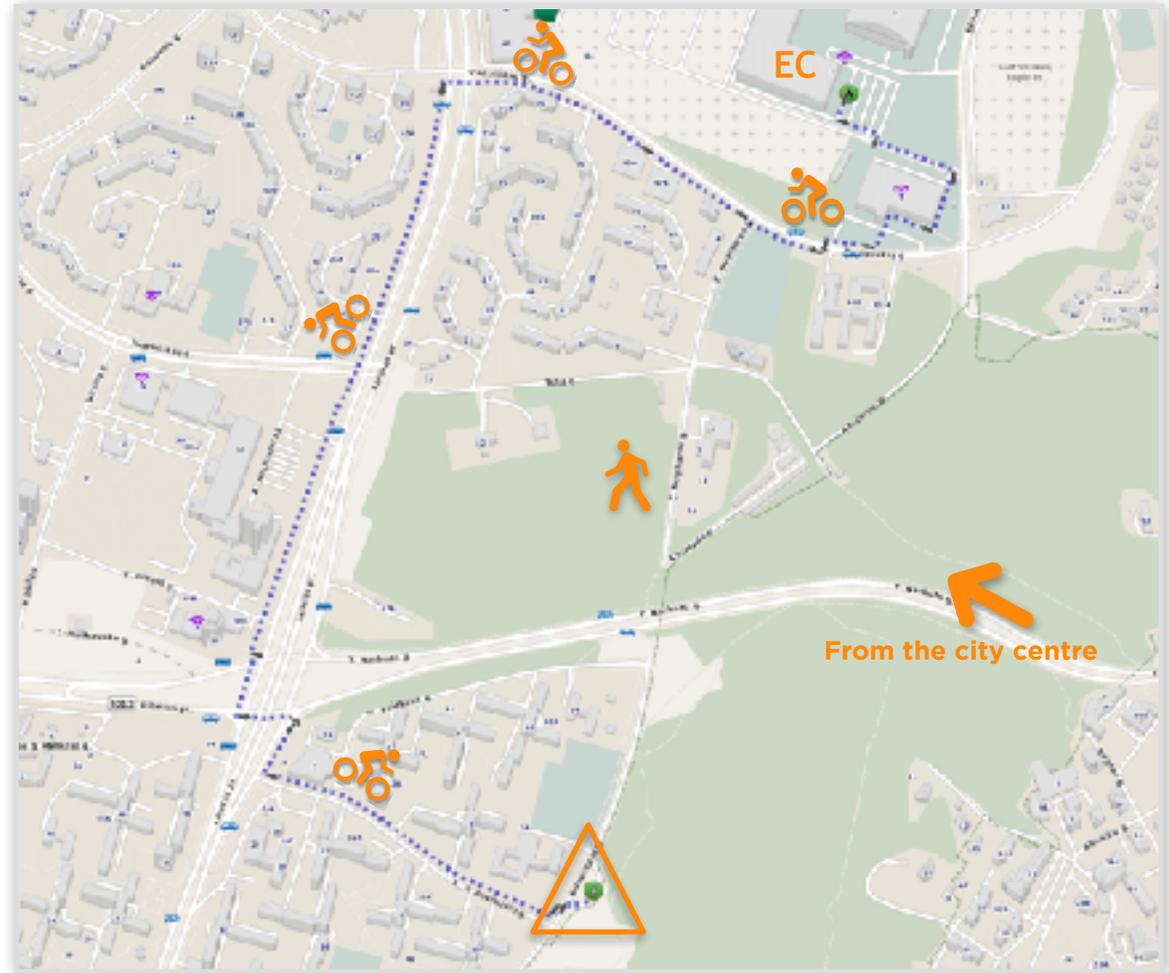
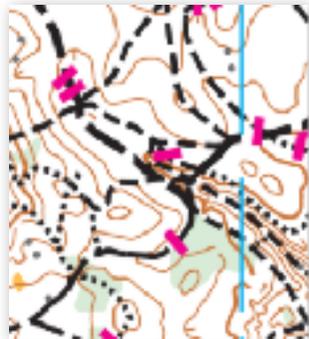
54.696617, 25.229264 (WGS)

54° 41' 47.82", 25° 13' 45.35" (WGS)

Model event starts at 12:00.
Finish will be closed at 15:00

Model Event has a free start times. Maps will be in the team bags and SIACs can be collected in the Event office. The start procedure will be the same as on competition days.

Sample of the map:



3.2. Middle distance. Monday, August 21

The Finish arena at **SAPIEGINE** is accessible by bike or by car from the Event Centre.

The distance to the Middle event finish arena from EC is:

7,8 km (14 min) by car
11,8 km (42 min) by bike

Arena address:
Saulėtekio al. 7, Vilnius

Arena coordinates:
585514, 6065929 (LKS)
54.722452, 25.327438 (WGS)
54° 43' 20.83", 25° 19' 38.78" (WGS)

Schedule of the competition day

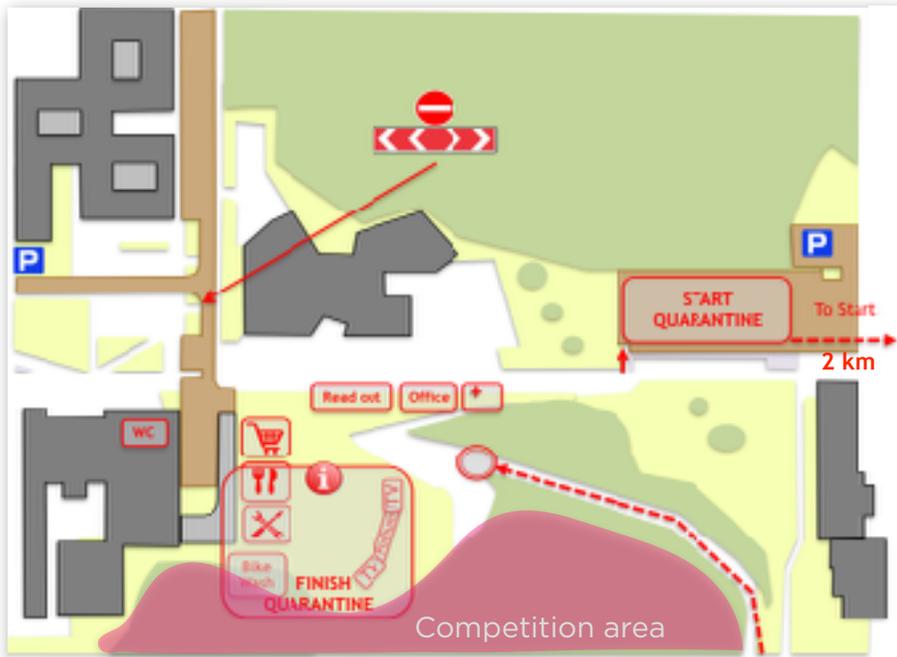
9:15	Pre-start from the start quarantine is open
9:30	First start
10:00	Start quarantine activated
10:00	GPS maps on
12:00	Finish quarantine ends
13:15	Deadline for complaints
14:00	Prize giving ceremony

Maps

Map scale: 1:10 000, contours 5m
Map size: A3
Maps will not be collected after race.



Map of Finish arena, parking and quarantine zone



Courses

	Length (optimal route)	Total climb	Number of controls	Winning times
M21	19,7	420	30	55 - 60
W21	16,3	275	26	55 - 60
M20	14,6	260	25	44 - 48
W20	11,7	210	22	44 - 48

Maximum time is 120 min.

Start procedures

First start is at 9:30.

Pre-start - 15 min before

Individual start with start interval of 2 minutes.

Start quarantine

All participants must enter start quarantine before 10:00.

Start is accessed from Start quarantine.

Pre-start is from the start quarantine - exit at -15 minutes. There will be a clock showing your start time slot. Path from the pre-start to the start will be marked by red-white stripes and direction marks. Distance between pre-start and start zone is 2 km with 40 meters climbing. Please, be careful - the path to the start zone is going through the urban territories - respect pedestrians and road traffic!

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. The distance from time start to map start is 140 m.

Terrain description

Terrain: Mostly very hilly with some steeper slopes. Mainly forest with a few open and semi-open areas, scattered houses and farms. The terrain is adjacent to urban territories.

Speed: Most tracks are easily or medium rideable, but some narrow paths are difficult to follow.

Visibility: Mostly good but reduced in some dense or steep areas.

Paths and roads: Dense network of tracks and paths with mostly good rideability, in a few places sandy. Some narrow paths are difficult to follow and may reduce the speed.

Competitors will have to cross some bigger roads. Marshals will be regulating the traffic on most dangerous places, but riders take full responsibility for safe riding. Be aware of cars from residents and take special care when passing families and people with dogs!

Provisional red and orange groups

RED - WOMEN			RED - MEN		
Rank	Name	Country	Rank	Name	Country
1	Emily Benham	GBR	1	Lauri Malsroos	EST
2	Martina Tichovska	CZE	2	Krystof Bogar	CZE
3	Marika Hara	FIN	3	Baptiste Fuchs	FRA
4	Gaëlle Barlet	FRA	4	Jussi Laurila	FIN
5	Olga ShipilovaVinogradova	RUS	5	Ruslan Gritsan	RUS
6	Antonia Haga	FIN	6	Luca Dallavalle	ITA
7	Ingrid Stengard	FIN	7	Grigory Medvedev	RUS
8	Camilla Soegaard	DEN	8	Pekka Niemi	FIN
9	Ruska Saarela	FIN	9	Anton Foliforov	RUS
10	Svetlana Poverina	RUS	10	Vojtech Ludvik	CZE
ORANGE - WOMEN			ORANGE - MEN		
Rank	Name	Country	Rank	Name	Country
11	Maja Rothweiler	SUI	11	Vojtech Stransky	CZE
12	Hana Garde	FRA	12	Valeriy Gluhov	RUS
13	Ursina Jaeggi	SUI	13	Cedric Beill	FRA
14	Algirda Zaliauskaite	LTU	14	Rasmus Soegaard	DEN
15	Katerina Novakova	CZE	15	Jiri Hradil	CZE
16	Renata Paulickova	CZE	16	Jonas Maiselis	LTU
17	Clare Dallimore	GBR	17	Kevin Haselsberger	AUT
19	Marie Brezinova	CZE	18	Andreas Waldmann	AUT
20	Marina Reiner	AUT	19	Simon Braendli	SUI
21	Henna Saarinen	FIN	20	Jan Svoboda	CZE

Special attention

- The forest is used intensively for recreational purposes. We ask the competitors to watch out for the hikers, runners and bikers that can be met in the area.
- Some of the downhill sections are steep and might be dangerous. Always ride on the right side of the track and

always anticipate a competitor/non-competing person possibly emerging from any direction. Follow the basic MTB orienteering safety rules. Uphill riders have priority over downhill riders.

- All competitors will cross an asphalt road, which is dividing the map from W to E. This road is with very intense traffic. The participants can cross it only in marked places. The crossings will be guarded by security service.

Radio controls

There will be minimum 5 radio control points in the terrain.

Complaints

Time limit for complaints is until 13:15 or 15 minutes after the finish (whichever comes later). Later complaints will be accepted if there are valid exceptional circumstances (described in the complaint). Any complaints shall be made in writing to the organiser – in that case please contact staff in the finish office.

3.3. Mass start. Tuesday, August 22

The Finish arena in **GUDELIAI** is accessible by bike or by car from the Event Centre.

The distance from EC is:

- 6,5 km (18 min) by car
- 5,5 km (20 min) by bike

Arrival by car via Pilaites pr.

Arena coordinates:

- 576079, 6062478 (LKS)
- 54.692964, 25.180118 (WGS)
- 54° 41' 34.67", 25° 10' 48.43" (WGS)

Schedule of the competition day

9:30	Start of M20
9:40	Start of W20
10:20	Start of M21
10:30	Start of W21
10:30	GPS maps on
12:30	Deadline for complaints (or 15 min after finish of the athlete)
13:00	Prize giving ceremony

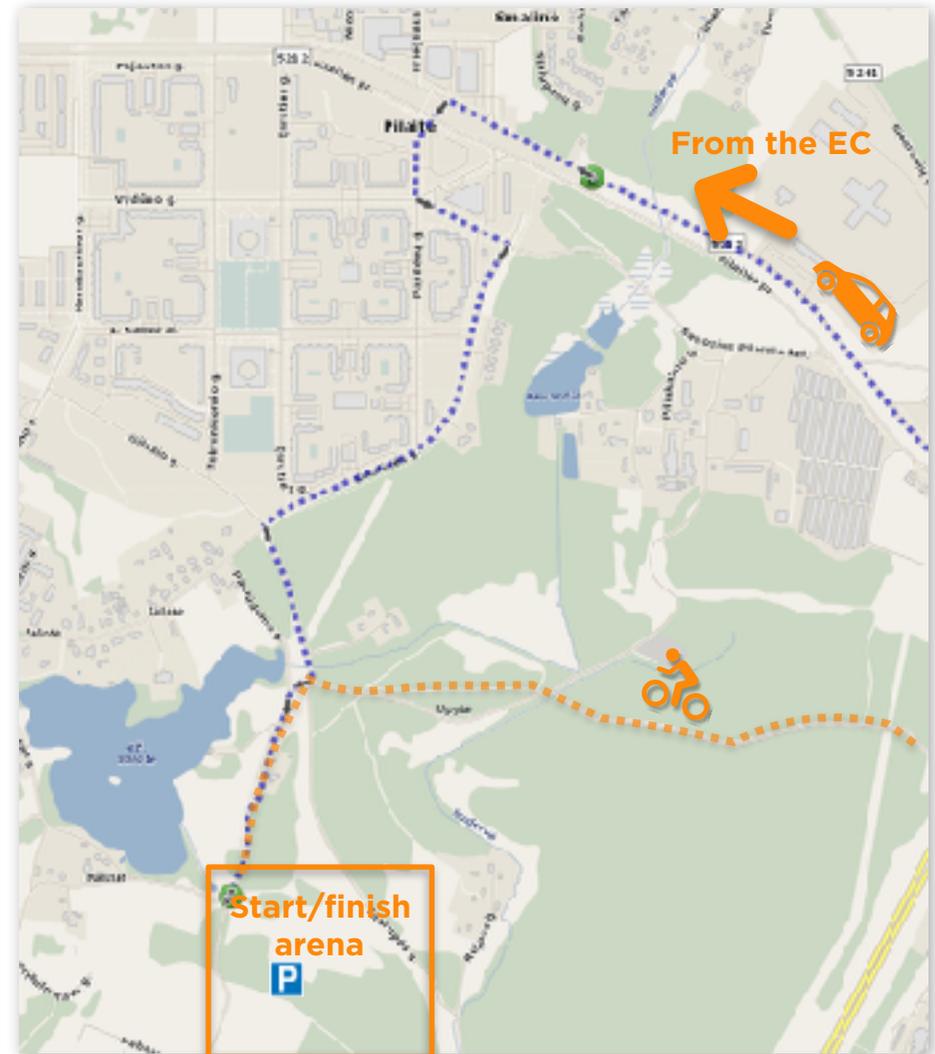
Maps

There will be 5 maps printed for this competition. Maps will be clearly marked with sequence numbers.

Map scale: 1:10000, contours 5m and 1:5000, 2,5m

Map size: No.1, 2, 3 & 4 - A4, No.5 - A3

Maps will not be collected after race.



Map Change IMPORTANT!

Competitors will get 4 A4 sheets with maps printed on one side at the start. The maps will be stapled. The maps will be marked with participants number on the other side. Sequence number will be clearly marked on each map. The first two sheets will have maps #1 and #2 in scale 1:10 000, the second two - maps #3 and #4 in scale 1:5 000. Riders will get the third sheet - A3 in scale 1:10 000 - on the map exchange point after the 4th part of the course.

If you want to drop your used maps, do it on the map exchange point, where marshals will collect them. Don't throw maps away at any other place in the forest - they are not biodegradable. Collected maps will be available at the EC at the end of the day. Maps dropped not in the map exchange points will not be collected or replaced.

Map of Finish arena and parking



Courses

	Length (optimal route)	Total climb	Number of controls	Winning times
M21	27,9	540	43	75 - 85
W21	22,4	430	42	75 - 85
M20	25,3	470	39	60 - 68
W20	20,6	380	37	60 - 68

Maximum time is 180 min.

Start procedures:

Start area consists of up to 8 lines with 10 marked start slots 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 recommended to be at the start at least 10 minutes before the actual start time. Start positions will be assigned according to start numbers.



Map rolls will be distributed by marshals before the start. Competitors' number will be clearly marked on the roll and competitors are responsible to check that they got the roll with the correct number. Competitors are allowed to open 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.

Terrain description

Terrain form: Terrain is hilly, with multiple steeper slopes, with several urban areas of private houses.

Vegetation: A mixture of park terrain, urban areas and forested areas - mainly pine forest with more or less dense underground.

Speed: Most tracks are easily rideable, but there are some tracks and paths washed out badly after recent storms.

Visibility: Mostly good but reduced in some dense or steep areas.

Paths and roads: Urban areas and forested areas with a dense network of paths in the eastern side of the map. The west side of the map is with medium network of the paths. The terrain is forest type with open territories of cultivated lands, or fields. The area of 3rd and 4th map is a city park and it is used for recreational purposes - walks, biking, jogging etc. Please take care while riding especially when passing families with small kids and people with dogs!

Special attention

- Some parts of the forest are used intensively for recreational purposes. We ask the competitors to watch out for the hikers, runners and bikers that can be met in the area.
- Some of the downhill sections are steep and might be dangerous. Always ride on the right side of the track and always anticipate a competitor/non-competing person possibly emerging from any direction. Follow the basic MTB orienteering safety rules. Uphill riders have priority over downhill riders.

- Some roads are badly washed out after recent storms, with more or less deep erosion ditches. It is necessary to be very careful when crossing them. If the ditches take only a small part of the road width, the rideability of the road is not reduced on the map.
- There is the area on the West of the map used for motocross training. The rideability of the paths here varies from very good till very bad due to deep sand.

Radio controls

There will be minimum 5 radio control points in the terrain.

Complaints

Time limit for complaints until 12:30 or 15 minutes after the finish (whichever comes later). Later complaints will be accepted if there are valid exceptional circumstances (described in the complaint). Any complaints shall be made in writing to the organiser.

Fair play

If a rider abandons the race, they should go to the finish immediately for the finish read out. They should stay in a restricted area until the last start, as instructed by organisers.

3.4. Relay. Wednesday, August 23

The Finish arena in **GUDELIAI** will be the same as for the Mass start competition. It is accessible by bike or by car from the Event Centre.

Schedule of the competition day

9:30	Start of M20
9:35	Start of W20
9:50	Start quarantine activates
10:00	GPS maps on
10:50	Start of M21
11:00	Start of W21
13:30	Deadline for complaints (or 15 min after finish of the athlete)
14:00	Prize giving ceremony

Maps

Map scale: 1:10000, contours 5m

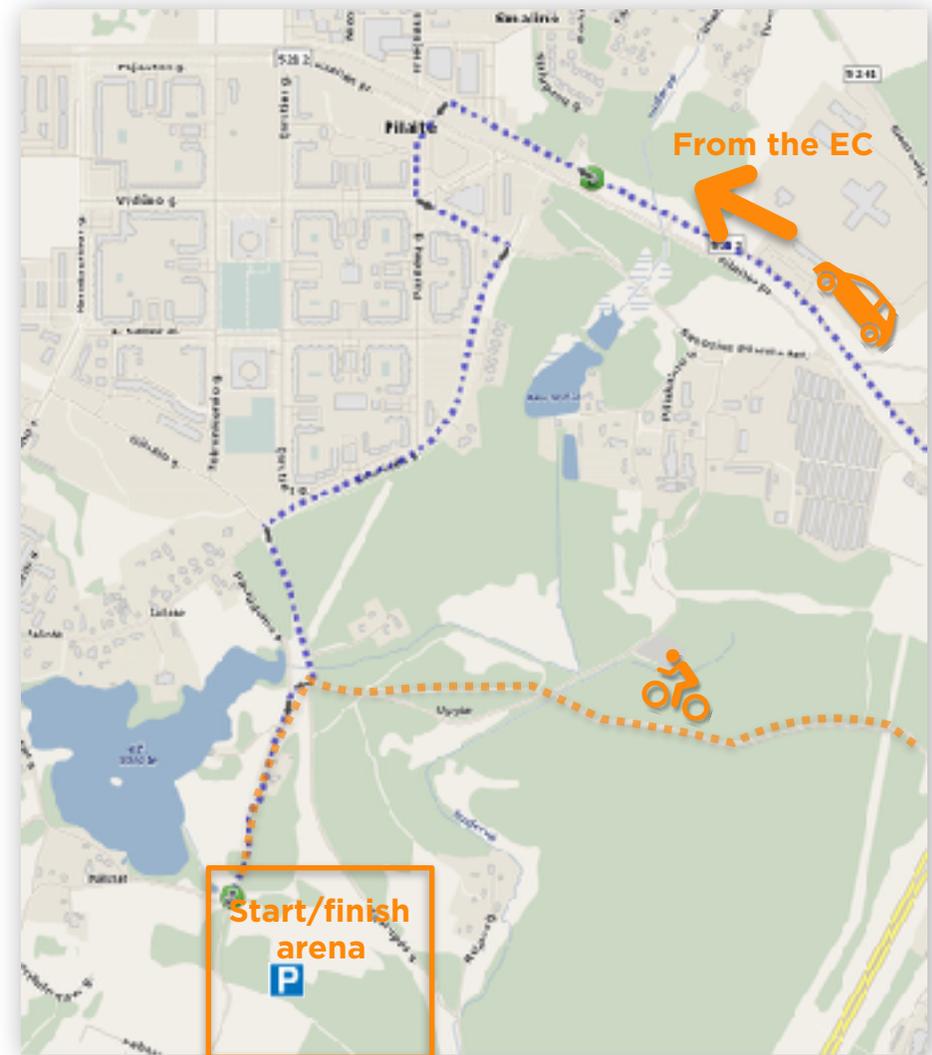
Map size: A3

Maps will be not collected after the race.

Quarantine

There will be start quarantine, active from 9:50. All elite riders and juniors not yet started must enter the quarantine until this time.

Respect fair play.



Terrain description

Terrain form: Terrain is hilly, with multiple steeper slopes, with different urban areas of private houses.

Vegetation: A mixture of park terrain, urban areas and forested areas - mainly pine forest with more or less dense underground.

Speed: Most tracks are easily rideable, but there are some tracks and paths washed out badly after the recent storms.

Visibility: Mostly good but reduced in some dense or steep areas.

Paths and roads: Urban areas and forested areas with a dense network of paths in the eastern side of the map. The west side of the map has a medium network of the paths. The terrain is forest type with open territories of cultivated lands, or fields. The East side of the map is a city park and it is used for recreational purposes - walks, biking, jogging etc. Please take care while riding especially when passing families with small kids and people with dogs!

Special attention

- There will be mandatory route after the Spectators control. All participants MUST follow this route.
- Some parts of the forest are used intensively for recreational purposes. We ask the competitors to watch out for the hikers, runners and bikers that can be met in the area.
- Some of the downhill sections are steep and might be dangerous. Always ride on the right side of the track and always anticipate a competitor/non-competing person possibly emerging from any direction. Follow the basic MTB orienteering safety rules.

- Some roads are badly washed out after recent storms, with more or less deep erosion ditches. It is necessary to be very careful when crossing them. If the ditches takes only a small part of the road wide, the rideability of the road is not reduced on the map.

Radio controls

There will be minimum 5 radio control points in the terrain.

Complaints

Time limit for complaints until 13:30 or 15 minutes after the finish (whichever comes later). Later complaints will be accepted if there are valid exceptional circumstances (described in the complaint). Any complaints shall be made in writing to the organiser - in that case please contact staff in the finish office.

Fair play

If a rider abandons the race, they should go to the finish immediately for the finish read out. They should stay in the finish quarantine.

3.5. Long distance. Friday, August 25

The Finish arena at **VERKIAI** is accessible by bike or by car from the Event Centre.

The distance from EC is:

- 9,15 km (15 min) by car
- 8,2 km (29 min) by bike

Arena address:

Žaliųjų Ežerų g. 37, Vilnius.

Arena coordinates:

583401, 6069130 (LKS)

54.751561, 25.295557 (WGS)

54° 45' 5.62", 25° 17' 44.01" (WGS)

Schedule of the competition day

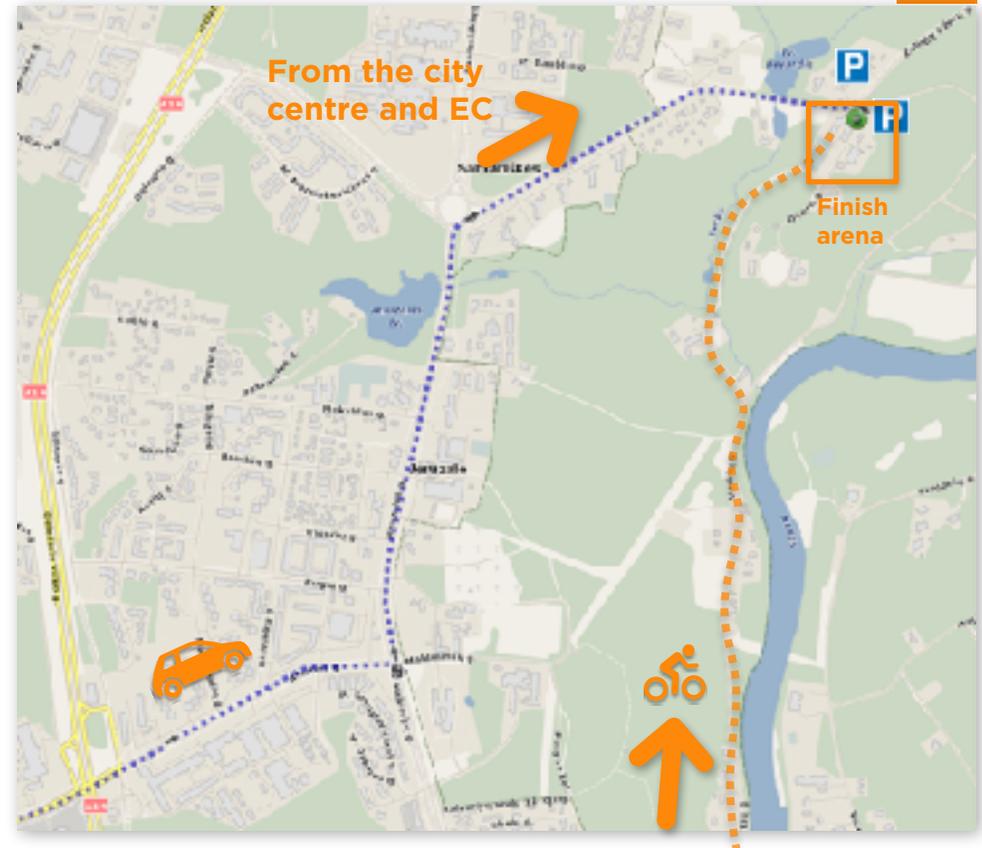
9:30	First start
11:30	Start quarantine activates, GPS maps on
12:40	Finish quarantine ends
14:30	Deadline for complaints (or 15 min after finish of the athlete)
15:30	Prize giving ceremony

Maps

Map scale: 1:15 000, contours 5m

Map size: A3,

Maps will be not collected after race.



Map of Finish arena, parking and quarantine zone



Courses

	Length (optimal route)	Total climb	Number of controls	Winning times
M21	47,2	520	31	105 - 115
W21	38	440	28	105 - 115
M20	34,3	380	26	84 - 92
W20	25,8	290	22	84 - 92
M21 B final	34,3	380	26	105 - 115

Time limit is 240 min.

Start procedures:

First start is at 9:30.

Individual start with start interval of 3 minutes.

Start quarantine

All participants must enter start quarantine before 11:30.

Earlier start is accessed from the Start quarantine.

Pre-start is from the start quarantine - exit at -15 minutes. There will be a clock showing your start time slot. Path from the pre-start to the start will be marked by red-white ribbons and direction marks. Distance between pre-start and start zone is 1,8 km. Please, be careful - the path to the start zone is going on the public bike road - respect other riders and pedestrians!

After the start the competitor has to follow a mandatory route (50 m marked by red/white ribbons) to the start point marked by a flag in the terrain.

Terrain description

Terrain: Terrain varies from relatively flat to hilly, with some steeper slopes. Different forested areas with various density of undergrowth, some park-like areas around lakes with popular bathing places

Speed: Most tracks are easily rideable

Visibility: Mostly good but reduced in some dense or steep areas.

Paths and roads: Mostly forested areas with a medium density network of paths. The competitors will have to cross some bigger roads - marshals will be regulating the traffic on most dangerous places, but riders should take full responsibility of safe riding. As this is a public nature park, 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!

Summary of qualification rules for a Long

- Top 30 of WMTBOC 2016 Long, plus winner B Final
- Top 30 of World Ranking on 25 July 2017
- 1/2 of remaining slots to 60 based on Middle results
- 1/2 of remaining slots to 60 based on Mass Start results
- Minimum 3 slots to home nation
- Minimum 1 slot to all nations

Provisional red and orange groups

RED - WOMEN			RED - MEN		
Rank	Name	Country	Rank	Name	Country
1	Emily Benham	GBR	1	Lauri Malsroos	EST
2	Martina Tichovska	CZE	2	Krystof Bogar	CZE
3	Marika Hara	FIN	3	Baptiste Fuchs	FRA
4	Gaëlle Barlet	FRA	4	Jussi Laurila	FIN
5	Olga ShipilovaVinogradova	RUS	5	Ruslan Gritsan	RUS
6	Antonia Haga	FIN	6	Luca Dallavalle	ITA
7	Ingrid Stengard	FIN	7	Grigory Medvedev	RUS
8	Camilla Soegaard	DEN	8	Pekka Niemi	FIN
9	Ruska Saarela	FIN	9	Anton Foliforov	RUS
10	Svetlana Poverina	RUS	10	Vojtech Ludvik	CZE
ORANGE - WOMEN			ORANGE - MEN		
Rank	Name	Country	Rank	Name	Country
11	Maja Rothweiler	SUI	11	Vojtech Stransky	CZE
12	Hana Garde	FRA	12	Valeriy Gluhov	RUS
13	Ursina Jaeggi	SUI	13	Cedric Beill	FRA
14	Algirda Zaliauskaite	LTU	14	Rasmus Soegaard	DEN
15	Katerina Novakova	CZE	15	Jiri Hradil	CZE
16	Renata Paulickova	CZE	16	Jonas Maiselis	LTU
17	Clare Dallimore	GBR	17	Kevin Haselsberger	AUT
19	Marie Brezinova	CZE	18	Andreas Waldmann	AUT
20	Marina Reiner	AUT	19	Simon Braendli	SUI
21	Henna Saarinen	FIN	20	Jan Svoboda	CZE

Special attention

- The forest and the lakes are used intensively for recreational purposes. We ask the competitors to watch out for the hikers, runners and bikers that can be met in the area.
- Some of the downhill sections are steep and might be dangerous. Always ride on the right side of the track and always anticipate a competitor/non-competing person possibly emerging from any direction. Follow the basic MTB orienteering safety rules.

DANGEROUS PLACES:

- All competitors will cross an asphalt road, which is dividing the map. This road has very intense traffic. Participants can cross it only in marked places. The crossings will be guarded by security service.
- There are some deep ditches on some minor forest roads near the junction with the major roads to prevent cars entering. Typically one can ride around them, but they can be dangerous if not noticed. The most dangerous ditches will be marked on the ground with red paint. Please be careful.
- There will be a small “bridge” (see the picture). On the map it will be marked with the symbol 843 Dangerous object and exclamation mark in a triangle.



There will be 1 refreshment point in the terrain. More information will be given at the teams leader meeting.

Radio controls

There will be minimum 5 radio control points in the terrain.

Complaints

Time limit for complaints until 14:30 or 15 minutes after the finish (whichever comes later). Later complains will be accepted if there are valid exceptional circumstances (described in the complaint). Any complaints shall be made in writing to the organiser.

3.6. Sprint distance. Saturday, August 26

The Finish arena at **CATHEDRAL SQUARE** is accessible by bike or by car from the Event Centre.

The distance from EC is:

- 5,8 km (10 min) by car
- 5,7 km (20 min) by bike

Arena address:

Katedros a. 2, Vilnius.

Arena coordinates:

583049, 6061777 (LKS)

54.685565, 25.288002 (WGS)

54° 41' 8.03", 25° 17' 16.81" (WGS)

Schedule of the competition day

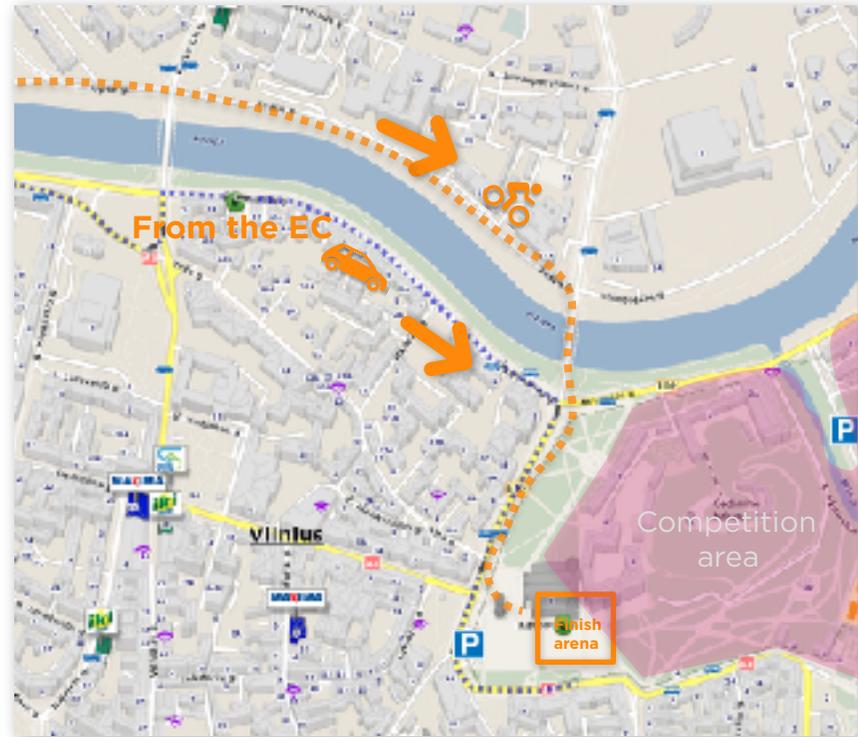
9:30	First start
9:30	Start quarantine activated
9:30	GPS maps on
12:15	Deadline for complaints (or 15 min after finish of the athlete)
13:30	Prize giving ceremony

Maps

Map scale: 1:5000, contours 5m

Map size: A3,

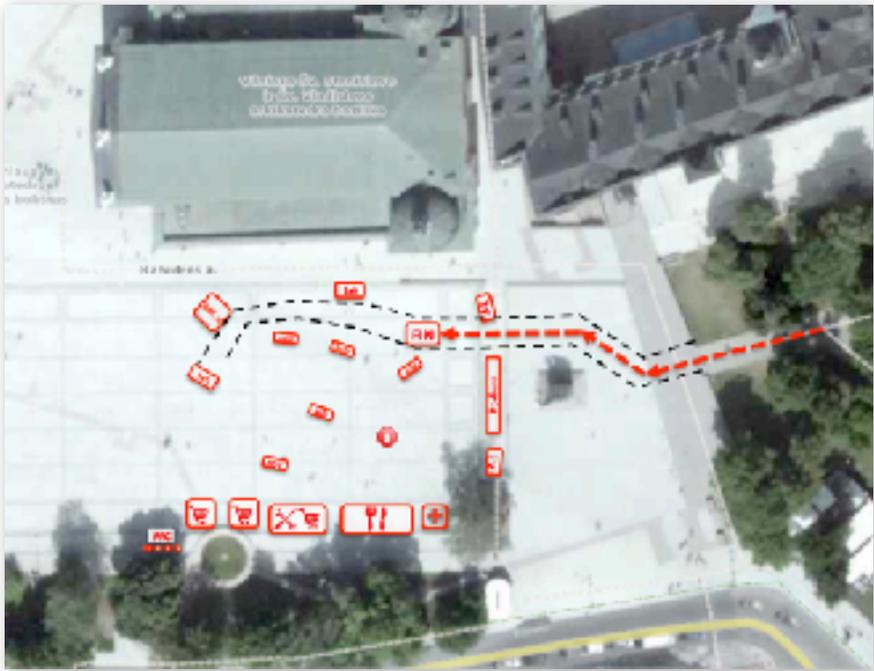
Maps will be not collected after race.



One of the pavement tiles in the Cathedral Square (between the Cathedral and the bell tower) is decorated with the word STEBUKLAS (MIRACLE) in coloured letters. Should you want to make a wish come true then you must stand on the tile, make your wish and turn round 360 degrees.

SPRINT

Map of Finish arena



Courses

	Length (optimal route)	Total climb	Number of controls	Winning times
M21	7,7	210	25	20 - 25
W21	6,8	170	25	20 - 25
M20	6,2	120	23	16 - 20
W20	5,1	115	21	16 - 20

Maximum time is 60 min.

Start procedures:

First start is at 9:30.
Individual start with start interval of 1 minute.

Start quarantine

All participants must enter start quarantine before 9:30.
Start is accessed from Start quarantine.

Pre-start: there will be no pre-start procedure. Quarantine and warm-up areas are close to the start corridors.

After the start the competitor has to follow a mandatory route (marked by red and white stripes) to the start point marked by a flag in the terrain. A distance from time start to map start is 180 m.

Terrain description

Terrain form: Terrain is mixture of flat and hilly urban areas, urban park and hilly forest park, with some very steep slopes.

Speed: Most tracks are easily rideable.

Visibility: Mostly good but reduced in some dense or steep areas.

Paths and roads: Urban areas and forested areas are with a dense network of paths The city park is used for recreational purposes - walking, biking, jogging etc.

Parked cars, stairs, curbs and narrow passages make the urban area very challenging and require additional attention when riding.

Please take care while riding especially in the park when passing families with small kids and people with dogs!

Part of the forest area is situated on very steep slopes so riding on some tracks might be technically and physically challenging for the competitors.

Provisional red and orange groups

RED - WOMEN			RED - MEN		
Rank	Name	Country	Rank	Name	Country
1	Emily Benham	GBR	1	Lauri Malsroos	EST
2	Martina Tichovska	CZE	2	Krystof Bogar	CZE
3	Marika Hara	FIN	3	Baptiste Fuchs	FRA
4	Gaelle Barlet	FRA	4	Jussi Laurila	FIN
5	Olga ShipilovaVinogradova	RUS	5	Ruslan Gritsan	RUS
6	Antonia Haga	FIN	6	Luca Dallavalle	ITA
7	Ingrid Stengard	FIN	7	Grigory Medvedev	RUS
8	Camilla Soegaard	DEN	8	Pekka Niemi	FIN
9	Ruska Saarela	FIN	9	Anton Foliforov	RUS
10	Svetlana Poverina	RUS	10	Vojtech Ludvik	CZE
ORANGE - WOMEN			ORANGE - MEN		
Rank	Name	Country	Rank	Name	Country
11	Maja Rothweiler	SUI	11	Vojtech Stransky	CZE
12	Hana Garde	FRA	12	Valeriy Gluhov	RUS
13	Ursina Jaeggi	SUI	13	Cedric Beill	FRA
14	Algirda Zaliauskaite	LTU	14	Rasmus Soegaard	DEN
15	Katerina Novakova	CZE	15	Jiri Hradil	CZE
16	Renata Paulickova	CZE	16	Jonas Maiselis	LTU
17	Clare Dallimore	GBR	17	Kevin Haselsberger	AUT
19	Marie Brezinova	CZE	18	Andreas Waldmann	AUT
20	Marina Reiner	AUT	19	Simon Braendli	SUI
21	Henna Saarinen	FIN	20	Jan Svoboda	CZE

Radio controls

There will be minimum 5 radio control points in the terrain.

Complaints

Time limit for complaints until 12:15 or 15 minutes after the finish (whichever comes later). Later complaints will be acceptable if there are valid exceptional circumstances (described in the complaint). Any complaints shall be made in writing to the organiser.

There are couple of obstacles marked in the map which should be possible to cross but might be dangerous for rider who will not pay attention and fail to notice them in the terrain. One part of the sprint area is situated in residential urban area. The tracks there are extremely fast but competitors may not be able to see what is behind the corner or curve of the track. Please be careful.

The through roads in the urban area will be closed for traffic during the sprint race - but there might be parked cars that could become unexpected obstacles, or pedestrians walking on the streets. Be aware, that it is the riders' responsibility to be observant.

Special attention

- **Off-track riding is not allowed in any place of the map not marked as rideable open area (orange) and will cause a disqualification of the competitor.**
- The parks are intensively used for recreational purposes. We ask the competitors to watch out for the children, dogs, hikers, runners and bikers in the area.
- Some of the downhill sections are steep and might be dangerous. Always ride on the right side of the track and always anticipate a competitor/non-competing person possibly emerging from any direction. Follow the basic MTB orienteering safety rules.
- Some of the paths, marked as difficult to ride, have a good surface for riding, but the difficulties can occur because of very sharp turns between the trees or of poor visibility in some places - the track can be easily lost.
- There are several paths with stairs dug in the slope as shown on the photo. These paths will be marked as difficult to ride.



3.7 Opportunities for training

A training camp took place in Vilnius in the first week of May 2017.

Teams who would like to train on these maps may get them from the organisers (info@mtbo.lt) as printouts upon arrival (2€ per map). Due to ownership and copyright reasons it's not possible to make these maps available on-line.

Also there will be two maps available for training during the whole competition week. They can be bought at the Event Office for 2€ per map:

- Training 1: Aukstagiris, scale 1:10000
- Training 2: Gailiunai. Scale 1:12500

The location of these maps can be found on [WMTBOC 2017 sites](#).

4. Tourist opportunities

TRAKAI

The old town of Trakai – which is extremely popular with the residents of Lithuania and foreign guests – is situated west of Vilnius between the hills, forests and lakes. The shores of the peninsula on which it is located are washed by the waters of Lakes Galvė, Totoriškių and Bernardinų (Lukos). This town, famous for its picturesque landscape and the legendary Trakai Castle, was a cradle of the Lithuanian statehood, an important military and political centre, headquarters of the Lithuanian Grand Dukes, and the capital of Lithuania. Today, Trakai attracts visitors to a wonderful place offering refuge from a hectic city life, with walks around the beautiful area or yacht trips on one of the numerous lakes.

Trakai is also known for the Karaimes (a people speaking the Turkic language), who have lived there since the 14th century and have preserved their traditions. The kenesa – a Karaime sanctuary – and houses of Karaimes have survived in Trakai, and the national dishes (the most popular is kybyn – a small pasty stuffed with minced meat) of this ethnic group can be tasted at the Karaime Restaurant.

Those who want to admire the scenery of the environs are recommended to take a walking tour along the cognitive paths of Aukštadvaris and Varnikai Botanical Zoological Reserve (the length of the route is 10.1 km)(GPS N 54° 38.866' E 24° 57.927') (N 54.647766° E 24.965454°).

Getting there

By car: Trakai is 27 km from Vilnius. Go along Savanorių Avenue, further follow the signs, A16 motorway.



KERNAVĖ

Kernavė is the first capital of the Grand Duchy of Lithuania mentioned in historical chronicles (the second half of the 18th century). The hill forts of Kernavė are unique in the entire Baltic Sea region, as there are five on just one location. An impressive view of the turns of the Neris River, the island of the river and its banks open from it. The Archaeological and History Museum of Kernavė in which artefacts of the ancient times found during the excavations carried out in the course of several decades are collected, is also a location that attracts crowds at midsummer and on the Days of Living Archaeology in July, celebrating ancient crafts every year. During these Days masters of ancient arts from Lithuania and neighbouring countries – boot makers, potters, glaziers, jewellers, blacksmiths, furriers, beekeepers and others show their skills and sell their products. During the festival a demonstration medieval fights and concerts of ethnic music are held.

Kernavė, a small town situated on the right bank of the Neris River at 35 km from Vilnius, was one of the first centres of the State of Lithuania in the past (13th century). Pajauta Valley that is shrouded in legends and five hill forts at its edge protect the remains of the capital of the last European pagan state. The State Cultural Reserve of Kernavė was founded in 1989. The present cultural reserve, covering an area of 196.2 hectares, and a UNESCO World Heritage Site since 2004, harbours complex archaeological strata from prehistoric times, and the entire area is used only for cultural tourism and scientific research. The exceptional world value of the place is continuation of its settling from the late Palaeolithic age (the 9th century BC) up to the present day.

Kernavė Archaeology and History Museum

The updated exposition of Kernavė Archaeology and History Museum will give visitors of the Museum the opportunity to become acquainted with the pre-history and Middle Ages of Kernavė. Information is provided and tours are booked by tel.: +370 382 47385.

Getting there

By car: the most convenient way of reaching Kernavė is by car. If you go from the centre of Vilnius drive towards Pilaitė housing estate, then go along Pilaitė Street as far as its end and turn right following the signs. Another possibility to reach Kernavė from Vilnius is to go along A1 or A2 motorways, then 108 or 116 roads.



EUROPA PARK

Vilnius City Card -20%

One of the most impressive contemporary art museums where art and nature merge is situated 19 kilometres from the centre of Vilnius. Park of Europe was founded in 1991 seeking to give a meaning to the geographical centre of Europe in the language of art.

About 100 sculptures created by different artists of the world are displayed there. Among them are works by such well-known artists as Dennis Oppenheim, Magdalena Abakanowicz, Solas Le Witt. You will see not only the largest sculpture made of TV sets created by Gintaras Karosas, which is acknowledged by Guinness World Records but also lots of other ingenious works of art displayed under the open sky. There is also a museum-restaurant, and a souvenir shop there. You can also rent bicycles in the Park.

Getting there

The most convenient way of reaching the Park from Vilnius is going along Kalvarijų Street as far as antariškės roundabout, turning in the direction of Žalieji žerai (Green lakes) and following the signs to Europos parkas. You can also take bus No. 66 from Žalgirio bus stop in the direction of Skirgiškės (Europos parkas). The timetable is available on the website www.vilniustransport.lt.



LIFE SCIENCES CENTRE

(August 21)

Finish arena of MIDDLE competition

Vilnius University Life Sciences Centre (LSC) was officially opened on March 15th, 2016. LSC project is implemented by the Vilnius University. This project is one of the so-called Valley programs (research centres) implemented in Lithuania where one of the top priorities is to develop top level University education and attract young researchers to science. LSC total area is 24 thousand square meters at Saulėtekio Avenue 7, nearby the Science Communication and Information Centre and National Centre for Physical and Technology Sciences.



VILNIUS GUIDED TOUR

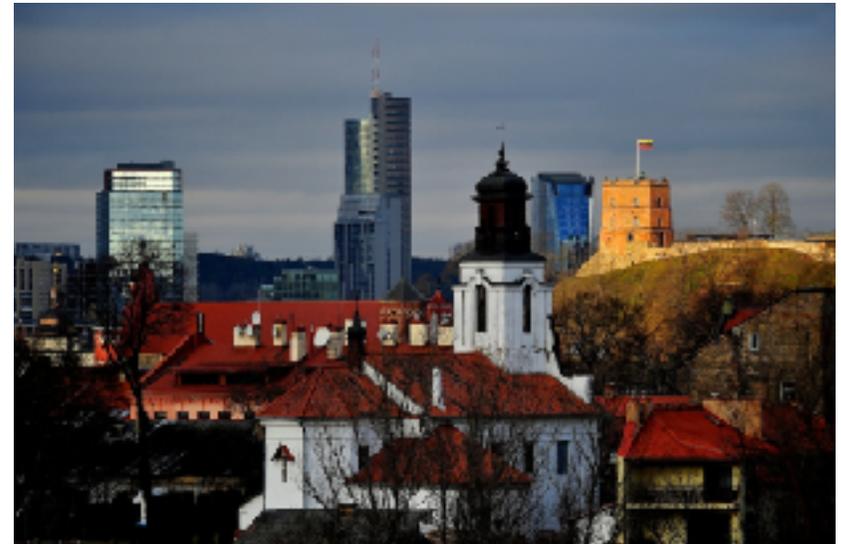
(August 26)

Starts from the finish arena of SPRINT competition

Vilnius is famous for being the most baroque city in the Nordic Europe, for all those little narrow streets and for beautiful panorama with a numerous belfries. During the tour you will visit: Cathedral square and Cathedral, Castle Street, Town hall square, Russian Orthodox Church of the Holy Spirit, St. Ann and Bernardine`s Church known as the Gothic corner of Vilnius, the gate of Dawn with the holy imagine of the Virgin Mary, the Jewish ghetto, Vilnius University and Presidential Palace.

Duration: about 3 hours. Starts from the arena of SPRINT competition

Price: 5 euro per person (not less 15 persons)



5. Event sponsors and partners

Our partners:

Our sponsors:



6. Useful Websites

Vilnius City Municipality: www.vilnius.lt/kalbos/?lang=en

State Department of Tourism: <http://tourism.lt/en/>

National Tourism Information: www.lithuania.travel

Vilnius International Airport: www.vilnius-airport.lt/en/

