

**7th Mediterranean Championships in Orienteering (MCO)
3rd Egyptian International Orienteering Championship
(EIOC)**

**2nd Egyptian International Trail Orienteering
Championship (EITOC)**

February 1st – 4th 2018, ALEXANDRIA - EGYPT



4 Days Orienteering **3** Foot-O Events **2** Trail-O Events **1** Day Tourism

7th Mediterranean Championships in Orienteering (MCO)
3rd Egyptian International Orienteering Championships (EIOC)
2nd Egyptian International Trail Orienteering Championships (EITOC)
February 1st – 4th 2018
Alexandria - EGYPT



1. Programme

Wednesday – January 31st 2018 Arab Academy for Science, Technology & Maritime Transport, Alexandria	Arrival Event Center - Registrations	
Thursday - February 1st 2018 Montazah Palace Gardens, Alexandria	Event Center - Registrations Model Event Foot-O EITOC Pre-O Championship - WRE	09:00 10:00 11:00
Friday - February 2nd 2018 Arab Academy for Science, Technology & Maritime Transport, Alexandria	MCO 1, EIOC 1 - Sprint Foot-O WRE EITOC Temp-O Championship - WRE Opening Ceremony	10:00 14:00 17:00
Saturday - February 3rd 2018 Marina Resort, El Alamein	MCO 2, EIOC 2 - Long Distance Foot-O Tourist possibility visit – War museum El Alamein (15€)	11:00
Sunday - February 4th 2018 Montazah Palace Gardens, Alexandria Alexandria	MCO 3, EIOC 3 - Middle Distance Foot-O - WRE Closing Ceremony	11:00
Monday - February 5th 2018	Tourism Day - trip to Cairo or/and Alexandria	

1. Organizing Team

Event Director	Tamer Mehanna
Competition Manager	Ahmed Soliman
Secretary	Osama Saeed
IT	OC Vihor – Maja Cvitković & Ivana Težak
Media Director	Soha Ebrahim
Mapper	Remo Madella (Italy)
Tehcnical Organizer	OC Vihor

2. Event Advisers

IOF Event Adviser footO	Damir Gobec (Croatia)
IOF Event Adviser trailO	Ivana Gobec (Croatia)

Montazah Palace Gardens, Alexandria



Arab Academy for Science, Technology & Maritime Transport, Alexandria



Marina Resort, El Alamein



3. Payments (Entry fee, accommodation, transport, tourist day)

All payments should be made in cash upon arrival at registration desk. For all other sorts of payments (via bank account) please contact Egyptian Orienteering Federation through e-mail: egyorienteeing@outlook.com

In order to get Invoice on your club, federation or any other organization please provide also data which is necessary for the invoice

4. MCO Rules and Classes

- The Mediterranean Championships in Orienteering will consist of a Middle Distance, Sprint Distance and Long Distance. In case if organizer does not have a suitable terrain for a Long distance, then Sprint Relay must be organized.
- Each country at MCO will be represented by a team composed of four women and four men. SENIOR (M/W 21 E) : 2 WOMEN and 2 MEN JUNIOR (M/W 20) : 2 WOMEN and 2 MEN (According to IOF annual rules) Checking the athletes' age is the responsibility of the organizing country, following COMOF criteria.
- Participants must have citizenship of country they represent at MCO. A country will be included in the classification when it has at least one runner in the event.
- The start fees for the official COMOF national teams should be covered by the country organizing the MCO.
- - The classification will be done only with the National Countries inscribed in the Championships.
- - The points will be given according the following rules:
 - In each class for every distance, the points to be given will be 1 point for the 1st position, 3 points for the 2nd position, 5 points for the 3rd position, 6 points for the 4th position, 7 points for the 5th position, and so on.
 - A runner who is disqualified will receive points equal to the points of the last classified runner plus two.
 - The country with no runners in this class will receive points equal to the points of the last classified runner plus four.
 - The winner will be the country with fewer points in the general classification, adding the points of the four classes: MS, WS, MJ and WJ.
 - For Sprint Relay each country may have one 21 Elite Sprint Relay team and one junior team. Juniors may run in Elite team.
 - The winner team will get 10 points (with 2 teams country can score 10+10 points minimum).
 - 2 nd place 15 points
 - 3 rd place 20 points
 - 4 th place 25 points
 - 5th place 30 points
 - 6 th place 35 points
 - Disqualified team will receive points equal to the points of the last classified team plus 10 points. The country with no team in this class will receive points equal to the points of the last classified team plus 20 points.

- In case of a draw, the classification will depend on the country that has obtained more: - Number of winners among the four classes, - Number of second positions or third positions, etc There will be trophies for first, second and third classified COMOF country.
- The organizer country will give medals for the 1st to 3rd classified in every distance (Middle, Long distance and Sprint when applicable).
- The COMOF will give Diplomas for the 1st to the 5th classified, for each class and distance.
- COMOF provide free medals for organizers. Diplomas are the same type and they must be produced by organizer.
- Prize-giving will be after every competition or on the following day.
- The ceremony will be according to the program of the organizer.

Participation

Competition will be held according to the IOF Rules and MCO Rules 2017.

The Mediterranean Championships in Orienteering 2018 will consist of one Sprint race, Middle distance race and Long distance race.

EIOC competitors will run one sprint race and two middle distance events.

Classes

Each country at MCO will be represented by a team of four women and four men.

In SENIOR class – 2 women (W21E) and 2 men (M21E) - all competitors must be full passport-holding citizens of the country they are representing.

In JUNIOR class – 2 women (W20) and 2 men (M20) – all competitors must be born in or after 1996 and must be full passport-holding citizens of the country they are representing.



Entry Fees

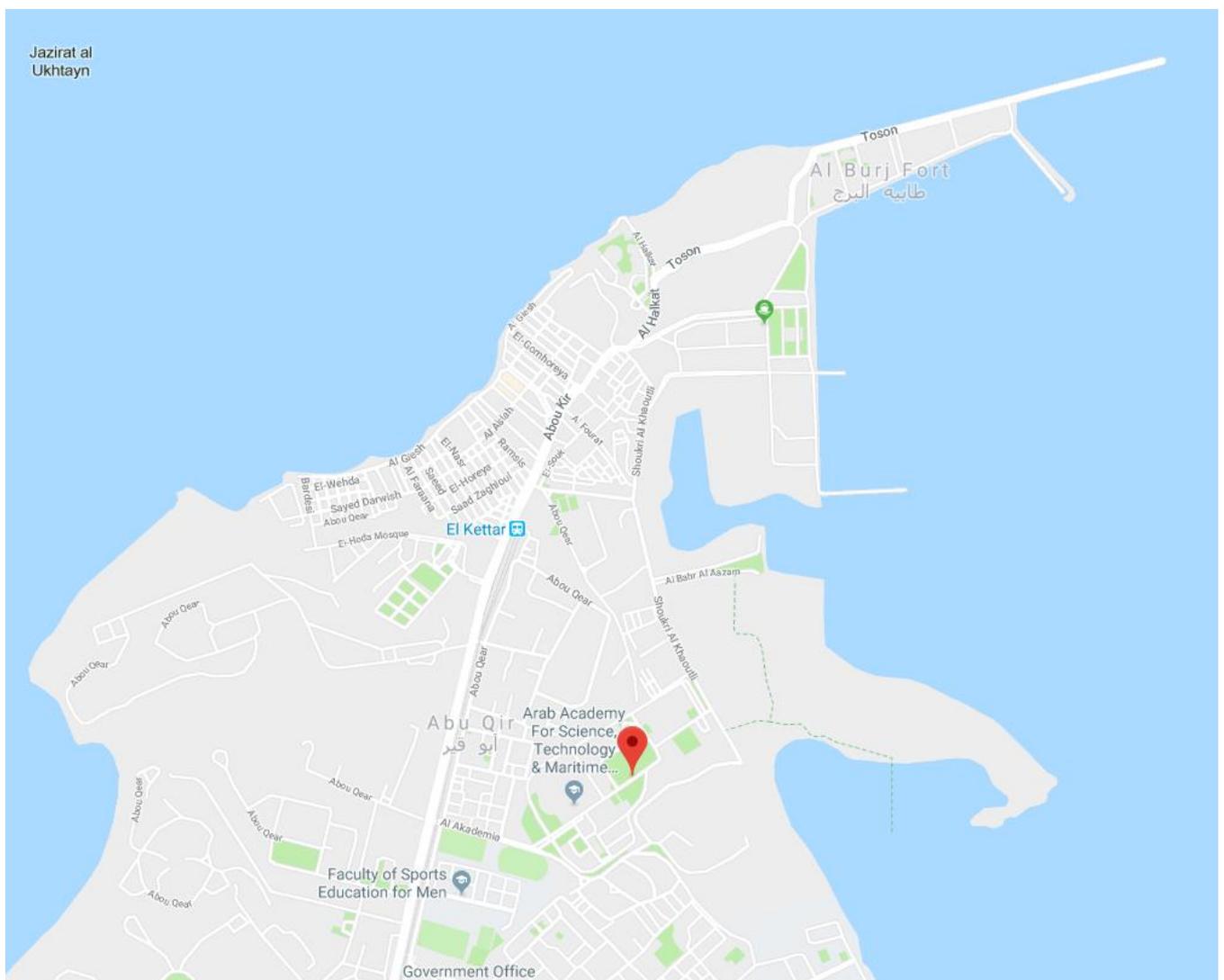
The start fees for the official COMOF National Teams participating in MCO will be covered by the organizers (according to the Rules).

5. Locations

The Championships will take place at Montazah Palace Gardens, Arab Academy For Science, Technology & Maritime Transport , and Marina El Alamein. Alexandria is situated 40 km from Borg El Arab Airport (HBE) and 250 km from Cairo International Airport (CAI). Marina Resort, El Alamein is 100 km away from Alexandria.

Event Center

Event center will be in Arab Academy For Science, Technology & Maritime Transport.





6. Open Event (3rd Egypt International Orienteering Championship)

Beside the MCO, Open event Egypt International Orienteering Championship will be held. **Sprint race and Middle race will be World Ranking Events (WRE).**

The courses for the Junior and Elite classes will be the same for both the MCO and the Egypt international orienteering championship. Thus, competitors running MCO for their National Teams will also be competing for overall standing in Egypt international orienteering championship. Similarly, for Elite classes at MCO, results will be counted for WRE as well.

On each day there will be a prize giving ceremony for WRE.

The overall standing in Egypt international orienteering championship will be determined by the sum of the results in the all races: Sprint, Middle and Long distance races.

Categories – Egypt international orienteering championship :

M/W 12, 14, 16, 18, 20, 21B, 21A, 21E, 35, 40, 45, 50, 55, 60, 65, 70, OPEN, children category (MW10).

**Classes will be merged if there will be less than four entries in one class*

Categories – Egypt International Trail Orienteering Championship :

OPEN class, PARALYMPIC class

7. Entries and Fees

Preliminary entries for MCO January 1st (just number of competitors by e-mail)

Entries for MCO national teams are free of charge. Deadline for MCO entries is **January 15th, 2018**.

Entries for EIOC through Orienteering Online system until - **January 15th, 2018**.

<http://www.orienteeringonline.net/CompetitionBasicInfo.aspx?CompetitionID=3307>

TrailO entries:

<http://www.orienteeringonline.net/CompetitionBasicInfo.aspx?CompetitionID=3662>

MW 21 Elite competitors have to use also IOF Eventor entry system for all WRE events!

Entry fees for Egypt international orienteering championship per race:

	Until Jun 30 th 2017	Until Dec 6 th 2017	Until Jan 15 th 2018
Born in 1997 and before	10€	12 €	15 €
Born in 1998 and after	5€	7,5€	10 €
Trail Orienteering (Pre-O and tempO)	7€	10 €	15 € (one event) 20 € (both events)
For children (MW10)	free	free	free

8. Prizes

For MCO events, medals will be awarded to the top 3 finishers in each class, and diplomas to the top 5. The awards ceremony will be held after each competition, and at the end of the MCO.

For the Egypt International Orienteering Championship, prizes will be awarded to the top 3 finishers in all classes. The awards ceremony for the Egypt International Orienteering Championship in footO and trailO will be held at the end of the competition (Sunday).

9. Punching System

All MCO events will be organized using the SI electronic punching system.

Competitors who have SI cards can bring and use their own.

SI cards can also be rented from the organizers. Rent price for SI card is 2,00 € per race.

9. Accommodation

Hotel name Class	per person/day in a single room, taxes included	per person/day in a double room, taxes included	per person/day in a triple room, taxes included
Helnan Palestine Hotel 5 stars (bed and breakfast) (VIP)	90 €	60 €	50 €
Eastern Montazah Hotel 4 stars (bed and breakfast)	75 €	50€	35 €
Arab Academy Event Center (3meals)	32 €	28 €	20 €

Reservations for accommodation to e mail : egyorientering@outlook.com

Deadline for booking and payment: **January 15th, 2018.**

Free accommodation policy for MCO national teams members of COMOF):

- 1- Full (4 team men + 4 women + Officials) will have 3 free accommodation
- 2- From 5 to 7 athletes + Officials will have 2 free accommodation
- 3- From 3 to 4 athletes + Officials will have 1 free accommodation.

10. Maps and terrains

All maps were done by a professional Italian mapper Remo Madella (Rem Maps) in October 2017. Segments of the maps were adjusted for Trail Orienteering by Ivana Gobec (OC Vihor, Croatia) in December 2017.

Printing by Egyptian Orienteering Federation.



Montaza



ISSOM 1:4000; E=2,5m

Marina



**ISSOM adjusted
1:7500; E=2m**

Arab Academy



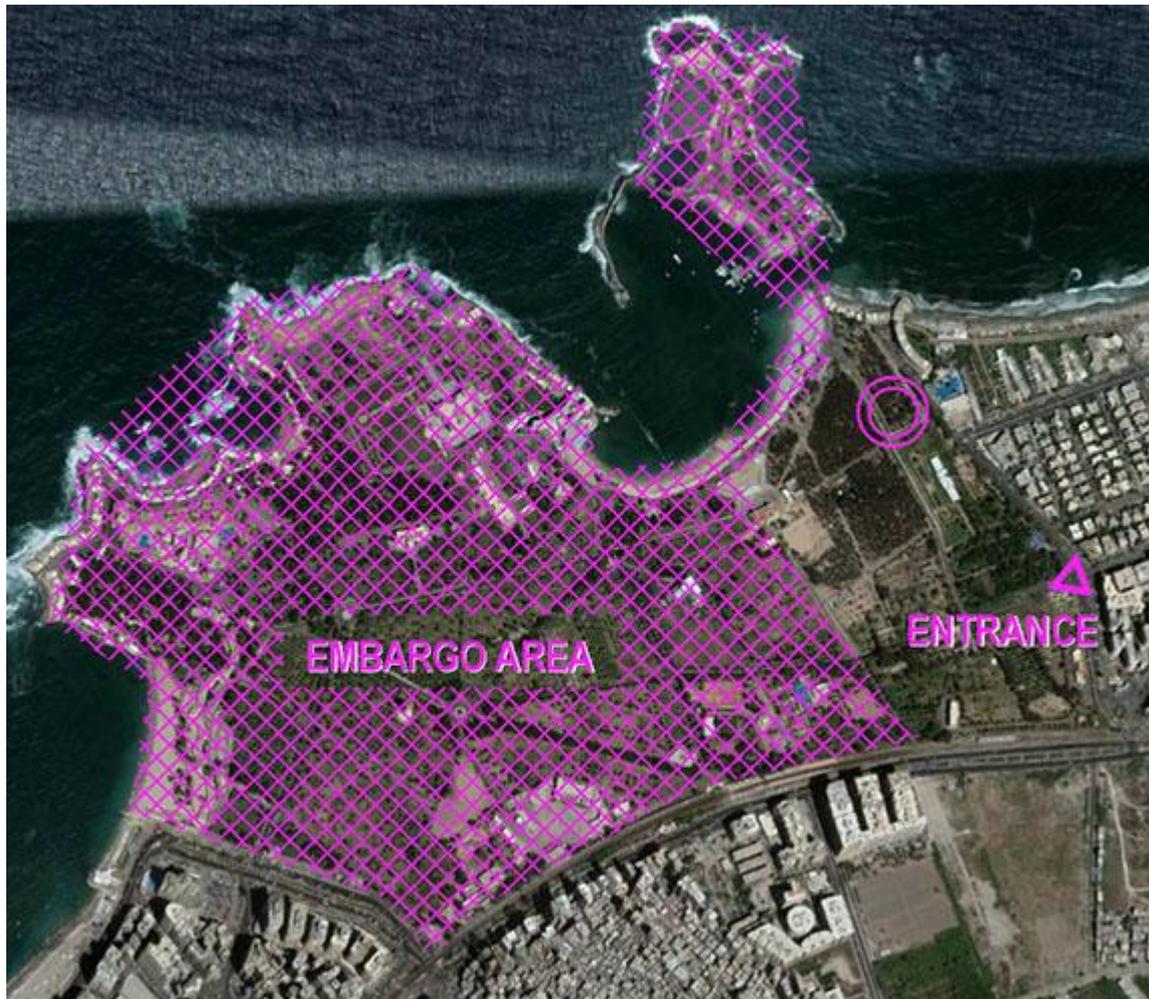
ISSOM 1:4000; E=2m

1

Pre-O Championship & Middle Distance

February 1st 2018 - World Ranking Event

Montazah Palace Gardens, Alexandria



Entire park is a closed area with security check-up upon entrance and exit. Entrance will be organized by Championships organizers.

Entire park area is strictly an **embargo area for any prior visits** due to following Trail-O and Foot-O Championships. On the day of the Model-Event, which is also the same day for Pre-O Competition, only area marked on picture is allowed for orienteering. Competitors must leave the park as soon as they finish with Foot-O Model and/or Pre-O competition.

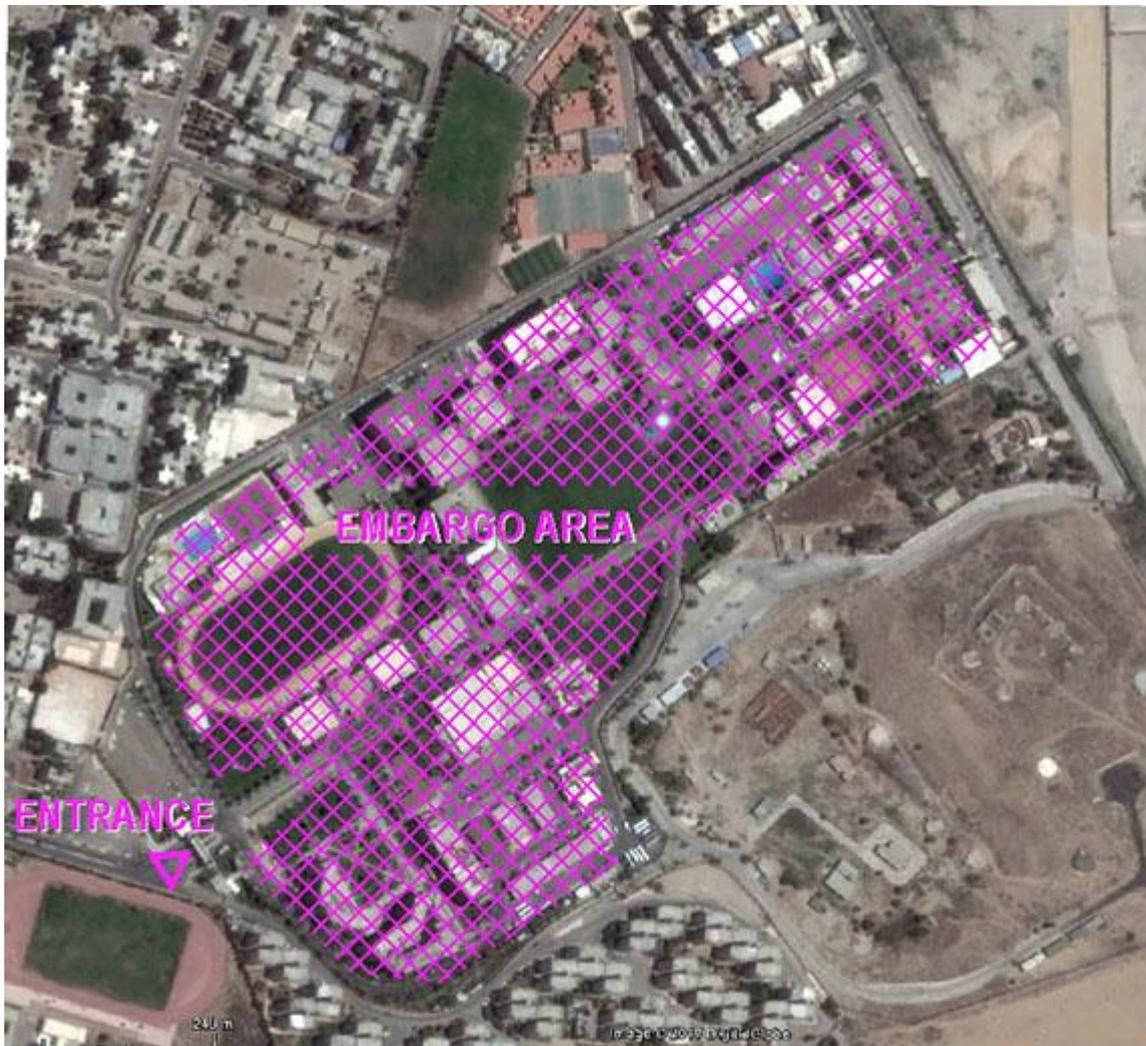
There are several public toilet facilities around the park. The price for use is around 2EGP (10 cents).

2

Temp-O Championship & Sprint

February 2nd 2018 - World Ranking Event

Arab Academy for Science, Technology & Maritime Transport,
Alexandria



Entire Academy Campus is a closed area with security check-up upon entrance and exit. Entrance will be organized by Championships organizers.

Entire Academy Campus area is strictly an **embargo area for any prior visits** due to following Trail-O and Foot-O Championships.

Toilet facilities will be provided by organizers.

3

Long distance foot-O terrain

February 3rd 2018

Marina resort, El Alamein



Entire Marina is a closed area with security check-up upon entrance and exit. Entrance will be organized by Championships organizers.

Entire Marina area is strictly an **embargo area for any prior visits** due to following Foot-O Championships.

Toilet facilities will be provided by organizers.

11. Alexandria

Alexandria is modern and peaceful city. Health services in Egypt are on the good level. Medical help and pharmaceutical products are available in every town and in almost every village.

Tap water is fine for drinking, and no special vaccinations are required prior to entering the country. In order to avoid stomach problems we strongly suggest drinking bottled water



12. Tourist Day

OPTION 1 – 40€ - transport, lunch and entrances for 3 attractions

Bibliotheca Alexandrina

Built in 2002 as a memorial to one of the largest and most important libraries in antiquity, the Royal Library of Alexandria. The old library was burnt down and with the fire many of its books were destroyed. The modern library may not be as important and rich as the previous one, yet it's still a large library and a major cultural center including three museums, four art galleries, a planetary and a laboratory where they rescue and fix old manuscripts. They also have a good section of children's books which can be fun to explore if you're on holiday with your kids.



Library of Alexandria



Royal Jewelry Museum

Formerly the palace of the Egyptian royal family, the Royal Jewelry Museum is a hidden gem in the heart of Alexandria which is worth a visit. The whole visit will take at least an hour. The villa has been recently renovated: it has decorated floors, ceilings and stained glasses. Visitors can learn everything about the royal family and its history. If you love art and history this is a good place to go .



Citadel of Qaitbay

The Citadel of Qaitbay is a 15th-century defensive fortress located on the Mediterranean sea coast, in Alexandria, Egypt. It was established in 1477 AD by Sultan Al-Ashraf Sayf al-Din Qa'it Ba



OPTION 2 CAIRO – 80€ - transport, lunch and entrances for 3 attractions

Pyramids of Giza

The last remaining wonder of the ancient world; for nearly 4000 years, the extraordinary shape, impeccable geometry and sheer bulk of the Giza Pyramids have invited the obvious questions: 'How were we built, and why



Egyptian Museum

One of the world's most important collections of ancient artifacts, the Egyptian Museum takes pride of place in Downtown Cairo, on the north side of Midan Tahrir. Inside the great domed, oddly pinkish building.



Khan Al Khalili

The site of Khan el-Khalili was originally the site of the mausoleum known as the turbat az-za'faraan (Saffron Tomb), which was the burial site of the Fatimid caliphs. The mausoleum was part of the Fatimid Great Eastern Palace complex, begun in 970 AD by Gawhar al-Siqilli, the general who conquered Egypt for the Fatimid dynasty and founded Cairo that same year.

The skinny lanes of Khan Al Khalili are basically a medieval-style mall. This agglomeration of shops – many arranged around small courtyards – stock everything from soap powder to semiprecious stones.

In order to make reservations and arrangements for tourist day options please contact us on e-mail: egyorienteeing@outlook.com



13. Visas

Almost all foreign travelers require an entry visa to visit the Egyptian territories. Most of Egypt's tourists and visitors can obtain their visas at any of the country's entry points (airports and ports). This type of visa is valid for a one-month period, starting from your arrival date.

To obtain this visa, it is required that you hold a valid passport. Pay attention that your passport must be valid for minimum 6 months!!! To avoid the bother of finding out too late that you need to apply for a visa in your homeland prior to your journey to Egypt; we've provided you with the numbers and addresses of the Egyptian embassies and Egyptian Tourism offices abroad, when available. They will be more than pleased to answer all your queries regarding visas.

http://en.egypt.travel/practical_info/visa_travel_info

Deadline for a request for invitation letter is December 25th 2017

14. Transportation

- MCO 2018 :

- The organizer will provide free buses to transport **MCO national teams members of COMOF** from airport and railway station to the event center.

EIOC competitors 2018 :

- Transportation from and to Borg El Arab airport - 20 € per person
- Transportation from and to railway station (10 € per person)
- Transportation 4 days to competition locations (Arab Academy – Montazah – Marina) - 30 € per person
- Transportation from Cairo airport to Alexandria hotel and back – 60€ per person

Nearest airports are at Borg EL Arab (40 km from Alexandria) and Cairo (250 km from Alexandria). Currently there are scheduled flights to Borg EL Arab Airport from Cairo. Cairo have busy international airports with direct flights from all around the world.

A good railway service operates to Alexandria from Cairo (2, 30 hours).

Buses are available to Alexandria from Cairo .

Useful information

*The official currency in EGYPT is Egyptian Pound, (EGP) (LE), our advice is to change your money at airport, exchanges offices or banks. (at the moment 1€=21EGP)

*Weekend: Friday & Saturday.

*Shops, market and restaurants around Montazah Park.

*For all three stages we suggest shoes without spikes.

* February weather around max 18° C, min. 5° C.

Health Services

The organizer will provide first-aid service at the event center and at each competition site. Emergency care and major hospitals are within a 30-minute drive from each of the competition sites.

The organizer will not bear responsibility related to medical costs for participants. Each federation and all competitors are responsible for the insurance of the participant.

15. Trail Orienteering

In conjunction with Egyptian International Orienteering Championships 2nd International Trail-O Egyptian Championships will be organized. Trail Orienteering will be held in two disciplines preO and tempO and both competitions will be World Ranking Events. Those Events will be the first two WRE Events in the World beginning a new era in this sport. Technical organizer will be orienteering club “Vihor” from Croatia.

Event will be held on the day of the model Event on February 1st 2018 and on the day of sprint event on February 2nd 2018..

Competition categories:

E – OPEN class

E - PARA class

Competitors competing in Para class should have Para eligibility issued by IOF.

Entries for Trail Orienteering through Orienteering Online system:

<http://www.orienteeringonline.net/CompetitionBasicInfo.aspx?CompetitionID=3662>



16. Contacts

Egyptian Orienteering Federation (EOF)

Telephone- Whatsup – Viber : 00201143334946

Facebook: Egyptian orienteering federation

E Mail : egyorienteeing@outlook.com

Web : www.egyorienteeing.org



For all additional information please follow our web page.

WELCOME TO EGYPT