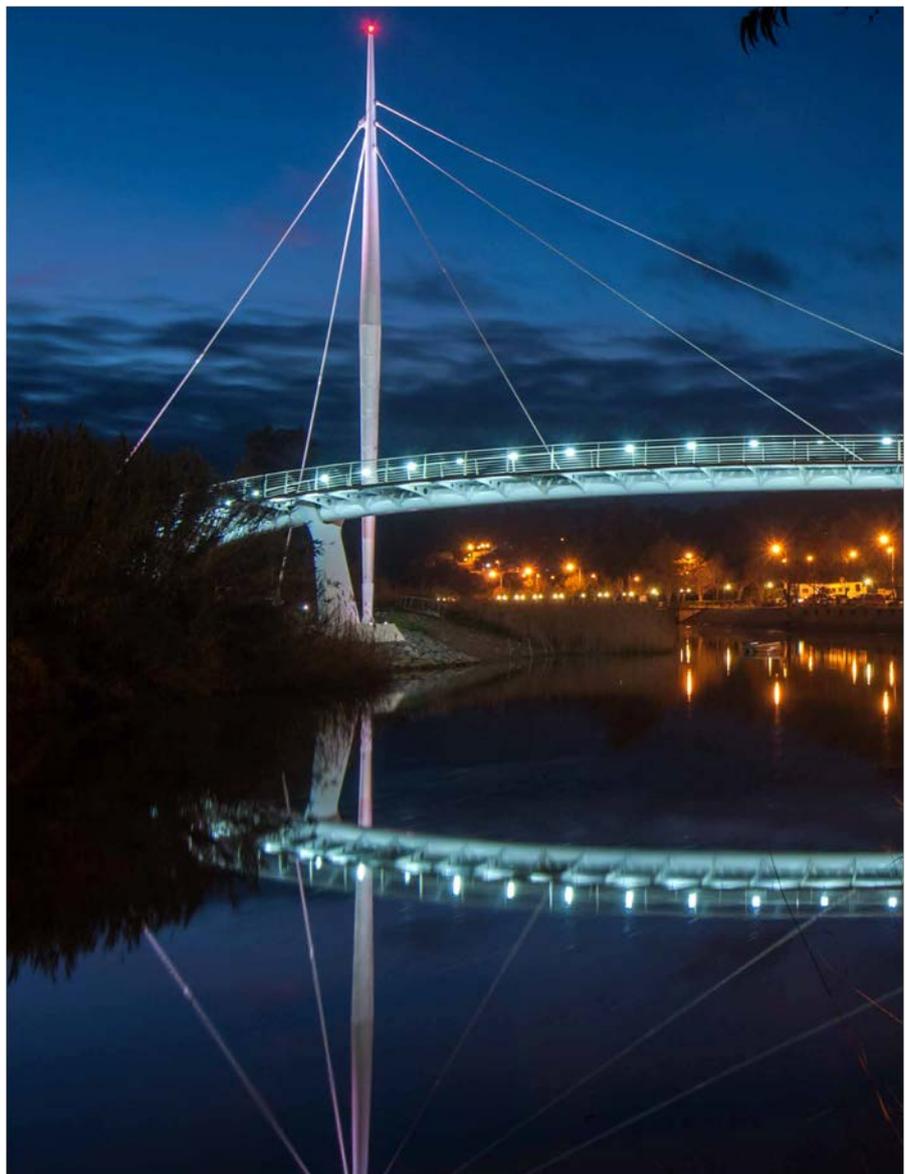
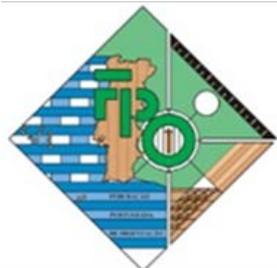




MTB Orienteering World Cup 2018
Taça do Mundo de Orientação em BTT 2018

Odemira - Portugal

Bulletin #4



Federação Portuguesa de Orientação-FPO

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Honor Committee



Message from Engineer José Alberto Guerreiro Mayor of Odemira Municipality

In terms of size, Odemira is Portugal's biggest municipality. It comprises extensive areas of plains alongside the sea, which are cut into by cliffs. The River Mira crosses the municipality bringing water from the impressive Santa Clara Reservoir to the hills and valleys of the interior.

To enjoy Odemira's uniquely immense natural beauty and scenic diversity you need to take your time and appreciate the pleasures of outdoor life on foot, by bicycle or by canoe.

The growing affirmation of the Rota Vicentina (Vicentine Route) and its many trails is clear proof of Odemira's rise in popularity among those who appreciate nature, adventure and outdoor activities.

In light of these resources, Odemira enthusiastically decided to introduce orienteering as one of the core activities to promote a healthy lifestyle among the population, as well as promoting and enhancing the territory, especially in the areas of sports tourism, recreation and leisure.

The MTBO World Cup 2018, to be held in September 2018, will be the core competition in the effort to achieve this goal, and preparation for the event will consist of promoting the municipality and involving its entire population in the sport.

For this very reason, Odemira will be staging a vast array of activities connected to orienteering in 2017, including the VITALIS National Cup in Orienteering, the Brisas do Atlântico competition and demonstrations for schools.

Odemira has always been a municipality that is naturally suited to the sport of orienteering and is therefore ready to welcome all those who want to be a part of the extraordinary challenge that it has taken on in collaboration with the Portuguese Orienteering Federation.

Welcome to Odemira.

Welcome to the natural environment of orienteering.

MTB Orienteering *World Cup 2018*

19th to 23rd September 2018

Odemira – Portugal



Bulletin # 4

www.mtbo2018.fpo.pt

1. GENERAL

1.1 Organizers



IOF- International Orienteering Federation

www.orienteeing.org

POF- Portuguese Orienteering Federation

www.fpo.pt

Instituto Português do Desporto e Juventude, I.P.

www.idesporto.pt/

Câmara Municipal de Odemira - Municipality of Odemira

www.cm-odemira.pt

Event Director: **Augusto Almeida**

Deputy Event Directors: **António Amador and Sandra Rodrigues**

Event Secretary: **Isabel Monteiro**

Maps & Courses: **Alexandre Reis**

Média coordinator: **Fernando Costa**

IT: **André Mora and Rui Botão**

Logistics: **Crispim Júnior**

Food: **Jacinto Eleutério**

Speakers: **Luís Santos and Marco Póvoa**

Start: **Sandra Rodrigues**

Arenas: **Escada da Costa**

Finish: **Rui Mora**

Ceremonies: **Tânia Covas**

1.2 Event Controlling

IOF Senior Event Advisor: **Milan Meier (CZE)**

National Controller: **Jorge Baltasar (POR)**

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1.3 Event Centre

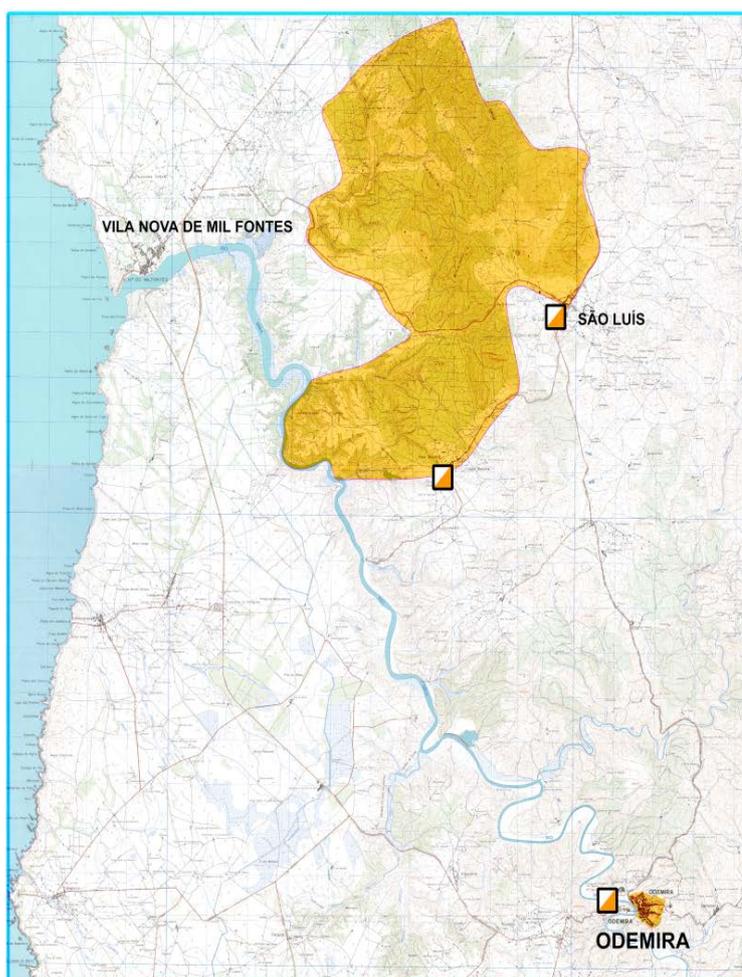
In public sports pavilion of Odemira. (GPS: 37.597549, -8.631063)

Odemira: Distances from main airports:

Lisbon International Airport - 190 km (2h15min to 2h30min)

Faro International Airport - 150 km (2h00)

1.4 General Location



1.5 Program overview

WEDNESDAY, 19th September

14:00-19:00: Opening hours of the Event Office (EO) in Odemira (EC).

(GPS: 37.597549, -8.631063)



THURSDAY, 20th September

10:00-19:00: Opening hours of the EO in Odemira (EC).

11:00-15:00: Model events of Middle Distance (MD) and Long Distance (LD) at Vale Bejinha ([GPS: 37.687649, -8.692102](#))

14:00-16:00: Model event Sprint at S. Luís. ([GPS: 37.721746, -8.659299](#))

15:00: Deadline for names/start group allocation for MD competition at the EC.

17:00: Team Leaders Meeting (TLM) at Biblioteca José Saramago (Odemira) *.
([GPS: 37.597126, -8.643246](#))

18:00: Opening Ceremony at Jardim Sousa Prado (Odemira) *
([GPS: 37.597112, -8.642254](#))

Note: * Please use the Public Parking at [GPS: 37.599499, -8.644320](#)

FRIDAY, 21st September - Middle Distance

08:30-15:00: Opening hours of the Event Office (EO) at the MD arena (Vale Bejinha).

10:30: Start for middle distance course (ME, WE)

11:00: Start quarantine activated.

12:00: Start for middle distance course (Open)

14:30: Prize giving ceremony for MD at the arena (Vale Bejinha).

15:00: Deadline for names/start group allocation for LD competition at the EO (arena)

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

18:00: Team Leaders Meeting (TLM) at Biblioteca José Saramago (Odemira) *.

Note: * Please use the Public Parking at [GPS: 37.599499, -8.644320](#)

SATURDAY, 22nd September - Long distance

08:00-16:00: Opening hours of the Event Office at the LD arena (S. Luís).

09:00: Start for LD course (ME, WE).

10:00: Start quarantine activated.

11:30: Start for LD course (Open + Portuguese league).

16:00: Deadline for names/start group allocation for Sprint competition at the EO (arena)

16:00: Prize giving ceremony for LD (São Luís).

18:00: Team Leaders Meeting (TLM) at Biblioteca José Saramago (Odemira).

20:00: Party / Banquet at Bombeiros Voluntários de Odemira

SUNDAY, 23rd September - Sprint

09:00-13:00: Opening hours of the Event Office at the Sprint arena (Odemira)
([GPS: 37.599499, -8.644320](#))

10:50: Start quarantine activated. ([GPS: 37.599499, -8.644320](#))

11:00: Start for Sprint

13:30: Prize giving ceremony for Sprint and WCup overall

14:00: Closing Ceremony (Odemira)

1.6 Team Leaders Meeting and information session

The World Cup Team Leaders Meeting will take place in:

- Thursday, 20th September, at 17:00 in Odemira;
- Friday, 21st September, at 18:00 in EC (Odemira);
- Saturday, 22nd September, at 18:00 in EC (Odemira);

1.7 Complaints and Protests

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

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

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

There is a fee of €50.00 for making a protest against the outcome of a complaint. This fee will be returned if the Protest is accepted (rules 27 and 28).

1.8 Model Events

1.8.1 The maps are provided at the secretariat (EC).

1.8.2 Schedule of model events (20th September 2018):

11:00-15:00 - Model event of MD & LD in Vale Bejinha (GPS: 37.687649, -8.692102).

Free execution. In the controls will be only orienteering flags.

14:00-16:00 - Model event of Sprint in S. Luís (GPS: 37.721746, -8.659299).

There will be a simulation of the system of starts of the competitions.

The SI Air system will be used.

1.8.3 Travel & Logistic

Distance from EC to Vale Bejinha and S. Luís: 20 Km (20-25 min driving).

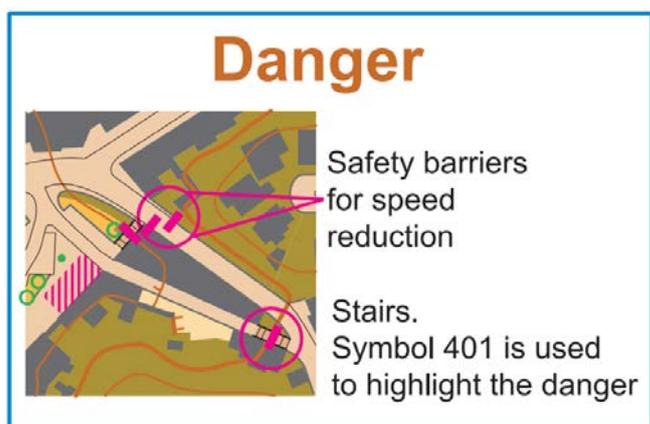
Directions: follow the direction S. Luís / Sines (EN120 – National road 120). The events are signed with orienteering guiding arrows from the villages entrance.

Parking: In areas marked with signs.

1.8.4 **Available maps:** 1/15.000, Eq 5m (MD, LD) and 1/4.000, Eq 5m (Sprint)

1.8.5 **Safety:**

A safety scheme to be used in the most dangerous sprint descents will be set at the start of the model event (sprint), for athlete's observation.





1.9 Summary of entries

Entry summary

Federation	Men	Women	Officials	MD		LD		Sprint	
				Men	Women	Men	Women	Men	Women
Austria	5	3	1	5	3	5	3	5	3
Czech Republic	6	4	2	6	4	6	4	6	4
Denmark	3	3		3	3	3	3	3	3
Estonia	2			2		2		2	
Finland	4	5	1	4	5	4	5	4	5
France	4	3	1	4	3	4	3	4	3
Germany		1			1		1		1
Great Britain		1			1		1		1
Italy	4		1	4		4		4	
Lithuania	2	2		2	2	2	2	2	2
Portugal	5	2	1	5	2	5	2	5	2
Russian Federation	4	1		4	1	4	1	4	1
Spain	3	3		3	3	3	3	3	3
Sweden	1	3		1	3	1	3	1	3
Switzerland	2	1	1	2	1	2	1	2	1
Sum	45	32	8	45	32	45	32	45	32

1.10 Weather

During September you can expect temperatures from 18° to 34° Celsius during the day and from 10° to 24° at the night.

More and all time updated info in <https://www.ipma.pt/en/index.html>

1.11 Health care

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

The Organizer will not bear costs connected to health insurance of participants.

Participants take part at their own risk.

1.12 Transport (extra cost)

We recommend car rental as the best way to move during the event.

For transport special requests, please contact organizers.

Distances from Event center (in Odemira) to:

Model event	20 km	20-25 minutes driving
Middle distance	20 km	20-25 minutes driving
Long distance	20 km	20-25 minutes driving
Sprint	0,5 km	

1.13 Accommodation (extra cost)

In the Odemira county there are a good variety of accommodations.

We recommend that you make reservations directly with the hotels:



Hotel	Location	website
Hotel HS Milfontes Beach ***	Vila Nova de Milfontes	www.hsmilfontesbeach.com
Hotel Eira da Pedra **	Vila Nova de Milfontes	www.eiradapedra.com
S. Teotónio Hotel **	São Teotónio	www.saoteotoniohotel.com
Hotel Casa dos Arcos **	Vila Nova de Milfontes	email: hotelcasadosarcos@gmail.com
Hotel Quinta das Varandas *	Vila Nova de Milfontes	www.quintadasvarandas.pt

There are other types of accommodation (apartments, farmhouses, cottages, apartments, youth hostel, and campings) available at:

http://www.turismo.cm-odemira.pt/PageGen.aspx?WMCM_PaginaId=27600

Note: if you need any help the organization can do it on request.

1.14 Meals (extra cost)

Breakfast:

- Usually included in the accommodation in all hotel units (*from simple to very good, depending on the chosen accommodation*).

Lunch:

- On September 21st and 22nd, in the arenas, will exist the possibility of buying a lunch provided by the organization at a price of €6,50 (*this needs to be booked one week in advance*).
- All days there are many restaurants at normal prices in Odemira and Vila Nova de Milfontes. In all villages there are some small restaurants at good prices.

Dinner:

- Almost all hotel units provide dinner since you reserve in advance;
- All days there are many restaurants at normal prices in Odemira and Vila Nova de Milfontes.

1.15 Visas

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

1.16 Media services

Media representatives are cordially invited to come to Odemira to cover the MTBO World Cup races.

Registration for media entry should be made in email by 8th September 2018.

Media facilities will be available only to registered media representatives.

1.17 Live coverage

Live results, streaming and GPS Tracking will be available for all races. Please check the live section on the website for each day links.



1.18 Bicycle storage, washing and repair

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

Bicycle washing facilities will be available at the EC.

We have our official bicycle repair partner (LITORALBIKE) who will be working at the event centre on opening hours. Every day there is one person who can help with smaller problems in the Finish arena.



Mobile phone: +351919165572 or +351969116713

Email: litoralbyke@sudoestealentejano.com

Website: www.sudoestealentejano.com

1.19 Protocol at Prize giving ceremonies

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

1.20 Opening Ceremony – September, 20 - Odemira

- 17:30 - Gathering / preparation: at the Public parking (GPS: 37.599499, -8.644320) and then concentration before Parade at the beginning of Sousa Prado street in the Casa do Povo ("People's House") .
Please can all participants dress in team / country dress to help create a good spectacle.
Each delegation will be given a national flag and a sign with the name of the country (or organization representative if the team is not present).
The procession will be by alphabetical order of participating countries.
- 17.45 - Start of parade towards the Jardim Sousa Prado (GPS: 37.597112, -8.642254) where the opening ceremony will take place (400 m / 10 min) very slowly (can be on foot or by bike).
- 18.00 - Arrive at the opening ceremony location in front of the stage. The flag bearer will put the flag on the stage and the team delegation occupies the space for athletes. Start of the Ceremony.

The parade will be accompanied by the Odemira Philharmonic Orchestra that at the end of the ceremony will make a small performance.

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1.21 Details of Party / Banquet – September, 22 – Odemira:

Location:

Bombeiros Voluntários de Odemira saloon [GPS: 37.595430, -8.633663](#)

Animation:

20:30: background music

21:30-22:30: performance of musical group “Atar e pôr ao fumeiro”.

Dinner:

20:00: Various appetizers

Buffets:

- Hot dishes: traditional pork (à alentejana), Cod à Brás, and stewed boar;

- Accompaniments: spaghetti, other pasta, carrot rice, vegetables;

- Salads

- Desserts and fruits

- Cheese

Drinks: water, juices, wine and beer;

Coffee and Tea.

1.22 GPS coordinates

Odemira:

Event Centre in Odemira (EC): [GPS: 37.597549, -8.631063](#)

Biblioteca José Saramago (Odemira): [GPS: 37.597126, -8.643246](#)

Jardim Sousa Prado (Odemira): [GPS: 37.597112, -8.642254](#)

Public Parking in Odemira: [GPS: 37.599499, -8.644320](#)

Bombeiros Voluntários de Odemira: [GPS: 37.595430, -8.633663](#)

S. Luís:

S. Luís: [GPS: 37.721746, -8.659299](#)

Vale Bejinha:

Vale Bejinha: [GPS: 37.687649, -8.692102](#)

1.23 Information

Federação Portuguesa de Orientação-FPO

Estrada da Vieira, 4 - Bairro Florestal - Pedreanes

P- 2430-401 Marinha Grande

Portugal

Phone: (00) (351) 244575074

Email: [mtbo18.portugal\(at\)gmail.com](mailto:mtbo18.portugal(at)gmail.com) or [geral\(at\)fpo.pt](mailto:geral(at)fpo.pt)

Website: www.mtbo2018.fpo.pt



2. RULES & MAPS

2.1 Classes and Participation Restrictions

World Cup: W/M 21E.

There is one class for women and one for men. There are no age restrictions.

According with competition rules, the number of competitors that every Federation may enter in each individual event shall be published annually.

Portuguese league and Open:

W/M15, W/M17, W/M20, W/M21A, W/M21E, W/M40, W/M50, W/M60, W/M70.

No restriction.

2.2. Competition rules

All events will be organized in accordance with the Competition Rules for IOF MTB Orienteering Events' as published by the IOF and valid of 1 January 2018, the Special Rules for the 2018 World Cup in MTB Orienteering and the IOF Anti-Doping Rules valid at the time of The Event. IOF MTB Orienteering Competition rules are available on: www.orienteeing.org.

Summary of the most important rules:

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

2.3 Start groups

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

- the reigning World Champion of the format;
- the 9 top-ranked competitors in the IOF World Cup Ranking list as published 10 days before the event. In the case of a tie, all competitors concerned will be included in the Red Start Group.

If the above rules provide less than 10 riders, the Red Start Group will be increased to comprise 10 riders by adding the next-best ranked competitors from the IOF World Cup Ranking list (in the case of a tie, all competitors concerned will be included in the Red Start Group).

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

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

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

2.4 Start bibs / Race numbers

World Cup participants for MD, LD and Sprint will receive start bibs numbered according to their start order.

For all other competitors it will be same start bib for all races.

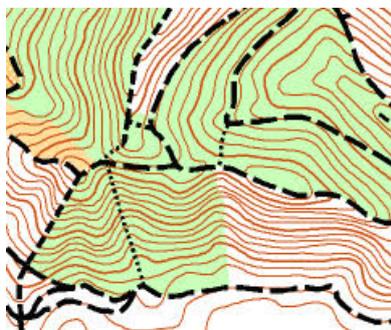
The start bib should be attached in front of the bike.

2.5 Maps

There are no old orienteering maps in the area. The maps for the competition will be new.

Map samples:

Long distance:



Middle distance:



Sprint:



Note: Due to the type of vegetation you will find in the terrain, the organizers strongly recommend the usage of long socks for MD and LD courses.

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

2.5.1 Special map symbols for stairs / steps:

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



2.5.2 First aid assistant point and water point:

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



2.6. Special rules

All the controls will be on tracks, trails or paths.

Riding off the track, trail or path is allowed in areas marked as forest or freely ride able open area (as Forest, Open land and Rough open land – ISMTBOM 405, 403 & 401).

405 Forest good visibility	403 Rough open land	401 Open Land
		

Off road riding is strictly prohibited in all other areas, including settlements, cultivated terrains and orchards. Competitors riding off road in restricted areas are responsible for any damage claimed by the landowners and will be disqualified.

The courses are planned to off the track riding be disadvantageous to the riders. In few places it will be as well quite dangerous.

Portuguese driving rules: riders must ride on the RIGHT side on all roads and tracks and overtaking slower riders should be done by the LEFT.

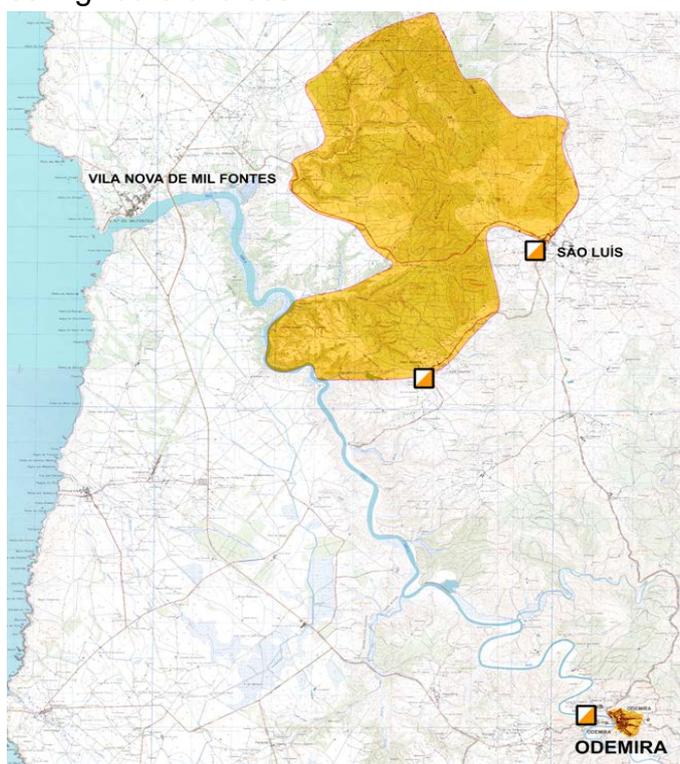


2.7 Embargoed Areas

Embargoed Areas from May 2017 till 23rd September 2018

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

The areas of Odemira, are restricted for MTB Orienteering activity. The exceptions are for Odemira city center under certain restrictions - it's forbidden cycling, running, using a map or testing route choices.



2.8 Terrain description

<i>Event</i>	<i>Map</i>	<i>Terrain Description</i>
Sprint	1:4.000 E 5m	The Sprint area it is a urban area . The area has a dense network of streets, roads, tracks and paths with a good rideability.
Middle distance	1:15.000 E 5m	The Middle and Long distance area consists mainly of eucalyptus forest, with multiple forest roads and tracks.
Long distance	1:15.000 E 5m	On the Long distance there will be small parts of rugged and hilly terrain with a dense network of roads and paths, mostly with a good rideability.



2.9 Time keeping system

SPORTident Air+ will be used on all events with SI-Card and compatible control stations, with plus range (1,5 meters).

SI cards can be rented from Organizers for €7,50/for the event (€80 deposit).

2.10 Anti-doping

Doping is strictly forbidden, and the organizers of MTBO World Cup 18 are dedicated to supporting the anti-doping authorities in their work.

Doping controls may be carried out any time during the competition period. As some sites for 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 of testing. The IOF Anti-Doping Code and rules apply as of 1st February 2010.

Athletes who are selected for the doping tests must bring an official identification (with photo) to the doping test area. Accreditation cards with photo can also be used for this purpose. The athlete should also bring along their therapeutic use exemption (TUE) if applicable. In general, it is advisable that the athletes bring along their ID to all the competitions and events. **Please consult** <http://orienteering.org/anti-doping/>



3. COMPETITION DAYS

3.1 Day 1 - Friday, 21st September (Vale Bejinha) - *Middle distance*

3.1.1 Schedule of the day

- 08:30-15:00: Opening hours of the Event Office (EO) at the MD arena (Vale Bejinha).
- 10:30: Start for middle distance course (ME, WE)
- 11:00: Start quarantine activated.
- 12:00: Start for middle distance course (Open)
- 14:30: Prize giving ceremony for MD at arena (Vale Bejinha).
- 15:00: Deadline for names/start group allocation for LD competition at the EO (arena)
- 16:00-19:00: Opening hours of the Event Office at EC.
- 18:00: Team Leaders Meeting (TLM) at Biblioteca José Saramago (Odemira) *.

3.1.2. Travel & Logistic

Distance from EC to the arena in Vale Bejinha: 17 Km (20-25 min driving).

Directions: follow the direction S. Luís / Sines (EN120 – National road 120). At the EN120, 10 km after Odemira, there will be arrows to indicate left turn to the CM1100 (DIRECTION Vale Bejinha). There will be orienteering guiding arrows in Vale Bejinha.

Parking: In areas marked with signs.

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

3.1.3 Quarantine times

- 11:00: Starting quarantine activated.

3.1.4 Facilities

- There is sale of light meals and drinks at the MD arena.
- There is catering service with daily menu (needs to be booked 8 days in advance)
- There are toilets in the start quarantine and in the arena.
- There is water available in quarantine, in warm up area and in arena.
- Tents are provided for shade in quarantine area.

3.1.5. Map collection

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

3.1.6. Map of Arena



3.1.7. Course Detail

- **Start procedures:**

Pre-start: There is a pre-start in the starting quarantine : exit at - 10 minutes.

Start: SI-clear is found outside start boxes. There are 3 start boxes, which you enter 3 minutes before time start. In box 1 your SI-number is confirmed by the start staff. In box 2 you have the SI-check. In box 3 you pick your map (it is your responsibility to pick the correct map). After time start you have to follow a mandatory route to the start point which is marked by a flag in the terrain.

- **Tracking:** Athletes of Red and Orange start groups will wearing tracking units (GPS). Another 10 athletes (to be indicated) too.

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

Finish procedures: Loop Air+ Station (BS11-Loop) with extended range will be used for the finish. You just ride normally through the finish line.

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

Event	Classes	Length by air	Length by ideal path	Climb	Controls	Refresh.s	Win. times
Middle distance	M21E	16,1 km	19,1 km	445 m	20	no	60'
	W21E	14,0 km	16,5 km	250 m	16	no	60'

- **Maps:**

Map scale: 1/15.000

Contours: 5 meters

Map sizes: 32 x 25 cm (1/15.000)

Paper type: Waterproof



3.1.8 Terrain description



The middle distance area consists mainly of eucalyptus forest, with multiple forest roads and tracks.

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

It is unlikely that you will come across any vehicles or forest machinery but please be careful as normal to watch for other forest users.

Some paths have become overgrown. The organisers have done their utmost to clear and flatten vegetation and avoid the worst affected areas, however some track junctions can be difficult to see on the ground. The unclear track junction mapping convention has **NOT** been used due to the fast changing nature of this problem and for consistency.

3.1.9. Warnings

- **Start groups for MD WCup Final round:**

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

Men				Women			
9529	Anton	Foliforov	Russian Federation	5923	Martina	Tichovska	Czech Republic
7763	Krystof	Bogar	Czech Republic	19395	Veronika	Kubinova	Czech Republic
10138	Ruslan	Gritsan	Russian Federation	1106	Clare	Dallimore	Great Britain
12519	Jussi	Laurila	Finland	1986	Antonia	Haga	Finland
12973	Vojtech	Ludvik	Czech Republic	5812	Camilla	Soegaard	Denmark
8027	Simon	Braendli	Switzerland	27918	Nadia	Larsson	Sweden
14134	Pekka	Niemi	Finland	1742	Michaela	Gigon	Austria
13491	Grigory	Medvedev	Russian Federation	6568	Algirda	Mickuviene	Lithuania
10816	Jiri	Hradil	Czech Republic	2064	Marika	Hara	Finland
13106	Davide	Machado	Portugal	19930	Katerina	Novakova	Czech Republic

The provisional ORANGE start group is:

Men				Women			
17926	Andreas	Waldmann	Austria	6634	Sonja	Zinkl	Austria
10464	Kevin	Haselsberger	Austria	5068	Ruska	Saarela	Finland
13160	Jonas	Maiselis	Lithuania	4855	Marina	Reiner	Austria
8679	Luca	Dallavalle	Italy	964	Caecilie	Christoffersen	Denmark
15618	Riccardo	Rossetto	Italy	4983	Maja	Rothweiler	Switzerland
13198	Lauri	Malsroos	Estonia	20457	Lou	Denaix	France
19039	Viktor	Larsson	Sweden	6009	Anastasia	Trifilenkova	Russian Federation
12357	Radek	Laciga	Czech Republic	2802	Gabriele	Andrasiuniene	Lithuania
22624	Angel	Garcia Garcia	Spain	1124	Anke	Dannowski	Germany
16928	Jan	Svoboda	Czech Republic	40	Monica	A Viladomiu	Spain

Note: the final groups will be published on September 16th on the event website.

The remaining competitors have to be allocated in late, middle and early start groups by the team leader no later than Thursday 20th September at 15.00. Notice, before

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allocating a second competitor to a group, you have to allocate one competitor to each group. If you fail to allocate competitors to starting groups, the organizer decides the allocation.

- There is a spectator control and compulsory taped route – competitors are forbidden to short cut or deviate from this route. (see arena plan).
- The use of telecommunication devices (mobile phones etc.) inside the quarantine zone is not allowed.
- The time limit for **complaints** is 14:00. Complaints received after this time limit will only be considered if there are valid exceptional circumstances which must be explained in the complaint. Any complaint shall be made in writing to the organizer – contact the staff at the finish.
- Prize giving ceremony starts at 14.30. There are prizes for the 6 best placed women and men in WCup.



3.2 Day 2 - Saturday, 22nd September (São Luís) - Long distance

3.2.1 Schedule of the day

- 08:00-16:00: Opening hours of the Event Office at the LD arena (S. Luís).
- 09:00: Start for LD course (ME, WE).
- 10:00: Start quarantine activated.
- 11:30: Start for LD course (Open + Portuguese league).
- 16:00: Deadline for names/start group allocation for Sprint competition at the EO (arena)
- 16:00: Prize giving ceremony for LD (São Luís).
- 18:00: Team Leaders Meeting (TLM) at Biblioteca José Saramago (Odemira).
- 20:00: Banquet at Bombeiros Voluntários de Odemira

3.2.2. Travel & Logistic

Distance from EC to the arena in São Luís: 16 Km (20-25 min driving).

Directions: follow the direction S. Luís / Sines (EN120 – National road 120). There will be orienteering guiding arrows in São Luís.

Parking: In areas marked with signs.

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

3.2.3 Quarantine times

- 10:00: Starting quarantine activated.

3.2.4 Facilities

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

There is catering service with daily menu (needs to be booked 8 days in advance)

There are toilets in the start quarantine and the arena.

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

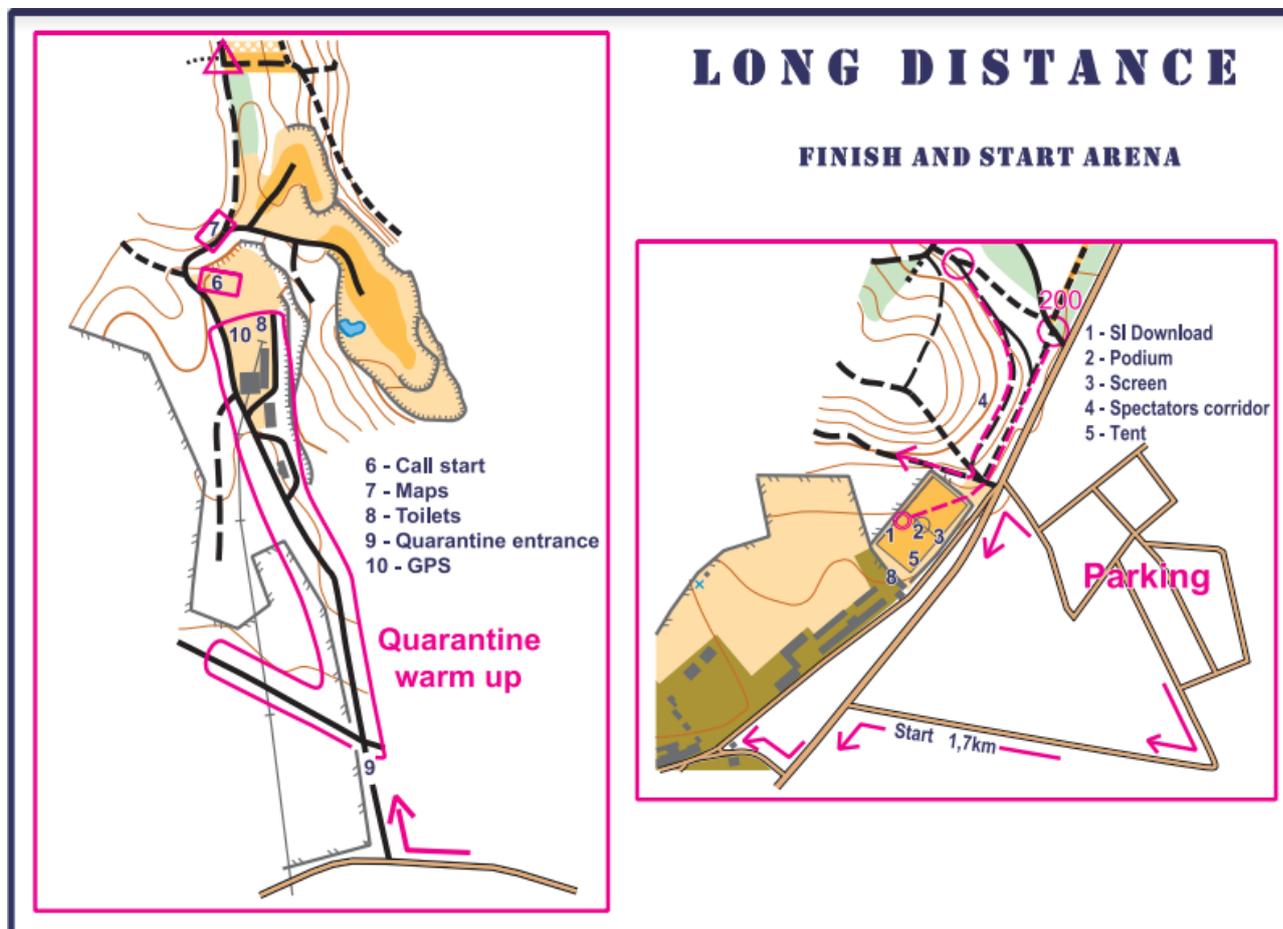
There will be 1st Aid Assistant point(s) and Water point(s) in the terrain; it will be possible for the Elite athletes to receive their own refreshment bottles at the point around 60% of the course for ME and 65% for WE, to permit this, all must be delivered to the **EC the day before till 20:50**, clearly labelled with riders name and country. It will be difficult to keep bottles cool for this period so please bear this in mind when choosing your bottle contents.

There are areas of shade in quarantine area.

3.2.5. Map collection

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

3.2.6. Map of Arena



3.2.7. Course Detail

- **Start procedures:**

Start: SI-clear is found outside start boxes. There are 3 start boxes, which you enter 3 minutes before time start. In box 1 your SI-number is confirmed by the start staff. In box 2 you have the SI-check. In box 3 you pick your map (it is your responsibility to pick the correct map). After time start you have to follow a mandatory route to the start point which is marked by a flag in the terrain.

- **Tracking:** Athletes of Red and Orange start groups will be wearing tracking units (GPS). Another 10 athletes (to be indicated) too.

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

- **Finish procedures:** Loop Air+ Station (BS11-Loop) with extended range will be used for the finish. You just ride normally through the finish line.

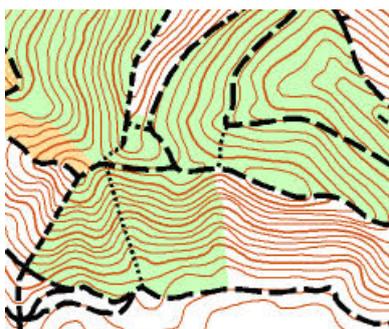
- **First Aid point:** A first aid assistance point will be available in the terrain with a 4x4 ambulance to quickly assist to any athlete in need. In case of any eventuality, please go to this point for aid or support.

- In case of catastrophic bike mechanical failure although the first aid point will do their best to help riders get back to the finish there will be a long wait until their job is done in the terrain.
- **Distance tables and climb per categories:**

Event	Classes	Length by air	Length by ideal path	Climb	Controls	Refresh.s	Win. times
LD	M21E	25,5 km	37,3 km	1030 m	18	12,5 / 22,5 / 31,8	110'
	W21E	20,5 km	27,9 km	875 m	17	10,5 / 19,9 / 22,3	110'

- **Maps:**
 Map scale: 1/15.000
 Contours: 5 meters
 Map sizes: 32 x 38 cm (1/15.000)
 Paper type: Waterproof
 The course is printed on both sides of the map.

3.2.8 Terrain description



The long distance area consists mainly of eucalyptus forest, with multiple forest roads and tracks. There will be small parts of rugged and hilly terrain with a dense network of roads and paths, mostly with a good rideability. Thorny vegetation can be found. Therefore puncture protection is strongly recommended. It is unlikely that you will come across any vehicles or forest machinery but please be careful as normal to watch for other forest users.

Some paths have become overgrown. The organisers have done their utmost to clear and flatten vegetation and avoid the worst affected areas, however some track junctions can be difficult to see on the ground. The unclear track junction mapping convention has **NOT** been used due to the fast changing nature of this problem and for consistency.

3.2.9. Warnings

- **Start groups for LD WCup Final round:**
 According to the world ranking the provisional RED start group is:

Men				Women			
7763	Krystof	Bogar	Czech Republic	5923	Martina	Tichovska	Czech Republic
9529	Anton	Foliforov	Russian Federation	19395	Veronika	Kubinova	Czech Republic
10138	Ruslan	Gritsan	Russian Federation	1106	Clare	Dallimore	Great Britain
12519	Jussi	Laurila	Finland	1986	Antonia	Haga	Finland
12973	Vojtech	Ludvik	Czech Republic	5812	Camilla	Soegaard	Denmark
8027	Simon	Braendli	Switzerland	27918	Nadia	Larsson	Sweden
14134	Pekka	Niemi	Finland	1742	Michaela	Gigon	Austria
13491	Grigory	Medvedev	Russian Federation	6568	Algirda	Mickuviene	Lithuania
10816	Jiri	Hradil	Czech Republic	2064	Marika	Hara	Finland
13106	Davide	Machado	Portugal	19930	Katerina	Novakova	Czech Republic



The provisional ORANGE start group is:

Men				Women			
17926	Andreas	Waldmann	Austria	6634	Sonja	Zinkl	Austria
10464	Kevin	Haselsberger	Austria	5068	Ruska	Saarela	Finland
13160	Jonas	Maiselis	Lithuania	4855	Marina	Reiner	Austria
8679	Luca	Dallavalle	Italy	964	Caecilie	Christoffersen	Denmark
15618	Riccardo	Rossetto	Italy	4983	Maja	Rothweiler	Switzerland
13198	Lauri	Malsroos	Estonia	20457	Lou	Denaix	France
19039	Viktor	Larsson	Sweden	6009	Anastasia	Trifilenkova	Russian Federation
12357	Radek	Laciga	Czech Republic	2802	Gabriele	Andrasiuniene	Lithuania
22624	Angel	Garcia Garcia	Spain	1124	Anke	Dannowski	Germany
16928	Jan	Svoboda	Czech Republic	40	Monica	A Viladomiu	Spain

Note: the final groups will be published on September 16th on the event website.

The remaining competitors have to be allocated in late, middle and early start groups by the team leader no later than Friday 21st September at 15.00. Notice, before allocating a second competitor to a group, you have to allocate one competitor to each group. If you fail to allocate competitors to starting groups, the organizer decides the allocation.

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



3.3 Day 3 - Sunday, 23rd September (Odemira) - Sprint distance

3.3.1 Schedule of the day

- 09:00-13:00: Opening hours of the Event Office at the Sprint arena (Odemira)
- 10:50: Start quarantine activated.
- 11:00: Start for Sprint WE
- 11:35: Start for Sprint ME
- 12:15: Start for Sprint (Open + Portuguese league)
- 13:30: Closing Ceremony and Prize giving ceremony for Sprint and WCup overall
- 14:00: Prize giving ceremony for Open and Portuguese league.

3.3.2. Travel & Logistic

Distance from EC to the arena in Odemira: 1,5 Km.

Parking: In areas marked with signs.

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

3.3.3 Quarantine times

- 10:50: Start quarantine activated.

3.3.4 Facilities

There is no sale of food and drinks at the Sprint arena, but there are some restaurants, cafés and bars nearby.

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

There are toilets in the start quarantine and in the arena.

Tents are provided for shade in quarantine area.

3.3.5. Map collection

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

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

3.3.6. Map of Arena



3.3.7. Course Detail

- **Start procedures:**

Start: SI-clear is found outside start boxes. There are 3 start boxes, which you enter 3 minutes before time start. In box 1 your SI-number is confirmed by the start staff. In box 2 you have the SI-check. In box 3 you pick your map (it is your responsibility to pick the correct map). After time start you have to follow a mandatory route to the start point which is marked by a flag in the terrain.

- **Tracking:** Athletes of Red and Orange start groups will be wearing tracking units (GPS). Another 10 athletes (to be indicated) too.

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

- **Finish procedures:** Loop Air+ Station (BS11-Loop) with extended range will be used for the finish. You just ride normally through the finish line.

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

Event	Classes	Length by air	Length by ideal path	Climb	Controls	Refresh.s	Win. times
Sprint	M21E	4,5 km	6,7 km	190 m	24	no	22'
	W21E	3,4 km	4,9 km	140 m	19	no	22'

- **Maps:**

Map scale: 1/4.000

Contours: 5 meters

Map sizes: 22,5 x 30 cm (1/4.000)

Paper type: Waterproof

The course is printed on both sides of the map.

3.3.8 Terrain description

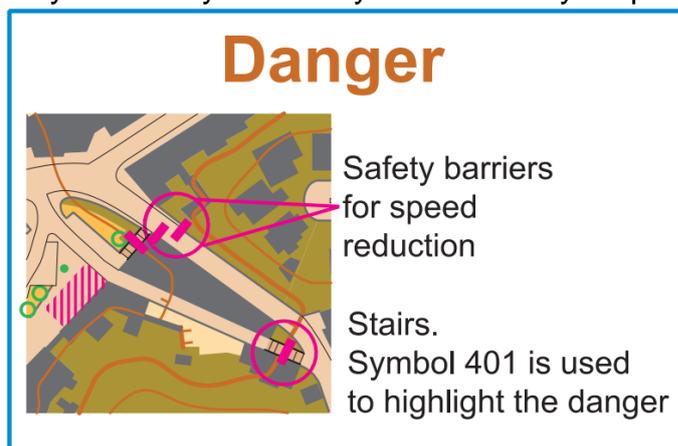


The Sprint area it is a urban area.

The area has a dense network of streets, roads, tracks and paths with a good rideability.

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

Riders should follow the instruction of marshals. Still, it is the riders' responsibility to observe traffic rules and avoid unsafe practices. As in any town dogs could be found near to houses, chained or otherwise, efforts will be made to ask owners to control them, part could be confined by a chain or fences, others can be loose, please be careful and pay attention when crossing them, there have been no experience of problems in the past, however we cannot control that all will be chained and that they will not try to follow you or bark at your passage.



3.3.9. Warnings

- Sections of the course will take place in the old part of the village, on very narrow streets with close angle corners, all riders need to pay special attention to the possibility of an unexpected resident exiting of their house or walking on the street. An announcement of the competition was made with several notices for the possible danger to the local population but we cannot control that there will be no movements in the streets and that a car will not block one of this passages , although extra effort will be made on the morning of the event.
- On critical and more dangerous passages routes and junctions there will be marshals with whistles present to control the traffic and announce the presence of any possible obstacle or arrival of a car.
- Marshals will be present with yellow and red flags to request attention to the riders:
 - Yellow – slow down,
 - Red – ride very slowly or need to stop).

Please be sensible and do not take risks.



• **Start groups for Sprint WCup Final round:**

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

Men				Women			
9529	Anton	Foliforov	Russian Federation	5923	Martina	Tichovska	Czech Republic
7763	Krystof	Bogar	Czech Republic	19395	Veronika	Kubinova	Czech Republic
10138	Ruslan	Gritsan	Russian Federation	1106	Clare	Dallimore	Great Britain
12519	Jussi	Laurila	Finland	1986	Antonia	Haga	Finland
12973	Vojtech	Ludvik	Czech Republic	5812	Camilla	Soegaard	Denmark
8027	Simon	Braendli	Switzerland	27918	Nadia	Larsson	Sweden
14134	Pekka	Niemi	Finland	1742	Michaela	Gigon	Austria
13491	Grigory	Medvedev	Russian Federation	6568	Algirda	Mickuviene	Lithuania
10816	Jiri	Hradil	Czech Republic	2064	Marika	Hara	Finland
13106	Davide	Machado	Portugal	19930	Katerina	Novakova	Czech Republic

The provisional ORANGE start group is:

Men				Women			
17926	Andreas	Waldmann	Austria	6634	Sonja	Zinkl	Austria
10464	Kevin	Haselsberger	Austria	5068	Ruska	Saarela	Finland
13160	Jonas	Maiselis	Lithuania	4855	Marina	Reiner	Austria
8679	Luca	Dallavalle	Italy	964	Caecilie	Christoffersen	Denmark
15618	Riccardo	Rossetto	Italy	4983	Maja	Rothweiler	Switzerland
13198	Lauri	Malsroos	Estonia	20457	Lou	Denaix	France
19039	Viktor	Larsson	Sweden	6009	Anastasia	Trifilenkova	Russian Federation
12357	Radek	Laciga	Czech Republic	2802	Gabriele	Andrasiuniene	Lithuania
22624	Angel	Garcia Garcia	Spain	1124	Anke	Dannowski	Germany
16928	Jan	Svoboda	Czech Republic	40	Monica	A Viladomiu	Spain

Note: the final groups will be published on September 16th on the event website.

The remaining competitors have to be allocated in late, middle and early start groups by the team leader no later than Saturday 22nd September at 16.00. Notice, before allocating a second competitor to a group, you have to allocate one competitor to each group. If you fail to allocate competitors to starting groups, the organizer decides the allocation.

- **Use of any kind of maps** in the area is strictly forbidden. Violation will cause disqualification of the team involved.
- The use of telecommunication devices (mobile phones etc.) inside the quarantine zone is not allowed.
- The time limit for **complaints** is 13:00. Complaints received after this time limit will only be considered if there are valid exceptional circumstances which must be explained in the complaint. Any complaint shall be made in writing to the organizer – contact the staff at the finish.
- **Prize giving ceremony** starts at 13:30.
There are prizes for the 6 best placed women and men in Sprint distance WCup.
There are prizes for the 3 best placed in each Open classes.
There are prizes for the 3 best placed women and men in Portuguese league classes.