

**14th Estonian Championships in MTBO middle distance,
2nd Estonian Championships in MTBO sprint,
17th Estonian Championships in MTBO long distance
Baltic Championships in MTBO**

20 - 21 July 2019

Mammaste Sports Centre, Põlva parish, Põlva county



Competition centre

Mammaste Sports Centre <http://tervisespordikeskus.ee/>

Participants

Competitions are open for all participants. To be eligible for Estonian Championship medals, one needs to be either an Estonian Citizen or a member of an EOF club.

Categories

M17, M20, M21, M40, M50, M60

W17, W20, W21, W40, W50

OPEN courses available on both days.

Programme

Saturday, 20 July: middle distance, first start at 11.00

20 July: sprint, first start at 18.00

Sunday, 21 July: long distance, first start at 11.00

Terrain

Quite sparse network of roads and tracks with varying rideability; denser network around competition centre with numerous ski-tracks. In the eastern part, a 25 m deep valley along Ora river cuts into terrain. East-west bound the terrain is separated by Hatiku stream: terrain to the south of it has steep-sloped hills and to the north, terrain is relatively flat with regular network of roads and rides. Maximum height difference on one slope is 30m. Passability and visibility is varying from good to poor.

Map

Middle distance 1: 10 000;

sprint 1: 7500;

long distance 1: 20 000 (for M21, W21, M20, M40), other classes: 1:15 000.

Contour interval 2,5 m.

Previous maps of same area: Mammaste-Hatiku [2005051](#) , Mammaste Spordikeskus [2006050](#), Taevaskoja [2005031](#) , Kiidjärve-Taevaskoja [2010049](#) , Põlva town [2011016](#)

Courses

	MIDDLE	SPRINT	LONG
M21	14 km	6,5 km	28 km
W21, M20, M40	10 km	5 km	20 km
W20, M50	8 km	4 km	16 km
M17, W40	7,5 km	4 km	14 km
W17, W50, M60	6 km	3,5 km	11 km
Open	5 km	3 km	10 km

Technical information

SportIdent touch-free punching system is used (SIAC). Attachement of SI-card to bike is not mandatory.

Wearing a rigid safety helmet is mandatory – participants shall not be admitted to the start without one. Participants must follow the traffic rules when using public roads during the race. Riding off the tracks is allowed.

Participants are responsible for their own bikes' technical suitability and maintenance. Participants must start with fully equipped bikes and visit all the controls with the bike either by riding, pushing or carrying it. Competitors are allowed to carry spare parts during the competition and acquire them from fellow competitors but not from any third party. Riding off-tracks is allowed, except for areas that have been marked as out-of-bounds or settlement.

On narrow tracks, the slower rider must give way to the overtaking rider on their first demand. This doesn't apply on the marked route to finish. Riders must pass each other on the right side when riding in opposite directions on all tracks. On narrow uphill sections, riders going up the hill must give way to descending riders.

Entries

Entries **until 15.07.2015** through www.osport.ee (each race separately), except for MW21 WRE's on middle and long distance - registration through IOF Eventor:

Middle distance MW 21 WRE entries <https://eventor.orienteering.org/Events/Show/6235>

Long distance MW 21 WRE entries <https://eventor.orienteering.org/Events/Show/6236>

Participation fees

MW17, OPEN -	- 7 €/day
MW20	- 12 €/day
MW21,40,50 and M60	- 17 €/day

Rent of SIAC-card from organizers: 2 €/day. Rental fee must be paid upon registration together with participation fee to:

OK Põlva Kobras bank account no 1120074588 in Swedbank (bank address: Liivalaia 8, 15040 Tallinn, Estonia)

SWIFT/BIC: HABAE2X

IBAN: EE77 2200 0011 2007 4588

Participation fee must be paid at the same time with registration up until 15 July 2019.

Start intervals and startlist

Start intervals

In sprint at least 1 minute, in middle distance at least 2 minutes and in long distance at least 3 minutes.

Starting order in WRE

MW21 startlist order in middle and long distances is based on the IOF World Ranking list as published 7 days before the event. Participants without IOF ranking will be allocated a place in the beginning of the startlist.

Prizegiving

In Baltic championships the medals for 3 best in each class on each distance (middle, sprint and long).

In case of competitors participating outside of the Estonian and Baltic championships' competition reach podium places, special prizes will be given by the organizers.

Accommodation possibilities

Hotel Pesa <http://www.kagureis.ee/>

Taevaskoja Salamaa <http://www.salamaa.eu/?keel=eng>

Jäägri Pubi <https://www.facebook.com/Jaageri.Pubi>

Põlva Spordikool <http://polvaspordikool.weebly.com/>

Floor accommodation in Põlva school (Contact: Taima Nurm, tel. +372 5109658, e-post: taima.nurm@mail.ee)

Other possibilities around Põlva <http://www.polvamaa.ee/index.php?page=426&>

Organizers

Event director – Alar Assor tel. +372 53410476 e-mail alarassor@hotmail.com

Course-setting – Markus Puusepp

MTBO map – Markus Puusepp

IOF Adviser – Sixten Sild

EOF adviser – Jüri Pärnik

Additional information will be published 2 weeks before the competition on OK Põlva Kobras web-page <http://kobras.polvamaa.ee/>

Contact for additional information: okkobras@gmail.com

Sponsors:

