



12th May to 16th May 2020

Loulé - Portugal

Bulletin 1 and 2



EUROPEAN MTB ORIENTEERING CHAMPIONSHIPS 2020
MTB ORIENTEERING WORLD CUP 2020 - ROUND 1
EUROPEAN JUNIOR MTB ORIENTEERING CHAMPIONSHIPS 2020
EUROPEAN YOUTH MTB ORIENTEERING CHAMPIONSHIPS 2020



EMTBOC'20 – EJMTBOC'20 – EYMTBOC'20

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Honorary Committee



*Vítor Aleixo
President of
Municipality of Loulé*

Loulé is a Municipality that offers natural and climatic conditions for sports, high-quality infrastructures for several sporting disciplines, as well as an international recognition as a dynamic and eclectic territory. Talking about sports in Loulé means talking about major sports events. Hosting in 2020 the MTBO European Championship, the municipality of Loulé is participating in another great international sport event, being also associated with the most important competition of this specific sporting discipline.

For Loulé it's an opportunity to promote the diversity of the territory and the variety of its natural resources. The beauty of the landscapes of the interior will certainly impress the athletes and teams that will come to Loulé for the Championship, giving an important attention to the interior areas, as Barrocal and Serra.

To develop the economy of the interior, it's necessary to promote its potential to outsiders, as its cultural richness, its traditions, the quality of its products and food. Loulé has several natural areas environmentally classified, footpaths, fountains, small typical villages, a rich fauna and flora and a kind and welcoming community, factors that have been essential to the development of nature tourism in the municipality.

So, it's a great honour for the municipality to be associated to the Portuguese Federation of Orienteering (FPO) and I greet all athletes, teams and families who come to Loulé for the MTBO.

Welcome to Loulé!



*António Amador
POF President*

On behalf of Portuguese Orienteering Federation, I wish you all a warm welcome to the European MTB Orienteering Championships 2020 in Loulé – Portugal – 11 - 16 May 2020.

During last year's Portugal had the pleasure to organize several successful events. Our organization quality is well recognized and the International Orienteering Federation, once again, trusted us a major event like this European Championships.

The event will be hold in Loulé a likeable town, which offers fascinating tourist attractions, a traditional Portuguese market and a delightful historic center.

We believe that the technical quality of the terrains that will be used and the organizational quality of all the volunteers involved will once again, organize a successful event that will be of overall satisfaction.

We wait for you



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1. Organizers

POF- Portuguese Orienteering Federation - www.fpo.pt

Instituto Português do Desporto e Juventude, I.P. - www.ipdj.pt

Câmara Municipal de Loulé- Municipality of Loulé - www.cm-loule.pt/

The event is organised under the authority of:

IOF- Internacional Orienteering Federation - www.orienteering.sport

Event Director: **António Amador**

Deputy Event Directors: **Augusto Almeida and Hélder Faísca**

Event Secretary: **André Mora**

Maps & Courses: **Alexandre Reis**

IT: **Nuno Leite**

2. Event controlling

IOF Senior Event Advisor: **André Hermet (FRA)**

National Controller: **Tiago Fernandes (POR)**

3. Event Centre

Aquashow Park Hotel ****

Adress: E.N. 396

P8125-303 Quarteira

GPS: 37.091350, -8.073285

Distances from main airports:

- Faro International Airport – 20 km (20 min)
- Lisbon International Airport – 270 km (2h30min)



4. General Location



5. Preliminary Program

May 11 – Monday	EMTBOC	EJMTBOC & EYMTBOC	Open classes
<i>To be indicated</i>	Training	Model event Sprint	Training
<i>18:00</i>		TLM	
May 12 – Tuesday	EMTBOC	EJMTBOC & EYMTBOC	Open classes
<i>To be indicated</i>	Training	Sprint competition	Sprint competition
May 13 – Wednesday	EMTBOC	EJMTBOC & EYMTBOC	Open classes
<u>To be indicated</u>	Model events MD / LD / MS / Relay		Training
	TLM		
<u>19:00</u>	Opening ceremony in Loulé		
May 14 – Thursday	EMTBOC	EJMTBOC & EYMTBOC	Open classes
<i>To be indicated</i>	MD competition	MD competition	MD competition
<i>18:00</i>		TLM	
May 15 – Friday	EMTBOC	EJMTBOC & EYMTBOC	Open classes
<i>To be indicated</i>	MS competition	LD competition	LD competition
<i>18:00</i>	TLM		
May 16 – Saturday	EMTBOC	EJMTBOC & EYMTBOC	Open classes
<i>To be indicated</i>	Mixed Relay	Relay	Mixed Relay
	Party / Banquet		



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6. Participation & Classes

- Competitors participate at their own risk. Third party insurance and personal injury insurance is mandatory and shall be the responsibility of their federation or themselves, according to national regulations.
- Competitors representing member Federations of the IOF, defined by the International Olympic Committee as belonging to the European continent, can compete in the EMTBOC, EJMTBOC or EYMTBOC. Competitors representing other member Federations of the IOF can participate in the European Championships but will not be eligible for European titles, medals or diplomas.
- All competitors must have a valid passport of the country they are representing.

European MTBO Championships:

- There is one class for women (WE) and one for men (ME). There are no age restrictions.
- In the individual competitions a Federation may enter a maximum of 6 riders in each class. In each competition format the current World Champion and European Champion shall be given a wild card in addition to the entries from his/her Federation.
- In the relay a Federation may enter up to 4 teams each consisting of 3 riders. Only the team with the best result is considered in determining the placings.
- Each competitor must have a valid IOF Athlete License.

European Junior MTBO Championships:

- There is one class for women (W20) and one for men (M20). Only competitors who are no more than 20 years old on 31 December 2020 are entitled to compete in the classes W20 or M20.
- For each individual competition a Federation may enter a maximum of 6 competitors in each class. The organising Federation may have two additional competitors as official EJMTBOC competitors in the individual competitions. These competitors shall start in the lowest ranked start group.
- A Federation may enter 2 teams in the Relay. If a Federation is represented by two teams in a relay class, only the team with the better result is considered in determining the placings.

European Youth MTBO Championships:

- There is one class for women (W17) and one for men (M17). Only competitors who are no more than 17 years old on 31 December 2020 are entitled to compete in the classes W17 or M17.
- For each individual competition a Federation may enter a maximum of 6 competitors in each class. The organising Federation may have two additional competitors as official EYMTBOC competitors in the individual competitions. These competitors shall start in the lowest ranked start group.
- A Federation may enter 2 teams in the Relay. If a Federation is represented by two teams in a relay class, only the team with the better result is considered in determining the placings.



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OPEN classes:

- There are 4 classes: - Easy short and Easy long,
- Difficult short and Difficult long,
For the mixed relay: Popular (3 athletes)

7. Entries

All entries for the European Championships must be done via IOF Eventor:

<https://eventor.orienteering.sport>

Entry deadlines for EMTBOC, World Cup 1, EJMTBOC and EYMTBOC:

TEAM SIZE DEADLINE by 12 March 2020 giving:

- federation;
- number of competitors of each gender;
- number of competitors in each competition;
- number of relay teams;
- number of team officials;
- team manager's name, email address and mobile phone number

TEAM NAMES DEADLINE by 30 April 2020 giving:

- each competitor's name, class or gender, year of birth, number of SI Active Card (if there is one) and the competition/s in which he/she will compete;
- family name and first name of each team official;

Late entries will be accepted **if possible**, but they will be charged an additional fee of 20 % for entries after the team size deadline and 50 % for entries after the team names deadline. Incomplete entries (e.g. no competitors' names) incur a fee of €10 per incomplete entry.

Entry deadlines for OPEN Classes:

Please send an email to mtbo2020@fpo.pt giving:

- club & country;
- competitor's family name and first name, class, gender and year of birth;
- information on whether the athlete borrows an SI Active Card or uses his own SIAC (also enter the SIAC number);
- address, email and telephone/fax numbers.

Entry (and payment) deadline: 30 April 2020





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8. Entries fees

For World Cup & WMTBOC:

Accreditation fee - competitors	€85/person
Accreditation fee - officials	€70/person
Middle distance	€40/person
Mass start	€40/person
Relay	€90/team
Training	€7,50/each

For EYMTBOC and JWMTBOC:

Accreditation fee (competitors and officials)	€60/person
Sprint distance	€20/person
Middle distance	€25/person
Long distance	€25/person
Relay	€75/team

For OPEN Classes:

Sprint distance	€15/person
Middle distance	€15/person
Long distance	€15/person
Relay Popular	€45/team
Party (Dinner)	€30/person

9. Account details for payments

Full payment of all entry and accreditation fees must be made no later than **30 April 2020**.

Competitors or teams may be excluded if their fee is not paid.

Deadline for paying 50 % of the accommodation at the EC (Aquashow Park Hotel, see point 17) is 30 January 2020.

All payments are to be made to the Portuguese Orienteering Federation, as follows (all charges are paid by sender):

Bank name: Caixa Geral de Depósitos (Agency: Marinha Grande)

BIC/SWIFT: CGDIPTPL

IBAN: PT50003504410004259693027

Bank Address: Caixa Geral de Depósitos - Agência da Marinha Grande

Rua Bernardino Jose Gomes - PT 2430-241 Marinha Grande - Portugal

Account owner: Federação Portuguesa de Orientação FPO

Account owner address: Federação Portuguesa de Orientação FPO - Estrada da Vieira, 4 -
Bairro Florestal - Pedreães - 2430-401 Marinha Grande – Portugal

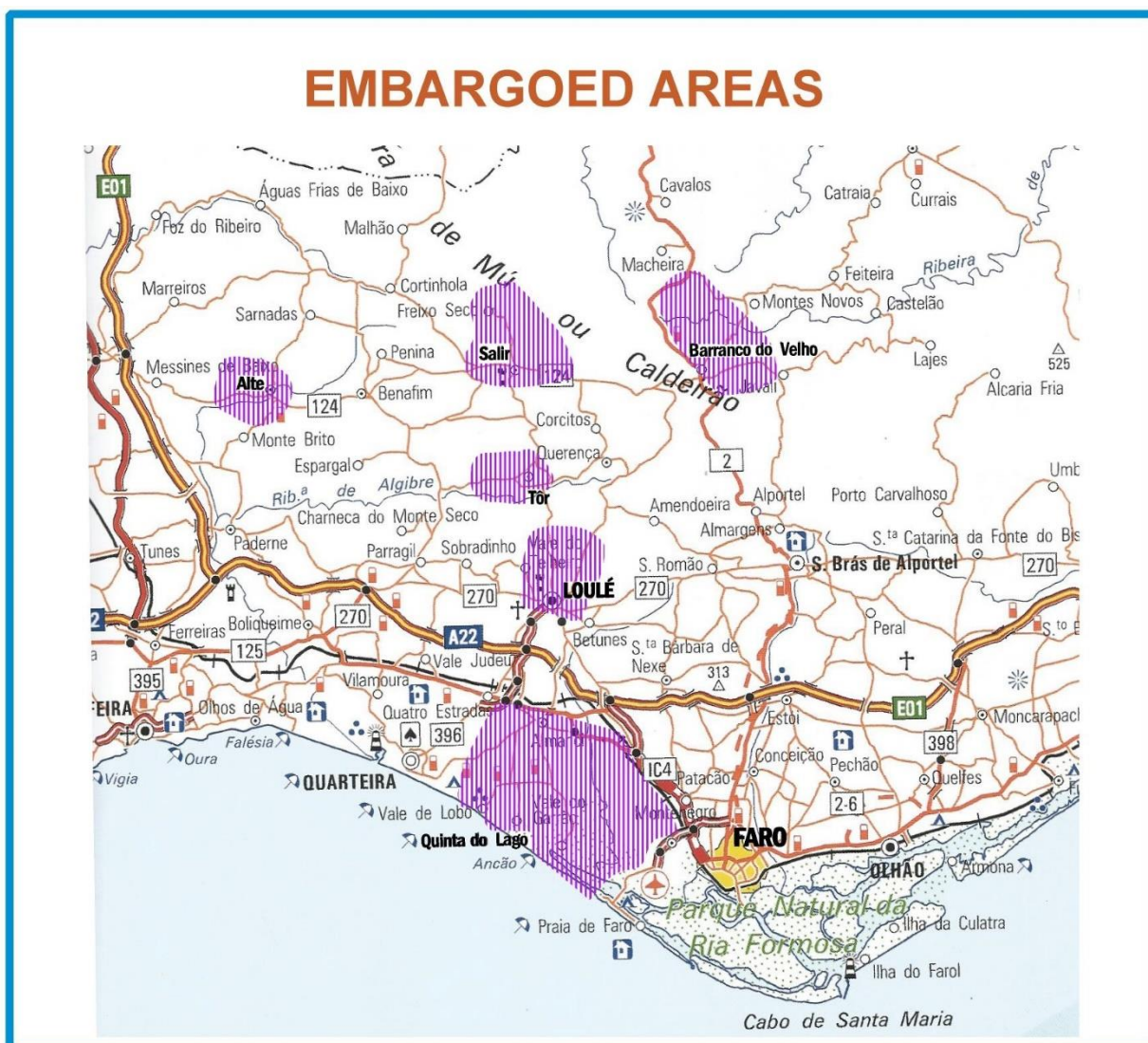
10. Embargoed areas

Embargoed Areas from May 2019 till 16 May 2020

Below is an overview of the embargoed areas. Detailed maps of all embargoed areas can be found on the organiser's website <http://www.mtbo2020.fpo.pt/>

The areas marked on the map are embargoed for all orienteering activities, unless specifically permitted by the organiser. 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 a 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.

Loulé city center may be visited on foot or by car without an orienteering map; any orienteering or MTBO activity, cycling, running, using a map or testing route choices are forbidden.





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11. Maps

The maps for the competition will be new and updated.

Old maps: These old maps will be published (soon) on the event website.

Scale and contour intervals predictions:

<i>Competition</i>	<i>Scale</i>	<i>Contour interval</i>
Sprint	1/5.000	5 m
Middle Distance	1/10.000	5 m
Long Distance	1/15.000	5 m
Mass Start	1/15.000	5 m
Relay	1/7.500	5 m
Mixed Relay	1/7.500	5 m

12. Terrain description

Sprint	Mixed urban and forest, medium-low relief and great density of paths
Middle distance	Mediterranean forest with medium-high relief
Long distance + Mass start	Mixed pine forest and urban park area. Low relief and great density of paths, some of sand.
Mixed Relay + Relay	Urban and forest with great density of paths and medium relief.

13. Competition rules

All events will be organized in accordance with the Competition Rules for IOF MTB Orienteering Events' as published by the IOF, the Special Rules for the 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.orienteering.sport.

Summary of the most important rules:

- Riding off the track, trail or path is allowed in areas marked as forest or freely rideable 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.

14. Time keeping system

SPORTident Air+ (range: 1,5m) will be used on all events with SI-Card and compatible Control Stations.

SI cards can be rented from Organizers for €15 / for the event (€80 deposit).

15. Anti-Doping

Doping is strictly forbidden, and the organizers of World Cup MTBO & EMTBOC, EJMTBOC, and EYMTBOC 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 January 2015.

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 <https://orienteering.sport/iof/anti-doping/>

16. Training Opportunities

October 12 and 13, 2019 - Campeonato Nacional Mass Start:

<http://www.orioasis.pt/oasis/homepages.php?action=ev&eventid=2014>

April 4 and 5, 2020 - I O-BTT "Campo Militar Santa Margarida":

<http://www.orioasis.pt/oasis/homepages.php?action=ev&eventid=2145>





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17. Accommodation (extra cost / *BOOK UNTIL 30 January*)

Aquashow Park Hotel **** : (<https://aquashowpark.com/en/hotel/>)

- Double twin room: €100,00/day
- Single room: €62,00/day
- The price includes: continental breakfast buffet and entrances in the Aquapark.

Notes:

- *It is possible to buy family rooms for 4 people (there are 2 connecting double rooms).*
- *It is possible to buy half-board at a price of €20/person/day (including 1 coffee per adult and drinks: water, soft drinks, beer and house wine. Digestive and other spirits are not included).*

Booking of this accommodation: By email to the organizers (mtbo2020@fpo.pt)

Important : Deadline for booking is 6 pm on 30 January 2020!

The organisers can only guarantee this accommodation at these conditions if

- the booking is made before 6 pm on 30 January 2020.
- at least 50 % of the full amount is paid by the end of January 2020 to the account of the Portuguese Orienteering Federation (details see in point 9).

Cancellation policy: If you have to cancel a room/rooms, the following fees apply:

- until 15 April: you will be charged the 1st night of this room/these rooms;
- from 16 April to 9 May: you will be charged 2 nights of this room/these rooms;
- from 10 May: you will be charged all the nights of this room/these rooms.

18. Transport (extra cost)

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

For transport special requests, please contact organizers.

19. Media Services

Media representatives are cordially invited to come to Loulé to cover the event. Registration for media entry should be made, by 12 April 2020, in e-mail to mtbo2020@fpo.pt

Media facilities will be available only to registered media representatives.

20. Health care

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

The Organizers will not bear costs connected to health insurance of participants. We recommend each individual to arrange their own personal health insurance. Participants take part at their own risk. The nearest hospital is on Faro.



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21. Weather

During May you can expect temperatures from 15º to 30º Celsius during the day and from 14º to 20º at the night.

We strongly recommend that sufficient water is carried during competitions, as the areas are dry. Sun protection is highly recommended.

22. Visas

Portugal is a full Schengen member state. Countries that who need visas for entering into Portugal: please contact the nearest Portuguese embassy. If a personal invitation from the organisers is required for the visa, please contact us.

Please make sure that you allow for sufficient time (at least 3 months) for invitation letters and visa processing. Please note that visa regulations are subject to change. Please double check your specific visa requirements

23. Information

Federação Portuguesa de Orientação – FPO

Estrada da Vieira, 4 – Bairro Florestal – Pedreanes

P- 2430-401 Marinha Grande

Portugal

Tel: (00) (351) 244575074

Email: mtbo2020@fpo.pt

Website: <http://www.mtbo2020.fpo.pt/>

