



FEBRUARY, 3RD  
1ST DEADLINE FOR ENTRIES WITH LOWER PRICES



FEBRUARY, 10TH  
FINAL DEADLINE FOR ENTRIES



FEBRUARY, 20TH  
TRAINING EVENT

FEBRUARY, 21ST  
MODEL EVENT

FEBRUARY, 22ND  
MIDDLE DISTANCE AND NIGHT SPRINT

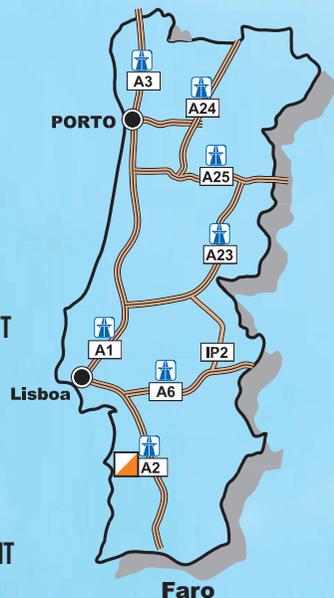
FEBRUARY, 23RD  
LONG DISTANCE / WRE  
PREO

FEBRUARY, 24TH  
MIDDLE DISTANCE AND URBAN SPRINT



FEBRUARY, 25TH  
LONG DISTANCE (CHASING START)

FEBRUARY, 26TH  
TRAINING EVENT

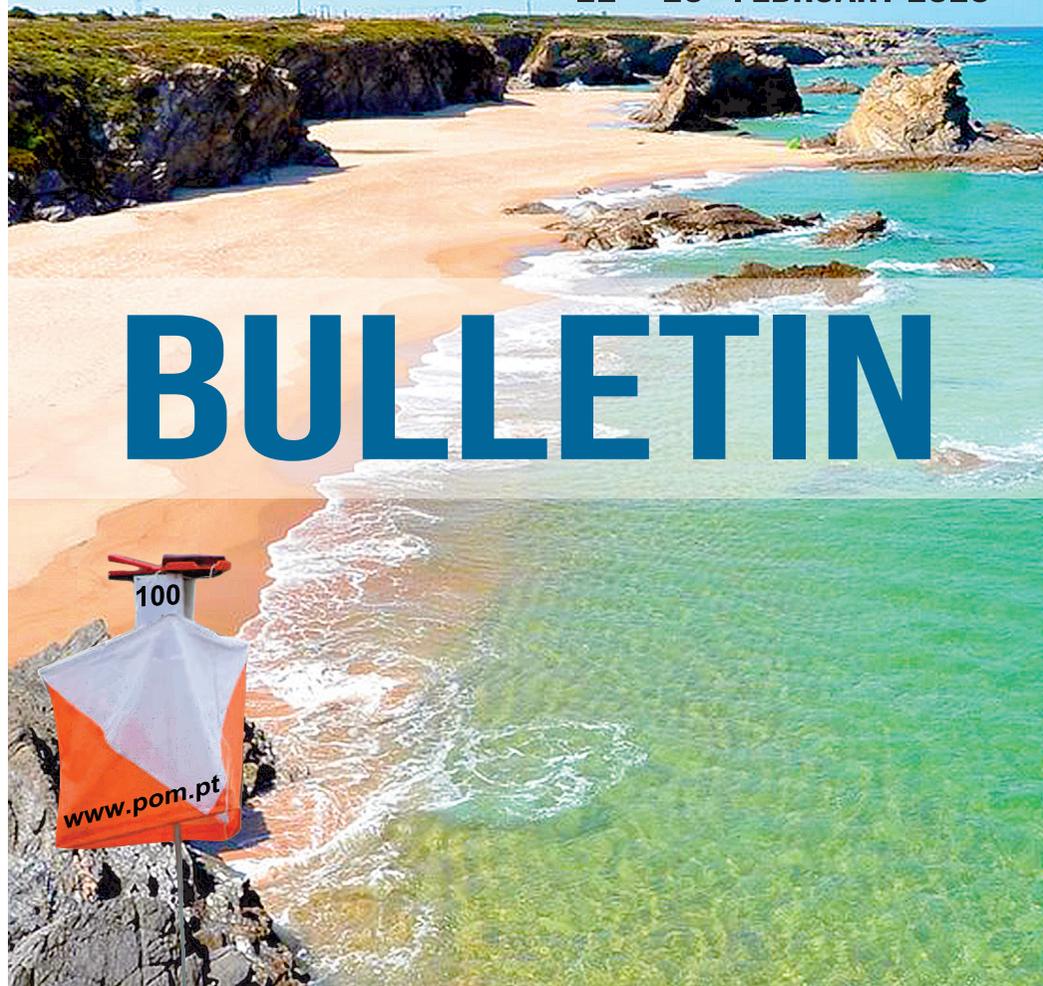


Portugal O Meeting 2020 | Santiago do Cacém - Sines | 22<sup>nd</sup> - 25<sup>th</sup> february 2020  
[www.pom.pt/2020](http://www.pom.pt/2020) | [info@pom.pt](mailto:info@pom.pt) | [entries@pom.pt](mailto:entries@pom.pt) | [accommodation@pom.pt](mailto:accommodation@pom.pt) | [payments@pom.pt](mailto:payments@pom.pt)

# Portugal "O" Meeting '2020

## SANTIAGO DO CACÉM AND SINES

22<sup>ND</sup> - 25<sup>TH</sup> FEBRUARY 2020



# BULLETIN



## Introduction

The COALA (Orienteering and Adventure Club of the Alentejo Coast), in partnership with the ADFA (Armed Forces Association) and other associations, will organize Portugal "O" Meeting, the greatest event of orienteering in Portugal.

From the first hour, the local authorities showed all the availability to jointly with COALA to organize a quality event that satisfies all who will visit us.

The Portugal "O" Meeting is a pedestrian orienteering event, integrated into the Ranking of the IOF and in the Portuguese Cup ranking of Portuguese Orienteering Federation - FPO. It is an event open to people of any age, being able to participate in the levels of competition or in the open classes, individually or in a group.

We invite all Orienteering lovers to participate in this event, wishing them, since now, a hearty welcome.

## Important Note

During the POM'20 Carnival of Sines will be held which is one of the Portuguese cities with the greatest carnival tradition. Already nationally recognized in the first decades of the 20th century, the Carnival of Sines - the first to have a night corso - mixes the satirical spirit and creativity of the Portuguese with the brilliance and energy of the Brazilian Carnival to create a vibrant spectacle in which the whole city gets involved.

Enjoy your presence and enjoy this party!

## Alentejo coast

The Alentejo Coast is one of the best-preserved regions and it has some of the most beautiful beaches in Portugal almost wild state.

"A paradise by the sea", are the words that can best describe what the Alentejo coast is, where one learns to live slowly cuz the outside world goes too fast, the tranquillity experienced in this region is its greatest attraction.

Apart from hotels, the sun and the history, the great golden sandy beaches of the north and south, hidden between cliffs beaches, landscapes and gastronomy, adventure sports, you will find here something even rarer and fundamental ... will find yourselves.

This is the Alentejo coast, a land of real life of real people, who have learned to appreciate life unhurriedly, savouring every moment, every miracle of nature, each special moment, an authentic place! The memories you will take from here you cannot buy or carry in your bag, follow forever in our memories, in our hearts!

This is what we can explain in words ... to understand everything else you need to feel, you need to come here!

## Classes

Foot-O:

M/W10, MW12, M/W14, M/W16, M/W18, M/W20, MSE, M/WE, M/W21A, M/W21B, M/W35, M/W40, M/W45, M/W50, M/W55, M/W60, M/W65, M/W70, M/W75, M/W80, M/W85, M/W90, PROM1, PROM2, PROM3, PROM4.

PreO: Open, Paralimpic (limited to 120 athletes).

## Fees

FPO and FEDO affiliates		Middle and Long Distance		Night Sprint and Urban Sprint	
		Until 3 Feb	from 4 to 10 Feb	Until 3 Feb	from 4 to 10 Feb
Born in 2000 or after		3,00 €	4,50 €	2,50 €	3,75 €
Born in 1999 or before		6,00 €	9,00 €	5,00 €	7,50 €
Elite Classes		7,00 €	10,50 €	5,00 €	7,50 €
Others		Until 3 Feb	from 4 to 10 Feb	Until 3 Feb	from 4 to 10 Feb
Born in 2000 or after		5,00 €	7,50 €	4,00 €	6,00 €
Born in 1999 or before		11,00 €	16,50 €	6,00 €	9,00 €
Open Classes*	Born in 2000 or after	5,00 €	5,00 €	4,00 €	4,00 €
	Born in 1999 or before	6,00 €	6,00 €	5,00 €	5,00 €
Elite Classes		12,00 €	18,00 €	7,00 €	10,50 €

\* Subject to the availability of maps

PreO Open and Paralympic	Until 3 Feb	from 4 to 10 Feb
FPO and FEDO affiliates	3,00 €	4,50 €
Others	10,00 €	15,00 €

Model Events / Map	5,00 €
Trainings / Map	5,00 €

**SI Card rental:** All event - €5,00 // Each race: €1,00

## Account details for payments

All payments are to be made to the Clube de Orientação e Aventura do Litoral Alentejano-COALA, as follows (all charges are paid by sender):

Bank name: Caixa Geral de Depósitos (Branch: Sines)

BIC/SWIFT: CGDIPTPL

IBAN: Pt50003507830001513683081

Bank Address: Caixa Geral de Depósitos - Agência de Sines

Rua Marquês de Pombal, 48 - PT 7520-225 Sines - Portugal

Account owner: Clube de Orientação e Aventura do Litoral Alentejano-COALA

Account owner address: Bairro Azul, C2, Praça da Fraternidade 1ºEsq

PT - 7500-100 Vila Nova de Santo André / Portugal