

Bulletin 1 - February 2020

**3 Days Mountain Bike orienteering
In Samois-South77**

**FONTAINEBLEAU FOREST
MOUNTAIN BIKE ORIENTEERING
MAY 29, 30, 31 and JUNE 1,2020**

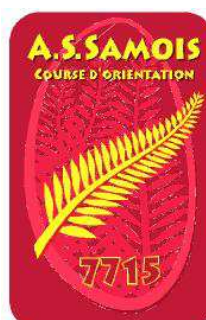
2 National Events MTBO

2 Regional Events *national ranking*

with

2 World Ranking Events MTBO (WRE)

2 Young Guns World Series (YGWS)



INVITATION

Welcome to the south of Seine-et-Marne in the municipalities of Fontainebleau, Montigny sur Loing, Moret Loing-et-Orvanne, and Samois sur Seine.

The Samois Sports Association orienteering is happy to welcome you on the grounds of the 1st world championship MTBO in 2002. Good races to all

1. ORGANIZERS

Orienteering Association Sportive Samoisienne - www.samois.coursedorientation.fr

Point of contact : andrehermet@aol.com

The WRE are organised under the authority of International Orienteering Federation:

IOF- www.orienteering.sport

And of French Orienteering Federation

FFCO - www.ffcorientation.fr

Event Director: Frédéric PINSARD
Point of contact : andrehermet@aol.com
Map makers: André Hermet – Christine Verdeil
Course setter s : André Hermet – Joël Poirette
IT, Timekeeping: Thomas Desciaux

2. EVENT CONTROLLING

IOF Event Advisor: Michel Ediar
National Controller: Hélène Ediard - Pascal Dott (stagiaire)
National Advisor : Bernard Mortellier
Jury (wre) : next bulletin

3. EVENT CENTER

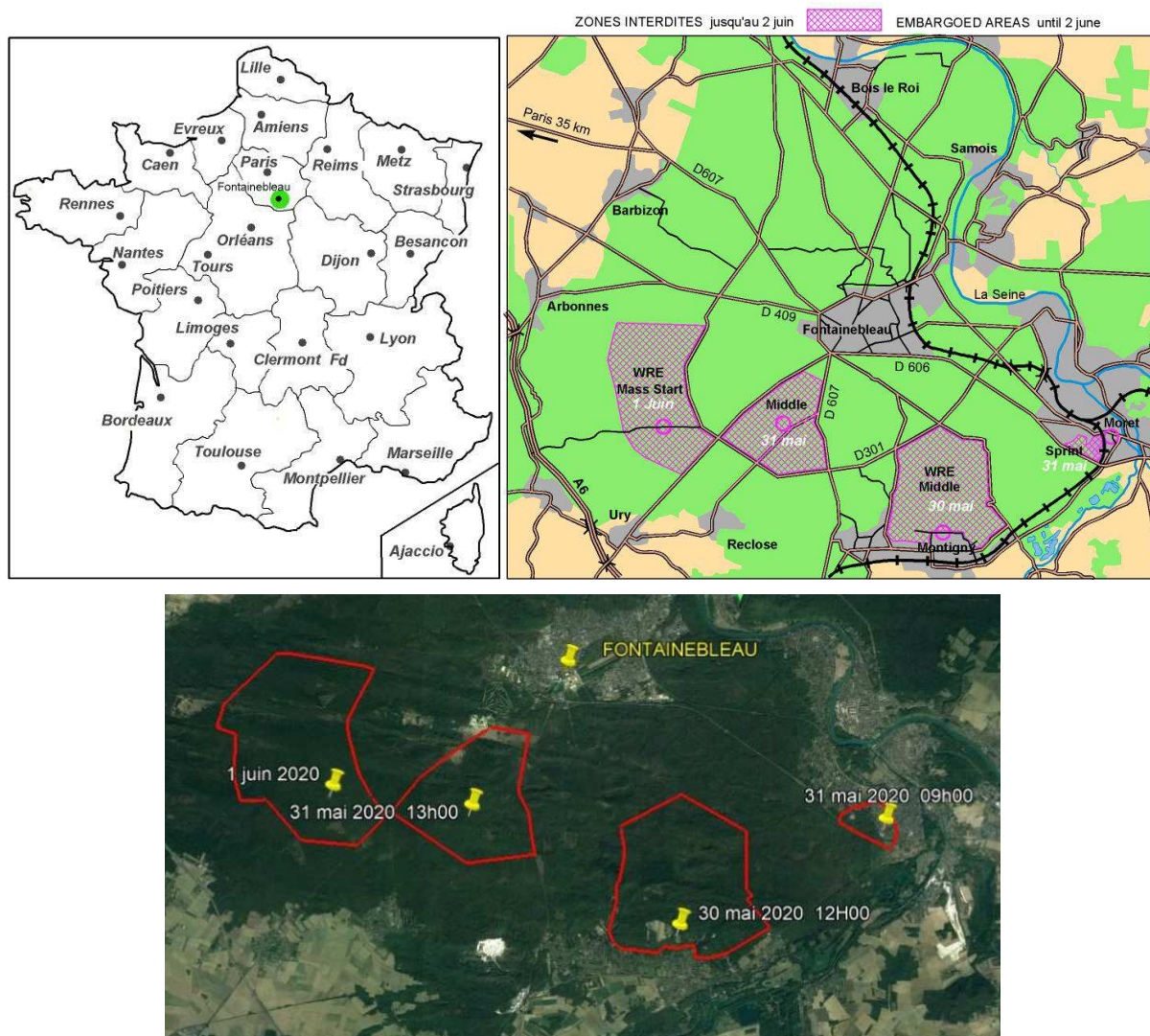
CITIES and DATES	FLECHAGE & PARKING GPS	EVENT CENTER G P S	Horaires d'ouverture
Samois-sur-Seine 29 Friday 2020	Next bulletin	Next bulletin	10:00 am to 9:00 pm
Montigny-sur-Loing 30 may 2020	Next bulletin	Next bulletin	10:00 am to 6:00 pm
Moret sur Loing 31 may 2020	Next bulletin	Next bulletin	8:00 am to 11: am
Fontainebleau 31 may 2020	Next bulletin	Next bulletin	12:15 am to 6:00 pm
Fontainebleau 1st june 2020	Next bulletin	Next bulletin	8:00 am to 2:00 pm

Distances from main airports and stations:

- **ORLY** : International Airport – 50 km (1h15mn)
- **Paris Charles De Gaulle** : International Airport – 90 km (1h30)
- **Beauvais** : International Airport – 170 km (2h20)
- **Station** : "Paris Gare de Lyon" to Fontainebleau station : 45 minutes

Possibilities to stop in many stations on this railway: Melun - Bois le roi – Fontainebleau - Moret-sur-Loing – Montigny-sur-Loing

4. GENERAL LOCATION



5. PRELIMINARY PROGRAM

Dates	WRE and YGWS races	Others catégories races	Opening hours and location Event Center
May 29 – Friday	Training (Model Event)	Training	Samois sur Seine
To be indicated later	2:00pm – 6:00pm	2:00pm – 6:00pm	10:00am – 09:00pm
May 30 – Saturday	WRE and YGWS Middle Distance	National (and Open) Middle Distance	Montigny sur Loing
To be indicated later	1:00pm – 6:00pm	1:00pm – 6:00pm	11:00am-6:00pm
May 31 – Sunday	National and YGWS Sprint competition	National and Open Sprint competition	Moret sur Loing
To be indicated later	9:00am – 12:00am	9:00am – 12:00am	8:00am – 11:00am
May 31 – Sunday	National Middle compétition	National and Open Middle competition	In the arena
To be indicated later	2:00pm – 6:00pm	2:00pm – 6:00pm	0:15pm – 6:00pm
June 1 – Monday	WRE and National Mass Start competition	National and Open Mass Start or Long Dist (*)	In the arena
To be indicated later	9:30am – 2:00pm	9:30am – 2:00pm	8:00am – 2:00pm
(*) Mass-Start or MD depending of categories, see below in bulletin			

6. EMBARGOED AREAS

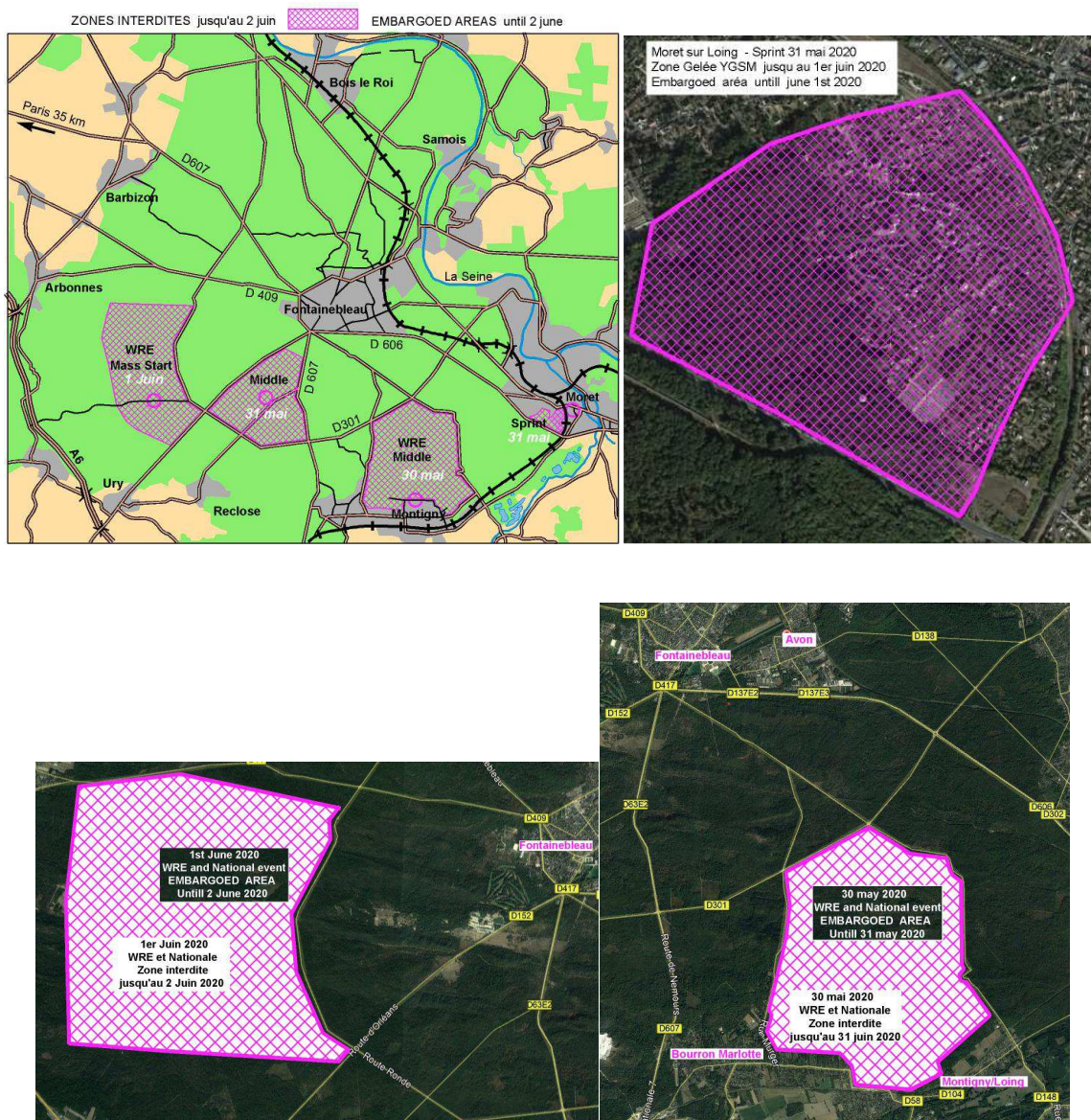
Embargoed Areas from January 1st 2020 till June 2, 2020

<http://www.ffcorientation.fr/courses/zones-interdites/>

Below is an overview of the embargoed areas.

Detailed maps of all embargoed areas will can be found after 7 mars 2020 on the organiser's website www.samois.coursedorientation.fr

The areas marked "Middle may 30", "Mass Start june 1st" and "Sprint may 31" 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.



7. ENTRIES PARTICIPATION and 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 rules**.

All foreign participants must have medical certificate dated less 1 year before 2 June 2020 if they want to have ranking.

THE ENTRIES WILL BE OPEN around 10 MARCH

www.eventor.orienteering.org and www.samois.coursedorientation.fr

World Ranking Event :(M21 - W21)

- There is one class for women (WE and W21) and one for men (ME and M21).

All competitors competed WRE must have a valid IOF Athlete License if they want to have WRE score on races.

- All entries for the WRE must be done via IOF Eventor : <https://eventor.orienteering.org/Events/Show/6584>

Entries deadlines for WRE : may 12, 2020

Registration open around : 10 march

Youth Guns World Series (YGWS) : M20 - W20 - M17 - W17

- There is one class for women (W20) and one for men (M20). Only competitors born between January 1, 2000 and December 31, 2002 can participate in MW 20
- There is one class for women (W17) and one for men (M17). Only competitors born between January 1, 2003 and December 31, 2005 can participate in MW 17
- All entries for YGWS races (MD and Sprint) and for other races too must be done via : www.samois.coursedorientation.fr

2 National Events and 2 French Ranking Events :

- The French Rules 2020 will be applicated for all classes and for all events(may 30th ,31th and june 1st 2020)
MW10 – MW12 – MW14 – MW17 – MW20 - MW21 – MW40 – MW50 – MW60 – MW70

All entries for foreign participants and for all classes must be done via : www.samois.coursedorientation.fr

Entries deadlines : may 12, 2020

Registration open around : 10 march

Mountain Bike Electric Assistance

One circuit without timing will be reserved for MTB with Electric Assistance will exist on all races except sprint.

Entries deadlines : may 12, 2020

Registration open around : 10 march

Registration after May 12, untill may 19,

20.00€ more per participant

All entries for the Foreign Classes: must be done via : www.samois.coursedorientation.fr

Or Please send an email to andrehermet@aol.com

giving:

- club & country;
- competitor's family name and first name, class, gender , n° SI CARD, 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 telephonenumber.

Entries (and payment) deadline: 15 may 2020

Registration open around : 10 march

8. TRAINING

Entries deadlines : may 12, 2020

Registration open around : 10 march

Training available : may 29 afternoon 02:00pm - 06:00pm

- The maps will be available at reception for participants who have reserved them at the same time as their registration before May 19, (8 € / person)
- some maps will also be available at reception, within the limit of the maps available, € 8 / person

If you want to do training before May 29,

- Contact: andrehermet@aol.com or 0033 6 87 32 22 99
- With informations : club & country; email and phone numbers, number of people, class, sex, age and training date
- 5 € / per card and per person without control poste in forest

9. ENTRIES FEES

WRE		
Entries fees	MW 21	Comptitions
without compétition licence FFCO	20.00€	WRE Middle
	20.00€	WRE Mass Start
with compétition licence FFCO	13.41€	WRE Middle
	13.41€	WRE Mass Start

FOR ALL NATIONAL EVENTS

Entries fees	19 years and more	15/18 years	14 years and less	Comptitions
without compétition licence FFCO	20.00€	16.00€	12.00€	Middle
	18.00€	14.00€	9.00€	Sprint
	18.00€	14.00€	9.00€	Middle
	20.00€	16.00€	12.00€	Mass Start / Middle
with compétition licence FFCO	13.41€	10.21€	6.97€	Middle
	12.00€	10.00€	6.00€	Sprint
	12.00€	10.00€	6.00€	Middle
	13.41€	10.21€	6.97€	Mass Start / Long Dist.

TRAINING

Entries fees	All classes May 29, with control post	All classes Other days Without control post
without compétition licence FFCO	8.00€	5.00€
with compétition licence FFCO	8.00€	5.00€

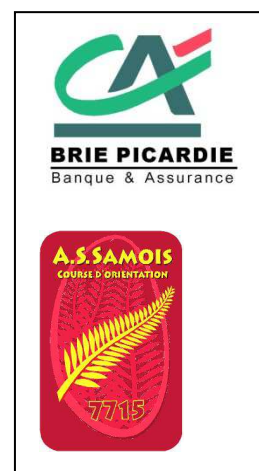
Possibility to rent SI card : 2 € / day (deposit of 50 €) reservation on registration form

ACCOUNT DETAILS forpayments

Full payment of all entries fees must be done not later than **19may 2020**.

All payments are to be done to the Association Sportive Samoisienne Course d'Orientation, as follows (all charges are paid by sender):

Bank name: Credit Agricole Brie Picardie (Agency: Avon)
BIC/SWIFT: AGRIFRPP887
IBAN: FR76 1870 6000 0017 9839 8300 094
Bank Address: Crédit Agricole Brie Picardie - Agence d'Avon
 58 avenue Franklin Roosevelt - 77210 AVON - FRANCE
Account owner: Association Sportive Samoisienne de course d'orientation
Owner address: Association Sportive Samoisienne Section Course d'Orientation
 Hôtel de ville – 77920 Samois sur Seine - France



- Possibility to paid in cash at the event center the 1st day (must be asked by mail before :

10. CLASSES and COURSES

MIDDLE DISTANCE 1 / 15000 - NATIONAL EVENT all Classes and W R E MW21 and Y G W S MW17 MW20

Catégories	Courses	Races times	Technical informations
M21 & M21wre	A	55-60'	Next Bulletin
M20	A	55-60'	Next Bulletin
W21 & W21wre	B	50-55'	Next Bulletin
M40	B	50-55'	Next Bulletin
M17 - M50 - W20	C	45-50'	Next Bulletin
W17 - W40 - W50 - M60	D	35-40'	Next Bulletin
M14 - W14	E	30-35'	Next Bulletin
W60 - M70 - W70	F	30-35'	Next Bulletin
M12 - W12	G	25'-30'	Next Bulletin
M10 - W10	H	20'-25'	Next Bulletin
VIOLET	V	35' - 40'	Next Bulletin
ORANGE	O	30' - 35'	Next Bulletin
BLEU	K	25' - 30'	Next Bulletin
VTT à Assistance Electrique	VAE	60'	Next Bulletin

SPRINT 1/5000 - Y G W S MW17 MW20 - REGIONAL EVENT with national classification

Catégories	Courses	Races times	Technical informations
M21-M20	A	20-25'	Next Bulletin
W20-W21-M17-M40-M50	B	20-25'	Next Bulletin
W17-W40-W50-M14-M60	C	20-25'	Next Bulletin
W14- W60	E	20-25'	Next Bulletin
M70 - W70	F	20-25'	Next Bulletin
M12 - W12	G	15-20'	Next Bulletin
M10 - W10	H	10'-15'	Next Bulletin



MIDDLE DISTANCE 1 / 10000 - NATIONAL EVENT all Classes

Catégories	Courses	Races times	Technical informations
M21 & M21wre	A	55-60'	<i>Next Bulletin</i>
M20	A	55-60'	<i>Next Bulletin</i>
W21 & W21wre	B	50-55'	<i>Next Bulletin</i>
M40	B	50-55'	<i>Next Bulletin</i>
M17 - M50 - W20	C	45-50'	<i>Next Bulletin</i>
W17 - W40 - W50 - M60	D	35-40'	<i>Next Bulletin</i>
M14 – W14	E	30-35'	<i>Next Bulletin</i>
W60 – M70 – W70	F	30-35'	<i>Next Bulletin</i>
M12 - W12	G	25'-30'	<i>Next Bulletin</i>
M10 W10	H	20'-25'	<i>Next Bulletin</i>
VIOLET	V	35' - 40'	<i>Next Bulletin</i>
ORANGE	O	30' - 35'	<i>Next Bulletin</i>
BLEU	K	25' - 30'	<i>Next Bulletin</i>
VTT à Assistance Electrique	VAE	60'	<i>Next Bulletin</i>

MASS START1/15000 - NATIONALE and W R E MW 21

Catégories	Courses	Races times	Technical informations
H21 & H21wre	A	75'-85'	<i>Next Bulletin</i>
H20	A	75'-85'	<i>Next Bulletin</i>
D21 & D21wre	B	75'-85'	<i>Next Bulletin</i>
H40	B	75'-85'	<i>Next Bulletin</i>
H17 - H50 - D20	C	60'-65'	<i>Next Bulletin</i>
D17 - D40 - D50 - H60	D	45'-50'	<i>Next Bulletin</i>

LONG DISTANCE 1/15000 - NATIONALE

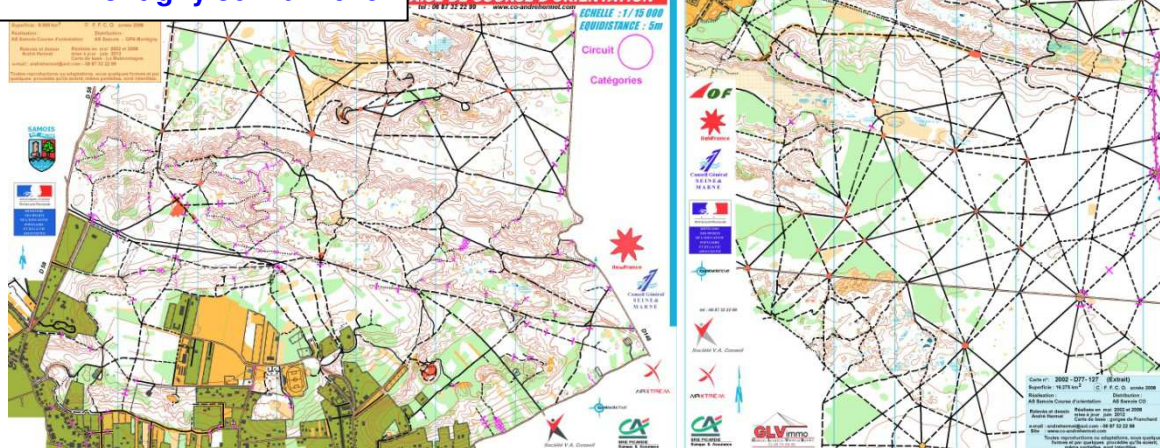
H14 – D14	E	30'-35'	<i>Next Bulletin</i>
D60 – H70 – D70	F	30'-35'	<i>Next Bulletin</i>
H12 - D12	G	25'-30'	<i>Next Bulletin</i>
H10 – D10	H	20'-25'	<i>Next Bulletin</i>
VIOLET	V	35' - 40'	<i>Next Bulletin</i>
ORANGE	O	30' - 35'	<i>Next Bulletin</i>
BLEU	K	30' - 35'	<i>Next Bulletin</i>
VTT à Assistance Electrique	VAE	60'	<i>Next Bulletin</i>

11. OLD MAPS

Old maps will be published soon on the event website.

Mass Start 1 juin 2020

MD Montigny 30 mai 2020



SPRINT 31 MAI 2020 classement National

MD 31 MAI 2020 classement National



12. TECHNICAL INFORMATION

Competition	Scale	Contour interval	Maps dimension
Middle Distance	1/15.000	5 m	A4: 21 / 29.7
Sprint	1/5.000	2.5 m	A4: 21 / 29.7
Middle Distance	1/10.000	5 m	A4: 21/29.7 or 29/42
Mass Start and/or Long Distance	1/15.000	5 m	A4: 21/29.7 1 ou 2 cartes

Terrain description

Middle distance	Typical forest Fontainebleau. alternating rocky and sandy areas, open areas and forest. Fairly dense path network, good cyclability and low relief.
Sprint	Mixed urban and forest, low relief and great density of paths
Middle distance	Typical forest Fontainebleau. alternating rocky and sandy areas, open areas and forest. Fairly dense path network, good cyclability and low relief.
Massstart or/and Long distance	Typical forest Fontainebleau. alternating rocky and sandy areas. Fairly dense path network, good cyclability and low relief in the first part and flat in second part.

Courses Technical Informations

Date / shedule	May 29th 2020	May 30th 2020	May 31th 2020	May 31th 2020	1er jn 2020
Location	Samois sur seine	Montigny sur Loing	Moret sur Loing	Fontainebleau	Fontainebleau
Formats	Accueil & Entrainement	Moyenne Dist.	Sprint	Moyenne Dist.	Mass Start et Moyenne Dist
Distances	<i>next Bulletin</i>	<i>next Bulletin</i>	<i>next Bulletin</i>	<i>next Bulletin</i>	<i>next Bulletin</i>
Postes	<i>next Bulletin</i>	<i>next Bulletin</i>	<i>next Bulletin</i>	<i>next Bulletin</i>	<i>next Bulletin</i>
Dénivelée	<i>next Bulletin</i>	<i>next Bulletin</i>	<i>next Bulletin</i>	<i>next Bulletin</i>	<i>next Bulletin</i>
Fléchage routier	<i>next Bulletin</i>	<i>next Bulletin</i>	<i>next Bulletin</i>	<i>next Bulletin</i>	<i>next Bulletin</i>
Parking - GPS	<i>next Bulletin</i>	<i>next Bulletin</i>	<i>next Bulletin</i>	<i>next Bulletin</i>	<i>next Bulletin</i>
Accueil - GPS	<i>next Bulletin</i>	<i>next Bulletin</i>	<i>next Bulletin</i>	<i>next Bulletin</i>	<i>next Bulletin</i>

13. COMPETITIONS RULES

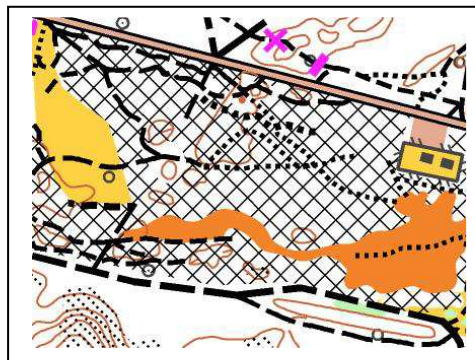
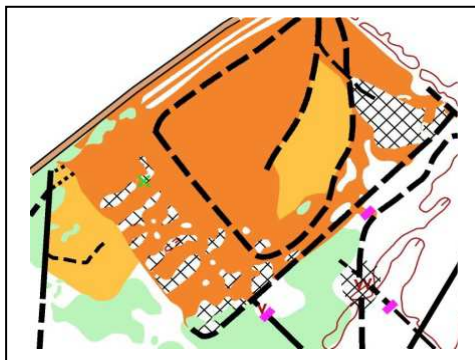
All events excepted WRE events will be organized in accordance with the French Competition Rules : http://www.ffcorientation.fr/media/cms_page_media/72/reglement_des_competitions_2020_vuE0m0b.pdf

The 2 WRE will be organized in accordance with the IOF Competition Rules for MTB Orienteering Events as published by the IOF, the Special Rules for the WRE MTB Orienteering and the IOF Anti-Doping Rules valid at the time of the Event. IOF MTB Orienteering Competition rules are available on: <https://orienteering.sport/mtbo/competition-rules/>

Summary of the most important rules :

Riding off the track, trail or path is STRICTLY PROHIBITED. It is only allowed riding :

in open areas (specification orange) or in forest (specification Black grid)



Competitors riding off road in restricted areas are responsible for any damage claimed by the landowners and will be disqualified.

- In France 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.
- You are not a priority. Respect other users : pedestrians, walkers .

14. TIME KEEPING SYSTEM

- SPORTident Air+ will be used on all events with SI-Card and compatible Control Stations. (range next bulletin)
- 35 SI cards can be rented from the organizers for 10 € / for all races (deposit of 80 €).
- The reservation of the SI CARD must be made at the same time as the registration

15. ANTI DOPING

- Doping is strictly forbidden, and the organizers of World Ranking Event and National are dedicated to supporting the anti-doping authorities in their work.
- Doping controls may be carried out any time during the competition period..
- 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.
- The participants who are selected for the doping tests must bring an official identification (with photo) to the doping test area. The participants should also bring along their therapeutic use exemption (TUE) if applicable.

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

16. MEDICAL and EMERGENCY

- The FFCO Medical rules will be applied for the 4 races
- A doctor on the finish area with rescue operations by the if necessary

17. SAFETY and FAIR PLAY

- You don't have priority during or outside the race.
- You must always respect the highway code in cities and on the roads. Traffic will not be neutralized.
- Organizers or officials will be present for the main road crossings.
- In the forest there are walkers with dogs and horses. Be respectful of others and stay fair play.
- You must follow the compulsory passages

18. ACCOMMODATIONS

Tourism Office /

<https://www.fontainebleau-tourisme.com/fr/accueil/>

<https://www.france-voyage.com/villes-villages/moret-loing-et-orvanne-31049/office-tourisme-moret-seine-loing-36859.htm>

<https://www.gites-de-france.com/fr/search?destination=La%20Chapelle-la-Reine&towns=65756>

Hôtels et Gîtes :

[https://www.tripadvisor.fr/Hotels-g187145-Fontainebleau Seine et Marne Ile de France-Hotels.html](https://www.tripadvisor.fr/Hotels-g187145-Fontainebleau-Seine-et-Marne-Ile-de-France-Hotels.html)

<https://www.booking.com/gites/city/fr/fontainebleau.fr.html>

Campings :

<https://www.campingfrance.com/recherchez-votre-camping/ile-de-france/seine-et-marne/fontainebleau>

<http://france.camping.free.fr/camping.php?ville=veneux-les-sablons,1301>

Gîtes / Groupe

<https://www.grands-gites.com/gite-groupe-seine-et-marne.htm>

lechaletduverger@orange.fr

19. TRANSPORT

No transport will be organized for participants

- Airport car rental agencies : Orly, Charles de Gaulle, Beauvais
<https://www.parisaeroport.fr/passagers/acces/location-voiture>
- car rental agencies: in Fontainebleau, Melun, Nemours...
<https://www.loca-voiture.fr/louer-a-Fontainebleau,fr.htm>

20. COMMODITIES and OTHER

Washing stations :

- **Avon** : 62 avenue du pont de Valvins – 77210 Avon
0164396464 - <https://www.elephantbleu.fr/2757-avon.html>

Bike shops and equipment:

- **A la petite reine** : 14 rue de la Paroisse - 77300 Fontainebleau –
01 60 74 57 57 - <http://www.alapetitereine.com/>
- **Culture Vélo** : 575 avenue André Ampère ZAC Champlys - 77190 Dammarie-les-Lys
Tél. 01 64 37 62 22 - <https://www.culturevelo.com/-Dammarie>

21. METEO

In May the weather is most often sunny. During the day 17 ° / 20 ° and 14 ° / 16 ° at night.
Sunrise 6:00 a.m. - sunset 10:00 p.m.

22. VISAS

It is everyone's responsibility to inquire at their embassy to find out the documents and procedures to be followed to return legally to French territory and / or the Shingen area.



