



**wmtb**  **2015**  
world MTB orienteering  
championships Liberec

**Bulletin 4**

**WELCOME TO WORLD MTB ORIENTEERING CHAMPIONSHIPS  
& JUNIOR WORLD MTB ORIENTEERING CHAMPIONSHIPS**

**MTB Orienteering World Cup 2015 Round 3**

**BULLETIN 4**

**LIBEREC, CZECH REPUBLIC**

**15 — 23 AUGUST 2015, LIBEREC**



*Dear MTBO friends around the world,*

*On behalf of the Czech orienteering federation I am very pleased to welcome the competitors, team leaders, officials, spectators and guests to the 2015 IOF World MTB Orienteering Championships and Junior World MTB Orienteering Championships in the Czech Republic.*

*This is the second time the Czech Orienteering Federation has hosted the WMTBOC. In 2007 the WMTBOC took place in Nové Město na Moravě and I suppose that many of the competitors from that championship will be competing again here in Liberec. I believe that these competitors remember WMTBOC 2007 as the championships that increased the quality of these competitions.*

*I firmly believe that the forthcoming WMTBOC will be organized successfully and will bring new trends in the world of MTBO – for example live TV coverage made by the Czech TV.*

*Whether you are a competitor, an official, a spectator or a guest at the World MTB Orienteering Championships, we are sure you will find it a memorable and enjoyable experience. I would like to thank the experienced and dedicated team of people that have worked hard to organize the competitions, and finally to wish all of you success on the tracks of these competitions!*



***Radan Kamenický, Chairman of Czech Orienteering Federation***



*I am delighted to greet the best competitors from thirty countries that have come to the District of Liberec district to take part in the World Championships and Junior World Championships in Mountain Bike Orienteering. I am so pleased that the organizers of the event have chosen our region, which provides perfect conditions for cycling. I very much hope that the competitors and their teams will enjoy not only the competition itself but also appreciate the unique aspects of the Liberec District, which make it a paradise for all outdoor sports enthusiasts.*

*Even if orienteering cycling is a relatively young sports discipline, it is an interesting and exciting activity which is steadily gaining in popularity in the Czech Republic. The Liberec Region is particularly suited for this sport, offering a variety of types of terrain. The participants of the World Championships will certainly have first-hand experience of cycling in the Jizera Mountains and its foothills, and discover the beautiful area known as the Czech Paradise. In addition, after the competitions, the athletes will have the opportunity to visit the towns where the individual competitions take place - Liberec, Turnov and Jablonec nad Nisou.*

*I'd like to wish all participants every success in their endeavors and a wealth of enjoyable experiences during this, the most prestigious MTBO competition. I'd also like to wish the organizers all the very best; may everything go smoothly and be really enjoyable for you too. Lastly, may all the fans have a fantastic and fun time during this remarkable event. Come, watch and support everyone taking part in these amazing championships, including our very own Czech national team!*

**Martin Půta, President of the Liberec Region**

## Obsah

1. GENERAL.....	5
1.1. Organizers.....	5
1.2. Overall map .....	6
1.3. Event Centre/ Event Office.....	6
1.4. Time Schedule .....	8
1.5. Team Leaders' Meetings Information .....	9
1.6. Summary of received entries .....	9
1.7. Local Weather Conditions .....	10
1.8. Health care .....	10
1.9. Media services.....	10
1.10. Live coverage, GPS tracking.....	10
1.11. Bicycle storage and wash .....	10
1.12. Protocol at prize giving ceremonies .....	11
1.13. Catering services.....	11
1.14. Training.....	11
2. COMPETITIONS.....	12
2.1. Restricted areas.....	12
2.2. Rules .....	12
2.3. Classes .....	13
2.5. Starting order .....	13
2.6. Time keeping and punching system .....	13
2.7. Starting bibs.....	14
2.8. Anti-doping.....	14
2.9. Model Event, Saturday, August 18th.....	14
2.10. Opening Ceremony, Monday, August 17th.....	14
2.11. Closing ceremony, Banquet, Saturday, August 22 <sup>nd</sup> .....	14
2.12. Open races.....	15
3. COMPETITION DAYS .....	15
3.1. Middle Event day, Tuesday, August 18th.....	15
3.2. Sprint Event day, Wednesday, August 19th .....	20
3.3. Long Event day, Friday, August 21st.....	25
3.4. Relay event day, Saturday, August 22nd.....	29
4. Tourist opportunities in the Liberec region for the rest day.....	33

## 1. GENERAL

### 1.1. Organizers



**Slavia Liberec Orienteering**



**Czech Orienteering Federation**

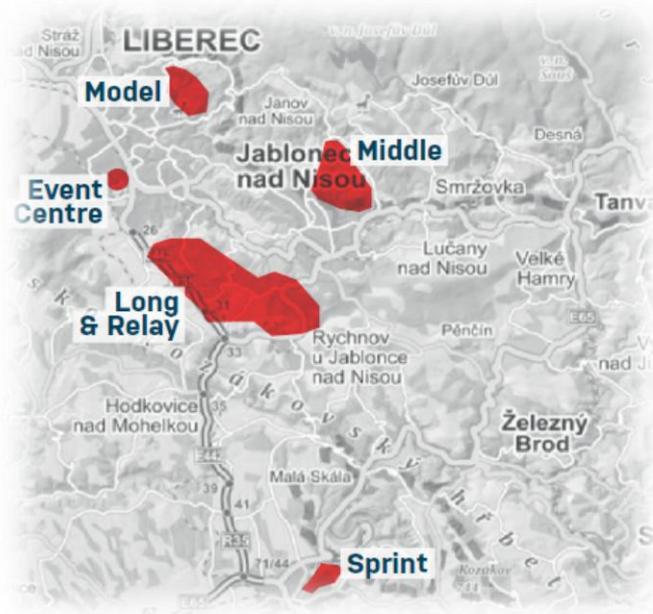
#### **Organizing Committee**

Event director	Michal Horáček
Competitions' director	Jiří Putík
Race director sprint	Milan Meier
Race director middle	Milan Jirásek
Race director long	Leoš Bogar
Race director relay	Ctibor Podrábský
Map maker	Miroslav Horáček
Time keeping, IT	Michal Horáček
PR & Media	Kateřina Horáčková
Event office	Bohdana Heczková
Finance director	Jakub Vodrážka
Public competition	Eliška Masopustová

#### **Event advisors**

IOF Event Advisor	Marián Kazík
National Controller	David Hlaváč
Czech Federation Representative	Zbyněk Pospíšek

**1.2. Overall map**



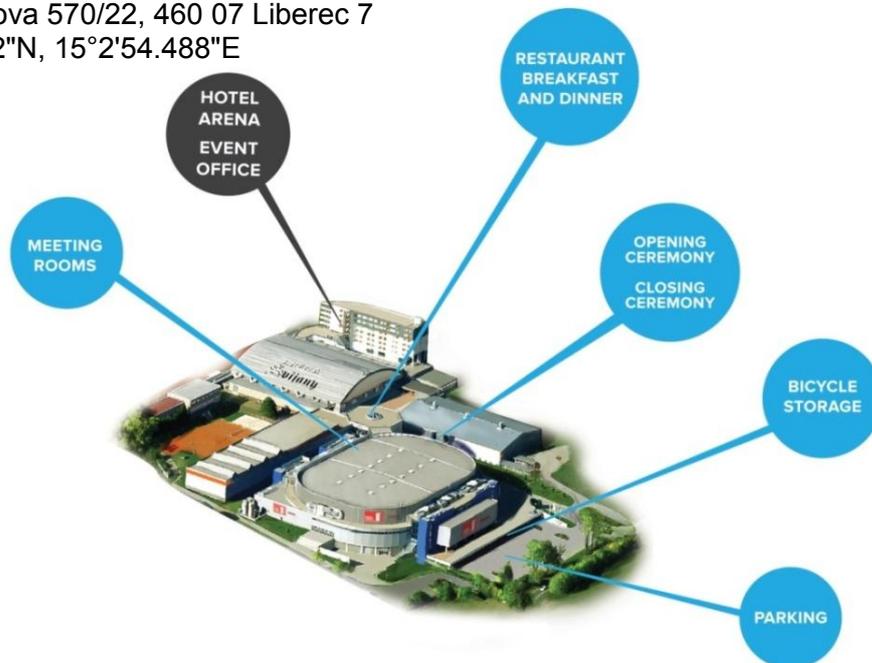
**1.3. Event Centre/ Event Office**

**EVENT CENTRE**

The WMTBOC Event Center will be situated in the Sport Park Liberec - <http://www.sportparkliberec.cz>. Event Center will be site of Event Office, Opening ceremony, Team leaders meetings, Closing Ceremony and Banquet, and also secure bicycle storage. In hotel Arena there is a Meeting room available for individual or team meetings. This room may be booked at the Event office.

**Sport Park Liberec**

Address - Jeronýmova 570/22, 460 07 Liberec 7  
 GPS - 50°45'14.482"N, 15°2'54.488"E



## EVENT OFFICE

### The Event and Race Office opening hours

	<b>EVENT CENTRE (Event Office)</b>	<b>COMPETITION CENTRE (Race Office)</b>
<b>Saturday 15 August</b>	10:00 – 22:00	-
<b>Sunday 16 August</b>	9:00 – 21:00	-
<b>Monday 17 August</b>	9:00 – 19:00	-
<b>Tuesday 18 August</b>	16:00 – 19:00	10:00 – 14:00
<b>Wednesday 19 August</b>	-	14:00 – 16:30
<b>Thursday 20 August</b>	10:00 – 12:00, 17:00 – 19:00	-
<b>Friday 21 August</b>	17:00 – 19:00	10:00 – 16:00
<b>Saturday 22 August</b>	-	11:00-14:00

## TEAM ACCREDITATION PROCESS

One Team Official should collect the accreditation for the whole team. As part of this process, the team members' passports must be shown to prove the nationality and full passport-holding citizenship of the country of their Federation (Rule 6.2).

Each team will get a WMTBOC 2015 information/material pack from the Event office after accreditation, to include:

- Bulletin 4 for all team members
- SIAC (SI active card) for each competitor
- Model event maps for all team members
- Accreditation cards
- Lunch tickets (if this service has been pre-booked)
- Banquet bracelets (if the banquet tickets have been pre-booked)
- Parking tickets
- Tourist brochures and maps

**Event Office Contact** – Bohdana Heczko, [entries@wmtboc2015.cz](mailto:entries@wmtboc2015.cz), +420 725 311 368

### 1.4. Time Schedule

Date		from	to
<b>Saturday, 15 August</b>	<b>Event office</b> (opening hours)	12:00	22:00
<b>Sunday, 16 August</b>	<b>Model Event</b>	10:00	16:00
	<b>Event office</b>	9:00	21:00
<b>Monday, 17 August</b>	<b>Open training</b>	14:00	16:00
	<b>Event office</b>	9:00	19:00
	Deadline for final entries - Middle	-	12:00
	Deadline for submitting name entries for Long distance	-	12:00
	<b>Opening ceremony</b>	17:00	18:00
	Team leaders meeting – Middle	19:00	-
<b>Tuesday, 18 August</b>	<b>Middle distance</b>	9:00	14:00
	Deadline for final entries - Sprint	-	12:00
	<b>Price giving ceremony</b>	14:15	-
	<b>Open race</b> (Middle distance)	15:00	18:00
	Team leaders meeting - Sprint	19:00	-
<b>Wednesday, 19 August</b>	<b>Sprint</b>	12:00	15:45
	<b>Price giving ceremony</b>	15:50	
	<b>Open race</b> (Sprint)	16:30	19:00
<b>Thursday, 20 August</b>	<b>Rest day</b>	-	-
	Deadline for entries – Long	-	12:00
	<b>Open MTB Orienteering Forum</b>	17:00	-
	Team leaders meeting Long	19:00	-
<b>Friday, 21 August</b>	<b>Long distance</b>	9:00	15:00
	Deadline for entries - Relay	-	12:00
	<b>Price giving ceremony</b>	15:15	-
	<b>Open race</b> (Long distance)	16:00	20:00
	Team leaders meeting - Relay	19:00	-
<b>Saturday, 22 August</b>	<b>Relay</b>	10:00	14:00
	<b>Price giving ceremony</b>	14:00	-
	<b>Open race</b> (Free order)	14:30	17:30
	<b>Closing ceremony, Banquet</b>	19:00	1:00
<b>Sunday, 23 August</b>	Teams departures	-	-

### 1.5. Team Leaders' Meetings Information

Team leaders' meeting will take place in the Event Centre – Sport Park Liberec, near Hotel Arena. A meeting room will be labeled. Team leaders meetings will be organized every evening before the specific race. Meetings start at 19:00.

### 1.6. Summary of received entries

		seniors		juniors		officials
		men	women	men	women	
	AUS	1	1	1		
	AUT	6	3	5	6	5
	BLR			1	1	
	BUL	1				1
	CZE	8	6	6	3	5
	DEN	6	3	3	1	2
	ESP	5	2	1	1	1
	EST	6	2		1	1
	FIN	6	6	6	4	3
	FRA	5	3	3	3	2
	GBR		3	1		1
	GER	4	1			
	HUN	2	1	1	1	
	IRL	1				
	ITA	4	2	3	1	2
	JPN	4	2		1	
	LAT	4	3	3		
	LTU	6	6	3	3	
	NOR	1		1		
	POL	2	1	3		1
	POR	6	3	5		
	ROU	1				
	RUS	8	5	6	6	2
	SLO	2				
	SUI	1	1	2	1	1
	SVK	3	1	3		
	SWE	5	4	6	4	3
	TUR			2		1
	UKR	2		1		
	USA	6	4			
		<b>106</b>	<b>63</b>	<b>66</b>	<b>37</b>	<b>31</b>

### 1.7. Local Weather Conditions

The weather in August in Liberec Region is usually warm. The temperature in the end of August is from 23° to 32° Celsius during the day and from 10° to 15° C in the night. The average temperature in August in Liberec Region is 16° Celsius. Average precipitations are 80 mm during August and there is 17 rainfall days.

For the weather forecast check for example <http://www.yr.no/>.

### 1.8. Health care

The Organizer will provide first aid at the arenas of each event. The health personnel will be equipped with four-wheeler with equipment for intervention in terrain including equipment for transport of wounded.

In case of any accident during competition please contact first our local emergency number **+420 732 456 308** or any organizer guiding controls.

For any other emergency calls use international emergency number **112**.

The organizer 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.

### 1.9. Media services

We welcome all media representatives to WMTBOC in Liberec 2015. Registered media representatives can pick up their accreditation cards at Event office.

At each Competition Center there will be a special facility for media with one computer to use and all necessary information (start lists, Bulletin 4, results...). Media facility will be available only to registered media representatives.

**Media contact** - Kateřina Horáčková, [media@wmtboc2015.cz](mailto:media@wmtboc2015.cz)

### 1.10. Live coverage, GPS tracking

Live coverage will be arranged via IOF Livecenter (<http://livecenter.orienteering.org>). Live streaming of GPS tracking, video and audio from finish arena and split times from radio controls will start immediately after closing the starting quarantine.

The names of selected competitors who will be equipped with GPS transmitter will be published at Team leaders meeting prior to each competition. GPS units can be carried in a competitor's jersey or in a camel bag.

### 1.11. Bicycle storage and wash

Bike storage is located on the VIP section parking at Event Center, the route will be marked. Bike Depository is not Self-Service. Only clean bikes will be stored.  
Deposit:

You give your bike to the storage Staff. The bike will be carefully marked and stored. You will receive a ticket with the same number as the label on your bike. Please keep this ticket very carefully, without a ticket no bike will be given out.

Withdraw:

Your bike will be given out only by presenting the ticket and accreditation card. This is the security requirement; respect this and also the opening hours in time schedule.

Bike washing will be available at Competitions Centers and bicycle storage.

### **1.12. 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.

### **1.13. Catering services**

There is catering service at each Competition centers.

- Only available for those who booked before 15 August
- Price – 6 EUR per lunch package
- Payment at the Event office together with accreditation
- The lunch package contains – hot meal, cold drink, coffee or tea and fruits or dessert.
- Packages will be served at the Competition Centers in the field restaurant.
- Main course for each day-
  - 18 August - Chicken steak with basil fresh pasta and tomato
  - 19 August - Meat loaf with fresh marjoram and potatoes with parsley, garnish
  - 21 August - Roasted beef with traditional gravy and steamed rice
  - 22 August - Chicken „schnitzel“ strips, boiled potatoes with herbs, lemon



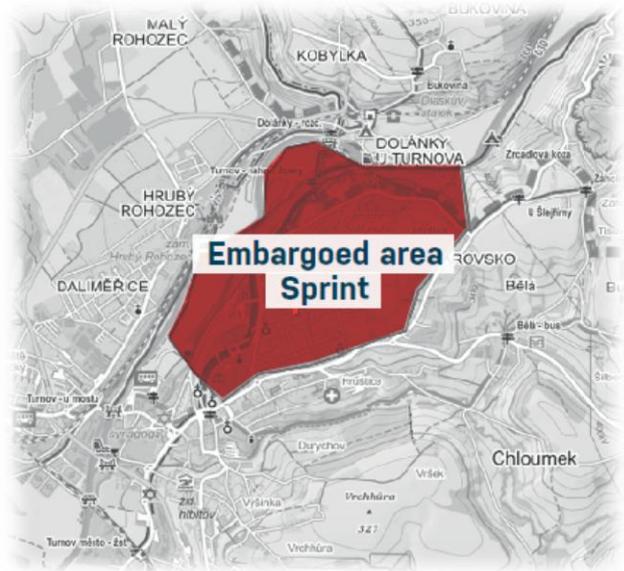
**GASTRON**

### **1.14. Training**

There will be available a model map for training possibilities during the whole competition week. The maps will be available at the Event Office for 3 EUR.

## 2. COMPETITIONS

### 2.1. Restricted areas



### 2.2. Rules

The “Competition Rules for IOF MTB Orienteering Events” and “Special Rules for MTB Orienteering World Cup” valid for 2015 apply (hereinafter rules). Updated version can be downloaded – <http://orienteering.org/mtb-orienteering/rules/>.

#### Specification of riding off the tracks

Riding off the tracks is not allowed and the competitors riding off the tracks will be disqualified. All controls will be situated on paths. Movement out of the tracks is allowed only

if competitors carry the bike. All controls will be situated on paths and achievable from the bike.

In the Czech Republic one drives on the right side of road. Riders must ride on the right side on all roads and tracks. Overtaking slower riders should be done by the left.

#### Permitted deviations from rules

Because of the better readability of relay map, scale 1:10 000 will be used. For that reason the map size will be 36 × 30 cm.

### 2.3. Classes

WMTBOC: W21, M21

JWMTBOC: W20, M20

### 2.4. Jury

Wolf Eberle AUT

Andre Hermet FRA

Ursula Häusermann SUI

### 2.5. Starting order

Each team will receive for each discipline (except relays) *Starting group allocation form* with list of all entered competitors. The team leader will choose the required starting group for each competitor by crossing the check box. In each individual competition each Federation shall allocate its competitors to 3 or 4 starting groups with a maximum of 2 competitors to each group. Before allocating a second competitor to a group, a Federation shall allocate one competitor to each group. If a Federation fails to allocate its competitors to starting groups, the organiser shall decide the allocation. The starting groups are early, middle, late, orange and red for WMTBOC, early, middle and late for JWMTBOC. There will be a special entry form for relays.

#### ***Qualification procedure for allocating start slots for World MTB Orienteering Championships (WMTBOC) Long distance competitions***

The teams are required to submit name entries of the athletes for the Long distance competition by noon the day before the first competition day of the World Championships. The nominal entries will be part of *Starting group allocation form* for middle distance which has to be submitted to the Event Office until 12:00, August 17<sup>th</sup>.

### 2.6. Time keeping and punching system

The punching system used in all competitions will be SPORTident. SIAC (SI active card). The SI cards will be rented to all competitors for the whole Event as part of starting fee. Although all competitors will be equipped with SIAC, standard contact punching system will be used at all control points. System Air plus will be active only for contact-less finish time keeping.

Collection of all SIAC cards will be done after relay finish. Competitors who are not starting at relays will return the SIAC card after finishing their last competition in the finish area.

### **Starting procedure for SIAC**

Before each competition this procedure has to be followed: clear SIAC (time -3 for individual races), SIAC on (time -2 for individual races) slowly flashing green LED indicates ON state, SIAC check (time -2 for individual races). For relay competition all three units will be located at the entrance to starting/change over zone.

### **Finish procedure for SIAC**

For individual competitions competitor's time will be stopped by passing SIAC finish line as well as for the last leg of relays, the first and second leg competitors will punch finish after exchange. SIAC function will be automatically switched off after read out of SIAC at finish area.

## **2.7. Starting bibs**

2 starting bibs will be given out to each competitor for each discipline. One starting bib has to be placed in the front of the bike, the second one on the back of the rider (tapes and safety pins to fit the numbers will be distributed with bibs). The bibs will be available at Teams leaders meeting before each discipline.

## **2.8. Anti-doping**

Doping is strictly forbidden, the organizers of the World MTB Orienteering Championships 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 for Testing. The IOF Anti-Doping 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. 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/>.

## **2.9. Model Event, Saturday, August 18th**

Controls in the terrain will be available from 10:00 to 16:00. Maps will be given out to the team officials at accreditation in Event office. No registration for the model event is needed.

Starting and finish procedure with SIAC cards can be tested in Model Event Center from 10:00 to 14:00. The Model Event is accessible by car or by bike from the Event Centre – see directions.

## **2.10. Opening Ceremony, Monday, August 17th**

Opening ceremony will be held in Home Credit Arena from 17:00. We ask the teams to come at 16:30 to the EXIT NORTH. Please select two of your teams to be a flag bearer and a bearer of country name sign. The teams that have only one member will be supported by the organizers. As a part of the Opening ceremony [ARIES](#) and [A-STYL](#) will perform.

## **2.11. Closing ceremony, Banquet, Saturday, August 22<sup>nd</sup>**

Closing Ceremony as well as Banquet will be held on Saturday in Home credit Arena from 19:00.

**Banquet tickets include:**

- meals
- beer, wine
- choice of non-alcohol drinks
- live music by [Big 'O' Band](#)
- DJ's music

**2.12. Open races**

A special Bulletin related to open races will be published on the event web pages. Generally, open races will start immediately after world championships race with the same competitions centers.

**3. COMPETITION DAYS**

**3.1. Middle Event day, Tuesday, August 18th**

**3.1.1. Schedule of the day**

Race office opening hours (Competition centre)	10:00-14:00
Start quarantine opens	7:30
Start middle distance course	9:00
Last entry into the start quarantine zone	10:00
Deadline for final entries – sprint distance (Race office)	12:00
Price giving ceremony at middle distance arena	14:15
Open race (Middle distance)	15:00-18:00
Event office (Event centre - EC)	16:00-19:00
Team leaders' meeting - EC	19:00-20:00
Bike storage - EC	7:00-10:00, 17:00-20:00

**3.1.2. Travelling**

Distance from the EC to the middle event arena – 16 km.

Direction: see the attached map and navigation guide

Parking: marked with signs, please follow the instructions of organizers. Maximum 2 cars from every national team will be allowed to park directly in the finish area, all other cars will be parked near the start quarantine zone.

**3.1.3. Quarantine**

Quarantine zone will be open from 7.30.

Deadline - last entry into the start quarantine zone at 10.00.

No finish quarantine.

Using of telecommunication devices (phones, tablets, notebooks ...) inside the quarantine zone is not allowed. Respect fair play!

Riders and coaches are not allowed to visit the finish arena before entering the quarantine zone. Competitors must enter the quarantine zone before the relevant deadline time-limit; otherwise they will not be allowed to participate in the race.

Competitor's clothes and other personal belongings will be transported from a quarantine zone to the finish arena. Please, put your things into the plastic bags provided by organizers and sign it with your start number and national team acronym (CZE, FRA, SWE...).

### 3.1.4. Facilities

Catering service with a daily menu (needs to be ordered in advance as announced on web pages).

Toilets, tents and water in the quarantine area.

Toilets, tents and refreshment in the finish arena – facilities of the biathlon stadium.

Because of the expected very hot weather conditions there will be prepared pure water as refreshment for competitors near the end of spectators' leg.

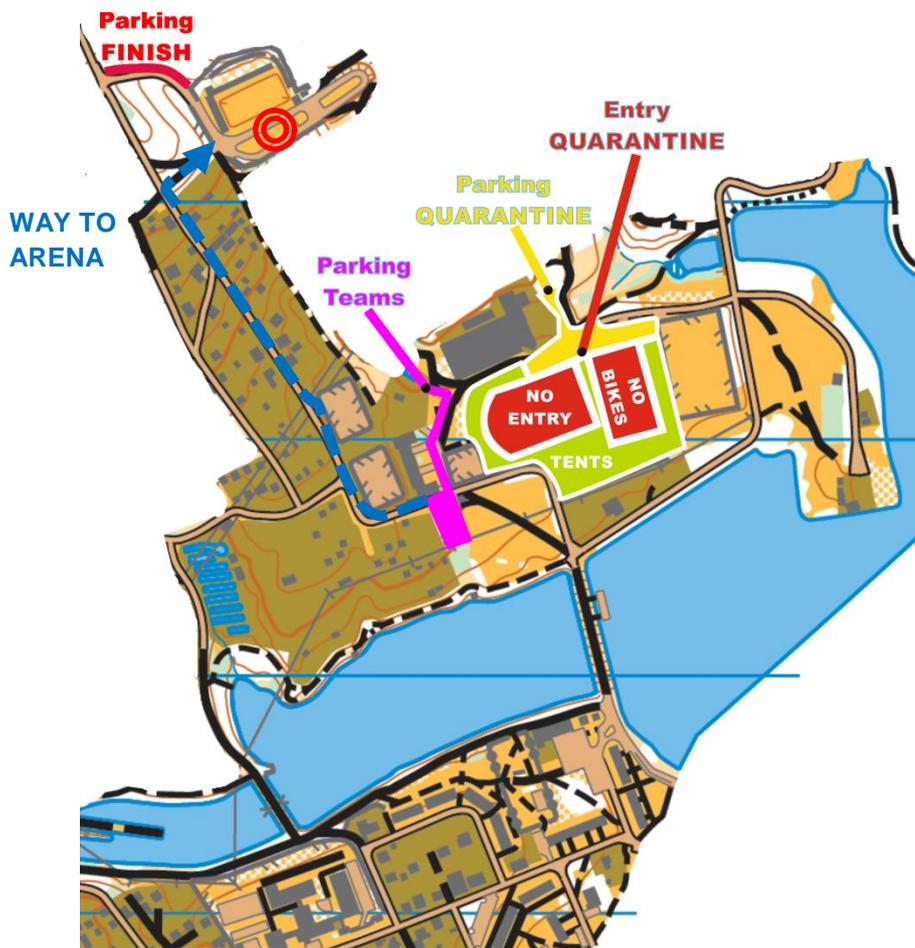
### 3.1.5. Map collection

Maps will be collected after the race. They will be returned before team leaders meeting. Please, respect fair-play and don't reveal information about the race (map, track) to the other competitors in open categories.

### 3.1.6. Map of arena & parking & quarantine zone



- 3 TV screen**
- 4 Finisher's bikes**
- 5 Bike washing**
- 6 Finish line**
- 7 Showers**
- 8 Changing tents**
- 9 Spectators**
- 10 IT & Event office**
- 11 Finish area**
- 14 VIP+PRESS**
- 15 Refreshment**
- 16 Toilets**
- 17 First Aid**



### 3.1.7. Course and map details

	Length	Optimal route	Controls	Climb
<b>W20</b>	7,6 km	11,8 km	19	360 m
<b>W21</b>	8,8 km	13,7 km	22	480 m
<b>M20</b>	8,6 km	13,4 km	23	470 m
<b>M21</b>	11,4 km	17,8 km	27	590 m

Time limit: 150 minutes

Map scale: 1:10000, contours 5m, waterproof paper

Map size: 34x30 cm, all categories have 2 maps. All competitors will obtain both maps at the start.



### **Start procedures:**

**Pre-start:** in the starting quarantine: exit at -20 minutes. There will be a clock showing your start time slot. Path from the pre-start to the start will be marked by blue-white stripes (flags) and direction marks. Distance between pre-start and start zone is 2,2 km with 60 meters climbing. **Please, be careful, path to the start zone is going through the city – respect other road traffic!**

**Start:** 3 corridors to which competitor enter 3 minutes before start.

1<sup>st</sup> corridor for SI confirmation by start staff and SI-clear.

2<sup>nd</sup> corridor for SI-check

3<sup>rd</sup> corridor - competitor will take the map, it is competitor responsibility to take the correct map

After the start the competitor has to follow a mandatory route (marked by red stripes) to the start point marked by a flag in the terrain. A distance between corridors and start point will be announced in the start area.

### **3.1.8. Terrain description**

The Middle distance area has hilly terrain with a dense network of roads, mostly good rideability. Steep slopes and climbing require a good riding technique. The climbs are usually not too long, yet quite often very steep. The terrain varies from sub montane with wider roads to suburban forest with smaller paths. Due to the very hot summer, most of tracks are dry with good rideability. Yet the unusually dry conditions made the roads slippery due to dust.

### **3.1.9. Courses**

The courses are physically and technically demanding. All courses pass the arena via a spectators' leg with two spectators' controls – first at the beginning and second at the end of the leg. Passing the arena is allowed only via this leg and by the compulsory marked route from the last control to the finish.

### **3.1.10. Map exchange**

All categories have a map exchange at the second spectators' control, after passing the spectators' leg. Competitors from all categories will punch the second spectators' control, exchange the map by themselves and continue their race. There will be a mark "MAP EXCHANGE". Don't forget to punch a control point at the end of spectator's route before map exchanging! The map start symbol on the second map will be at the map exchange / 2nd spectators' control. Courses on the first maps are ended at the 2nd spectators' control.

### **3.1.11. Special attention**

- The forest is used intensively for recreational purposes. We ask the competitors to watch out for the hikers, runners and bikers that can be met in the area.
- Some of the downhill sections especially in the south part of the map (cross-country tracks) are very steep and might be very dangerous. Always ride on the right side of the track and always anticipate a competitor/ non-competing person possibly emerging from any direction. Follow the basic MTB orienteering safety rules.
- All competitors will cross an asphalt road, which is dividing the map from SW to NE. This road is used a lot by pedestrians or bikers, quite often including children, thus be careful

when crossing it. The most frequent and potentially dangerous crossings will be guided by marshals in yellow vests.

- Some roads, although generally with very good or good rideability, have often drainage grooves (see the photo) which are built quite frequently. Some of them are deep so it is necessary to be very careful when crossing them. They are not marked on the map as a barrier because it wouldn't be possible to capture all of them and the map would become impossible to read.



### 3.1.12. Provisional red and orange groups

#### RED - M21

Ruslan Gritsan	RUS
Anton Foliforov	RUS
Jiri Hradil	CZE
Baptiste Fuchs	FRA
Jussi Laurila	FIN
Valeriy Gluhov	RUS
Hans Jorgen Kvale	NOR
Lauri Malsroos	EST
Luca Dallavalle	ITA
Cedric Beill	FRA

#### RED - W21

Cecilia Thomasson	SWE
Emily Benham	GBR
Svetlana Poverina	RUS
Marika Hara	FIN
Martina Tichovska	CZE
Gaelle Barlet	FRA
Ingrid Stengard	FIN
Hana Garde	FRA

Camilla Soegaard	DEN
Tatiana Repina	RUS

#### ORANGE - M21

Yoann Garde	FRA
Jonas Maiselis	LTU
Pekka Niemi	FIN
Marek Pospisek	CZE
Clement Souvray	FRA
Kevin Haselsberger	AUT
Vojtech Stransky	CZE
Tonis Erm	EST
Samuli Saarela	FIN
Tobias Breitschaedel	AUT

#### ORANGE - W21

Antonia Haga	FIN
Renata Paulickova	CZE
Marie Brezinova	CZE
Nina Hoffmann	DEN

Michaela Gigon	AUT	Sonja Zinkl	AUT
Maja Rothweiler	SUI	Laura Scaravonati	ITA
Ramune Arlauskiene	LTU		
Susanna Laurila	FIN		

### 3.1.13. Complaints

Time limit for complaints is 13:45. Complaints received after this limit will be accepted only if there are valid exceptional circumstances (described in the complaint). Any complaints shall be made in writing to the organizer – in that case please contact staff in the finish.

## 3.2. Sprint Event day, Wednesday, August 19th

### 3.2.1. Schedule of the day

Race office opening hours (Competition Centre)	14:00-16:30
Start quarantine opens	10:30
Start sprint distance course	12:00
Last entry into the quarantine zone	12:15
Price giving ceremony at sprint event centre	15:50
Open race (Sprint)	16:30-19:00
Event office – EC	16:00-19:00
Team leaders' meeting - EC	19:00-20:00
Bike storage – EC	7:00-10:00, 17:00-20:00

### 3.2.2. Travelling

Distance: from the EC to the middle event arena – 25 km.

Direction: see the attached map and navigation guide

Parking: marked with signs, please follow the instructions of organizers.

### 3.2.3. Quarantine

Quarantine zone will be open from 10.30.

Deadline - last entry into the start quarantine zone at 12.15.

No finish quarantine.

Using of telecommunication devices (phones, tablets, notebooks ...) inside the quarantine zone is not allowed. Respect fair play!

Riders and coaches are not allowed to visit the finish arena before entering the quarantine zone. Competitors must enter the quarantine zone before the relevant deadline time-limit; otherwise they will not be allowed to participate in the race.

Competitor's clothes and other personal belongings will be transported from a quarantine zone to the finish arena. Please, put your things into the plastic bags provided by organizers and sign it with your start number and national team acronym (CZE, FRA, SWE...).

### 3.2.4. Facilities

Catering service with a daily menu (needs to be ordered in advance as announced on web pages).

Toilets, tents and water in the quarantine area.

Toilets, tents and refreshment in the finish arena – facilities of the athletic stadium.

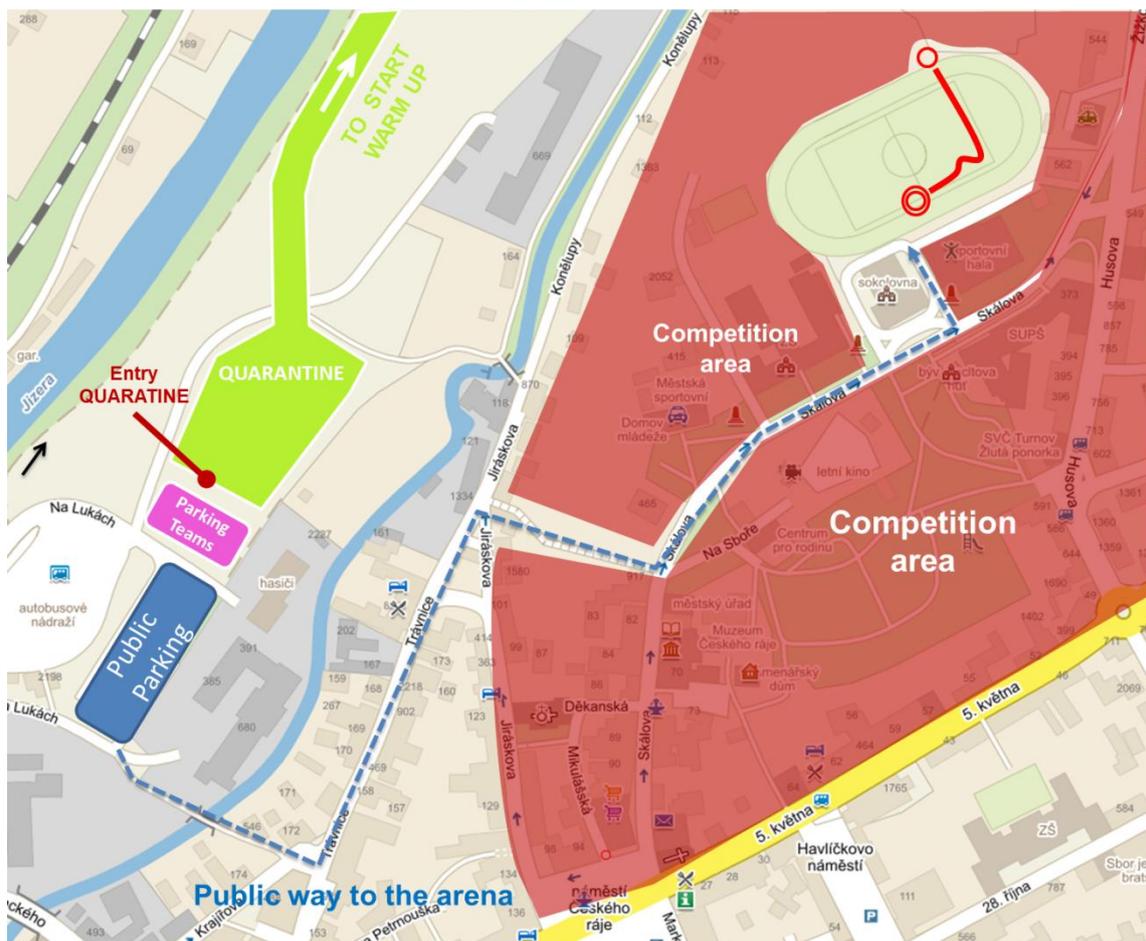
There will be no refreshment provided by organizers during the race.

### 3.2.5. Map collection

Maps will be collected after the race. They will be returned before team leaders meeting.

Please, respect fair-play and don't reveal information about the race (map, track) to the other competitors in open categories.

### 3.2.6. Map of arena & parking & quarantine zone





- 1 TV area
- 2 TV production
- 3 TV screen
- 4 Finisher's bikes
- 5 Bike washing
- 6 Finish line
- 7 Showers
- 8 Changing rooms
- 9 Spectators
- 10 IT & Event office
- 11 Finish area
- 13 From parking
- 14 VIP+PRESS
- 15 Refreshment
- 16 Toilets
- 17 First Aid

### 3.2.7. Course and map details

	Length	Optimal route	Controls	Climb
W20	4,8 km	7,1 km	16	100 m
W21	5,1 km	7,5 km	18	115 m
M20	5,2 km	7,5 km	17	105 m
M21	5,5 km	8,2 km	20	120 m

Time limit: 60 minutes

Map scale: 1:7500, contours 5m, waterproof paper

Map size: 24x22 cm



#### **Start procedures:**

Pre-start: there will be no pre-start procedure. Quarantine and warm-up areas are close to the start corridors.

Start: 3 corridors, which the competitor enters 3 minutes before start.

1<sup>st</sup> corridor for SI confirmation by start staff and SI-clear.

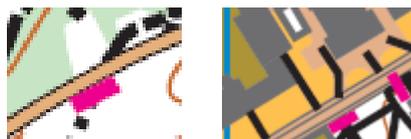
2<sup>nd</sup> corridor for SI-check.

In the 3<sup>rd</sup> corridor competitor take the map, it is competitor responsibility to take the correct map.

After the start the competitor has to follow a mandatory route (marked by red stripes) to the start point marked by a flag in the terrain. A distance between corridors and start point will be announced in the start area.

### 3.2.8. Terrain and course description

The sprint area is a combination of an open land, parks, a residential urban area and a forest with a dense network of paths and tracks. Part of the forest area is situated on a very steep slope so ride on some tracks might be technically and physically challenging for the competitors. There are some man-made objects that can help in navigation, e.g. small wooden houses; on the other hand, there are a variety of steps and small drainage trenches that will test the competitors' biking skills. There are couples of obstacles marked in the map which should be possible to cross but might be dangerous for rider who will not pay attention and fail to notice them in the terrain. So these steps or stairs, trenches and even a metal tag which are in the exit path from one of parks are marked with symbol 714.0 Dangerous object across track to keep maximum safety for competitors.



As mentioned above one part of the sprint event area is situated in residential urban area. The tracks there are extremely fast but competitors will not be able to see what is over the corner or curve of the track. There will be marshals in most critical places who will use a whistle to warn the competitors to prevent collision with other competitor if they will approach the same crossing from different directions. Be aware of high curbs of pavements. Some of most dangerous parts will be marked by orange marking spray or black/yellow ribbons.

There will be marked borders by red /white ribbons and small plastic fences of some paths in the park area to keep fair play for all competitors and to avoid off track ride on the grass. To ride on the bike cross these ribbons or small fences will be perceived as the off track ride and will cause a disqualification of the competitor.

The residential area will be closed for the traffic during the sprint race - nevertheless there might be some cars parked which might become an unexpected obstacle or people going to their houses. Be aware, that it is the riders' responsibility to observe the terrain and avoid any unsafe practices during the race.

There is a bridge in the middle of the map which is closed for all competitors due to safety reasons and it is marked as a forbidden path.



In all categories there is a path crossing the meadow which is not significantly visible in the terrain so this path will be marked in the terrain by yellow ribbons and on the map it is drawn with a symbol 705.0 - *Marked route*. This route is not mandatory; it is not included into course setting lines.



Samples of marked dangerous parts (trenches)



**3.2.9. Provisional ORANGE and RED groups**

**RED - M21**

Hans Jorgen Kvale	NOR
Anton Foliforov	RUS
Jiri Hradil	CZE
Baptiste Fuchs	FRA
Ruslan Gritsan	RUS
Jussi Laurila	FIN
Valeriy Gluhov	RUS
Lauri Malsroos	EST
Luca Dallavalle	ITA
Cedric Beill	FRA

**RED - W21**

Marika Hara	FIN
Emily Benham	GBR
Svetlana Poverina	RUS
Martina Tichovska	CZE
Cecilia Thomasson	SWE
Gaëlle Barlet	FRA
Ingrid Stengard	FIN

Hana Garde	FRA
Camilla Soegaard	DEN
Tatiana Repina	RUS

**ORANGE - M21**

Yoann Garde	FRA
Jonas Maiselis	LTU
Pekka Niemi	FIN
Marek Pospisek	CZE
Clement Souvray	FRA
Kevin Haselsberger	AUT
Vojtech Stransky	CZE
Tonis Erm	EST
Samuli Saarela	FIN
Jan Svoboda	CZE

**ORANGE - W21**

Antonia Haga	FIN
Renata Paulickova	CZE
Marie Brezinova	CZE

Nina Hoffmann	DEN	Susanna Laurila	FIN
Michaela Gigon	AUT	Sonja Zinkl	AUT
Maja Rothweiler	SUI	Laura Scaravonati	ITA
Ramune Arlauskiene	LTU		

### 3.2.10. Complaints

Time limit for complaints is 15:30. Complaints received after this limit will be considered if there are valid exceptional circumstances (described in the complaint). Any complaints shall be made in writing to the organizer – in that case please contact staff in the finish.

## 3.3. Long Event day, Friday, August 21st

### 3.3.1. Schedule of the day

Race office opening hours (Competition Centre)	10:00 -16:00
Start quarantine opens	7:30
Start long distance course	9:00
Finish quarantine activated	9:05
Last entry into the quarantine zone	11:00
Finish quarantine ends	11:05
Deadline for final entries – relay – Race office	12:00
Price giving ceremony at long event centre	15:15
Open race (Long distance)	16:00-20:00
Event office – EC	17:00-19:00
Team leaders' meeting - EC	19:00-21:00
Bike storage – EC	7:00-10:00, 17:00-20:00

### 3.3.2. Travelling

Distance: from the EC to the long event arena – 5 km.

Direction: see the attached map and navigation guide

Parking: marked with signs, please follow the instructions of organizers. Parking for competitors is placed approx. 300 meters from the quarantine zone, close to the finish arena. See Long-Quarantine section for areas entering.

### 3.3.3. Quarantine

Quarantine zone will be open from 7.30.

Finish quarantine will be activated from 9.30.

Deadline - last entry into the start quarantine zone at 11.00.

Finish quarantine ends at 11.05.

Using of telecommunication devices (phones, tablets, notebooks ...) inside the quarantine zone is not allowed. Respect fair play!

Start quarantine entry – team's cars will ride around the finish arena. Drivers will unload competitors and material near quarantine zone and then they have to drive a car back (approx. 300 meters) and use parking place near finish area. Then they can go back into the quarantine zone.

Competitors must enter the quarantine zone before the relevant deadline time-limit; otherwise they will not be allowed to participate in the race.

Competitor's clothes and other personal belongings will be transported from a quarantine zone to the finish arena. Please, put your things into the plastic bags provided by organizers and sign it with your start number and national team acronym (CZE, FRA, SWE...).

#### **3.3.4. Facilities**

Catering service with a daily menu (needs to be ordered in advance as announced on web pages) in the finish area.

Toilets, tents and water in the quarantine area.

Toilets, water, tents and refreshment in the finish arena.

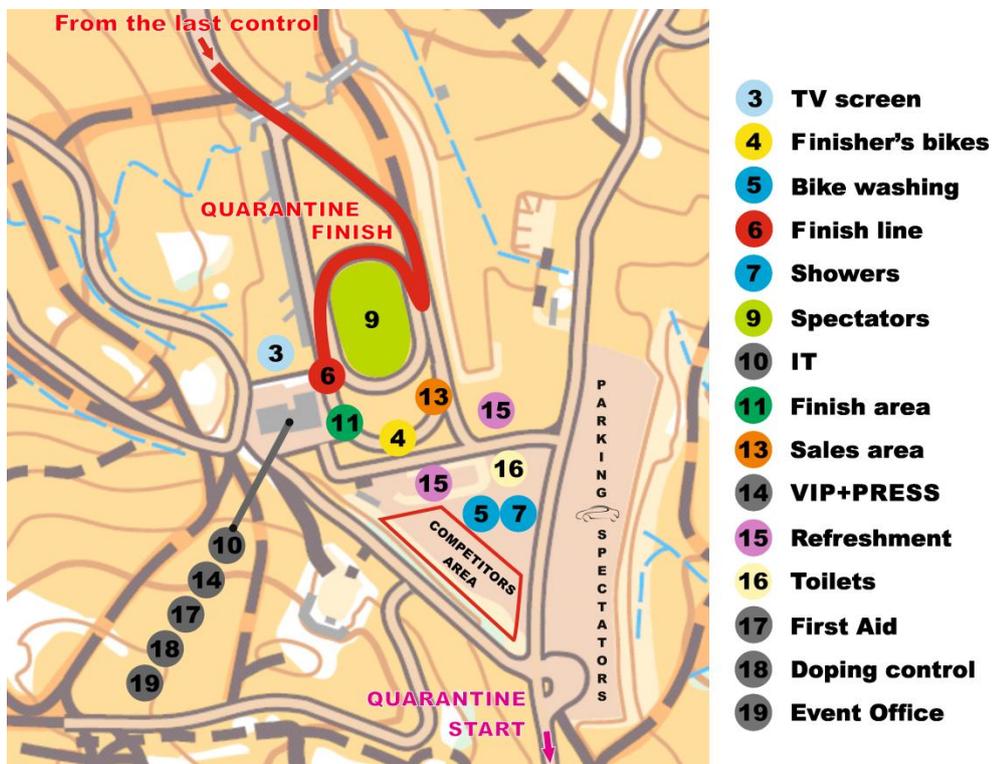
Refreshment during the race: there is a refreshment point in the terrain. There will be clear water provided by organizers. It is possible for athletes to use their own refreshment bottles. Rider's refreshments to be sent to the arena must be handed over to the organizers at 9.00 as latest at the place for bags to finish (quarantine zone). Personal bottles must be marked with start numbers and will be placed in refreshment point according to the number order.

#### **3.3.5. Map collection**

Maps will be collected after the race. They will be returned next day together with maps from Relay event (there is a partial overlap of long and relay maps).

Please, respect fair-play and don't reveal information about the race (map, track) to the other competitors in open categories.

### 3.3.6. Map of arena & parking



### 3.3.7. Course and map details

	Length	Optimal route	Controls	Climb
W20	14 km	19,2 km	12	690 m
W21	18 km	25 km	16	820 m
M20	17,8 km	25,6 km	16	860 m
M21	22 km	32,3 km	17	960 m

Time limit: 210 minutes

Map scale: 1:15000, contours 5m, waterproof paper

Map size: A3 format, all categories (except open and B-final) have 2 maps. All competitors will obtain both maps at the start.



#### Start procedures:

Pre-start: in the starting quarantine: exit at -10 minutes. There will be a clock showing your start time slot.

Path from the pre-start to the start will be marked by blue-white stripes (flags) and direction marks.

Distance between pre-start and start zone is 1,1 km, descent and flat, fast minor (asphalt) road.

**Please, be careful, path to the start zone leads on a minor road, there could be some minimal traffic!**

Start: 3 corridors, which competitor enter 3 minutes before start.

1<sup>st</sup> corridor for SI confirmation by start staff and SI-clear.

2<sup>nd</sup> corridor for SI-check.

In the 3<sup>rd</sup> corridor competitor will take his map (take the correct map, it's your responsibility!)

After the start the competitor has to follow a mandatory route (marked by red stripes) to the start point marked by a flag in the terrain. A distance between corridors and start point will be announced in the start area.

### **3.3.8. Terrain and course description**

Terrain for long is broken submontane terrain in a hilly (really hilly) spruce forest with many valleys and ridges. The whole competition area is covered with a network of forest roads and paths with a varied rideability.

Some roads, although generally with a good or very good rideability, have unexpected drainage grooves (some of them are deep), isolated rock-gardens and terrain roughness - be very careful when crossing them. They are not marked in the map as a barrier though, since it wouldn't be possible to capture all of them and the map would become impossible to read.



Always ride on the right side of the track and always anticipate a competitor/ non-competing person possibly emerging from any direction. Riders going up-hill, give right of way to riders moving down. Follow the basic MTB orienteering safety rules.

The forest is used intensively for recreational purposes. We ask the competitors to watch out for the hikers, runners and bikers that can be met in the area (hikers, bikers, especially horse-riders).

Courses are crossing some minor roads or the competitor can even follow these roads. On these roads there is possible some car traffic. There will be marshals in most critical places, but generally competitors are asked to obey traffic rules. Racers DO NOT HAVE absolute right of the way.

### 3.3.9. Map exchange

All categories have a map exchange. Don't forget to punch a control before map exchanging! The last control on the first page (map) and start symbol on the second page (map) are at the same place in terrain.

### 3.3.10. Provisional Orange and Red group

List of Orange and Red groups for long distance will be published in EC after collecting nominal entries on Monday August 17<sup>th</sup>.

### 3.3.11. Complaints

Time limit for complaints is 15.00. Complaints received after this limit will be accepted only if there are valid exceptional circumstances (described in the complaint). Any complaints shall be made in writing to the organizer – in that case please contact staff in the finish.

## 3.4. Relay event day, Saturday, August 22<sup>nd</sup>

### 3.4.1. Schedule of the day

Race office opening hours (Competition centre)	11:00 -14:00
Start quarantine open	9:00
Mass start relay 1 <sup>st</sup> leg – W20	10:00
Mass start relay 1 <sup>st</sup> leg – M20	10:05
Mass start relay 1 <sup>st</sup> leg – W21	10:10
Mass start relay 1 <sup>st</sup> leg – M21	10:15
Last entry into the quarantine zone – 2 <sup>nd</sup> and 3 <sup>rd</sup> legs	10:20
Price giving ceremony – World cup overall standings	14:00
Open race (Free order)	14:30-17:30
Bike storage – EC	7:00-10:00, 17:00-20:00
Closing ceremony, Banquet	19:00-1:00

### 3.4.2. Travelling

Same Competition centre as for the long event.

Parking: marked with signs, please follow the instructions of organizers.

### 3.4.3. Quarantine

There will be start quarantine for 2<sup>nd</sup> and 3<sup>rd</sup> legs.

Quarantine zone will be open from 9.00.

Deadline - last entry into the start quarantine zone at 10.20.

Respect fair play!

### 3.4.4. Facilities

Catering service with a daily menu (needs to be ordered in advance as announced on web pages) in the finish area.

Toilets, tents and water in the quarantine area.

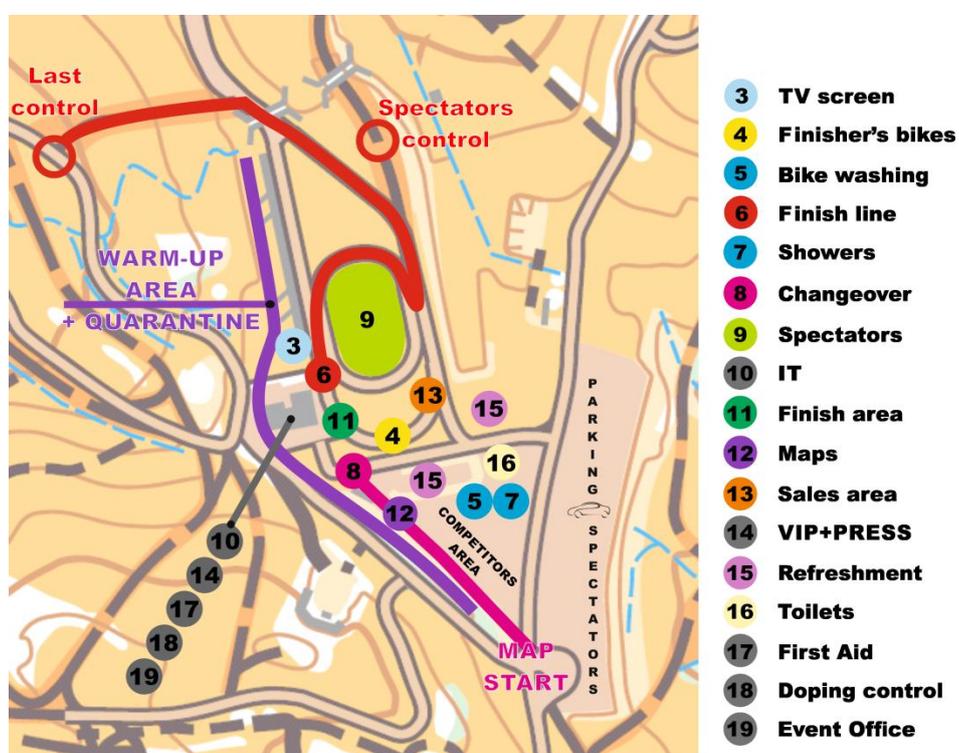
Toilets, water, tents and refreshment in the finish arena.

### 3.4.5. Map collection

Maps will be collected after the race. They will be returned at the same day.

Please, respect fair-play and don't reveal information about the race (map, track) to the other competitors in open categories.

### 3.4.6. Map of arena & parking



### 3.4.7. Course and map details

	Length	Optimal route	Controls	Climb
W20	8 – 8,6 km	10,9 – 11,5 km	14	280 m
W21	9,1 – 9,6 km	12 – 12,7 km	14	320 m
M20	10,6 - 11 km	14,1 – 14,8 km	17	440 m
M21	11,7 – 12,6 km	16,1 – 17,1km	18	540 m

All categories have a spectator's control. From the spectator's control it's about 10-12 minutes to the finish.

Time limit: Time limit: 90 minutes/leg

Map scale: 1:10000, contours 5m, waterproof paper

Map size: 36x30 cm.



### **Start procedures:**

Distance from time start to start point is 500 m, will be marked by red ribbons.

Starting and changeover procedures will be shown at 9.30.

1<sup>st</sup> legs: “Le Mans” starting procedure. 1<sup>st</sup> leg competitors will be let into the start area 5 minutes before their mass start to put their bikes on marked start positions.

2<sup>nd</sup> and 3<sup>rd</sup> legs: changeover is realized by touch in transition area. Then the competitors can proceed to the start area, take the map and start the race.

### **3.4.8. Terrain and course description**

The Relay area has broken submontane terrain in a hilly spruce forest with many valleys and ridges. Steep slopes and climbing require a good riding technique.

Part of the relay event (around the finish area) is situated in a cross-country skiing area. There is an open area with isolated trees. Some paths in this area are on the open meadows. In the terrain, these one-bike-paths can be recognized by the lower grass cutting. On the maps they are drawn by a standard black line. Second types of paths in this area are cross-country skiing tracks. Typically, they are wide (approx. 6-10 metres) tracks. On the maps they are drawn by a black line with an orange (839.002 *Rideable area*) surround. Because this year we have a very hot summer, there is a lot of dried grass around this ski tracks and it could be hard to recognize the right way. In this case, there will be used yellow ribbons to mark these paths in the terrain.

Warning – when you ride on the paths through a meadow in a cross-country skiing area (this will be after spectator’s control), be very careful and watch drainage grooves. Some of them are filled with stones or gravel, some of them are really deep, but most of them are hidden under the grass.

At the end of the course, there is a last map-challenging part of the race. It is an area with extremely dense network of paths. This area is usually used by motorcycle riders for motocross training. A path generalization is used there due to map readability. Small paths and tracks, which exist in the terrain, but are not drawn on the map will be fenced by the tape.

Map example – paths in a skiing area.



Photos from terrain, wide ski track (left)  
and one-bike-path (right):



### **3.4.9. Complaints**

Time limit for complaints is 13.30. Complaints received after this limit will be accepted only if there are valid exceptional circumstances (described in the complaint). Any complaints shall be made in writing to the organizer – in that case please contact staff in the finish.

#### 4. Tourist opportunities in the Liberec region for the rest day

##### **Liberec**

The town history goes back to the time when trade routes to Germany and Poland led through the location. As traders found crossing Ještědský hřeben too hard, it was necessary to set up a resting place. At that time Liberec used to be an open market village. The first notes on a town date back to 1352. In the first half of the 16th century it gradually changed into a vassal town. Liberec used to be the second biggest town in Bohemia.

Nowadays Liberec offers various tourist attractions. The city boasts of numerous important buildings, such as the City Hall, F. X. Šalda Theatre, and Museum of Northern Bohemia, Ještěd Viewing Tower, Babylon Leisure Centre and other cultural and historical sights. Liberec is also an ideal place for walks or hiking tours in its environs or in the Jizerské hory.



<http://www.visitliberec.eu/en/>

##### **The Jizera Mountains**

The Jizera Mountains are the northernmost range in the Czech Republic and are situated between the Lusatian Mountains and the Giant Mountains. They take their name from the River Jizera, which rises on the slope of the highest mountain, Smrk. Plateaus surrounded by granite hills and numerous peat bogs are characteristic of the area. There are nearly thirty peaks there that exceed the one-thousand meter mark. Some of them, however, are situated in the Polish part of these mountains, where the highest peak of the Jizera Mountains - Wysoka Kopa (1126 m above sea level), is also located. The highest mountain in the Czech part is Mt. Smrk (1124 m above sea level).

The hills and mountains of the Jizera Mountains are literally a second home for sports enthusiasts. A good infrastructure and high level of sports options ensure some great sports activities. During the summer, the Jizera Mountains are sought after for hiking, but in recent years cycling holidays have also become very popular.

<http://www.jizerske-hory.cz/en>

##### **Singltrek pod Smrkem**

Singltrek pod Smrkem is a first Singltrek brand MTB destination in the Czech Republic. This trail network placed under the majestic mountain of Smrk (The Spruce) into the beautiful wild nature of Northern slopes of Jizera Mountains was designed by the Welsh trail designer Dafydd Davis recognized to be a world leader in his field.



Presently Singltrek pod Smrkem offers trail loops of total length of 80 km in four grades of difficulty. Everyone can have fun here, from families with children to technically advanced riders. Everyone who tries them out enjoys the narrow winding Singltrek trails.

<http://www.singltrekpodsmrkem.cz/en/>

## Bohemian Paradise

There are not many places in Europe that offer as many natural attractions and beauties as Bohemian Paradise (Český ráj). At first glance, this hospitable landscape is scattered with dramatic rock formations, deep shady valleys, meandering rivers and quiet ponds surrounded by forests.

Bohemian Paradise is the oldest protected landscape area in the Czech Republic and in 2005 it became the core of a new UNESCO Geopark.



Bohemian Paradise, this exceptionally colorful mosaic of landscape types, geological phenomena and biotopes, complemented by historic monuments and typical folk architecture, covers almost 1400 square kilometers and is situated between the towns of Mladá Boleslav, Jičín, Nová Paka and Semily.

<http://www.cesky-raj.info/en/>

## EVENT PARTNERS



## MEDIA PARTNERS



## SPONZORS

