



БЪЛГАРСКА
ФЕДЕРАЦИЯ
ОРИЕНТИРАНЕ



Bulletin 3

POPOVO CUP

SHTRAKLEVO CUP

MTBO

World Ranking Events x2

17 – 19 September 2021

Same organizers as
World Cup and WMMTBOC 2022



Organizers

Bulgarian Orienteering Federation
Variant 5 Orienteering – Targovishte
Popovo Municipality
Shtraklevo Municipality

Event Director:
Technical Director:
 Course setter M21 & W21 Elite:
 Course setter others:
Sport Ident:
Medical Support:

Dimitar Petkov
Dian Bonev
Ivan Sirakov
Dimitar Zhelyazkov
Milen Marinov
Hristo Hristov

Contact: teamcontact@variant5.org

IOF Event Adviser:

Nermin Fenmen



Date and venues

17th to 19th of September 2021 (Friday to Sunday)
Competition center – finish arena of Popovo Cup – [43.443785, 26.263619 \(Link\)](#).



Program

15.September (Wednesday) – Training possibilities

09:00-18:00 – Training – MTBO Middle

16.September (Thursday) – Training possibilities

09:00-18:00 – Training – MTBO Sprint

17.September (Friday) Popovo Cup – Day 1 – Middle distance

15:00 – First Start – Middle distance
18:00-20:30 – IOF MTBO Event Advisers Clinic & Workshop – part 1

18.September (Saturday) Popovo Cup – Day 2 – [WRE](#) Long distance

10:00 – First Start – WRE Long distance
15:00-20:30 – IOF MTBO Event Advisers Clinic & Workshop – part 2

19.September (Sunday) Shtraklevo Cup – [WRE](#) Sprint

10:00 – First Start – WRE Sprint
13:00 – Prize giving and closing ceremony
14:00-19:00 – IOF MTBO Event Advisers Clinic & Workshop – part 3



Classes

Men / Women: 14, 16, 18, 20, 21 Elite, 40, 50, 60
Open Short and Open Long



Entries

For competitors from abroad: Online through the entry system of orienteeringonline.net
at: <https://bit.ly/mtbo2021-entries>.

For Bulgarian competitors: through the Bulgarian orienteering federation entry system
– www.bgof.org

Entry deadline: **9th of September 2021**



Entry fees

All expenses are on the participating clubs and competitors.

Entry fees

Men and Women 14, 16 18, 20, 40, 50, 60 – 5 EURO per race.
Men and Women 21 Elite – 10 EURO per race.

SportIdent air+ will be used in the events and it is compulsory for all athletes to use touch-free SI-cards. If one doesn't have there will be a possibility to rent from the organizers for the price of 1 EURO per race.

Payment by bank transfer (invoice possibilities):

IBAN: BG57TEXI95451006287800

BIC: TEXIBGSF

Sdruzhenie "Variant 5" Sporten klub po orientirane Targovishte

Texim Bank AD, Targovishte, Bulgaria



Classification and prizes

Classification is individual for every race. Top 3 in each race and each class will be honored.



Bike maintenance

There will be bike wash possibilities at the arena. Simple bike maintenance and shops will also be available.



Trainings

There are two possibilities for trainings, with flags but no timing. Terrains are new (not mapped before) – Middle (15.09.) with 50% forest/50% urban and Sprint (16.09.). If you need more training maps please contact us by email. Price is 3 EURO per map.



IOF MTBO Event Advisers' Clinic & Workshop

There will be an IOF MTBO Event Advisers' Clinic & Workshop educational session on technical aspects of MTBO including especially mapping and course planning. The language of the workshop will be English but Bulgarian translation will be provided as well. *See more details in the separate Invitation below!*



Accommodation

TENT CAMPING: You can find many accommodation places but we will offer a place for tents in the finish area at Zaradevo village where we will provide water and toilets. Please anyone who wishes to use the camping to write an email to us at teamcontact@variant5.org.

There are also a number of hotels and flats for rental in the Popovo area. You can check at <https://www.booking.com/> for alternatives or try reaching these:

Popovo city

Guest rooms „Evita“

0899177314

Guest rooms Popovo Inn

0884008883

Hotel MARINI

060842245

Hotel KATI

060846024 0889272926

Hotel DANI BEL

0894704657 060842262

Hotel VODSTROY

060843772

Hostel Lavat

0896827573 0896827552

Palamartza village

house Eden Retreat <https://www.edenretreat.net/>

0877144720 0877144719

Sadina village

„Kapanski complex“

0878675867



Technical description

Maps will be according to IOF ISMTBOM 2010.

Embargoed areas: terrains around Zараеvo and Kozitsa villages for Popovo Cup and Shtraklevo city for Shtraklevo Cup. See the details at: <https://bit.ly/3gMIOl1>

POPOVO CUP terrain description (Middle & WRE Long):

Map: "Zараеvo – Kozitsa", Scale 1:10000 and 1:15000, h=5m.

Terrain: Moderately steep to steep hills with rounded terrain forms.

Vegetation: Deciduous and pine forest, open and semi-open land.

Track network: Very good. Roads, tracks and paths of all categories.

Water: No water objects.

Off-track riding is allowed but is on own responsibility. It is not recommended.

The map is simplified and made for MTB orienteering so no stones, holes etc drawn.

Course setter Men 21 Elite & Women 21 Elite: Ivan Sirakov

Course setter MW14–20 & MW40–60 & Open: Dimitar Zhelyazkov

Finish arena of Popovo Cup – [43.443785, 26.263619 \[Link\]](https://www.google.com/maps/place/43.443785,26.263619).

Addition information:

Middle – Popovo Cup – Day 1

Distance from parking to finish area – 50–200 m

Finish area to Start – 1 km

Start to starting point – 100 m

Last control to Finish – 200 m

WRE Long – Popovo Cup – Day 2

Distance from parking to finish area – 50–200 m

Finish area to Start – 1,5 km

Start to starting point – 100 m

Last control to Finish – 200 m

NB! Please be careful! Courses go through urban areas with little traffic, don't forget you are part of it and be careful.

Maps: All maps from both days of Popovo Cup will be collected at the finish and distributed to the teams afterwards.

MIDDLE DISTANCE – POPOVO CUP DAY 1

	Distance – straight line [km]	Controls		Distance – straight line [km]	Controls
M14	5,09	8	W14	3,57	8
M16	8,63	12	W16	5,09	8
M18	10,57	12	W18	8,63	12
M20	9,59	19	W20	10,57	12
M21 E	11,89	16	W21 E	9,59	19
M40	9,22	11	W40	7,92	11
M50	7,54	12	W50	5,97	8
M60	4,97	8	W60	4,2	7
Open Long	8,63	12	Open Short	3,57	8

WRE LONG DISTANCE – POPOVO CUP DAY 2

WRE CLASS	Distance – route	Climb	Controls
M21 Elite	28,4 km	650 m	14
W21 Elite	21,9 km	450 m	11

	Distance – straight line [km]	Controls		Distance – straight line [km]	Controls
M14	4,46	7	W14	2,78	5
M16	12,65	10	W16	4,46	7
M18	14,98	11	W18	12,65	10
M20	15,75	11	W20	14,98	11
M21 E	20,77	14	W21 E	15,75	11
M40	15,25	7	W40	11,84	8
M50	9,5	7	W50	8,84	7
M60	5,46	6	W60	3,32	6
Open Long	12,65	10	Open Short	2,78	5

SHTRAKLEVO CUP terrain description (WRE Sprint):

Map: "Shtraklevo", Scale 1:10000, h=5m.

Terrain: Relatively flat with some moderate hills.

Track network: Courses go in Shtraklevo city and the track network is very good with lots of crossings. Please be careful. Roads, tracks and paths of all categories.

Biking out of the track network is allowed but is on own responsibility. It is not recommended.

There will be a quarantine zone before the race. All competitors have to be in the quarantine before the start at latest 9:50 o'clock.

Competitors are not allowed to go into the city except during their own race.

Course setter: Ivan Sirakov

Finish arena of Shtraklevo Cup – [43.699889, 26.042793 \(Link\)](#).

Addition information:

WRE Sprint – Shtraklevo Cup

Distance from parking to finish area – 100-300 m

Finish area to Start – 600 m

Start to starting point – 100 m

Last control to Finish – 150 m

NB! Please be careful! Courses go through Shtraklevo city with little traffic, don't forget you are part of it and be careful.

WRE SPRINT – SHTRAKLEVO CUP

	Distance – route [km]	Climb	Controls		Distance – route [km]	Climb	Controls
M14	4,72	20	11	W14	3,99	20	10
M16	5,92	30	14	W16	4,72	20	11
M18	6,39	30	16	W18	5,92	30	14
M20	8,7	50	19	W20	6,39	30	16
M21 E	8,7	50	19	W21 E	6,75	40	18
M40	6,03	40	16	W40	5,29	30	13
M50	5,10	40	14	W50	4,55	20	11
M60	5,06	20	13	W60	4,37	20	12
Open Long	5,92	30	14	Open Short	3,99	20	10



Travelling restrictions

Please find below the latest information about the Covid-19 situation in Bulgaria – travel rules, restrictions and measures.

https://europa.eu/youreurope/citizens/travel/travel-and-covid/bulgaria/index_en.htm

Recommendations throughout the Event:

- Keep social distance, at least 1.5–2 meters.
- Face mask off only during competitions, drinking/eating. Masks have a limited re-use. Dispose of them frequently.
- Wash hands frequently using soap (from the dispenser) and use sanitizer/disinfectant.
- Avoid unnecessary contacts (spectators, family etc).
- Self-isolation and contact the organizer medical staff in case of health problems.
- These measures must be preserved also on the rest days, i.e. there shall be no contacts with family members etc.
- Please, be aware of the risk of being quarantined when meeting someone who may be bearing Covid-19 without a face mask.
- These regulations end at the time of check-out from your accommodation. Please respect the regulations until that time.
- Personal responsibility is expected from all participants!



WELCOME!

Variant 5 Orienteering:



[/variant5.org](https://www.facebook.com/variant5.org)

Web: www.variant5.org

Contacts: teamcontact@variant5.org



INTERNATIONAL ORIENTEERING FEDERATION
MTBO Commission
BULGARIAN ORIENTEERING FEDERATION

Invitation to
IOF MTB Orienteering Event Advisers' Clinic and Organisers' Workshop
Popovo, Bulgaria
17 – 19 September 2021

This Event Advisers' Clinic and Organisers' Workshop is organised for the education of mappers, coaches and organisers and athletes in the field of MTBO. It will concentrate on the requirements of a high quality MTBO event, and will include practical sessions on mapping and course planning. The workshop will also serve as an Event Adviser Clinic for those participants who fulfil the requirements and would like to apply to become an IOF licensed MTB Orienteering Event Adviser.

The workshop is open to all potential organisers, mappers, course planners even if they do not aim at becoming an Event Adviser.

******* Outline of the Workshop / Clinic *******

Organiser: Bulgarian Orienteering Federation and IOF MTBO Commission

Date and time: Friday, 17 September, 18:00-20:30
Saturday, 18 September, 15:00 – 20:30
Sunday, 19 September, 14:00 – 19:00

Clinic site: Popovo, Bulgaria (17th-18th of September)
Shtraklevo, Bulgaria (19th of September)

Course objectives and requirements: The main objective of this workshop is to prepare participants to be licensed IOF MTBO Event Advisers, and to familiarise organisers with the requirements of high-level international MTBO competitions.

The requirements for Event Adviser licensing are:

1. Be an active MTB orienteer.
2. Have competed in countries other than your own.
3. Have controlled or played a major part in the organisation of national or international standard MTBO events in the last 3 years.
4. Be competent in the English language.
5. Have attended, and have been an active participant in an IOF MTBO Event Advisers' Clinic.
6. Be familiar with the IOF Rules and other relevant publications.
7. Be recognised as an expert in MTBO and endorsed as suitable by your federation.

- Course content:**
- Understanding of the task of an IOF Event Adviser and organising a high-level MTB orienteering event
 - Understanding of the nature and each format of MTB orienteering (long, mass start, middle, sprint, relay)
 - Understanding of the IOF rules and requirements for international competitions
 - Safety issues in MTBO events

Details are given in the preliminary programme below.

- Material:**
- The following IOF publications will be used at the clinic:
- Competition Rules for IOF MTB Orienteering Events
 - International Specification for MTB Orienteering Maps (ISMTBOM)
 - MTB Orienteering Event Advisers' Handbook
 - Guidelines for IOF MTBO World Ranking Events
- The above material is available at the IOF website <https://orienteering.sport/mtbo/internal> and clinic participants are expected to be familiar with it.

- Course leader:** Nermin Fenmen, IOF MTBO Senior Event Adviser
nerminfenmen@gmail.com

- Language:** English (Bulgarian translation will be provided)

- Participation fee:** 10 € per person, payable in cash on arrival at the workshop.
If required, a receipt will be issued.

- Deadline for entries:** 9th of September 2021

- Entry:**
1. Go to 'MTBO Popovo & Shtraklevo Cup' (17.09.2021) at <http://orienteeringonline.net/> and register for the MTBO Workshop by ticking this option. [Link](#). Or by email at teamcontact@variant5.org
 2. If you fulfil the requirements as Event Adviser, check with your federation if they will endorse your participation. If yes, you will be given an "endorsement form" during the workshop. Complete this form and e-mail it to your federation.
 3. Your federation will endorse you and send this form to the course leader and the IOF Office.

- Please note:** The workshop is run in conjunction with the Popovo and Shtraklevo MTBO Cup during 17th – 19th of September.

Participants of the workshop are encouraged to take part in these national cups. A discussion of the learnings of the event will be integral part of the workshop.

Preliminary Programme

Friday, 17 September 2021, 18:00 – 20:30

Section 1: Organisation of a high-level MTBO event and procedures involved

- Structure of the IOF, commissions, resources on the IOF website
- How can the IOF help you? Development projects
- What is a High-Level Event? Application, appointments, division of labour
- Key personnel of the organisation
- The Event Advisor – duties and responsibilities, visits
- Bulletins and the event web page, parallel events

Groupwork: Preparation of a timeline & division of labour for a WRE

Saturday, 18 September 2021, 15:00 – 20:30

Section 2: MTBO Maps

- ISMTBOM
- Road/track classification
- Other basic MTBO specifics

Fieldwork mapping (on foot, no bike required): How should each path be mapped for an MTBO event (e.g. rideability versus visibility)?, distinctive/indistinctive junctions etc.

Section 3: Courses for MTBO

- The five competition types (formats), winning times, typical course lengths, selection of suitable terrain
- General concept and course sections: Quarantine(s), start, finish, arena, legs...
- Arena layout – what to think of?
- MTBO course planning specifics
- Splitting systems (phi loops, butterflies etc.): Types, advantages and disadvantages
- Safety, emergency situations and access

Groupwork: Set an MTBO course

Sunday, 19 September 2021, 14:00 – 19:00

Section 4: MTBO questions and where to find their answers

Section 5: Complaints, protests, the Jury system

- What is a complaint? What is a protest? Duties and responsibilities
- Jury members? How to guarantee no bias?
- Role of the Event Advisor
- Which documents must be available?
- How to document the complaint, protest, organiser's decision and the Jury decision

Groupwork: Discussion of some jury cases. How would you as jury members decide?

Section 6: How to become a licensed IOF MTBO Event Adviser & closure