

AXIØMA METERING EUROPEAN JUNIOR AND YOUTH MTB ORIENTEERING CHAMPIONSHIPS 2022

AXIØMA METERING EUROPEAN MTB ORIENTEERING CHAMPIONSHIPS 2022

CX80 MTB ORIENTEERING WORLD CUP ROUND 1

Ignalina, Lithuania
18-22 May 2022

BULLETIN 3



Welcome!

Lithuanian Orienteering Federation is excited to welcome the participants of the European Junior, Youth and Elite MTB Orienteering Championships and MTB Orienteering World Cup on the 18-22nd May 2022 in Ignalina.

1. Organization

ORGANISERS

Lithuanian Orienteering Federation
Ignalina District Municipality
MTBO Renginiai

European MTBO Championships and MTBO World Cup are organised under the authority of the International Orienteering Federation (IOF)

ORGANISING TEAM

Event Directors:	Roma Puišienė & Jurgis Rubaževičius
Event Support:	Vilius Aleliūnas
Event Office:	Giedrė Rubaževičienė
Timekeeping:	Mindaugas Kavaliauskas
Maps & Courses:	Mārtiņš Lasmanis & Ramunė Arlauskienė
Media:	Patricija Užienė
TV Production	Ramūnas Pabrėža

EVENT ADVISORS

IOF Senior Event Adviser:	Milan Meier (CZE)
National controller:	Vitalijus Paulauskas (LTU)

CONTACTS

Phone:	+370 670 99997
Email:	office@emtbo2022.lt
Website:	www.emtbo2022.lt
Facebook:	www.facebook.com/emtbo

2. Event Programme

Date, time	Event
Wednesday, May 18	Team Arrivals, Model event, Office Open
10:00 - 21:00	Event office in EC open
14:00	Deadline for start group allocation for MIDDLE (for EJYMTBOC only) distance
14:00-17:00	Model Event at IEVALAUKIS sports & leisure centre (55.358401, 26.124577 WGS)
19:00	Team officials meeting (online)
Thursday, May 19	Middle distance for EJYMTBOC, Opening ceremony
09:00 - 14:00	Event office at finish arena open
09:50	Start quarantine closes
10:00	First start
12:00	Deadline for start group allocation for the SPRINT
12:30	Flower ceremony at the Finish arena
17:00	Opening ceremony and Award ceremony for EJMTBOC Middle event at Ignalina Central Square
19:00	Team officials meeting (online)
18:30 - 21:00	Event office in EC open

2. Event Programme (continued)

Date, time	Event
Friday, May 20	SPRINT (all categories)
09:00 - 13:30	Event office at finish arena open
09:50	Start quarantine closes
10:00	First start
12:00	Deadline for start group allocation for the LONG
14:00	Award ceremony for SPRINT event at Ignalina Central Square (Finish arena)
15:00	Open race start (Ignalina)
19:00	Team officials meeting (online)
18:00 - 20:00	Event office in EC open
Saturday, May 21	LONG distance (all categories)
09:00 - 20:00	Event office at finish arena open
09:30	Start quarantine closes
09:30	First start
12:00	Deadline for start group allocation for the RELAY teams
15:00	Award ceremony for LONG distance at Lithuanian Winter Sports center (Finish arena)
16:00	Open race start (Palušė)
19:00	Team officials meeting (online)

2. Event Programme (continued)

Date, time	Event
Sunday, May 22	RELAY for EJYMTBOC, MIXED RELAY for EMTBOC, Closing ceremony and Departure
09:00 - 16:00	Event office at finish arena open
09:50	Start quarantine closes
10:00	First start
13:55	Flower ceremony
15:00	Award ceremony for RELAY AND MIXED RELAY teams and Closing ceremony at Finish arena
16:00	Open race start (Winter Sports Centre)
	Departure

Programme is preliminary.

3. Competition Rules and Regulations

Competition Rules

The EMTBOC/EJMTCOC 2022 will be organised in accordance with the Competition Rules for IOF MTB Orienteering Events as published by the IOF and valid from 1 January 2022 the Special Rules for the 2022 World Cup in MTB Orienteering and the IOF Anti-Doping Rules valid at the time of the event. All competition rules can be found on the IOF website www.orienteering.org.

- Competitors must get to all control points with their bikes.
- **Off-track riding is generally allowed.**
- Off track riding is strictly prohibited in all areas, marked by symbols showing riding forbidden e.g. **out of bounds area (709)** or forbidden to cross e.g. **forbidden route (716)**. Competitors riding off track in restricted areas are responsible for any damage claimed by the landowners and will be disqualified.
- In Lithuania one drives on the RIGHT side of the road. Therefore competitors must ride on the right side on all roads and tracks.
- Overtaking slower riders should be done by the LEFT side.

Time keeping and punching system

SPORTident Air+ (contactless, range of 180 cm) compatible only with SPORTident Active Cards (SIAC) will be used in all competitions.

Competitors may use their own SIAC card.

All controls will be situated on paths, tracks or paved areas.

Quarantine zone

There will be quarantine zones at all competitions. In quarantine

zones it is not allowed to use phones, computers or any other multimedia devices allowing to follow the competition online.

Possession of turned-on mobile phone or any other such device within a quarantine zone will result an immediate disqualification of the full team.

Detailed information on quarantine zones and times will be announced in Bulletin 4.

Doping

Doping is strictly forbidden, and the organisers 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 competitions 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 valid at the time of the event apply.

Athletes who are selected for the doping tests must bring an official identification (with photo) to the doping test area. The athletes should 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 find more information about anti-doping at <http://www.orienteering.org/anti-doping>.

4. Venue

European MTB Orienteering Championships 2022 will take place in Ignalina, a town surrounded by lakes and lovely landscape in Eastern part of Lithuania.

It's a small town with only around 5000 people living there, nevertheless, it is a key tourist destination of the Aukštaitija National Park all year round. However it is most popular during summer season, as a lot a lot of tourists come to visit Aukštaitija national park for canoeing, hiking and biking activities. In winter, due to it's favourable geographical location and recently built Winter Sports Centre, Ignalina becomes top destination for all kind of winter activities - cross-country, downhill skiing, biathlon and many more.

Ignalina is also well known due to Ignalina nuclear power plant that was build in a newly founded town (Visaginas) in 30km distance. With 4 reactors in action, it was designed as world's most powerful nuclear power station at that time. Chernobyl and Lithuania's independence resulted in closure of the station and dismantling of all 3 reactors that were built.

Ignalina is beloved by the tourists for its ability to satisfy the desires of its visitors to experience the nature and entrainment without sacrificing authenticity.



From Vilnius Airport - 126 km, 1:45 hours drive
 From Kaunas Airport - 157 km, 2:10 hours drive
 From Riga Airport - 265 km, 3:25 hours drive



IGNALINA



5. Event center (EC)

Winter Sports centre Lithuania

address: Sporto str. 3, Ignalina

website: www.lzsc.lt

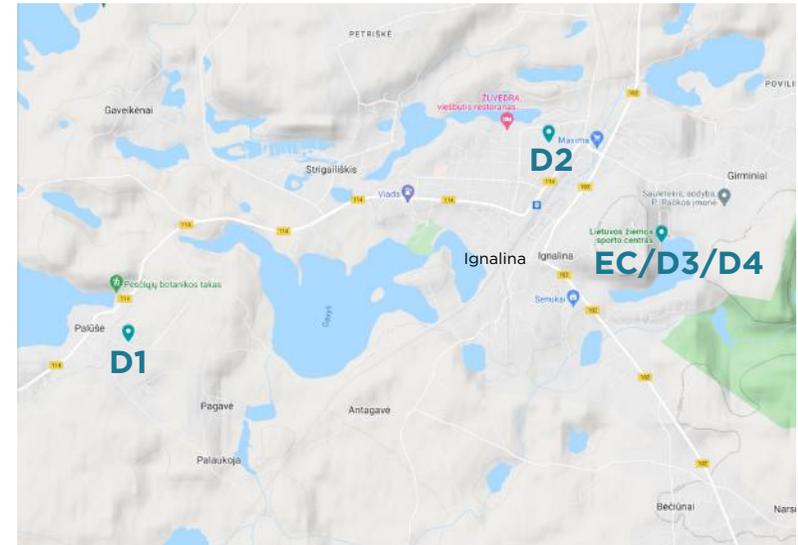


The Event Center will be site for the Event Office and Team leaders' meetings as well as main bike storage area. Long distance and Relay arenas will be located next to the Event Center

There is no accommodation capacity at the EC, however there are number of accommodation options nearby. More information in Accommodation section below.

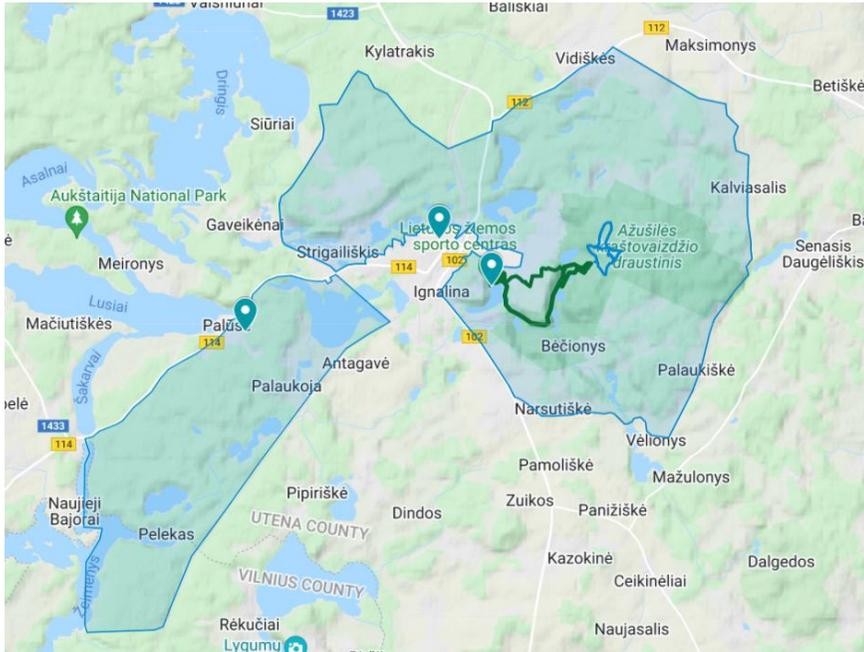
Distances to the Event Center:

- 6,7 km from the EJYMTBOC middle-distance arena (D1),
- 1,7 km from sprint distance arena and the town centre (D2),
- 0,0 km from the long distance and relay arena (D3/D4).



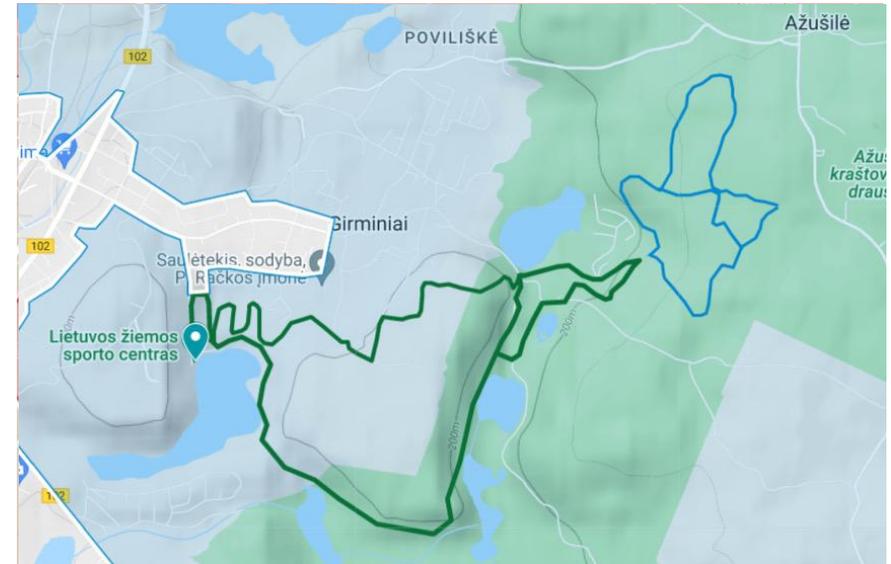
6. Embargoed Areas

Below is an overview of the embargoed areas. Detailed maps of all embargoed areas can be found on the organizer's website www.emtboc2022.lt.



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 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.

The full embargo is also valid for the area marked in red in the city of Ignalina (see enlarged map below). So potential participants and team members (detailed definition see above) are not allowed to enter city center prior to May 18, 2022.



Biathlon loop, marked by the **green** line on the map can be visited on foot, skis or rollers without an orienteering map, but any orienteering or MTBO activity is restricted and it is strictly forbidden to ride a bike there.

UPDATE (22/12/2021): In addition, until the snow lasts or till March 15th - which one happens first, the skiing loop, marked by the **blue** line on the map, can be visited on skis only, without an orienteering map. Any orienteering activity is restricted and it is strictly forbidden to ride a bike there.

7. Maps and Terrain description

Palūšē (Middle)

Map:	Scale 1:10 000, contours 2.5 m, Size - A3
Terrain form:	Mostly flat
Vegetation:	Coniferous and deciduous forest with dominating pine wood
Speed:	Mostly good and fast with some sandy roads which are typical in dry weather conditions
Visibility:	Good, but limited in dense areas
Paths and roads:	Average density forest roads and paths
Surveyed:	Oct 2021 - Mar 2022
Mapper:	Mārtiņš Lasmanis
Previous map:	Palūšē 2014, LOSF-1452 Download old map

MAP SAMPLES:



Ignalina (Sprint)

Map:	Scale 1:5 000, contours 2.5 m, Size - A4+
Terrain form:	Mostly gently sloping
Vegetation:	A mixture of park terrain, urban areas and forested areas (dominating pine wood)
Speed:	Fast. Most tracks are easy rideable
Visibility:	Mostly good
Paths and roads:	Urban areas with paved streets and walkways, forested areas with a dense network of paths
Surveyed:	Oct 2021 - Mar 2022
Mapper:	Mārtiņš Lasmanis
Previous map:	Ignalina 2008, LOSF-912 Download old map

MAP SAMPLES:



The maps are drawn and printed according to the IOF International Specification for MTB Orienteering Maps ISMTBOM 2022.

7. Maps and Terrain description (Continued)

Ažušilē (Long)

Map:	Scale 1:15 000, contours 5 m, Size - A3
Terrain form:	Hilly with few steep slopes.
Vegetation:	Coniferous and deciduous forest.
Speed:	Mostly good and fast on forest roads, but limited on single tracks
Visibility:	From good to very limited in dense areas
Paths and roads:	Average density network of paths and forest roads and areas with few paths and roads.
Surveyed:	Sep 2021 - Mar 2022
Mapper:	Mārtiņš Lasmanis
Previous map:	Ažušilē 2016 (Foot-O), LOSF-1612 Download old map

MAP SAMPLES:



Ažušilē (Relay)

Map:	Scale 1:10 000, contours 5 m, Size - A4+
Terrain form:	Mostly flat with few steep slopes. Urban areas and forested areas
Vegetation:	Dominating deciduous forest
Speed:	Mostly good and fast
Visibility:	From good to very limited in dense areas
Paths and roads:	High density network of paths and roads on urban part of the map, and average density of forest roads and tracks
Surveyed:	Sep 2021 - Mar 2022
Mapper:	Mārtiņš Lasmanis
Previous map:	Būdakalnis 2012, LOSF-1212 Download old map

MAP SAMPLES:



8. Winning times and course details

		Length (optimal route)	Total climb	Number of controls	Winning times	
Middle	W20	13.5	145	18	40 - 44	
	M20	15.1	155	20	40 - 44	
	W17	10.1	110	14	32 - 37	
	M17	11.9	120	17	32 - 37	
Sprint	W21	8.4	135	27	20 - 25	
	M21	9.4	180	32	20 - 25	
	W20	6.8	110	25	16 - 20	
	M20	7.2	115	26	16 - 20	
	W17	6.5	75	22	15 - 20	
	M17	6.9	85	25	15 - 20	
Long	W21	34.7	625	19	105 - 115	
	M21	41.0	750	23	105 - 115	
	W20	21.3	455	16	84 - 92	
	M20	27.6	620	19	84 - 92	
	W17	21.0	375	12	70 - 75	
	M17	24.0	390	16	70 - 75	
	MIX	12,8-13,1	325-350	23	40 - 45	
Relay					total winning time	120 - 135
	W20	11.1-11.3	255-265	16	35 - 40	
	M20	11.9-12,1	280-300	17	35 - 40	
					total winning time	105 - 120
	W17	10.3-10.9	125-140	15	30 - 35	
	M17	11.1-11.3	255-265	16	30 - 35	
					total winning time	90 - 105

Please note that all information is preliminary and could be a subject to changes.

9. Classes and Participation Restrictions

Classes

EMTBOC, World Cup - W21, M21

EYMTBOC - W17, M17

EJMTBOC - W20, M20

European MTB Orienteering Championships

World Cup

There is one class for women (W21) and one for men (M21). There are no age restrictions.

For the individual competitions each federation may enter a maximum of 6 riders in each class.

In addition, the current World Champions and European Champions for the distance may be entered by their federation(s).

Additionally, each Federation may enter up to a further 2 women and 2 men, who qualify for the Women U23 and Men U23 classes respectively.

For the Mixed Relay each Federation may enter up to 4 teams. Each team consists of 3 team members and must include at least one woman. Incomplete teams and teams with cyclists from more than one Federation are not allowed. If a Federation is represented by two or more teams in a relay class, only the team with the best result is considered in determining the placings. Under no circumstances may persons other than entered competitors participate in the competition.

European Youth MTB Orienteering Championships

There is one class for women (W17) and one for men (M17). Only competitors who are born in 2005 or later are entitled to compete in these classes.

For the individual competitions each federation may enter a maximum of 6 riders in each class. The organising Federation may have two additional competitors as official EYMTBOC competitors in the individual competitions.

For the Relay each Federation may enter a maximum of 2 teams, each consisting of 3 riders in each class.

European Junior MTB Orienteering Championships

There is one class for women (W20) and one for men (M20). Only competitors who are born in 2002 or later are entitled to compete in these classes.

For the individual competitions each federation may enter a maximum of 6 riders in each class. The organising Federation may have two additional competitors as official EJMTBOC competitors in the individual competitions.

For the Relay each Federation may enter a maximum of 2 teams, each consisting of 3 riders in each class.

Competitors representing member federations of the IOF, defined by the International Olympic Committee as belonging to the European continent can compete in the EMTBOC and EJYMTBOC. Competitors representing other member federations of the IOF can participate in the EMTBOC and EJYMTBOC but they will not be eligible for European titles, medals or diplomas.

10. Entries

All competitors may only be entered by their federation.

Entries are made in IOF Eventor, please see
<https://eventor.orienteering.org/Events/Show/6738>
<https://eventor.orienteering.org/Events/Show/6739>

Deadlines

TEAM SIZE DEADLINE: 17 March 2022, giving:

- country
- number of competitors for each class
- number of relay teams
- number of team officials
- team manager's name, address and telephone number
- Confirmation of payment of Accommodation, Meals and Transport Fees.

CONFIRMATION OF FULL PAYMENT OF ENTRY FEES

by **6 April 2022**

COMPETITION ENTRY DEADLINE: 8 May 2022, giving:

- each competitor's family name and first name, year of birth, gender and class,
- information on whether the athlete borrows an SiAC card or uses his own. Own SiAC card number,
- family name and first name of each team official(s),

After the team size deadline, additional entries may be made with a surcharge of 20% and withdrawals receive an 80% refund.

After the team names deadline, additional entries incur a surcharge of 50%, withdrawals receive a 50% refund, and name changes incur a 10 EUR fee.

Very late entries may be refused.

Fees and payments

Fees are in € and per person (except Relay)	EMTBOC	EJYMTBOC	Team officials
Sprint distance	54	30	-
Middle distance	-	30	-
Long distance	54	30	-
Relay (per team)	120	90	-
Accreditation/registration (each participant and official)	90	65	75

Please make your payment to:

IBAN: LT48 7300 0101 6232 3648
 Account holder: Lietuvos Oriantvimosi sporto Federacija
 Company ID: 191589075
 Address: Žemaitės g. 6-415, Vilnius, Lithuania
 SWIFT/BIC: HABALT22
 Bank: SWEDBANK AB VILNIUS

Charges and bank fees are to be paid by the sender/payer. Late payments are subject to the same surcharge as late entries. Competitors or teams may be excluded if their entry fee is not paid till Competition Entry Deadline

Entries up to date

Federation	W21	M21	W20	M20	W17	M17	Officials	Total
 Austria	2	6	1	3			2	14
 Czech Republic	4	7	2	2	2	2	5	23
 Denmark	3	4			1	1	2	11
 Estonia	4	6	1	2		3	1	17
 Finland	8	9	4	2	6	3	3	37
 France	2	4	3	3	3	3	2	20
 Germany	1	2				4		7
 Great Britain	1	1						2
 Italy		4	1	1		1	2	9
 Latvia	1	1	1	2	5	6	1	17
 Lithuania	3	6	3	3	4	6	2	27
 Poland		2		1		1	1	8
 Portugal		1		3			1	7
 Slovakia		1					1	2
 Spain	2	3	1	1	3	3	1	14
 Sweden	4	4	2	1	1	2	3	17
 Switzerland	3	4		1		1	2	11
Total	38	65	19	25	25	36	29	237

11. Accommodation and Catering

There is a limited accommodation spaces within the city of Ignalina, therefore we do strongly recommend booking accommodation as early as possible.

Option A - HOTEL

There are several small hotels in the area, with typically double occupancy rooms. Most of them have restaurants, so breakfast/half or full board is available. Average price per person/per night 30 EUR.

Option B - HOMESTEAD

There are many local agricultural tourism homesteads run by individual owners located in the area. Usually located at the lakeside they provide more space and extra features (kitchen, BBQ, sauna, etc.), but not all of them provide catering services. Average price per person/night is 15 EUR.

CATERING

Breakfast is offered by the most offered accommodations or restaurants/hotels nearby. Price will depend on the hotels/agritourism homesteads, we advise to ask for a quote during the booking.

Some of the offered hotels have restaurants, that can serve also guests from other accommodations. Feel free to contact us at accommodation@emtbo2022.lt if you need a help with catering options at your accommodation.

CATERING AT THE EVENT

Hot meal freshly served from the mobile kitchen will be available every day at Race Arenas **only on pre-order basis**.

Menu options and meals could be adjusted to your wishes, so please indicate your catering preference and requirements in the accommodation booking form.

MEAL PRE-BOOKING FORM

Click on link below or scan the QR code with your smartphone to access the form:

<https://forms.gle/i9NCMTVxSPoyDyTj7>



12. Travel information

TRANSPORT TO / FROM IGNALINA

Ignalina is in a driving distance from Vilnius, Kaunas or Riga international airports, so the most convenient way is to rent a car in one of these airports.

If you don't have rental car, transport from Vilnius airport or from Vilnius railway station to Ignalina is possible by Coach or by Train (see "Useful Links" below). Railway station and Coach terminal are located close to the city centre.

Event center is located approx. 1,7 km from city centre, accessible by private car, taxi, bike or on foot.

Event office can assist in organizing transfer service from/to Vilnius, Kaunas or Riga airports to Ignalina.

TRANSPORT TO/FROM THE EVENTS

All events are accessible by bike:

- EC -> Middle competition arena: 6,7 km
- EC -> Sprint competition arena: 1,7 km
- EC -> Long competition and relay arena: 0,0 km

- City -> Middle competition arena: 5,3 km
- City -> Sprint competition arena: 0 km
- City -> Long competition and relay arena: 1,7 km

COVID-19 RELATED INFORMATION

Currently there are no restrictions for entry to the Republic of Lithuania if you travelling from EU, UK, Switzerland or other Schengen associated states or Ukraine.

Flight operators are imposed requirements for vaccination and/or testing - please check them carefully!

Almost all restrictions for daily life are lifted as hospitalisation levels are rapidly decreasing.

Masks are obligatory in all public indoor areas and public transport - you can buy them in any shop or pharmacy, but it is always useful to have some spare just in case.

Please check the most recent immunization and testing requirements for entry to the Republic of Lithuania from your country as well as requirements of your flight operator.

reopen.europa.eu

[National public health center - Ministry of Health](#)

Please contact organisers if you need carry COVID-19 testing for the re-entry of your country - we will be happy to assist in finding you the best option.

If needed, special COVID bulletin will be published closer to the event date.

13. Opportunities for training

Prior to the EMTBOC and EJYMTBOC

The official training camp will be organized in Vilnius, in early spring 2022, in the areas closely resembling the terrains of the EMTBOC and EJYMTBOC championships.

For more information visit events website: www.perkunas.lt

Official training

Controls (with no SI boxes) will be placed in the training area from 12am to 4pm on Wednesday, May 18 (SI boxes will be set from 2 pm). Maps will be available at the event office at cost of 5 EUR / map. No registration is needed.

Model event

Model event will be organized on Wednesday, May 18 between 2pm and 4pm, using the controls of the training. 2pm is the start of the Model Event with free start times.

14. Other Information

LOCAL WEATHER CONDITIONS

The end of May in Lithuania is usually pleasant and warm with temperatures ranging from +17°C to +25°C . However rainy days are not unusual.

MEDIA

We welcome all media representatives to the European MTBO Championships 2022. For media accreditation and more information please contact us on communication@emt boc2022.lt

15. Useful Links

Orienteering Federation Lithuania - orienteering.lt

Official Lithuanian O-maps database - dbsportas.lt/en/
(click the Maps checkbox on layers menu in the right)

Interactive Lithuanian O-Maps database - trails.lt

Ignalina county website - ignalina.lt

Ignalina tourist information - ignalina.info

Aukštaitijos National Park website - aparkai.lt

Lithuania visitor info - welovelithuania.com

Vilnius airport website - vilnius-airport.lt

Kaunas airport website - kaunas-airport.lt

Riga airport website - riga-airport.com

Lithuania Railway tickets- traukiniobilietas.lt

Intercity coach tickets- autobusubilietai.lt



IGNALINA

16. OPEN RACES @EMTBOC

Open races will be organised in the same locations, maps as AXIØMA Metering European MTB Orienteering Championships 2022 and CX80 MTBO World Cup Round 1.

Programme & Start locations

Date	Time	Event and Start location
Friday, May 20	15:00	SPRINT Ignalina, Mokyklos str. 55.344265, 26.156282
Saturday, May 21	16:00	MIDDLE 1 Palūšė, M.Petrausko str. 55.327893, 26.105423
Sunday, May 22	16:00	MIDDLE 2 Ignalina, Winter Sports Centre 55.338519, 26.181029

Programme is preliminary.

Open classes

Class	SPRINT	MIDDLE 1	MIDDLE 2
OPEN1	6.5km - 27 CP	16.7km - 20 CP	15.7km - 17 CP
OPEN2	5.6km - 21 CP	13.6km - 18 CP	10.3km - 11 CP
OPEN3	4.3km - 19 CP	11.0km - 15 CP	9.0km - 12 CP

Start times and punching

Start times will be announced after May 15, 2022.

SiAir long distance will be used on SPRINT and MIDDLE 2

races, SiAir Short distance will be used on MIDDLE 1 race

Participants & Entries

There are no restrictions for participation on open races. Participants should entry via DBSportas entry system:

<https://dbsportas.lt/en/varz/2021166>

Entry fee

Deadline	Entry fee for all races	One race fee
April 15, 2022	40 EUR	15 EUR
May 15, 2022	50 EUR	20 EUR
After May 15, 2022	60 EUR	25 EUR

After May 15 entries are possible only at the Event Centre.

Please make your payment to:

IBAN:	LT63 7300 0101 4302 3967
Account holder:	VŠĮ „MTBO renginiai“
Company ID:	303981383
Address:	Vivulskio 7, Vilnius, Lithuania
SWIFT/BIC:	HABALT22
Bank:	SWEDBANK AB VILNIUS

More information on www.emtboc2022.lt

OUR PARTNERS AND SPONSORS – THANK YOU!

