

## Bulletin №1-2

World Ranking Event Mountain Bike Orienteering – WRE MTBO  
Russian Mountain Bike Orienteering Championship  
Russian Junior Mountain Bike Orienteering Championship  
Russian Youth Mountain Bike Orienteering Championship  
Russian Orienteering Federation Cup  
May 03 – 09.2016  
Moscow, Russia

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### 1. Organizers:

International Orienteering Federation,  
Russian Orienteering Federation,  
Moscow Orienteering Federation,  
The Ministry of Sport of Russian Federation,  
Moscow City Sports Committee,

Event Director	Alexander Ivanov	E-mail: <a href="mailto:vatutinkiorient@mail.ru">vatutinkiorient@mail.ru</a>
IOF Event Adviser	Jan Cegiela (Poland)	E-mail: <a href="mailto:jan_cegielka@sggw.pl">jan_cegielka@sggw.pl</a>
National Event Adviser	Alexander Shirinyan	E-mail: <a href="mailto:shar@skiline.ru">shar@skiline.ru</a>
Technical Director	Tatiana Larina	E-mail: <a href="mailto:T_larina@list.ru">T_larina@list.ru</a>
Course Planner	Maksim Zhurkin	E-mail: <a href="mailto:jurmaks@bk.ru">jurmaks@bk.ru</a>

Web-sites: [www.rufso.ru](http://www.rufso.ru)  
E-mail: [vatutinkiorient@mail.ru](mailto:vatutinkiorient@mail.ru) , and [vatutinkiorient@yandex.ru](mailto:vatutinkiorient@yandex.ru)

## 2. Venue/Restricted areas and transfer:

Event Centre will be situated at the “Vatutinki” hotel ([www.vatutinki-svuaz.ru](http://www.vatutinki-svuaz.ru)) - 36 km from the center of Moscow.

<b>Distances from airports</b>			<b>transfer (one way)</b>
Vnukovo –	“Vatutinki” hotel	– 40 km	20 € person + 10 € bike
Domodedovo –	“Vatutinki” hotel	– 50 km	25 € person + 10 € bike
Sheremetev –	“Vatutinki” hotel	– 65 km	30 € person + 10 € bike
<b>Distances from station railway</b>			<b>transfer (one way)</b>
Moskow Belorusskiy –	“Vatutinki” hotel	– 40 km	20 € person + 10 € bike

## 3. Dates and types of competitions:

- 03.05 Tue** Arrival of teams, Model event , Moscow sightseeing bus tour;  
**04.05 Wed** Arrival of teams, **Relay- 3 legs** (Russian Orienteering Federation Cup);  
**05.05 Thu** **Long** (Mass-start ) - (Russian Orienteering Federation Cup);  
**06.05 Fri** **Sprint Mixt Relay-4 legs** (1 m + 1 w) (Russian Orienteering Federation Cup),  
Opening Ceremony Russian Orienteering Championship;  
**07.05 Sat** **Sprint Final (WRE, Russian Orienteering Championship);**  
**08.05 Sun** **Middle Final (WRE, Russian Orienteering Championship), Closing Ceremony;**  
**09.05 Mon** Bus sightseeing tour to Moscow and Kremlin palaces, Departure.

## 4. Classes and participation restrictions. Entries. Visas:

### **Russian MTBO Championship and WRE:**

Classes M21, W21 (men, women born at 1995 and earlier);

### **Russian Junior MTBO Championship:**

Classes M20, W20 (born at 1996-1998);

### **Russian Youth MTBO Championship:**

Classes M17, W17 (born at 1999-2001);

### **Russian Kids MTBO Championship:**

Classes M14, W14 (born at 2002-2003).

**Preliminary entries** should be sent no later than **25.02.2016**.

Preliminary entry should contain number of participants, type of accommodation, date of arrival and departure ([E-mail: vatutinkiorient@mail.ru](mailto:vatutinkiorient@mail.ru)).

**Final entries** should be sent no later than **25.04.2016**.

Final entry should contain the names of participants and officials, type of accommodation, date of arrival and departure, transfers requests, photos of participants and officials, payment confirmation documents ([E-mail: vatutinkiorient@mail.ru](mailto:vatutinkiorient@mail.ru)).

Information about visas can be obtained from Foreign Affairs Ministry of Russian Federation. ([www.mid.ru](http://www.mid.ru)). **Pay attention, that visa-making procedure can take up to 2 month!**

## 5. Entry fee and Payments and transport price:

### **Entry fee for competitors WRE:**

Sprint distance: 20 € / person

Middle distance: 20 € / person

### **Russian Orienteering Federation Cup:**

Relay: 20 € / team

Sprint Relay: 15 € / team

Long distance: 10 € / person

**Transport for competition 45 € person + 15 € bike**

### Time keeping and punching system.

The punching system used in all competitions will be SPORTident.

The SI cards may be rented at the event center. The fee is RUR 200 for all days or RUR 50 per day.

For WRE Events touch-free SPORTident SIAC (SI active card) will be used provisionally. More details in the Bulletin 3/4.

### Payment data:

Account number: 129835 – 106839,

IBAN: FI5812983500106839,

SWIFT: NDEAFIHH,

Bank: NORDEA,

Bank address: Finland, Aleksanterinkatu 5, 15110, Lahti,

The receiver: Rylov Victor, His address: Finland, Valkekatu 3, 15340, Lahti,

Deadline for payment is April, 30<sup>th</sup> 2016.

### 6. Accommodation and meals:

**Hotel “Vatutinki”** - at the Event Centre ([www.vatutinki-svuaz.ru](http://www.vatutinki-svuaz.ru)).

2-8 bed rooms with shower and WC. Price 20-30 Euros per person per day (full pension).

Extra facilities (price not included): sauna, tennis.

Detailed information about accommodation facilities will be published at the next Bulletin (No 3).

### 7. Terrain type and maps:

The competition area is a suburban recreation zone. Moderately hilly terrain, typical climb is 35-40 meters. 85% is covered by quite dense forest with undergrowth. Dense net of roads and paths. The ground is firm but may be slippery under the rain. Potentially dangerous areas are situated close to the urban zones (due to many of walking people).

The competition maps (ISMTBOM standard) are made in 2014-2016 years.

Distance	Map details	
	Scale	Contour
Sprint	1 : 5 000	2,5 m
Middle	1 : 10 000	2,5 m

### 8. Course lengths, expecting winning times:

		WRE	
		Estimated winning time	Approximate length
Sprint	<b>M</b>	<b>25 minutes</b>	<b>7-9 km</b>
	<b>W</b>	<b>25 minutes</b>	<b>6-7 km</b>
Middle	<b>M</b>	<b>55 minutes</b>	<b>15-17 km</b>
	<b>W</b>	<b>55 minutes</b>	<b>13-15 km</b>

### 9. Rules:

All events will be organized in accordance with the Competition Rules for IOF MTB Orienteering Events, valid from 1 January 2016. All controls will be situated on paths shown on the competition map.

Please consult <http://orienteering.org/mtb-orienteering/rules/>

### In this specific event:

- Riding off the track, trail or path is allowed.
  - In Russia 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.

## 10. Anti-Doping:

Doping is strictly forbidden. Doping controls may be carried out any time during the competition period. 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. We suggest that athletes are to be prepared at all events to take along some dry clothes to change after the 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 apply as of 1st January 2015 (IOF Anti-Doping Rules 2015). For doping substances and methods see WADA 2016 List of Prohibited Substances and Methods, World Anti-Doping Code 2015. Please consult <http://orienteering.org/anti-doping/>

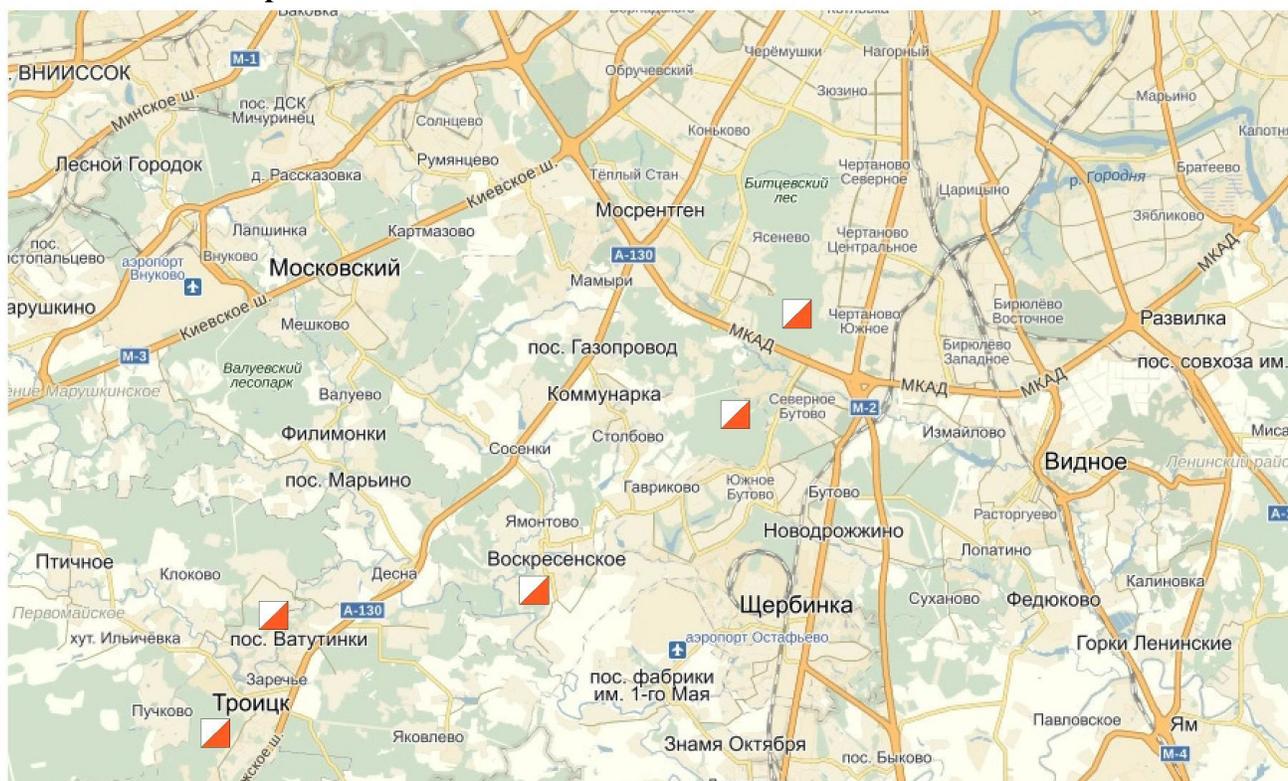
## 11. Health Care:

The Organizer will provide first aid at the competition centre and at the arenas of each event. 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.

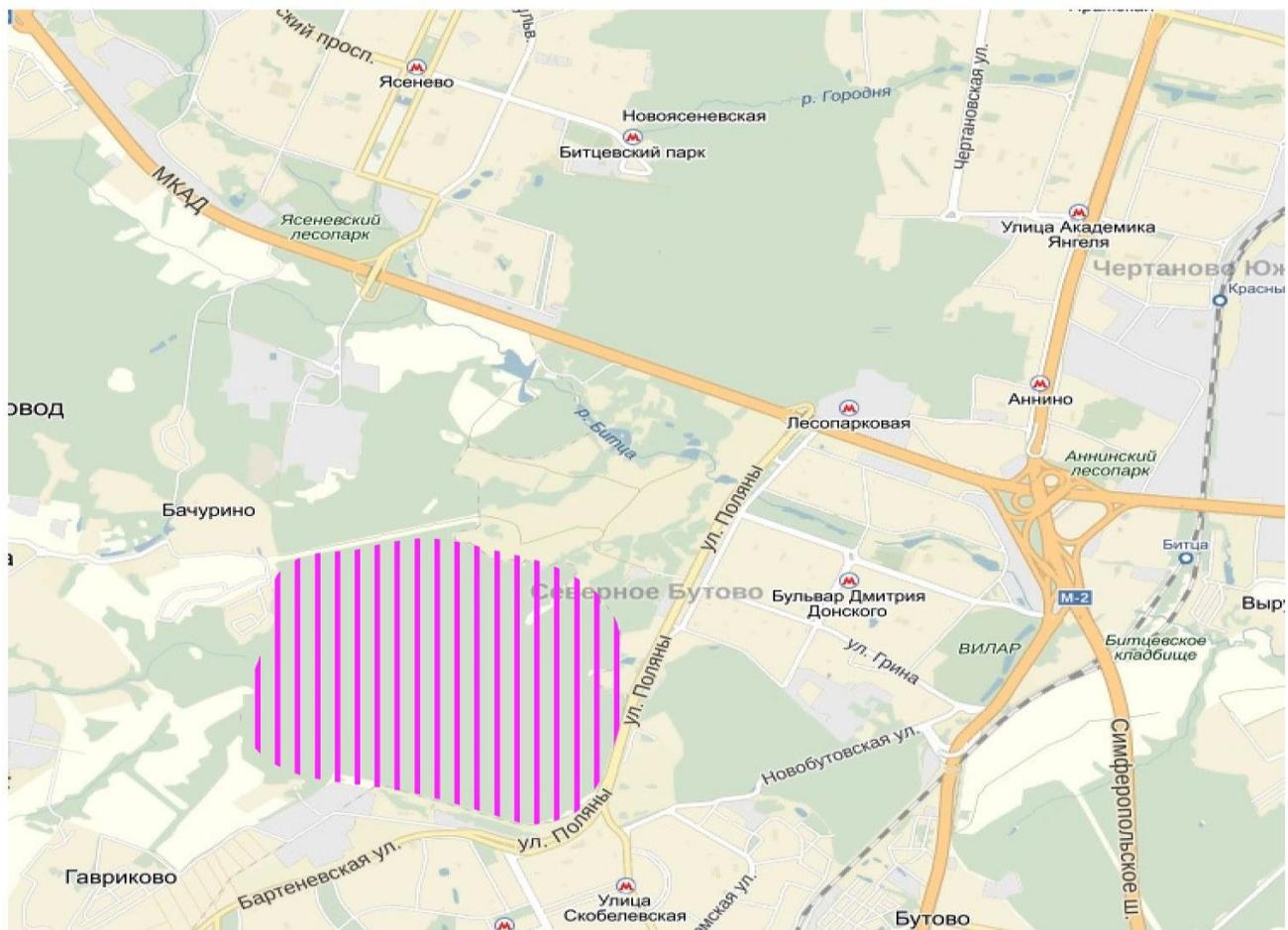
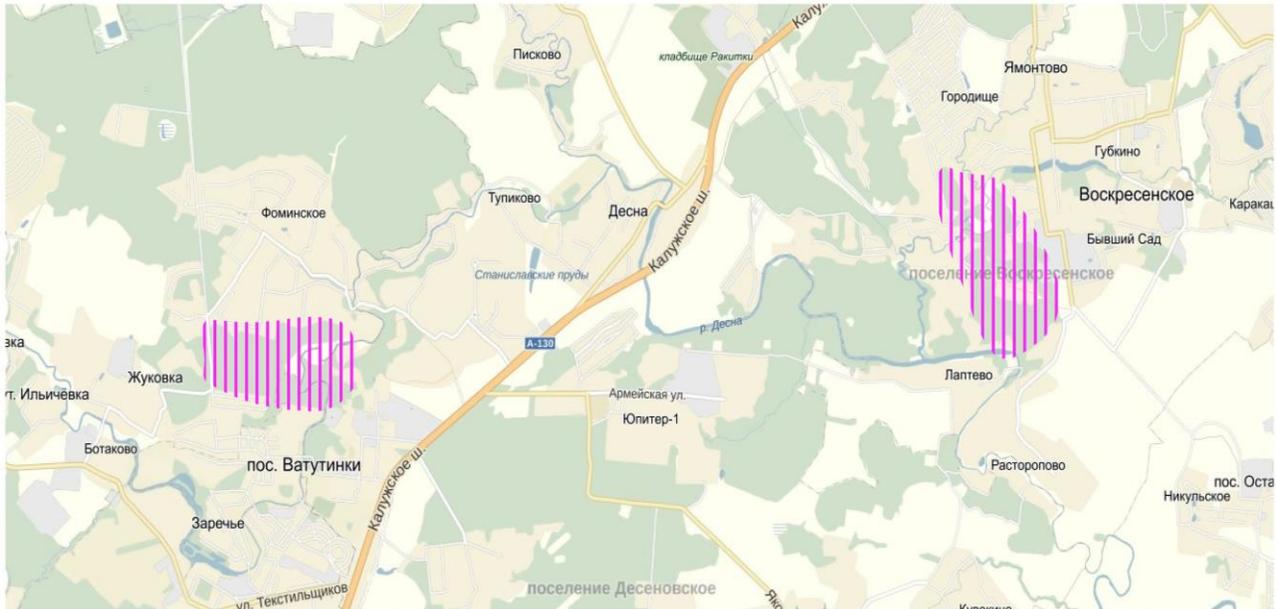
## 12. Weather:

During May you can expect temperatures from 15° to 25° Celsius during the day and from 7° to 14° at night. There are about 35-45% rainy days in May.

### General map of the area.

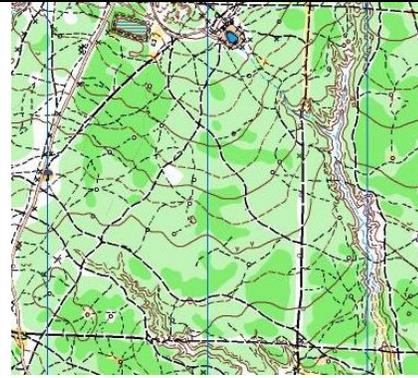


## Restricted areas:



Areas marked in magenta vertical stripes are forbidden for training.

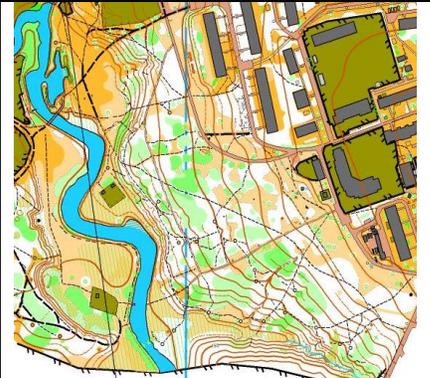
**13. Map samples:**



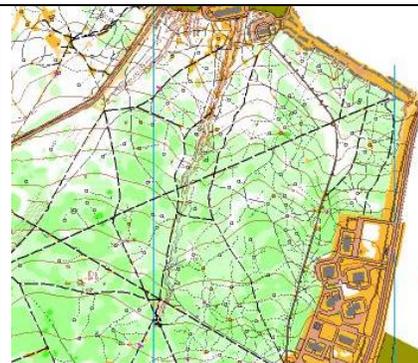
Bitca- South  
(Foot-O map, 2013)



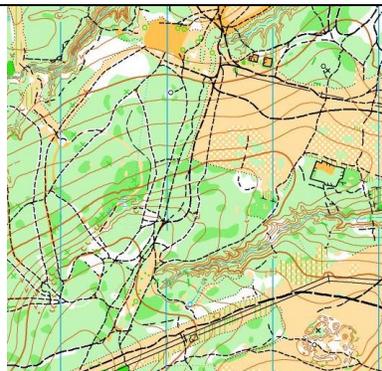
Vatutinki-South  
(MBO map, 2015)



Voskresenskoe-South  
(Foot-O map, 2014)



Troitsk-North  
(Foot-O map, 2012)



Butovo-Centre  
(Foot-O map, 2013)



Vatutinki- Centre  
(Foot-O map 2013)

**Welcome to Moscow!**