

# AXIØMA METERING EUROPEAN JUNIOR AND YOUTH MTB ORIENTEERING CHAMPIONSHIPS 2022

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### CX80 MTB ORIENTEERING WORLD CUP ROUND 1

Ignalina, Lithuania  
18-22 May 2022



# BULLETIN 4

## 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

### Dear friends,

Organizers of EMTBOC 2022 welcome representatives from eighteen countries to Lithuania!

This time we invite you to the true gem of Lithuanian scenery – land of many lakes and hills – Ignalina. During the four competition days you will have a chance to compete in the beautiful surroundings of Ignalina and in Aukštaitijos National Park, experience the variety of terrains in the most beautiful time of the year.

On the first day (Middle competition for youth and juniors) on a way to the competition center stop by Palūšė wooden church, which was build more than 250 years ago without using any nails. Here some sandy tracks await competitors which could be quite speedy after the rain. On Friday we will welcome everybody to the central square of Ignalina and have a speedy Sprint, also giving an opportunity for the local people to get to know MTBO better. On Saturday and Sunday the competition will move to Lithuania winter sports center. Beautiful hills of Ažušile nature reserve will play a key role in determining the winners, so expect some speedy downhills and beautiful sceneries from the tops of the hills.

We will cover 3 days on internet TV – using IOF Live center and our media partner's site TV3play.lt, also TV6 will broadcast live from Relay competition.

So put your nicest national outfits, smiles on your faces and let's meet for another unforgettable MTBO experience in Lithuania.

**Roma Puišienė**

**Jurgis Rubaževičius**

Event directors





### **Dear guests of Ignalina,**

We are glad and proud that the most important mountain bike orienteering competitions, which returned to Lithuania after a while, chose Ignalina for its start - a land of forests and lakes full of the spirit of tourism and sports. Here are excellent conditions to relax and play sports all year round. During the days of this championship Ignalina will be in a spotlight and I believe will honor Lithuania.

Congratulations to the great athletes from all over Europe, representatives of the sports elite, the organizers of the championship. We wish everyone great starts, good results, the joy of competing and winning.

The competition tracks stretch in the most beautiful, most impressive hilly areas of Ignalina.

Enjoy our nature and take away the very best experiences!



**IGNALINA DISTRICT  
MUNICIPALITY**

### **Justas Rasikas**

Mayor of Ignalina District Municipality

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# 1. GENERAL INFORMATION

## 1.1 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
Competitions Director	Ramunė Arlauskienė
Event Support:	Vilius Aleliūnas
Event Office:	Giedrė Rubaževičienė
Timekeeping & IT:	Mindaugas Kavaliauskas-Snaiperis, Arvydas Žvirblis
Maps & Courses:	Mārtiņš Lasmanis
Start & Quarantines	Donatas Mickus
Fieldworks	Gediminas Ranonis
Media & PR:	Patricija Užienė
TV Production:	Ramūnas Pabrėža

### EVENT ADVISORS

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

### CONTACTS

Phone:	Office: +370 656 52210
Email:	<a href="mailto:office@emtbo2022.lt">office@emtbo2022.lt</a>
Website:	<a href="http://www.emtbo2022.lt">www.emtbo2022.lt</a>
Facebook:	<a href="http://www.facebook.com/emtbo2022">www.facebook.com/emtbo2022</a>

## 1.2 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.

The church of Palūšė, built in 1750, is considered to be the oldest surviving wooden church in Lithuania.

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




## 1.3 EVENT CENTRE (EC)

### Winter Sports centre Lithuania

address: Sporto str. 3, Ignalina

website: [www.lzsc.lt](http://www.lzsc.lt)

 55.338438, 26.181270 WGS



The Event Center (EC) will be site for the Event Office as well as the main bike storage area. EC is located 1,7 km from Sprint distance arena and the town centre.

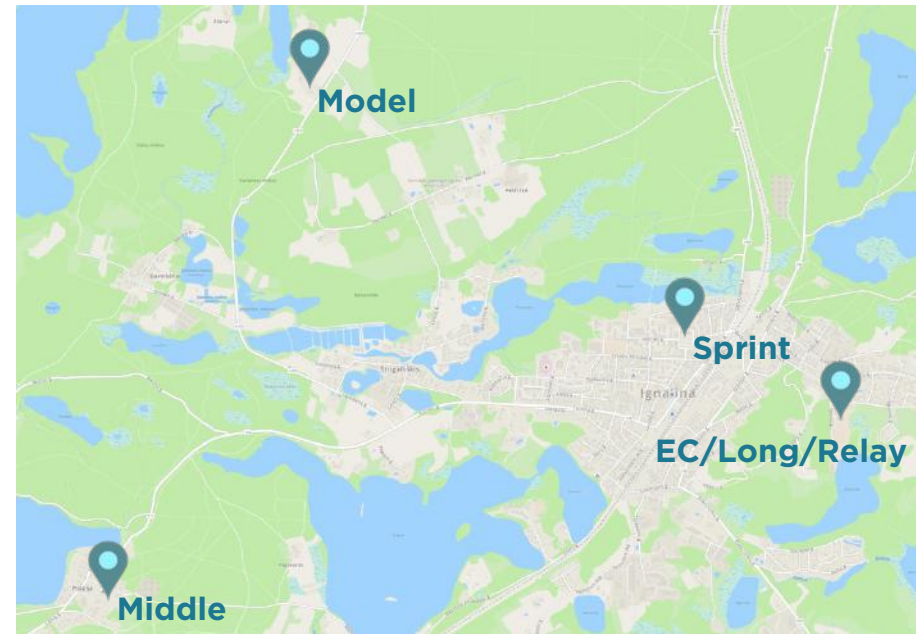
Long distance and Relay arenas will be located next to the EC.

Showers, WC and changing rooms are available for use in the EC.

Event Office will be located in the ground floor, straight from the main entrance.

### Event Office working hours:

Date	Competition centre	Event centre
Wednesday, May 18	-	10:00 - 21:00
Thursday, May 19	9:00 - 12:30	18:30 - 21:00
Friday, May 20	9:00 - 14:30	18:00 - 20:00
Saturday, May 21	8:00 - 15:30; 18:00 - 20:00	
Sunday, May 22	9:00 - 15:00	



Locations of EC and Competition centres

Detailed map: <http://shorturl.at/htGWO>



## 1.4 Accreditation process

Accreditation takes place at the Event office. For the EMTBOC participants one team official should collect the accreditation for the whole team. As part of this process, the team members' passports or ID cards must be shown to prove the nationality and full passport-holding citizenship of the country of their Federation.

Streaming for a more sustainable event, there will be no accreditation cards printed for participants and officials. Participants will receive bag-tags for marking their bags left in Start quarantine and transported to the event centre.

Junior and Youth riders will get a personalised Bib-numbers (set of two). Same Bibs will be used **for all three individual competitions**, replacement of the lost number will cost EUR 5. Elite athletes will get new Bibs for each competition (rule 21.5)

### Each team will get a team bag with:

- Bulletin 4
- SIAC (SI active card) for all competitor, who don't have their own SIAC
- Model event maps for all team members
- Accreditation wristband for Team Officials
- Bib-numbers for Junior and Youth athletes.
- Bag tags
- Lunch coupons
- Starting group allocation form
- Small gift from the organisers

**Event office contact** - Giedre Rubaževičienė, +370 656 52210  
[office@emtbo2022.lt](mailto:office@emtbo2022.lt)

## 1.5 Competition entry deadlines

The names of the competitors, their start group allocation (for EJYMTBOC only) and, if required, their cycling order within a relay team should be submitted via Eventor or official forms, available at

the event office.

The deadline to hand in the form - the competition entry deadline - is at noon (12:00 local time) of the day preceding the competition. If the form is not received by the deadline, the allocation will be done by the organisers.

## 1.6 Complaints

Complaints must be made in writing (forms are available at the event office) and handed in at the event office. **Complaints should be made as soon as possible** (rule 27.3)

The time limit for complaints can be found in 1.9 Programme or in the Schedules of the competition days in the chapters of every competition. Complaints received after this time limit will only be considered if there are valid exceptional circumstances which must be explained in the Complaint

## 1.7 Team officials' meetings

Team officials' meetings will be organised every evening before the respective competition at 19:00 local time.

Team officials' meeting will take place online via ZOOM platform please follow the link below and wait until the host lets you in.

Please add your country code (FRA, ITA etc.) to your name, when connecting to the meeting.



















<https://shorturl.at/vMN36>

Date	Team officials' meeting online
Wednesday, May 18	19:00 - 20:00
Thursday, May 19	19:00 - 20:00
Friday, May 20	19:00 - 20:00
Saturday, May 2	19:00 - 20:00

Meetings will be recorded and uploaded to youtube, link will be posted on the events website and facebook profile.



## 1.8 Entries overview

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	24
 Denmark	3	4			1	1	2	11
 Estonia	4	6		2		3	1	16
 Finland	8	9	4	2	6	3	3	35
 France	3	4	1	3	4	3	2	20
 Germany	1	2				4		7
 Great Britain	1	1						2
 Italy		4	1	1		2	2	10
 Latvia	1	3	1	1	4	6	1	17
 Lithuania	3	6		1	4	4	2	20
 Poland	1	2		1		1	1	6
 Portugal		1		3			1	5
 Slovakia		1					1	2
 Spain	2	3		2	1	2	1	11
 Sweden	4	4	2	2	2	1	4	19
 Switzerland	3	4		1		1	2	11
 Ukraine	1							1
<b>Total</b>	<b>41</b>	<b>67</b>	<b>12</b>	<b>24</b>	<b>24</b>	<b>33</b>	<b>30</b>	<b>231</b>

## 1.9 Event Programme

Date, time	Event
<b>Wednesday, May 18</b>	<b>Team Arrivals, Model event, Office Open</b>
10:00 - 21:00	Event office in EC open
14:00	Competition entry deadline for the MIDDLE distance (for EJYMTBOC only)
14:00-17:00	Model Event at IEVALAUKIS sports & leisure centre (📍 55.358401, 26.124577 WGS)
19:00	Team officials meeting (online)
<b>Thursday, May 19</b>	<b>Middle distance for EJYMTBOC, Opening ceremony</b>
09:00 - 12:30	Event office at finish arena open
09:50	Start quarantine closes
10:00	First start
10:00	GPS visibility is ON
12:00	Competition entry deadline for the SPRINT distance
12:00	Deadline for complaints
17:00	Opening ceremony and Award ceremony for EJMTBOC Middle event at Ignalina Central Square (📍 55.343035, 26.164785 WGS)
19:00	Team officials meeting (online)
18:30 - 21:00	Event office in EC open

## 1.9 Event Programme (continued)

Date, time	Event
<b>Friday, May 20</b>	<b>SPRINT (all categories)</b>
09:00 - 14:30	Event office at finish arena open (📍 55.343035, 26.164785 WGS)
09:50	Start quarantine closes
10:00	First start, GPS visibility is ON
12:00	Competition entry deadline for the LONG distance
13:30	Deadline for complaints
14:00	Award ceremony for SPRINT event at Finish arena
15:00	Open race start - Ignalina, Mokyklos str. (📍 55.344265, 26.156282 WGS)
19:00	Team officials meeting (online)
18:00 - 20:00	Event office in EC open
<b>Saturday, May 21</b>	<b>LONG distance (all categories)</b>
08:00 - 15:30	Event office at EC and finish arena open (📍 55.338438, 26.181270 WGS)
09:00	First start
10:10	Start quarantine closes, GPS visibility is ON
12:00	Competition entry deadline for the RELAY
14:30	Deadline for complaints
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)
18:00 - 20:00	Event office at EC and finish arena open

## 1.9 Event Programme (continued)

Date, time	Event
<b>Sunday, May 22</b>	<b>RELAY for EJYMTBOC, MIXED RELAY for EMTBOC, Closing ceremony and Departure</b>
09:00 - 15:00	Event office at EC and finish arena open (📍 55.338438, 26.181270 WGS)
10:00	Start of the first leg of all Junior classes
10:10	Start of the first leg of all Youth classes
10:20	Start quarantine closes for all Youth and Junior classes
11:45	Start of the first leg of the MIX teams
12:00	Start quarantine closes for MIX teams athletes
12:00	GPS visibility is ON, Live TV broadcast start
13:50-13:55	Flower ceremony
14:15	Deadline for complaints
14:30	Award ceremony for RELAY AND MIXED RELAY teams and Closing ceremony at Finish arena
15:00	Open race start (Winter Sports Centre)
	Departure

Time of the Award ceremonies in Finish arenas (SPRINT, LONG and RELAY) is shown of earliest possible. In case of complains/protests Award ceremonies might be later that shown in Event Programme.

## 1.10 Weather conditions

End of May is typically warm in Lithuania, while max daily temperatures varying between 8 and 18°C. May can demonstrate extremes to the both – hot and cold – directions, but nights are still cold, well into single digit temperatures, so even in very hot days, mornings and evenings are quite chilly. This year spring is late, so you should expect more cold and refreshing temperatures.

We had extremely low rainfall during this spring, so forests now are quite dry, especially in exposed areas. That doesn't mean that you can't find some wet and muddy spots. Weather forecast shows moderately warm and dry week for the event, ideal for active biking.

	00-12	12-00	Max/min temperature	Precipitation mm	Probability of precipitation	Max/min wind m/s
Mon. 16 May			13° / 4°		30%	4 / 2
Tue. 17 May			10° / 3°		60%	4 / 2
Wed. 18 May			14° / 5°		10%	4 / 2
Thur. 19 May			17° / 5°		10%	4 / 1
Fri. 20 May			18° / 5°		20%	2 / 2
Sat. 21 May			20° / 10°		50%	4 / 2
Sun. 22 May			16° / 9°		50%	4 / 2

## 1.11 Live coverage, GPS tracking

Live coverage will include radio controls, GPS tracking, live commentary and tweets during all competitions as well as live video broadcasting during Sprint, Long and Relay. All athletes will be equipped with a GPS transmitter.

GPS tracking visibility will be turned on immediately after the start quarantine is activated (see the daily schedule for a details), video broadcast will start a few minutes before the first starts. All live links will be accessible via IOF [LIVE central](#).

## 1.12 Media services

Media representatives are cordially invited to Ignalina to cover the European MTBO Championship races. Media representatives should register by e-mail: [communication@emtbo2022.lt](mailto:communication@emtbo2022.lt)

Registered media representative can pick up their accreditation wristbands at the Event office.

There will be a special facility for media at each competition centre. The media place will be equipped with all necessary information - start lists, Bulletin 4, results, etc.

Media facilities will be available for registered media representatives only.

The video summary of each day might be distributed for national federations in case of request that is free to be shared on national federation's media and news channels.

There will be live coverage of the sprint on 26.08.2017, starting at 10:30-12:30. The live stream will be broadcasted on Viasat Sport Baltic and Olympic Channel.

## 1.13 Transportation

All competition arenas are reachable by bike:

- EC ⇒ 6.9 km ⇒ Modell ⇐ 5.5 km ⇐ City centre
- EC ⇒ 6.7 km ⇒ Middle ⇐ 5.3 km ⇐ City centre
- EC ⇒ 1.7 km ⇒ Sprint ⇐ 0.0 km ⇐ City centre
- EC ⇒ 0.0 km ⇒ Sprint ⇐ 1.7 km ⇐ City centre

## 1.14 Protocol and prize giving ceremonies

In line with IOF guidelines podium finishers are requested to dress in team uniforms with matching shoes (no flip-flops etc.) and refrain from taking to the podium items such as hats, sunglasses, headbands and other similar items. No accompanying persons should be brought to the podium.

## 1.15 Catering services

Pre-ordered hot meal menu (lunch) will be served at the finish arenas during the competition days. Teams will get lunch coupons during the accreditation.

Catering is also provided at the hotels, for those who ordered.

## 1.16 Health care

The Organiser will provide first aid at the arenas of each competition. In case of any accident during competition please contact first our office via number +370 656 52210 or any marshal guarding controls. For any other emergency calls use the international emergency number 112.

The organiser will not bear costs connected to health insurance of participants. We recommend each individual to arrange their own personal health insurance.

## 1.17 Bike storage and bike wash

Bike storage is agreed and will be offered by all accommodation places booked via EMTBOC organisers.

Bike storage is also available at the event centre (EC) – please contact office during the opening hours if you intend to use this service.

Only clean bikes will be stored. Bike Depository is self service.

Bike wash will be available at the finish arenas and next to the bike storage.

## 1.18 Bike shops

There will be no bike service at the competition arenas.

Several bike shops can be found in the city. We recommend the one located at Pavasario str. 1, Ignalina.

Phone: +370 687 47829

<https://www.facebook.com/Dvira%C4%8Di%C5%B3-remontas-Ignalinoje-101495574537486/>

## 1.19 Legal matters

Every participant takes part at his/her own risk. Third party insurance and personal insurance is compulsory and is the responsibility of their federation or themselves, according to national regulations.

The organisers are not liable for any health problems or damage in the equipment.

Any kind of trading activity at the event centre or arenas requires written permission by the organisers.

## 2. COMPETITION INFORMATION

### 2.1 Competition Rules

The EMTBOC/EJMTBOC 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](http://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.

### 2.2 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://orienteering.org/anti-doping>

### 2.3 Fair play

All persons taking part in a MTBO event shall behave with fairness and honesty. They shall have a sporting attitude and a spirit of friendship. Competitors shall show respect for each other, for officials, journalists, spectators and the inhabitants of the competition area.

The usage of mobile devices in start and finish quarantines is prohibited

### 2.4 Jury members

- Anke Dannowski, GER
- André Hermet, FRA
- Jiri Vransky, CZE

## 2.5 Classes and Participation Restrictions

### Classes

- EMTBOC, World Cup - W21, M21
- EJMTBOC - W20, M20
- EYMTBOC - W17, M17

### 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.**



## 2.6 Quarantine zones

The start quarantine will be organised for every competition.

No finish quarantine will be organised during the event.

Competitors must not use or carry devices that can transmit or receive information, to or from a remote source, between entering the quarantine zone and reaching the finish in a race, unless the equipment is approved by the organiser. Organisers may check compliance with this rule.

### Start quarantine rules:

- Competitors must be inside the quarantine zone by the time it is activated (see time schedule of each day).
- After quarantine is activated, team officials may leave the quarantine zone, but not enter or re-enter. Team officials must show a wristband to enter the quarantine zone.

## 2.7 Starting order

**EMTBOC:** For an interval start the starting order must be drawn in up to four start groups. Competitors ranked 1-15 in the IOF World Ranking list as published 10 days before the event are placed in group 4, competitors ranked 16-30 are placed in group 3, competitors ranked 31-45 are placed in group 2. All other competitors are placed in group 1. For every athlete ranked 1-45 that is not entered for the competition, the size of the specific start group is reduced by one. Within every group the starting order is drawn at random. Start group 1 starts first, followed by start group 2, 3 and at the end start group 4.

A Wild card has been given to Gabriele Andrasiniene, LTU, and Emily Benham Kvaļe, GBR, who will therefore get a place in the last start group 4 in the Sprint and the Long distance.

**EJMTBOC, EYMTBOC:** The start draw must be made with 3 starting groups, each starting group being drawn at random. Competitors from the same Federation must not start consecutively. In each individual competition each Federation must allocate its competitors to specified starting groups. A Federation must allocate one competitor to each group first (before allocating second competitor to the same group). For teams not submitting the allocation forms in time the organisers will allocate the start group.

## 2.8 Time keeping and punching system

Long distance SPORTident Air+ system with Active Cards (SIAC) will be used for all categories and all events.

The participants can use their own SIAir+ cards if registered by 15/05/2022. Rental fee of the SIAC card is 2 EUR per competition. Rented cards will have wrist straps. For not returned SIAC full card cost of 80.00 EUR will be charged.

Punching radius of the system in normal condition is over 1,5 meters, but it is the athletes responsibility to check that the punch was successful – confirmed by sound and light signal on SIAC.

Each control will be equipped also with contact SI station serving as a backup if Long range station or SIAC fails. It may take a bit longer to register punch, as those stations need to be “waked-up”.

Organisers will not provide backup SIAC’s, but it is allowed to use a second private SIAC. A possible second SIAC will only be read out if the primary SIAC has failed. All the punches must be on the primary SIAC or all the punches must be on the second SIAC (i.e. no merging of 2 SIACs!).

Collection of all SIAC will be done after Relay finish. Competitors who are not starting on Relay, nor participating in Open races, will return the SIAC after finishing their last competition in the finish area.

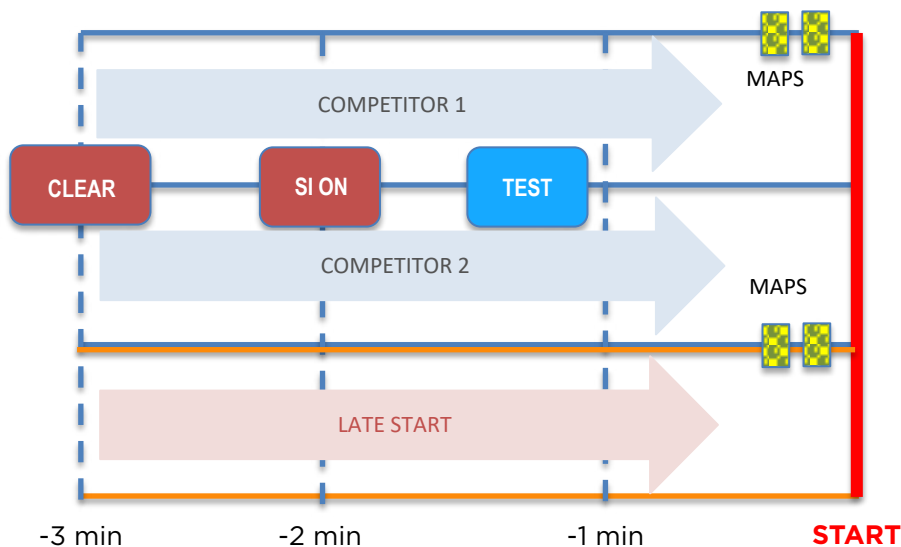
## 2.9 Starting procedure

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) rarely flashing green LED indicates ON state,
- SIAC TEST - optional (time -2 for individual races).

For relay competition all three units will be located at the entrance to starting/change over zone.

### Start scheme for the individual races:



### Late start

Competitors who are late for their start time will be permitted to start. A separate corridor will be marked for late starters. If the

competitor is at the start line less than half the start interval after their start time they will be allowed to start immediately. If the competitor is at the start line more than half the start interval after their start time they will be allowed to start at the next available half start interval.

### Finish procedure for SIAC

For all competitions competitor's time will be stopped by passing SIAC finish line. SIAC function will be automatically switched off after passing finish line.

## 2.10 Competition time limits

Maximum time in forest for all classes and competitions is the following:

- Middle 2 hours
- Sprint: 1 hour
- Long 4 hours

Competitors exceeding the time limit will be not ranked.

## 2.11 Public races

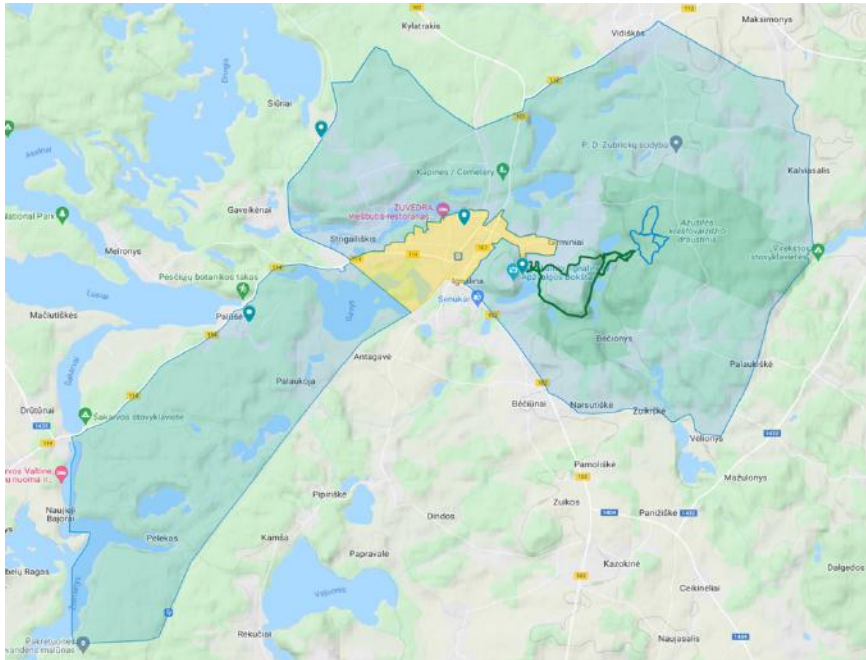
Open races will be held during EMTBOC 2022:

- Friday, May 20 - Sprint
- Saturday, May 21 - Middle
- Sunday, May 22 - Middle

More information on open races is presented in the section 5 of this bulletin below.

## 2.12 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](http://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.

**UPDATE 2 (13/05/2022):** Starting May 13, 2022 the full embargo is no more applied for the area marked in yellow in the city of Igalina (see enlarged map below). This area now is allowed to enter by foot or on bike, but use of maps or any other orienteering activity remains forbidden (except navigation to hotels or to Model and Middle events)



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. Also no photos and videos allowed.

**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.

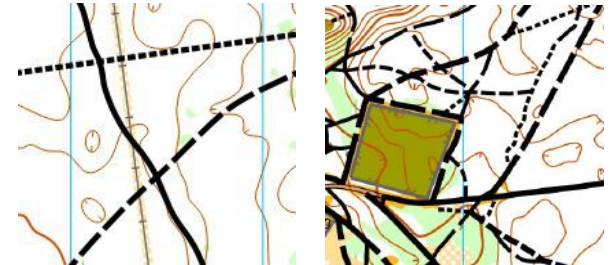
Detailed map of restricted areas:  
<http://shorturl.at/htGWO>

## 2.13 Maps and Terrain description

### Palūšē (Middle)

Map:	Scale 1:10 000, contours 2.5 m, Size – 271x345mm
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 <a href="#">Download old map</a>

MAP SAMPLES:



### Ignalina (Sprint)

Map:	Scale 1:5 000, contours 2.5 m, Size – 274x300mm*
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 <a href="#">Download old map</a>

MAP SAMPLES:



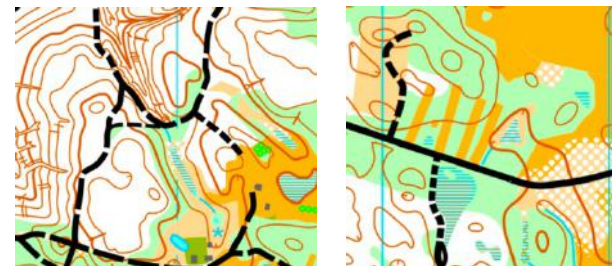
\* This is deviation from sprint map rules, as map's size exceeds maximum size allowed - 250x300mm

## 2.13 Maps and Terrain description (Continued)

### Ažušilē (Long)

Map:	Scale 1:15 000, contours 5 m, Size – 240x350mm
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 <a href="#">Download old map</a>

MAP SAMPLES:



### Ažušilē (Relay)

Map:	Scale 1:10 000, contours 5 m, Size – 230x294mm
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 <a href="#">Download old map</a>

MAP SAMPLES:



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

## 2.14 Start Bibs

**EMTBOC:** competitors receive two bibs for each competition. They are according to the start list and will be available at the Event Office in the evening before competition as well as next morning. One start bib should be attached in front of the bike, another - on the back or backpack of the competitors. Participants without start bibs will not be allowed to start.

**EJMTBOC and EYMTBOC:** competitors receive one set of bibs (front and back) for all individual competitions. One start bib should be attached in front of the bike, another - on the back or backpack of the competitors. Participants without start bibs will not be allowed to start.

If bib is lost, please contact Event Office for a replacement (5 EUR).

Bib fixing means will be supplied by the organisers.

## 2.15 GPS Tracking

All athletes will receive a GPS each day. The device should be collected in the start quarantine area at least 15 min. before the start. GPS devices have a hand band mounting. GPS device should be returned after finish each day.

The GPS tracks visibility for the general public will open on times listed in the schedule, after activating the start quarantine.

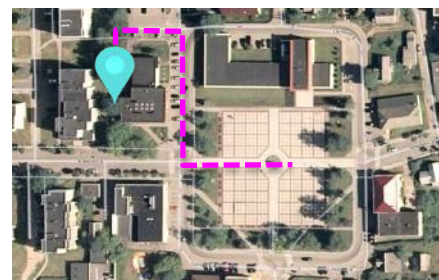
Links will be listed in IOF websites Live central:

<https://orienteering.sport/event/emtboc-2022/welcome/>

## 2.16 Opening ceremony

The opening ceremony will be held on Thursday, 17:00 at Ignalina City central square (Laisvės a., Ignalina, 55.343023, 26.164800 WGS).

The parade and the opening ceremony will take place outside of the Ignalina countymunicipality building.



National teams (athletes and team members) dressed in nationally approved uniforms gather at the designated area at 16.50.

**Please help to make MTBO visible and participate in the parade and the ceremony!**

## 2.17 Prize-giving

Prize giving ceremonies will be held at Competition arenas, after the deadlines for complaints and protests from the teams expires.

The title of European Champion shall be awarded in the following five separate competitions for elite:

- women, Sprint
- men, Sprint
- women, Long distance
- men, Long distance
- MIX Relay

The title of European Champion shall be awarded in the following ten separate competitions for junior and for youth athletes:

- women, Middle distance
- men, Middle distance
- women, Sprint
- men, Sprint
- women, Long distance
- men, Long distance
- women, Relay
- men, Relay

## 2.18 Winning times and course details

		Length (optimal route)	Total climb	Number of controls	Winning times	
Middle	W20	13.3	125	15	40 - 44	
	M20	16.7	165	19	40 - 44	
	W17	9.8	85	13	32 - 37	
	M17	12.4	100	15	32 - 37	
Sprint	W21	8.5	140	26	24 - 27	
	M21	9.5	210	32	20 - 25	
	W20	6.5	125	22	16 - 20	
	M20	7.0	145	26	16 - 20	
	W17	4.9	100	21	15 - 20	
	M17	6.5	135	22	15 - 20	
Long	W21	34.5	640	19	105 - 115	
	M21	44.9	705	24	105 - 115	
	W20	25.7	530	16	84 - 92	
	M20	29.9	575	18	84 - 92	
	W17	21.3	410	14	70 - 75	
	M17	27.0	480	16	70 - 75	
Relay	MIX	14,5-15,2	290-330	23	40 - 45	
					total winning time	120 - 135
	W20	10.9-11.6	210-230	16	35 - 40	
	M20	13.1-13,7	225-275	19	35 - 40	
					total winning time	105 - 120
	W17	8.9-9.9	130-155	14	30 - 35	
	M17	10.9-11.6	210-230	16	30 - 35	
				total winning time	90 - 105	

## 3. COMPETITION DAYS

### 3.1 Model Event

Wednesday, May 18.

Model event will take place in IEVALAUKIS sports & leisure centre (📍 55.358401, 26.124577 WGS).

Site is accessible by bicycle or car, but car parking places are very limited. Please pay attention to the road traffic, as road is quite narrow.

Distances to Model Start/Finish:

- EC ⇔ 6.9 km ⇔ Model ⇔ 5.5 km ⇔ City centre

Model event starts at 14:00

Finish will be closed at 17:00

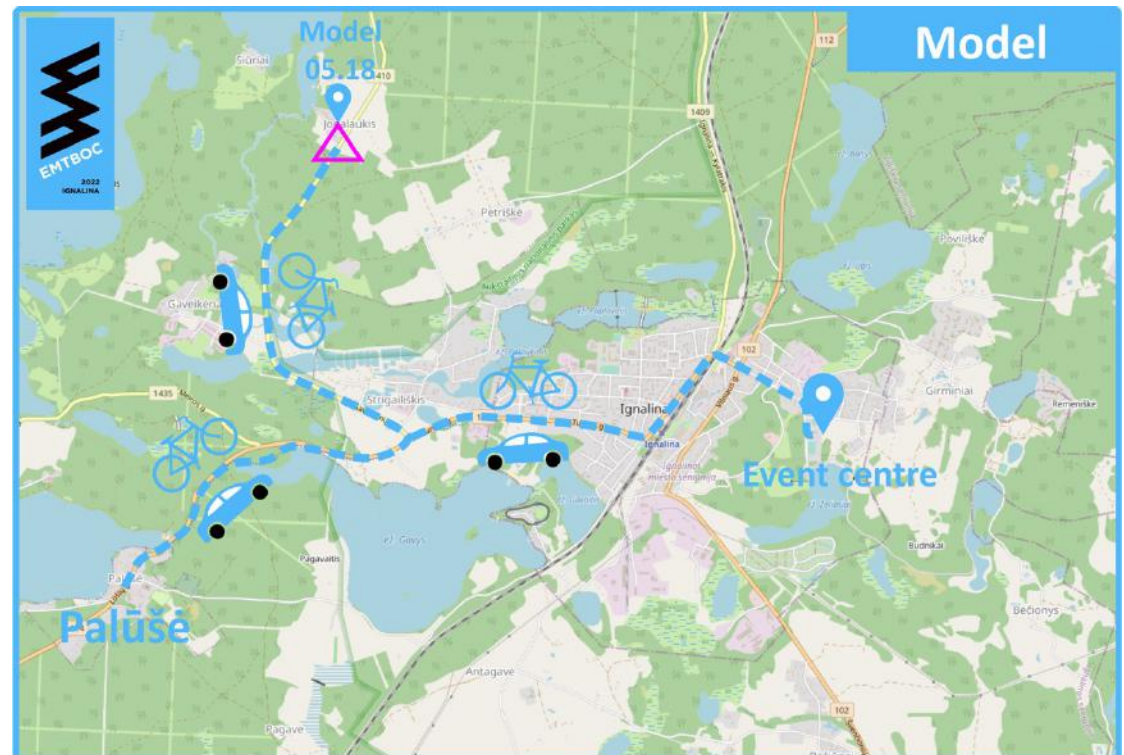
Model Event has a free start times. Maps will be in the team bags and SIACs can be collected in the Event office.

Maps will represent all scales used in the Event. They are double sided and printed on the same waterproof paper that is used for the main maps.

The start procedure will be the same as on competition days. The controls and Finish will be equipped the same way as in a competition days.

Restricted area marking will be demonstrated next to the Start area.

No card readout will be provided at the model event.





## 3.2 MIDDLE for EJMTBOC and EYMTBOC

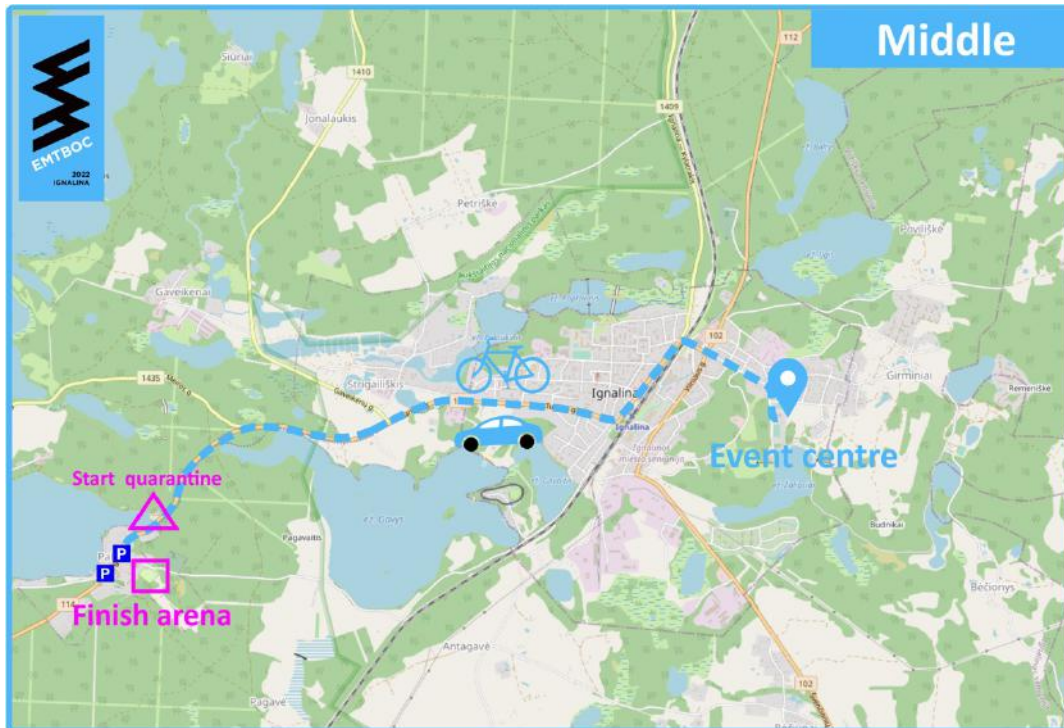
Thursday, May 19.

Middle event will take place in PALŪŠĒ camping site, M.Patrausko str. 1A, Palūšē. (📍 55.358401, 26.124577 WGS)

Site is accessible by bicycle or car, there are public car parking places, but capacity is quite limited. Distances to/from the Finish Arena:

EC ⇔ 6.7km ⇔ Middle ⇔ 5.3km ⇔ City centre

There is a bike path on the left side of the road 114. Riding this path is allowed, Embargo and Competition area starts just next to this path.



Time:	Competition events
09:00	Event office at finish arena opens
09:50	Start quarantine closes
10:00	First start
10:00	GPS visibility is ON
12:00	Deadline for complaints
12:30	Event office at finish arena closes

### Start procedure:

First start is at 10:00

Pre-start - from the Start quarantine,  
10 min before the actual start time  
distance to start - 900 m

Individual start with start interval of 2 minutes

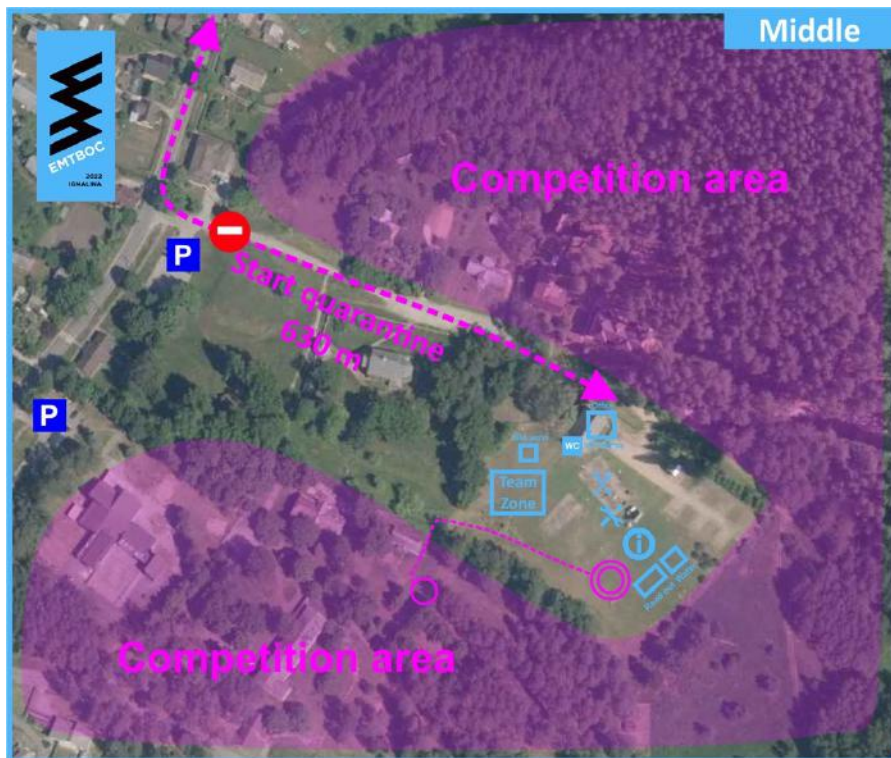
There will be a clock showing your start time slot. Path from the pre-start to the start will be marked by red-white stripes and direction marks.

Please, be careful - the path to the start is crossing the regional road 114 - follow instructions of our marshals and respect pedestrians!

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.

The distance from time start to map start is 200 m

## Map of the Finish arena



### Courses:

	Length (optimal route)	Total climb (m)	Number of controls	Winning times (min)
W20	13.3	125	15	40 - 44
M20	16.7	165	19	40 - 44
W17	9.8	85	13	32 - 37
M17	12.4	100	15	32 - 37

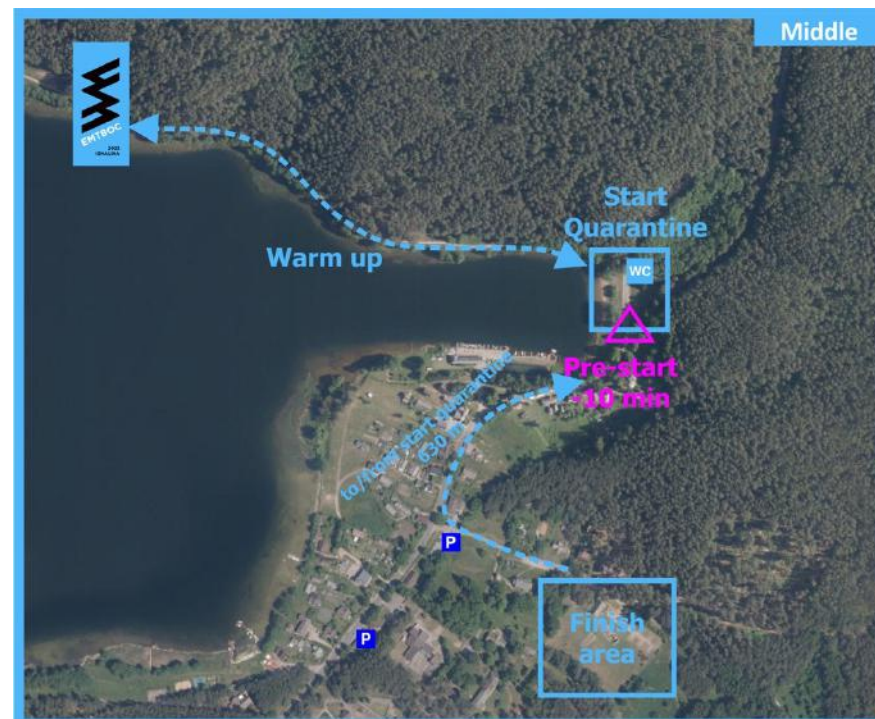
### Maps

Maps will be printed on waterproof paper, single-sided.  
Scale 1:10 000, contours 2.5 m, Size - 271x345mm

### Start quarantine

Start quarantine will be located in 630m from the Finish arena in a closed car parking. Warm-up is allowed on path alongside the lake. There is solid pavement for bike trainers.

Start lists, Bulletin 4 and WC will be available within quarantine area. GPS devices will be handled out withing the start quarantine, so you should be there at least 20 minutes before the actual start time.



### 3.3 SPRINT (all competitors)

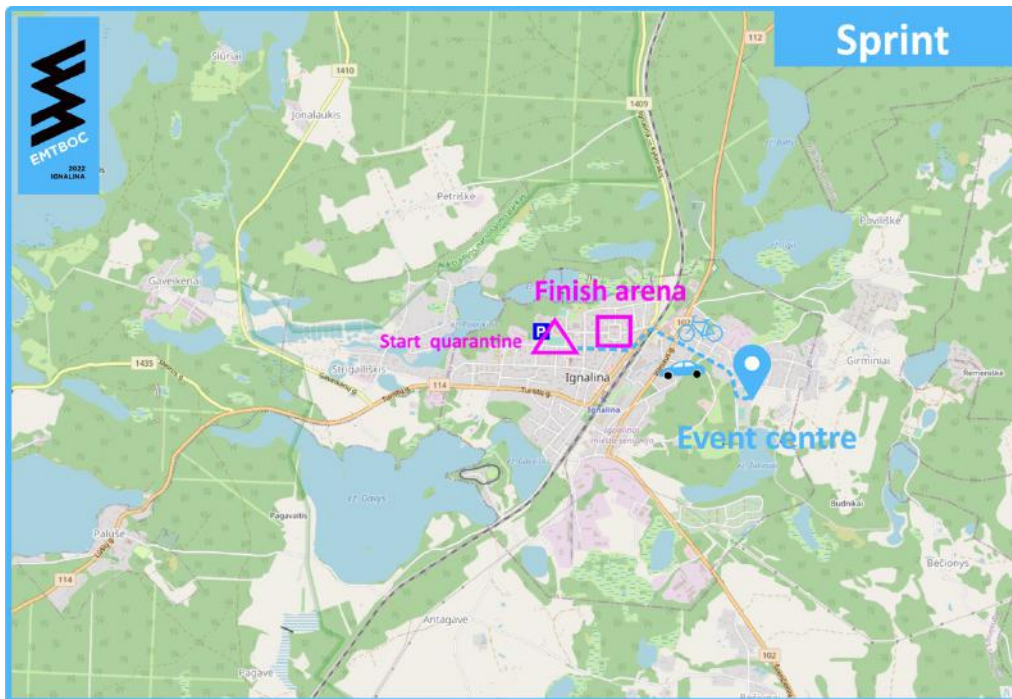
Friday, May 20.

Sprint race will take place in Ignalina city and surrounding area. Finish arena will be at the main city square, Laisvės aikštė, Ignalina. (📍 55.343035, 26.164785 WGS)

Site is accessible by bicycle or car, there are public car parking places along the streets, we do recommend park in the Start quarantine area. Distances from the Event Centre – 1.7 km.

**Please note** that during the event city centre is competition arena.

**Attention:** There are some controls that are located not on the path or trail, but visible and easily accessible by bike from a trail/path.



Time:	Competition events
09:00	Event office at finish arena opens
09:50	Start quarantine closes
10:00	First start
10:00	GPS visibility is ON
13:30	Deadline for complaints
14:00	Award ceremony for SPRINT event at Finish arena
14:30	Event office at finish arena closes

#### Start procedure:

First start is at 10:00

Pre-start – from the Start quarantine,  
5 min before the actual start time  
distance to start - 500 m

Individual start with start interval of 2 minutes.

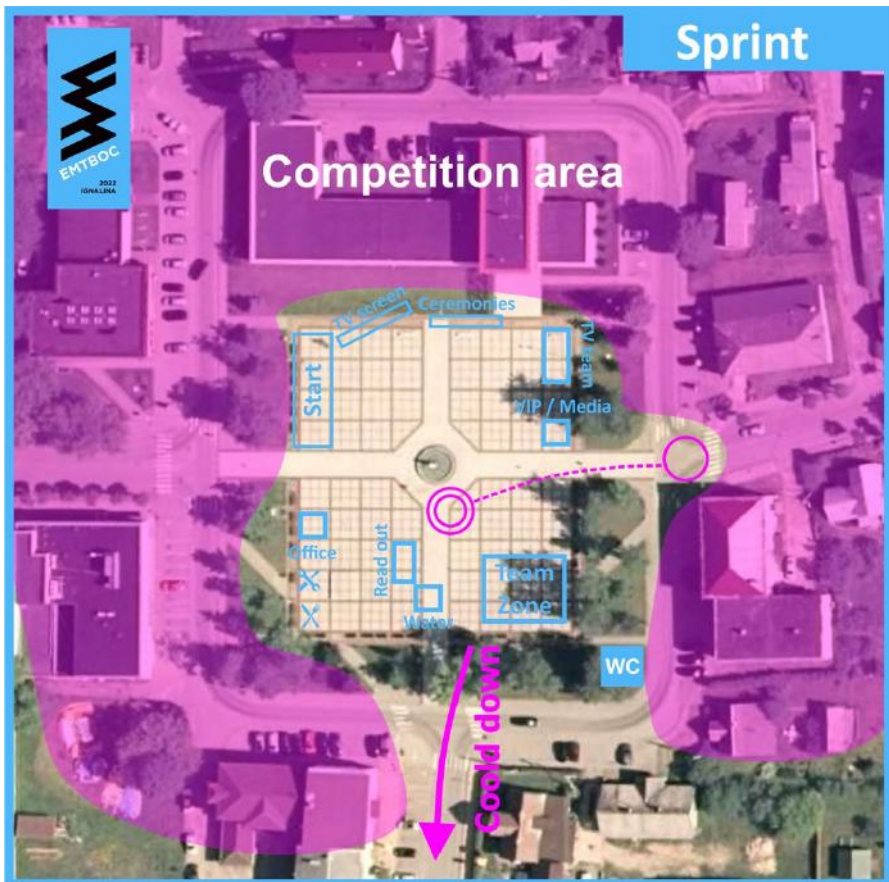
There will be a clock showing your start time slot. Path from the pre-start to the start will be marked by red-white stripes and direction marks.

Please, be careful – even some streets will be closed for car traffic, pay attention and follow instructions of our marshals and respect pedestrians!

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.

The distance from time start to map start is 100 m

Map of the Finish arena



	Length (optimal route)	Total climb (m)	Number of controls	Winning times (min)
W21	8.5	140	26	24 - 27
M21	9.5	210	32	20 - 25
W20	6.5	125	22	16 - 20
M20	7.0	145	26	16 - 20
W17	4.9	100	21	15 - 20
M17	6.5	135	22	15 - 20

Maps

Maps will be printed on waterproof paper, **double-sided**. There will be map turning (map change) - please mind the large numbers in magenta marking the map side - you should start on map number **1**.

Scale 1:5 000, contours 2.5 m, Size - **274x300mm**

Start quarantine

Start quarantine will be located in a fenced stadium. Warm-up is allowed on stadium's running track.

Start lists, Bulletin 4 and WC will be available within quarantine area. GPS devices will be handed out in the start quarantine, so you should be there at least 20 minutes before the actual start time.



### 3.4 LONG (all competitors)

Saturday, May 21.

Long race will take place in Ažušilė forest. Finish arena will be in biathlon stadium of Lithuanian winter sports centre, Sporto str. 3, Ignalina, next to the Event Centre, (📍 55.338438, 26.181270 WGS)

Site is accessible by bicycle or car, there are public car parking at the stadium. Distances to/from the Finish Arena:

EC ⇨ 0.0 km ⇨ LONG ⇨ 1.7km ⇨ City centre



Time:	Competition events
08:00	Event office at finish arena opens
09:00	First start
10:10	Start quarantine closes
10:10	GPS visibility is ON
14:30	Deadline for complaints
15:00	Award ceremony for SPRINT event at Finish arena
20:00	Event office at finish arena closes

#### Start procedure:

First start is at 9:00

Start - from the Start quarantine, located in 1400m from the Finish arena, following the standard start procedures

Individual start with start interval of 3 minutes.

There will be a clock showing your start time slot.

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.

The distance from time start to map start is 210 m

**Please note** that surrounding area is competition arena for Long and Relay races, so stay on the main street while coming and leaving the competitions.

## Map of the Finish arena



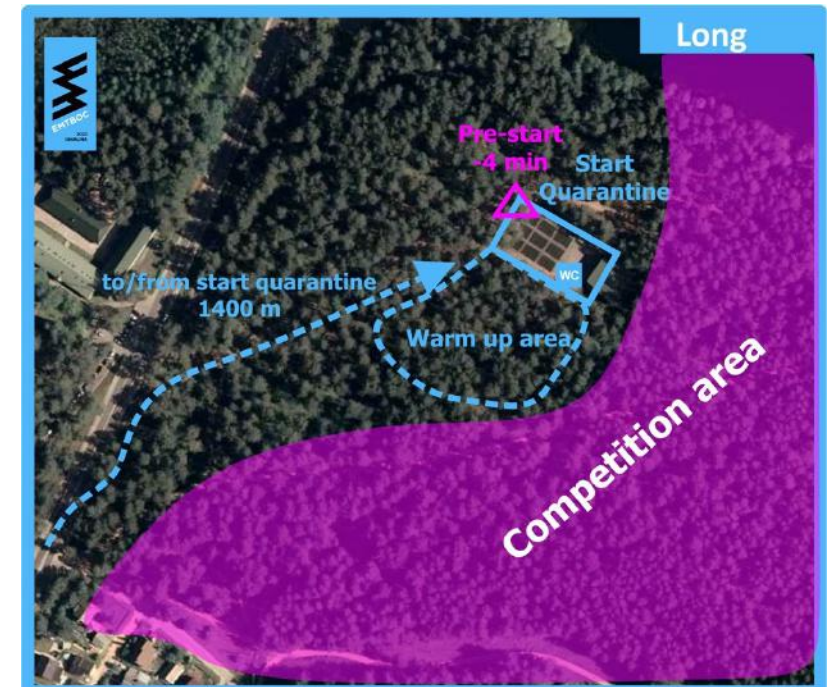
### Maps

Maps will be printed on waterproof paper, **double-sided**. There will be map turning (map change) - please mind the large numbers in magenta marking the map side - you should start on map number **1**. Scale 1:15 000, contours 5 m, Size - 240x350mm

### Start quarantine

Start quarantine will be located in an open concert arena. Warm-up is allowed on marked paths of surrounding park.

Start lists, Bulletin 4 and WC will be available within quarantine area. GPS devices will be handled out in the start quarantine, so you should be there at least 15 minutes before the actual start time.



	Length (optimal route)	Total climb (m)	# of controls	Winning times (min)
W21	34.5	640	19	105 - 115
M21	44.9	705	24	105 - 115
W20	25.7	530	16	84 - 92
M20	29.9	575	18	84 - 92
W17	21.3	410	14	70 - 75
M17	27.0	480	16	70 - 75

### 3.4 RELAY (all competitors)

Sunday, May 22.

Relay will take place in the same Ažušilė forest as Long race and in the same Finish arena in the biathlon stadium of Lithuanian winter sports centre.

Quarantine area is quite limited, but there is enough space and hard surface for bike trainers.



Time:	Competition events
09:00	Event office at finish arena opens
10:00	Start of the first leg of all Junior classes
10:10	Start of the first leg of all Youth classes
10:20	Start quarantine closes for all Youth and Junior classes
11:45	Start of the first leg of the MIX teams
12:00	Start quarantine closes for MIX team athletes
12:00	GPS visibility is ON, start of Live TV broadcast
13:50*	Flower ceremony - preliminary
14:15	Deadline for complaints
14:30	Award ceremony for RELAY AND MIXED RELAY teams and Closing ceremony at Finish arena
15:00	Event office closes.

	Length (optimal route)	Total climb (m)	Number of controls	Winning times (min)
<b>MIX</b>	14,5-15,2	290-330	23	40 - 45
			total winning time	120 - 135
<b>W20</b>	10.9-11.6	210-230	16	35 - 40
<b>M20</b>	13.1-13,7	225-275	19	35 - 40
			total winning time	105 - 120
<b>W17</b>	8.9-9.9	130-155	14	30 - 35
<b>M17</b>	10.9-11.6	210-230	16	30 - 35
			total winning time	90 - 105

## Map of the Finish arena



### Start procedures:

Distance from time start to start point is 210 m. It will be marked by red and white stripes.

Starting and changeover procedures will be shown at 9.30.

Mass start procedure: 1st leg competitors will be let into the start area 5 minutes before their mass start. Maps will be distributed by marshals before the start, covering sheet up. Competitors number will be clearly marked on the map and competitors are responsible to check that they got the map with the correct number. Competitors are allowed to turn the maps 15 seconds before the start. Till the start all bikes must be in stationary position, competitors keeping at least one foot on the ground until the start signal.

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

### Maps

Maps will be printed on waterproof paper, **double-sided**. There will be map turning (map change) - please mind the large numbers in magenta marking the map side - you should start on map number **1**.

Scale 1:10 000, contours 5 m, Size - 230x294mm

### Start quarantine

Start quarantine will be located in the biathlon stadium. Warm-up is allowed on part of biathlon loop stretching from the Main building to car park, behind the shooting range.

Start lists, Bulletin 4 and WC will be available within quarantine area. GPS devices will be handled out in the start quarantine.



## 4. 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	<b>SPRINT</b> Ignalina, Mokyklos str. 📍55.344820, 26.158158 WGS
Saturday, May 21	16:00	<b>MIDDLE 1</b> Palūšė, M.Petrausko str. 📍55.327463, 26.106498 WGS
Sunday, May 22	15:00	<b>MIDDLE 2</b> Ignalina, Winter Sports Centre 📍55.336070, 26.185174 WGS

### Open classes

Class	SPRINT	MIDDLE 1	MIDDLE 2
<b>OPEN1</b>	6.6km - 26 CP	17.8km - 21 CP	14.4km - 15 CP
<b>OPEN2</b>	5.7km - 22 CP	14.8km - 18 CP	12.5km - 15 CP
<b>OPEN3</b>	4.6km - 20 CP	12.5km - 12 CP	8.7km - 13 CP

### Punching

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>

### Start times

Start protocols will be published in DBSportas entry system, few days before the event - see the link above

### 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](http://www.emtboc2022.lt)

## 5. Useful Links

Orienteering Federation Lithuania - [orienteering.lt](http://orienteering.lt)

Official Lithuanian O-maps database - [dbsportas.lt/en/](http://dbsportas.lt/en/)

(click the Maps checkbox on layers menu in the right)

Interactive Lithuanian O-Maps database - [trails.lt](http://trails.lt)

Ignalina county website - [ignalina.lt](http://ignalina.lt)

Ignalina tourist information - [ignalina.info](http://ignalina.info)

Aukštaitijos National Park website - [aparkai.lt](http://aparkai.lt)

Lithuania visitor info - [welovelithuania.com](http://welovelithuania.com)

Vilnius airport website - [vilnius-airport.lt](http://vilnius-airport.lt)

Kaunas airport website - [kaunas-airport.lt](http://kaunas-airport.lt)

Riga airport website - [riga-airport.com](http://riga-airport.com)

Lithuania Railway tickets- [traukiniobilietas.lt](http://traukiniobilietas.lt)

Intercity coach tickets- [autobusubilietai.lt](http://autobusubilietai.lt)



**IGNALINA**



## 6. OUR PARTNERS AND SPONSORS - THANK YOU!

