



**BOM MTBO WRE 2016**

**BAIRRADA "O" MEETING MTBO WRE**

**Pre-Event WMTBOC 2016**

**Bulletin #3**

**Date:** 5<sup>th</sup> and 6<sup>th</sup> of March 2016

**Organizer:** CAB – Clube de Aventura da Bairrada  
FPO – Federação Portuguesa de Orientação  
IOF – Internacional Orienteering Federation  
Municipality of Mealhada  
Municipality of Cantanhede

**Organizing Committee:**

Event Director: Carlos Ferreira  
Event Secretary: Fátima Saraiva  
Maps & Courses: Carlos Ferreira  
Event Controlling: Alexandre Reis

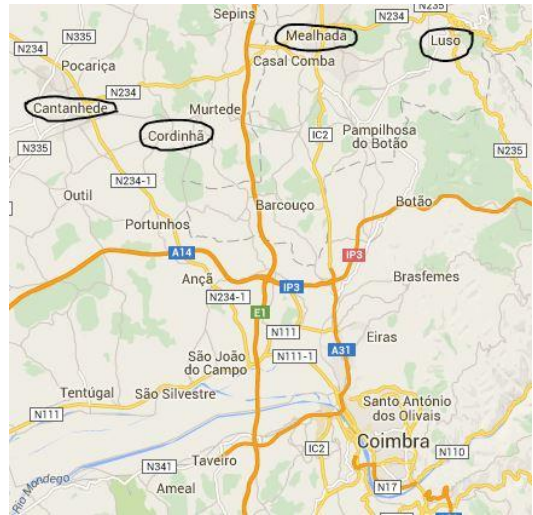
**Information:**

CAB – Clube de Aventura da Bairrada  
Av Calouste Gulbenkian 208 RC Fr  
3750 102 Águeda, Portugal  
Email: [aventurabairrada@gmail.com](mailto:aventurabairrada@gmail.com)

**Stages:**

5<sup>th</sup> March - Saturday – Middle Distance – Cantanhede  
6<sup>th</sup> March - Sunday – Long Distance – Luso - Mealhada





Event Center

Cantanhede	Latitude: 40.343731 Longitude: -8.585708
Luso	Latitude: 40.375843 Longitude: -8.386902





**Program:**

22<sup>nd</sup> February – Reference prices deadline

29<sup>th</sup> February – Deadline for entries to the competition classes and “online” registration

5<sup>th</sup> March - Middle Distance WRE

10:30 – Opening hours of the Event Office at Arena - Cantanhede

12:30 – Start for Middle Distance

13:00 – Start for Open Classes

17:30 – Price giving ceremony for Middle Distance WRE

6<sup>th</sup> March – Long Distance WRE

8:30 – Open hours of the Event Office at arena – Centro de Estágios do Luso

9:30 – Start for Long Distance

10:30 – Start for Open Classes

13:30 – Price giving ceremony for Long Distance WRE and BOM MTBO 2016

**Classes and participation:**

MTBO World Ranking Event – W21E and M21E

Extra WRE – W/M15, W/M17, W/M20, W/M21A, W/M40, W/M50, M60, Open Courses

## Entries:

ENTRY FORM (final entry, by 22<sup>nd</sup> february 2016) giving:

- Country
- Entry fees
- Team manager's name, address and telephone/fax numbers
- Payment for entry fees
- Family name and first name of each team official

Address for entries:

**ELITE CLASSES:** During entry process, Elite runners may provide their IOF World Ranking ID. All the athletes in those classes need to be registered in [IOF Eventor](http://eventor.orienteering.org/Events/Show/5255). <http://eventor.orienteering.org/Events/Show/5255>

**EXTRA WRE CLASSES:** For email to [aventurabairrada@gmail.com](mailto:aventurabairrada@gmail.com) or [http://www.orioasis.pt/oasis/edit\\_entry.php?action=entry\\_edit&clubid=5589&eventid=1483](http://www.orioasis.pt/oasis/edit_entry.php?action=entry_edit&clubid=5589&eventid=1483)

## Entry fees

World Ranking Event - For stage/person - €12

All payments are to be made to the CAB – Clube de Aventura da Bairrada, as follows (all charges are paid by sender)

Bank name: Montepio Geral (Agency: Águeda) - Clube de Aventura da Bairrada

BIC/SWIFT: MPIOPTPL

IBAN: PT50 0036 0020 99100264520 17

## Transport (Extra cost)

We recommend car rental as the best way to move during the event.

Travel by train: If you want to travel by train from Lisbon or Porto

- consult the timetable: <http://www.cp.pt/passageiros/en/>

## Accommodation (Extra cost)

Accommodations in Luso, Mealhada and Cantanhede:

See: <http://www.cm-mealhada.pt/index.php?id=67&parcat=47&par=0&acao=mostra.php>

<http://www.marialvaparkhotel.pt/>

## Time Keeping System

SPORTident will be used on all events with the SPORTident AIR+ system

## Maps

Cantanhede - 2008 and Luso-Vacariça – FPO Registration No. 009/2015



## Embargoed areas

The areas are out of bounds for all potential participants and team members, including competitors, team leaders, coaches, doctors, escorts, and any other person who through their knowledge of the terrain may influence the result of the competitions. The following areas are embargoed during 1<sup>st</sup> september 2015 – 6<sup>th</sup> mar 2016. There is no exception. All events will be organized in accordance with the IOF International Specification

## Terrain description

In the competition areas thorny vegetation can be found. Therefore puncture protection is strongly recommended. All the competition areas are open to public traffic. We don't expect any kind off traffic on the competition area. Riders should follow the instruction of marshals. Still, it is the riders' responsibility to observe traffic rules and avoid unsafe practices.

The Middle and Long distance area it is a combination of pine and eucalyptus forest and small urban areas, on the Long distance there will be small parts of rugged and hilly terrain with a dense network of roads and paths, mostly with a good rideability.

## Preliminary information of the courses

MIDDLE DISTANCE – Start at 3 Km - Finish in the Arena

Map 1:15 000 5m

Category	In line - Km	Ideal Route Km	Clibing	CP
M1-M21E/WRE	13,2	19,7	190	25
M2-W21E/WRE	10,3	14,2	130	20
M3-M40	11,5	17,4	150	21
M4-M20	10,4	14,1	120	17
M5-M50-M21A	10,5	13,8	110	17
M6-M60-M17-W20-W21A-W40	8,7	12,9	95	17
M7-W50-Open Curto	8,3	10,6	80	15
M8-M15-W17	7,2	8,6	65	16
M9-Open Longo	11,1	15,4	120	19
M10-W15-Formação	6	7,2	45	13

LONG DISTANCE – Start and Finish in the Arena

Maq 1:15 000 5m

Category	In line - Km	Ideal Route Km	Clibing	CP	Change map
L1-M21E/WRE	18,5	28,6	770	25	YES
L2-W21/WRE	15,2	21	580	20	YES
L3-M20	14,1	20,8	610	20	YES
L4-M40	16,5	24,8	700	21	YES
L5-M50-M21A	13,8	20,2	580	18	YES
L6-M60-M17-W20-W21A-W40	8,7	13,7	300	14	NO
L7-W50-Open Curto	8,0	11,3	290	12	NO
L8-M15-W17	6,3	9,7	230	12	NO
L9-Open Longo	12,6	18,5	400	19	YES
L10-W15-Formação	4,9	7	160	15	NO

## Rules

The event will be organized in accordance with the Competition Rules for IOF MTBO Orienteering Events, and Special Rules for MTB Orienteering World Ranking Event.

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

In this specific event:

- Riding off the track, trail or path is allowed.
- In Portugal one drives on the RIGHT side of road.

Therefore riders must ride on the RIGHT side on all roads and tracks.

## Anti-doping

According, the IOF Anti-Doping Code and rules apply as of 1st February 2010.

Please consult <http://orienteering.org/anti-doping/>

## Health care

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

The Organizers 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.

## Visa

Countries that who need visas for entering to Portugal: please contact the Portuguese embassy in your country. If a personal invitation from the organisers is required for the visa, please contact FPO.

## Media Services

Media representatives are cordially invited to come to Cantanhede e Mealhada to cover the World Ranking Event.

Registration for media entry should be made in email by 22st fev 2016.

Media facilities will be available only to registered media representatives.

## Bicycle storage, washing and repair

Bicycle storage is located in the competition event centre. Access to the bicycle storage will be strictly limited and can only be permitted by presenting your competitor's card.

Bicycle washing facilities will be available, at the arena/ event centre.

We have our official bicycle repair partner who will be working at the arena of the event.

You can rent a mountain bike, if necessary. Contact - [aventurabairrada@gmail.com](mailto:aventurabairrada@gmail.com)

