



EUROPEAN MTB ORIENTEERING CHAMPIONSHIPS 2023
CX80 MTB ORIENTEERING WORLD CUP 2023 – ROUND 1
EUROPEAN JUNIOR MTB ORIENTEERING CHAMPIONSHIPS 2023
EUROPEAN YOUTH MTB ORIENTEERING CHAMPIONSHIPS 2023



25th April to 29th April 2023
Loulé – Portugal



Bulletin 4

Publication date of this bulletin: **24/04/2023**

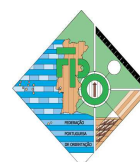


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Honorary Committee



*Vítor Aleixo
President
Municipality of Loulé*

Loulé is a Municipality that offers natural and climatic conditions for sports, high-quality infrastructures for several sporting disciplines, as well as an international recognition as a dynamic and eclectic territory. Talking about sports in Loulé means talking about major sports events. Hosting in 2023 the MTBO European Championships, the municipality of Loulé is participating in another great inter-national sport event, being also associated with the most important competition of this specific sporting discipline.

For Loulé it's an opportunity to promote the diversity of the territory and the variety of its natural resources. The beauty of the landscapes of the interior will certainly impress the athletes and teams that will come to Loulé for the Championships, giving an important attention to the interior areas, as Barrocal and Serra.

To develop the economy of the interior, it's necessary to promote its potential to outsiders, as its cultural richness, its traditions, the quality of its products and food. Loulé has several natural areas environmentally classified, footpaths, fountains, small typical villages, a rich fauna and flora and a kind and welcoming community, factors that have been essential to the development of nature tourism in the municipality.

So, it's a great honour for the municipality to be associated to the Portuguese Orienteering Federation (FPO) and I greet all athletes, teams and families who come to Loulé for the MTBO.

Welcome to Loulé!



*Carlos Garcia
FPO President*

On behalf of the Portuguese Orienteering Federation, I wish all teams a big "Welcome" to the European MTB Orienteering Championship 2023 in Loulé – Portugal – 25th to 29th of April 2023.

2022 was a memorable year for Portugal by organizing several events, among others the JWOC 2022. The quality of our organization is well recognized and the International Orienteering Federation, once again, entrusted us with a great event like this European Championship.

The event will take place in Loulé, a friendly city in our Algarve region, in the south of the country, which offers fascinating tourist attractions, a traditional Portuguese market and a historic centre.

We believe that the technical quality of the land that will be used and the organizational quality of all the volunteers involved will, certainly offer a successful event that will be of general satisfaction.

We are waiting for you.

1 Organizers

FPO – Portuguese Orienteering Federation – www.fpo.pt

Instituto Português do Desporto e Juventude, I.P. – www.ipdj.pt

Câmara Municipal de Loulé- Municipality of Loulé – www.cm-loule.pt/

The event is organised under the authority of:

IOF – International Orienteering Federation – www.orienteering.sport

Event Director:

Carlos Garcia

Maps & Courses:

Alexandre Reis



2 Event controlling

IOF Senior Event Advisor: André Hermet (FRA)

National Controller: Tiago Fernandes (POR)



3 Jury

The MTBO Commission and the Portuguese Orienteering Federation have approved the following jury members for the event:

- Anke Dannowski, GER
- Jiri Vraný, CZE
- Jorge Baltazar, POR

Reserve (and remote): Ursula Hausermann, SUI.

4 Event Centre

Convento do Espírito Santo

Address: Praça da República, 8100-270 Loulé

GPS: 37.13919, -8.02269

Parking (460 meters from Event Centre:

GPS: 37.14256, -8.02015

Distances from main airports:

Faro International Airport – 20 km (20 min)

Lisbon International Airport – 270 km (2 h 30 min)

5 General location



6 Event Programme

Mon, 24 th Apr	CX80 WCUP & EMTBOC	EJMTBOC & EYMTBOC
15:00 – 19:00	Teams' arrivals and accreditation	
15:00 – 19:00	Opening hours of the Event Office at the Event Centre (Loulé)	

Tue, 25 th Apr	CX80 WCUP & EMTBOC	EJMTBOC & EYMTBOC
09:00 – 19:00	Teams' arrivals and accreditation	
09:00 – 19:00	Opening hours of the Event Office at the Event Centre	
10:00 – 18:00	Model event (Salir)	
15:00	Competition entry deadline for the Middle Distance	
18:00	Team Leaders Meeting (EC – Loulé)	

Wed, 26 th Apr	CX80 WCUP & EMTBOC	EJMTBOC & EYMTBOC
Competition	Middle Distance	Middle Distance
08:30 – 15:00	Opening hours of the Event Office at the Middle Distance Arena (Tôr)	
Up to 09:00	Arrival of all teams at the Arena	
09:00	1 st Start	
09:05	Finish quarantine activated	
10:30	Start quarantine activated	
10:35	Finish quarantine off	
13:00	Flower ceremony at the Arena	

15:00	Competition entry deadline for the Mass Start / Long Distance
16:30	Athletes' arrival to prepare for the opening ceremony
17:00 – 20:00	Opening hours of the Event Office at the Event Centre
17:00	Opening ceremony (EC – Loulé)
17:30	Prize-giving ceremony (EC – Loulé)
18:00	Team Leaders Meeting (EC – Loulé)

Thu, 27 th Apr	CX80 WCUP & EMTBOC	EJMTBOC & EYMTBOC
Competition	Mass Start	Long Distance
08:30 – 15:00	Opening hours of the Event Office at the MS & LD Arena (Barranco Velho)	
09:00		1 st Start
09:05		Finish quarantine activated
10:45	Start quarantine activated	
10:50		Finish quarantine off
11:00	Start Men	
11:10	Start Women	
14:00	Flower ceremony at the Arena	
15:00	Competition entry deadline for the Sprint	
17:00 – 20:00	Opening hours of the Event Office at the Event Centre	
17:30	Prize-giving ceremony (EC – Loulé)	
18:00	Team Leaders Meeting (EC – Loulé)	

Fri, 28 th Apr	CX80 WCUP & EMTBOC	EJMTBOC & EYMTBOC
Competition	Sprint	Sprint
08:00 – 15:00	Opening hours of the Event Office at the Sprint Arena (North of Loulé)	
09:30	1 st Start	
09:35	Start quarantine activated	
12:30	Flower ceremony at the Arena	
15:00	Competition entry deadline for the Mixed Relay / Relay	
17:00 – 20:00	Opening hours of the Event Office at the Event Centre	
17:30	Prize-giving ceremony (EC – Loulé)	
18:00	Team Leaders Meeting (EC – Loulé)	
19:00	Party / Banquet	


New Date

Sat, 29 th Apr	CX80 WCUP & EMTBOC	EJMTBOC & EYMTBOC
Competition	Mixed Relay	Relay
08:30 – 14:00	Opening hours of the Event Office at the Sprint Arena (Southwest of Loulé)	
08:50	Start quarantine activated	
09:00	Mass start 1 st Leg	
09:05	Finish quarantine activated	
10:45		Start quarantine activated
10:50	Finish quarantine off	
11:00		Mass start 1 st Leg
14:30 – 16:00	Opening hours of the Event Office at the Event Centre	
15:00	Prize-giving and closing ceremony (EC – Loulé)	

7 Participation and classes

Competitors participate at their own risk. Third party insurance and personal injury insurance are mandatory and shall be the responsibility of their Federation or themselves, according to national regulations.

Competitors representing member Federations of the IOF, defined by the International Olympic Committee as belonging to the European continent, can compete in the EMTBOC, EJMTBOC or EYMTBOC.

Competitors representing other member Federations of the IOF can participate in the European Championships but will not be eligible for European titles, medals or diplomas.

All competitors must have a valid passport of the country they are representing or other valid documentation proving their citizenship.

CX80 MTBO World Cup Round 1 & European MTBO Championships (EMTBOC)

There is one class for women (WE) and one for men (ME). There are no age restrictions.

Each federation may enter up to 6 women and 6 men for all individual competitions plus the current World Champions and European Champions in each format (distance).

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, in each individual competition.

In the Mixed Relay each federation may enter a maximum of 4 teams of 3 riders. Each team must include at least 1 woman. Only the team with the best result is considered in determining the placings.

Each competitor must have a valid IOF Athlete Licence.

European Junior MTBO Championships (EJMTBOC)

There is one class for women (W20) and one for men (M20). Only competitors who are no more than 20 years old on 31 December 2023 are entitled to compete in the classes W20 or M20.

For each individual competition, a Federation may enter a maximum of 6 competitors in each class.

The organising Federation may have two additional competitors as official EJMTBOC competitors in the individual competitions. These competitors must start in the lowest ranked start group.

In the Relay each Federation may enter up to 2 teams of 3 riders per class. If a Federation is represented by two teams in a relay class, only the team with the better result is considered in determining the placings.

European Youth MTBO Championships (EYMTBOC)

There is one class for women (W17) and one for men (M17). Only competitors who are no more than 17 years old on 31 December 2023 are entitled to compete in the classes W17 or M17.

For each individual competition a Federation may enter a maximum of 6 competitors in each class. The organising Federation may have two additional competitors as official EYMTBOC competitors in the individual competitions. These competitors must start in the lowest ranked start group.

In the Relay each Federation may enter up to 2 teams of 3 riders per class. If a Federation is represented by two teams in a relay class, only the team with the better result is considered in determining the placings.

Open classes

Changed There will be no Open classes, as a minimum of 20 registered athletes was not achieved.



8 Entries

Summary of entries received per 22th April 2023

CX80 World Cup 1 & EMTBOC

Federation	ME	WE	Team Officials	Total
Austria	5	2	1	8
Czechia	7	4	3	14
Denmark	4	3	1	8
Estonia	4	2	1	7
Finland	9	7	1	17
France	5	4	2	11
Germany	3	2		5
Ireland	1			1
Italy	3		1	4
Latvia	2			2
Lithuania	4	2		6
Poland	2	1	1	4
Portugal	6	3		9
Slovakia	1		1	2
Spain	5	5		10
Sweden	2	4	1	7
Switzerland	2	2	2	6
Sum	65	41	15	121

EJMTBOC and EYMTBOC

Federation	M20	W20	M17	W17	Team Officials	Total
Austria	1				1	2
Czechia	2	2	3	3	2	12
Denmark		2		1	1	4
Estonia	1			1	1	3
Finland	5	4	4	4	1	18
France	3	2	3	1	1	10
Germany			2			2
Italy	1	1	2		1	5
Lithuania	1		2	2	1	6
LTU MTBO Team				1		1
Portugal	3		3		1	7
Spain	3	3	3	3		12
Sweden	2	2	1	2	2	9
Switzerland	1		2			3
Sum	23	16	25	18	12	94

9 Entry fees

All fees are in Euros and per person - except for the Relay.

	EMTBOC & WCup	EJYMTBOC
Accreditation for competitors	€ 90	€ 65
Accreditation for team officials	€ 75	€ 65
Sprint distance	€ 55	€ 30
Middle distance	€ 55	€ 30
Mass start / Long distance	€ 55	€ 30
Relay (per team)	€ 120	€ 90

10 Account details for payments

Competitors or teams may be excluded if their fee is not paid.

All payments are to be made to the Portuguese Orienteering Federation – FPO, considering the following information:

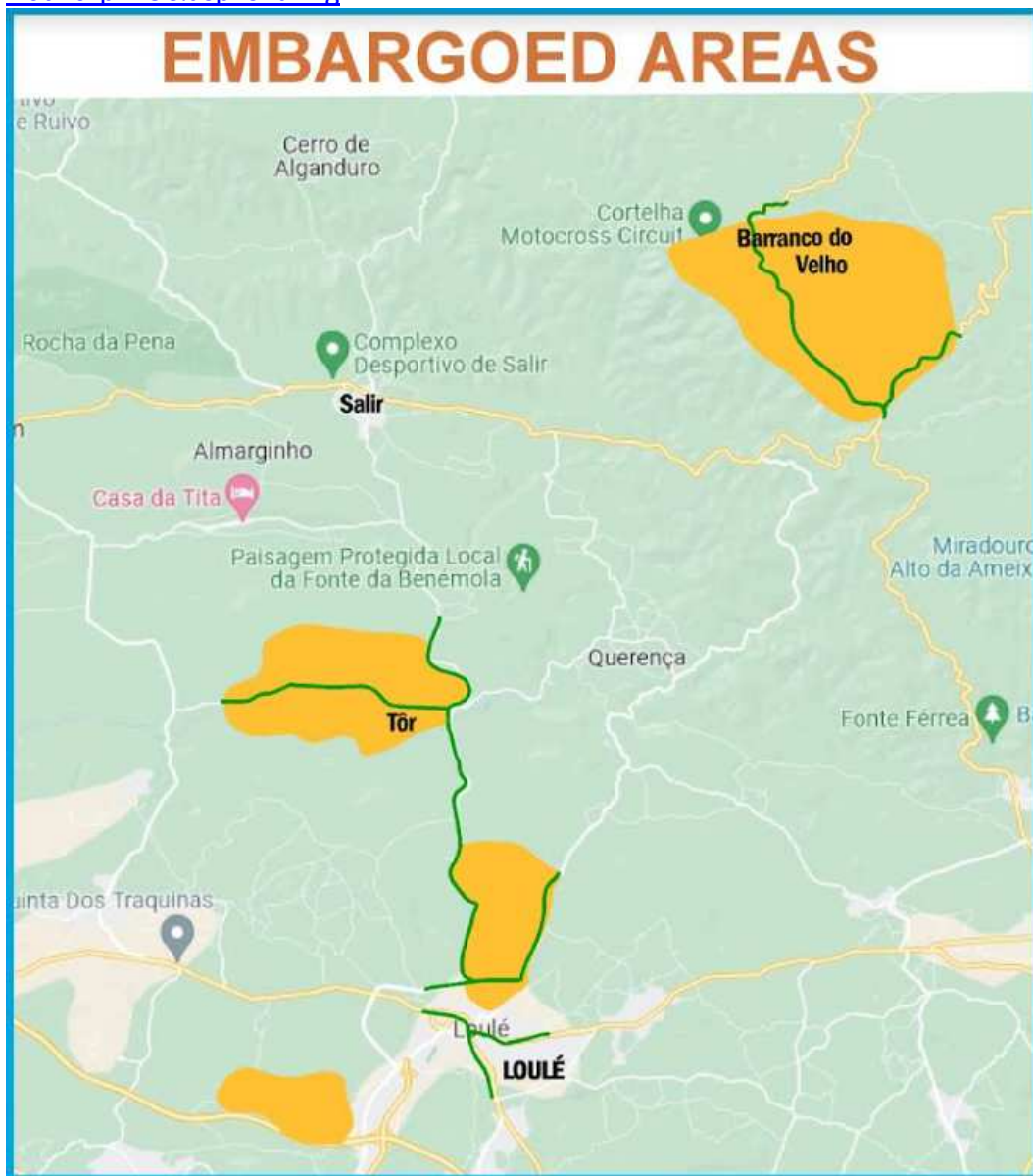
- **All charges to be paid by sender:**
- **Bank name:** Caixa Geral de Depósitos (Agency: Marinha Grande)
- **BIC/SWIFT:** CGDIPTPL
- **IBAN:** PT50 0035 0441 00046074930 26
- **Bank Address:** Caixa Geral de Depósitos - Agência da Marinha Grande
- Rua Bernardino Jose Gomes - PT 2430-241 Marinha Grande - Portugal
- **Account owner:** Federação Portuguesa de Orientação-FPO
- **Account owner address:** Federação Portuguesa de Orientação-FPO - Estrada da Vieira, 4 - Bairro Florestal - Pedreanes - 2430-401 Marinha Grande – Portugal.



11 Embargoed areas

Embargoed areas go on:

https://www.google.com/maps/d/u/0/edit?mid=1L9K_OoDZqE7YT0bWrly1-NcbncxpznU&usp=sharing



The areas marked on the map are partially embargoed.

These areas can be visited without an orienteering map, and it is also possible to stay in accommodation there.

However, visitors have to stay on the public road network.

Any orienteering activity is forbidden and it is also strictly forbidden to ride a bike with the intention to test route choices.

No participants or anybody with a potential connection to a team (athletes or others) may visit the areas with a map.

12 Accreditation

All registered participants, both athletes and team officials, must go through the accreditation process at the Event Office before 15h00 on Tuesday 25th April, at the Event Centre in Loulé.

It will be opened since 15h00 on Monday 24th April.

A team official can go to accreditation carrying the official ID of each team member. The official ID card must have a photo.

Important to emphasize that all team members must have an IOF Eventor profile with a passport-style photo.

Also, during the entry process, each Nation must provide a contact person, an e-mail address, and a phone number that MTBO2023 organisers can communicate with.

A personal MTBO2023 ID card (badge) will be handed out at accreditation. All accredited people must wear it at all relevant times, presenting it to access restricted zones like Quarantine, Arena's Team Area, etc.

Delivery of Model Event maps

The Model Event maps will be delivered during accreditation.

13 Maps

All maps will be made according to the IOF International Specification for MTB Orienteering Maps ISMTBOM 2022 (see <https://orienteering.sport/iof/mapping>).

14 Competition rules

All events will be organised in accordance with the competition Rules for IOF MTB Orienteering Events as published by the IOF, the Special Rules for the World Cup in MTB Orienteering and the IOF Anti-Doping Rules valid at the time of the Event. IOF MTB Orienteering Competition rules are available on: www.orienteering.sport.

Summary of the most important rules:

Riding off the track, trail or paths is allowed, only riding in private or forbidden areas are not allowed. Riding outside the mapped area during the competition is not allowed.

In Portugal 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.

Complaints and protests:

Complaints and protests may only be made by team officials or competitors.

Any Complaint shall be made in written form and handed in at the Event Office at the arenas as soon as possible.

Complaints regarding the results shall be made no later than 15 minutes after the publication of the provisional results list. That moment of the publication will be announced by the arena

Speaker. Complaints received after this time limit will only be considered if there are valid exceptional circumstances which must be explained in the Complaint.

A Complaint is decided by the organiser. The complainant must be informed about the decision immediately. If the organiser is unable to make the decision, the IOF Event Adviser must decide in their place.

A written Protest can be made, against the Organiser's decision about a Complaint. Written Protests shall be delivered personally at the Event Office at the arenas no later than 15 minutes after the organiser has informed the complainant of the decision about the Complaint.

A Protest fee of 50 EUR shall be paid to the IOF Senior Event Adviser in cash when making a Protest. The fee will be returned if the Protest is accepted by the jury, otherwise the fee will be sent to the IOF. Forms for making a complaint or protest will be available at the arena Event Office.

15 Anti-Doping

Doping is strictly forbidden and the organisers of the European Championships 2023 and the first round of the CX80 World Cup 2023 are dedicated to supporting the anti-doping authorities in their work. Doping tests are always carried out in accordance with the procedures described in the WADA International Standard for Testing. The IOF Anti-Doping Rules and the World Anti-Doping Code apply. 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. In general, it is advisable that the athletes bring along their ID to all the competitions and events.

For more information and anti-doping documents, please consult:

<https://orienteering.sport/iof/anti-doping>.

16 Starting Order

CX80 WCUP & EMTBOC

For the Sprint and Middle Distance, the starting order must be drawn in four starting 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 starting group is reduced by one. Within every group the starting order is drawn at random.

For Middle Distance and Sprint the competitors from the same Federation must not start consecutively. If they are drawn to start consecutively, the next competitor drawn must be inserted between them. If this happens at the end of the draw or at the end of a starting group, the competitor before them must be inserted between them.

Start Group for Men and Women:

Start Group	Men				
	IOF ID	First name	Last name	Federation	Rank
Group 4	15258	Samuel	Pokala	Finland	1
	7763	Krystof	Bogar	Czechia	2
	12973	Vojtech	Ludvik	Czechia	3

	10305	Andre	Haga	Finland	5
	20941	Jan	Hasek	Czechia	6
	13198	Lauri	Malsroos	Estonia	7
	16776	Vojtech	Stransky	Czechia	8
	17926	Andreas	Waldmann	Austria	9
	10816	Jiri	Hradil	Czechia	10
	23324	Ignas	Ambrasas	Lithuania	11
	24274	Miika	Nurmi	Finland	14
Group 3	13160	Jonas	Maiselis	Lithuania	15
	20184	Fabiano	Bettega	Italy	16
	23088	Adrian	Jaeggi	Switzerland	17
	13106	Davide	Machado	Portugal	19
	28620	Jeremi	Pourre	France	20
	8679	Luca	Dallavalle	Italy	22
	12519	Jussi	Laurila	Finland	23
	25435	Mikkel Brunstedt	Noergaard	Denmark	24
	28048	Noah	Rieder	Switzerland	26
	25409	Bartosz	Niebielski	Poland	27
	28207	Florian	Pinsard	France	28
	10248	Jonas Vytautas	Gvildys	Lithuania	29
Group 2	21281	Oliver	Friis	Denmark	30
	8879	Sarunas	Dmukauskas	Lithuania	31
	19391	Sebastian	Svard	Sweden	33
	28535	Georg	Koffler	Austria	35
	9423	Joao	Ferreira	Portugal	36
	13291	Daniel	Marques	Portugal	37
	34217	Martin	Illig	Austria	38
	7939	Tobias	Breitschaedel	Austria	39
	11567	Marek	Karm	Estonia	43
Group 1	21464	Andris	Sarksna	Latvia	44
	27205	Sander	Pritsik	Estonia	45
	34322	Albin	Demaret Joly	France	46
	33773	Juan	Sanz	Spain	47
	19562	Bernhard	Kogler	Austria	49
	11590	Kare	Kaskinen	Finland	50
	38439	Paulus	Hanhijarvi	Finland	52
	40785	Lukas	Wilms	Germany	53
	28498	Tomi	Nykanen	Finland	55
	33910	Javier	Munoz Guerrero	Spain	57
	44093	Lennart	Voss	Germany	61
	34142	Damian	Hyla	Poland	62
	34103	Mihkel	Mahla	Estonia	66
	23830	Pasi	Pyykonen	Finland	69
	23061	Paul	Roothans	Portugal	76
	20129	Tomas	Kamaryt	Czechia	79
	13293	Guilherme	Marques	Portugal	80
	13891	Matej	Muller	Slovakia	80
	15618	Riccardo	Rossetto	Italy	83
	37081	Paul	Debray	France	85
	10891	Mark	Huster	Germany	92
	25360	Teemu	Kaksonen	Finland	97
	26778	Rasmus	Nordgren	Sweden	113
	21275	Niall	McCarthy	Ireland	134
	12789	Martins	Linde	Latvia	142
	44973	Jan	Vacek	Czechia	146
	9753	Jorge	Garcia Pardos	Spain	999
	22006	Juan Francisco	Marin Vargas	Spain	999
	22646	David	Toll Clos	Spain	999
	24064	Pierre	Martinez	France	999
	25452	Noah Tristan	Hoffmann	Denmark	999
	27628	Rui	Moreira	Portugal	999
Start Group	Women				
	IOF ID	First name	Last name	Federation	Rank
Group 4	5812	Camilla	Soegaard	Denmark	1
	5068	Ruska	Saarela	Finland	2
	5572	Nikoline	Splittorff	Denmark	3
	2064	Marika	Hara	Finland	4
	2802	Gabriele	Andrasiuniene	Lithuania	5
	964	Caecilie	Christoffersen	Denmark	6
	5923	Martina	Tichovska	Czechia	7
	5619	Ingrid	Stengard	Finland	9

	1986	Antonia	Haga	Finland	10
	23319	Constance	Devillers	France	14
	25358	Kaarina	Nurminen	Finland	28 (WC)
Group 3	1124	Anke	Dannowski	Germany	16
	669	Marie	Kamarytova	Czechia	17
	27631	Karin	Gustafsson	Sweden	19
	21163	Gabriella	Gustafsson	Sweden	20
	41831	Valerie	Kamererova	Czechia	21
	25634	Lucie	Rudkiewicz	France	22
	3884	Karolina	Mickeviute Juodisiene	Lithuania	24
	2479	Ursina	Jaeggi	Switzerland	25
	23228	Saara	YliHietanen	Finland	26
Group 2	2207	Eleri	Hirv	Estonia	29
	37090	Lou	Garcin	France	32
	38389	Elena	Yllan Ortiz	Spain	34
	23781	Jana	Hnilica	Austria	39
	23023	Lea	Hnilica	Austria	42
	40	Monica	Aguilera Viladomiu	Spain	43
Group 1	5839	Piibe	Tammemae	Estonia	45
	5897	Cecilia	Thomasson	Sweden	47
	33417	Nerea	Garcia Rodriguez	Spain	51
	44385	Laurane	Meyers	France	52
	20460	Essi	Hakala	Finland	74
	44292	Dorothea	Steckhan	Germany	77
	42630	Aleksandra	Szatarska	Poland	79
	19395	Veronika	Kubinova	Czechia	86
	145	Miren	Arina Andueza	Spain	999
	4660	Susana	Pontes	Portugal	999
	5390	Ana Filipa	Silva	Portugal	999
	22204	Tania	Covas Costa	Portugal	999
	23099	Elvira	Larsson	Sweden	999
	41702	Celine	Wellenreiter	Switzerland	999
	46011	Jana	Lüscher Aleman	Spain	999

(WC) The MTBOC has decided to issue a Wild Card for the EMTBOC 2023 to Kaarina Nurminen, FIN, who was a Junior until last year. This decision was not taken unanimously because the Wild Card is not primarily meant for Juniors. However, Kaarina won all individual competitions at last year's JWMTBOC, and she also had excellent results at the 3rd World Cup round 2022 when she was given a Wild Card as well. It goes without saying that the Finnish MTBOC member did not vote and did not participate in the discussions either.

For the mass start, the order of competitors in the start rows is determined by the IOF World Ranking list as published 10 days before the event (see list above). The reigning World Champions, who are always given the first start position, are also the current leaders of the World Ranking. Kaarina Nurminen (Wild Card) will be on position 8 in starting group 4.

For the mixed relay, the order of competitors in the start rows (and their start numbers) is determined by the results of the EMTBOC 2022. Those not being placed in the EMTBOC 2022 are given the subsequent start numbers in alphabetical order of Federation abbreviation.

All information about participation in the different competitions must be entered in Eventor. In case of problems with Eventor, please send an email to:

it@mtbo2023.fpo.pt. This information should be updated till 15h00 of the day before the date that the competition takes place – April 25th, Middle Distance, April 26th, Mass Start, April 27th, Sprint and April 28th, Mixed Relay. Help on how to enter this information into Eventor can be found in section 33 Eventor Guide on Submitting Start Groups and Relay Teams.

EJMTBOC & EYMTBOC

For Middle Distance, Long Distance and Sprint the starting order must be drawn at random. The draw must be made in three starting groups (1-early, 2-middle and 3-late). Team officials must allocate their athletes to starting groups in IOF Eventor.

For Middle Distance, Long Distance and Sprint the competitors from the same Federation must not start consecutively. If they are drawn to start consecutively, the next competitor drawn must be inserted between them. If this happens at the end of the draw or at the end of a starting group, the competitor before them must be inserted between them.

For the relay, the order of competitors in the start rows (and their start numbers) is determined by the results of the EJMTBOC 2022 resp. EYMTBOC 2022. Those not being placed in the EJMTBOC 2022 are given the subsequent start numbers in alphabetical order of Federation abbreviation.

All information about participation in the different competitions must be entered in Eventor. In case of problems with Eventor, please send an email to:

it@mtbo2023.fpo.pt. This information should be updated till 15h00 of the day before the date that the competition takes place – April 25th, Middle Distance, April 26th, Mass Start, April 27th, Sprint and April 28th, Mixed Relay. Help on how to enter this information into Eventor can be found in section 33 Eventor Guide on Submitting Start Groups and Relay Teams.

17 Timekeeping system

SPORTident Air+ (range: 1,5m) will be used on all events with SI Active Cards (SIAC) and compatible Control Stations.

Competitors may use their own SIAC (plus backup SIAC) or they can rent it from Organisers for €15 for the event or €5 per day, plus a €80 security deposit (there are a total of 120 SIAC units available for this purpose).

18 Team Leaders Meetings

There will be four Team Leader's Meetings (TLMs) providing relevant information about each race and some extra topics. All TLM's will be held at the Event Centre, in Loulé: Convento do Espírito Santo (GPS: 37.13919, -8.02269).

It will not be possible to participate online. If you have questions for the meetings, please send them to international.events.portugal@fpo.pt before 16h00 on the same day and we will answer them during the meeting.

19 Ceremonies

All the ceremonies (opening, prize-giving and closing) will take place near the Event Centre, in Loulé: Praça da República (GPS: 37.13925, -8.02244).

Times for ceremonies are given in the bulletin programme but small changes may occur with prize-giving ones.

A significant representation of all national teams is really expected at both the opening and closing ceremonies.

At the Opening Ceremony, the meeting point, at 16h30, to prepare the athlete's parade, is near Monumento ao Engenheiro Duarte Pacheco (GPS: 37.14160, -8.02007)

Podium Athletes must be wearing their official National team clothes and should not be using sunglasses, hats, water bottles or similar items. Final instructions to the participants will be given on-site before the ceremony. No accompanying persons may be brought to the podium.

20 Party/ Banquet

The Party/ Banquet will take place in Loulé, at Grupo Desportivo Barreiras Brancas (GPS 37.14378, -7.98339).

21 General information about the competitions

Bib numbers

CX80 WCup & EMTBOC, EJMTBOC and EYMTBOC participants for Sprint, Middle and Long distance will receive start bibs numbered according to their start order.

Bib numbers for each individual competition will be provided after the respective TLM at the Event Centre.

Team officials should remember to collect them after the meeting.

Bib numbers for the Relay will be provided, in self-service mode, inside the Relay arena quarantine.

All athletes must wear their bib numbers at all competitions.

The start bib must be attached in front of the bike.

Quarantine

The use of telecommunication devices (mobile phones etc.) inside the quarantine zones is not allowed.

GPS Tracking

The last 20 athletes Men and Women of CX80 WCup & EMTBOC to start in Middle, Mass Start and Sprint (all of group 4 and significant part of Group 3) and 13th relay teams (first 13 numbers bibs) will be wearing tracking units (GPS). A numbered vest for holding the GPS unit will be delivered at the Arena of the competition day and must be returned after the final of the race. If a vest is not returned, there will be a charge of 40 EUR.

Vests will be issued in sizes XS & S for women and M & L for men. The vest must be worn underneath the athlete's cycling top. Athletes may bring and use their own vests. GPS units' size: 2,2*3,8*6,8 cm.

Start procedure for Middle distance, Long distance and Sprint

SIAC-clear is found outside start boxes.

There are 3 start boxes, in which you enter 3 minutes before time start.

In box 1 you have the SIAC-check.

In box 2 you have the SIAC-tested.

In box 3 you take your map (it is your responsibility to take the correct map).

After time start you have to follow a mandatory route to the start point which is marked by a flag in the terrain.

Start procedure for Mass Start, Mixed Relay and Relay

The athletes entering to the Start area should perform the following procedures:

- SIAC-clear.
- SIAC-check.
- SIAC-test.

- First leg:

Competitor stays on his Bike, with at least one foot on the ground, until start signal.

The Competitor will receive the Map when arriving to his position in his start lane, that should remain face down till 60 seconds before the start signal (in the Mass Start the maps will be given 2 minutes before the start signal), the Maps shouldn't be turned the other way till the order 'maps' be given.

After the start signal, the athletes follow the road to the map start point marked by a flag in the terrain.

- Second and third leg:

The preceding rider on your team touches the following athlete in the change-over area, athletes then go to the start area, collect their map and start the race.

Finish procedure for Middle distance, Mass start, Long distance and Sprint

Finish SI box will be in the finish line.

Finish procedure for Mixed Relay and Relay**- First and second legs:**

First and second leg riders do not cross the finish line. After the last control, when entering into the changeover area they touch the next rider. After this the rider discharges his SIAC Card, and after this operation goes to the finish quarantine.

- Third leg:

Crossing the finish line is decisive. Finish SI box will be 5 meters after the finish line.

Abandoning (DNF)

If abandoning a race, an Athlete must immediately go to the finish area to report and read out the SIAC.

22 Model Event – Tuesday, 25th April

Tue, 25th Apr	CX80 WCUP & EMTBOC
10:00 – 18:00	Model event (Salir)

The maps can be collected during accreditation.
Start location: Salir (GPS: 37.24653, -8.05005).

The terrain of the Model Event will represent all the most significant terrains and morphologies where the competitions will take place, there will be two scale available for better representation of the competition maps.



23 Middle distance – Wednesday, 26th April


Wed, 26th Apr	CX80 WCUP & EMTBOC	EJMTBOC & EYMTBOC
<i>Competition</i>	Middle Distance	Middle Distance
08:30 – 15:00	Opening hours of the Event Office at the Middle Distance Arena (Tôr)	
Up to 09:00	Arrival of all teams at the Arena	
09:00	1 st Start	
09:05	Finish quarantine activated	
10:30	Start quarantine activated	
10:35	Finish quarantine off	
13:00	Flower ceremony at the Arena	

Coordinates of the approaching place to the arena (where signalling starts):

GPS 37.18992, -8.02402



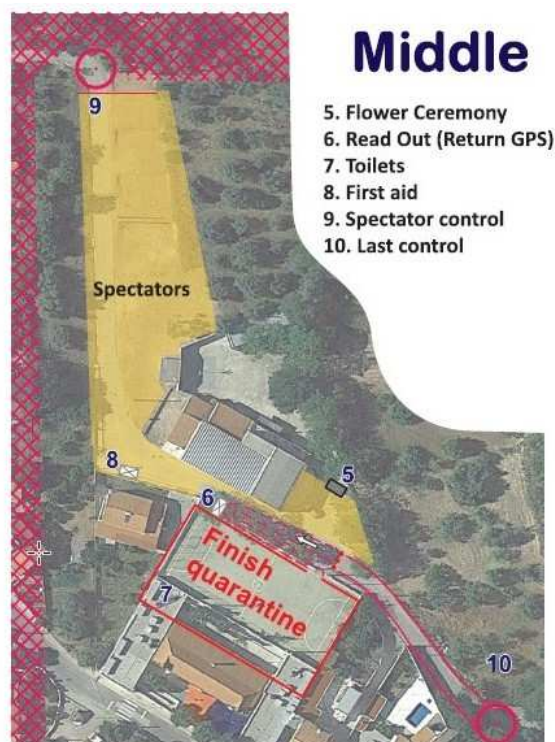
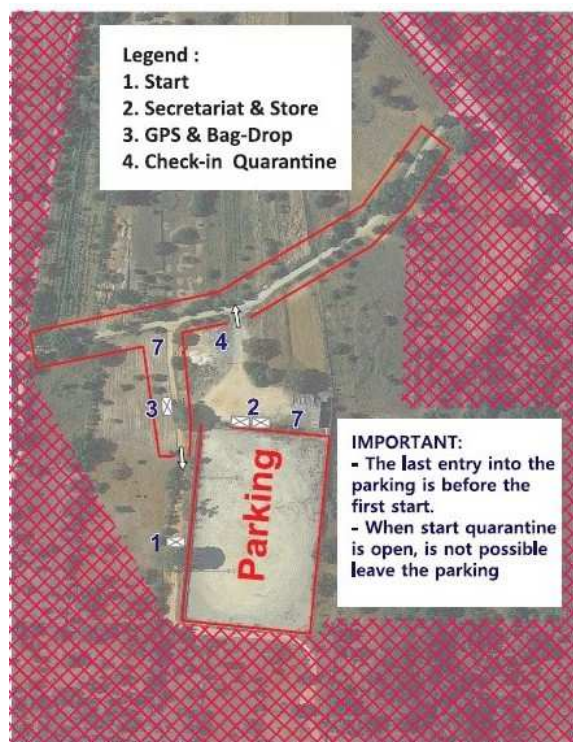
Map and terrain description:

Middle distance		
Scale & Contour Interval	Map size (cms)	Sample of the map
1/10 000 5m	36x26	
<p>Mediterranean forest with medium-high relief. Some private areas and small urban areas, cultivated terrains and vineyards can be found (would not be an option to cross them). There are plenty of small rock walls, some of them would be crossed during competition. A little river will be crossed in some classes, low level of water. Due to agricultural works and preparation of the terrains for it, some new paths can be found in the terrain and not shown in the map, due to rainy winter, some paths are less visible but remain elements of the maps, are. One main road will be crossed, there will be marshal to alert for potential vehicle approaching for the athlete to stop but is responsibility of the athlete to pay attention to the traffic, Special attention is requested to access and circulation: traffic rules must be respected. Traffic can be found in some paths and in the urban areas.</p>		

Course data:

Middle distance	Shortest sensible route	n° controls	Climb	Estimated Winner Time	Obs.
M21	20,4	26	265	50 -55	Change map
W21	17,3	22	240	50 -55	
M20	15,1	20	240	40-44	
W20	13,8	20	225	40-44	
M17	12,2	16	195	32-37	
W17	11,2	15	185	32-37	

Arena:

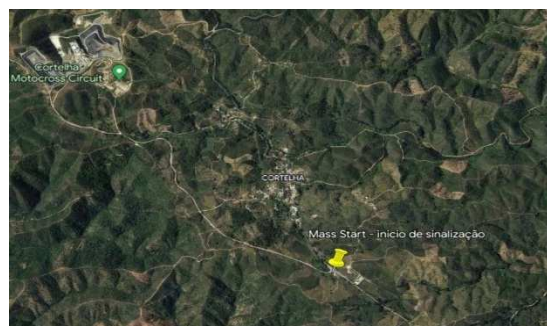


24 Mass start & Long distance – Thursday, 27th April

Thu, 27 th Apr	CX80 WCUP & EMTBOC	EJMTBOC & EYMTBOC
Competition	Mass Start	Long Distance
08:30 – 15:00	Opening hours of the Event Office at the MS & LD Arena (Barranco Velho)	
09:00		1 st Start
09:05		Finish quarantine activated
10:45	Start quarantine activated	
10:50		Finish quarantine off
11:00	Start Men	
11:10	Start Women	
14:00	Flower ceremony at the Arena	

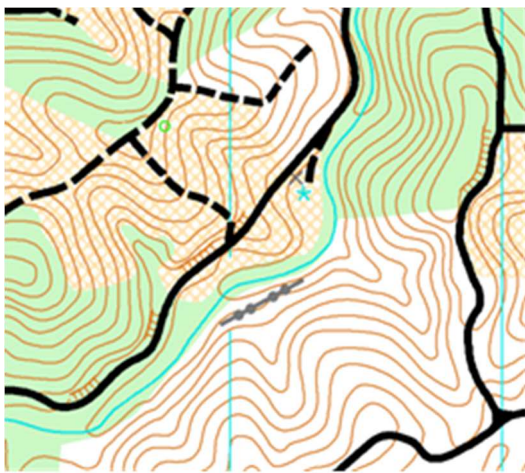
Coordinates of the approaching place to the arena
(where signalling starts):

GPS 37.25555, -7.95217



Map and terrain description:

Mass start & Long distance

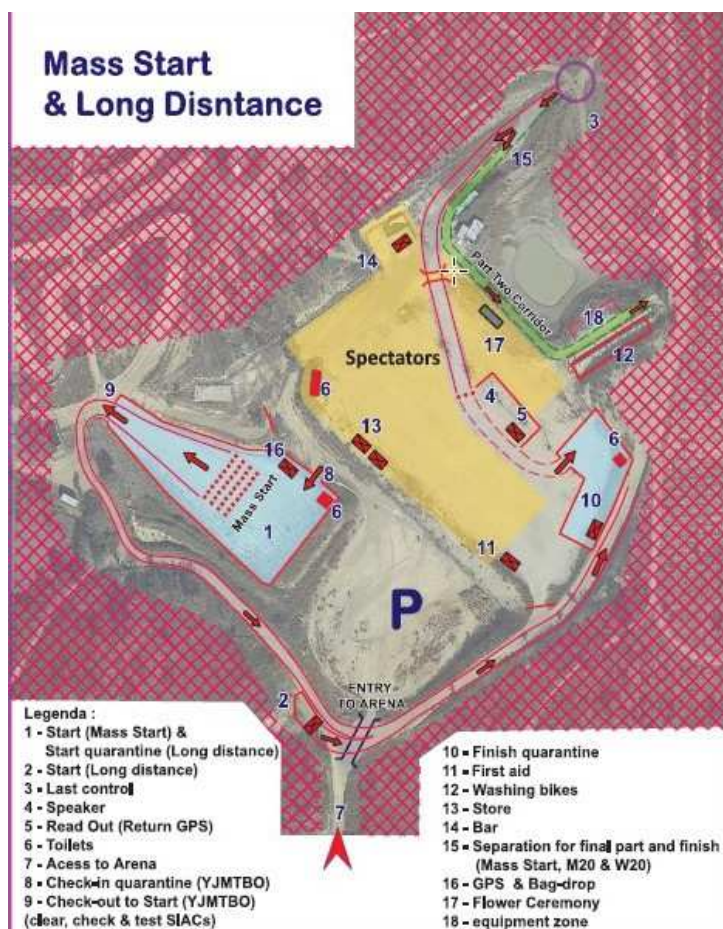
Scale & Contour Interval	Map size (cms)	Sample of the map
1/15 000 5m	34x26	
Mediterranean forest, some areas of rugged and hilly terrain with a dense network of roads and paths, mostly with good riding, some agricultural and forest works are frequent and small changes in the terrain could had happen and not be represented in the map. There is a main road, with some car traffic, which will have to be crossed, in some there will be marshals to alert for potential vehicle approaching for the athlete to stop but is responsibility of the athlete to pay attention to the traffic. Special attention is requested to access and circulation: traffic rules must be respected.		

Course data:

Shortest sensible route		nº controls	Climb	Estimated Winner Time	Obs.
Mass Start					
M21	30,4	28	825	75 -85	Change map
W21	23,4	22	650	75-85	

Shortest sensible route		nº controls	Climb	Estimated Winner Time	Obs.
Long distance					
M20	26,4	21	750	105-115	Change map
W20	21,9	18	540	105-115	
M17	15,9	11	520	85-90	
W17	15,1	11	410	85-90	

Arena:



25 Sprint – Friday, 28th April


Fri, 28 th Apr	CX80 WCUP & EMTBOC	EJMTBOC & EYMTBOC
Competition	Sprint	Sprint
08:00 – 15:00	Opening hours of the Event Office at the Sprint Arena (North of Loulé)	
09:30	1 st Start	
09:35	Start quarantine activated	
12:30	Flower ceremony at the Arena	

Coordinates of the approaching place to the arena (where signalling starts):

GPS 37.12852, -8,04179



Map and terrain description:

Sprint		
Scale & Contour Interval	Map size (cms)	Sample of the map
1/5 000 5m	30x21	
Mixed forest, high density of paths and a motocross circuit, low relief.		

Course data:

Sprint	Shortest sensible route	nº controls	Climb	Estimated Winner Time	Obs.
M21	8,9	31	25	20-25	Change map
W21	7,6	31	20	20-25	
M20	7,7	31	20	15-20	
W20	6,6	31	10	15-20	
M17	6,5	31	10	15-20	
W17	6	31	10	15-20	

Arena:

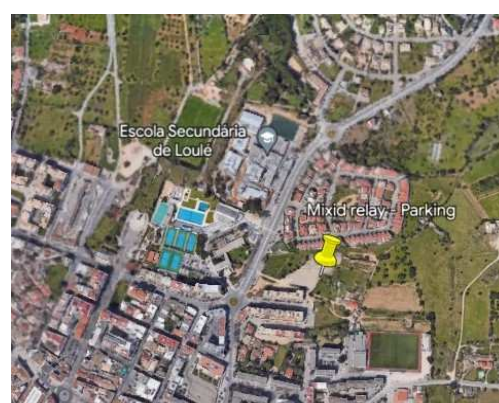


26 Mixed relay & Relay – Saturday, 29th April


Sat, 29 th Apr	CX80 WCUP & EMTBOC	EJMTBOC & EYMTBOC
Competition	Mixed Relay	Relay
08:30 – 14:00	Opening hours of the Event Office at the Sprint Arena (Southwest of Loulé)	
08:50	Start quarantine activated	
09:00	Mass start 1 st Leg	
09:05	Finish quarantine activated	
10:45		Start quarantine activated
10:50	Finish quarantine off	
11:00		Mass start 1 st Leg

Coordinates of the approaching place to the arena (where signalling starts):

GPS 37.14198, -8.01470



Map and terrain description:

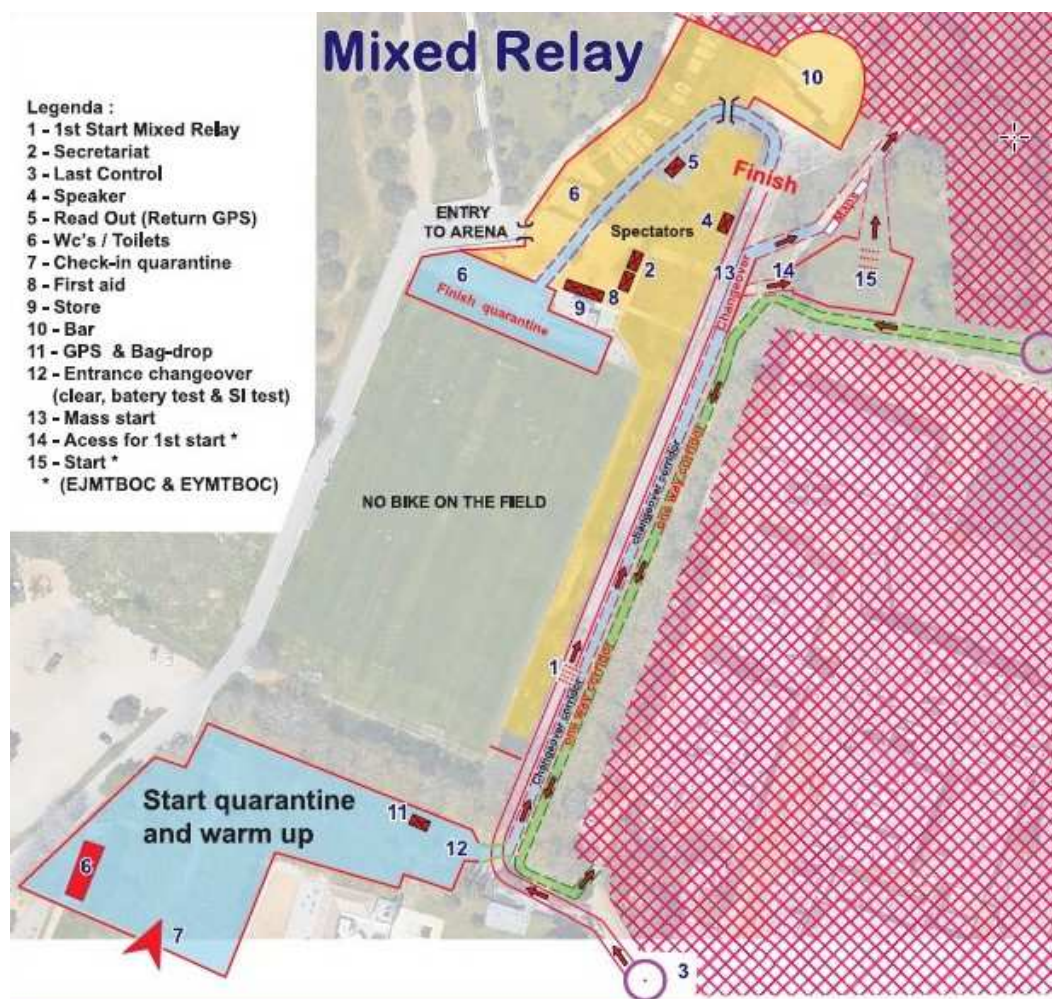
Mixed relay & Relay		
Scale & Contour Interval	Map size (cms)	Sample of the map
1/7 500 5m	28x34	
<p>Urban and forest with great density of paths and medium relief. In the Map some moto-cross and enduro paths can be found, which can have high drops/climbs, circuits try to avoid the same. In the terrain, also exist small rock walls, some option can oblige to pass them. Roads are open to traffic, traffic rules should be followed and pay special attention when enter in the roads. The park where the start and finish will occur are open to the public and also people can be found on it.</p>		

Course data:

Shortest sensible route		nº controls	Climb	Estimated Winner Time	Obs.
Mixed relay					
M/W21	10,9-11,4km	19	255	40-45	

Shortest sensible route		nº controls	Climb	Estimated Winner Time	Obs.
Relay					
M20	26,4	17	230	35-40	
W20	21,9	16	190	35-40	
M17	15,9	15	160	30-35	
W17	15,1	15	120	30-35	

Arena:



27 Food service

For the National Teams that have previously booked it, lunches will be served at the arenas, after each race and will be available from 12:00.

28 Transport

We recommend car rental as the best way to move during the event. Here you can find contact suggestions:

BENECAR – Berent - rent a car

Edifício Benecar, Moita do Gavião, 2475-034 Benedita

Tel. +351 262077098

Email: reservas@berent.pt

Website: <http://berent.pt/>

VISACAR - Vilamoura

R. Melvin Jones, volta do Gaio, 8125-502

Tel. +351 289 321 221

Email: vilamoura@visacar.pt

SW Move Car Hire – Algarve

Quarteira

Tel. 289 388 531

Email: info@swmove.com

29 Media Services

Media representatives are cordially invited to come to Loulé to cover the event.

Registration for media entry should be made, by 31 March 2023, in e-mail to international.events.portugal@fpo.pt

Media facilities will be available only to registered media representatives.

30 Health care

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

However, the Organisers 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. The athletes should carry their ID card/passport in the case they need to use any Hospital services. The nearest hospital is in Faro.

The Escola Superior de Saúde Jean Piaget Algarve managed to be present at the arenas to support the recovery of athletes, free of charge depending on the demands, on the following days:

- April 26th - Osteopathy and Physiotherapy
- April 27th - Osteopathy
- April 29th - Osteopathy and Physiotherapy.

31 Weather

During April you can expect mean temperatures from 12º to 20º Celsius and up to 6 days with precipitation.

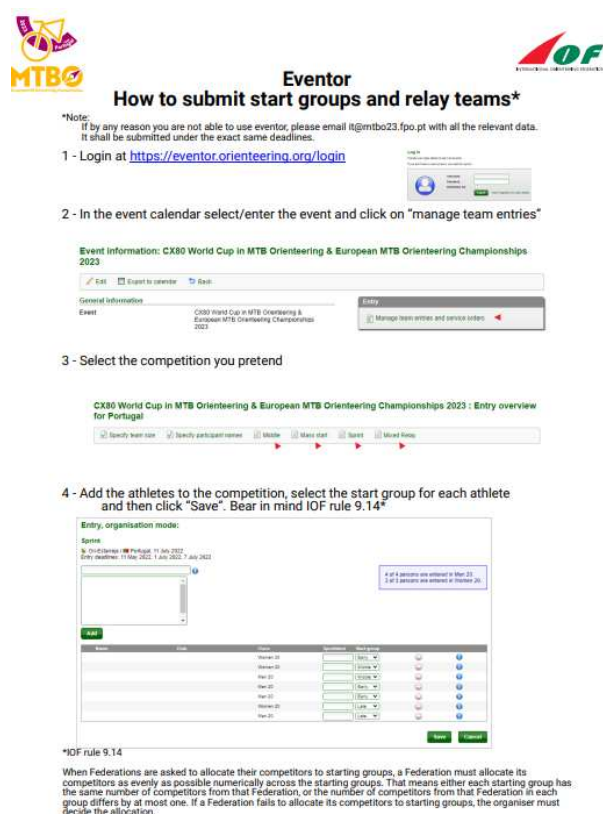
We strongly recommend that sufficient water is carried during competitions, as the areas are dry. Sun protection is highly recommended.

32 Visas

Portugal is a full Schengen member state. Countries that need visas for entering Portugal: Please contact the nearest Portuguese embassy. If a personal invitation from the organisers is required for the visa, please contact us.

Please make sure that you allow for sufficient time (at least 3 months) for invitation letters and visa processing. Please note that visa regulations are subject to change. Please double check your specific visa requirements.

33 Eventor Guide on Submitting Start Groups (EJYMTBOC) and Relay Teams

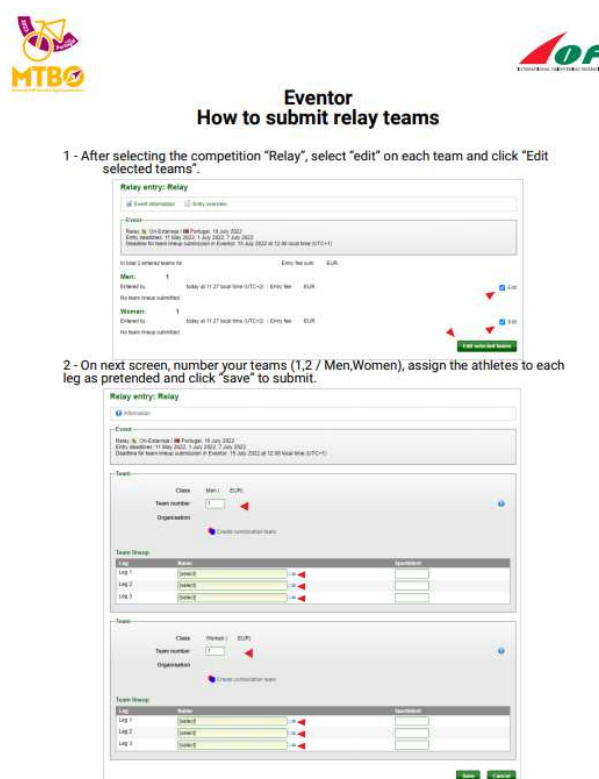


Eventor
How to submit start groups and relay teams*

*Note:
If by any reason you are not able to use eventor, please email it@mtbo23.fpo.pt with all the relevant data. It shall be submitted under the exact same deadlines.

- 1 - Login at <https://eventor.orienteering.org/login>
- 2 - In the event calendar select/enter the event and click on "manage team entries"
- 3 - Select the competition you pretend
- 4 - Add the athletes to the competition, select the start group for each athlete and then click "Save". Bear in mind IOF rule 9.14*

IOF rule 9.14
When Federations are asked to allocate their competitors to starting groups, a Federation must allocate its competitors as evenly as possible numerically across the starting groups. That means either each starting group has the same number of competitors from that Federation, or the number of competitors from that Federation in each group differs by at most one. If a Federation fails to allocate its competitors to starting groups, the organiser must decide the allocation.



Eventor
How to submit relay teams

- 1 - After selecting the competition "Relay", select "edit" on each team and click "Edit selected teams".
- 2 - On next screen, number your teams (1,2 / Men/Women), assign the athletes to each leg as pretended and click "save" to submit.

Also available on the event site.

34 Information

Federação Portuguesa de Orientação – FPO Estrada da Vieira, 4, 2430-401 Marinha Grande Portugal

Telephone: (+351) 244575074 / Mobile phone: (+351) 924700656

Email: international.events.portugal@fpo.pt

Website: <https://mtbo2023.fpo.pt/>