



2016  
KAUNAS

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## **WORLD MOUNTAIN BIKE ORIENTEERING CUP 2016**

## **WORLD MASTERS MOUNTAIN BIKE ORIENTEERING CHAMPIONSHIP 2016**

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# Bulletins 1 & 2

Kaunas, Lithuania

28th September – 2nd October 2016

## ORGANIZERS

IOF International orienteering federation  
LOSF Lithuanian orienteering federation  
Kaunas Municipality  
Organization MTBO RENGINIAI

Lithuanian orienteering federation welcomes the participants of the final round of World Mountain Bike Orienteering Cup and World Masters Mountain Bike Orienteering Championship at September 28th – October 2nd, 2016 in Kaunas, second largest city of Lithuania. The organizers' team is ready to host the event, use its proficiency obtained in multiple international and local orienteering events and make the competition unforgettable experience for the participants.

## OFFICIALS

Event director: Roma Puišienė (LTU)  
Competitions director Devis Žilovas (LTU)

## ADVISERS

Event adviser: Ludomir Parfianowicz (POL)  
National controller: Vitalijus Paulauskas (LTU)

## EVENT CENTER

The event center of the competition is at hotel KAUNAS (Laisvės alėja 79 LT-44297 Kaunas), located in the main pedestrian street Laisvės alėja (Liberty Avenue). Accommodation for the special price will be offered for the participants staying in the event's center hotel. This is an ideal location in the center of town to reach the competition areas as well as to enjoy the lively atmosphere of Kaunas old town.

## INFORMATION

Web page: [www.mtbo.lt](http://www.mtbo.lt)  
e-mail: [wmtboc@gmail.com](mailto:wmtboc@gmail.com)  
Roma Puišienė tel.: 0037067099997  
Facebook: <https://www.facebook.com/wmtboc>

## GENERAL LOCATION

Kaunas is the 2nd largest city of Lithuania. Kaunas is easily accessible by airplane (Kaunas international airport), roads and railroad.

### Main roads:

**E67** Helsinki – Tallinn – Riga – Panevėžys –  
**Kaunas** – Warsaw – Wrocław – Prague

**E85** Klaipėda – **Kaunas** – Vilnius – Lida –  
Cernivci – București

### Accessibility map:



## PROGRAM OVERVIEW

September 28 (Wednesday)	Arrivals
September 29 (Thursday)	Model event, opening ceremony
September 30 (Friday)	Long race
October 1st (Saturday)	Middle race
October 2nd (Sunday)	Sprint. Closing ceremony and departure

## CLASSES AND PARTICIPATION RESTRICTIONS

For the World Cup there are only 2 classes Men and Women will be opened with no age restrictions. Each Federation may enter a team of up to 16 competitors – up to 8 women and 8 men – and unlimited number of team officials. In each race, every Federation may enter up to 6 women and 6 men. In addition, the current World Champions for the distance may be entered by their Federations, provided they are members of the Federation's team.

For the World Masters MTBO Championship the following classes will be opened: W40, M40, W45, M45, W50, M50, W55, M55, W60, M60, W65, M65, W70, M70, W75, and M75. Participation in WMMTBOC is open to all competitors according to their age classes.

## ENTRIES

ENTRY FROM A (preliminary entry) by **16 May 2016** giving: - country,

- number of competitors of each gender (preliminary),
- number of team officials,
- category of accommodation,
- team manager's name, address and telephone/fax numbers,
- 50% payment of accommodation, meals, transport and entry fees.

NAME ENTRY FORM by **10 August 2016**:

- each competitor's surname and first name, class or gender and year of birth,
- information on whether the athlete borrows an SI-card or uses his own SI-card (also enter the SI-card number),
- surname and first name of each team official,
- full payment of accommodation, meals, transport and entry fees.

## ENTRY FEES AND PAYMENT

	Elite (EUR)	Masters (EUR)
Registration fee (all participants+ officials)	60	50
Middle	35	30
Long	35	30
Sprint	35	30

## PAYMENT DETAILS

Company: VŠĮ „MTBO renginiai“,  
Company id 303981383  
Address: Žvirgždyno 1, Vilnius, Lithuania  
Account Nr. LT637300010143023967  
SWIFT HABALT22, SWEDBANK AB VILNIUS

## TRANSPORTATION

All events are reachable by bike.

Event center – Long competition arena 6,5 km

Event center – Middle competition arena 6,4 km

Event center – Sprint competition arena 7,2 km

Local transportation traveling to/from the event center will be offered for a fee for teams/individuals in need for such service when ordering in advance (together with submitting name entry forms).

Transportation to and from Kaunas or Vilnius airports can be ordered from the Organizers for a fee (special price for the event). Please inform the organizers in due time of any assistance you require with transportation.

## ACCOMMODATION

Accommodation will be provided in the event center hotel Kaunas\*\*\*\* (Laisvės alėja 79 LT-44297 Kaunas) and Kaunas City\*\* (Laisvės alėja 90 LT-44251 Kaunas). The hotels are next to each other and it is possible to order full catering services (breakfast and dinner). Dinner will be organized at Kaunas\*\*\*\* hotel.

Special prices for the participants at the event's hotels, that are valid until **16 May, 2016** (the ordering of the hotel should be confirmed by paying 50% deposit).

### Kaunas hotel \*\*\*\* offer:

<http://www.kaunashotel.lt>

Bike storage is agreed and available at the hotel

Number of rooms available	Type of the room		Price of the stay (including breakfast), EUR	Price of the stay (including breakfast and dinner), EUR
30	Standard	Single	48	57
	Standard	Double	52	71
30	Delux	Single	51	60
	Delux	Double	54	73
3	Suite	Single	65	75
	Suite	Double	75	94
3	Executive Suite	Single	80	90
	Executive Suite	Double	91	110
10	Tripple		75	104

### Kaunas City\*\* hotel offer:

<http://kaunascityhotel.com>

Bike storage is agreed and available at the hotel

Its possible to order dinner which will be provided in the nearby (~100m)

Kaunas\*\*\*\* hotel for 10EUR pp.

Number of rooms available	Type of the room	Price, EUR
3	Single	36
24	Double, Twin	40
10	Tripple	48

## TIME KEEPING SYSTEM

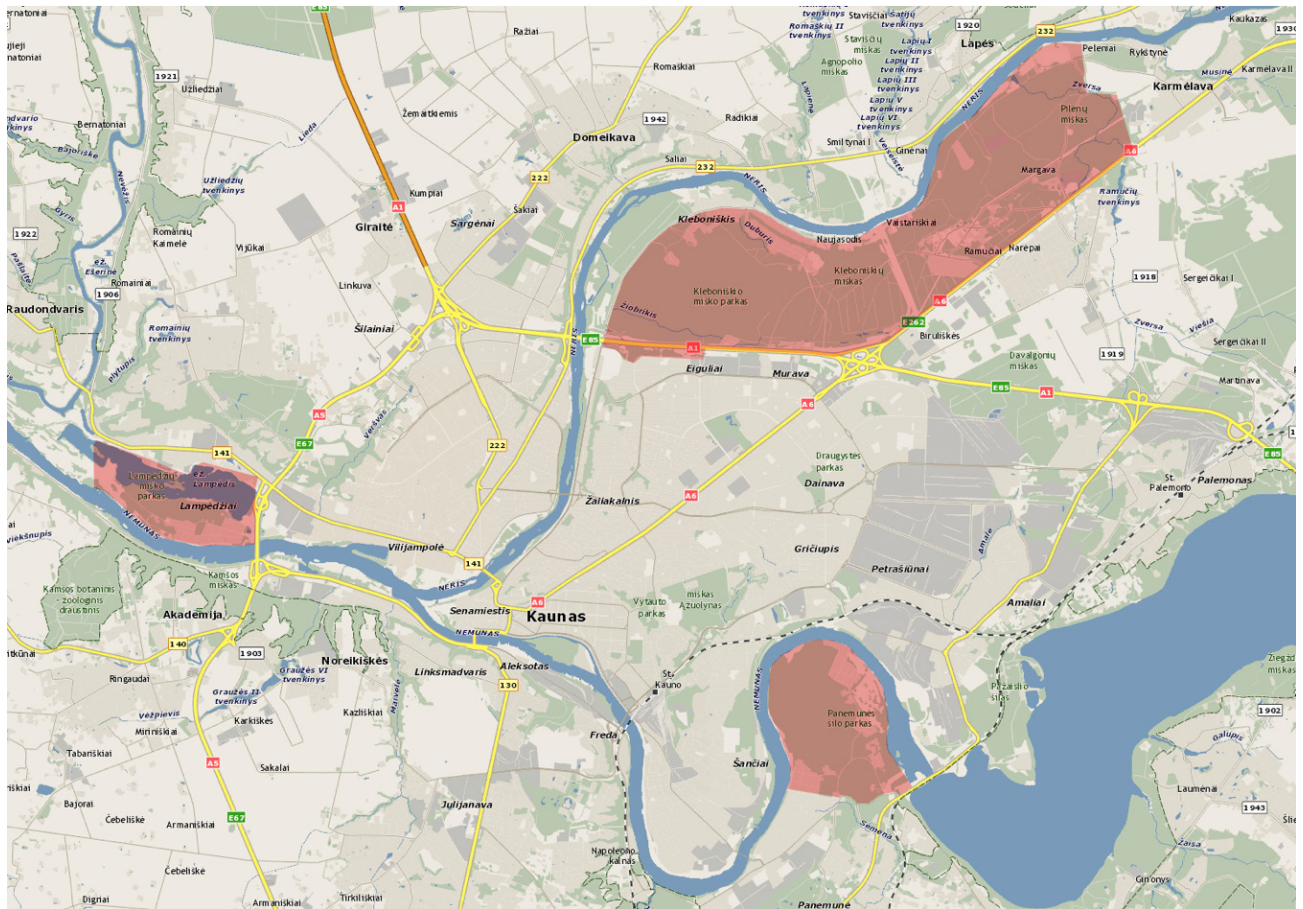
SI system will be used for all categories. The use of Air+ system is foreseen. The organizers are requested to use SI Air+ system for Elite World Cup categories. Rental fee of the SI Air+ system is included in the entry fee.



## EMBARGOED AREAS

The following areas are closed:

- Panemunė
- Kleboniškis
- Lampėdžiai
- Murava
- Karmėlava



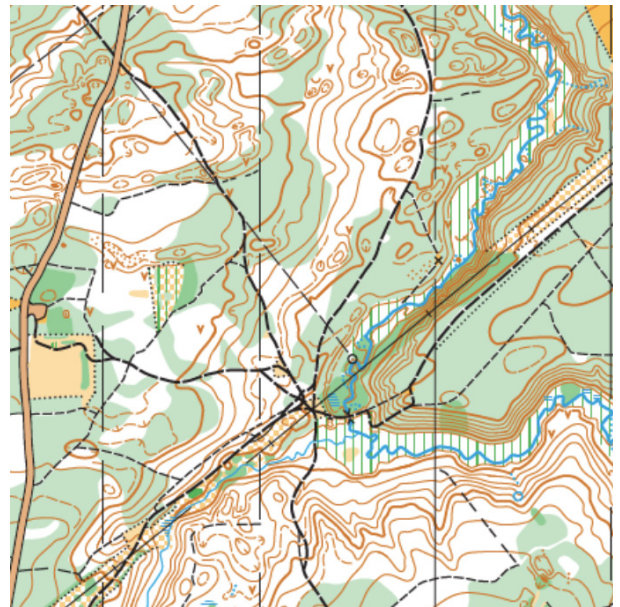
## MAPS

Map samples:

Panemunė (middle)

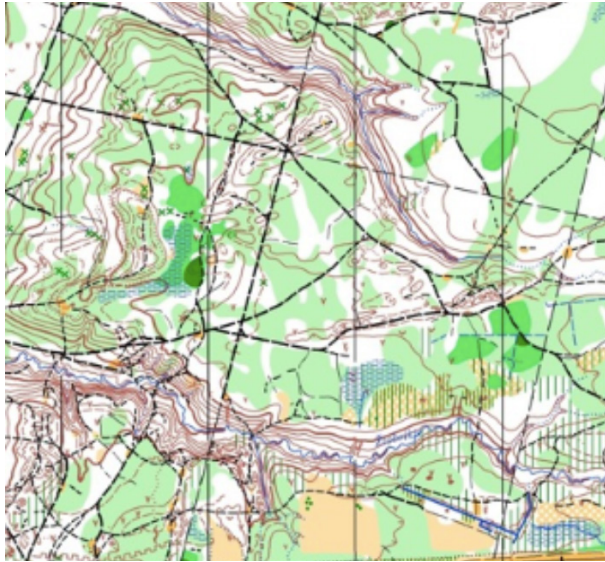


Karmėlava (long)

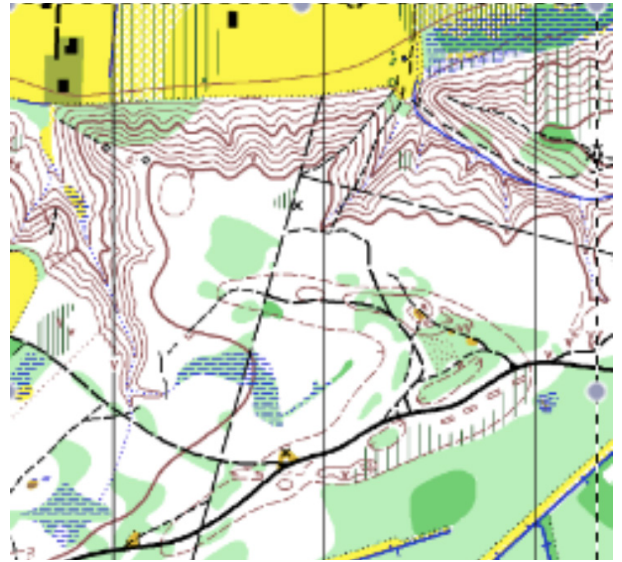




Kleboniškis (long)



Murava (long)



Lampėdžiai (sprint)



## TERRAIN DESCRIPTION

### Sprint (Map Lampėdžiai, scale 1:7500, 5m)

Terrain form:	Mostly gently sloping with some steeper hills.
Vegetation:	A mixture of open cultivated land, park terrain, urban areas and forested areas (dominating pine wood).
Speed	Most tracks are easy rideable
Visibility:	Mostly good but reduced in some dense areas.
Paths and roads:	Urban areas and forested areas with a dense network of paths

## Long (Maps: Kleboniškis, Karmėlava, Murava, scale 1:15 000, 5m)

Terrain form:	Mostly flat with quite steep river slopes.
Vegetation:	Coniferous and deciduous forest.
Speed	Mostly good and fast.
Visibility:	Good, but limited in dense areas.
Paths and roads:	Areas with developed network of paths and forest roads and areas with few paths and roads.

## Middle (Map Panemunė, scale 1:10 000, 5m)

Terrain form:	Mostly gently sloping with flat urban areas.
Vegetation:	A mixture of park terrain, urban areas and forested areas (combination of pine and birch wood).
Speed	Most tracks are easy rideable.
Visibility:	Mostly good but reduced in some dense areas.
Paths and roads:	Urban areas and forested areas with a dense network of paths.

## COURSES

	WMTBOC		W40/ M40		W50/ M50		W60/ M60		W70/ M70	
	Winning time	App. length	Winning time	App. length	Winning time	App. length	Winning time	App. length	Winning time	App. length
Sprint										
Women	20-25	6KM	20-25	5KM	20-25	4,5KM	20-25	4KM	20-25	3KM
Men	20-25	7KM	20-25	6KM	20-25	5,5KM	20-25	4,5KM	20-25	4KM
Middle										
Women	55-60	16KM	55-60	11KM	55-60	9KM	55-60	7KM	55-60	6KM
Men	55-60	18KM	55-60	16KM	55-60	13KM	55-60	11KM	55-60	9KM
Long										
Women	105-115	35KM	105-115	23KM	105-115	20KM	105-115	16KM	105-115	14KM
Men	105-115	25KM	105-115	32KM	105-115	27KM	105-115	21KM	105-115	18KM

## WEATHER

Weather prediction for the end of September is very tricky in Lithuania. In general average temperature is around +13°C with frequent rains. However the last week of September or beginning of October might get warmer and dryer with a week of sunny days and temperatures around 20°C. We expect those nice days during our event.

## VISAS

Lithuania is a full Schengen member state. The following IOF full member countries require visa to Lithuania: Belarus, China, Colombia, Kazakhstan, Moldova, Mongolia, Russia, South Africa and Turkey

Visas have to be applied for at the nearest Lithuanian embassy. The organizers will assist participants as required to obtain visas.

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.

## TRAINING OPPORTUNITIES

### Prior to the World Cup and Masters WOC

No official training camps will be organized before the World Cup, but the Organizers are happy to provide maps and help with organizing trainings upon request ([wmtboc@gmail.com](mailto:wmtboc@gmail.com)).

### Official training

Controls (with no SI boxes) will be placed in the training area from 12am to 4pm on Thursday, September 29 (SI boxes will be set from 2 pm). Maps will be available at the event office. No registration is needed.

### Model event

Model event will be organized on Thursday, September 29 between 2pm and 4pm, using the controls of the training.

2pm is the start of the Model Event with free start times.

## MEDIA

Media representatives are cordially invited to Kaunas to cover the final round of the World Cup and World Masters Championship races. Registration of the media representatives should be done by e-mail [info@mtbo.lt](mailto:info@mtbo.lt) not later than 10th August 2016.