

# EMTBBOC25

14-18 MAY 2025  
VILNIUS

BULLETIN 1-2

Aprèsport European Mountain Bike Orienteering Championships 2025

Aprèsport European Junior And Youth MTB Orienteering Championships 2025

CX80 Mountain Bike Orienteering World Cup, Round 1

UPDATED

V1.2 25 November 2024



# WELCOME

Lithuanian Orienteering Federation is thrilled to extend a warm welcome to participants of the European Junior, Youth and Elite Championships and MTB Orienteering World Cup to be held in Vilnius from May 14 to 18, 2025.



## 1. ORGANIZATION

### Organizers:

Lithuanian Orienteering Federation

Vilnius City Municipality

MTBO Renginiai

*European MTBO Championships and MTBO World Cup are organised under the authority of the International Orienteering Federation (IOF)*

### Organizing Team:

#### Event Directors:

Roma Puišienė (LTU)

Jurgis Rubaževičius (LTU)

Vilius Aleliūnas (LTU)

#### Event Office:

Giedrė Rubaževičienė (LTU)

#### Maps & Courses:

Martins Lasmanis (LAT)

Gediminas Ranonis (LTU)

### Event Advisers:

#### IOF Senior Event Adviser:

Milan Meier (CZE)

#### National controller:

Vitalijus Paulauskas (LTU)

### Contacts:

Phone: +370 670 99997

Email: [emtbo2025@gmail.com](mailto:emtbo2025@gmail.com)

Website: 

Facebook: [facebook.com/EMTBOC](https://facebook.com/EMTBOC)

Instagram: [instagram.com/emtbo2025/](https://instagram.com/emtbo2025/)

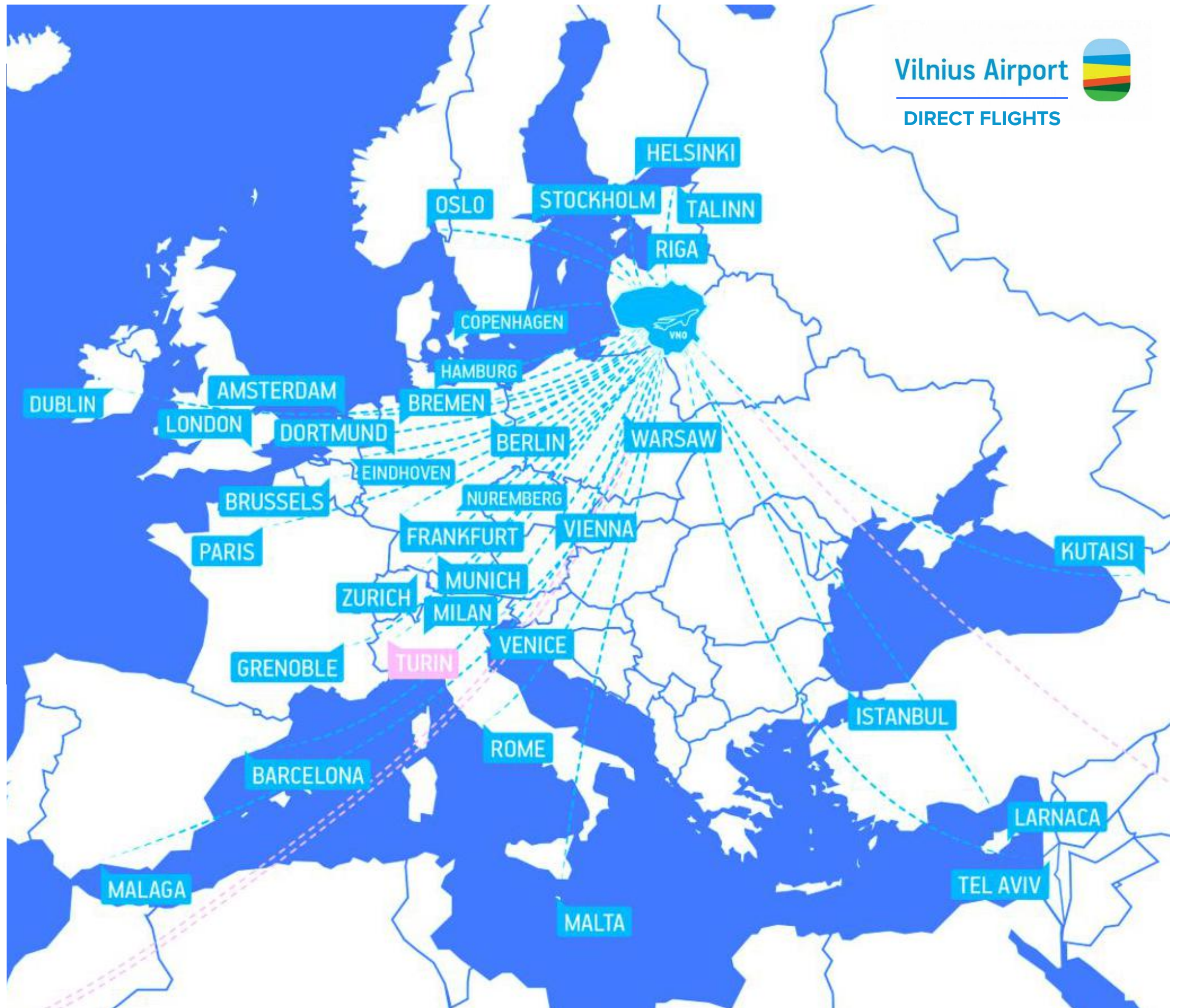
## 2. VENUE

European MTB Orienteering Championships 2024 will take place in Vilnius, a capital city of Lithuania with population over 500.000.

Vilnius is a charming European city known for its well-preserved medieval architecture, including the iconic Gediminas Tower overlooking the historic Old Town. The city seamlessly blends its rich cultural heritage with a vibrant modern atmosphere, offering a unique experience with its diverse culinary scene, cultural events and scenic landscape.

Vilnius is an ideal city to host world-class orienteering competitions: It is surrounded by beautiful forests and all four competitions will be held inside the city boundaries, creating an unforgettable orienteering experience for the participants, as well as a unique entertainment opportunity for spectators.

From Vilnius Airport - 10 km, 15 min drive  
From Kaunas Airport – 95 km, 1:05 hours drive  
From Riga Airport – 293 km, 3:40 hours drive



### 3. EVENT CENTER

The Event Centre (EC) will be located at the **Urbihop hotel**. This modern hotel is part of the SEB Arena - a multifunctional sports, services and health complex and the largest indoor centre of tennis in the Baltic States.

**Address:** Ažuolyno g. 7, LT-07196

**Phone:** +370 5 252 6262

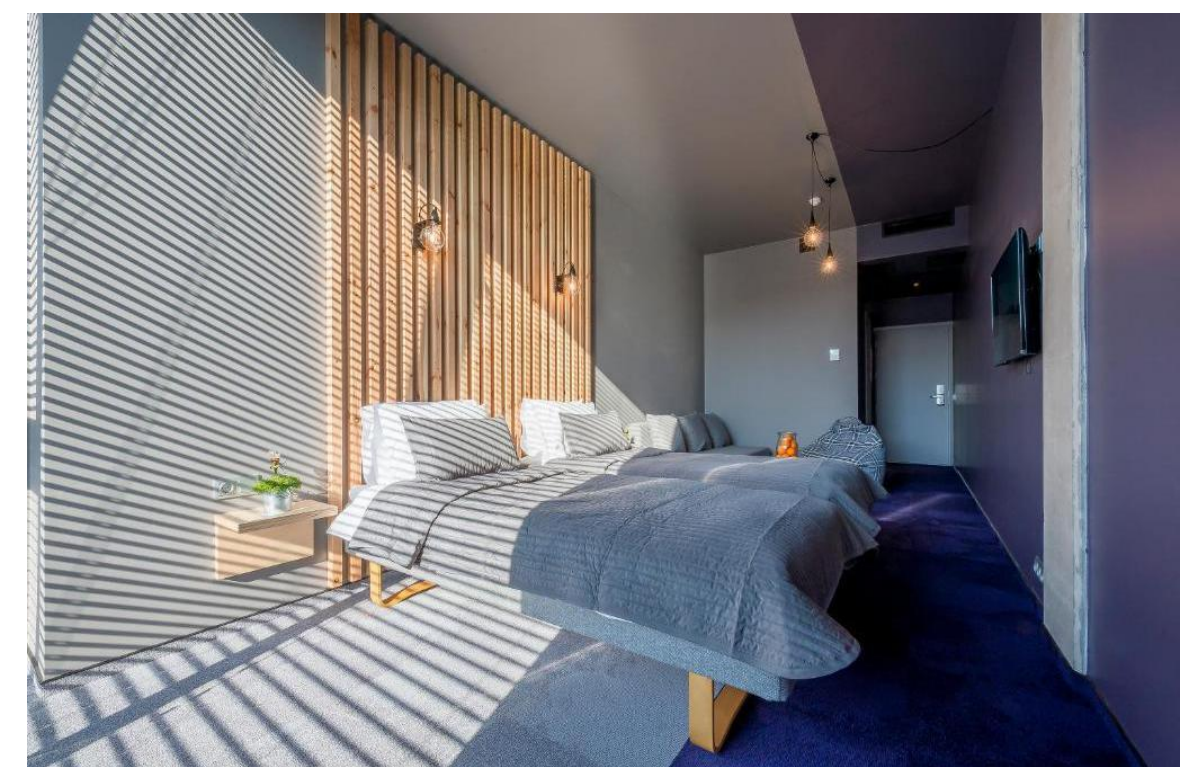
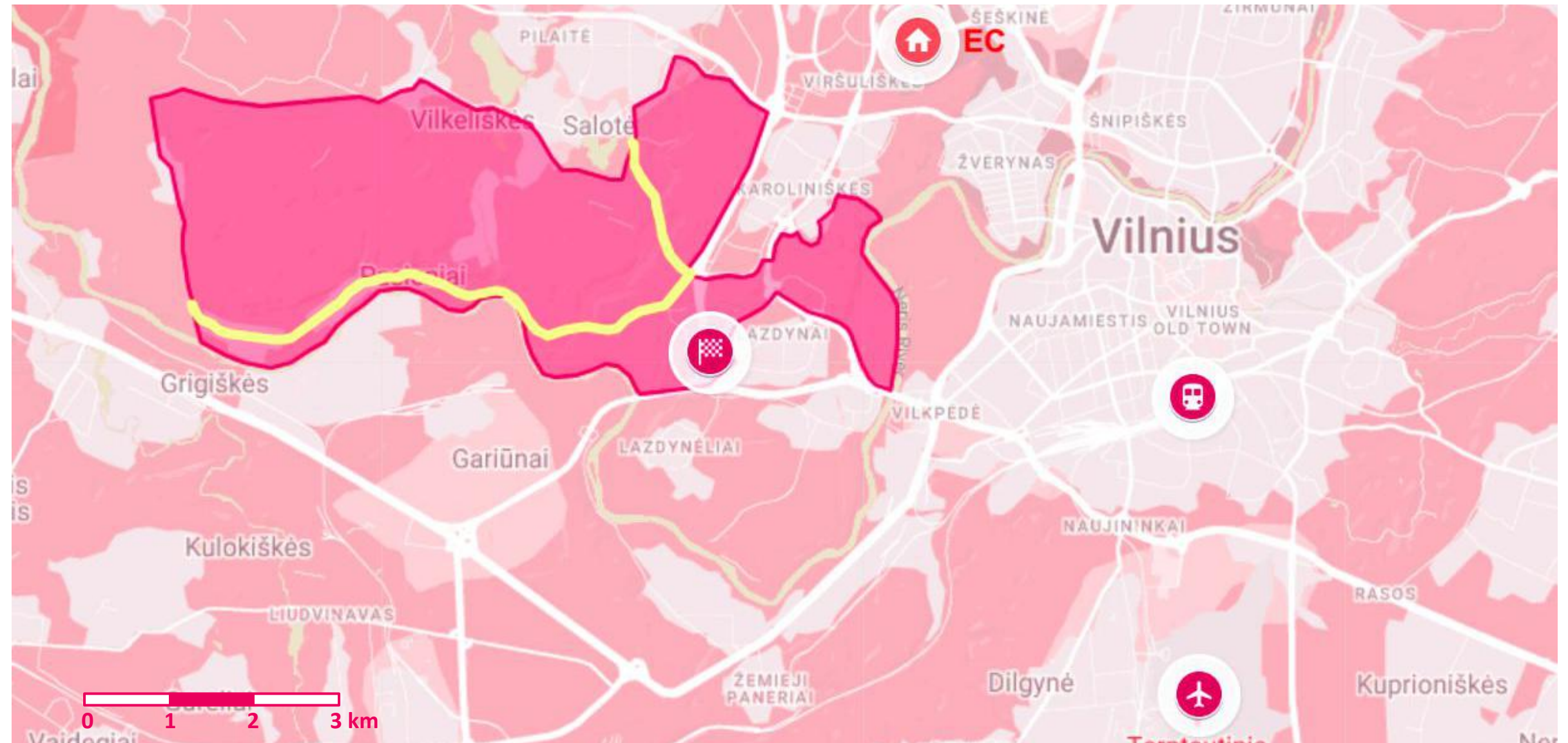
**Web:** <https://www.urbihop.com/en/>

The **Event Centre** will be site for the Event Office and Team Officials' meetings.

The Event Center's location offers exceptional accessibility for all Event areas via bike, as Competitions Centre (Finish arena) for all races is situated within a mere 5.5 km distance.

As parking at the Arena will be limited, we strongly encourage participants to use bikes for commute between EC and Finish arena.

Urbihop hotel has enough capacity and is highly recommended accommodation option for the teams. For more details look at the **section 10. Accommodation.**



## 4. EMBARGOED AREAS

Area roughly limited by Neris river and Ozas street (South), Giruliai (West), Neris river (East) and Pilaites road (North) excluding Pilaite and Karoliniskes urban areas are Embargoed until 18 of May, 2025.

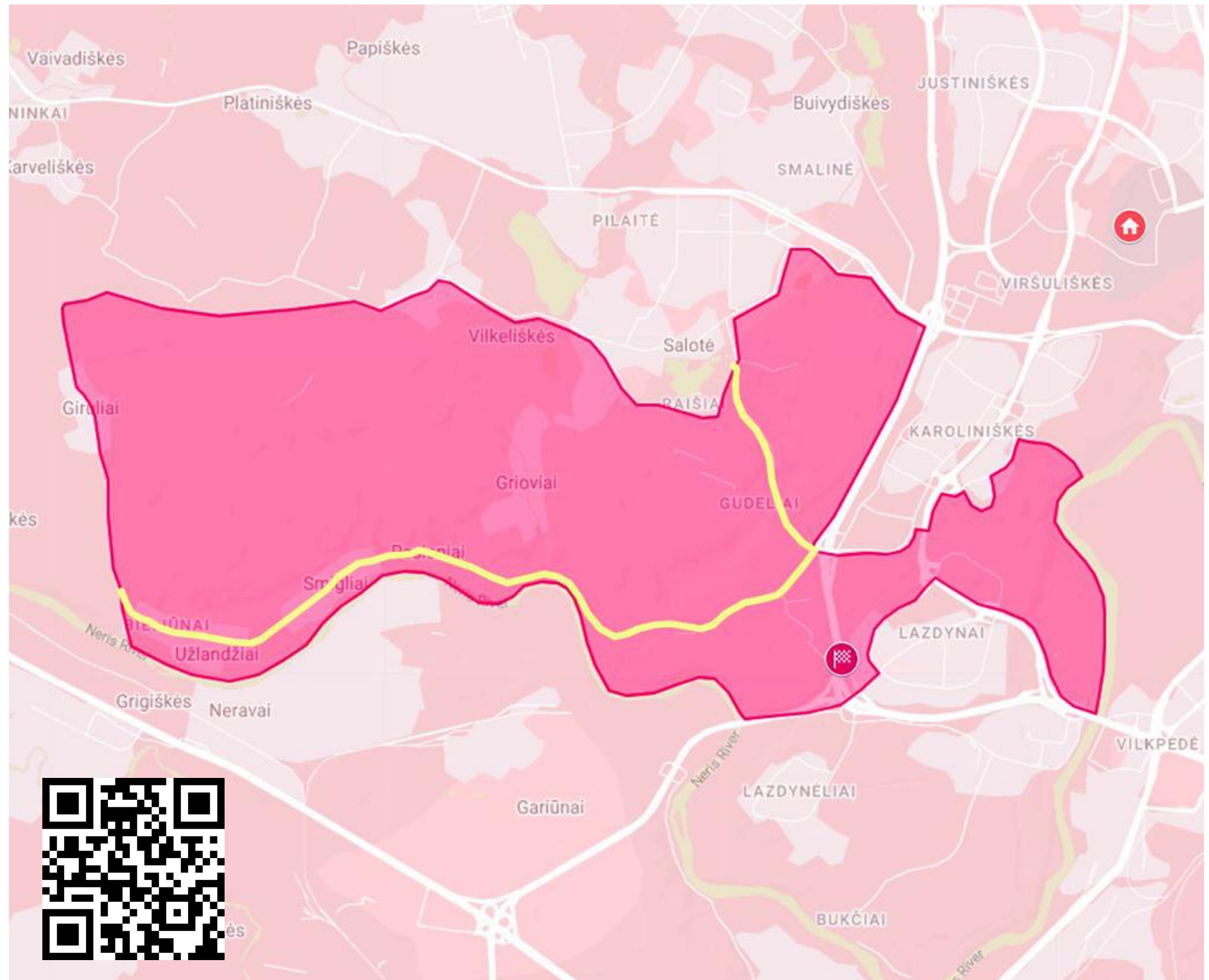
Exact boundaries of Embargoed area are shown on the map on the right. Detailed map of Embargoed area can be found on <https://t.ly/1e0qU>.

The area marked on the map are embargoed for all orienteering activities, unless specifically permitted by the organizer. The embargoed areas are out of bounds for all potential participants and team members, including competitors, team leaders, coaches, doctors, escorts, & any other persons with potential connection to a team

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.

**The areas marked in RED are fully embargoed. These areas are completely out of bounds and it is strictly forbidden to enter these areas – not even without a map.**

**Travelling on the roads marked in YELLOW is permitted, but any attempt to survey or train on permitted roads is not allowed!**



# 5. EVENT PROGRAMME

DATE	EMTBOC	EJMTBOC	EYMTBOC
Wednesday, May 14	Team Arrivals, Model event	Team Arrivals, Model event	Team Arrivals, Model event
Thursday, May 15	Opening ceremony, MASS START	Opening ceremony, LONG distance	Opening ceremony, LONG distance
Friday, May 16	MIDDLE distance	MIDDLE distance	MIDDLE distance
Saturday, May 17	SPRINT	SPRINT	SPRINT
Sunday, May 18	MIXED RELAY, Closing ceremony and Departure	RELAY, Closing ceremony and Departure	RELAY, Closing ceremony and Departure

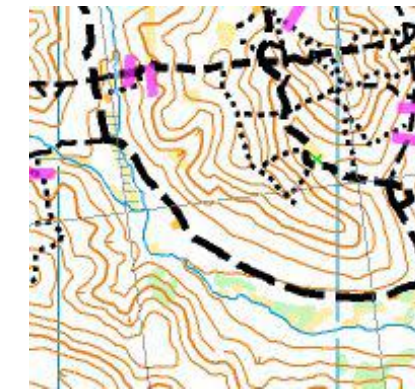
Programme is preliminary. Subject to changes.

## 6. MAPS & TERRAIN DESCRIPTION

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

### MASS START / LONG (1:15 000, H - 5m)

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 & roads	Average density network of paths and forest roads and areas with few paths and roads



### MIDDLE (1:10 000, H - 5m)

Terrain form:	Terrain is hilly, some slopes are steep.
Vegetation:	Coniferous and deciduous forest with dominating pine wood
Speed:	Mostly good and fast with some sandy roads which are typical in dry weather
Visibility:	Good, but limited in dense areas
Paths & roads	Average density forest roads and paths



### SPRINT (1:5 000, H - 5m)

Terrain form:	Mostly flat
Vegetation:	Pine/mixed forest with some urban areas
Speed:	Mostly fast rideable roads
Visibility:	Mostly good
Paths & roads	Urban areas and forested areas with a dense network of paths



### RELAY/MIXED RELAY (1:10 000, H - 5m and 1:5 000, H - 5m)

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 & roads	Average density network of paths and forest roads and areas with few paths and roads



#### OLD MAPS:

[Giruliai](#),  
[Grioviai](#),  
[Gudeliai](#),  
[Pasaku parkas](#)  
[Senoji pilaite](#)  
[Karoliniškės](#)

## 7. CLASSES & PARTICIPATION RESTRICTIONS

### Classes:

EMTBOC, World Cup – WOMEN, MEN

EYMTBOC – W17, M17

EJMTBOC – W20, M20

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

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

All competitors must be citizens of the country of the federation they are representing.

Competitors participate at their own risk. Third party insurance and personal injury insurance is compulsory and is the responsibility of the competitors' federation or themselves.

### European MTB Orienteering Championships, MTB Orienteering World Cup:

There is one class for women (WOMEN) and one for men (MEN). 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.

Each federation may enter a maximum of 5 of team officials.

Each competitor must have a valid IOF Athlete Licence.

### European Youth MTB Orienteering Championships:

There is one class for women (W17) and one for men (M17) Only competitors who are born in 2008 or later are entitled to compete in these classes.

Each federation may enter a maximum of 6 competitors in each class for all individual competitions. The organising federation may have 2 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.

### European Junior MTB Orienteering Championships:

There is one class for women (W20) and one for men (M20). Only competitors who are born in 2005 or later are entitled to compete in these classes.

Each federation may enter a maximum of 6 competitors in each class for all individual competitions. The organising federation may have 2 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.

### Public Races:

Open competitions will be offered. More information in **Bulletin 3**.



## 8. ENTRIES

Participants may only be entered by their federations. Entries are made in IOF Eventor:

EMTBOC & World Cup:

<https://eventor.orienteering.org/Events/Show/7896>

EJYMTBOC:

<https://eventor.orienteering.org/Events/Show/7897>

Entries will open in early 2025. For updates, please follow our [Facebook page](#).

### Entry Deadlines:

#### TEAM SIZE DEADLINE: 14 March 2025

- number of competitors for each class,
- number of relay teams,
- number of team officials,
- team manager's name, email address and phone number.

Confirmation of payment of Accommodation, Meals and Transport Fees.

#### TEAM NAMES DEADLINE: 4 May 2025

- each competitor's family name and first name, year of birth, gender and class, and the competition/s in which he/she will compete,
- each competitor's electronic punching card's number (if competitors want to use their own SIAC),
- family name and first name of each team official(s).

### Late entries

Late entries and changes will be accepted but an additional fees will be charged.

After the team size deadline, additional entries may be made with a surcharge of 20% and withdrawals receive an 80% refund.

After the team names deadline, additional entries incur a surcharge of 50%, withdrawals receive a 50% refund, and name changes incur a 10 EUR fee.

#### LAST ENTRIES: 10 May 2025

After 10 May 2025, no entries will be accepted.

### Fees and Payments

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

				After 14 March 2025 (+20%)			After 4 May 2025 (+50%)		
	EMTBOC	EJMTBOC & EYMTBOC	TEAM OFFICIALS	EMTBOC	EJMTBOC & EYMTBOC	TEAM OFFICIALS	EMTBOC	EJMTBOC & EYMTBOC	TEAM OFFICIALS
<b>Accreditation</b>	<b>100</b>	<b>85</b>	<b>85</b>	<b>120</b>	<b>102</b>	<b>102</b>	<b>150</b>	<b>127</b>	<b>127</b>
<b>Long/Mass start</b>	<b>60</b>	<b>35</b>	<b>-</b>	<b>72</b>	<b>42</b>	<b>-</b>	<b>90</b>	<b>52</b>	<b>-</b>
<b>Middle</b>	<b>60</b>	<b>35</b>	<b>-</b>	<b>72</b>	<b>42</b>	<b>-</b>	<b>90</b>	<b>52</b>	<b>-</b>
<b>Sprint</b>	<b>60</b>	<b>35</b>	<b>-</b>	<b>72</b>	<b>42</b>	<b>-</b>	<b>90</b>	<b>52</b>	<b>-</b>
<b>Relay (per team)</b>	<b>140</b>	<b>95</b>	<b>-</b>	<b>168</b>	<b>114</b>	<b>-</b>	<b>210</b>	<b>142</b>	<b>-</b>

### Deadline of payments:

- Full payment of all entry and accreditation fees (and possible other fees, eg. rental fee for punching card) must be made no later than **2 April 2025**.
- Late payments will be subject to an additional fee of 10% of the total amount.
- Competitors or teams may be excluded if their entry fee is not paid.

Please make your payment in EUR to:

**IBAN:** LT637300010143023967  
**Account holder:** VŠĮ „MTBO renginiai“  
**Company ID:** 303981383  
**Address:** A.Vivulskio str. 7, Vilnius, Lithuania  
**SWIFT/BIC:** HABALT22  
**Bank:** SWEDBANK AB VILNIUS

Charges and bank fees are to be paid by the payer.

# 9. RULES AND REGULATIONS

## Competition Rules

The competition will be conducted in compliance with the rules in effect at the time of the event.:

- IOF MTBO Competition Rules
- Special Rules MTBO World Cup

All the rules can be found at:

<https://orienteering.sport/mtbo/competition-rules>

## General MTBO rules:

- Competitors must get to all control points with their bikes.
- The bicycle must be with the competitor at all times.
- Wearing a rigid safety helmet is compulsory during competitions and training sessions.
- It is forbidden to use roads or tracks marked with purple crosses or a purple zigzag line on the map.
- Riding outside the mapped area during the competition is not allowed.
- National traffic rules must be followed.

Non-compliant competitors or competitors who break any rule may be disqualified.

## Off Track riding and location of controls

Off-track riding is generally allowed

All controls will be situated on paths, tracks or paved areas

## Punching and time-keeping

SPORTident Air+. a system for contactless punching with SI Active Cards (SIAC) with a working range of 150 – 180 cm will be used.

Competitors may use their own SIAC. Rental SIACs will be available from the organisers.

One extra SIAC (Backup card) could be used by the athlete, it should contain all correct punches to be accepted in case of the main card failure.

## Winning times

Winning times in minutes (according to the IOF MTBO Competition Rules):

Format (distance)	M/W 21	M/W 20	M/W 17
Long/Mass start	75-85	84-92	70-75
Middle	50-55	40-44	32-37
Sprint	20-25	16-20	15-20
Relay	40-45 120-135	35-40 105-120	30-35 90-105

## Anti-Doping

Doping is strictly forbidden and the organisers of EMTBOC/World Cup 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>

## 10. ACCOMMODATION

The recommended option is [Urbihop Hotel\\*\\*\\*](#) where the Event Centre will be located.

The hotel has a large parking area, a 24/7 reception and a lobby bar. All rooms come with a flat-screen TV, air conditioning, toiletries, towels, a hair dryer etc. Free WiFi is available in all rooms.

Room prices for the event:

Single room - 65 EUR
Double/Twin room - 75 EUR
Extra bed - plus 20 EUR

Prices include VAT and breakfast. City tax (2 EUR/night) is charged for each adult on the top. Hotel provides full board catering at reasonable prices, typically featuring a sports-oriented menu. We encourage you to discuss all details and any specific dietary requirements in advance.

Please note that the hotel currently is fully reserved for event participants. To secure your accommodation, we recommend making reservations in advance, avoiding last-minute delays.

Please book Urbihop via booking form: [https://t.ly/k\\_iQy](https://t.ly/k_iQy)

## 11. TRAVEL INFORMATION

If you don't have your own car or a rental car, transport from Vilnius airport or from the railway station to the Event Centre is possible by taxi or by public transport (bus). For bus timetables visit [www.stops.lt/vilnius/#vilnius/en](http://www.stops.lt/vilnius/#vilnius/en).

The competition centre/finish arena for all days are all within the city boundaries and are accessible by bike. The distance from the Event Centre to finish arena is 5.5 km mostly via bike path and low traffic streets. It will be marked.

On request, the organizers will offer transport from the airport or the railway station to the EC and/or transport to the finish arenas (extra cost). Please send your requests to [emtbox2025@gmail.com](mailto:emtbox2025@gmail.com) by March 1st, 2025.

## 12. VISAS

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

Application for the visas should be submitted at the nearest Lithuanian embassy. The organizers will assist participants in the process.

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.

Currently issuance of Lithuanian visas is suspended for citizens of Belarus, China and Russia. However entry to Lithuania is allowed, if nationals of these countries have valid Schengen visa.



## 13. TRAINING OPPORTUNITIES

### Prior to the EMTBOC and EYJMTBOC:

The official training camp will be organized in Vilnius, in spring 2025, in the areas closely resembling the terrains of the EMTBOC and EYJMTBOC championships.

More information:

<https://orienteing.lt/mtbo-training-camp/>

### Model event

Model event will be organized on Wednesday, May 14 between 2 pm and 4 pm, using the controls of the training.

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

## 14. OTHER INFORMATION

### Weather:

The end of May in Lithuania is usually pleasant and warm with temperatures ranging from +17°C to +25°C. However rainy days are not unusual.

### Media:

We welcome all media representatives to the European MTBO Championships 2025. For media accreditation and more information please contact us on [emtbo2025@gmail.com](mailto:emtbo2025@gmail.com)

### Useful Links:

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

Lithuania visitor info – [welovelithuania.com](https://welovelithuania.com)

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

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

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

Lithuania Railway tickets – [traukiniobilietas.lt](https://traukiniobilietas.lt)

Intercity coach tickets – [autobusubilietai.lt](https://autobusubilietai.lt)



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