

# ENMTBOC25

14-18 MAY 2025  
VILNIUS

BULLETIN 4

Aprèsport European Mountain Bike Orienteering Championships 2025

Aprèsport European Junior And Youth MTB Orienteering Championships 2025

CX80 Mountain Bike Orienteering World Cup, Round 1

V1.0 13 May 2024



# WELCOME

**Dear MTB Orienteering Community,**

Welcome to Vilnius, the European Green Capital of 2025! I am delighted to welcome you all here, as we celebrate both our city's commitment to sustainability and the growing passion for outdoor sports. Each year we are expanding our network of biking trails across the city, making Vilnius a city that truly embraces cycling at all levels. Strengthening the connection between nature, the city and people is one of our main priorities as the greenest city in the making.

Vilnius is best known for its rich history and remarkable natural landscapes. From the Neris River Valley to extraordinary regional parks and forests on the outskirts of the city, Vilnius offers a stunning environment for the MTB Orienteering Championships. It is the perfect place for a competition that demands both mental and physical strength.

I would like to extend my gratitude to all the organizers, volunteers, and supporters who have put in countless hours to make this event a reality. To all the athletes, I wish you success and the thrill of embracing the challenges of the competition ahead. Nonetheless, the key focus is to foster a shared passion for adventure, show the power of the MTB Orienteering Community and the bonds that are formed through sport.

Thank you for choosing Vilnius as your host city and may the moments you create here, stay with you for years to come!

**Vytautas Mitalas**

Deputy Mayor of Vilnius





# WELCOME

It is our great pleasure to welcome you to the Aprèsport European Junior, Youth, and Elite Championships 2025 and the first stage of the CX80 MTB Orienteering World Cup!

Lithuania has built a strong reputation as a host of major international orienteering events, especially in MTB Orienteering. From the MTBO World Cup in Kaunas in 2016 to the World Championships in Vilnius in 2017 and the European Championships in Ignalina in 2022, our country has shown its dedication to the sport. These events reflect both the growing popularity of MTB Orienteering in Lithuania and our commitment to delivering high-quality competitions.

This year, we are excited to welcome you to Vilnius, a city where challenging terrains meet breathtaking scenery. May is the perfect time to experience its beauty while putting your skills to the test on courses designed to push your limits.

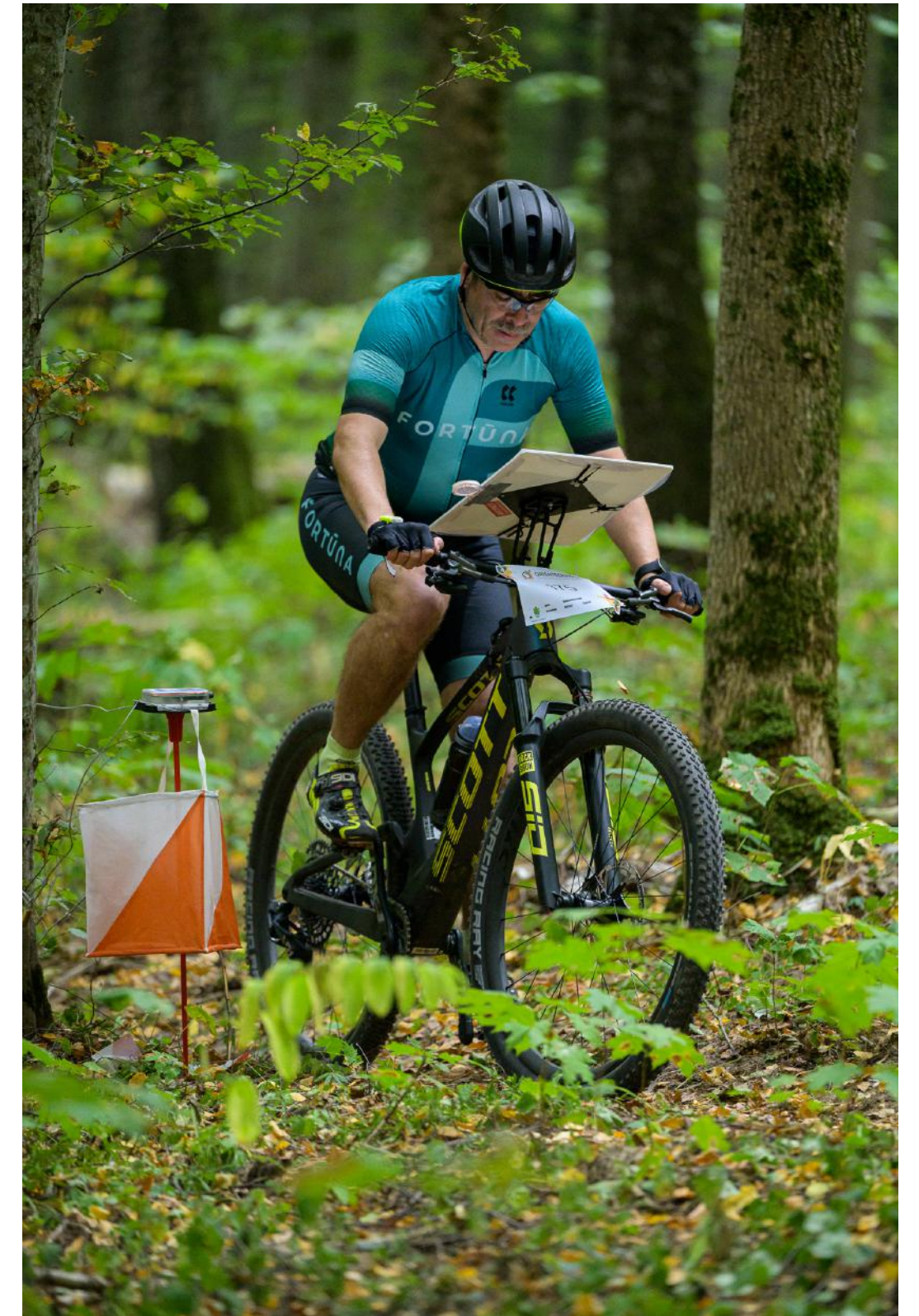
A great event is more than just competition - it's about creating an atmosphere where athletes can perform at their best, enjoy the experience, and celebrate our sport together. I hope you enjoy the races, take in the city, and make the most of this opportunity to compete, connect, and be part of something special.

Welcome to Vilnius, and best of luck in competitions - let's make this an event to remember!

**Jurgis Rubaževičius**

President

Lithuanian Orienteering Federation



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# Event partners and sponsors

Aprèsport



PERGALĖ

HOPS!





# 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)

## Event Advisers:

**IOF Senior Event Adviser:**  
Milan Meier (CZE)

**National controller:**  
Vitalijus Paulauskas (LTU)

## Organizing Team:

### Event Directors:

Roma Puišienė

Jurgis Rubaževičius

Vilius Aleliūnas

### Secretary & Timing:

Mindaugas Kavaliauskas

### Maps & Courses:

Martins Lasmanis

### Event Office:

Giedrė Rubaževičienė

### Competitions:

Gediminas Ranonis

Donatas Mickus

Devis Žilovas

### Technology:

Arvydas Žvirblis

### Live TV broadcasting:

Ramūnas Pabrėža

### Media & Visuals:

Patricija Joana Užienė

El Rubaževičiūtė

## Volunteers:

Kira Žilinskienė

## Traffic Safety:

Tomas Stankevičius

## WMS and open events:

Vaida Reinartaitė

## Contacts:

### Phone:

+370 670 99997

+370 614 99001

### Email:

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

### Website:

[2025.mtbo.lt](https://2025.mtbo.lt)

### Facebook:

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

### Instagram:

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



## 2. EVENT PROGRAMME

DATE	EMTBOC		EJMTBOC	EYMTBOC
Wednesday, May 14	Team Arrivals, MODEL event			
10:00 – 21:00	Event office in EC open (Urbihop Hotel)			
14:00		Deadline for start group allocation for the LONG		
14:00 – 16:00	Model Event near the Event center			
16:00 – 19:00	Training controls on terrain			
19:30	Team Officials meeting			
Thursday, May 15	Opening ceremony, MASS START		Opening ceremony, LONG distance	
9:00 – 15:00	Event office in Finish Arena open			
10:00	START of the First start group			
10:30			Last entry to the Start quarantine	
11:30			First START	
12:00	Deadline for start group allocation for the MIDDLE			
18:00	Opening ceremony and Mass start / Long Awards ceremony in Europe’s square ( <a href="#">54.695936, 25.278230</a> )			
20:00	Team Officials meeting			
20:00 – 21:30	Event office in EC open (Urbihop Hotel)			

Programme is preliminary. Subject to changes.

DATE	EMTBOC		EJMTBOC	EYMTBOC
Friday, May 16	MIDDLE Course			
9:00 – 15:00	Event office in Finish Arena open			
10:00		START of the first competitor		
10:30	Last entry to the Start quarantine			
11:00	START of the first competitor			
12:00	Deadline for start group allocation for the SPRINT			
17:30	Middle Awards ceremony in Europe’s square ( <a href="#">54.695936, 25.278230</a> )			
19:30	Team Officials meeting			
19:00 – 21:00	Event office in EC open (Urbihop Hotel)			
Saturday, May 17	SPRINT			
9:00 – 15:00	Event office in Finish Arena open			
10:00	Last entry to the Start quarantine			
10:00		START of the first competitor		
11:05	START of the first competitor			
12:00	Deadline for start group allocation for the RELAY			
17:30	Sprint Awards ceremony in Europe’s square ( <a href="#">54.695936, 25.278230</a> )			
19:30	Team Officials meeting			
19:00 – 21:00	Event office in EC open (Urbihop Hotel)			

DATE	EMTBOC	EJMTBOC	EYMTBOC
Sunday, May 18	MIXED RELAY, Closing ceremony	RELAY, Closing ceremony	
9:00 – 15:00	Event office in Finish Arena open		
10:00		START of the First start group	
10:30	Last entry to the Start quarantine		
11:45	START of the First leg		
15:00-16:00	Awards and Closing ceremonies in the Finish Arena		
19:00	Banquet		
Monday, May 19	Departure		



### 3. VENUE

**European MTB Orienteering Championships 2025** will take place in Vilnius, the capital of Lithuania, a city with a population of over 600,000, the European Green Capital of 2025.

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

As an ideal host for world-class orienteering competitions, Vilnius is surrounded by beautiful forests, and all three races will take place within the city limits. This setting promises an unforgettable experience for participants and 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



Images copyright: © WeLoveLithuania, GoVilnius



## 4. 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.

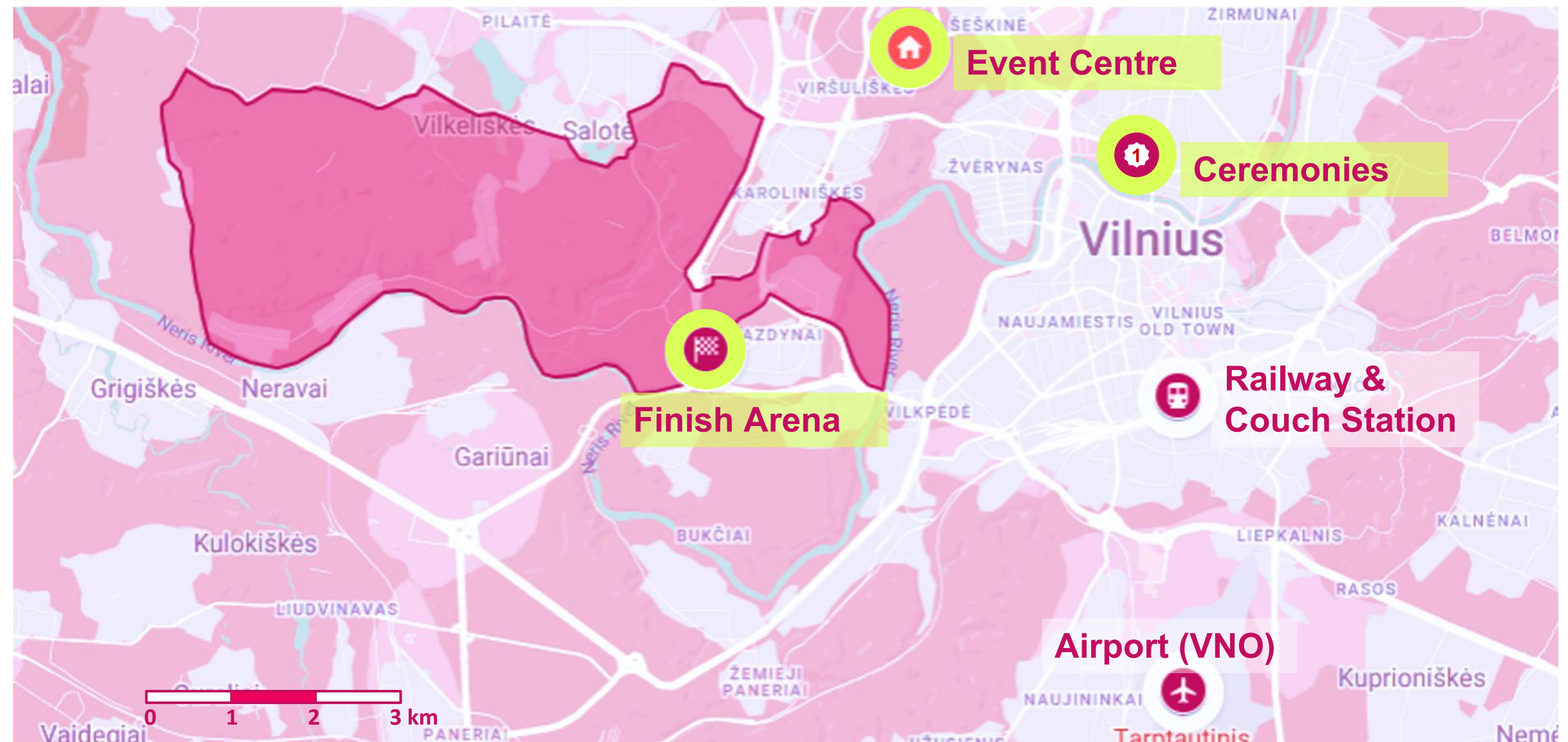
**Address:** Ažuolyno g. 7, LT-07196  
**Phone:** +370 5 252 6262  
**Web:** <https://www.urbihop.com/en/>

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.

Opening ceremony and all but the last Award ceremonies will take place in **Europe Square** (Europos aikštė) – 3.7km from the Event Centre.





## 5. 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.

Participants will receive accreditation cards, bag-tags for marking their bags left in Start quarantine and transported to the event centre, as well as stickers for the bike storage – one part of the sticker should be placed on the bike, other – on accreditation card. Photo ID may be requested at collection of bike from the storage.

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 10. Elite athletes will get new Bibs for each competition (rule 21.5)

For additional lunch at the Finish arena coupons and Banquet tickets ask Event Office. We also have a limited number of event t-shirts for sale – they worth to consider!

### 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 cards
- Bib-numbers for Junior and Youth athletes.
- Bag tags and stickers for them
- Bike storage stickers
- Starting group allocation form
- Small gifts from the organisers and event sponsors
- Vilnius city guide

Event office contact - **Giedrė Rubaževičienė**  
+370 656 52210  
[emtroc2025@gmail.com](mailto:emtroc2025@gmail.com)

## Office open hours

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

Date	Office in Urbihop
Tuesday, May 13	19:00 – 21:00*
Wednesday, May 14	10:00 – 21:00
Thursday, May 15	20:00 – 21:30
Friday, May 16	19:00 – 21:00
Saturday, May 17	19:00 – 21:00
Sunday, May 18	19:00 – 21:00

Date	Office in Finish Arena
Thursday, May 15	9:00 – 15:00
Friday, May 16	9:00 – 15:00
Saturday, May 17	9:00 – 15:00
Sunday, May 18	9:00 – 15:00



## 6. 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.

## 7. 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 section **2 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

## 8. TEAM OFFICIALS’ MEETINGS

Team officials’ meetings will be held each evening prior to the respective competition.

All meetings will take place in person at the Event Centre (Urbihop Hotel). Please have your Team Official accreditation with you






















Presented information will be published on the official event website.

Schedule of Team officials’ meetings:

Date	Team officials’ meeting
Wednesday, May 14	19:30 – 20:30
Thursday, May 15	20:00 – 20:30
Friday, May 16	19:30 – 20:00
Saturday, Mayt 17	19:30 – 20:00



9. ENTRIES

	Federation	M21	W21	M20	W20	M17	W17	Officials	Total
	Austria	5	1	-	-	1	-	2	9
	Bulgaria	-	-	2	-	-	-	-	2
	Czechia	6	7	5	3	5	6	3	35
	Denmark	3	3	1	2		1	4	14
	Estonia	6	1	2	1	2	3	1	16
	Finland	6	7	2	4	5	6	3	33
	France	4	4	3	3	3	3	4	24
	Germany	2	1	1	2	1	-	1	8
	Great Britain	2	-	-	-	-	-	-	2
	Italy	3	1	2	-	1	1	2	10
	Latvia	3	1	4	1	4	3	1	17
	Lithuania	9	4	3	3	8	4	2	33
	Poland	4	2	2	-	4	3	1	16
	Portugal	3	1	1	-	2	-	-	7
	Slovakia	1	-	-	-	-	-	-	1
	Spain	2	2	3	2	1	2	1	13
	Sweden	3	4	3	2	1	1	3	17
	Switzerland	3	3	-	1	-	-	2	9
	Turkiye	-	-	1	1	1	1	2	6
	Ukraine	2	-	-	-	-	-	-	2
	United States	1	-	-	-	-	-	-	1
	Total	68	42	35	25	39	34	32	275



## 10. WEATHER CONDITIONS

The end of May is typically mild in Lithuania, with daytime temperatures usually ranging between 8°C and 18°C. However, May can bring weather extremes in both directions — from unseasonably hot to unexpectedly cold. Nights often remain chilly, with temperatures dropping to single digits, so even on warmer days, mornings and evenings can feel quite cool.

This year, spring has been notably late, so cooler and more refreshing conditions are likely. The current forecast predicts an unusually cold and rainy week during the event — but let’s hope for an improvement!

	Night	Morning	Afternoon	Evening	Temperature high/low	Precip.	Wind
Tuesday 13 May					16° / 7°		4 m/s
Wednesday 14 May					14° / 8°	8.3 mm	3 m/s
Thursday 15 May					12° / 3°	4.3 mm	4 m/s
Friday 16 May					11° / 5°	5.3 mm	3 m/s
Saturday 17 May					15° / 7°	4 mm	3 m/s
Sunday 18 May					15° / 6°	4.3 mm	4 m/s

Source: yr.no

## 11. LIVE COVERAGE & MEDIA

Live coverage will include radio controls, GPS tracking, live commentary and tweets during all competitions as well as live video broadcasting during Sprint 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.

Media representatives are cordially invited to cover the European MTBO Championship races. Registered media representative can pick up their accreditation cards at the Event office.

There will be a special facility for media at the Finish Arena. The media place will be equipped with all necessary information and Wifi internet access.

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.

## 12. AWARD CEREMONIES

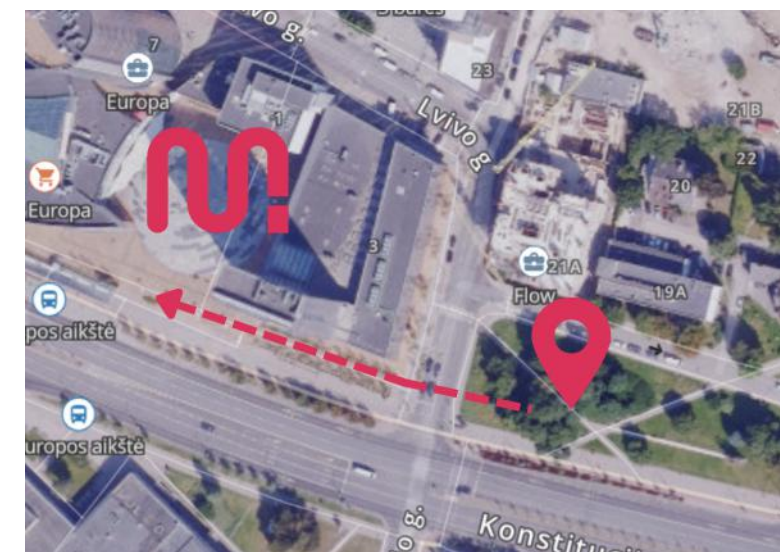
In line with IOF guidelines podium finishers are requested to dress in team uniforms with matching shoes (no flip-flops etc.) and refrain from taking to the podium items such as hats, sunglasses, headbands and other similar items. No accompanying persons should be brought to the podium.

### OPENING CEREMONY

The opening ceremony will be held on Thursday, 18:00 and it will take place in the modern business centre of Vilnius, in Europa square, next to Vilnius municipality building located in Europos a. 1, Vilnius (54.6957, 25.2780 WGS).

National teams (athletes and team members) dressed in nationally approved uniforms please gather at the designated area at 17.45.

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





### 13. CATERING SERVICES

Pre-ordered hot lunches will be served at the Finish Arena on competition days. Meals will be distributed between 12:30 and 13:00. Please ensure that one team representative collects all pre-ordered portions on behalf of the team.

Additional food options will be available on-site, including a Mexican food truck offering tacos, snacks, and drinks, as well as a mobile coffee bar.

### 14. MEDICAL CARE

First aid at the Finish Arena of each competition will be provided by ambulance on duty. In case of any accident during competition please contact first our office via number +370 656 52210 or any marshal in Race arena.

For any other emergency calls use 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

### 15. BIKE WASH & STORAGE

Bike storage is available at the event centre (EC) –big white tent. Opening hours – 8:00-10:00 and 16:00-20:00 every day starting Tuesday evening. Please attach one part of bike storage stickers (numbered ones) on bike and another part – on your accreditation card, that must be presented to collect the bike.

**Wash your bike for free!**


Thanks to our generous sponsor Švaros Broliai, all competitors at the European MTBO Championship can enjoy free bike washing throughout the event. A dedicated wash station will be available nearby - keeping your bike clean and race-ready every day!

### 16. BIKE SHOPS

S-Sportas store in Finish arena can provide some basic help or arrange the full bike repair service if needed.

Phone: +370 620 12300

Address: Ateities g. 33, Vilnius  
[vilnius@s-sportas.lt](mailto:vilnius@s-sportas.lt)  
I-V 10-19, VI 10-16



Location: **Giluzio str. 5, Vilnius**

Discount code: **OSK2025**

The code is worth **10 Eur!**

How to apply the code?

Download the SNABB app • Log in • Add a payment card

- In the menu section "Discounts", enter the discount code
- Return to the main screen of the mobile app and select the "Wash" section • Select the car wash and the number of the wash bay where you are currently located • ENJOY!

# Competition information



# 17. 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 2025](#)
- [Special Rules MTB Orienteering World Cup 2025](#)

All the rules can be found at:  
[orienteering.sport/mtbo/competition-rules](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



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

## 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!

## 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: [orienteering.sport/iof/anti-doping](https://orienteering.sport/iof/anti-doping)

## JURY MEMBERS

- Thomas Hnilica, AUT
- Jiri Vransky, CZE
- Ramunė Arlauskienė, LTU
- Jan Cegielka, POL (reserve)



# 18. CLASSES & PARTICIPATION RESTRICTIONS

## Classes:

- EMTBOC, Word 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.

## 19. QUARANTINE ZONES

The start quarantine will be organised for every competition. No finish quarantine will be organised during the event.

All quarantines will have toilets, drinking water (participants must bring their own bottles), a limited number of tents for participants, and a designated location for transporting participants' belongings to the finish. Teams are allowed to set up their own tents in all quarantine areas.

The organizers will not transport bike trainers or tents to the finish – this is the responsibility of team leaders.

**Important! 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 an accreditation to enter the quarantine zone.

## 20. 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.

### **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.

## 21. PUNCHING ANT TIMING

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.

Each control will be equipped with backup SI station (with hole) operating in contact punch only mode. Station might require a few seconds to wake-up, use it only in case of the main station or SIAC failure.

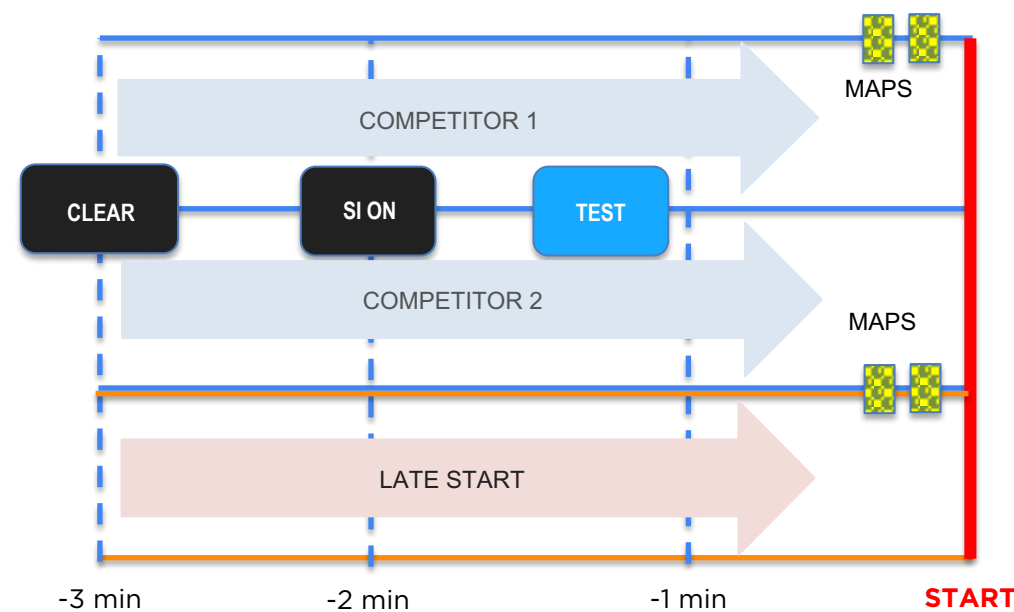
## 22. STARTING PROCEDURE

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:



### FINISH PROCEDURE FOR SIAC

For all competitions competitor's time will be stopped by passing finish line (no visible finish station). SIAC function will be automatically switched off after passing finish line.

### 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.

### START BIBS

**EMTBOC:** Competitors will receive a separate bib for each competition. Bibs are prepared according to the start list and can be collected at the Event Office the evening before each race and on the following morning.

**EJMTBOC and EYMTBOC:** Competitors will receive one bib valid for all individual competitions.

The bib must be securely attached to the front of the bike. Competitors without a start bib will not be allowed to start. If a bib is lost, a replacement can be obtained at the Event Office for a fee of 5 EUR. Bib attachment materials will be provided by the organisers.

## 23. COMPETITION TIME LIMITS

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

- Mass start / Long – 3 hours
- Middle – 2 hours
- Sprint – 1 hour

Competitors exceeding the time limit will be not ranked.

## 24. 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/european-mtb-orienteering-championships-2025/welcome/>



## 24. EMBARGOED AREA (UPDATE - Full embargo on local roads in the Race area from May 14)

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

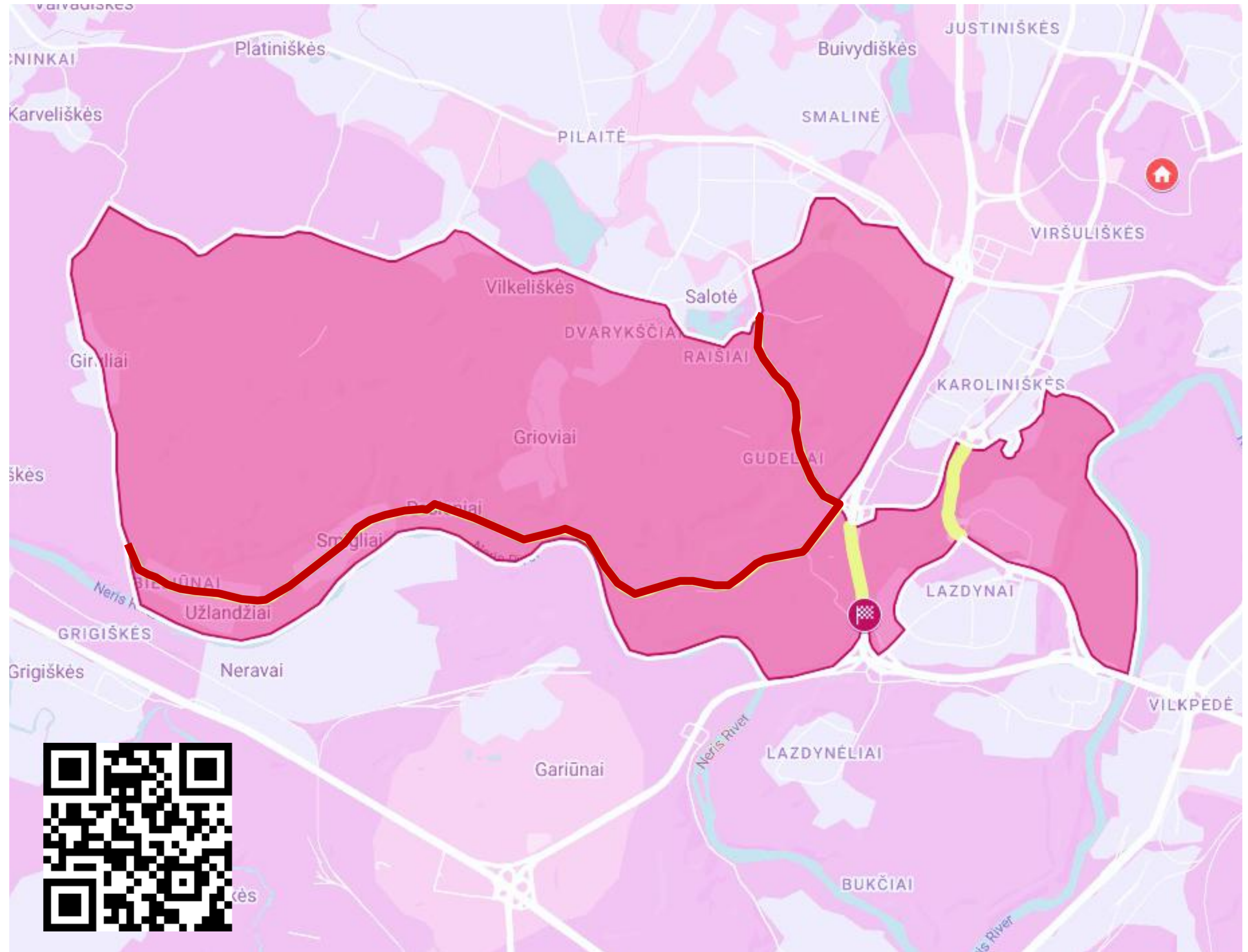
Exact boundaries of Embargoed area are shown on the map on the right. Detailed map of Embargoed area can be found on <https://t.ly/1e0qU>.

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!**



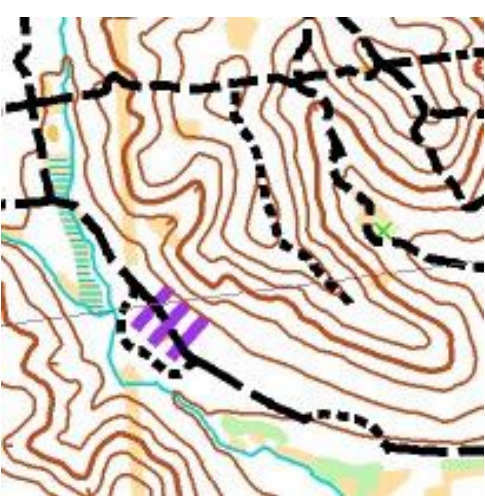


# 25. MAPS & TERRAIN DESCRIPTION

## MASS START / LONG

### GRIOVIAI

Map scale:	1:15 000, H - 5m
Map dimensions:	420 x 300 mm. (A3)
Map author:	Martins Lasmanis, Vitalijus Paulauskas
Last revision:	End of April 2025
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 and sandy
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 MAP:  
[Grioviai](#)

## MIDDLE

### GUDELIAI

Map scale:	1:10 000, H - 5m
Map dimensions:	300 x 370 mm. (reduced A3)
Map author:	Martins Lasmanis, Vitalijus Paulauskas
Last revision:	May 2025
Terrain form:	Hilly with few steep slopes.
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 network of paths and forest roads



OLD MAP:  
[Gudeliai](#)

# SPRINT

## LAZDYNAI, PASAKŲ PARKAS

Map scale:	1:5 000, H - 5m, 1:5 000, H - 5m
Map dimensions:	300 x 300 mm, 300 x 300 mm
Map author:	Martins Lasmanis, Vitalijus Paulauskas
Last revision:	May 2025
Terrain form:	Mostly flat with some steep slopes
Vegetation:	Pine/mixed forest with some urban and park areas
Speed:	Mostly fast rideable roads
Visibility:	Mostly good
Paths & roads	Urban areas and forested areas with a dense network of paths



OLD MAPS:

[Pasaky parkas](#)  
[Karoliniškės](#)

# RELAY & MIXED RELAY

## GUDELIAI, PASAKŲ PARKAS

Map scale:	1:10 000, H - 5m, 1:5 000, H - 5m
Map dimensions:	225 x 320 mm. (A4+), 225 x 320 mm. (A4+)
Map author:	Martins Lasmanis, Vitalijus Paulauskas
Last revision:	May 2025
Terrain form:	Hilly with few steep slopes.
Vegetation:	Coniferous and deciduous forest with dominating pine wood
Speed:	Mostly good and fast on forest roads, but limited on single tracks
Visibility:	Mostly good, but limited in dense areas
Paths & roads	From average to dense network of paths and forest roads



OLD MAPS:

[Gudeliai](#)  
[Pasaky parkas](#)



## 26. WINNING TIMES AND COURSE DETAILS

### EMTBOC

		Length (optimal route) km	Total climb m	Number of controls	Winning times min.
Mass Start	Women	24.8	550	16	75 - 85
	Men	27.7	600	19	75 - 85
Middle	Women	16.8	300	28	50 - 55
	Men	18.1	450	32	50 - 55
Sprint	Women	6.8	150	23	20 - 25
	Men	7.6	200	26	20 - 25
Relay	Mixed	16.6 - 16.8	300	22	40 - 45
			total winning time:		120 - 135



### EYMTBOC, EJMTBOC

		Length (optimal route) km	Total climb m	Number of controls	Winning times min.
Long	W20	20.6	450	12	84 - 92
	M20	25.2	550	15	84 - 92
	W17	17.4	400	11	70 - 75
	M17	20.6	450	12	70 - 75
Middle	W20	13.6	225	22	40 - 44
	M20	15.5	275	28	40 - 44
	W17	11.3	200	20	32 - 37
	M17	13.6	225	22	32 - 37
Sprint	W20	5.4	150	19	16 - 20
	M20	6.4	200	20	16 - 20
	W17	4.8	125	16	15 - 20
	M17	5.4	150	19	15 - 20
Relay	W20	12.0-12.2	175	17	35 - 40
	M20	14.6-14.8	250	20	35 - 40
	M/W21		total winning time		105 - 120
	W17	10.8-11.0	150	16	30 - 35
	M17	12.0-12.2	175	17	30 - 35
	M/W20		total winning time		90 - 105



## 27. OPEN COURSES

Open courses will be available within **Vilnius Masters 2025** Event, taking place in Vilnius from May 15 to 18, 2025.

The event will run alongside the European Junior, Youth, and Elite Championships, as well as the MTB Orienteering World Cup and will offer 3 days of competition on the same terrains and maps.

This event is part of the **World Masters Series (WMS)** and includes all Masters categories starting from M/W35 till M/W90.

Participation requires advance entry.

Winning times are determined according to IOF rules for WMMTBOC.

### Three open courses will be available:

- OPEN1 – the longest and most challenging
- OPEN2 – middle by length and difficulty
- OPEN3 – the shortest and easiest course.

These courses can be entered on the day of the event, but pre-booking is recommended as it saves money and ensures map availability.

See <https://2025.mtbo.lt/masters/> for more information.

## 28. OTHER INFORMATION

### USEFUL LINKS:

Lithuanian orienteering Federation - [orienteering.lt](https://orienteering.lt)  
Lithuanian Sports Events (entries) - [dbsportas.lt](https://dbsportas.lt)  
Interactive Lithuanian O-Maps database - [trails.lt](https://trails.lt)  
Bike shop & repairs - [s-sportas.lt](https://s-sportas.lt)

Vilnius tourist info – [govilnius.lt](https://govilnius.lt)  
Lithuania visitor info – [welovelithuania.com](https://welovelithuania.com)  
Local weather - [meteo.lt](https://meteo.lt)

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)  
City transport schedules – [stops.lt](https://stops.lt)  
Bolt taxi, car share and scooters – [bolt.eu](https://bolt.eu)  
CityBee car share - [citybee.lt](https://citybee.lt)





# Competition days



# MODEL EVENT – WEDNESDAY, MAY 14

Model event will take place in 400m from Urbihop Hotel, just across Ažuolyno ir Viršuliškiu str. Crossing.  
Start coordinates: (54.705042, 25.239449 WGS).

Site is accessible by bicycle or car, but car parking places might be very limited.

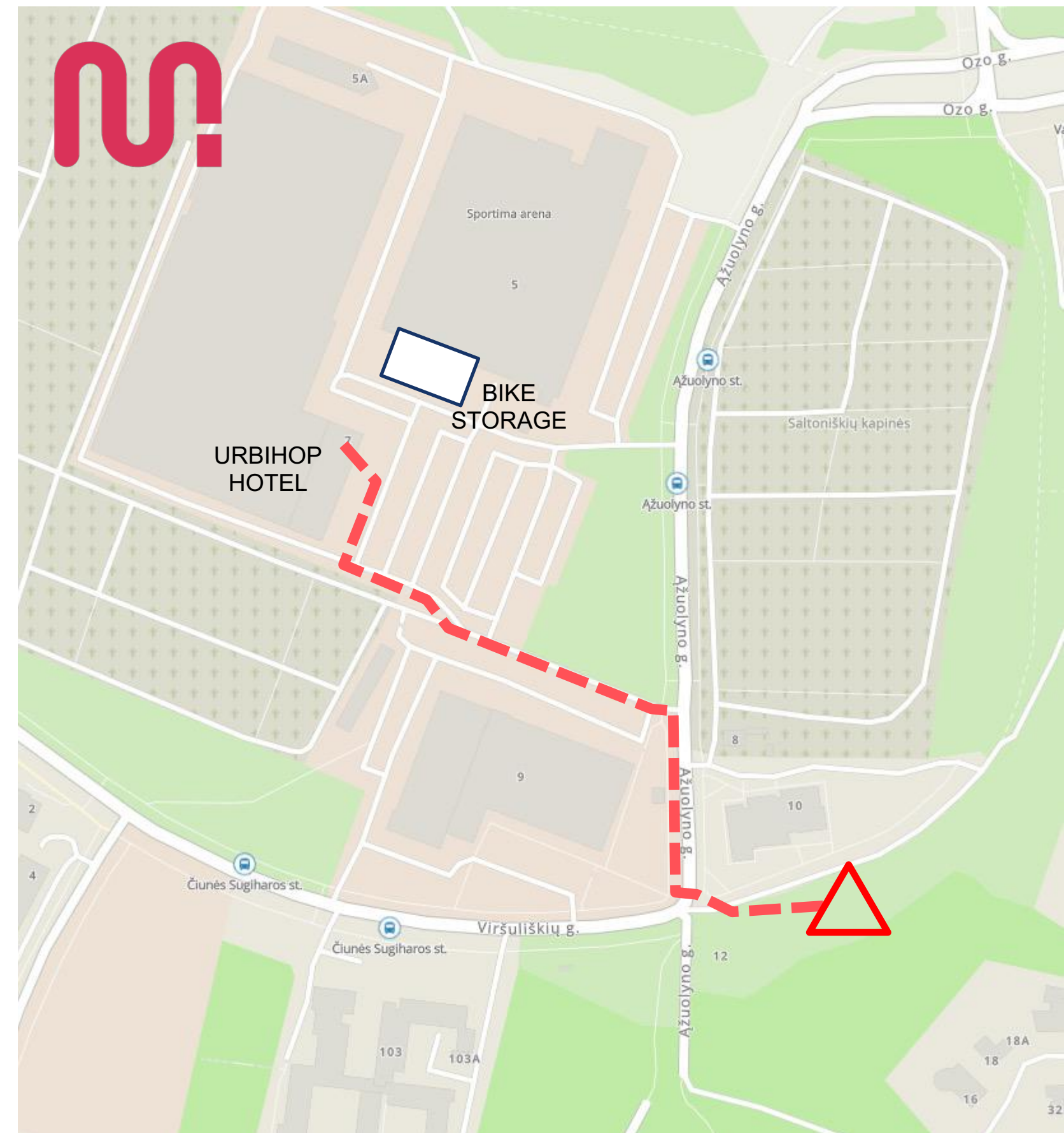
Model event starts at 14:00  
Finish will be closed at 16:00

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 two main scales used in the Event – 1:5000 and 1:10 000. They are double sided and printed on the same waterproof paper that is used for the main maps.

The start equipment and procedure will be the same as on competition days. There will be demo control, that as well as Finish will be equipped the same way as in a competition days. Due to very populated area only Flags will be present on terrain. They will stay on terrain till the dusk.

No card readout will be provided at the model event.





# MASS START / LONG DISTANCE – THURSDAY, MAY 15

## QUARANTINE:

All participants should start from Start Quarantine.

Quarantine is located 4,7 km from the Event Centre and is not accessible by bike from the Finish Arena, so all participants should head directly to quarantine. Please follow the access route shown on this page.

Organisers will ensure bag delivery from quarantine to Finish arena.

## PRE - START PROCEDURE:

### MASS START (EMTBOC):

First group starts at 10:00 (MEN)  
Second group starts at 10:10 (WOMAN)

Pre-start is 15 min. before the actual start time, each group should ride to the start in whole group and will be led by a guide biker.

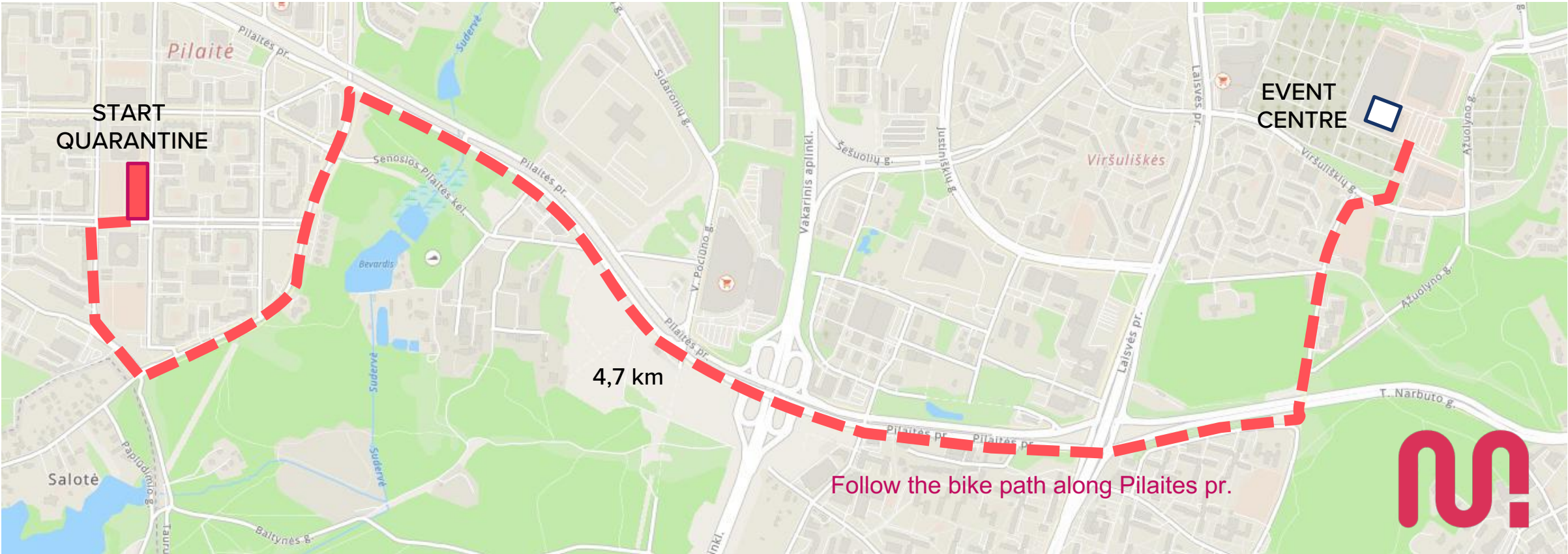
Please be in Quarantine at least 15 minutes before your Pre-Start to have sufficient time to collect and fix the GPS device.

### LONG DISTANCE (EYJMTBOC):

Pre-start – from the Start quarantine,  
10 min before the actual start time  
distance to start - 1300 m

There will be a tablet showing your start time slot. Path from the pre-start to the start will be marked by red-white stripes and direction marks. Maps of the route will be available in quarantine

Time	Event activity
9:45	The First MASS START group (MEN) leaves start quarantine
9:55	The Second MASS START group (WOMEN) leaves start quarantine
10:30	Start Quarantine closes. GPS ON
11:30	First start in LONG race
11:45	Estimated MASS START Finish
12:00	Deadline for MIDDLE group allocation
12:15	Time limit for complains (MASS START)
12:30	Flower ceremony (preliminary)
15:15	Time limit for complains (LONG)
18:00	Opening and Award Ceremony in Europa square
20:00	Team Officials' meeting in the Event Centre





# MASS START / LONG DISTANCE – THURSDAY, MAY 15

## MASS START PROCEDURE:

Competitors will be guided into the start area approx. 5 minutes before their mass start. Maps will be distributed by marshals before the start, upside down with Competitors number printed on the back of the map. 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 via voice command “MAPS”. Till the start all bikes must be in stationary position, competitors keeping at least one foot on the ground until the start signal.

## INDIVIDUAL START PROCEDURE:

Individual start with start interval of 3 minutes.

Tablets on the start corridor will display name of participants. Maps allowed 1 minute before the start. Competitors are responsible to take the correct map from the holder.

For start corridor details see **section 22**.

After the start all the competitors have 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

## MAPS

Maps will be printed on waterproof paper, one-sided.

Scale 1:15 000,  
Contours 5 m,  
Dimensions – 420 x 300 mm.

## COURSES

	Length (optimal) km	Total climb m	Number of controls	Winning times min.
Women	24.8	550	16	75 - 85
Men	27.7	600	19	75 - 85
W20	20.6	450	12	84 - 92
M20	25.2	550	15	84 - 92
W17	17.4	400	11	70 - 75
M17	20.6	450	12	70 - 75

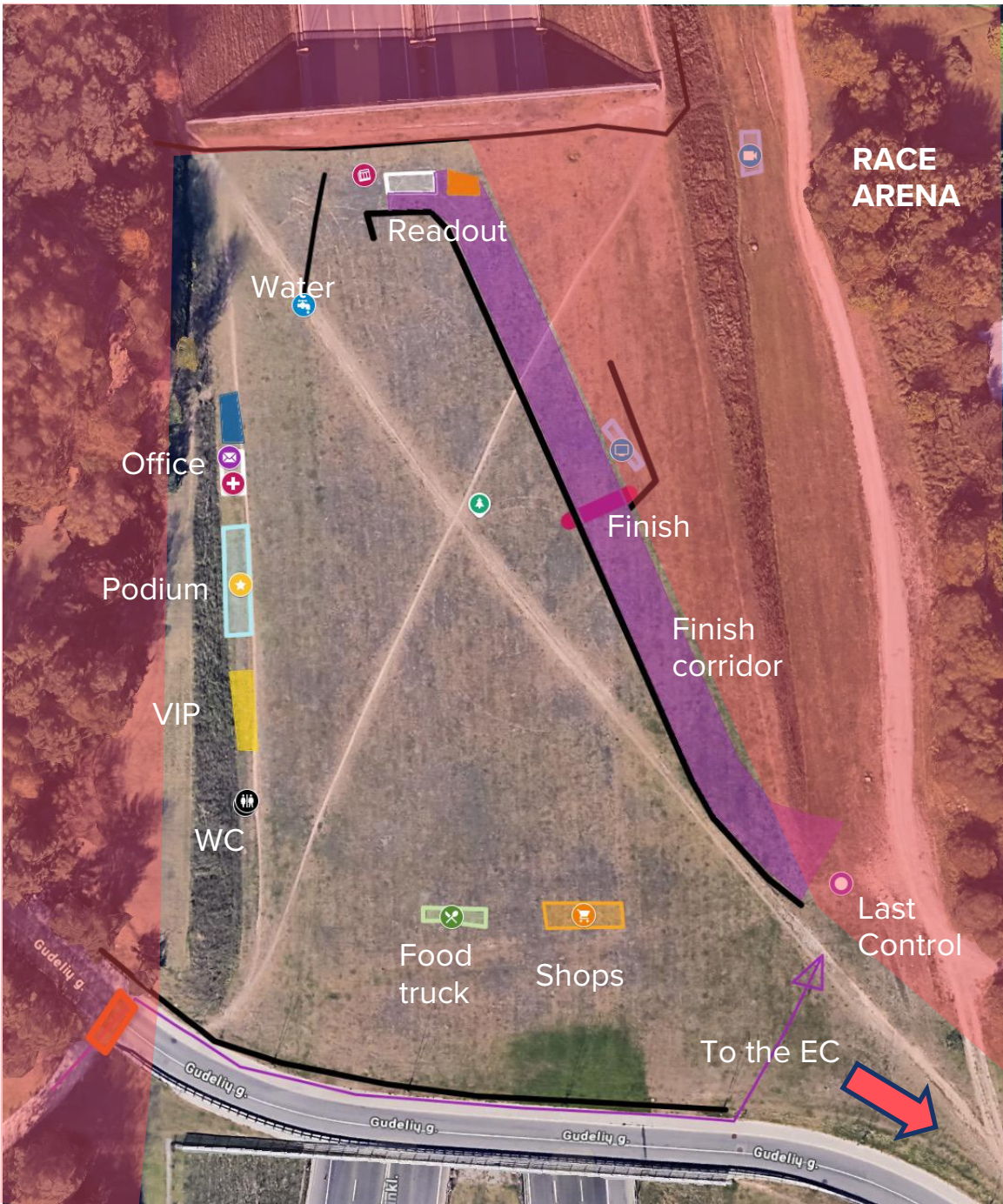
## FINISH ARENA

Finish Arena for all race days is the same. It is located in a meadow over Vilnius West bypass (54.674868, 25.196091 WGS).

Finish arena is in a 5,7 km distance from the Event centre and accessible by bike mostly via bike path.

Please see **MIDDLE DISTANCE** on the next page for route between Event Centre and Finish Arena

There are no parking possibilities at Finish Arena, so we strongly recommend access the arena on bike. Short “kiss & fly” stop (up to 5 minutes) for deliveries and pick-ups will be permitted, but the area is very limited, so please respect the rules and other Teams.





## MIDDLE DISTANCE – FRIDAY, MAY 16

## QUARANTINE:

All participants should start from Start Quarantine.

Quarantine is located at the Finish Arena, 5,7 km from the Event Centre. All participants should head directly to quarantine upon arrival to the Finish Arena.

Please follow the access route shown on this page.

Organisers will ensure bag delivery from quarantine to Finish arena.

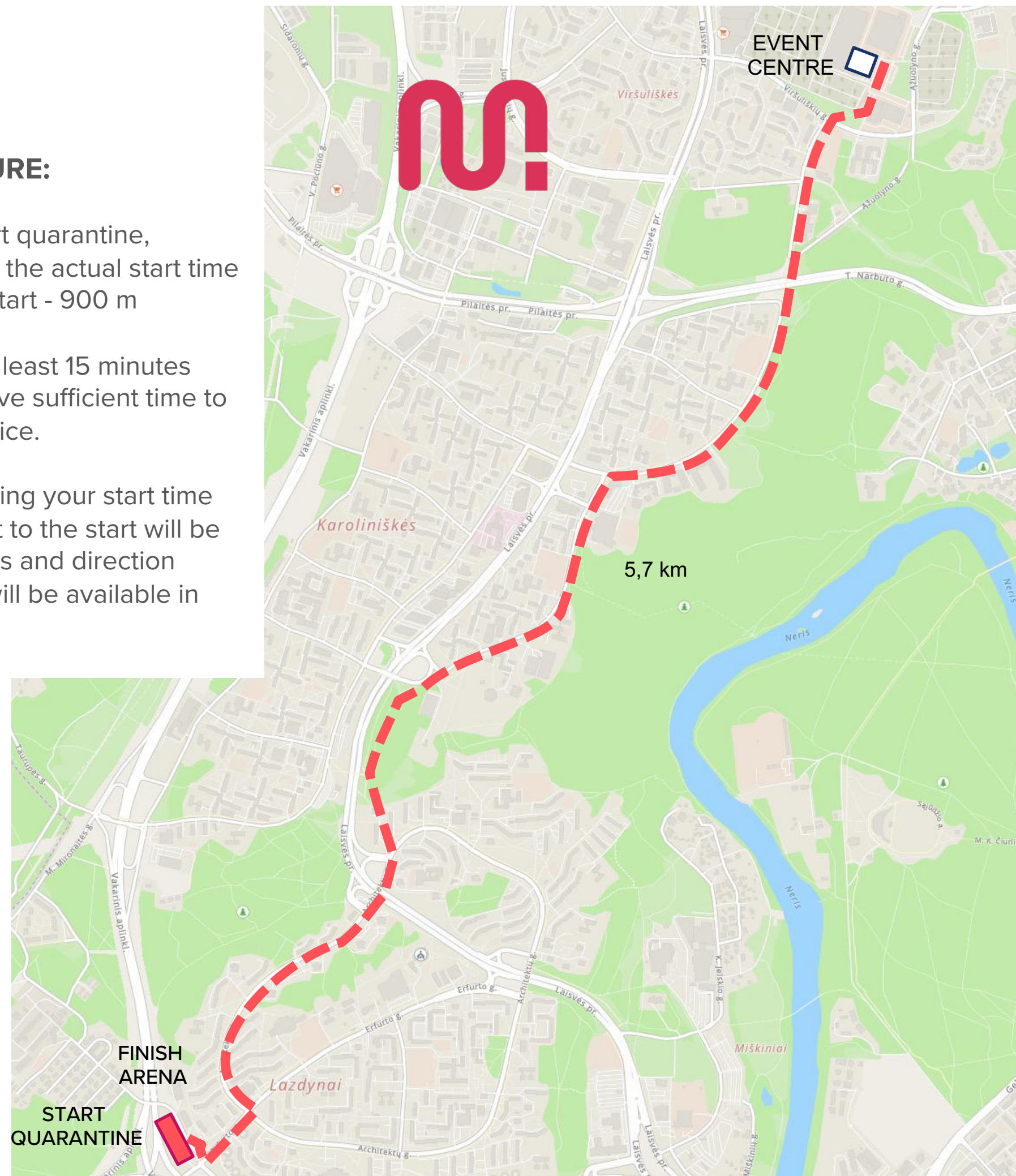
## PRE - START PROCEDURE:

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

Please be in Quarantine at least 15 minutes before your Pre-Start to have sufficient time to collect and fix the GPS device.

There will be a tablet showing your start time slot. Path from the pre-start to the start will be marked by red-white stripes and direction marks. Maps of the route will be available in quarantine

Time	Event activity
10:00	The First start in EYJMTBOC
10:30	Start Quarantine closes. GPS ON
11:00	The First start in EMTBOC
12:00	Deadline for SPRINT group allocation
13:10	Estimated last start – End of Quarantine
14:05	Estimated last Finish
14:15	Start of Open and World Master Series event
14:30	Time limit for complains
14:30-15:00	Flower ceremony (preliminary)
17:30	Award Ceremonies in Europa square
19:30	Team Officials' meeting in the Event Centre





# MIDDLE DISTANCE – FRIDAY, MAY 16

## START PROCEDURE:

Individual start with start interval of 2 minutes.

Tablets on the start corridor will display name of participants. Maps allowed 1 minute before the start. Competitors are responsible to take the correct map from the holder.

For start corridor details see **section 22**.

After the start all the competitors have 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 150 m

## COURSES

	Length (optimal) km	Total climb m	Number of controls	Winning times min.
Women	16.8	300	28	50 - 55
Men	18.1	450	32	50 - 55
W20	13.6	225	22	40 - 44
M20	15.5	275	28	40 - 44
W17	11.3	200	20	32 - 37
M17	13.6	225	22	32 - 37

## MAPS

Maps will be printed on waterproof paper, one-sided.

Scale 1:10 000,  
Contours 5 m,  
Dimensions – 300 x 370 mm.

## FINISH ARENA

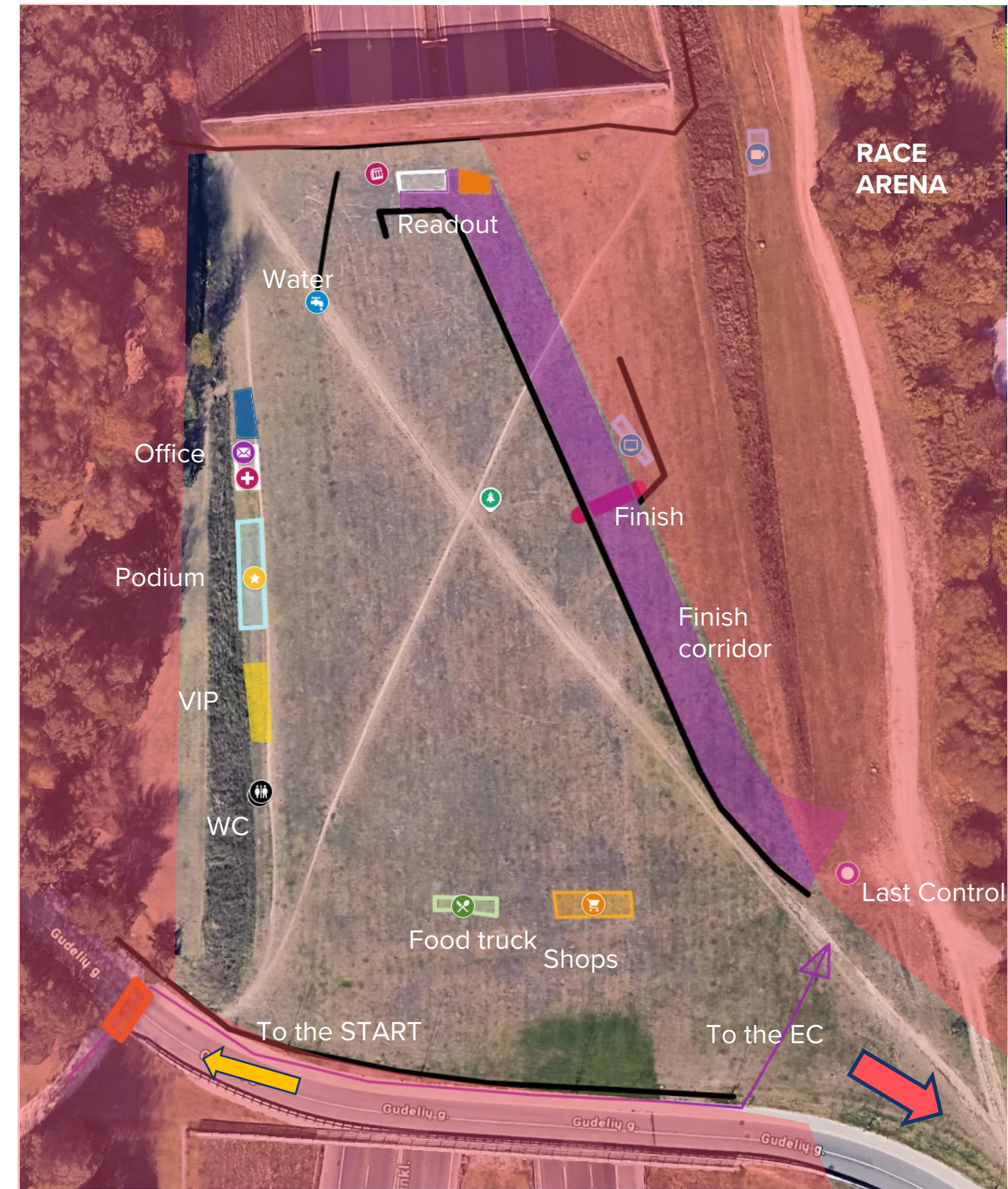
Finish Arena for all race days is the same. It is located in a meadow over Vilnius West bypass (54.674868, 25.196091 WGS).

Finish arena is in a 5,7 km distance from the Event centre and accessible by bike mostly via bike path.

Fer returning to the Event Centre please use the same route as for arrival.

There are no parking possibilities at Finish Arena, so we strongly recommend access the arena on bike. Short “kiss & fly” stop (up to 5 minutes) for deliveries and pick-ups will be permitted, but the area is very limited, so please respect the rules and other Teams.

## FINISH ARENA:





# SPRINT – SATURDAY, MAY 17

## QUARANTINE:

All participants should start from Start Quarantine.

Quarantine is located near Litexpo Fair center, 5,7 km from the Event Centre and 2,8 km from Finish Arena. All participants should head directly to quarantine.

Please follow the access route shown on this page.

Organisers will ensure bag delivery from quarantine to Finish arena.

Time	Event activity
10:00	The First start in EYJMTBOC
10:00	Start Quarantine closes. GPS ON
11:05	The First start in EMTBOC, LIVE TV starts
12:00	Deadline for RELAY team allocations
13:25	Estimated last start – End of Quarantine
13:50	Estimated last Finish
14:15	Start of Open and World Master Series event
14:15	Time limit for complains
14:30	Flower ceremony (preliminary)
17:30	Award Ceremonies in Europa square
19:30	Team Officials’ meeting in the Event Centre

## PRE - START PROCEDURE:

Pre- Start – from the Start quarantine, 3 min before the actual start time (Pre-start equals -3 minutes mark) distance to start - 100 m

Please be in Quarantine at least 15 minutes before your Pre-Start to have sufficient time to collect and fix the GPS device.

There will be a tablet showing your start time slot. Path from the pre-start to the start will be marked by red-white stripes, start is in a visible distance.

## START PROCEDURE:

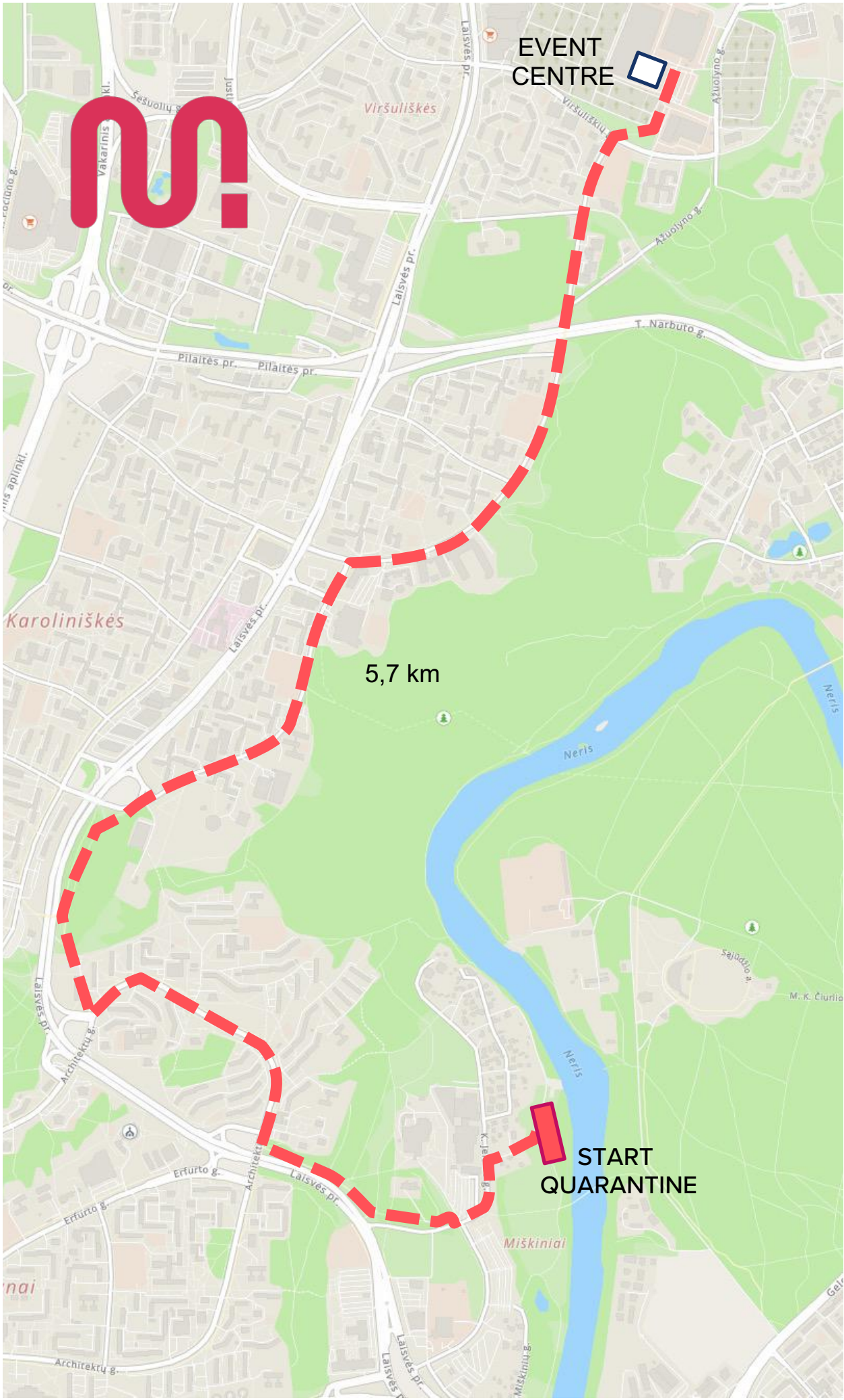
Individual start with start interval of 2 minutes.

Tablets on the start corridor will display name of participants. Maps allowed 15 seconds before the start. Competitors are responsible to check that the correct map is taken from the holder.

For start corridor details see **section 22**.

After the start all the competitors have 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 90 m





# SPRINT – SATURDAY, MAY 17

## MAPS

Maps will be printed on waterproof paper, double -sided.

### MAP 1:

Scale 1:5 000,  
Contours 5 m,  
Dimensions – 300 x 300 mm.

### MAP 2:

Scale 1:5 000,  
Contours 5 m,  
Dimensions – 300 x 300 mm.

## COURSE PARAMETERS

	Length (optimal) km	Total climb m	Number of controls	Winning times min.
Women	6.8	150	23	20 - 25
Men	7.6	200	26	20 - 25
W20	5.4	150	19	16 - 20
M20	6.4	200	20	16 - 20
W17	4.8	125	16	15 - 20
M17	5.4	150	19	15 - 20

There are limited parking possibilities at Start Quarantine, Short time parking for delivery and collecting of rollers, tents and other items is possible, but as this is public area, it might be quite busy on Saturday.

However it may be that the weather forecast will help us in this matter ☺

## FINISH ARENA

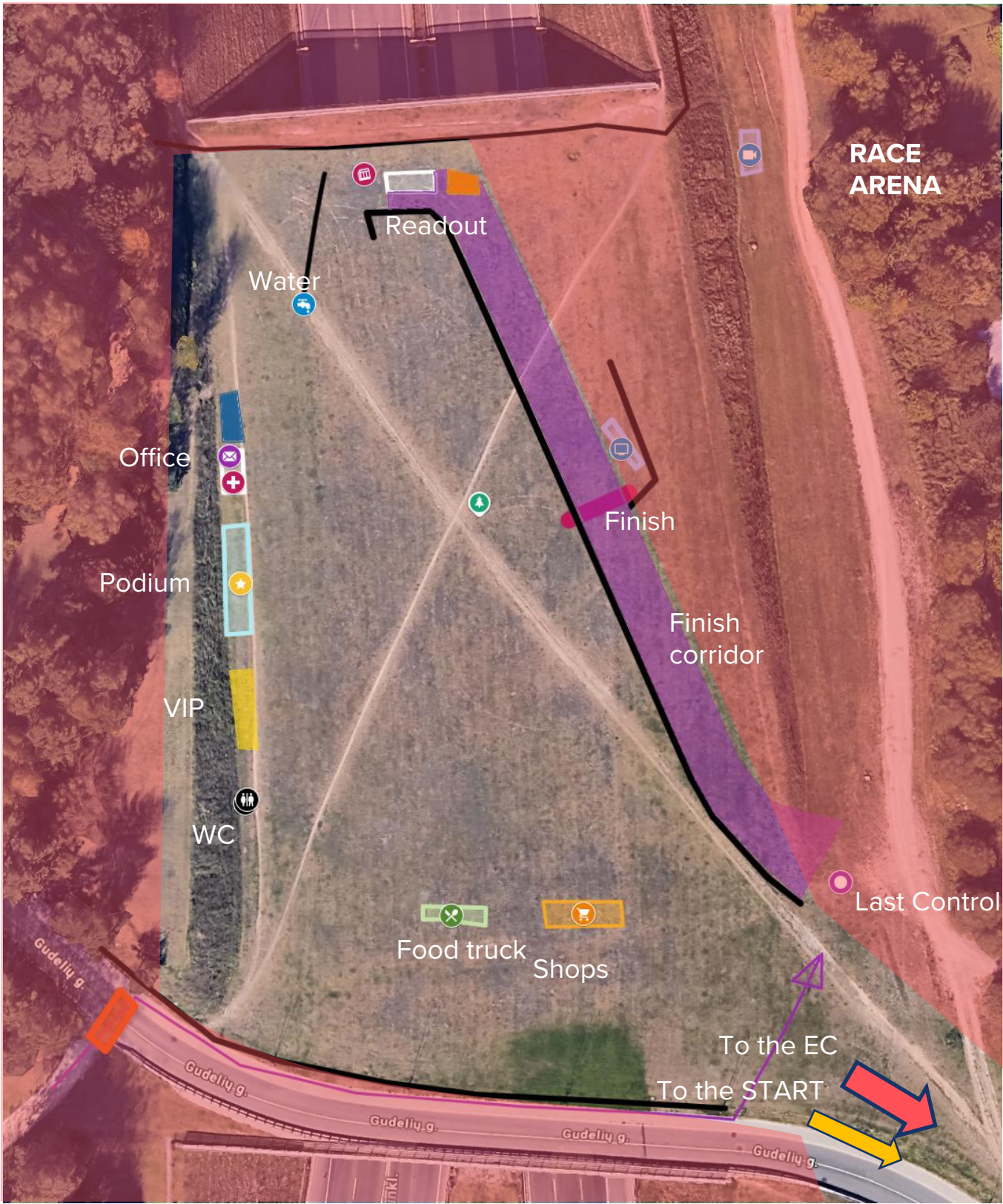
Finish Arena for all race days is the same. It is located in a meadow over Vilnius West bypass (54.674868, 25.196091 WGS).

Finish arena is in a 5,7 km distance from the Event centre and accessible by bike mostly via bike path.

Fer returning to the Event Centre please use the same route as for arrival to the Middle distance Quarantine.

There are no parking possibilities at Finish Arena, so we strongly recommend access the arena on bike. Short “kiss & fly” stop (up to 5 minutes) for deliveries and pick-ups will be permitted, but the area is very limited, so please respect the rules and other Teams.

## FINISH ARENA:





# RELAY AND MIXED RELAY – SUNDAY, MAY 18

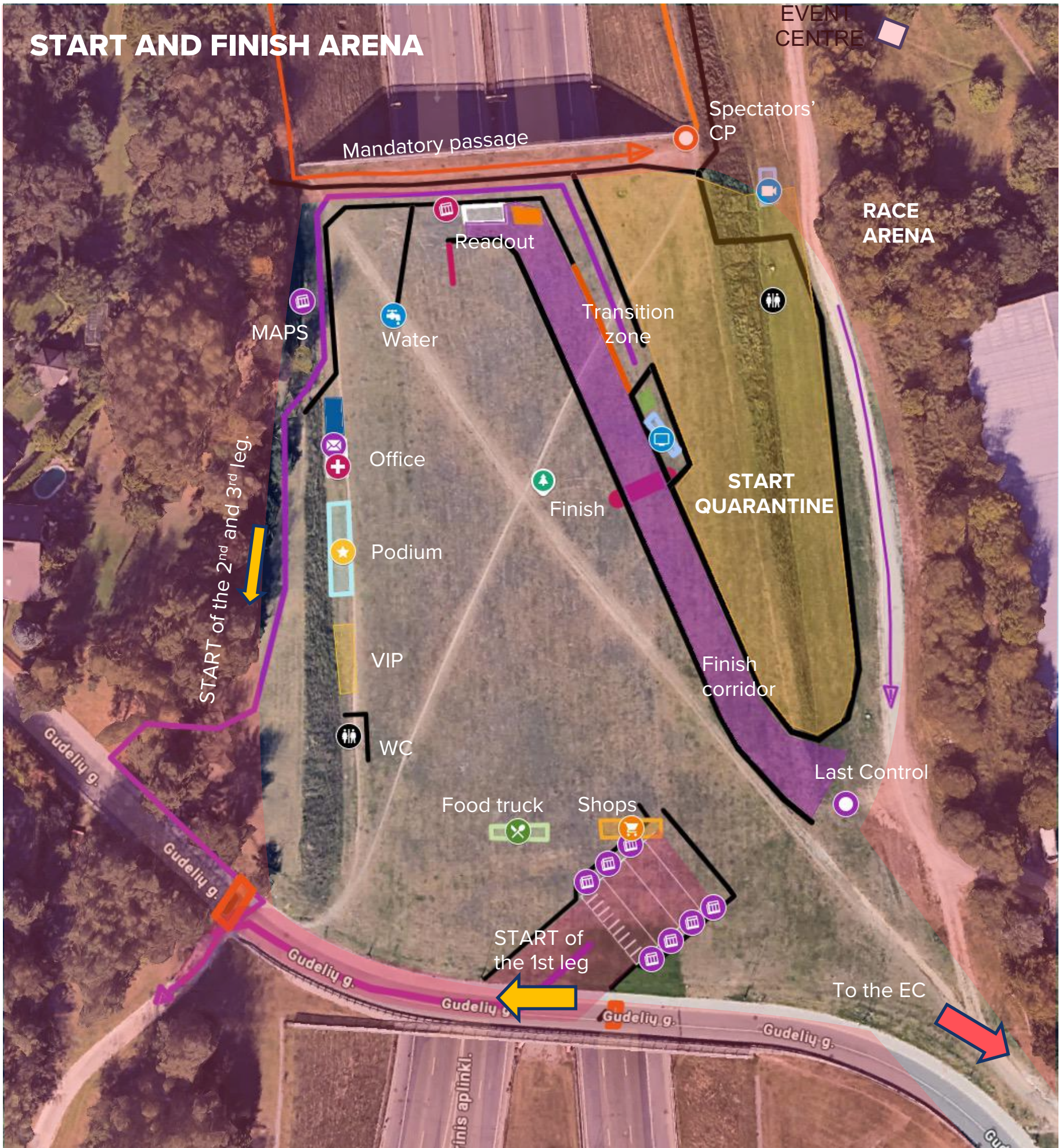
## QUARANTINE:

All EMTBOC participants and 2<sup>nd</sup> and 3<sup>rd</sup> leg EYJMTBOC riders should start from Start Quarantine.

Quarantine is located within Finish Arena, 5,7 km from the Event Centre. Please follow the same access route as shown on the Middle Distance event page.

EMTBOC 1<sup>st</sup> leg will be escorted from the Quarantine to start location – please move as one group without unnecessary delays.

Time	Event activity
9:30	Demonstration of Start and changeover procedures
10:00	First start for EYJMTBOC Teams
10:20	Start Quarantine closes. GPS ON
11:30	LIVE TV starts
11:45	Start of EMTBOC Mixed Relays
13:45	Estimated EMTBOC Relay winner Finish
13:55	Estimated mass start of 3 <sup>rd</sup> legs, end of Quarantine
14:15	Start of Open and VilniusMasters25 event
14:15	Time limit for complains
15:00	Award and Closing Ceremonies in Finish Arena
16:00	3-day sum Prize ceremony for VilniusMasters25 event
19:00	Banquet 🎉





# RELAY AND MIXED RELAY – SUNDAY, MAY 18

## START PROCEDURE:

Starting and changeover procedures will be demonstrated at 9.30.

## 1<sup>st</sup> LEG START PROCEDURE:

Competitors will be guided into the start area approx. 10 minutes before their mass start. Maps will be distributed by marshals before the start, covered with blank paper with Competitors number printed on it. Competitors are responsible to check that they got the map with the correct number.

Competitors are allowed to remove the protecting sheet 15 seconds before the start via voice command “MAPS”. Till the start all bikes must be in stationary position, competitors keeping at least one foot on the ground until the start signal.

## 2<sup>nd</sup> AND 3<sup>rd</sup> LEG START PROCEDURE:

Changeover is by touch in transition area. Then the competitors must proceed to the start area, take the map and start the race.

After the start all the competitors have 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 150 m for the 1<sup>st</sup> leg and 250 m for the 2<sup>nd</sup> and 3<sup>rd</sup> legs.

## MAPS

Maps will be printed on waterproof paper, double – sided, covered with white paper sheet

### MAP 1:

Scale 1:10 000,  
Contours 5 m,  
Dimensions – 225 x 320 mm.

### MAP 2:

Scale 1:5 000,  
Contours 5 m,  
Dimensions – 225 x 320 mm.

## COURSE PARAMETERS

	Length (optimal) km	Total climb m	Number of controls	Winning times min.
MIXED	16.6 - 16.8	300	22	40 - 45
	total winning time:			120 – 135
W20	12.0-12.2	175	17	35 - 40
M20	14.6-14.8	250	20	35 - 40
W17	10.8-11.0	150	16	30 - 35
M17	12.0-12.2	175	17	30 - 35

See Section 26 for more total winning times

## BANQUET

All athletes and team members are invited to join Banquet of EMTBOC 2025 to celebrate the victories and relax in a company of the best colleagues and competitors.

Banquet will take place in a well-known club KABLYS (“the hook”), Located in **Kauno g. 5 Vilnius**.

For a modest 15 EUR access ticked you will be served a complimentary drink and various one-bite snacks. All accompanied by club music and great atmosphere.  
Ask Office for access wristbands and drink vouchers.





THANKS FOR OUR PARTNERS AND SPONSORS!





WISHING YOU THE BEST OF LUCK!

EMTBOC25 by Aprèsport

A close-up photograph of a person's hand reaching out towards a small, rectangular object mounted on a thin stand. The hand is wearing a black wristwatch with a white face and a black strap, and a black finger loop on the index finger. The background is dark and out of focus.

# DON'T GET LOST *IN THE MOMENT*

MAY 14-18  
VILNIUS



# VERSION HISTORY

- V1.0   May 13, 2024   Bulletin 4 published