



**MTB Orienteering World Cup 2018**  
**Taça do Mundo de Orientação em BTT 2018**

**Odemira - Portugal**

**Bulletin #2**



**Federação Portuguesa de Orientação-FPO**

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### 1. Organizers



IOF- International Orienteering Federation

[www.orienteeing.org](http://www.orienteeing.org)

POF- Portuguese Orienteering Federation

[www.fpo.pt](http://www.fpo.pt)

Instituto Português do Desporto e Juventude, I.P.

[www.ipdj.pt](http://www.ipdj.pt)



Câmara Municipal de Odemira - Municipality of Odemira

[www.cm-odemira.pt](http://www.cm-odemira.pt)

Event Director: **Marco Alpande Póvoa**

Deputy Event Director: **Augusto Almeida**

Event Secretary: **Jorge Simões**

Maps & Courses: **Alexandre Reis**

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### Honor Committee



#### **Message from Engineer José Alberto Guerreiro Mayor of Odemira Municipality**

In terms of size, Odemira is Portugal's biggest municipality. It comprises extensive areas of plains alongside the sea, which are cut into by cliffs. The River Mira crosses the municipality bringing water from the impressive Santa Clara Reservoir to the hills and valleys of the interior. To enjoy Odemira's uniquely immense natural beauty and scenic diversity you need to take your time and appreciate the pleasures of outdoor life on foot, by bicycle or by canoe.

The growing affirmation of the Rota Vicentina (Vicentine Route) and its many trails is clear proof of Odemira's rise in popularity among those who appreciate nature, adventure and outdoor activities.

In light of these resources, Odemira enthusiastically decided to introduce orienteering as one of the core activities to promote a healthy lifestyle among the population, as well as promoting and enhancing the territory, especially in the areas of sports tourism, recreation and leisure.

The MTBO World Cup 2018, to be held in September 2018, will be the core competition in the effort to achieve this goal, and preparation for the event will consist of promoting the municipality and involving its entire population in the sport.

For this very reason, Odemira will be staging a vast array of activities connected to orienteering in 2017, including the VITALIS National Cup in Orienteering, the Brisas do Atlântico competition and demonstrations for schools.

Odemira has always been a municipality that is naturally suited to the sport of orienteering and is therefore ready to welcome all those who want to be a part of the extraordinary challenge that it has taken on in collaboration with the Portuguese Orienteering Federation.

Welcome to Odemira.

Welcome to the natural environment of orienteering.

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### 2. Event Controlling

IOF Senior Event Advisor: Milan Meier (CZE).

National Controller: Jorge Baltazar (POR).

### 3. Event Centre

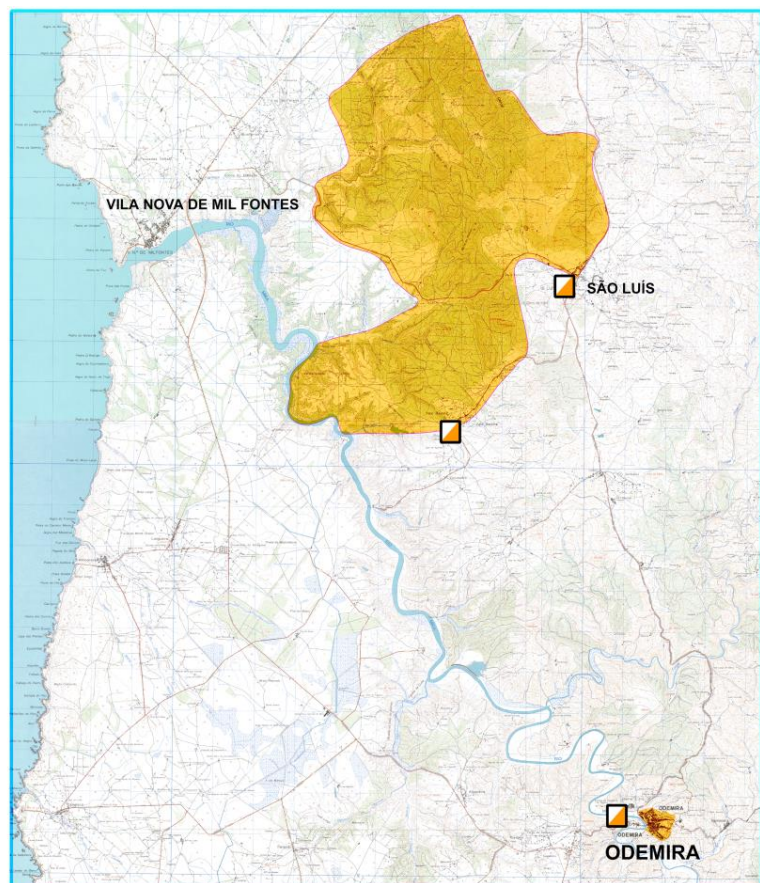
#### Odemira

Distances from main airports:

Lisbon International Airport - 190 km.

Faro International Airport - 150 km.

### 4. General Location



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### 5. Program

**WEDNESDAY, 19th September**

Teams arrivals

**THURSDAY, 20th September**

Teams arrivals

Model event

**FRIDAY, 21th September**

Middle distance

**SATURDAY, 22th September**

Long distance

**SUNDAY, 23th September**

Sprint

### 6. Classes and Participation Restrictions

#### **World Cup: W/M 21**

There is one class for women and one for men. There are no age restrictions.

According with competition rules, the number of competitors that every Federation may enter in each individual event shall be published annually.

#### **Open**

W/M15, W/M17, W/M20, W/M21A, W/M40, W/M50, W/M60, W/M70.

No restriction.



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### 7. Entries

#### Entry deadlines for MTBO World Cup 2018

##### **PRELIMINARY ENTRY by 31<sup>st</sup> May 2018 giving**

- country;
- number of competitors of each gender (preliminary);
- number of team officials;
- team manager's name, address and telephone and fax numbers

##### **FINAL ENTRY by 31<sup>st</sup> July 2018 giving**

- country;
- number of competitors of each gender (final);
- information on whether the athlete borrows an SI-card or uses his own SI-card (also enter the SI-card number);
- payment for accommodation, meals, transport and entry fees;
- team manager's name, address and telephone/fax numbers;
- family name and first name of each team official.

After this date changes aren't allowed

##### **NAME ENTRY by 31<sup>st</sup> August 2018 in IOF EVENTOR giving**

- country;
- each competitor's family name and first name, class or gender and year of birth;
- SI-card number

#### Entry deadlines for OPEN Classes

##### **By 31st August 2018, giving:**

- country;
- club;
- competitor's family name and first name, class, 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);
- address, email and telephone/fax numbers;
- payment for accommodation, meals and entry fees.

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### 8. Entry fees

#### For World Cup

All participants (competitors and officials)	€50/person
Model Event	€10/person
Sprint distance	€20/person
Middle distance	€30/person
Long distance	€40/person
Party (Dinner)	€30/person

Note: *World Cup classes includes SI Air+ rental in the fee.*

#### For OPEN Classes

Model Event	€10/person
Sprint distance	€10/person
Middle distance	€15/person
Long distance	€15/person
Party (Dinner)	€30/person

### 9. Account details for payments

All payments are to be made to the **Portuguese Orienteering Federation-FPO**, as follows (all charges are paid by sender):

Bank name: **Caixa Geral de Depósitos** (Agency: **Marinha Grande**)

BIC/SWIFT: **CGDIPTPL**

IBAN: **PT50003504410004259693027**

Bank Address: **Caixa Geral de Depósitos - Agência da Marinha Grande**  
**Rua Bernardino José Gomes**  
**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**

Payments until: **31<sup>st</sup> July 2018 for “MTBO World Cup 2018”**  
**31<sup>st</sup> August 2018 for “Open Classes”**



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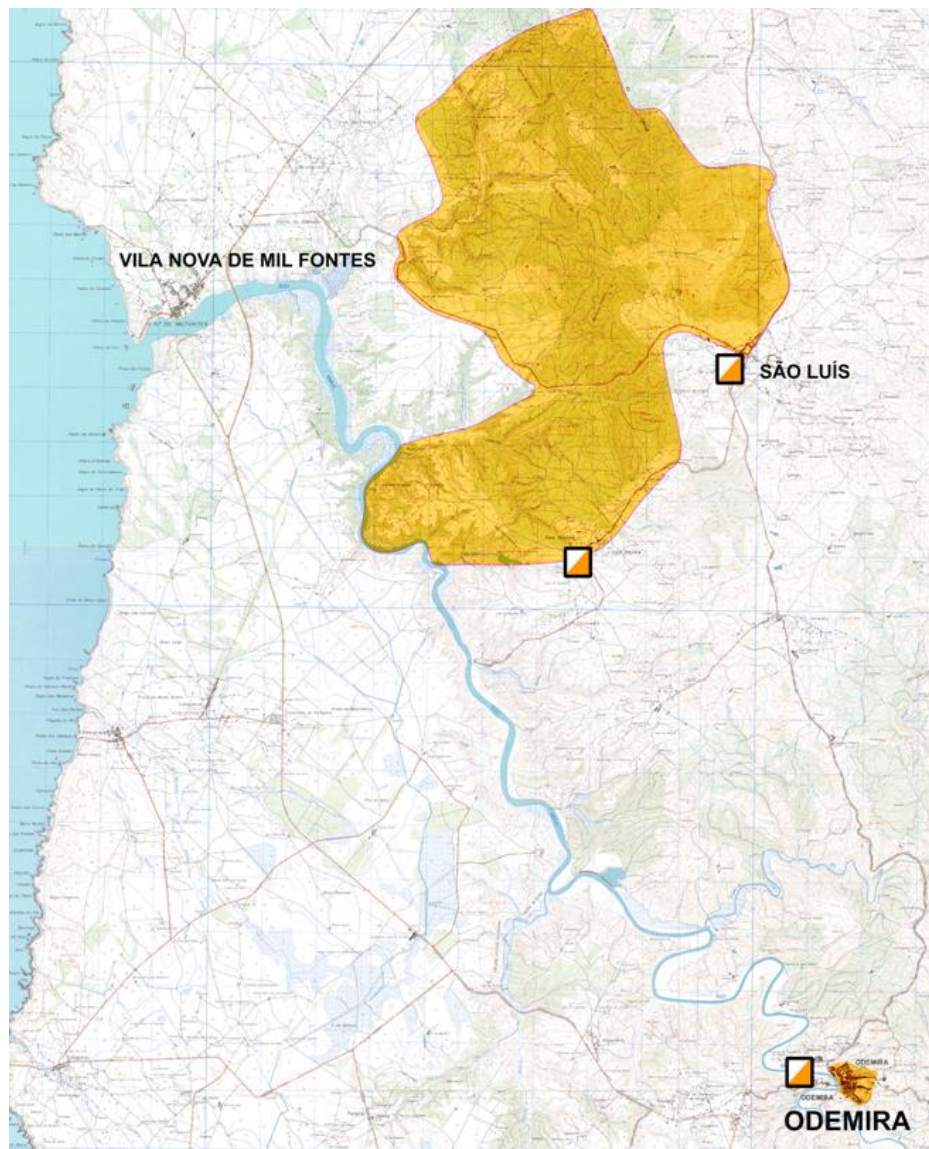
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### 10. Embargoed Areas

#### Embargoed Areas from May 2017 till 31st September 2018

The areas are out of bounds for all potential participants and team members, including competitors, team leaders, coaches, doctors, escorts, and any other person who through their knowledge of the terrain may influence the result of the competitions.

The areas of Odemira, are restricted for MTB Orienteering activity. The exceptions are for Odemira city center under certain restrictions - it's forbidden cycling, running, using a map or testing route choices.

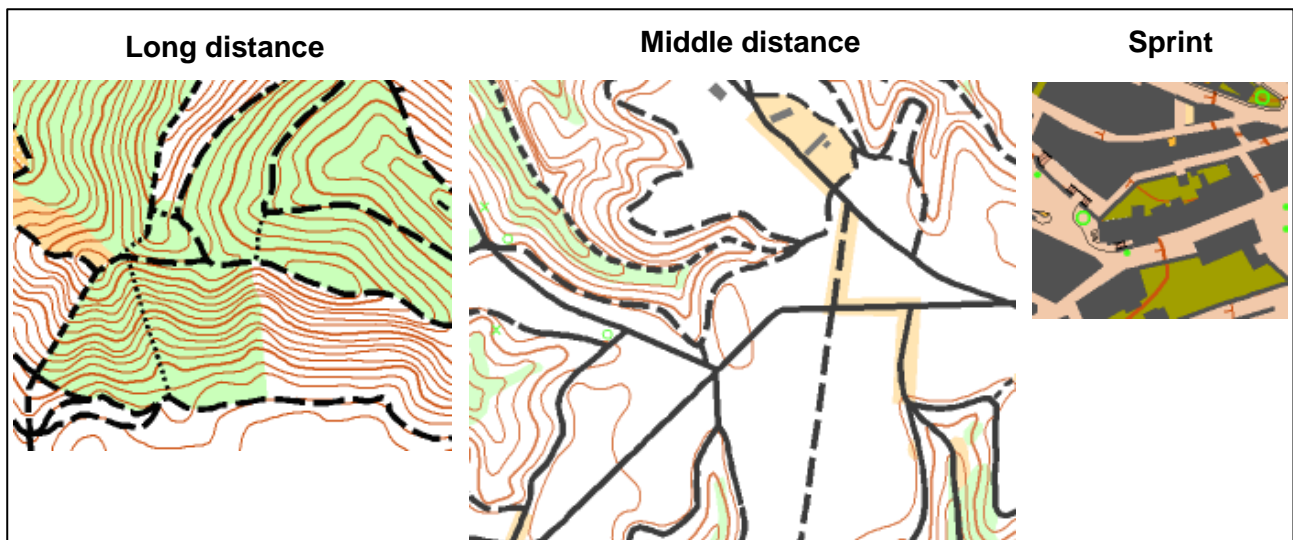


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**11. Maps**

There are no old orienteering maps in the area. All competition maps will be new.

**Maps samples**



**12. Terrain description**

<i>Event</i>	<i>Map</i>	<i>Terrain Description</i>
Sprint	Scale <b>1:5.00</b> Vertical contour intervals <b>5m</b>	The Sprint area it is an urban area. The area has a dense network of streets, roads, tracks and paths with a good rideability.
Middle distance	Scale <b>1:15.000</b> Vertical contour intervals <b>5m</b>	The Middle and Long distance area consists mainly of eucalyptus forest, with network of wide pathways.
Long distance	Scale <b>1:15.000</b> Vertical contour intervals <b>5m</b>	On the Long distance there will be small parts of rugged and hilly terrain with a dense network of roads and paths, mostly with a good rideability.






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### 13. Special rules

All the controls will be on tracks, trails or paths.

Riding off the track, trail or path is allowed in areas marked as forest or freely ride able open area (as Forest, Open land and Rough open land – ISMTBOM 405, 403 & 401).

405 Forest good visibility	403 Rough open land	401 Open Land
		

Off road riding is strictly prohibited in all other areas, including settlements, cultivated terrains and orchards. Competitors riding off road in restricted areas are responsible for any damage claimed by the landowners and will be disqualified.

The courses are planned to off the track riding be disadvantageous to the riders. In few places it will be as well quite dangerous.

Portuguese driving rules: riders must ride on the RIGHT side on all roads and tracks and overtaking slower riders should be done by the LEFT.

### 14. Course lengths and expecting winning times

Event	Classes	Courses (preliminary)	Winning times
Sprint	M21E	7,1 Km	22'
	W21E	5,4 Km	22'
Middle distance	M21E	22,5 Km	60'
	W21E	16,2 Km	60'
Long distance	M21E	34,5 Km	110'
	W21E	27,0 Km	110'

### 15. Time keeping system

SPORTident Air+ will be used on all events with SI-Card and compatible Control Stations. SI cards can be rented from Organizers for €7,50/for the event (€80 deposit).

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### 16. Anti-doping

Doping is strictly forbidden, and the organizers of MTBO World Cup 18 are dedicated to supporting the anti-doping authorities in their work.

Doping controls may be carried out any time during the competition period. As some sites for the doping controls may be a few minutes' drive away, we suggest that athletes are prepared at all events to take along some dry clothes to change into after their race.

Doping tests are always carried out in accordance with the procedures described in the WADA International Standard of testing. The IOF Anti-Doping Code and rules apply as of 1<sup>st</sup> February 2010.

Athletes who are selected for the doping tests must bring an official identification (with photo) to the doping test area. Accreditation cards with photo can also be used for this purpose. 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. **Please consult** <http://orienteering.org/anti-doping/>

### 17. Training Opportunities

#### **A** - 10<sup>th</sup> & 11<sup>th</sup> March 2018- *IX CPOC MTBO Trophy*

Alenquer (50 km from Lisbon, to North)

Information: <http://www.cpoc.pt/>

#### **B** - 14<sup>th</sup> & 15<sup>th</sup> April 2018- *IV CAMTBO Trophy*

(Long Distance National Championships)

Grândola (120 km from Lisbon, to Southeast)

Information: <http://coala.com.pt/>

#### **C** - 19<sup>th</sup> & 20<sup>th</sup> May 2018 - *Figueira MTBO Trophy*

(Sprint and Relay National Championships)

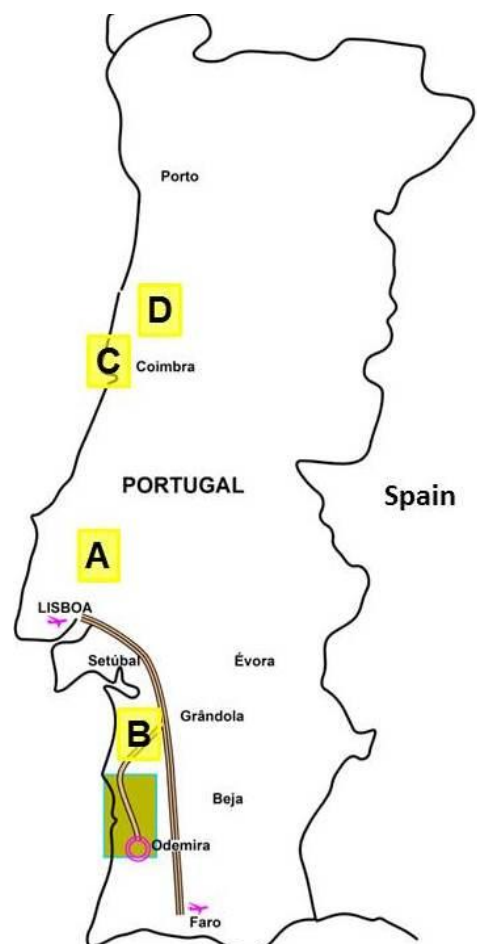
Figueira da Foz (200 km from Lisbon, to North; 140 from Oporto, to South)

Information: [www.admondego.pt](http://www.admondego.pt)

#### **D** - 15<sup>th</sup> & 16<sup>th</sup> September 2018 - *BOM MTBO 2018*

Cantanhede (220 km from Lisbon, to North; 110 from Oporto, to South)

Information: [aventurabairrada@gmail.com](mailto:aventurabairrada@gmail.com)





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### 18. Weather

During September you can expect temperatures from 18° to 34° Celsius during the day and from 10° to 24° at the night.

More and all time updated info in <https://www.ipma.pt/en/index.html>.

### 19. Health care

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

The Organizer will not bear costs connected to health insurance of participants.

Participants take part at their own risk.

### 20. Accommodation (extra cost)

In the Odemira County there are a good variety of accommodations.

We recommend that you make reservations directly with the hotels:

Hotel	Location	website
Hotel HS Milfontes Beach ***	Vila Nova de Milfontes	<a href="http://www.hsmilfontesbeach.com">www.hsmilfontesbeach.com</a>
Hotel Eira da Pedra **	Vila Nova de Milfontes	<a href="http://www.eiradapedra.com">www.eiradapedra.com</a>
S. Teotónio Hotel **	São Teotónio	<a href="http://www.saoteotoniohotel.com">www.saoteotoniohotel.com</a>
Hotel Casa dos Arcos **	Vila Nova de Milfontes	email: <a href="mailto:hotelcasadosarcos@gmail.com">hotelcasadosarcos@gmail.com</a>
Hotel Quinta das Varandas *	Vila Nova de Milfontes	<a href="http://www.quintadasvarandas.pt">www.quintadasvarandas.pt</a>

There are other types of accommodation (apartments, farmhouses, cottages, apartments, youth hostel, and campings) available at:

[http://www.turismo.cm-odemira.pt/PageGen.aspx?WMCM\\_PaginaId=27579](http://www.turismo.cm-odemira.pt/PageGen.aspx?WMCM_PaginaId=27579)

Note: if you need any help the organization can do it on request.

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### **21. Meals (extra cost)**

There will be meals (lunch) in the arenas (soon detailed information).

### **22. Transport (extra cost)**

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

For transport special requests, please contact organizers.

Distances from Event center (in Odemira)

Model event	20 km, 25-30 minutes driving
Middle distance	17 km, 20-25 minutes driving
Long distance	20 km, 25-30 minutes driving
Sprint	0,5 km

### **23. Information (and media services)**

#### **Federação Portuguesa de Orientação-FPO**

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Portugal

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