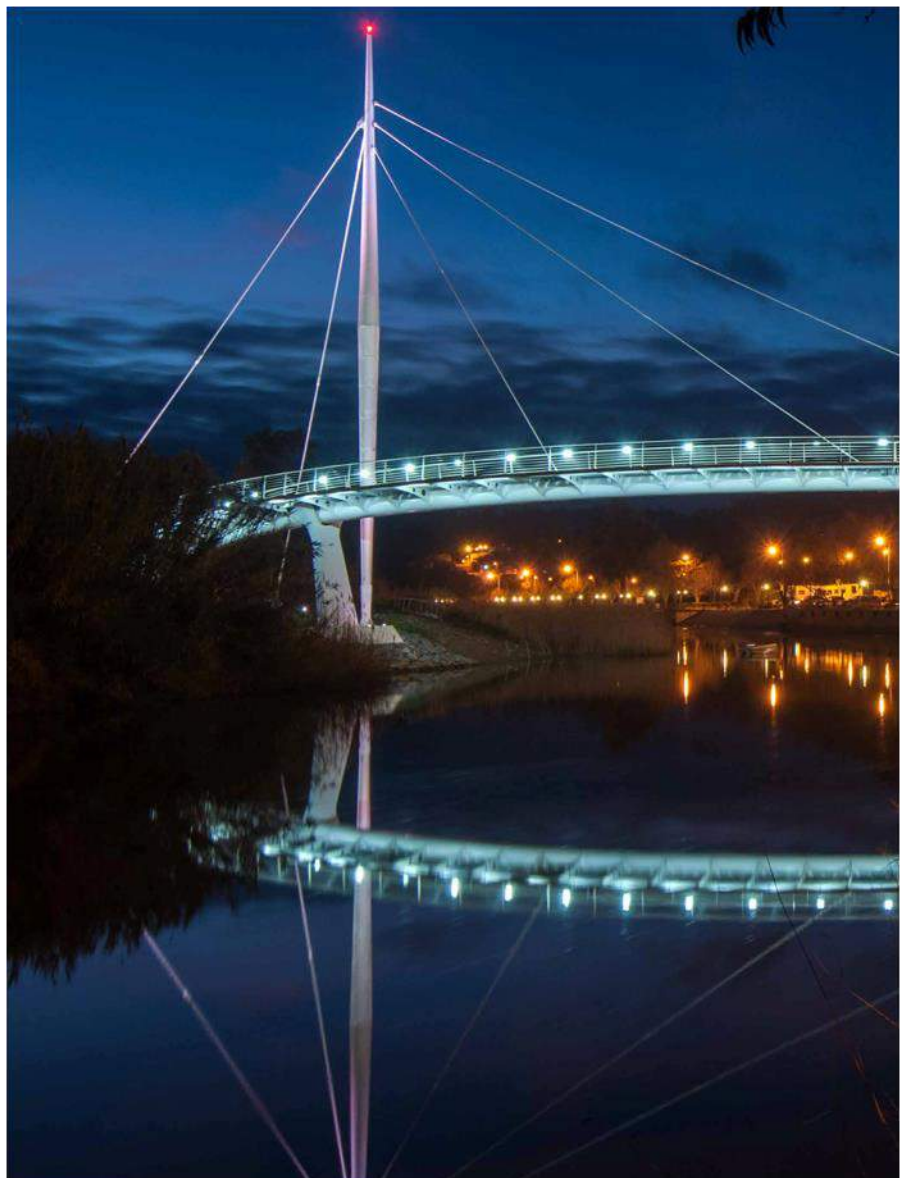




MTB Orienteering World Cup 2018
Taça do Mundo de Orientação em BTT 2018

Odemira - Portugal

Bulletin #3



Federação Portuguesa de Orientação-FPO

Address Estrada da Vieira, 4 - Bairro Florestal - Pedreanas, 2430-401 Marinha Grande, Portugal
Phone (00) (351) 244575074
Email address mtbo18.portugal@gmail.com or geral@fpo.pt
Website www.mtbo2018.fpo.pt

Contents

1. Organizers	2
2. Event Controlling	4
3. Event Centre	4
4. General Location	4
5. Program overview	5
6. Team Leaders Meeting and information session.....	6
7. Classes and Participation Restrictions.....	6
8. Competition rules	6
9. Entries.....	7
10. Entry fees.....	8
11. Start bibs / Race numbers	8
12. Account details for payments	8
13. Embargoed Areas	9
14. Maps.....	10
15. Terrain description	10
16. Special rules	11
17. Course lengths and expecting winning times.....	11
18. Time keeping system	11
19. Training Opportunities.....	12
20. Anti-doping.....	12
21. Weather	13
22. Health care	13
23. Transport (extra cost).....	13
24. Accommodation (extra cost)	13
25. Meals (extra cost)	14
26. Visas.....	14
27. Media services.....	14
28. Live coverage	14
29. Bicycle storage, washing and repair	15
30. Entry summary.....	15
31. Information.....	15

MTB Orienteering **World Cup 2018**
19th to 23rd September 2018
Odemira - Portugal
www.mtbo2018.fpo.pt



Bulletin #3

1. Organizers



IOF- International Orienteering Federation

www.orienteeing.org

POF- Portuguese Orienteering Federation

www.fpo.pt

Instituto Português do Desporto e Juventude, I.P.

www.idesporto.pt/

Câmara Municipal de Odemira - Municipality of Odemira

www.cm-odemira.pt

Event Director: **Augusto Almeida**

Deputy Event Directors: **António Amador and Sandra Rodrigues**

Event Secretary: **André Mora**

Maps & Courses: **Alexandre Reis**

Média coordinator: **Fernando Costa**

Logistics: **Crispim Júnior**

MTB Orienteering *World Cup 2018*

19th to 23rd September 2018

Odemira - Portugal

www.mtbo2018.fpo.pt



Bulletin #3

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.

MTB Orienteering *World Cup 2018*

19th to 23rd September 2018

Odemira - Portugal

www.mtbo2018.fpo.pt



Bulletin #3

2. Event Controlling

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

National Controller: **Jorge Baltasar (POR)**

3. Event Centre

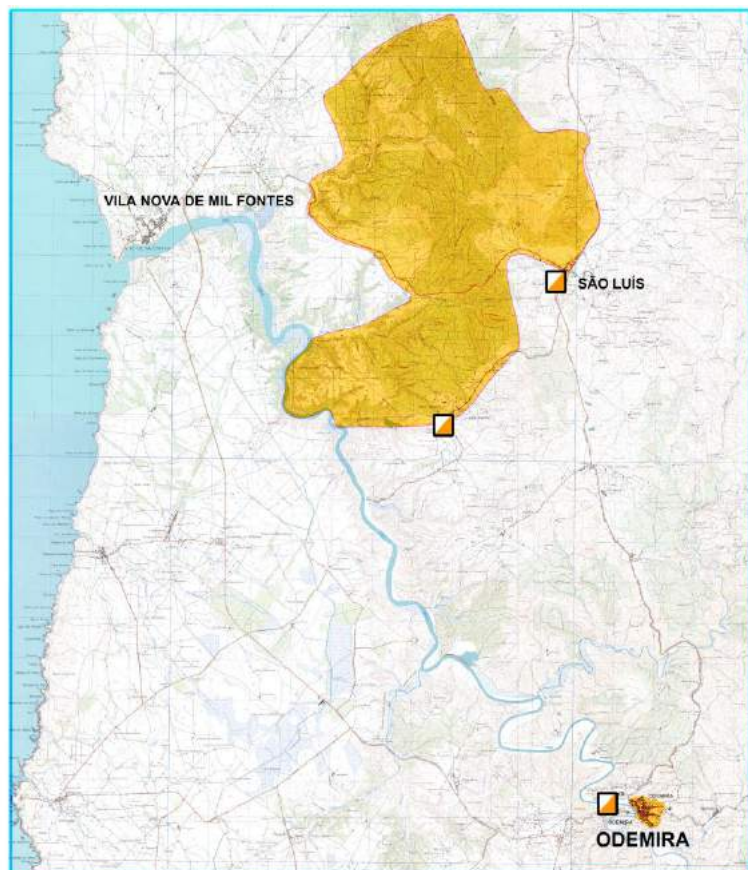
In public sports pavilion of Odemira.

Odemira: Distances from main airports:

Lisbon International Airport - 190 km

Faro International Airport - 150 km

4. General Location



MTB Orienteering *World Cup 2018*

19th to 23rd September 2018

Odemira - Portugal

www.mtbo2018.fpo.pt



Bulletin #3

5. Program overview

WEDNESDAY, 19th September

14:00-19:00: Opening hours of the Event Office (EO) in Odemira (EC).

THURSDAY, 20th September

10:00-19:00: Opening hours of the EO in Odemira (EC).

11:00-15:00: Model events of Middle Distance (MD) and Long Distance (LD) at Vale Bejinha

14:00-16:00: Model event Sprint at S. Luís.

16:00: Deadline for names/start group allocation for MD competition at the EC.

17:00: Team Leaders Meeting (TLM) at Odemira (WCup).

18:00: Opening Ceremony (Odemira)

FRIDAY, 21th September

Middle Distance

08:30-15:00: Opening hours of the Event Office at the MD arena (Vale Bejinha).

10:00: Start for middle distance course (full details in B4)

10:30: Start quarantine activated.

14:30: Prize giving ceremony for MD (full details in B4)

15:00: Deadline for names/start group allocation for LD competition at the EC

16:00-19:00: Opening hours of the Event Office at EC.

18:00: Team Leaders Meeting at EC

SATURDAY, 22th September

Long distance

08:00-16:00: Opening hours of the Event Office at at the LD arena (S. Luís).

09:00: Start for LD course (full details in B4).

10:00: Start quarantine activated.

16:00: Deadline for names/start group allocation for Sprint competition at the EC

17:00: Prize giving ceremony for LD (full details in B4).

18:00: Team Leaders Meeting at EC

20:00: Banquet

SUNDAY, 23th September

Sprint

09:00-13:00: Opening hours of the Event Office at the Sprint arena (Odemira)

10.50: Start quarantine activated.

11:00: Start for Sprint

13:30: Prize giving ceremony for Sprint and WCup overall

14:00: Closing Ceremony (Odemira)

MTB Orienteering *World Cup 2018*

19th to 23rd September 2018

Odemira - Portugal

www.mtbo2018.fpo.pt



Bulletin #3

6. Team Leaders Meeting and information session

The World Cup Team Leaders Meeting will take place in:

- Thursday, 20th September, at 17:00 in Odemira;
- Friday, 21th September, at 18:00 in EC (Odemira);
- Saturday, 22th September, at 18:00 in EC (Odemira);

7. Classes and Participation Restrictions

World Cup: W/M 21E.

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.

Portuguese league and Open:

W/M15, W/M17, W/M20, W/M21A, W/M21E, W/M40, W/M50, W/M60, W/M70.

No restriction.

8. Competition rules

All events will be organized in accordance with the Competition Rules for IOF MTB Orienteering Events' as published by the IOF and valid of 1 January 2018, the Special Rules for the 2018 World Cup in MTB Orienteering and the IOF Anti-Doping Rules valid at the time of The Event. IOF MTB Orienteering Competition rules are available on: www.orienteering.org.

Summary of the most important rules:

- Competitors must get to all control points with their bikes.
- Riding off the track, trail or path is allowed in areas marked as forest or freely ride able open area. Off road riding is strictly prohibited in all other areas, including settlements, cultivated land, orchards, vineyards and all other open areas not marked as ride able. Competitors riding off road in restricted areas are responsible for any damage claimed by the landowners and will be disqualified.
- In Portugal one drives on the RIGHT side of road.
- Therefore riders must ride on the RIGHT side on all roads and tracks.
- Overtaking slower riders should be done by the LEFT.

MTB Orienteering **World Cup 2018**

19th to 23rd September 2018

Odemira - Portugal

www.mtbo2018.fpo.pt



Bulletin #3

9. Entries

Entry deadlines for MTBO World Cup 18

FINAL ENTRY by 18th July 2018 in IOF EVENTOR 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 8th September 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 8th September 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.

MTB Orienteering *World Cup 2018*

19th to 23rd September 2018

Odemira - Portugal

www.mtbo2018.fpo.pt



Bulletin #3

10. 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

For OPEN Classes

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

11. Start bibs / Race numbers

World Cup participants for MD, LD and Sprint will receive start bibs numbered according to their start order.

For all other competitors it will be same start bib for all races.

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

12. 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 Jose Gomes
PT 2430-241 Marinha Grande – Portugal

Account owner: **Federação Portuguesa de Orientação-FPO**

Account owner address: **Federação Portuguesa de Orientação-FPO**

Estrada da Vieira, 4 - Bairro Florestal – Pedreanes
P 2430-401 Marinha Grande – Portugal

Payments until: 31 July 2018 for “MTBO World Cup 2018” // 31 August 2018 for “Open Classes”

MTB Orienteering *World Cup 2018*

19th to 23rd September 2018

Odemira - Portugal

www.mtbo2018.fpo.pt



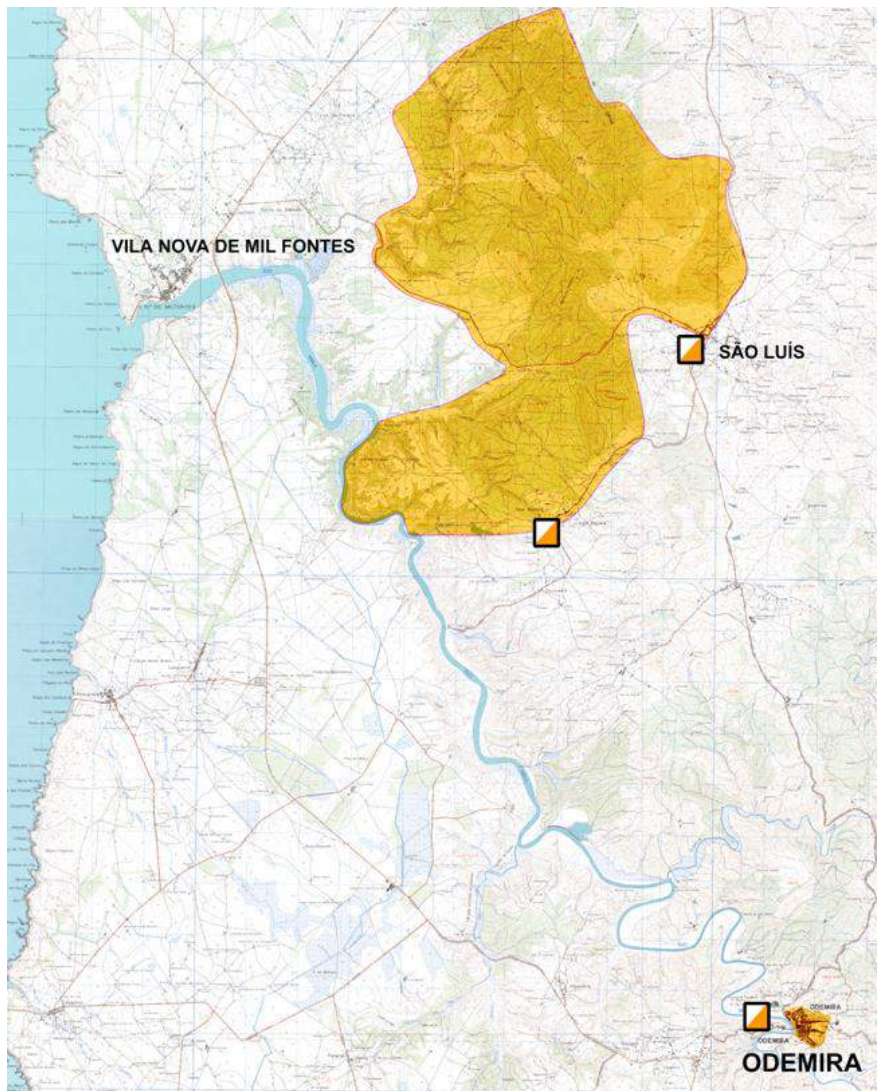
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13. Embargoed Areas

Embargoed Areas from May 2017 till 23th 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.

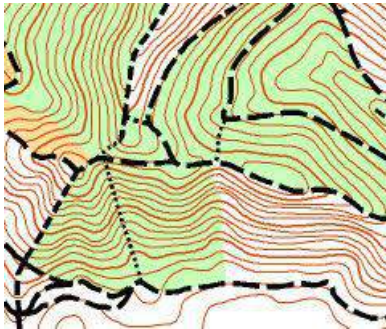


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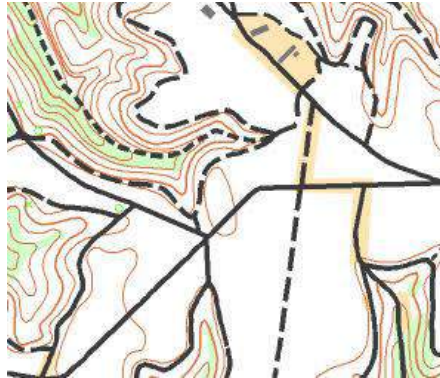
14. Maps

There are no old orienteering maps in the area. The maps for the competition will be new.
Map samples:

Long distance:



Middle distance:



Sprint:



15. Terrain description

<i>Event</i>	<i>Map</i>	<i>Terrain Description</i>
Sprint	1:7.500 E 5m	The Sprint area it is a urban area . The area has a dense network of streets, roads, tracks and paths with a good rideability.
Middle distance	1:15.000 E 5m	The Middle and Long distance area consists mainly of eucalyptus forest, with multiple roads and highways.
Long distance	1:15.000 E 5m	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.

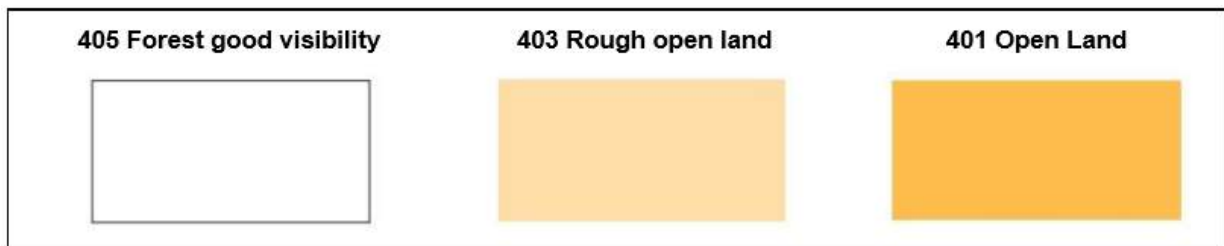


Bulletin #3

16. 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).



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.

17. Course lengths and expecting winning times

Event	Classes	Length by air	Length by ideal path	Climb	Controls	Refresh.s	Win. times
Sprint	M21E	4,5 km	6,7 km	190 m	24		22'
	W21E	3,4 km	4,9 km	140 m	19		22'
Middle distance	M21E	16,1 km	19,1 km	445 m	20		60'
	W21E	14,0 km	16,5 km	250 m	16		60'
Long distance	M21E	25,5 km	37,3 km	1030 m	18	12,5 / 22,5 / 31,8	110'
	W21E	20,5 km	27,9 km	875 m	17	10,5 / 19,9 / 22,3	110'

18. Time keeping system

SPORTident Air+ will be used on all events with SI-Card and compatible control stations, with plus range (1,5 meters).

SI cards can be rented from Organizers for €7,50/for the event (€80 deposit).

MTB Orienteering *World Cup 2018*

19th to 23rd September 2018

Odemira - Portugal

www.mtbo2018.fpo.pt



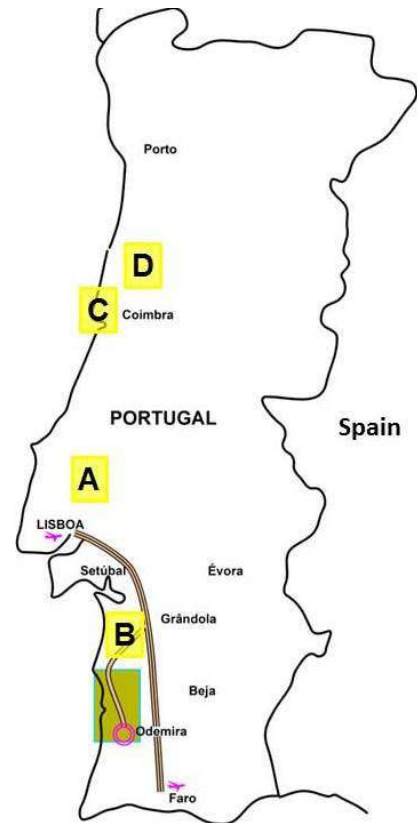
Bulletin #3

19. Training Opportunities

D - 15th & 16th September 2018 - *BOM MTBO 2018*

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

Information: aventurabairrada@gmail.com



20. 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 1st 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/>



Bulletin #3

21. 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>

22. 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.

23. 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) to:

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	

24. 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	www.hsmilfontesbeach.com
Hotel Eira da Pedra **	Vila Nova de Milfontes	www.eiradapedra.com
S. Teotónio Hotel **	São Teotónio	www.saoteotoniohotel.com
Hotel Casa dos Arcos **	Vila Nova de Milfontes	email: hotelcasadosarcos@gmail.com
Hotel Quinta das Varandas *	Vila Nova de Milfontes	www.quintadasvarandas.pt

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_PageId=27600

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

MTB Orienteering *World Cup 2018*

19th to 23rd September 2018

Odemira - Portugal

www.mtbo2018.fpo.pt



Bulletin #3

25. Meals (extra cost)

Breakfast:

- Usually included in the accommodation in all hotel units (*from simple to very good, depending on the chosen accommodation*).

Lunch:

- On 21 and 22 September, in the arenas, will exist the possibility of buying a lunch providing by the organization at a price of €6,50 (*this needs to be booked one week in advance*).
- All days there are many restaurants at normal prices in Odemira and Vila Nova de Milfontes. In all villages there are some small restaurants at good prices.

Dinner:

- Almost all hotel units provide dinner since you reserve in advance;
- All days there are many restaurants at normal prices in Odemira and Vila Nova de Milfontes.

26. Visas

Countries that who need visas for entering to Portugal: please contact the Portuguese embassy in your country. If a personal invitation from the organisers is required for the visa, please contact us.

27. Media services

Media representatives are cordially invited to come to Odemira to cover the MTBO World Cup races.

Registration for media entry should be made in email by 8th September 2018.

Media facilities will be available only to registered media representatives.

28. Live coverage

On our website you'll be able to follow the event races with live results, live TV coverage, GPS Tracking, Live Blog, text commentary, pictures, video, and route choices. Detailed information will be given in next Bulletin 4.

MTB Orienteering *World Cup 2018*

19th to 23rd September 2018

Odemira - Portugal

www.mtbo2018.fpo.pt



Bulletin #3

29. Bicycle storage, washing and repair

Bicycle storage (free) is located in the competition event centre. Access to the bicycle storage will be strictly limited and can only be permitted by presenting your competitor's card. Bicycle washing facilities will be available, detailed information will be given in next Bulletin 4. We have our official bicycle repair partner who will be working at the event centre on opening hours. Every day there is one person who can help with smaller problems in the Finish arena.

30. Entry summary

Entry summary

Federation					MD		LD		Sprint	
	Men	Women	Officials	Total	Men	Women	Men	Women	Men	Women
Austria	4	3	1	8	4	3	4	3	4	3
Czech Republic	6	4	2	12	6	4	6	4	6	4
Denmark	3	3		6	3	3	3	3	3	3
Estonia	1			1	1		1		1	
Finland	4	5	1	10	4	5	4	5	4	5
France	4	3	1	8	4	3	4	3	4	3
Italy	4		1	5	4		4		4	
Lithuania	1	1		2	1	1	1	1	1	1
Portugal	5	3	1	9	5	3	5	3	5	3
Spain	3	3		6	3	3	3	3	3	3
Sweden	1	3		4	1	3	1	3	1	3
Switzerland	2	1	1	4	2	1	2	1	2	1
Sum	38	29	8	75	38	29	38	29	38	29

31. Information

Federação Portuguesa de Orientação-FPO

Estrada da Vieira, 4 - Bairro Florestal - Pedreanes

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