

**European MTB Orienteering Championships & CX80 MTBO World Cup
Final**

**World Masters MTB Orienteering Championships
European Youth MTB Orienteering Championships
European Junior MTB Orienteering Championships
and Portuguese PMS MTBO Cup**

**Campeonato Europeu de Orientação e Final da Taça do Mundo CX80 O-
BTT**

**Campeonato do Mundo de Veteranos de O-BTT
Campeonato da Europa de Jovens de O-BTT
Campeonato da Europa de Juniores de O-BTT
e Taça de Portugal PMS O-BTT**

Bulletin 1 & 2 / Boletim 1 & 2

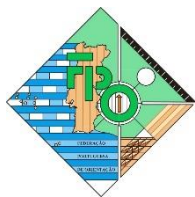
Update / Atualização



Abrantes – Portugal

7th to 10th October 2021

Bulletin 1 & 2



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1. Organizers / Organização

Event Director / **Diretor do evento**: Jose Oliveira

Deputy Event Directors / **Adjuntos**: Paulo Gonçalves, João Martins, Aniceto Soares, Jorge Elias, Jorge Lavado

Event Secretary / **Secretariado**: Teresa Alves

Maps & Courses / **Mapas e percursos**: Alexandre Reis

IT / **Informática**: Nuno Leite e André Mora

2. Event Controlling / Controlo

IOF Senior Event Advisor / **Supervisor IOF**: Javier Usón Nebra (ESP)

National Controller / **Supervisor nacional**: Tiago Fernandes (POR)

3. Event Centre / Centro do evento

Abrantes Sports City / **Cidade Desportiva de Abrantes**

Distances from main airports / **Distâncias aos principais aeroportos**:

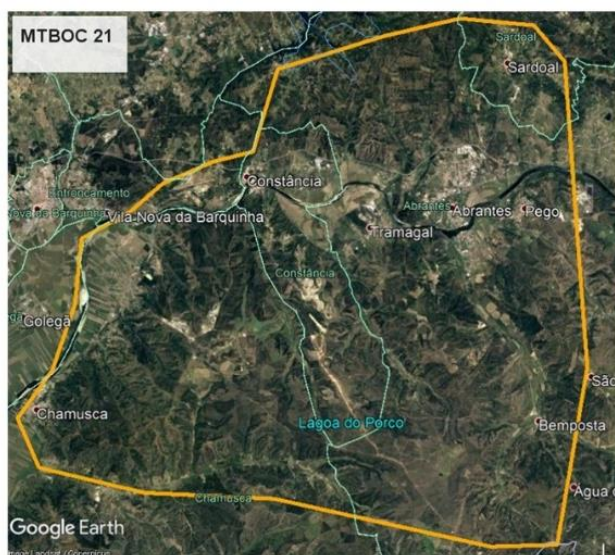
Lisbon International Airport – 150 km – 90 min.

Porto International Airport – 250 km – 150 min



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4. General Location / Localização geral



5. Preliminary Program / Programa preliminar

WEDNESDAY, 6th October

Teams arrivals / **Chegada das equipas**

Model event **WMMTBOC; EYMTBOC; EJMTBOC** / **Evento de treino**

THURSDAY, 7th October

Teams arrivals / **Chegada das equipas**

Model event **CX80 WCup; EMTBOC** / **Evento de treino**

Mass Start for **WMMTBOC** / **Prova de Partida em massa**

Sprint for **EYMTBOC; EJMTBOC** / **Prova Sprint**

FRIDAY, 8th October

Middle distance for **CX80 WCup; EMTBOC; WMMTBOC; EYMTBOC; EJMTBOC** / **Prova Distância Media.**

SATURDAY, 9th October

Long distance for **CX80 WCup; EMTBOC; WMMTBOC; EYMTBOC; EJMTBOC + POR Cup** -
Prova Distância Longa

SUNDAY, 10th October

Sprint for **WMMTBOC; POR Cup** / **Prova de Sprint Campeonato Mundo Veteranos+Taça PMS**

Relay for **EYMTBOC; EJMTBOC** / **Prova de Estafetas Europeu Jovens e Juniores**

Mixed Relay **CX80 WCup; EMTBOC** / **Estafeta Mista (Taça do Mundo)**

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6. Classes

European MTB Orienteering Championships and CX80 World Cup / **Campeonato Europeu e Taça do Mundo: Women and Men**

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

European Junior MTB Orienteering Championships / **Campeonato da Europa Juniores: W20 and M20**

European Youth MTB Orienteering Championships / **Campeonato da Europa de Jovens: W17 and M17**

World Masters MTBO Championships / **Campeonato do Mundo de Veteranos:**

W/M35, W/M40, W/M45, W/M50, W/M55, W/M60, W/M65, W/M70, W/M75, W/M80, W/M85.

Two adjacent classes in the same decade will be merged if either or both have fewer than 5 entries.

W/M 70 and older are always offered in five-year age groups, regardless of the number of entries.

Open and POR PMS MTBO Cup / **Taça de Portugal PMS O-BTT e Abertos:**

D/H13, D/H15, D/H17, D/H20, D/HE, D/H21A, D/H40, D/H50, D/H60, Formação (Beginners), Open Médio (Open Middle) e Open Longo (Open Long).

7. Participation / Participação

European MTB Orienteering Championships / CX80 World Cup / **Campeonato Europeu e Taça do Mundo**

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.

For the individual competitions (Middle and Long distance) the maximum entry per member federation is 6 men and 6 women. The current World Champion and European Champion in Middle and Long distance will be given a wild card in addition to the entries from his/her federation.

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For the Mixed Relay (relay with one mixed class) a maximum of 4 teams of 3 riders per member federation may be entered. Each team must include at least one woman.

CX80 World Cup competitors must have a valid IOF Athlete Licence. / Para as competições individuais (média e longa distância) a inscrição máxima por cada federação é de 6 homens e 6 mulheres. Para a Estafeta Mista um máximo de 4 equipas de 3 corredores por federação podem ser inscritos, sendo que cada equipa deve incluir pelo menos uma mulher. Os competidores da Taça do Mundo devem ter uma Licença de Atleta IOF válida

World Masters / Campeonato do Mundo de Veteranos:

Participation in the WMMTBOC is open to all competitors according to their age classes. / A participação está aberta a todos os competidores de acordo com suas classes de idade,

European Junior MTB Orienteering Championships / Campeonato da Europa Juniores European Youth MTB Orienteering Championships / Campeonato da Europa de Jovens

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

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

For each individual competition a federation may enter a maximum of 6 competitors in each class of the EJMTBOC and EYMTBOC. The organising federation may have 2 additional competitors as official EJMTBOC and EYMTBOC competitors in the individual competitions. A federation may enter 2 teams in the Relay of the EJMTBOC and EYMTBOC.

Participation in the **EJMTBOC** and **EYMTBOC** is open to all competitors according to their age classes. / A participação está aberta a todos os competidores de acordo com suas classes de idade,

Open and POR PMS MTBO Cup / Taça de Portugal PMS O-BTT e abertos:

According with the rules of the Portuguese PMS MTBO Cup. / Em conformidade com as normas da Taça de Portugal PMS de O-BTT.

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8. Entries / Inscrições

Entries for the European MTB Orienteering Championships / CX80 World Cup final round, EJMTBOC, EYMTBOC and the WMMTBOC are made in IOF Eventor:

<https://eventor.orienteering.org/Events/Show/7019> (EMTBOC and CX80 World Cup)

<https://eventor.orienteering.org/Events/Show/7190> (WMMTBOC)

<https://eventor.orienteering.org/Events/Show/7222> (EJYMTBOC)

Entry deadlines for EMTBOC and CX80 World Cup 21 final round, EJMTBOC, EYMTBOC:

Team Entry by 31st August 2021 giving:

- country;
- number of competitors of each gender (final);
- information on whether the athlete borrows an SI-card or uses his owns SI-card;
- team manager's name, address and telephone number;
- family name and first name of each team official;

After this date changes aren't allowed.

Competitor's Name Entry by 27th September 2021 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 WMMTBOC 2021:

By 27th September 2021, in IOF EVENTOR giving:

- country and 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 owns SI-card (also enter the SI-card number);
- address, email and telephone `number[UH1]`;

Data limite para inscrições na TP PMS de O-BTT e Open:

Até 27 de Setembro de 2021.

By 27th September 2021.

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9. Entry fees / Taxas de inscrição

For EMTBOC and CX80 World Cup 2021:

Accreditation fee (including model event)	€60/person
Accreditation fee for team officials	€55/person
Middle distance	€30/person
Long distance	€35/person
Mixed Relay (per Team)	€90
Participation fee for banquet	Included in accreditations
Fee for one training map [UH2]	€5

For WMMTBOC 2021:

Accreditation fee (including model event)	€50/person
Mass start	€35/person
Middle distance	€30/person
Long distance	€35/person
Sprint distance	€25/person
Participation fee for banquet	Included in accreditations

For EJMTBOC / EYMTBOC

Accreditation fee (including model event)	€30/person
Middle distance	€20/person
Long distance	€20/person
Sprint distance	€20/person
Relay (per Team)	€60
Participation fee for banquet	Included in accreditations

For Open Class

Middle distance	€15/person
Long distance	€15/person
Sprint distance	€15/person
Relay Popular	€45/team
Party (Dinner)	€20/person

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Deadline for payments:

- EMTBOC and CX80 World Cup final round, EJMTBOC and EYMTBOC: 31st August 2021
- WMMTBOC 2021: 27th September 2021

For POR MTBO Cup and Open / Para a Taça de Portugal PMS de O-BTT:

According with the rules of the Portuguese PMS MTBO Cup. / Em conformidade com as normas da Taça de Portugal PMS de O-BTT.

Participação no banquete	€20/pessoa
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10. Account details for payments / Conta bancária para pagamentos

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 - 2430-401 Marinha Grande - Portugal**

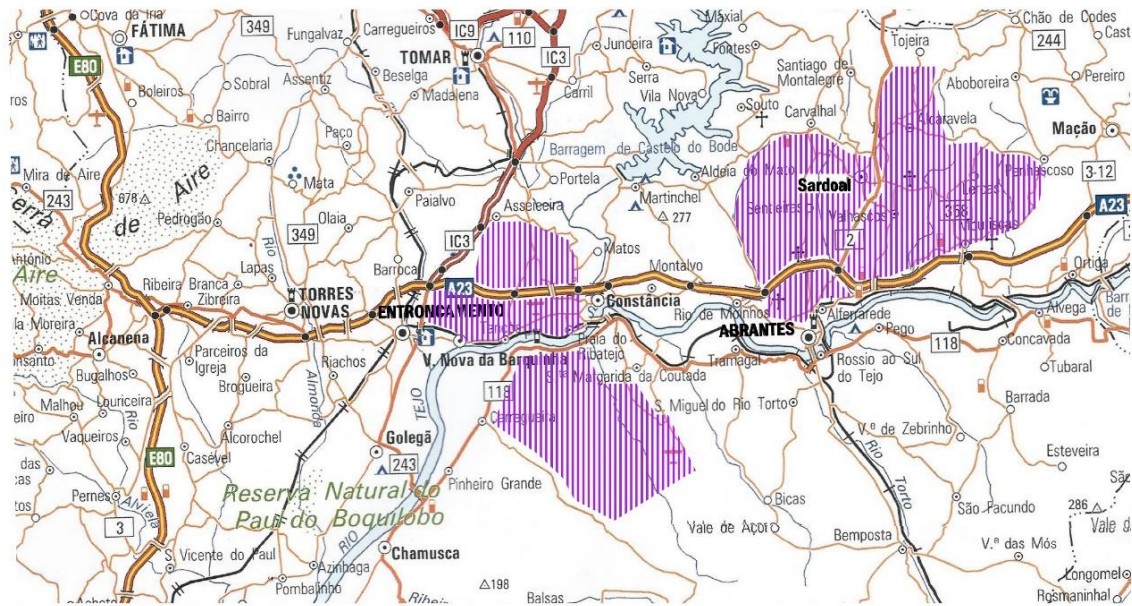
11. Embargoed Areas / Áreas embargadas

Embargoed Areas from now till 10th October 2021: 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 are restricted for MTB Orienteering activity. The exceptions are for Abrantes city center under certain restrictions – it's forbidden cycling, running, using a map or testing route choices.

Áreas embargadas desde já até 10 de outubro de 2021: As áreas estão proibidas para todos os participantes e membros das equipas, incluindo competidores, chefes de equipa, treinadores, médicos, acompanhantes e qualquer outra pessoa que através de seu conhecimento do terreno possa influenciar o resultado das competições. As áreas são restritas à atividade de Orientação em BTT. As exceções são para o centro da cidade de Abrantes sob certas restrições - é proibido andar de bicicleta, correr, usar um mapa ou testar escolhas de trajeto.

MTBO WCup'21 - Round 3

EMBARGOED AREAS



12. Maps / Mapas

The maps for the competition will be revised and expanded. / Os mapas para a competição serão revistos e ampliados.

The old maps will be available on the event website. / Os mapas antigos serão disponibilizados no sitio do evento.

13. Terrain description / Descrição dos terrenos

Event	Map	Terrain Description
Mixed Relay + Sprint	1:7500, E 5m	The Sprint area is a combination of suburban forest, park and urban area of a town with a varied terrain. The area has a dense network of tracks and paths with a good rideability. A área do Sprint é uma combinação de floresta suburbana, parque e área urbana de uma cidade com terreno variado. A zona possui uma densa rede de trilhos e caminhos de boa progressão.

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Middle distance	1:10000, E 5m	The Middle and Long distance area is a combination of pine and eucalyptus forest and very small urban areas, 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.
Long distance + Mass start	1:15000, E 5m	As áreas de Distância Média e Distância Longa são uma combinação de floresta de pinheiros e eucaliptos e muito pequenas áreas urbanas, com pequenas zonas de terreno acidentado com uma densa rede de estradões e caminhos, na sua maioria de boa progressão.

14. Competition rules / Regras da competição

The Competition Rules for IOF Mountain Bike Orienteering Events (version valid from 1st February 2020) and the MTB Orienteering World Cup Special Rules 2021 shall be applied. / As Regras de Competição para os Eventos de Orientação em BTT da IOF (versão válida a partir de 1 de fevereiro de 2020) e as Regras Especiais da Taça do Mundo de Orientação em BTT 2021 serão aplicadas.

15. Special rules / Regra especial

Riding off the track, trail or path is allowed. There might be controls not situated on paths, but they will be perfectly clear and easily accessible. / Circular for a dos caminhos é permitido e podem existir controlos fora dos mesmos. No entanto, neste caso, serão perfeitamente claros e de fácil acesso.

16. Time keeping system / Sistema de control electrónico

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 whole event (€80 deposit).

17. Course lengths and winning times / Distâncias e tempos para os vencedores

For EMTBOC and CX80 World Cup 2021; WMMTBOC; and EJMTBOC / EYMTBOC:

The winning times are according to the Competition Rules (rule 16.8 or appendices 10/11). Information about the courses (length and climb) will follow later.

For POR PMS MTBO Cup and Open / para a Taça de Portugal PMS O-BTT e Open:

To be reported later. / A divulgar posteriormente.

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18. Training Opportunities^[UH3]

To be reported later / A divulgar posteriormente.

19. Anti-doping

Doping is strictly forbidden and the organizers^[UH4] 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 AntiDoping 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>

20. Weather / Tempo

During October you can expect temperatures from 15° to 34° Celsius during the day and from 7° to 20° at the night. / Durante outubro podem registrar-se temperaturas entre 15° a 34° Celsius durante o dia e entre 7° a 20° à noite.

21. Health care (extra cost) / Saúde

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 foreign participants. Foreign participants take part at their own risk. FPO affiliates are covered by the FPO's policies. / A Organização prestará os primeiros socorros no centro de competição e nas arenas de cada evento. A Organização não arcará com custos vinculados ao seguro desportivo dos participantes estrangeiros. Os participantes estrangeiros participam por sua própria conta e risco. Os filiados na FPO estão abrangidos pelas apólices desta.

22. Accommodation (extra cost) / Alojamento

The organization will provide a variety of accommodation that will be published on the event website. / A organização disponibilizará diversos alojamentos que serão publicados no site do evento.

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23. Meals (extra cost) / Refeições

There will be meals (lunch) in the arenas (soon detailed information). / Será disponibilizado serviço de refeições (almoço) nas arenas (em breve informações detalhadas).

24. Transport (extra cost) / Transporte

We recommend car rental as the best way to move during the event. For special transport requests, please contact organizers. / Recomendamos o aluguer de veículos como a melhor forma de deslocação durante o evento. Para pedidos especiais de transporte, deverá ser estabelecido contato com a organização.

25. Information / Informações

Federação Portuguesa de Orientação – FPO

Estrada da Vieira, 4 – Bairro Florestal – Pedreanes

P- 2430-401 Marinha Grande

Portugal

Tel: (351) 244575074

Email: mtbo2021@fpo.pt or geral@fpo.pt

Website: <http://mtbo2021.fpo.pt>

