

8th MTB-Orienteering
WOC 2010

3rd MTB-Orienteering
JWOC 2010

5th - 18th July 2010
Montalegre - Portugal



PORTUGAL
WOC/JWOC
MONTALEGRE2010

Bulletin #1



Portuguese Orienteering Federation is very glad to welcome the best mountain bike orienteer's of the world to the Montalegre region, in the north of Portugal. It is a very well preserved natural region and offers you beautiful landscapes and cultural experiences. Here you will have the opportunity to compete in hard but interesting terrain, to provide you with the best challenge for mountain bike orienteering.





Organizer

IOF - International Orienteering Federation
FPO - Portuguese Orienteering Federation
CM Montalegre - Montalegre Municipality

www.orienteeing.org
www.fpo.pt
www.cm-montalegre.pt

IOF Event Advisor

Jan Cegiela (Poland)

Chairman of Organizing Committee
Event Director
Maps & Courses
National Controller

António Rodrigues
Eduardo Oliveira
Alexandre Reis and Luís Sérgio
Jorge Baltazar

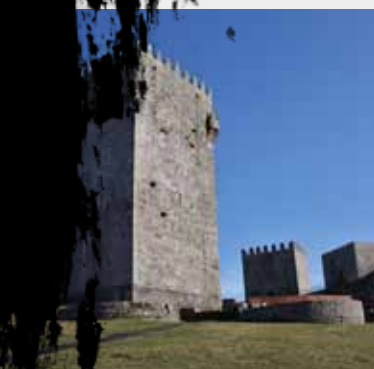
Event Centre

Is located in the Exhibition Centre of Montalegre.
It includes: 2000 m² area, Exhibition halls, Press Room,
Auditorium with 320 seats, Meeting rooms, Meals area and Gym.

Information

FPO - Portuguese Orienteering Federation
Rua José Valentim Mangens, lote 3 - r/c A
EC Mafra - Apartado 2 - PT 2641-909 Mafra
PORTUGAL
Phone / Fax: (+351) 261 819 171
E-mail: mtbwoc2010@fpo.pt
Web site: www.mtbwoc2010.fpo.pt





Preliminary Programme

9 Jul (Fri)	Teams arrival (afternoon)
10 Jul (Sat)	Teams arrival Sprint Model Event
11 Jul (Sun)	Sprint Final (morning) Opening Ceremony
12 Jul (Mon)	Forest Model Event
13 Jul (Tue)	Middle Distance Final
14 Jul (Wed)	Long Distance Qualification
15 Jul (Thu)	Rest Day
16 Jul (Fri)	Long Distance Final
17 Jul (Sat)	Relay Event Closing Ceremony, Banquet
18 Jul (Sun)	Teams departure

Classes

MTB-WOC W 21, M 21

MTB-JWOC W 20, M 20

Participation's restrictions:

Each federation may enter a team of 16 competitors – up to 8 women and 8 men in MTB-WOC, and a team of 12 competitors – up to 6 women and 6 men in MTB-JWOC.

The maximum number of officials per team is 6.

In each competition, every federation may enter:

- **individual events** max. 6 men, 6 women / federation / competition
- **relay events** max. 2 male teams, 2 female teams / federation / competition
- **sprint events** max. 4 men, 4 women / federation / competition

There will be open competitions available for other participants.
More details in Bulletin 2.

Training opportunities

FPO national events, near competition area, similar terrain:

5th - 6th September 2009 - Chaves

3rd - 4th July 2010 - Alijó

There will be other training camps available in Portugal from the beginning of July 2010. More details in Bulletin 2.



Locations and Embargoed Areas



Montalegre is 480 km from Lisbon and 180 km from Oporto.
The route is mainly by motorway, except last 35 km, from Chaves.

Embargoed areas for time period of 01.01.2009 - 18.07.2010:

- Montalegre
- Morgade / Carvalhelhos
- Boticas
- Chaves
- Avelelas / São Lourenço

Old maps in these areas:

- Montalegre MTB 1:20.000 and Foot 1:15.000
- Carvalhelhos Foot 1:15.000
- Boticas MTB 1:20.000
- São Lourenço MTB 1:20.000
- Chaves Urban 1:5.000

All the old maps from those areas are published on the event website.

