

8th MTB-Orienteering
WOC 2010

3rd MTB-Orienteering
JWOC 2010

Bulletin # 3

9th - 18th July 2010
Montalegre - Portugal



PORTUGAL
WOC/JWOC
MONTALEGRE2010



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Uma ideia da natureza



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Portuguese Orienteering Federation is very glad to welcome the world's best mountain bike orienteers to the Montalegre region, in the north of Portugal. It is a very well preserved natural region and offers you a beautiful landscape and unique cultural experience.

Here you will have the opportunity to compete in hard but interesting terrain that challenges your mountain biking and orienteering skills.

Organizer

IOF
FPO
CM Montalegre

International Orienteering Federation
Portuguese Orienteering Federation
Montalegre Municipality

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

IOF Event Advisor
National Controller

Jan Cegiělka (Poland)
Jorge Baltazar

Chairman of Organising Committee
Event Director
Event Vice-Directors
Maps & Courses
Event Secretary
Media
SPORTident

António Rodrigues
Eduardo Oliveira
Jorge Simões, António Cunha and Jacinto Eleutério
Alexandre Reis and Luís Sérgio
Cristina Antunes and Ricardo Coelho
Filipa Pedro and Fernando Costa
Nuno Leite and Eduardo Fonseca

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; Mobile: (+351) 919 919 801
E-mail: mtbwoc2010@fpo.pt
Web site: <http://www.mtbwoc2010.fpo.pt>

Classes

MTB-WOC W 21, M 21
MTB-JWOC W 20, M 20

Participation's restrictions: Each federation may enter a team of up to 16 competitors – up to 8 women and 8 men in MTB-WOC, and a team of up to 12 competitors – up to 6 women and 6 men in MTB-JWOC. The maximum number of officials per team is 6.

In each competition Federations 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
(due to safety issues and risk to the competitors)

Open Events: W/M 14, W/M 17, W/M 20, W/M 21, W/M 40, W/M 50, W/M 60+

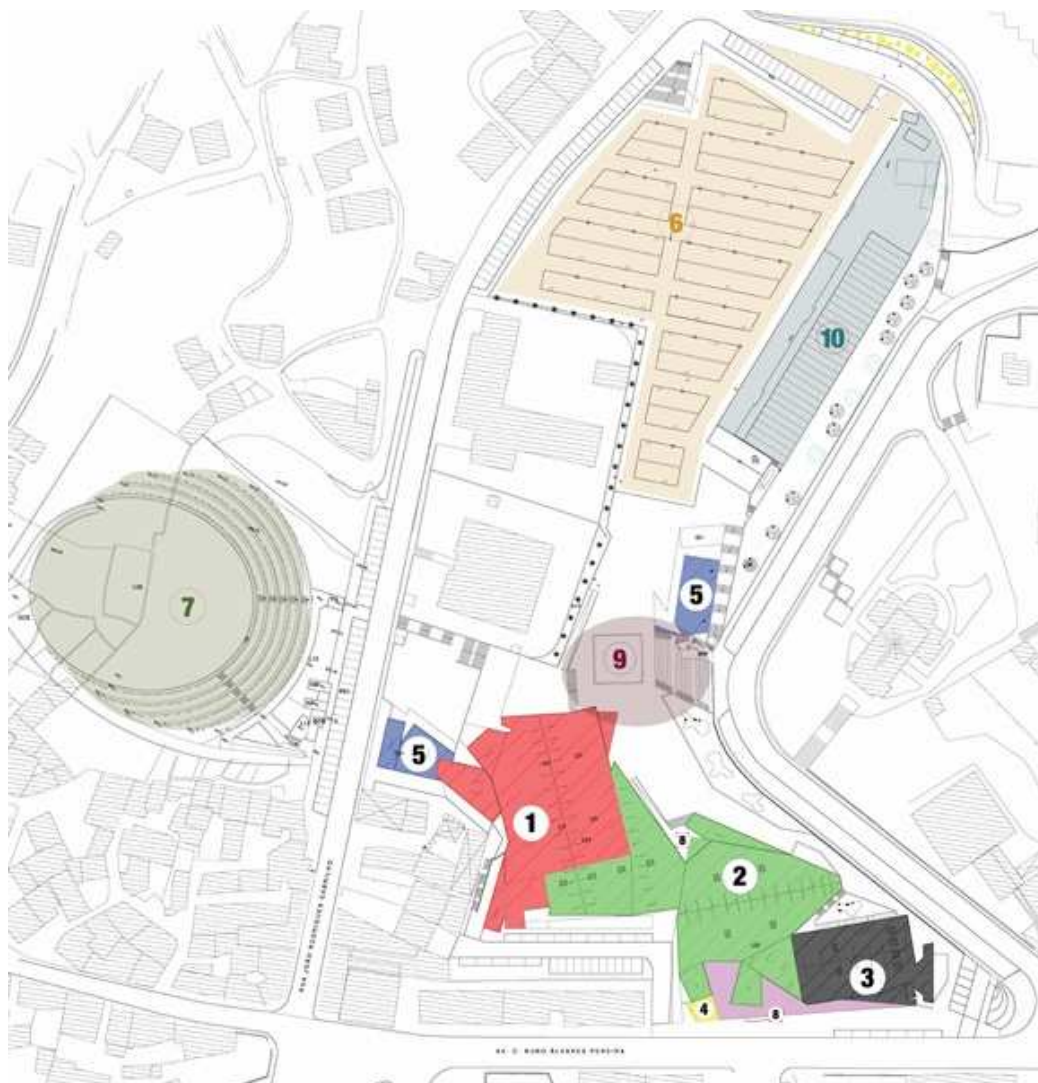
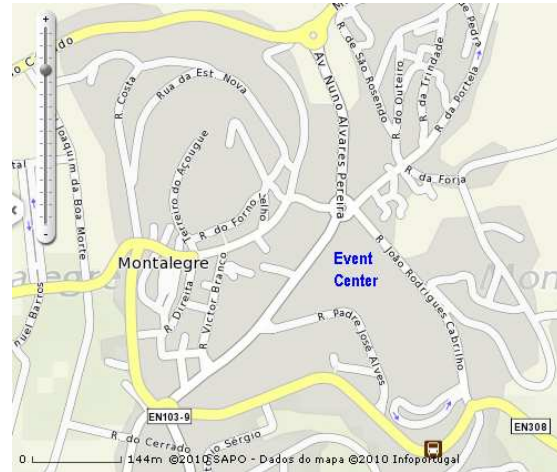
There are no limits to the number of competitors that can take part in open events.

Event Center

It is located in the Exhibition Centre of Montalegre.

Address: Avenida D. Nuno Álvares Pereira (GPS: 41.8248,-7.7890)

It has a 2000 m² area including Exhibition Halls, Press Room, Auditorium with 320 seats, Meeting Rooms, Meals area and Gym.



Legend:

- 1 - Sports Area
- 2 - Event Center:
 - Event Desk
 - Meals Area
 - Exhibition Halls
 - Meeting Room
 - Press Room
 - Medals Ceremony
- 3 - Auditorium (Opening Ceremony)
- 6 - Cars Parking
- 8 - Main Entrance
- 9 - Bike Parking



Detailed Programme

Friday – 9th July 2010

- 14:00 – 22:00 Opening hours of the Event Office (EC)
- 14:00 – 22:00 Arrival of Teams – Accreditation and Accommodation
- 19:00 – 21:00 Dinner

Saturday – 10th July 2010

- 08:00 – 10:00 Breakfast
- 09:00 – 22:00 Opening hours of the Event Office (EC)
- 12:30 – 14:30 Lunch
- 14:00 – 17:00 **Sprint Model Event**
- 15:00 Deadline for Sprint competition entries
- 18:00 – 19:00 Team Leaders Meeting
- 19:00 – 21:00 Dinner

Sunday – 11th July 2010

- 06:30 – 07:30 Breakfast
- 07:15 – 08:15 Departure to sprint event (30-45 minutes by car from the event center)
- 07:30 – 12:00 Opening hours of the Event Office at the Sprint Arena
- 08:30 Pre-start quarantine zone deadline
- 09:00 – 11:00 **Urban Sprint Final**
- 11:00 Flower ceremony at the Arena
- 12:30 – 14:30 Lunch
- 14:00 – 22:00 Opening hours of the Event Office (EC)
- 16:30 – 18:30 Opening ceremony and Sprint Prize giving ceremony
- 18:30 – 21:30 Dinner
- 21:30 – 22:00 Team Leaders Meeting

Monday – 12th July 2010

- 08:00 – 10:00 Breakfast
- 09:00 – 22:00 Opening hours of the Event Office (EC)
- 10:00 – 17:00 **Forest Model Event** (30-45 minutes by car from the event center)
- 12:00 – 15:00 Lunch
- 13:00 Deadline for Middle competition entries
- 18:00 – 19:00 Team Leaders Meeting
- 19:00 – 21:00 Dinner

Tuesday – 13th July 2010

- 07:00 – 09:00 Breakfast
- 09:00 – 22:00 Opening hours of the Event Office (EC)
- 09:45 Pre-start quarantine zone deadline
- 10:00 – 15:00 **Middle Distance Final**
- 14:00 Flower ceremony at the Arena
- 13:00 – 16:00 Lunch
- 15:00 Deadline for Long Distance Qualification competition entries
- 15:00 – 18:00 Open Event – Middle Distance
- 18:30 – 19:00 Middle Distance Prize giving ceremony
- 19:00 – 20:00 Team Leaders Meeting
- 19:00 – 21:00 Dinner

Wednesday – 14th July 2010

- 07:00 – 08:30 Breakfast
- 08:00 – 10:00 Departure to Long Distance Qualification event (at least one hour by car from the event center)
- 09:00 – 15:00 Opening hours of the Event Office at the Arena
- 10:30 – 15:00 **Long Distance Qualification / Prologue**
- 12:30 – 15:30 Lunch at the Arena
- 17:00 – 22:00 Opening hours of the Event Office (EC)
- 19:00 – 21:00 Dinner

Thursday – 15th July 2010

- 08:00 – 10:00 Breakfast
- 09:00 – 22:00 Opening hours of the Event Office (EC)
- 10:00 – 13:00 Tourist tour
- 11:00 – 15:00 Open Event – Long Distance (at least one hour by car from the event center)
- 12:30 – 14:30 Lunch
- 14:00 – 17:00 Tourist tour
- 18:00 – 19:00 Team Leaders Meeting
- 19:00 Deadline for Relay Competition entries
- 19:00 – 21:00 Dinner

Friday – 16th July 2010

- 06:30 – 08:30 Breakfast
- 08:00 – 15:00 Opening hours of the Event Office at the Arena
- 09:00 – 15:00 **Long Distance Final** (15-20 minutes by car from the event center)
- 12:00 – 15:00 Lunch at the Arena
- 14:00 Flower ceremony at the Arena
- 14:30 – 18:00 Long Distance Final B
- 17:00 – 22:00 Opening hours of the Event Office (EC)
- 18:30 – 19:00 Long Distance Prize giving ceremony
- 19:00 – 20:00 Team Leaders Meeting
- 19:00 – 21:00 Dinner

Saturday – 17th July 2010

- 07:30 – 09:30 Breakfast
- 09:00 – 15:00 Opening hours of the Event Office at the Arena
- 10:00 – 15:00 **Relay Event**
- 13:30 Flower ceremony at the Arena
- 12:30 – 15:30 Lunch
- 15:00 – 18:00 Open Event – Middle Distance
- 15:00 – 20:00 Opening hours of the Event Office (EC)
- 20:00 – 23:00 Relay Prize giving ceremony, Closing Ceremony and Banquet

Sunday – 18th July 2010

- 08:00 – 10:00 Breakfast
- 09:00 – 12:00 Opening hours of the Event Office (EC)
- 09:00 – 12:00 Departure of Teams
- 12:00 Closing of the Event

Logistic Information

Accommodation

The organization allocated the teams to the available accommodation according to the conditions and requests. Final distribution is:

Country	Persons	Accommodation	Breakfast
Australia	11	Private House Prof. Roque	own
Austria	7	Hotel 4* Montalegre	yes
Bulgaria	2	Casa d'Avó Chiquinha	event center
Czech Republic	24	Residencial Santa Catarina (20) + Casa Fontes da Mijareta (4)	yes
Denmark	12	Hotel 4* Montalegre	yes
Estonia	6	Private House Paula	event center
Finland	17	Casa Zé Maria	yes
France	11	Casa de Campo d' O Castelo	yes
Germany	11	Casa Fontes da Mijareta	own
Israel	3	Hotel 4* Montalegre (triple room)	yes
Italy	20	Hospedaria Girassol (14) + near Private House (6)	own
Japan	11	Casa Entre Palheiros (Sezelhe)	yes
Lithuania	10	Hotel 4* Montalegre (triple rooms)	yes
Poland	4	Casa Fontes da Mijareta	event center
Portugal	18	Hotel 4* Montalegre	yes
Russia	30	Hospedaria Fidalgo (20) + Casa d'Avó Chiquinha (10)	own
Spain	12	Hotel Rural Srª dos Remédios (Mourilhe)	yes
Switzerland	12	Hotel 4* Montalegre	yes

The following countries did not request accommodation from the organization: Austria (Junior Team), Great Britain, Hungary, Ireland, Latvia, Norway, Slovakia, Sweden and Ukraine.

Meals

The organization will provide lunch and dinner at the event center for the teams that requested it: Australia (2 days dinner), Austria (only Senior Team), Czech Republic, Denmark, Estonia, Finland, France, Israel, Japan, Lithuania, Poland, Portugal, Spain and Switzerland.

Full meals are self service way with soup, pasta, salads, fish / meat, fruit / dessert, and soft drinks.

Breakfast is normally at the accommodation, except for Bulgaria, Estonia and Poland, these teams will have breakfast at the event center, because it is not available at the accommodation.

Transportation

The use of private cars is allowed.

The organization can provide rental cars for the teams that wish to be autonomous. Some teams have chosen that option and it's still possible to provide more cars. If you require rental cars please contact us quickly.

The organization can also transport teams when requested.

We have the following formal requests:

- From Lisbon airport to Montalegre (€100 / per person and bike):
 - Estonia – 2 persons
 - Finland – 14 persons
 - Sweden – 7 persons
- From Oporto airport to Montalegre (€40 / per person and bike):
 - France – 8 persons
 - Lithuania – 9 persons
 - Norway – 2 persons
 - Slovakia – 5 persons
- Transport from event center to all competitions (€60 / per person and bike):
 - Finland – 14 persons
 - France – 10 persons
 - Lithuania – 9 persons
 - Slovakia – 4 persons
 - Sweden – 6 persons

Technical Information

Urban Sprint Final

Map Scale 1:7500

Contour Interval 5m

Terrain Description: Urban area, including historical city with narrow streets. Moderately hilly.

The map for the sprint event is at 1:7500 scale with 5m equidistance drawn using the "International Specification for Sprint Orienteering Maps 2007". As in foot-O events all private areas and features marked as impassable on the map are forbidden to cross. Competitors can only cycle on the areas mapped as brown on the map. All areas marked in yellow are out-of-bounds and even "corner cutting" will be punished with disqualification. There will be many controllers in the terrain making sure this rule is respected. The sprint model map has the same standards.

	Linear Course length (km)	Optimal Course length (km)	Optimal Climbing (m)	Control Points	Estimated Winner Time	Refreshments
WOC WOMEN	5,0	7,0	150	19	22	0
WOC MEN	6,0	9,0	180	21	25	0
JWOC WOMEN	4,1	5,8	140	16	20	0
JWOC MEN	4,6	6,6	160	20	20	0

Middle Distance Final

Map Scale 1:15000

Contour Interval 5m

Terrain Description: Hilly. Forest and open areas. Well defined tracks with generally medium going.

	Linear Course length (km)	Optimal Course length (km)	Optimal Climbing (m)	Control Points	Estimated Winner Time	Refreshments
WOC WOMEN	10,9	14,9	435	17	50	1
WOC MEN	13,5	20,1	590	21	52	1
JWOC WOMEN	8,3	12,0	360	15	42	1
JWOC MEN	11,5	16,3	470	20	50	1

Long Distance Qualification / Prologue

Map Scale 1:20000

Contour Interval 5m

Terrain Description: Hilly. Forest and open areas. Well defined tracks with generally good going.

	Linear Course length (km)	Optimal Course length (km)	Optimal Climbing (m)	Control Points	Estimated Winner Time	Refreshments
WOC WOMEN	13,5 - 13,7	19,7 - 20,5	610	10	70	2
WOC MEN	16,4 - 17,2	24,5 - 24,8	635	11	72	2
JWOC WOMEN	11,3	16,5	395	8	64	2
JWOC MEN	16,6	22,7	620	11	68	2

Long Distance Final

Map Scale 1:20000

Contour Interval 5m

Terrain Description: Hilly. Forest and open areas. Well defined tracks with generally good going.

	Linear Course length (km)	Optimal Course length (km)	Optimal Climbing (m)	Control Points	Estimated Winner Time	Refreshments
WOC WOMEN	20,4	30,2	935	16	95	2
WOC MEN	24,5	38,1	1250	17	110	2
WOC MEN B	16,3	24,0	680	14	80	2
JWOC WOMEN	20,6	30,5	1010	16	90	2
JWOC MEN	20,2	31,1	925	17	95	2

Relay Event

Map Scale 1:15000

Contour Interval 5m

Terrain Description: Hilly. Mostly open areas. Well defined tracks with generally medium going.

	Linear Course length (km)	Optimal Course length (km)	Optimal Climbing (m)	Control Points	Estimated Winner Time	Refreshments
WOC WOMEN	10,5 - 10,7	16,2	330	13	48	1
WOC MEN	12,1 - 12,5	20,2	480	15	54	1
JWOC WOMEN	7,4 - 7,7	14,0	250	10	45	1
JWOC MEN	11,2 - 11,6	15,9	365	15	48	1

Open Event 1 – Middle Distance

Map Scale 1:15000

Contour Interval 5m

Terrain Description: Hilly. Forest and open areas. Well defined tracks with generally medium going.

	Linear Course length (km)	Optimal Course length (km)	Optimal Climbing (m)	Control Points
M21	11,4	16,3	470	20
W21, M20, M40	10,8	14,9	435	17
W20, M17, M50	9,3	13,1	360	17
W17, W40, M14, M60	9,5	12,5	350	18
W14, W50, W60	6,5	9,4	205	13

Open Event 2 – Long Distance

Map Scale 1:20000

Contour Interval 5m

Terrain Description: Hilly. Forest and open areas. Well defined tracks with generally good going.

	Linear Course length (km)	Optimal Course length (km)	Optimal Climbing (m)	Control Points
M21	14,4	21,0	735	13
W21, M20, M40	11,8	18,5	540	12
W20, M17, M50	11,8	17,7	480	10
W17, W40, M14, M60	11,2	16,1	405	11
W14, W50, W60	8,4	12,0	375	10

Open Event 3 – Middle Distance

Map Scale 1:15000

Contour Interval 5m

Terrain Description: Hilly. Mostly open areas. Well defined tracks with generally medium going.

	Linear Course length (km)	Optimal Course length (km)	Optimal Climbing (m)	Control Points
M21	12,1	17,0	480	18
W21, M20, M40	11,4	15,8	365	16
W20, M17, M50	11,3	14,7	360	17
W17, W40, M14, M60	10,5	13,5	330	17
W14, W50, W60	7,6	10,1	250	14

Rules

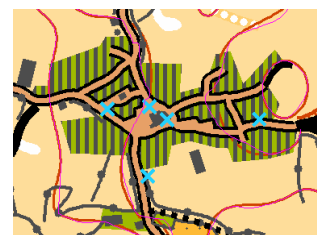
All events will be organized in accordance with the IOF Competition rules for IOF MTB Orienteering Events, valid from January 1, 2010. Please consult <http://orienteering.org/index.php/iof2006/Rules-and-Guidelines/MTB-Orienteering>.

- Competitors must visit all control points with their bikes. SI Card must be attached to the bike.
- Riding off the track, trail or path is forbidden. Competitors are allowed to run or walk off the track with the bicycle held off the ground
- Riders should ride on the right side on all roads and tracks. Overtaking slower riders should be done on the left.

Mapping Specifications

There will be two rules deviations from IOF mapping standards due to the specific characteristics of the terrain used in this WOC.

- Use of symbol 527 Settlement with alternative symbol (black line screen), to represent areas with houses and gardens that it is not possible to represent individually. Example:



- Relevant stone walls even if lower than 1,5m are represented on the map. There are many small stone walls in some areas and some tracks have one in each side making it a very distinctive feature. Example:



Punching System

The SPORTident system will be used for all events. Competitors can start using their own SI Card or the Organizer can provide a SI Card upon request.

Anti Doping

Doping is forbidden. Doping control will be done throughout the competition.

The organizers are committed to do everything required to assist the official anti-doping authorities at the MTB WOC 2010 to successfully and transparently carry out their work. We strongly support all positive efforts to keep our sport clean and doping-free.

This event applies IOF Anti-Doping Rules, valid from 1 February 2010. Please consult

<http://orienteering.org/index.php/iof2006/Anti-Doping>.

Weather

During July you can expect temperatures from 20° to 35° Celsius during the day and from 10° to 20° at night.

It's possible to have very hot temperatures during the competition days. Please take extra care to avoid dehydration. It's advisable to bring a strong sunscreen with you.

Health Care

The Organization will provide first aid at the competition centre and at the Arena's of each event.

The Organization will not bear costs connected to health insurance of participants. We recommend each individual has their own personal health insurance. Participants take part at their own risk.

The nearest hospital is in Chaves, 40 km from Montalegre.

Montalegre has a local health centre, open 24 hours a day.

Entries

The current entries received up to 25th June are:

Country	WOC					JWOC					Total			
	Men	Women	Officials	Relay Men	Relay Women	Men	Women	Officials	Relay Men	Relay Women	Athlets	Officials	Total	
Australia	4	2	2	2	0	3	0	0	1	0	9	2	11	
Austria	4	2	0	1	1	4	4	2	1	1	14	2	16	
Bulgaria	1	0	1	0	0	0	0	0	0	0	1	1	2	
Czech Republic	7	6	2	2	2	4	4	1	1	1	21	3	24	
Denmark	4	3	1	2	1	4	0	0	1	0	11	1	12	
Estonia	3	1	0	1	0	2	0	0	1	0	6	0	6	
Finland	5	4	1	1	1	6	0	1	2	0	15	2	17	
France	6	3	1	2	1	1	0	0	0	0	10	1	11	
Germany	5	1	0	2	0	1	0	0	0	0	7	0	7	
Great Britain	4	3	0	1	1	1	1	0	0	0	9	0	9	
Hungary	1	1	2	0	1	2	1	0	0	0	5	2	7	
Ireland	1	0	0	0	0	0	0	0	0	0	1	0	1	
Israel	3	0	0	1	0	0	0	0	0	0	3	0	3	
Italy	6	3	3	2	1	6	1	2	1	1	16	5	21	
Japan	7	4	0	2	1	0	0	0	0	0	11	0	11	
Latvia	0	0	0	0	0	1	0	0	0	0	1	0	1	
Lithuania	4	4	0	1	1	2	0	0	0	0	10	0	10	
Norway	1	0	0	0	0	0	2	0	0	0	3	0	3	
Poland	2	1	1	1	0	2	1	1	0	0	6	2	8	
Portugal	6	3	2	2	1	4	2	0	1	0	15	2	17	
Russia	6	6	2	2	2	6	6	1	2	2	24	3	27	
Slovakia	3	4	1	1	1	2	0	0	0	0	9	1	10	
Spain	6	3	1	2	1	2	0	0	1	0	11	1	12	
Sweden	2	0	0	1	0	4	1	0	1	0	7	0	7	
Switzerland	6	5	1	2	1	0	0	0	0	0	11	1	12	
Ukraine	0	1	0	0	0	0	0	0	0	0	1	0	1	
Teams	26	97	60	21	31	17	57	23	8	13	5	237	29	266

The entries for open events are available and updated on the event website www.mtbwoc2010.fpo.pt

Locations and Embargoed Areas

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

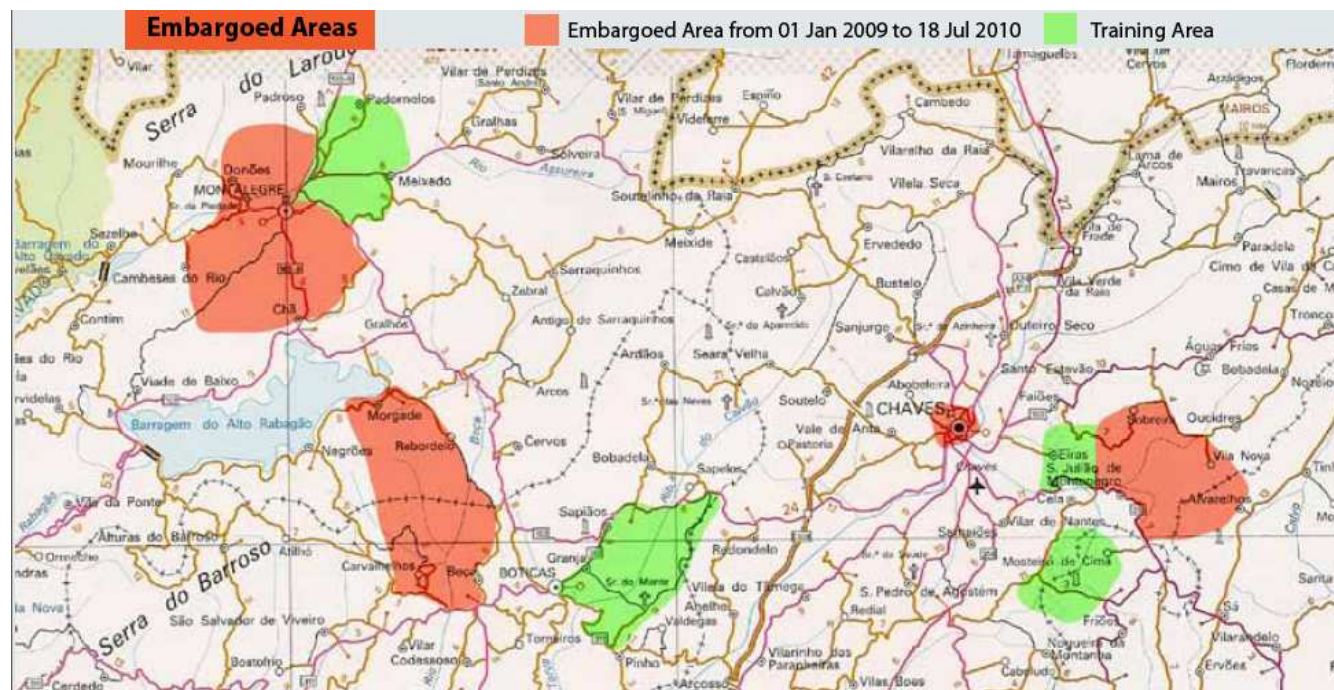
Old maps in these areas are:

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

Copies of all old maps from these areas are available on the event website www.mtbwoc2010.fpo.pt.

Embargoed areas for the time period of 01.01.2009 - 18.07.2010:

- Montalegre
- Morgade / Carvalhos
- Boticas
- Chaves
- Avelas / São Lourenço



Notes:

- All forest areas around Montalegre are embargoed, except the north-east area showed in green on the map. It's allowed to walk and bike only on the roads at the urban area of Montalegre
- The urban area of Chaves is open to pedestrians and cars. This means that anyone can walk or drive a car in Chaves, but it is strictly forbidden to all participants of WOC/JWOC to cycle in the town. The organization will disqualify any participant that does not follow this rule.