

Bulletin #1

**MTB Orienteering World Cup 2013 - Final Round (3)
MTBO WC'13**

**World Masters MTB Orienteering Championships 2013
WMMTBOC'13**



09th to 13th October 2013

Portuguese Orienteering Federation (POF) is very glad to welcome the best Mountain bike orienteer's of the world to the *Costa Alentejana* region, in the southwest of Portugal.

Costa alentejana is a very well preserved natural region and offers you beautiful landscapes and wonderful beaches.

Here you will have the opportunity to compete in hard but interesting terrain, to provide you with the best challenge for mountain bike orienteering.

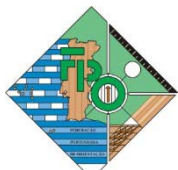


Partners:



INSTITUTO PORTUGUÊS
DO DESPORTO
E JUVENTUDE, I. P.





Organizers:

IOF - International Orienteering Federation - www.orienteering.org

POF - Portuguese Orienteering Federation - www.fpo.pt

Event Director: Augusto Almeida

Event Vice-Director: Joaquim Patrício

Event Secretary: António Rodrigues

Maps & Courses: Alexandre Reis and Hugo Patricio

Event controlling

IOF Event Advisor: Christian Gigon / SUI

National Controller: Fernando Feijão / POR

Event Center

Grândola (130 km south of Lisbon)

Information

Federação Portuguesa de Orientação – FPO

Estrada da Vieira, 4 – Bairro Florestal – Pedreanes

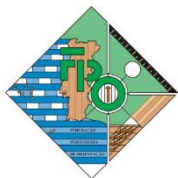
P – 2430-401 Marinha Grande

PORTUGAL

Tel./Fax: (00) (351) 244575074

Email: mtbo13.portugal@gmail.com or geral@fpo.pt

Website: www.wmmtboc2013.fpo.pt



Embargoed Areas

Grândola - Santiago do Cacém - Sines

See map on the page 10.

Areas embargoed during 01st September 2012 – 13th October 2013.

Program

09th October 2013 (Wednesday) - Arrival, training event

10th October 2013 (Thursday) - Arrival, model event

11th October 2013 (Friday) - Middle distance, opening ceremony

12th October 2013 (Saturday) – Long distance, Banquet

13th October 2013 (Sunday) - Mixed relay (WCup) and Sprint distance (World Masters), closing ceremony, departure

Classes:

MTBO World Cup: W /M 21

WMMTBOC: W/M 40, 50, 60, 70

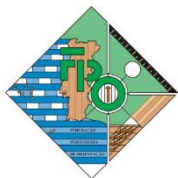
MTBO open competitions: W/M 16, 18, 20, 21A

Participation restrictions:

Participation restrictions in World Cup:

Each federation may enter a team of 12 competitors – up to 6 women and 6 men in each MTB Orienteering World Cup event, and an unlimited number of team officials.

For mixed relay: A maximum of 4 teams of 3 riders per member federation. Each team must include at least one person of each gender” (see special rules for MTB Orienteering WC 2013).



ENTRIES

Entry deadlines for MTB Orienteering World Cup:

ENTRY FORM A (preliminary entry) by 01st June 2013 giving:

country + number of competitors of each gender (preliminary) + number of team officials + category of accommodation + team manager's name, address and telephone/fax numbers

ENTRY FORM B (final entry) by 01st August 2013:

country + number of competitors of each gender (final) + accommodation and entry fees + team managers name, address and telephone/fax numbers + payment for accommodation, meals, public transport and entry fees.

NAME ENTRY FORM by 01st September 2013:

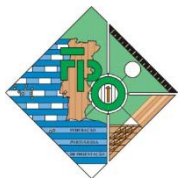
each competitors family name and first name, class or gender and year of birth + information on whether the athlete borrows an SI-card or uses his owns SI-card (also enter the SI-card number) + family name and first name of each team official.

Entry deadlines for WMMTBOC and Open competitions:

ENTRY FORM (final entry) by 01st August 2013:

country + each competitors family name and first name, class or gender and year of birth + accommodation and entry fees + e-mail, address and telephone/fax numbers + payment for accommodation, meals, public transport and entry fees.





Account number for payments:

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

Bank name: Montepio Geral (Agency: Torre da Marinha)

BIC/SWIFT: MPIOPTPL

IBAN: PT50.0036.0276.9910.0027.1984.3

Bank Address: Montepio Geral - Agência da Torre da Marinha
Rua Gil Vicente, 1 A/B - Torre da Marinha
P-2840-437 Seixal - Portugal

ENTRY FEES:

MTB Orienteering World Cup:

All participants = competitors + officials: € 60 / per person

Middle distance: € 40 / per person

Long distance: € 40 / per person

Mixed relay: € 90 / per team

Fee includes maps of all World Cup events and the Banquet.

WMMTBOC:

All participants = competitors + officials € 30 / per person

Sprint distance € 20 / per person

Middle distance € 30 / per person

Long distance € 40 / per person

Fee includes maps of all WMMTBOC events.

Banquet: € 30 / per person

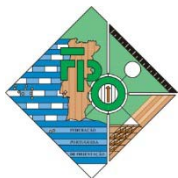
MTB Orienteering open competitions:

Sprint distance € 10 / per person

Middle distance € 20 / per person

Long distance € 20 / per person

Banquet: € 30 / per person



Accommodation (extra cost):

For the MTB Orienteering WCup and the WMMTBOC'13 we offer a variety of accommodations. For further details see our ACCOMMODATION entry form (see Bulletin 2 in November 2012).

Transport (extra cost):

A bus service to model events and races will be available, starting near the event centre (Grândola) and from the centre of accommodation towns.

Transport from and to the Lisbon airport can also be requested. See TRANSPORT entry form (see Bulletin 2 in November 2012).

Punching system

The SportIdent system will be used for all events. Competitors start with their own SI-card.

Organizer provides SI-cards on request.

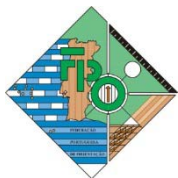
MAPS

All events will be organized in accordance with the IOF International Specification for MTB Orienteering Maps (2010).

Old maps in these areas:

- Casoto: MTBO - 1:20.000 / 5 m (2011)
- Santiago do Cacém: FootO – 1:7500 / 5 m (Revised on March 2012)
- Grândola: MTBO - 1:20.000 / 10 m (Revised on March 2011)

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



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 2013, the Special Rules for the 2013 World Cup in MTB Orienteering, the Special Rules for the 2013 World Masters MTB Orienteering Championships and the IOF Anti-Doping Rules valid at the time of The Event.

- Competitors must get to all control points with their bikes. SI Card must be attached to the bike.
- Riding off the track, trail or path is allowed.
- 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.

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 MTB Orienteering World Cup to successfully and transparently undertake their work. We strongly support all positive efforts to keep our sport clean and doping-free.

This event applies IOF Anti-Doping Rules, valid at the time of The Event.

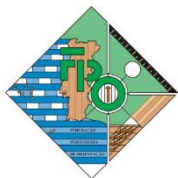
Please consult <http://orienteering.org/anti-doping/>.

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. We recommend each individual to arrange their own personal health insurance. Participants take part at their own risk.

The nearest hospital is on Santiago do Cacém (Hospital do Litoral Alentejano).



Visas

Countries that do not need visas for entering in Portugal: all countries of European Union, Andorra, Argentina, Australia, Bolivia, Brazil, Brunei Darussalam, Bulgaria, Canada, Chile, Costa Rica, Croatia, El Salvador, Guatemala, Honduras, Israel, Japan, Malaysia, Mexico, Monaco, New Zealand, Nicaragua, Panama, Paraguay, Romania, San Marino, Singapore, South Korea, United States of America, Uruguay, Vatican City, Venezuela and the Special Administrative Regions of the Popular Republic of China: Hong Kong (passport from “Hong Kong Special Administrative Region”).

For other countries please contact the Portuguese embassy in your country. If a personal invitation from the organisers is required for the visa, please contact us.

Weather

During October you can expect temperatures from 18° to 27° Celsius during the day and from 10° to 16° at night.

Training opportunities

We can offer, on 9th October 2013, 2 maps for training with control point – 20 km from World Cup event center (€ 10 / map / per person). There will be other training camps available in Portugal. More details in Bulletin 2 (**November 2012**).



Map with the embargoed areas

