



## Bulletin #4

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

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



**09<sup>th</sup> to 13<sup>th</sup> 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.



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## Organizers



## Partners



## Sponsors



## Media Partners





## 1. Honour Committee



Graça Guerreiro Nunes  
*Mayor of Grândola*

Even for those with a keen sense of direction, as it is certainly the case for the international participants of Mountain Bike Orienteering events, that will take place on our territory, it is very easy to lose their hearts, falling in love with a County with flaring landscapes, where the mountains lean over the sea after having embraced the Alentejo plains.

Here you will find a surprising gastronomy, which harmoniously combines the fresh aromas from the sea with the strong and hot flavors from Alentejo. Here you will discover a warm and brotherly people, who like to welcome those who visit us and choose our County to live.

To the organization of the MTB Orienteering World Cup 2013 Round 3, and the World Masters MTB Orienteering Championships 2013, and to all participants, I send my vows of a huge success, expressing our gratitude for the confidence deposited on us. I'm certain that our territory will prove to be up to this challenge and this privilege.



Vitor Proença  
*Mayor of Santiago do Cacém*

On the way of major events

The Municipality of Santiago Cacém and the Alentejo Coast are, once again, on the path of a major international event. It is with great enthusiasm that we receive the worldwide community of MTBO and we are sure that you'll take the best memories of our landscapes and exciting tracks. We leave you the challenge to enjoy our gastronomy at the same time you soak up the hospitality and friendliness of our people.

A warm greeting to all the athletes, as well to all the members of the organization and other stakeholders involved in these two major competitions, to whom we wish the greatest success. Welcome to the municipality of Santiago Cacém!



Manuel Coelho  
*Mayor of Sines*

Welcome to Sines, hometown of Vasco da Gama, one of the greatest navigators in the history of the world.

In 1498, using the most advanced navigation techniques of his time, he discovered the seaway to India sailing around South Africa in one of the most legendary voyages in the history of navigation and a milestone in the inauguration of the modern age and universality.

The memory of a navigational prowess like this should resonate with you, but Sines itself is an enticing territory of discovery, with a diversity of landscape that makes orienteering a stimulating experience and an experience of emotions.

Located in one of the best preserved coastlines in Europe, Sines' landscape includes steep cliffs, small beaches, dune systems, streams, marshes, hills, forests and man-made landmarks.

Sines is also endowed with rich historic heritage and hosts the biggest "world music" event in Portugal, FMM Sines - Festival Músicas do Mundo.

Our gastronomy is marked by the sea and its seafood and by the gastronomic culture of Alentejo region. This secular interaction creates a culture of quality in the art of cooking fish and shellfish mixed with the flavours of rural inland Alentejo.

Economically, Sines is consolidating its position as an important economical centre, with a great European port and many high tech industries, balancing industrial development and environmental quality.

I wish success to the organisation of the MTB Orienteering World Cup 2013 Round 3, the World Masters MTB Orienteering Championships 2013 and to all participants and visitors, hoping that you will have a great stay in Sines!





## 2. Organizers

IOF - International Orienteering Federation - [www.orienteering.org](http://www.orienteering.org)

POF - Portuguese Orienteering Federation - [www.fpo.pt](http://www.fpo.pt)

Event Director: Augusto Almeida (+351) 912162753

Event Vice-Director: Joaquim Patrício (+351) 962960322

Event Secretary: António Rodrigues (+351) 917596018 or Jorge Simões (+351) 912162662

Maps & Courses: Alexandre Reis (+351) 962906316 and Hugo Patrício (+351) 966947496

Medicin: Ângela Pedro (+351) 962696838

Media coordinator: Hugo Borda d' Água (+351) 939574896

## Event controlling

IOF Senior Event Advisor: Christian Gigon / SUI

National Controller: Tiago Fernandes / POR

## 3. Venue and Event center

### Grândola

(130 km south of Lisbon international airport)

(170 Km north of Faro international airport)

*Event venue is Grândola in southwest part of Portugal. Event Center is the Fair Centre of Grândola.*

**GPS Coordinates:** 38°11'4.89"N - 8°33'52.72"W





#### **4. Information**

Federação Portuguesa de Orientação - FPO

Estrada da Vieira, 4 - Bairro Florestal - Pedreães

P - 2430-401 Marinha Grande

PORTUGAL

Tel.: (00) (351) 244575074

Email: [mtbo13.portugal@gmail.com](mailto:mtbo13.portugal@gmail.com) or [geral@fpo.pt](mailto:geral@fpo.pt)

Website: [www.wmmmtboc2013.fpo.pt](http://www.wmmmtboc2013.fpo.pt)



#### **5. Detailed Program**

##### **Tuesday 8<sup>th</sup> October**

14.00-19.00: Opening Hours of the Event Office in Grândola (EC)

10.00-15.00: Training event

##### **Wednesday 9<sup>th</sup> October**

14.00-19.00: Opening Hours of the Event Office in Grândola (EC)

10.00-15.00: Training event

##### **Thursday 10<sup>th</sup> October**

09.00-19.00: Opening Hours of the Event Office in Grândola (EC)

09.00-15.00: Model Event (Grândola)

15.00: Deadline for World Cup Team Leaders to submit final entries for Middle distance (EC)

16.30-16h45: Gathering for Opening ceremony

17.00: Opening ceremony in Grândola



17:30: Start list of World Cup Middle distance will be published

18:00: Ice breaker for all participants at EC

18:00-19:00: World Cup Team Leaders meeting at EC

19:00-19:30: World Masters Information session at EC

### **Friday 11<sup>th</sup> October**

08:00-19:00: Opening Hours of the Event Office in Grândola (EC)

09:45: First start from pre-start (EC)

10:00: First start from start area

10:30: Last entry into quarantine zone (EC)

10:00-13:00: World Cup Middle distance (Grândola)

10:00-13:00: World Masters and Public race (Grândola)

13:00: Middle distance prize-giving ceremony World Cup and World Masters (finish area)

13:30: Publication of World Cup standing (necessary for starting group allocation of the long distance race)

14:00: Deadline for World Cup Team Leaders to submit final entries for Long distance (finish area)

14:30: Start list of World Cup Long distance will be published

15:00-16:00: World Cup Team Leaders meeting at EC

### **Saturday 12<sup>th</sup> October**

08:00-16:00: Opening Hours of the Event Office in Casoto (near Sines)

08:00-08:15: Bike loading at Event Center parking lot

11:00: Last entry into quarantine zone (EC)

10:00-15:00: World Cup long distance (Casoto)

10:00-15:00: World Masters and Public race (Casoto)

14:45: Bike loading at LD arena

15:00: Long distance Prize-giving ceremony World Cup and World Masters (finish area)

15:00: Deadline for World Cup Team Leaders to submit final entries for mixed Relay (finish area)

16:30: Start list of World Cup Relay will be published

17:00-18:00: World Cup Team Leaders meeting (Sines)

18:30: Overall World Cup Prize-giving Ceremony in Castle of Sines

18:30-22:00: Banquet in Castle of Sines (if the temperature will be below than 18°, the Banquet will be changed to other place. However the ceremony will be in the Castle and everybody can take photos, enjoy the ocean, etc)





### **Sunday 13<sup>th</sup> October**

07.00-14.00: Opening Hours of the Event Office in Santiago do Cacém

08.15-08.30: Bike loading at Event Center parking lot

10.00: Mass start of World Cup mixed relay (Santiago do Cacém)

10.10: First start for World Masters and public race (Santiago do Cacém) – Quarantine zone (only for M40 and M50 will be between the finish time to 11.00 am)

12.45: Bike loading at Sprint and Mixed relay arena

13.00: Prize-giving ceremony mixed Relay World Cup, overall Relay World Cup and Sprint World Masters (finish area)

13.30: Closing Ceremony

After 15pm: departure (from Santiago do Cacém)

### **Monday 14<sup>th</sup> October**

Departure

#### **Additional Information:**

a) Everyone should be careful with your belongs, not leave nothing with in the car to prevent theft. These great events can attract undesirable people and so the collaboration of everyone is important to avoid unpleasant situations.

b) The organization offers a free place to guard the bikes in the Event center.

### **6. Accreditation**

Accreditation takes place at the Event Center. To receive all the necessary materials please bring your passport or national identification card.

### **7. Opening and Prize giving ceremonies**

The opening ceremony will take place in Grândola center at 17:00.

Gathering takes place at 16:30-16:45 in front of City Council Hall.



Award ceremony of the competition day takes place in the arenas.

Podium finishers (1-6 in World Cup Elite, 1-3 in Master classes) are requested to dress in team uniforms, and refrain from taking to the podium items such as hats, sun glasses, bottles, headbands and various gadgets.

## 8. Parking info

The parking is free but must be used the areas indicated by the organization.

## 9. Team leaders meeting and information session

The World Cup Team Leaders meeting will take place: Thursday, 10th October, at 6:00pm, in the Event Center, Friday, 11th October, at 3:00pm, in the Event Center and Saturday, 12th October, at 5:00pm, in Sines-

A Masters Information Session will be held at Thursday, 9th October, at 7:00pm, in the Event Center preceding the beginning of the World Masters competition.



## **10. 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 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. IOF MTB Orienteering Competition rules are available on: [www.orienteeering.org](http://www.orienteeering.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 rideable 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 rideable. 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.

## **11. Start groups**

For both individual World Cup races there is a Red Starting Start Group at the end of the starting field. The Red Start Group is mandatory for competitors who qualify for it.

### **Red Start Group for middle distance race, 11.10.2013 (Friday)**

- The reigning World Champion in middle distance
- The 9 top-ranked competitors in the IOF World Ranking list as published 10 days before the event. The Red Start Group will be increased to comprise 10 riders by adding the next-best ranked competitors from the IOF World Ranking list (in the case of a tie, all competitors concerned will be included in the Red Start Group)



Red Start Group Middle Distance					
Men		Women			
1	Valeriy Gluhov	RUS	1	Marika Hara *	FIN
2	Tõnis Erm *	EST	2	Susanna Laurila	FIN
3	Ruslan Gritsan	RUS	3	Cecilia Thomasson	SWE
4	Jussi Laurila	FIN	4	Ingrid Stengård	FIN
5	Anton Foliforov	RUS	5	Camilla Søgaard	DEN
6	Jiří Hradil	CZE	6	Maja Rothweiler	SUI
7	Pekka Niemi	FIN	7	Olga Vinogradova	RUS
8	Kryštof Bogar	CZE	8	Tatiana Repina	RUS
9	Luca Dallavalle	ITA	9	Michaela Gigon	AUT
10	František Bogar	CZE	10	Eeva-Liisa Hakala	FIN

\* reigning World Champion

### Starting order long distance race, 12.10.2013 (Saturday)

As the long distance race is the last individual race of the World Cup 2013, there will be no classic “Red Start Group” but instead the 10 entered riders with the highest World Cup ranking shall start last in the reverse order of their World Cup Ranking.

The World Cup standing after the middle distance race will be announced immediately after the race has finished so that starting group entries can be made.



World Cup Standing 10 days before the competition					
Men			Women		
1	222	Tõnis Erm EST	1	251	Cecilia Thomasson SWE
2	206	Jussi Laurila FIN	2	238	Marika Hara FIN
3	199	Ruslan Gritsan RUS	3	216	Emily Benham GBR
4	197	Valeriy Gluhov RUS	4	192	Ingrid Stengård FIN
5	196	Anton Foliforov RUS	5	176	Susanna Laurila FIN
6	169	Jiří Hradil CZE	6	163	Maja Rothweiler SUI
7	150	Pekka Niemi FIN	7	156	Olga Vinogradova RUS
8	142	Luca Dallavalle ITA	8	144	Eeva-Liisa Hakala FIN
9	139	Hans Jørgen Kvåle NOR	9	141	Tatiana Repina RUS
10	137	Samuli Saarela FIN	10	135	Michaela Gigon AUT
10	137	František Bogar CZE	11	132	Martina Tichovská CZE
10	137	Vojtech Stránský CZE	12	131	Ursina Jäggi SUI
13	126	Marek Pospíšek CZE	12	131	Renata Paulíčková CZE
14	122	Lauri Malsroos EST	14	118	Camilla Søgaaard DEN
15	112	Kryštof Bogar CZE	15	116	Gaëlle Barlet FRA

## 12. Start bibs

World Cup participants for Middle and Long distance will receive start bibs numbered according to their start order.

For all other competitors (Masters and Open) it will be same start bib for all races.

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

## 13. Classes

MTBO World Cup: W/M 21

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

MTBO open competitions: M21A







#### **14. 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).

- Competitors who are representing a Federation shall have full passport holding Citizenship of the country of that Federation.

#### **15. Embargoed areas**

**Grândola - Santiago do Cacém - Sines (see detail map at the end of this bulletin).**

**Areas embargoed during 01<sup>st</sup> September 2012 - 13<sup>th</sup> October 2013.**

Old maps in these areas:

- Casoto: MTBO - 1:20.000 / 5 m (2011)
- Santiago do Cacém: FootO - 1:7500 / 5 m (March 2012) **except the city center.**
- Grândola: MTBO - 1:20.000 / 10 m (Revised on March 2011)

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

The above areas are out of bounds for all potential World Cup and World Masters 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 Grândola, Santiago do Cacém and Sines are restricted for MTB Orienteering activity.

The exception is for Santiago do Cacém City centre under certain restrictions: - using a map in the area is forbidden; - cycling or running is forbidden; - testing route choices is forbidden.

For all other terrains the access is forbidden (even only for leisure cycling, as pedestrian or however).

#### **16. Environmental Considerations**

Athletes and mechanics are requested to carry back with them all discarded spare parts and hazardous materials from the competition and finish area to their accommodation.



### **17. Complaints**

All complaints should be submitted by written report to the secretariat in the finish area. The complaints should be submitted not later than 15 minutes after the last competitor has reached the finish line.

### **18. Members of Jury**

- Tage Andersen (DEN)
- Sandor Talas (HUN)
- Magnus Wallenborg (SWE)

### **19. Quarantine zone**

Competitors will be quarantined on Middle distance and Long distance competitions before the start. Competitors of M40 and M50 will be quarantined on Sprint competition after finishing their courses until 11.00.

All quarantine areas are equipped with toilets and tents (in LD). In quarantine area it is not allowed to use phones, radios, computers or any other multimedia devices that can help you to follow the competition online. After finishing it is not allowed to go to the quarantine area.



## 20. Preliminary entries

### WMMTBOC 2013 Preliminary Entries

160	WMMTBOC								
	Total	M40	M50	M60	M70	W40	W50	W60	W70
AUSTRALIA	5	1	0	1	0	1	2	0	0
AUSTRIA	5	0	2	1	1	0	1	0	0
BELGIUM	2	1	1	0	0	0	0	0	0
CZECH REPUBLIC	0	0	0	0	0	0	0	0	0
DENMARK	25	2	8	7	2	2	2	2	0
ESTONIA	1	1	0	0	0	0	0	0	0
FINLAND	9	0	4	3	2	0	0	0	0
FRANCE	6	2	4	0	0	0	0	0	0
GERMANY	2	1	1	0	0	0	0	0	0
GREAT BRITAIN	15	4	5	1	0	1	3	1	0
HUNGARY	4	2	1	0	0	1	0	0	0
ITALY	1	0	0	0	0	0	0	1	0
JAPAN	3	2	1	0	0	0	0	0	0
LITHUANIA	1	1	0	0	0	0	0	0	0
PORTUGAL	42	21	14	1	0	3	3	0	0
RUSSIA	1	1	0	0	0	0	0	0	0
SPAIN	13	5	5	0	0	3	0	0	0
SWEDEN	16	3	6	5	1	0	0	1	0
SWITZERLAND	7	1	0	2	0	1	1	2	0
TURKEY	2	0	0	0	0	1	1	0	0
	160	48	52	21	6	13	13	7	0



## World Cup Final Round 2013 Preliminary Entries

COUNTRY	ME	WE	Middle	Long	Mix Relay
 AUT	6	3	9	9	3
 BEL	2	0	2	2	0
 CZE	6	3	9	9	3
 DEN	5	1	5	5	1
 ESP	2	0	1	2	0
 EST	5	2	5	5	2
 FIN	5	6	11	11	3
 FRA	4	2	6	6	2
 GER	1	1	2	2	0
 GBR	1	0	1	1	0
 HUN	0	1	1	1	0
 ITA	3	1	4	4	1
 LTU	0	1	1	1	0
 POL	1	1	2	2	0
 POR	6	3	6	3	3
 RUS	4	4	8	8	2
 SUI	2	2	4	4	1
 SVK	0	1	1	1	0
 SWE	4	2	6	6	2
<b>Total</b>	<b>57</b>	<b>34</b>	<b>84</b>	<b>82</b>	<b>23</b>



## 21. Terrain description

Medium and Long distance competitions are taking place in forest areas, with small urban areas, the forest characteristic features are the typical Mediterranean forest with multiple paths and roads, dense vegetation. Depending on the weather conditions that anticipate the competitions, some paths can have some water channels that will cross them and cannot be foreseen in advance, attention is required and some paths could have as well sand characteristics that varies with the weather conditions. The forest areas sometimes have underbrush that can hamper the shortcuts.

The orography in long distance is characterized by two very distinct parts: one flat, very fast, the other very steep and slow.

The orography in middle distance is characterized by middle relief, sometimes with steep slopes.

Sprint and Mixed Relay competitions are taking place in combined urban and forested area with multiple paths, open areas, buildings, and numerous man made features. Some steep areas with technical up or downhill sections.

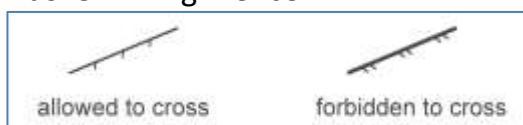
In all competition areas thorny vegetation can be found. Therefore **puncture protection is strongly recommended**.

All the competitions area is open to public traffic. The courses cross several public roads. There will be marshal's at the most critical places to help safe crossing and minimize disruption. Riders should follow the instruction of marshals. Still, it is the riders' responsibility to observe traffic rules and avoid unsafe practices.

Altitude: 50m to 450m.

## Crossing fences when doing short cuts

There are fences in the terrain of all competition days. When doing short cuts it is only allowed to cross fences mapped with symbol 522 "Fence". It is forbidden to cross fences mapped with symbol 524 "High fence".



The fences that are forbidden to cross are NOT marked additionally with the purple line (symbol 707 "Uncrossable boundary").

## Paths or tracks crossing fences

At spots where high fences can be crossed on a track or path without losing time symbol 525 "crossing point" is used. Spots where crossing is possible, but is related with a loss of time (e.g. because a gate has to be opened) symbol 843 "Obstacle" is used. Spots where paths getting close to a high fence from both sides but it is not possible (and also forbidden) to cross symbol 844 "Uncrossable barrier / forbidden to cross" is used.





## 22. Daily details

### Maps

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

In Courses Information, time is estimated winning time. Km refers to shortest sensible route.

For water protection all maps are packed in a transparent plastic.

### Model Event - 10.10.2013 (Thursday)

Model event will be organized between 09.00 and 15.00.

### Middle Distance - 11.10.2013 (Friday)

From Event Centre (=pre-start)

to the arena: - 1,6 km

Pre-start: - will be in Event Center, 15 minutes before the start

From pre-start to start area: - 2,1 km marked route

Start call up (at the start area)

to start triangle: - 100m marked route (obligatory)

Pre-start begins: - 09:45

Start begins: - 10:00

Start interval: - 2 min for all categories.

Start quarantine: - from 10:30 until last start at Event Center (= pre-start)

Map: WCup 1:15.000 / 5 m; Masters: M/W 40/50 - 1:15.000 / 5 m M/W 60/70 - 1:10.000 / 5m.

Dimension of the printed map: A4+ (32x22,5)

The quarantine will be within the Event Center. Its boundaries are marked clearly. People in quarantine zone are not allowed to use computers, tablets, smartphones, ordinary phones or any other form of communication with people outside.

### **Pre-start and start procedure**

Athletes are called up 15min before their starting time at the pre-start gate. They pass the gate and have 15min to go along the marked route to the start area. At the start area the procedure is like a normal start.

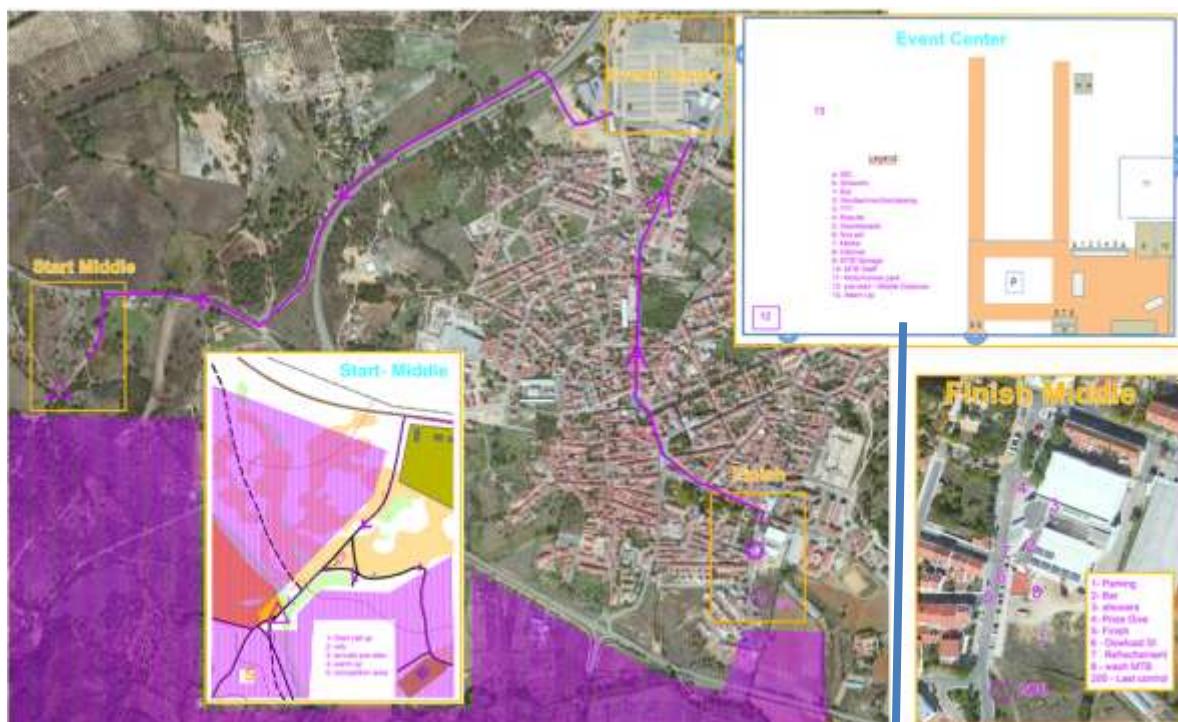


## Warm up

In the quarantine and on the way from pre-start to the start area.

## Arena

GPS Coordinates: 38°10'23.47"N - 8°33'46.89"W





## Terrain and Map Sample



## Courses

	Linear Course length (km)	<i>shortest sensible route(km)</i>	nº controls	climb (m)	Estimated Winner Time (min)
<b>Middle Distance (1:15000, E=5m)</b>					
WCUP Men	10,5	16,0	16	475	55
WCUP Women	7,3	12,5	13	300	45
Master 40 Men	9,9	15,0	14	450	55
Master 40 Women	7	10,0	12	250	45
Master50 Men	8,9	13,5	14	400	55
Master 50 Women	6,3	9,0	11	190	45
Master60 Men	7,2	11,0	12	200	55
Master 60 Women	5,9	7,2	11	110	45
Master70 Men	5	7,1	10	135	55

No refreshments for Middle Distance.



## Long Distance - 12.10.2013 (Saturday)

- From Event Centre to the arena: - 44 km
- From Parking area to the arena: - 0 km
- From arena to start area: - 1,8 km
- Start call up to start triangle: - World Cup: 400m marked route (obligatory)  
- Masters: 200m marked route (obligatory)
- Start begins: - 10:00h
- Start interval: - 3 min for all categories.
- Start quarantine: - 11:00h until last start
- Map: WCup 1:15,000 / 5 m; Masters 1:15,000 / 5 m.
- Dimension of the printed map:
- Courses with without map exchange (M70, W50 and W60): A3+ (32x42)
- Courses with map exchange (all other courses): A3 (29,7x38)

### **Warm up**

On the way to the start (only before quarantine begins) and in the quarantine zone





## Arena

GPS Coordinates: 37°58'24.37"N - 8°46'14.20"W



## Terrain and Map Sample







## Courses

	Linear Course length (km)	<i>shortest sensible route(km)</i>	nº controls	climb (m)	Estimated Winner Time (min)	Refreshment
<b>Long Distance (1:15000, E=5m)</b>						
WCUP Men	31,7	44,6	24	760	110	55%
WCUP Women	23,9	32,2	20	480	90	65%
Master 40 Men	27,4	36,6	20	655	110	63%
Master 40 Women	18,0	24,1	16	300	90	52%
Master50 Men	21,5	29,6	16	480	110	69%
Master 50 Women	14,3	18,7	15	285	90	46%
Master60 Men	18,7	24,4	16	350	110	65%
Master 60 Women	11,5	15,4	11	185	90	48%
Master70 Men	13,6	18,5	14	260	110	45%

## Refreshment

All classes have one refreshment at control no. 138.

## Map exchange

The classes M/W World Cup, M40, M50, M60 and W40 have a map exchange. They receive first and second part already at the start. The first part is printed on the front side the second part is printed on the rear side of the map.



## Mix Relay WCup and Sprint Masters - 13.10.2013 (Sunday)

From Event Centre to the arena: - 27 km  
 From Parking area to the arena: - 0,5 km  
 From arena to start area: - 0 km  
 Start call up to start triangle: - For Masters: 125m marked route (obligatory)  
 Mass start relay: - 10:00  
 Start begins for Masters: - 10:10  
 Start interval: - 1 min for all Master categories  
 Finish Quarantine: - Only for Master categories M40 and M50 until 11:00  
 Map: WCup 1:10,000 / 5 m, Sprint - Masters 1:7,500 / 5 m  
 Dimension of the printed map – A4.

### **Warm up**

East of the main street (N120), see overview map of the arena.

### **Arena**

GPS Coordinates: 38° 0'45.82"N - 8°41'39.97"W



**Terrain and Map Sample**





## Courses

	Linear Course length (km)	<i>shortest sensible route(km)</i>	nº controls	climb (m)	Estimated Winner Time (min)
<b>Sprint Final (1:7500, E=5m)</b>					
Master 40 Men	4,0	5,8	18	120	20
Master 40 Women	3,8	5,0	15	110	20
Master50 Men	3,9	5,3	17	115	20
Master 50 Women	3,5	4,6	13	110	20
Master60 Men	3,8	4,9	15	105	20
Master 60 Women	3,0	4,2	11	80	20
Master70 Men	3,1	4,3	11	85	20

	Linear Course length (km)	<i>shortest sensible route(km)</i>	nº controls	climb (m)	Estimated Winner Time (min)
<b>Relay (1:15000, E=5m)</b>					
WCUP	9,2/10km	13,2/13,5km	20,0	290	45

### Pre warning for the WCup Mix relay

The pre warning will be the control no. 48 at 10,5km of course. After punch this control, riders have approximately 6 min until the finish.

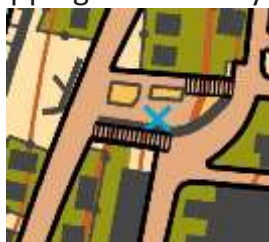
The announcement of pre warning will be done by speaker and all bib numbers will be written down on a flip chart located near the transition area.

### GPS Devices in Relay

The 1st leg athlete and 3rd leg athlete will carry the same GPS device. It necessary that the device it is handed to the organizers after 1<sup>st</sup> athlete finish his leg. The organizer gives it to the 3rd leg athlete.

### Special map symbols for stairs

For mapping stairs the symbol used in sprint orienteering maps was used.





### **Dangerous spot**

Approximately 2min before the finish a downhill section has to be passed by all courses. The first 5 meters of this section are technically difficult to ride. To avoid accidents the organisers have put a low barrier (approx. 40cm high) made of straw at the top of the difficult section. Every rider must get off the bike at this spot and carry down the bike the 5m after the barrier. On the map the spot is marked with a symbol 843 "Obstacle". The rest of the downhill is easy to ride.

### **23. Time keeping system**

SPORTident will be used on all events with SI-Card 10/11 compatible Control Stations. Everybody should provide the number of their SI cards with the entry. SI cards can be rented from Organizers for EUR 10 / for the event (EUR 30 deposit).

In the individual races the race time is taken when the athlete punches a control placed on the finish line. There is no light beam time keeping. For the World Cup relay the procedure will be different and presented at the Team Leaders meeting the day before the relay competition.

### **24. Training opportunities**

We can offer, on 8<sup>th</sup> and 9<sup>th</sup> of October 2013, two training maps with control points - 20 km from World Cup Event Center (€10/map/person).

### **25. Media services**

Media representatives are cordially invited to come to Costa Alentejana to cover the World Cup and World Masters Championships races.

Media facilities will be available only to registered media representatives.

### **26. Live coverage**

On our website you'll be able to follow MTBO WCup'13 and WMMTBOC'13 events with live results, live TV coverage, GPS Tracking, Live Blog, text commentary, pictures, video, and route choices: [www.wmmtboc2013.fpo.pt](http://www.wmmtboc2013.fpo.pt).

#### **a. Live TV/Web Coverage**

There will be an on-line internet service TV based on several cameras positioned in the forest and in arena. The output from TV cameras will be provided for spectators in the arenas at every competition, using one large screen.





Cameras are not marked in the map and are positioned close to the controls, on legs and also mobile. Athletes will see staff (cameraman, assistant, spotter) or journalists near controls in all competitions.

## b. GPS tracking

GPS-tracking will be used in all competition of MTB World Cup 2013 Final Round. Tracking is a free service for online spectators.

This event uses the same GPS system like last year in World MTBO Championships (Estonia). 11 male riders of Red Group and David Machado and 9 top elite female riders will carry a GPS tracking device. The list of riders selected was defined based on World Cup 2013 Ranking 10 days before the event.

Selected riders will have to collect their devices 10 to 15 minute before their start in the start area. The devices have to be handed back near the finish.

List of World Cup riders with GPS device in Middle and Long Distance:

Men			Women		
1	Tõnis Erm	EST	1	Cecilia Thomasson	SWE
2	Jussi Laurila	FIN	2	Marika Hara	FIN
3	Ruslan Gritsan	RUS	3	Ingrid Stengård	FIN
4	Valeriy Gluhov	RUS	4	Susanna Laurila	FIN
5	Anton Foliforov	RUS	5	Maja Rothweiler	SUI
6	Jiří Hradil	CZE	6	Olga Vinogradova	RUS
7	Pekka Niemi	FIN	7	Eeva-Liisa Hakala	FIN
8	Luca Dallavalle	ITA	8	Tatiana Repina	RUS
9	Samuli Saarela	FIN	9	Michaela Gigon	AUT
10	František Bogar	CZE			
11	Vojtech Stránský	CZE			
12	David Machado	POR			



In Mix Relay Event 10 Teams have GPS device.

Mix Relay GPS	
1	Finland I
2	Russia I
3	Czech Republic I
4	Switzerland
5	Austria I
6	France I
7	Denmark
8	Portugal I
9	Finland II
10	Czech Republic II



The device weighs 60 grams and is attached to the outer side of arm, protruding part up. The adjustable elastic band may be secured with a safety pin. It takes about 1-2 minutes to put on the armband calmly. After the finish, the devices should be returned at the SI-readout.

### c. Live Results

At the event website, organization provides live results for all competitions. In MTB World Cup 2013 Final Round and World Masters MTBO Championships there are some radio controls and preliminary results will be published every minute in World Masters MTB 2013.



Will be used the Ori-Live platform: <http://www.ori-live.com/>

#### **d. Live Blog**

Live Blog is available from 10<sup>th</sup> October until 14<sup>th</sup> October.

### **27. Visas**

Countries that do not need visas for entering in Portugal: all countries of European Union, Andorra, Argentina, Australia, Bolivia, Brazil, Bulgaria, Brunei Darussalam, Canada, Chile, Costa Rica, Croatia, El Salvador, Guatemala, Honduras, Israel, Japan, Malaysia, Mexico, Monaco, New Zealand, Nicaragua, Norway, Panama, Paraguay, Romania, San Marino, Singapore, South Korea, Switzerland, 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.

### **28. Weather**

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

### **29. Anti-doping**

Doping is strictly forbidden, and the organizers of World Cup MTBO and World Masters MTBO Championships 2013 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/>

### **30. 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).

### **31. Accommodation (extra cost)**

For the MTB Orienteering WCup and the WMMTBOC'13 we offer a variety of accommodations in Grândola, Santiago do Cacém, Sines, Vila Nova de Santo André, Melides, Porto Covo and Tróia.

For further details see our web page (all hotel units are disclosed).

Please use our [Accommodation entry form](#) available in our web page.

Note: The capacity of each hotel is limited and priority will be given to orders paid.

In the Event Center (EC) there will be a space for caravans: €50,00 (from 9<sup>th</sup> to 14<sup>th</sup> October 2013)

### **32. Transport (extra cost)**

We recommend car rental as the best way to move during the event.

A bus service to model event, races and banquet will be available, starting near Event center (Grândola) and from the centre of the accommodation towns: €60,00 (from 10<sup>th</sup> to 13<sup>th</sup> October 2013)

Transport from and to the Lisbon airport can also be requested (please contact us).

For further details see [Transport entry form](#) available in our web page.



### **33. Bicycle storage, washing and repair**

Bicycle storage (free, but need to request the organization) is located in the competition event centre, in Grândola. Access to the bicycle storage will be strictly limited and can only be permitted by presenting your competitor's card.

It is possible to wash the bikes twice every day – at every competition centre and additionally in EC every evening of the competition from 17:00-19.00 pm.

We have our official bicycle repair partner who will be working at the event center on opening hours (or 24/24 if is needed). Every day there is one person who can help with smaller problems in the Finish arena.

### **34. Map with the embargoed areas**







Detail of  
Santiago





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