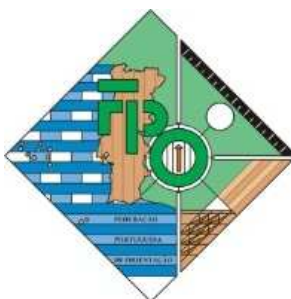




Team Leaders Meeting

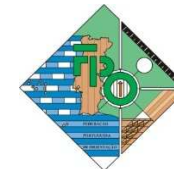
07/06/2015



Organizers



- ❖ IOF - International Orienteering Federation - www.orienteering.org
- ❖ POF - Portuguese Orienteering Federation - www.fpo.pt
- ❖ CMIN - Municipality of Idanha-a-Nova - www.cm-idanhanova.pt
- ❖ Event Director: Augusto Almeida
- ❖ Event Vice-Director: Jacinto Eleutério
- ❖ Event Secretary: Jorge Simões
- ❖ Maps & Courses: Alexandre Reis
- ❖ Logistics: Crispim Júnior
- ❖ Media Coordinators: Fernando Costa



Event Controlling and Jury



❖ Event Controlling

- ❖ IOF Senior Event Advisor (SEA): Mark Stodgell / Great Britain
- ❖ National Controller: Tiago Fernandes / Portugal

❖ Jury

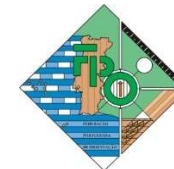
- ❖ Ursula Haeusermann – Switzerland
- ❖ Nermin Fenmen - Turkey
- ❖ Wolfgang Eberle - Austria



Monday, 8th June (Idanha-a-Nova)



- ❖ 08:30-13:00: Opening hours of the EO at the Mixed Sprint Relay arena (Idanha-a-Nova)
- ❖ 10:00: Start for Mixed Sprint Relay (EMTBOC)
- ❖ 11:30: Start for the unofficial Mixed Sprint Relay (EYMTBOC, EJMTBOC and WMMTBOC)
- ❖ 13:30: Opening Ceremony (Idanha-a-Nova)
- ❖ 14:00: Prize giving ceremony for Mixed Sprint Relay (Idanha-a-Nova)
- ❖ 14:20: Prize giving ceremony for unofficial Mixed Sprint Relay (Idanha-a-Nova)
- ❖ 14:00-21:00: Opening hours of the EO at the EC.
- ❖ 15:00: Deadline for names/start group allocation for Sprint distance competition at the EC.
- ❖ 15:00-18.00: Model Events in Idanha-a-Velha.
- ❖ 18:00: World Masters Information session at EC.
- ❖ 19:00: Team Leaders meeting at EC.



Tuesday, 9th June (Penha Garcia)



- ❖ 08:30-14:00: Opening hours of the EO at the Sprint distance arena (Penha Garcia)
- ❖ 10:00: Start for Sprint course (EYMTBOC, EJMTBOC, WMMTBOC)
- ❖ 11:15: Start for Sprint course (EMTBOC)
- ❖ 13:00: Flower ceremony at finish area of Sprint distance
- ❖ 15:00-21:00: Opening hours of the EO at the EC
- ❖ 15:00: Deadline for names/start group allocation for Middle distance competition at the EC.
- ❖ 17:00: Team Leaders Meeting at EC.
- ❖ 18:00: Prize giving ceremonies at EC.



Wednesday 10th June (Vale das Eiras) Portugal National Day – Public Holiday



- ❖ 08.30-15.00: Opening hours of the EO at the Middle distance arena (Vale das Eiras).
- ❖ 10.00: Start for Middle distance course (EYMTBOC, EJMTBOC, WMMTBOC)
- ❖ 11.45: Start for Middle distance course (EMTBOC)
- ❖ 15:00: Flower ceremony at finish area of Middle distance
- ❖ 16:00-21:00: Opening hours of the EO at the EC
- ❖ 18:00: Prize giving ceremonies at EC.



Thursday 11th June



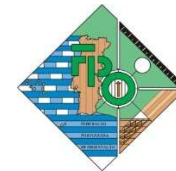
❖ Rest day

- ❖ 10:00-21:00: Opening hours of the EO at the EC
- ❖ 15:00: Deadline for names/start group allocation for Long distance competition at the Event Office (EC).
- ❖ 18:00: Team Leaders Meeting at EC.
- ❖ 20:50: limit time to deliver water/refreshment of the Elite Athletes for the long distance at the EC.

Friday 12th June (Monfortinho and Termas de Monfortinho)



- ❖ 08:30-21:00: Opening hours of the EO at the EC
- ❖ 9.00: Start for Long distance course (EYMTBOC, EJMTBOC, WMMTBOC) (in Monfortinho)
- ❖ 11.00: Start for Long distance course (EMTBOC)
- ❖ 15:00: Deadline for names/start group allocation for Relay competition at the EO at the EC
- ❖ 17:00: Team Leaders Meeting
- ❖ 18:00: Prize giving ceremonies at EC.



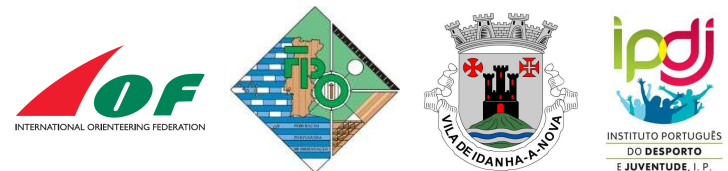
Saturday 13th June (Alcafozes)



- ❖ 07:30-15:00: Opening hours of the EO at the Relay arena (Alcafozes).
- ❖ 08.30: Mass start first leg Relay (EYMTBOC, EJMTBOC)
- ❖ 10.30: Mass start first leg Relay (EMTBOC)
- ❖ 13.30 Mass Start first leg unofficial Relay WMMTBOC.
- ❖ 16:00-21.00 Opening hours of the EO at EC
- ❖ 18:00: Prize giving ceremonies at EC.
- ❖ 20:00: Party MTBO'15 at EC.

Sunday 14th June

❖ Departures



Rules Deviation



❖ Late start policy

- ❖ *Rule deviations/special rules:* For all the athletes **except Elites** – if it is still possible to start at the original minute, the athlete will be positioned in the start corridor in accordance with the start minute he/she has, if not, they will start in the next available 30 second slot, but the original start time stands and will be utilised to calculate the result



Complaints and Protests



- ❖ A special form should be used for the Complaints and Protest process which is available at the Event Office or is available on the IOF website
- ❖ If the runner is not satisfied with the result of the Complaint, a Protest can be made against the organiser's decision no later than 15 minutes after that decision has been given to the runner.
- ❖ Protests must be completed in writing in English and handed in at the Event Office in the Finish area or to a Jury member. Protests will be handled by the jury, who will communicate their decision to the complainant as soon as possible.
- ❖ There is a fee of €50.00 for making a protest against the outcome of a complaint. This fee will be returned if the or Protest is accepted. See rules 27 and 28.

Protocol at Prize giving ceremonies



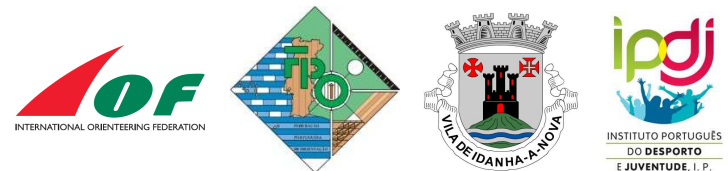
- ❖ In line with IOF rules podium finishers are requested to dress in team uniforms and to refrain from taking to the podium items such as hats, sunglasses, bottles, headbands and various sponsors gadgets and accessories. No accompanying persons may be brought to the podium.



First aid assistant point and water point:



- ❖ 1st aid assistant point and water point(s) will be marked on the Maps with the following ISOM symbols (Medical Cross and Water).



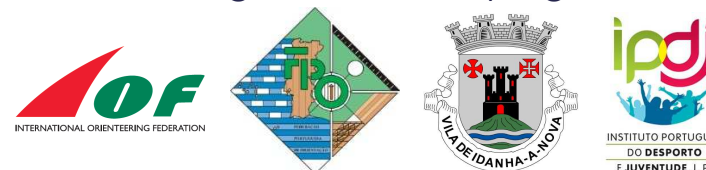
External Assistance



❖ In Accordance with the “COMPETITION RULES FOR INTERNATIONAL ORIENTEERING FEDERATION (IOF) MOUNTAIN BIKE ORIENTEERING (MTBO) EVENTS” valid from 1 January 2015, please note the following:

- ❖ 26.2 - Except in the case of an accident or mechanical failure, seeking to obtain or obtaining assistance from other riders or providing assistance to other competitors during a competition is forbidden. It is the duty of all competitors to help injured riders.
- ❖ 26.3 - The provision of mechanical (spares or repairs) assistance between competitors during a competition is permitted but is not compulsory. No outside mechanical assistance is permitted. It is the duty of all competitors to help injured competitors.

Please note as a clarification, assistance between competitors of different competition classes for mechanical failure is not allowed: eg a master helping an elite.



Day 1 - Monday, 8th June (Idanha-a-Nova) Mixed Sprint Relay



- ❖ 08:30-13:00: Opening hours of the EO at the Mixed Sprint Relay arena in Idanha-a-Nova
- ❖ 09:30: **Entrance to warm up area (EMTBOC)**
- ❖ 09:40: Start demonstration and handover / transition for Mixed Sprint Relay
- ❖ 10:00: **Start for Mixed Sprint Relay (EMTBOC)**
- ❖ 11:15: Entrance to warm up area (EYMTBOC, EJMTBOC, WMMTBOC)
- ❖ 11:30: Start for the unofficial Mixed Sprint Relay (EYMTBOC, EJMTBOC and WMMTBOC)
- ❖ 13:15: Preparation for Opening Ceremony
- ❖ 13:30: Opening Ceremony (Idanha-a-Nova)
- ❖ 14:00: Prize giving ceremony for Mixed Sprint Relay (Idanha-a-Nova)
- ❖ 14:20: Prize giving ceremony for unofficial Mixed Sprint Relay (Idanha-a-Nova)
- ❖ 14:00-21:00: Opening hours of the EO at the EC.
- ❖ **15:00: Deadline for names/start group allocation for Sprint distance competition at the EC.**
- ❖ 15:00-18.00: Model Events in Idanha-a-Velha.
- ❖ 18:00: World Masters Information session at EC.
- ❖ 19:00: **Team Leaders meeting at EC.**



Travel & Logistic + Quarantine



❖ Travel & Logistic

- ❖ Distance from EC to the arena in Idanha-a-Nova: 45 Km (50 min driving).
- ❖ Directions: follow the direction Idanha-a-nova (centre). The event is signed using orienteering guiding arrows from the edge of the town..
- ❖ Parking: In areas marked with signs. Distance from parking to start and finish / arena is a few hundred meters. Start and finish are in the same area.

❖ Quarantine

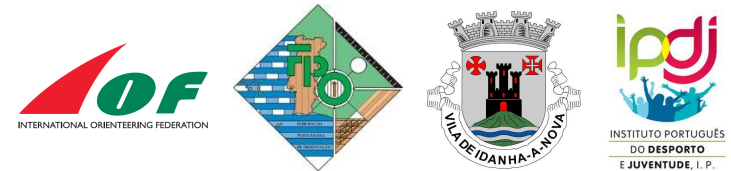
- ❖ 09:30: Entrance to warm up area (EMTBOC)
- ❖ 11:15: Entrance to warm up area (EYMTBOC, EJMTBOC, WMMTBOC)



Map collection



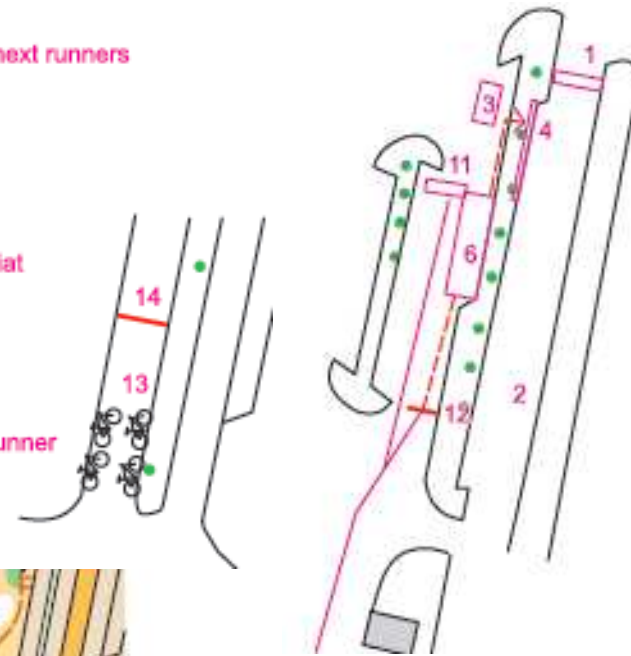
- ❖ All Maps will be collected. They will be returned before the meeting of team leaders.
- ❖ For fairness reasons don't reveal anything important from the courses or the terrain to the other competitors in the open and unofficial races.



Map of Arena



- 1 - Mass start - 1st runner and mounting line for next runners
- 2 - Warm up
- 3 - SI Download
- 4 - Exchange relay
- 5 - Spectator control
- 6 - Maps
- 7 - Parking
- 8 - Sponsors and secretariat
- 9 - Speaker
- 10 - Toilets
- 11 - Finish
- 12 - dismounting line
- 13 - Bikes
- 14 - mounting line for 1st runner
- walking route



- 1- first access to spectators control
- 2- Start 2nd loop
- 3- 2nd access to spectators control
- 4- Start 3rd loop
- 5- sptactor control
- barriers



Course Detail



❖ Start procedures:

❖ first leg:

- Competitors will be placed with their maps some meters in front of them. At the start signal they run to the map and continue to their bike which is further some 30-40 meters away. You are not allowed to ride the bike until you have passed a line further away (similar to triathlon transition). From this line you have to follow the road to the map start point marked by a flag in the terrain.

❖ second, third and fourth leg:

- The preceding rider on your team will give you the map (see below), **you run till mass start line (pushing the bike on foot) and start your ride.**

❖ Finish procedures:

❖ first, second and third legs:

- First, second and third leg riders do not cross the finish line. After the last control, they enter into the transition area (pushing the bike on foot) where they collect the next riders map and deliver it to the next rider in the transition zone. After this the rider download their SI Card, and returns to warm up area.

❖ fourth leg:

- Crossing the finish line is decisive. The winner is the first to cross the finish line (Marshalled). A finish SI box will be 5 meters after the finish line to record a time. Please follow marshal's directions to keep in order.

Distances & Maps



- ❖ Distance tables and climb per categories:

Mix Relay			
	Length (km)	Climb (m)	controls
EMTBOC	3,0-3,4	40	17
EYMTBOC	3,0-3,4	40	17
EJMTBOC	3,0-3,4	40	17
WMMTBOC	3,0-3,4	40	17

- ❖ Maps:

- ❖ Map scale: 1:4.000
- ❖ Contours: 5 meters
- ❖ Map size: 21 x 16 cm
- ❖ Paper type: Waterproof



Terrain description



- ❖ Takes place in combined urban and scrubland area with multiple paths, open areas, buildings, and numerous man made features. Some steep areas with technical up or downhill sections, including potentially unridable steps.
- ❖ Thorny vegetation can be found. Therefore puncture protection is strongly recommended.
- ❖ The competition areas are open to public traffic and the courses cross several public roads. There will be marshal's with whistles 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. As in any town dogs could be found near to houses, chained or otherwise, efforts will be made to ask owners to control them, part could be confined by a chain or fences, others can be loose, please be careful and pay attention when crossing them, there have been no experience of problems in the past, however we cannot control that all will be chained and that they will not try to follow you or bark at your passage.

Warnings



- ❖ **GPS Tracking:** All riders in EMTBOC/WCup will be wearing tracking units (GPS).
 - ❖ **All the Elite athletes riding on a Mixed Relay team should get their GPS equipment before entering in the Warm Up Area, they will be available from 9:00 at Warm Up Entrance.**
- ❖ There is a spectators control with taped routes which will be visited on multiple occasions, butterfly style: It is forbidden to shortcut from marked route.
- ❖ The courses are planned to avoid crossing, however as riders can lose their way please take care on narrow passages and on blind corners.
- ❖ Use of any kind of maps in the area is strictly forbidden. Violation will cause disqualification of the team involved.
- ❖ The use of telecommunication devices (mobile phones etc.) inside the warm up zones is not allowed.
- ❖ The time limit for complaints is 12:00. Complaints received after this time limit will only be considered if there are valid exceptional circumstances which must be explained in the complaint. Any complaint shall be made in writing to the organizer – contact the staff at the finish.
- ❖ Prize giving ceremony
- ❖ starts at 14.00 for EMTBOC. There are prizes for the 6 best placed teams, and, for unofficial relay EYMTBOC, EJMTBOC and WMMTBOC, there are prizes for the 3 best placed teams.

Opening Ceremony



- ❖ 13:00 - Gathering / preparation: at the top southern part of the warm up area. Please can all participants dress in team / country dress to help create a good spectacle
Each delegation will be given a national flag and a sign with the name of the country (or organization representative if the team is not present).
The procession will be by alphabetical order of participating countries.
- ❖ 13:05 - Start of procession towards the town square where the opening ceremony will take place (400 m / 10 min) very slowly (can be on foot or by bike).
- ❖ 13:15 - Arrive at the opening ceremony location in front of the stage. The flag bearer will put the flag on the stage and the team delegation occupies the space for athletes.
- ❖ 13:30 - Start of the Ceremony (expected to last 30 minutes, followed by the prize giving ceremony)

