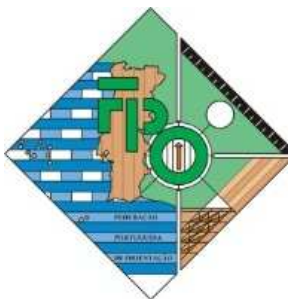




Team Leaders Meeting Day 6 – Relay

12/06/2015



Day 6 - Saturday 13th June (Alcafozes) Relay event



- ❖ 07:30-15:00: Opening hours of the EO at the Relay arena (in Alcafozes).
- ❖ 08:30: Mass start first leg Relay EYMTBOC and EJMTBOC – Men's
- ❖ 08:35: Mass start first leg Relay EYMTBOC and EJMTBOC – Women's
- ❖ 08:45: Finish quarantine for EYMTBOC and EJMTBOC activated
- ❖ 10:15: Mass start for remaining athletes EYMTBOC and EJMTBOC – Men's and Women's
- ❖ 10:15: Start quarantine activated (EMTBOC)
- ❖ 10:25: Finish quarantine EYMTBOC and EJMTBOC finished.
- ❖ 10:30: Mass start first leg Relay EMTBOC – Men's
- ❖ 10:35: Mass start first leg Relay EMTBOC – Women's
- ❖ 12:40: Mass start for remaining athletes EMTBOC
- ❖ 13:30 Mass Start first leg unofficial Relay WMMTBOC – M160 and Mix 160
- ❖ 13:45 Mass Start first leg unofficial Relay WMMTBOC – M120 and Mix 120
- ❖ 15:00: Mass start for remaining athletes WMMTBOC
- ❖ 16:00-21.00 Opening hours of the EO at EC
- ❖ 18:00: Prize giving ceremony (EYMTBOC) for Long distance at EC.
- ❖ 18:15: Prize giving ceremony (EJMTBOC) for Long distance at EC.
- ❖ 18:30: Prize giving ceremony (WMMTBOC) for Long distance at EC.
- ❖ 19:00: Prize giving ceremony (EMTBOC) for Long distance at EC.
- ❖ **20:00: Party MTBO'15 at EC.**



Travel & Logistic and Quarantine times



❖ Travel & Logistic

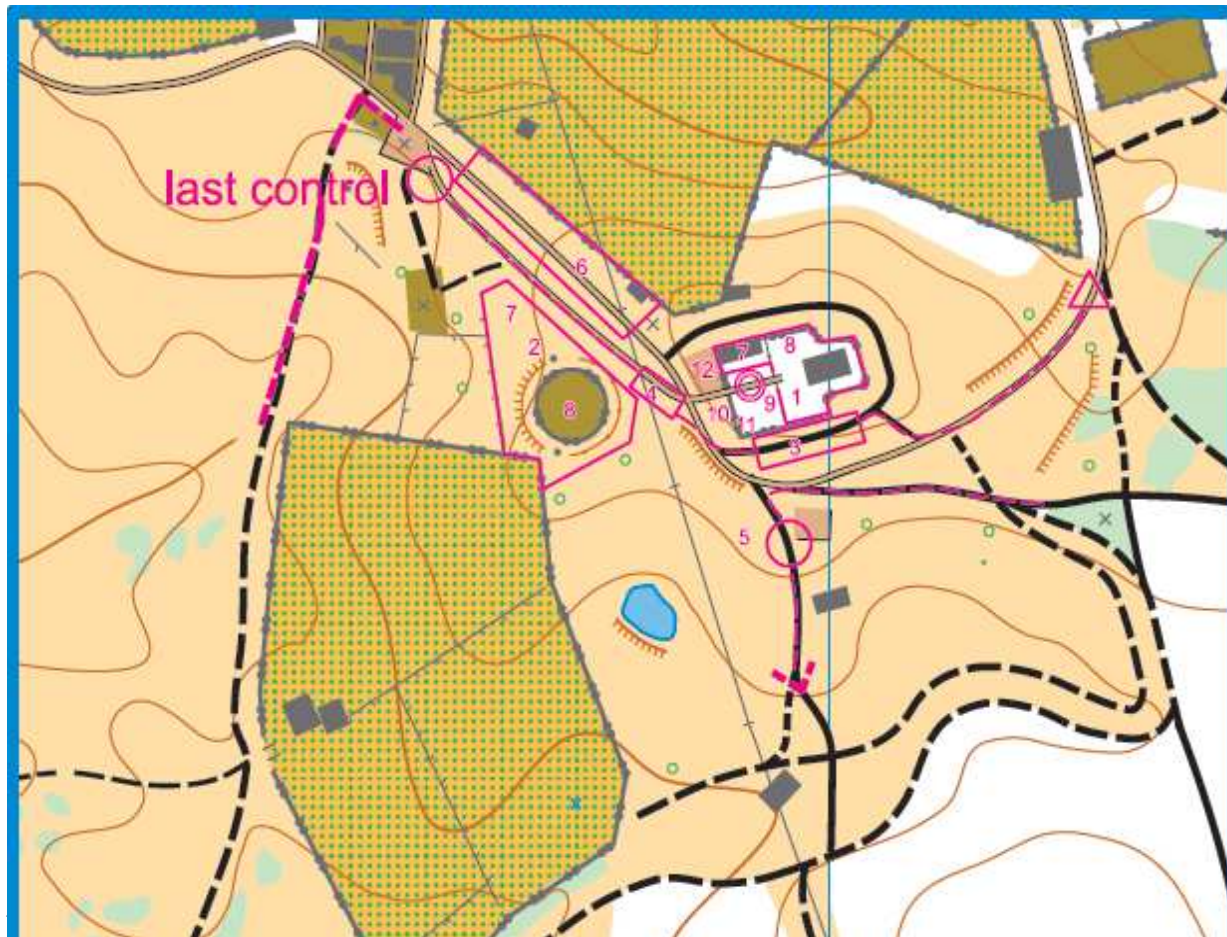
- ❖ Distance from EC to the arena in Alcafozes: 39 Km (45 min driving).
- ❖ Directions: follow the direction Idanha-a-Nova (EN239 – National road 239). In Medelim village turn to the left for the EN332, direction Idanha-a-Velha. Follow the national road to Alcafozes. Orienteering guiding arrows will sign the arena from the edge of the village.
- ❖ Parking: In areas marked with signs.

❖ Quarantine times

- ❖ 08:45: Finish quarantine for EYMTBOC and EJMTBOC activated
- ❖ 10:15: Start quarantine activated (EMTBOC).
- ❖ 10.25: Finish quarantine finished.



Map of the Arena



- 1 - Finish quarantine
- 2 - Start quarantine
- 3 - Start
- 4 - Exchange relay
- 5 - Spectator control
- 6 - Parking
- 7 - Toilets / WC
- 8 - Tents
- 9 - SI Download
- 10 - Secretariat
- 11 - Speaker
- 12 - Sponsors

Course Detail



❖ Start procedures:

❖ first leg:

- Competitors will be placed with their maps in front of them. At the start signal they pick up the map and run to their bike which is further, some 20-30 meters away. You must run with your bike until you have passed a line after the lines of bikes (triathlon transition style). From this line you have to follow the track to the map start point marked by a flag in the terrain. – Please note warning regarding first leg safety below.

❖ - second and third leg:

- The preceding rider on your team hands over to you in transition area by touch. You then proceed to the start area and collect your map and start your race. Note: running with the bike is not required for second and third leg riders.

❖ Finish procedures:

❖ - first and second legs:

- First and second leg riders do not cross the finish line. After the last control, when entering into the transition area they hand over to the next rider by touch. After this the rider downloads their SI Card, and after this operation goes in to the finish quarantine.

❖ - third leg:

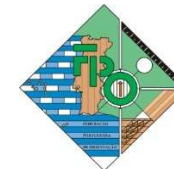
- The winner is the first rider to cross the finish line. A finish SI box will be 5 meters after the finish line to record a time. Please follow marshal's directions to keep in order.

Tracking

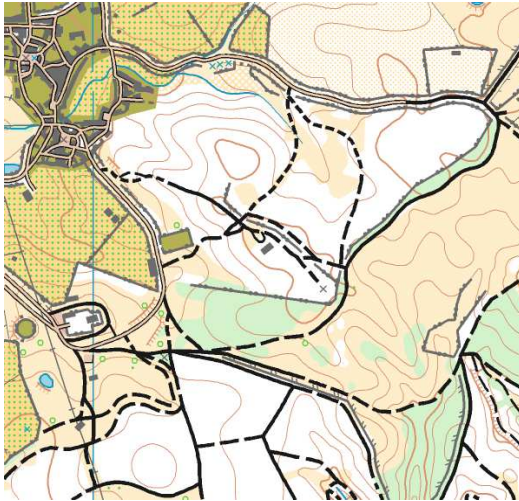


- ❖ Tracking: Athletes of 16 teams will be wearing tracking units (GPS).
 - ❖ **All the Elite athletes, that will be riding with a GPS, should get their equipment before departing, they will be available 30 minutes before the departing – PLEASE ENSURE ALL NAMED ATHLETES WILL TAKE THE GPS.**
- ❖ List of the team that will be use GPS tracking:

Men		Women
FIN	LTU	FIN
RUS	AUT	RUS
CZE	DEN	DEN
FRA	ITA	SWE
EST	POR	CZE
		FRA



Terrain Description



Maps:

Map scale: 1:10.000

Contours: 5 meters

Map size: 34 x 32 cm

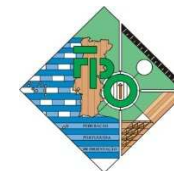
Paper type: Waterproof

- ❖ Takes place in a forest area and farmland, with small urban areas, the forest characteristic features are typical Mediterranean forest, consisting mainly of Eucalyptus plantations, with multiple paths and roads, dense vegetation. The forest areas sometimes have underbrush that can hamper the shortcuts.
- ❖ Thorny vegetation can be found. Therefore puncture protection is strongly recommended.
- ❖ All the competitions area are open to public traffic. The courses use and 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.
- ❖ Some dogs could be found some chained and some loose, there has 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.

Distances and Climbs



Class	Distance Kms	Climb Mts
W17	7.1	165
M17	9.1	165
W20	10.7	170
M20	12.0	240
WE	11.9	240
ME	13.8	255
M 120	12.0	240
Mx120	11.0	190
M 160	11.0	190
Mx 160	10.7	170



Warnings



- ❖ **IMPORTANT - DANGER: The path to access to the first controls' dispersion point is downhill, narrow on smooth tarmac and will be very fast. With many competitors in a bunch there is a significant danger, especially if a rider uses their brakes or turns sharply whilst others are map reading. Marshals will be present with yellow and red flags to request attention to the riders:**
- ❖ Yellow – slow down,
- ❖ Red – ride very slowly or need to stop).
- ❖ Please be sensible and do not take risks.
- ❖ Part of the course will take place in the old part of the village, on very narrow streets and close angle corners, all riders need to pay special attention to the possibility of an unexpected inhabitant could be leaving a house or walking on the street. An announcement of the competition was done with several notices for the possible danger to the local population but we cannot control that there will be no movements in the streets and that a car will not block one of the passages.
- ❖ On critical routes there will be marshals with whistles present to control the traffic and announce the presence of any possible obstacle or arrival of a car.
- ❖ We recommend all athletes attend the various relays for elite, masters, juniors and youth and remain in the area when not competing. The arena will allow a very good view over the start, transition, spectator point and approach of the athletes to the spectator point and finish. We expect a very good atmosphere and experience for all.
- ❖ The use of telecommunication devices (mobile phones etc.) inside the quarantine zones is not allowed.
- ❖ The time limit for complaints is 13:30. 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.
- ❖ Flowers ceremony starts at 14.00 for EYMTBOC, EJMTBOC, and EMTBOC

Prize giving and Party



- ❖ Prize giving ceremony starts at 18.00 (in EC). There are prizes for the 6 best placed women teams and men teams in EYMTBOC, EJMTBOC, WMMTBOC. There are prizes for the 3 best placed teams in the classes M120, M160, Mx120 and Mx160 in WMMTBOC.

❖ And Then PARTY

❖ And SAVE RETURN HOME

❖ Thank You All

