

MTBO 2021 MÉDIO TEJO

European MTB Orienteering Championships

CX80 MTB Orienteering World Cup Final

European Junior MTB Orienteering Championships

European Youth MTB Orienteering Championships and

World Masters MTB Orienteering Championships

Bulletin 4



Abrantes – Portugal

6th to 10th October 2021



Contents

Honour Committee.....	5
1. Organizers and event controlling	9
2. Information and contact.....	10
3. Event Center	10

Bulletin 4 MTBO 2021 Médio Tejo

4. General location	11
5. Event programme	12
6. Team officials' meetings and WMMTBOC information session	13
7. Classes	14
8. Participation	14
9. Entries	15
10. Entry fees	17
11. Account details for payments	17
12. Embargoed areas	18
13. Maps	19
14. Terrain description	20
15. Competition rules	20
16. Special rules	20
18. Start bibs / Race numbers	23
19. Time keeping system	24
20. Course data and winning times	24
21. Anti-doping	25
22. Weather	25
23. Health care and situation with Covid 19 SARS-CoV 2	25
23.2. Covid Testing	26
24. Accommodation (extra cost)	27
24. Meals	27
25. Transport (extra cost)	28
26. Media	28
27. Live Coverage	28
28. Bicycle washing and repair	29
29. Previous maps	29
30. Competition days	30
30.1. Day 1 - Thursday, 7th Oct (Santa Margarida-Constância)	30
30.1.1. Schedule of the day	30
30.1.2. Travel & Logistic	30
30.1.3. Quarantine times	30
30.1.4. Map of Arena	31
30.1.5. Facilities	31
30.1.6. Map collection	31

Bulletin 4 MTBO 2021 Médio Tejo

30.1.7. Course Detail	31
30.1.8. Terrain description	32
30.1.9. Warnings.....	33
30.2. Day 2 - Friday 08 th Oct (Alcaravela-Sardoal).....	33
30.2.1. Schedule of the day	33
30.2.2. Travel & Logistic	33
30.2.3. Quarantine times.....	34
30.2.4. Map of Arena and Start	34
30.2.5. Facilities	35
30.2.6. Map collection	35
Maps will be collected and will be delivered later	35
For fairness reasons don't show the maps and don't reveal anything important from the courses or the terrain to other competitors	35
30.2.7. Course Detail	35
30.2.8. Terrain description	35
30.3. Day 3 - Saturday 09 th Oct (Arripado-Chamusca).....	36
30.3.1. Schedule of the day	36
30.3.2. Travel & Logistic	36
30.3.3. Quarantine times.....	36
30.3.4. Map of Arena and Start	37
.....	37
30.3.5. Facilities	37
30.3.6. Map collection	37
30.3.7. Course Detail	37
30.3.8. Terrain description	38
30.4. Day 4 – Sunday 10 th Oct (Alferrarede-Abrantes).....	39
30.4.1. Schedule of the day	39
30.4.2. Travel & Logistic	39
30.4.3. Quarantine times.....	39
08:35: Finish quarantine activated (EMTBOC & CX80 WCup EJYMTBOC, WMMTBOC)	39
09:30: Relay quarantine activated (EYMTBOC, EJMTBOC).....	39
10:30: Finish quarantine finished. (WMMTBOC)	39
30.4.4. Map of Arena and Start	40
30.4.4.1. Map of Arena and Start – Sprint (WMMTBOC)	40
30.4.4. 2. Map of Arena and Start – Relay (EMTBOC/CX80 WCup/EJYMTBOC).....	41
30.4.5. Facilities	41
30.4.6. Map collection	41
30.4.7. Course Detail	42
30.4.8. Terrain description	43
30.4.9. Warnings.....	43
Quarantine zones	44
Complaints.....	44

Bulletin 4 MTBO 2021 Médio Tejo

Prize-giving ceremonies.....	44
31. Tourist Opportunities in the region.....	44

Honour Committee

Message from Mayor of FPO



Helder Faisca

On behalf of the Portuguese Orienteering Federation, I welcome all to MTBO CX80 World Cup Final, European Championship, Junior and Youth European Championship and World Masters Championship in the region of Médio Tejo, Portugal from 7th to 10th, October 2021.

In the past recent years Portugal, had the pleasure of organising several international events. The quality of our events is well known and the International Orienteering Federation has, once more, trusted us for this big event.

The event will take place in the region of Médio Tejo. The event centre will be set in Abrantes city and the races in the Councils of Abrantes, Constância, Chamusca and Sardoal and all offer excellent touristic conditions.

We believe in the technical quality of the terrains that will be used and in the organisational quality of all involved volunteers, for once more, organise a successful event that will leave everyone happy.

We are waiting for you.

Message from the Mayor of Abrantes



Manuel Valamatos

For years, the municipality of Abrantes has been a destination of sporting excellence.

The recognition of the Portuguese Orienteering Federation of Abrantes as the central town of the World Masters and European Championships of Mountain Bike Orienteering (MTBO), under the aegis of the International Orienteering Federation (IOF) and with the permanent support of Clube de Orientação e Aventura (COA), is a challenge that excites us, honours us and makes us responsible.

As the most central town in Portugal, bathed by the Tagus River and by the large lake of Castelo do Bode, in the heart of Estrada Nacional 2, Abrantes has looked forward to increase its notoriety with major sports and cultural events, which promotes our tourist offer and the monumentality of our cultural and natural heritage.

Our gastronomy, our flavours, our traditional sweets and, above all, our people, make Abrantes a better place for confluence of interests and a geography of encounters.

Here you will feel security and proximity. Here you will experience the genuine Portuguese hospitality.

All the athletes and their corresponding technical teams, members of the Organization and other stakeholders involved in these major competitions of the World Orienteering are greeted. We also wish to all a huge success and we are thankful for the confidence deposited on us.

Let's make all of Sports and MTBO – Médio Tejo a reason for pride, respect, dedication, resilience and team spirit.

Welcome to Abrantes. Welcome to the Médio Tejo. Welcome to Portugal, a privileged country for Orienteering.

Message from the Mayor of Constância



Sergio Oliveira

Constância: Culture, Science and Nature

At the confluence of Zêzere and Tejo rivers, on a small hill, is Constância, Poetry Village.

A land full of history, which preserves a rich and diversified built heritage, including the Matriz and Misericórdia churches, the pillory, the Viewpoint of Time and several private houses built during the last three centuries.

A very old popular tradition states that the poet Luís de Camões lived for some time in a house on the banks of the Tejo River.

Equally important is the natural heritage of the county, existing in its three parishes - Constância, Montalvo and Santa Margarida da Coutada, which include rivers, countryside, and heathland that provide landscapes of unusual beauty, fresh air and the possibility of developing numerous and diversified activities.

In recent times, the county has been endowed with a set of infrastructures to serve the local population and support tourist activities, from a perspective of cultural, scientific and nature tourism. A few examples are the ordering and planning of the Tejo's and Zêzere's riverbanks near Constância, the Nautical Centre, Foz do Zêzere's Fluvium, the Rivers and Maritime Arts Museum, the Living Science Centre – Astronomy Park, the Santa Margarida's Environmental Park and the Tropical Butterfly House.

In terms of economic development, the Industrial Lot, located in the parish of Montalvo, must be highlighted.

Well served by accessibilities, with the highway A23 and the eastern railway, and located in a very central area of Portugal, the county of Constância is a small municipality that keeps great wealth from the past and has been considered one of the best municipalities in Portugal to live in.

Therefore, it's with great satisfaction and jubilation, that the municipality joins such a prestigious initiative, like the "MTBO 2021", which will undoubtedly exalt the above-described natural and heritage values and, at the same time, enrol our municipality in the European and World Orientation paragon as a territory of potential development of this sports modality, open to major events, training, stages of national and international teams, meeting, evasion but, above all, which knows how to receive so well.

Welcome to Constância...

Message from the Mayor of Chamusca



Paulo Queimado

“Chamusca Municipality is pleased to participate in the organization of MTBO 2021 Middle Tagus. We are very honored to welcome all athletes, their teams and participants to this great event.

The natural features of our Municipality attract all sports lovers and our unique sights provide the most beautiful trails and tracks. From the "Charneca" to the "Lezíria" (from the moorland to the flatlands) and along the Tagus River, it's easy to be enchanted by the natural beauty you can enjoy while practicing your favorite sport, be it on foot, by bike or by canoe.

Chamusca Municipality is an avid supporter of healthy sports and activities. Besides having the infrastructure for all team sports and indoor sports, our Municipality is well known for investing in the creation of new infrastructure for outdoor sports and extreme sports, such as a cycling center and a skate park.

To the Portuguese Orienteering Federation and to the International Orienteering Federation we are grateful for the trust and to all the participants in the MTBO European Championships, MTBO CX80 World Cup Final, MTBO Junior & Youth European Championships and MTBO World Masters Championships, a wish of great success.

Welcome to Chamusca!

1. Organizers and event controlling



1.1. Organizers

FPO - Portuguese Orienteering Federation - www.fpo.pt

CMA - Municipality of Abrantes – www.cm-abrantes.pt

CMC - Municipality of Constância – www.cm-constancia.pt

CMC - Municipality of Chamusca – www.cm-chamusca.pt

The events are organized under the authority of the International Orienteering Federation IOF – www.orienteering.sport

Event Director: **Jose Oliveira**

Deputy Event Directors: **Paulo Gonçalves, João Martins, Aniceto Soares, Jorge Elias, João Lavado**

Event Secretary: **Anabela Vieito**

Maps

Cartography Coordinator: **Alexandre Reis**

Cartography and updates: **Jorge Elias /Aniceto Soares/Jose Oliveira**

IT: **Nuno Leite**

Media Coordinators: **Fernando Costa**

1.2. Event Controlling

IOF Senior Event Advisor: **Javier Usón Nebra (ESP)**

National Controller: **Tiago Fernandes (POR)**

Deputy National Controller: **Tiago Lopes (POR)**

1.3. Jury

André Hermet, (FRA)

Grega Raj, (SLO)

Mark Stodgell, (GBR)

Reserve member- Jiri Vransky, (CZE)

2. Information and contact

Federação Portuguesa de Orientação – FPO

Estrada da Vieira, 4 – Bairro Florestal – Pedreães

P- 2430-401 Marinha Grande

Portugal

Tel: (351) 919919801 / 966183477

Email: mtbo2021@fpo.pt or geral@fpo.pt

Email Covid: covid.mtbo2021@fpo.pt

Accommodation Booking: geral@fpo.pt

Website: <http://mtbo2021.fpo.pt>

3. Event Center

Abrantes Sports City

Lat 39.458474°

Long -8.216081°

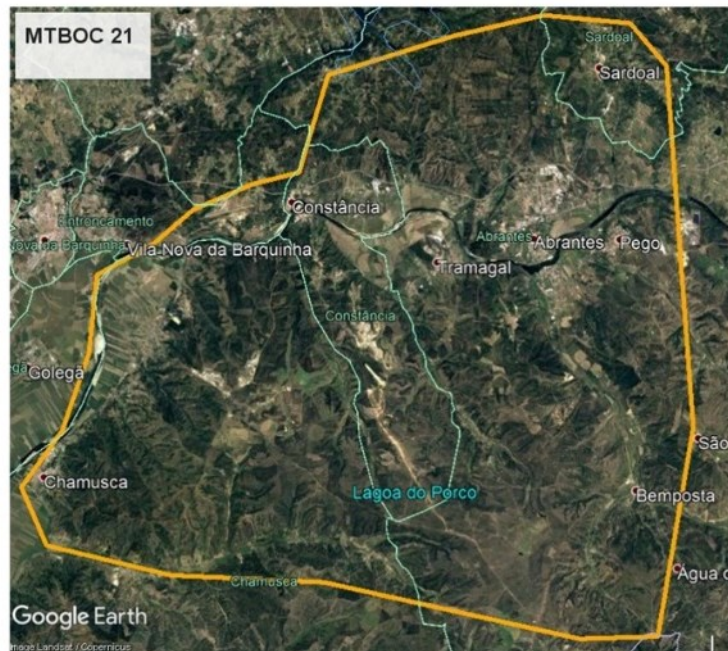
<http://cm-abrantes.pt/index.php/cidade-desportiva>

Distances from main airports

Lisbon International Airport – 150 km – 90 min.

Porto International Airport – 250 km – 150 min

4. General location



5. Event programme

Wed, 6 th Oct	EMTBOC / WCup	EJYMTBOC	WMMTBOC
10:00-19:00	Teams arrivals		
10:00-19:00	Opening hours of the Event Office (EO) at the Event Centre (EC) in Abrantes		
11:00-15:00	Model Event – Abrantes Norte		
15:00		Deadline for start group allocation Sprint	
15:30	Opening Ceremony in Abrantes		
17:00			Information session
18:00	Team Leaders Meeting		

Thu, 7 th Oct	EMTBOC / WCup	EJYMTBOC	WMMTBOC
Competition	-	Sprint	Mass Start
08:30-15:00	Opening hours of the EO at the Sprint/Mass Start arena (Santa Margarida)		
09:00		1 st start Sprint	
09:05		Finish quarantine activated	
10:00-17:00	Teams arrivals		
10:30		Finish quarantine finished	
12:00		Prize-giving ceremony for Sprint	
13:00			1 st start Mass Start
15:00	Deadline start group allocation for Middle Distance		
15:30			Prize-giving ceremony for Mass Start
17:00-20:00	Opening hours of the Event Office at the Event Centre		
16:00-19:00	Model Event for EMTBOC & EJYMTBOC – Abrantes Norte		
18:00	Team Leaders Meeting		

Fri, 8 th Oct	EMTBOC / WCup	EJYMTBOC	WMMTBOC
Competition	Middle distance	Middle distance	Middle distance
08:30-16:00	Opening hours of the EO at the Middle distance arena (Alcaravela)		
09:00	1 st start Middle distance		
09:05	Finish quarantine activated		
10:30	Start quarantine activated		
10:35	Finish quarantine finished		
12:30	Prize-giving ceremony for Middle distance		
13:30			1 st start Middle distance
16:30			Prize-giving ceremony for Middle distance
15:00	Deadline start group allocation for Long Distance		
17:00-19:00	Opening hours of the Event Office at the Event Centre		
18:00	Team Leaders Meeting		

Bulletin 4 MTBO 2021 Médio Tejo

Sat, 9th Oct	EMTBOC / WCup	EJYMTBOC	WMMTBOC
Competition	Long distance	Long distance	Long distance
08:30-15:00	Opening hours of the EO at the Long distance arena (Arripiado)		
09:00	1 st start for Long distance		
09:05	Finish quarantine activated		
10:45	Start quarantine activated		
10:50	Finish quarantine finished		
13:30			1 st start for Long distance
14:30	Prize-giving ceremony for Long distance		
15:00	Deadline for start group allocation for Mixed Relay and Relay		
17:00			Prize-giving ceremony for Long distance
17:00-19:00	Opening hours of the Event Office at the Event Centre		
18:00	Team Leaders Meeting		

Sun, 10th Oct	EMTBOC / WCup	EJYMTBOC	WMMTBOC
Competition	Mixed Relay	Relay	Sprint
08:00-13:00	Opening hours of the EO at the (Mixed) Relay and Sprint arena (Tecnopolo-Abrantes)		
08:30			1 st start Sprint
08:35	Finish quarantine activated		
09:30		Relay quarantine activated	
10:00		Mass start 1 st leg Relay	Finish quarantine finished
11:30	Mixed Relay quarantine activated		
12:00	Mass start 1 st leg Mixed Relay		
12:05	Finish quarantine finished		
14:00-17:00	Opening hours of the Event Office at the Event Centre (EC)		
15:00			Prize-giving – Abrantes (EC)
15:30	Prize-giving Mixed Relay & Relay and CX80 World Cup Abrantes (EC)		
16:00	Closing Ceremony of MTBO21 in Abrantes		

6. Team officials' meetings and WMMTBOC information session

The EMTBOC, EJMTBOC, EYMTBOC and CX80 World Cup team officials' meetings are scheduled to begin at 18:00. All meetings will be held digitally.

For the participants of the WMMTBOC, an Information Session is planned on Wednesday, 6th October, at 17:00. It will be held digitally.

Digital meetings will be held on the Microsoft TEAMS Platform (Detailed Information will be uploaded in <http://mtbo2021.fpo.pt>)

7. Classes

European MTB Orienteering Championship and CX80 World Cup: Women and Men

There is one class for women and one for men. There are no age restrictions.

European Junior MTB Orienteering Championships: Women 20 and Men 20.

European Youth MTB Orienteering Championships: Women 17 and Men 17

World Masters MTBO Championships:

W/M35, W/M40, W/M45, W/M50, W/M55, W/M60, W/M65, W/M70, W/M75, W/M80, W/M85

Two adjacent classes in the same decade will be merged if either or both have fewer than 5 entries. W/M 70 and older are always offered in five-year age groups, regardless of the number of entries.

Open classes / Escalões Abertos & PMS Portuguese Cup / Taça de Portugal PMS

Canceled.

8. Participation

European MTB Orienteering Championship / CX80 World Cup

Competitors representing member federations of the IOF, defined by the International Olympic Committee as belonging to the European continent, can compete in the EMTBOC

Competitors representing other member federations of the IOF can participate in EMTBOC but will not be eligible for European titles, medals or diplomas

For the individual competitions (Middle and Long distance) the maximum entry per member federation is 6 men and 6 women. The current World Champion and European Champion in Middle and Long distance will be given a wild card in addition to the entries from his/her federation.

For the Mixed Relay (relay with one mixed class) a maximum of 4 teams of 3 riders per member federation may be entered. Each team must include at least one woman

CX80 World Cup competitors must have a valid IOF Athlete Licence

European Junior and Youth MTB Orienteering Championships

Competitors representing member federations of the IOF, defined by the International Olympic Committee as belonging to the European continent, can compete in EJMTBOC and EYMTBOC.

Competitors representing other member federations of the IOF can participate in EJMTBOC and EYMTBOC but will not be eligible for European titles, medals or diplomas.

For each individual competition a federation may enter a maximum of 6 competitors in each class of the EJMTBOC and EYMTBOC. The organizing federation may have 2 additional competitors as official EJMTBOC and EYMTBOC competitors in the individual competitions. A federation may enter 2 teams in the Relay of the EJMTBOC and EYMTBOC

Participation in the EJMTBOC and EYMTBOC is open to all competitors according to their age classes.

World Masters:

Participation in the WMMTBOC is open to all competitors according to their age classes.

9. Entries

Summary of entries received per 27/09/2021

EMTBOC / CX80 World Cup Final:

Federation	Men 21	Women 21	Officials	Total
Austria	3	1	1	5
Bulgaria	2	1		3
Czech Republic	7	4	3	14
Denmark	4	4	2	10
Estonia	2		1	3
Finland	6	6	4	16
France	3	3	2	8
Germany	1	1		2
Italy	4		1	5
Lithuania	3	3	2	8
Poland	1		3	4
Portugal	6	1	1	8
Russian Federation	6	6	2	14
Spain	4	1	1	6
Sweden	1	4	2	7
Switzerland	3	3	1	7
Turkey	1	1	1	3
Sum	57	39	27	123

Bulletin 4 MTBO 2021 Médio Tejo

EJYMTBOC:

Federation	Men 20	Women 20	Men 17	Women 17	Total
Austria	3	1	2		6
Czech Republic	1	2	3	3	9
Denmark	2			2	4
Estonia	2	1			3
Finland	1	4	5	5	15
France	3	2	3	3	11
Germany		1	3		4
Italy			1	1	2
Japan			1		1
Latvia			1		1
Lithuania	1		3	3	7
Poland	2	2	2	1	7
Portugal	3	2	6	5	16
Russian Federation	6	6	6	6	24
Spain	3	2	5	4	14
Sweden	1	1	1		3
Switzerland	2		1		3
Sum	30	24	43	33	130

WMMTBOC

Total Competitors - 143

Class	Competitors
Men 35	5
Men 40	8
Men 45	21
Men 50	18
Men 55	20
Men 60	17
Men 65	12
Men 70	10
Men 75	4
Men 80	1
Men 85	1
Women 35	1
Women 40	5
Women 45	6
Women 50	1
Women 55	2
Women 60	6
Women 65	1
Women 70	4

10. Entry fees

For EMTBOC and CX80 World Cup 2021:

Accreditation fee (including model event)	€60/person
Accreditation fee for team officials	€55/person
Middle distance	€30/person
Long distance	€35/person
Mixed Relay (per Team)	€90
Fee for additional training map	€5

For EJMTBOC / EYMTBOC 2021

Accreditation fee (including model event)	€30/person
Middle distance	€20/person
Long distance	€20/person
Sprint distance	€20/person
Relay (per Team)	€60
Fee for additional training map	€5

For WMMTBOC 2021:

Accreditation fee (including model event)	€50/person
Mass start	€35/person
Middle distance	€30/person
Long distance	€35/person
Sprint distance	€25/person
Fee for additional training map	€5

Note : By indication of the IOF the banquet was canceled.

Deadline for payments:

EMTBOC and CX80 World Cup final, EJMTBOC and EYMTBOC: 26th September 2021 /

WMMTBOC 2021: 26th September 2021

11. Account details for payments

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

Bank name: **Caixa Geral de Depósitos** (Agency: **Marinha Grande**)

BIC/SWIFT: **CGDIPTPL**

IBAN: **PT50003504410004259693027**

Bank Address: **Caixa Geral de Depósitos - Agência da Marinha Grande**

Rua Bernardino Jose Gomes - PT 2430-241 Marinha Grande - Portugal

Account owner: **Federação Portuguesa de Orientação-FPO**

Account owner address: **Federação Portuguesa de Orientação-FPO - Estrada da Vieira, 4
- Bairro Florestal - Pedreanes - 2430-401 Marinha Grande - Portugal**

12. Embargoed areas

The areas marked red and orange on the map below are embargoed for all orienteering activities, unless specifically permitted by the organisers. This means:

- no organised orienteering activity may take place in the areas,
- no training sessions may take place in the areas,
- no one with potential connection to a team (athletes or others) may visit the areas with a map

There are two types of embargoed areas: red and orange.

- The **RED** embargoed areas are **fully** embargoed. These areas are out of bounds for all potential 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.

RED zone = Potential participants and team members are not allowed to visit these areas with or without a map.

- The **ORANGE** embargoed area refers to Abrantes city centre. It is **partially** embargoed and can be visited without an orienteering map. Visitors have to stay on the public road network. Any orienteering activity is restricted and it is strictly forbidden to ride a bike with the intention to test route choices.

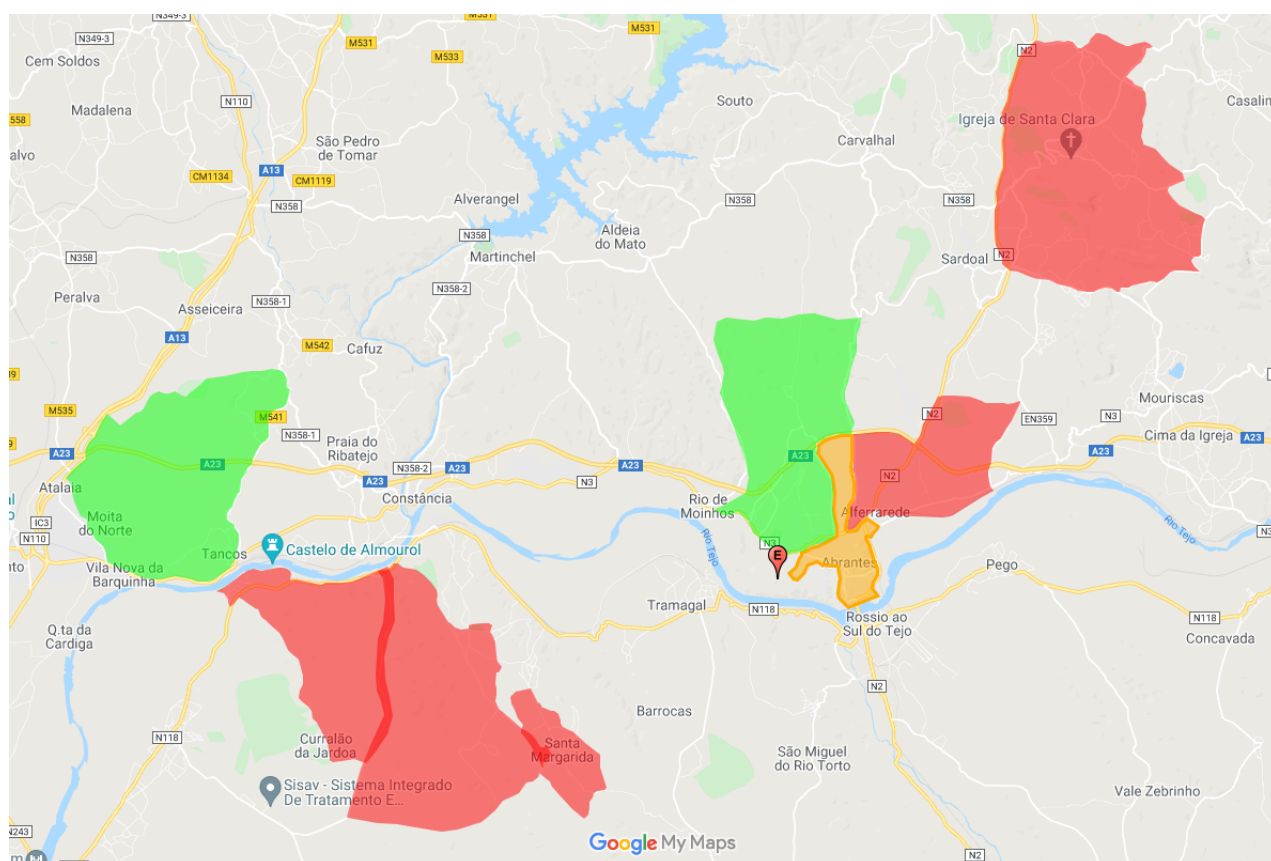
ORANGE zone = It is open for pedestrians, cars and leisurely cycling, but it is forbidden to visit these areas with a map or to do route testing. /

- The **Green** areas, (Model Events1 & 2), These areas are intended for training and can only be used with maps provided by the organization.

Link to map with embargoed areas:

<https://www.google.com/maps/d/u/0/viewer?mid=1H1b1cfepyNqoBemWsZRhKX2JpHOcc-il&ll=39.494379380198446%2C-8.26718800000001&z=12>

Bulletin 4 MTBO 2021 Médio Tejo



13. Maps

The maps for the competitions will be revised and expanded. There will be two newly mapped terrains.

All maps will be printed on water-resistant paper.

Previous maps are available on the event website and a later section in this bulletin.

Samples of the maps





14. Terrain description

<i>Event</i>	<i>Map</i>	<i>Terrain Description</i>
Sprint EJYMTBOC	1:10000, E 5m	The Sprint area is a combination of suburban forest, park and urban area of a town with a varied terrain. The area has a dense network of tracks and paths with a good rideability.
Sprint WMMTBOC	1:7500, E 5m	The Sprint area is a combination of suburban forest, park and urban area of a town with a varied terrain. The area has a dense network of tracks and paths with a good rideability.
Mixed Relay	1:15000, E 5m	The Sprint area is a combination of suburban forest, park and urban area of a town with a varied terrain. The area has a dense network of tracks and paths with a good rideability.
Middle distance	1:15000, E 5m	The Middle and Long distance area is a combination of pine and eucalyptus forest and very small urban areas, on the Long distance there will be small parts of rugged and hilly terrain with a dense network of roads and paths, mostly with a good rideability.
Long distance + Mass start	1:15000, E 5m	

15. Competition rules

The Competition Rules for IOF Mountain Bike Orienteering Events (version valid from 1st February 2020) and the MTB Orienteering World Cup Special Rules 2021 will be applied.

16. Special rules

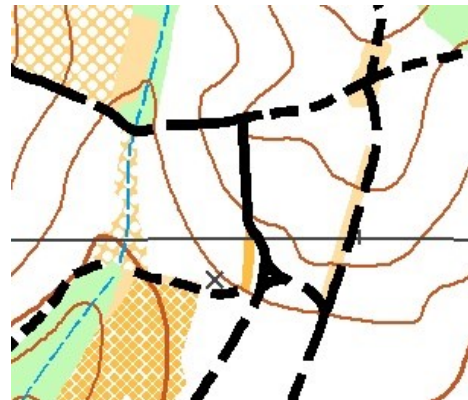
Riding off the track, trail or path is allowed. There might be controls not situated on paths, but they will be perfectly clear and easily accessible on the bike.

Symbol 839 (area where off-track riding is allowed and possible) will be used in the EJYMTBOC sprint



and WMMTBOC Mass Start

Symbol 405 (Forest: good visibility), will be used for adult olive groves in Mixed Relay and Relay (EMTBOC & CX 80 WCup and EJYMTBOC)



17. Start groups

Middle distance CX80 WCup & EMTBOC

In individual competitions with no qualification races, for both women and men a fifth start group (Red Start Group) will consist of the following competitors, provided they are members of their Federation's team (as per Competition Rule 6.6) for this competition:

- the reigning World Champion and European Champion of the format;
- the first 8/9 top-ranked competitors in the IOF World Ranking list as published 10 days before the event. In the case of a tie, all competitors concerned will be included in the Red Start Group. If the above rules provide less than 10 riders, 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).

The Red Start Group is mandatory for competitors who qualify for it.

In individual competitions with no qualification races, for both women and men a fourth start group (Orange Start Group) will consist of the following competitors, provided they are members of their Federation's team (as per Competition Rule 6.6) for this competition:

- the next 10 highest-ranked competitors in the IOF World Ranking list as published 10 days before the event who are not in the Red Start Group. In the case of a tie, all competitors concerned will be included in the Orange Start Group.
- Start groups for EMTBOC & CX80 WCup:**

According to the world ranking the RED start group is:

Men		Women	
Anton Foliforov	Russian Federation	Svetlana Foliforova	Russian Federation
Krystof Bogar	Czech Republic	Marika Hara	Finland
Grigory Medvedev	Russian Federation	Veronika Kubinova	Czech Republic
Jiri Hradil	Czech Republic	Camilla Soegaard	Denmark
Valeriy Glukhov	Russian Federation	Olga Shipilova	Russian Federation
Simon Braendli	Switzerland	Gabriele Andradi	Lithuania
Jussi Laurila	Finland	Antonia Haga	Finland
Vojtech Ludvik	Czech Republic	Linn Bylars	Sweden
Lauri Malsroos	Estonia	Anastasiya Svir	Russian Federation
Baptiste Fuchs	France	Ingrid Stengard	Finland

The ORANGE start group is:

Men		Women	
Ruslan Gritsan	Russian Federation	Constance Devillers	France
Vojtech Stransky	Czech Republic	Caecilie Christoffersen	Denmark
Jonas Maiselis	Lithuania	Anastasiya Bolshova	Russian Federation
Marcus Jansson	Sweden	Ruska Saarela	Finland
Andreas Waldmann	Austria	Anna Tideman	Sweden
Davide Machado	Portugal	Henna Saarinen	Finland
Luca Dallavalle	Italy	Michaela Gigon	Austria
Fabiano Bettega	Italy	Lou Garcin	France
Yuri Balev	Russian Federation	Anke Dannowski	Germany
Yoann Courtois	France	Uliana Sukholovskaia	Russian Federation

The remaining competitors have to be allocated in late, middle and early start groups by the team leader no later than 15:00 on Thursday, 7th October. Notice, before allocating a second competitor to a group, you have to allocate one competitor to each group. If you fail to allocate competitors to starting groups, the organizer decides the allocation.

Long distance CX80 WCup and EMTBOC

For the last individual race of the World Cup Final there will be just four start groups. The “Red Start Group” will be the fourth start group (so there is no Orange Start Group). The Red Start Group will consist of the 10 entered riders with the highest current World Cup ranking who will start strictly in the reverse order of their World Cup ranking.

According to the world ranking the RED start group is:

Men		Women	
Anton Foliforov	Russian Federation	Marika Hara	Finland
Krystof Bogar	Czech Republic	Veronika Kubinova	Czech Republic
Grigory Medvedev	Russian Federation	Camilla Soegaard	Denmark
Jiri Hradil	Czech Republic	Svetlana Foliforova	Russian Federation
Valeriy Glukhov	Russian Federation	Olga ShipilovaVinogradova	Russian Federation
Simon Braendli	Switzerland	Gabriele Andrasiniene	Lithuania
Jussi Laurila	Finland	Antonia Haga	Finland
Vojtech Ludvik	Czech Republic	Linn Bylars	Sweden
Lauri Malsroos	Estonia	Anastasiya Svir	Russian Federation
Baptiste Fuchs	France	Ingrid Stengard	Finland

The remaining competitors have to be allocated in late, middle and early start groups by the team leader no later than 15:00 on Friday, 8th October. Notice, before allocating a second competitor to a group, you have to allocate one competitor to each group. If you fail to allocate competitors to starting groups, the organizer decides the allocation.

EJMTBOC & EYMTBOC

All competitors have to be allocated in late, middle and early start groups by the team leader no later than the day before of each individual completion until 15.00. Notice, before allocating a second competitor to a group, you have to allocate one competitor to each group. If you fail to allocate competitors to starting groups, the organizer decides the allocation.

WMMTBOC

No Group, start time done by Draw.

18. Start bibs / Race numbers

EMTBOC & CX80 WCup, EJMTBOC and EYMTBOC participants for Sprint, Middle and Long distance will receive start bibs numbered according to their start order.

Bulletin 4 MTBO 2021 Médio Tejo

For all other competitors (Masters) it will be same start bib for all races.
The start bib must be attached in front of the bike.

19. Time keeping system

SPORTident Air+ long range will be used on all events with SI-Active Card (SIAC) and compatible Control Stations.

You can use your own SIAC or you can rent one from the Organizer for €7,50 for the whole event (€80 deposit).

It is the athlete's responsibility to do all the procedures for the proper use of the system.

20. Course data and winning times

	Middle distance			Long distance			Sprint			Mass Start / Relay / Mixed Relay		
classes	w.time	length	climb	w.time	length	climb	w.time	length	climb	w.time	length	climb
ME	50-55	19,4	470	105-115	37,7	800				40-45	12,9-13,4	170
WE	50-55	16,3	350	105-115	29,6	510						
M20	40-44	14,6	340	85-90	25,9	410	15-20	7,7	30	35-40	12,4-12,9	120
W20	40-44	12	230	85-90	17,6	390	15-20	6,1	30	35-40	10,4-11,0	130
M17	32-37	10,2	190	70-75	20,7	395	15-20	6,3	20	30-35	8,8-9,4	105
W17	32-37	8,5	160	70-75	16,2	305	15-20	5,4	30	30-35	8,6-9,0	90
M35	50-55	18,5	330	105-115	34,3	810	20-25	7,1	50	75-85	26,1	330
W35	50-55	14,6	290	105-115	31,7	550	20-25	6,2	40	75-85	22,1	17
M40/M45	50-55	16,8	325	105-115	33	820	20-25	7,1	50	75-85	25	320
W40/W45	50-55	14,5	290	105-115	28,1	465	20-25	6,2	40	75-85	21	160
M50/M55	50-55	14,8	305	105-115	30,5	600	20-25	7	60	75-85	23,9	315
W50/W55	50-55	12,2	230	105-115	27	550	20-25	5,8	30	75-85	19,7	155
M60/M65	50-55	12	230	105-115	29,4	520	20-25	6,5	30	75-85	22,1	185
W60/W65	50-55	10,2	190	105-115	19,2	345	20-25	5,6	30	75-85	18,4	155
M70/M75	50-55	10,2	190	105-115	19,2	345	20-25	5,4	30	75-85	18,9	150
W70/W75	50-55	9,2	160	105-115	16,2	290	20-25	4,1	30	75-85	15,3	90
M80/M85	50-55	9,2	160	105-115	16,2	290	20-25	4	20	75-85	15,3	90

21. Anti-doping

Doping is strictly forbidden and the organizers are dedicated to supporting the anti-doping authorities in their work. Doping tests are always carried out in accordance with the procedures described in the WADA International Standard for Testing. The IOF AntiDoping Rules and the World Anti-Doping Code apply. Athletes who are selected for the doping tests must bring an official identification (with photo) to the doping test area. 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. For more information and anti-doping documents, please consult: <https://orienteering.sport/iof/anti-doping/>

22. Weather

During October you can expect temperatures from 15º to 34º Celsius during the day and from 7º to 20º at the night.

23. Health care and situation with Covid 19 SARS-CoV 2

The Organiser will provide first aid at the competition centre and at the arenas of each event. The Organiser will not bear costs connected to health insurance of foreign participants. Foreign participants take part at their own risk. FPO affiliates are covered by the FPO's policies.

23.1. Situation with COVID-19 SARS CoV 2

Due to the complexity of having a wide range of participants (Elite, Juniors and Youth, Masters) who will stay in quite spread out accommodations, the Organiser will not be able to control adherence to the Covid rules outside of the competition activities; therefore it will not be possible to have an event bubble for any of the events.

Please be aware that without an event bubble the responsibility for mitigating Covid infections outside of the competition activities is solely the responsibility of the teams and athletes!

For their part, the organisers will do everything to physically separate the EMTBOC/World Cup and EJYMTBOC competitions from the WMMTBOC competitions in time and arena access. For example,

the competitions for the Masters will usually take place after the EMTBOC and EJMTCOC competitions, there will be separate prize-givings ceremonies for the Masters etc.

As the European Championships, World Cup and the WMMTCOC will be held as separate events, it will unfortunately not be possible for EMTBOC athletes and EMTBOC/EJMTCOC team officials to take part in the WMMTCOC Mass Start on Thursday or in any other WMMTCOC competitions.

Details, including a description how the competition related activities will be structured, and a list of recommendations about how to mitigate risks, are given in the separate Covid-19 Bulletin, which is available in IOF Eventor and on the organiser's website <http://mtbo2021.fpo.pt>. /





23.2. Covid Testing

Date	Hour	Location	Test Type
05 Oct 21	2:00 pm to 8:00 pm	Fire Brigade Abrantes	PCR Antigen
06 Oct 21	8:00 am to 8:00 pm	Event Center	PCR Antigen
07 Oct 21	10:00 am to 1:00 pm 2:00 pm to 5:00 pm	Event Center	PCR
09 Oct 21	9:00 am to 2:00 pm	Arena Arrepiado	PCR return
Other dates to be coordinated	5:00 pm to 7:00 pm	Fire Brigade Abrantes	PCR Antigen


Requisite to covid.mtbo2021@fpo.pt until 4 Oct 2021

Document to be presented in the testing center (Download from <http://mtbo2021.fpo.pt>)

Bulletin 4 MTBO 2021 Médio Tejo



APPLICATION FORM FOR ANTIGEN RAPID TEST
FICHA DE INSCRIÇÃO PARA TESTE RÁPIDO DE ANTIGÉNIO

**TESTES COVID-19**
www.testescovid.pt

☐ ATHLETE / ATLETA ☐ ORGANIZATION / ORGANIZAÇÃO ☐ OTHER / OUTRO

Name

Nome

Birth Date

Data Nascimento

Address

Endereço

City

Cidade

Country

País

Zip Code

Cód Postal

Country phone Code

Indicador do País

Phone Number

Telefone

Country phone Code

Indicador do País

Phone Number

Telefone

Email

Email

Personal Identification / Identificação Pessoal

Identificação Pessoal

Identification Card Number / Número Cartão Cidadão

Passport Number / Número do Passaporte

Health Service Number / Número do S.N.S.

Other / Outro

Registration Number MTBO 21 / Número de Inscrição MTBO 21 (To be completed by the Organization / A preencher pela Organização)

**APPLICATION FORM FOR RT-PCR TEST**
FICHA DE INSCRIÇÃO PARA TESTE RT-PCR**TESTES COVID-19**
www.testescovid.pt☐ ATHLETE / ATLETA ☐ ORGANIZATION / ORGANIZAÇÃO ☐ OTHER / OUTRO

Name

Nome

Birth Date

Data Nascimento

Address

Endereço

City

Cidade

Country

País

Zip Code

Cód Postal

Country phone Code

Indicador do País

Phone Number

Telefone

Country phone Code

Indicador do País

Phone Number

Telefone

Email

Email

Personal Identification / Identificação Pessoal

Identificação Pessoal

Identification Card Number / Número Cartão Cidadão

Passport Number / Número do Passaporte

Health Service Number / Número do S.N.S.

Other / Outro

Registration Number MTBO 21 / Número de Inscrição MTBO 21 (To be completed by the Organization / A preencher pela Organização)

24. Accommodation (extra cost)

The organiser has pre-booked a variety of rooms in the accommodations listed in the table below. Details are published on the event website

Reserves / Reservas:

Email - geral@fpo.pt

Telephone – (351) 919919801 / 918490603

Payments - Confirmation of the reservation will only be made after payment (According to point 11 - Bank account for payments).

Teams are free to book accommodation in other hotels.

24. Meals

Meals are served in restaurants or are provided by the Organiser at extra cost.

- There are many restaurants in Abrantes, Constância and Chamusca.
- The Organiser provides simple meals / lunch at € 10.00 in the arenas from 7th – 10th October. They will be organised as take-away – there is no canteen.
- The meals must be booked at Booking possible to geral@fpo.pt to 4 Oct 2021
- Most hotels also serve dinner – prebooking may be necessary (inquire at your hotel).

Menu

Take-away Thursday, 7th Oct – Beef stew with spaghetti and salad; fruit, drink and bread

Take-away Friday, 8th Oct – Grilled Mixed Meats with Rice and Salad, fruit, drink and bread

Take-away 9th Oct – Roast chicken with rice and salad, fruit, drink and bread

Take-away Sunday, 10th Oct – Mixed Meats, fruit, drink and bread

Banquet - By indication of the IOF the banquet was canceled.

25. Transport (extra cost)

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

For special transport requests, please contact.

Car rental / - reservas@benerent.com

Trains – Schedules (Lisbon-Abrantes-Lisbon) - <https://www.cp.pt/passageiros/pt/consultar-horarios>

Bus – Schedules (Lisbon-Abrantes-Lisbon) - <https://rede-expressos.pt/pt/horarios-bilhetes>

26. Media

We welcome all media representatives to cover the MTBO 2021 events in Portugal in October. For media accreditation and related requests, please contact **Teresa Alves**, the responsible for the media, by phone (+351 918490603) or by email (secretario@fpo.pt).

27. Live Coverage

On our website you'll be able to follow MTBO'21 Medio Tejo, events with live results, live TV coverage and GPS Tracking.

28. Bicycle washing and repair

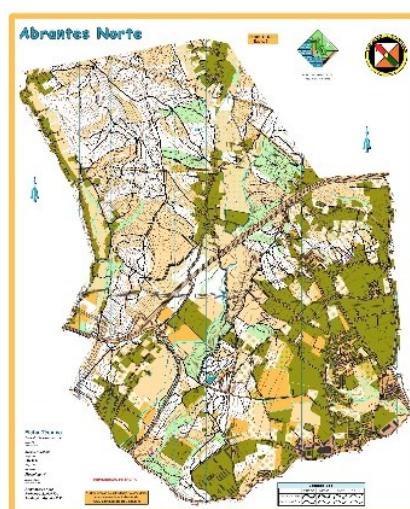
We have our official bicycle repair partner, Vieira e Graça (Loja Jorbi), in Abrantes,

Every day there is one person who can help with smaller problems in the Finish arena.

There will be bicycle washing in every arena

29. Previous maps

Previous maps are available on the event website <https://mtbo2021.fpo.pt/>.



30. Competition days

30.1. Day 1 - Thursday, 7th Oct (Santa Margarida-Constância)

30.1.1. Schedule of the day

- 08:30-13:00: Opening hours of the EO at the Sprint/Mass Start arena in Santa Margarida
- 09:00: 1st start Sprint (EJYMTBOC)
- 09:05: Finish quarantine activated (EJYMTBOC)
- 10:30: Finish quarantine finished (EJYMTBOC)
- 12:00: Prize giving ceremony for Sprint (Parque Ambiental Stª Margarida)
- 13:00: 1st start Mass Start (WMMTBOC)
- 15:00: Deadline for start group allocation for Middle distance competition at the EC (EMTBOC & CX 80 WCup e EJYMTBOC).
- 15:30: Prize giving ceremony for Mass Start (Parque Ambiental Stª Margarida)
- 15:00-19:00: Model Events for (EMTBOC & CX 80 WCup e EJYMTBOC) – Abrantes Norte
- 16:00-20:00 Opening hours of the Event Office at the Event Centre
- 18:00: Team Leaders meeting at EC.

30.1.2. Travel & Logistic

Distance from EC to the arena in STª Margarida: 18,5 Km (30 min driving).

Directions: follow the direction to Military Field of Stª Margarida by N118, will exist orienteering arrows from the points of ordered (Military Field Entrance)

39.430879, -8.301277

39°25'51.2"N 8°18'04.6"W

Parking: In areas marked with signs.

Distance from parking to start is a few hundred meters for EJYMTBOC.

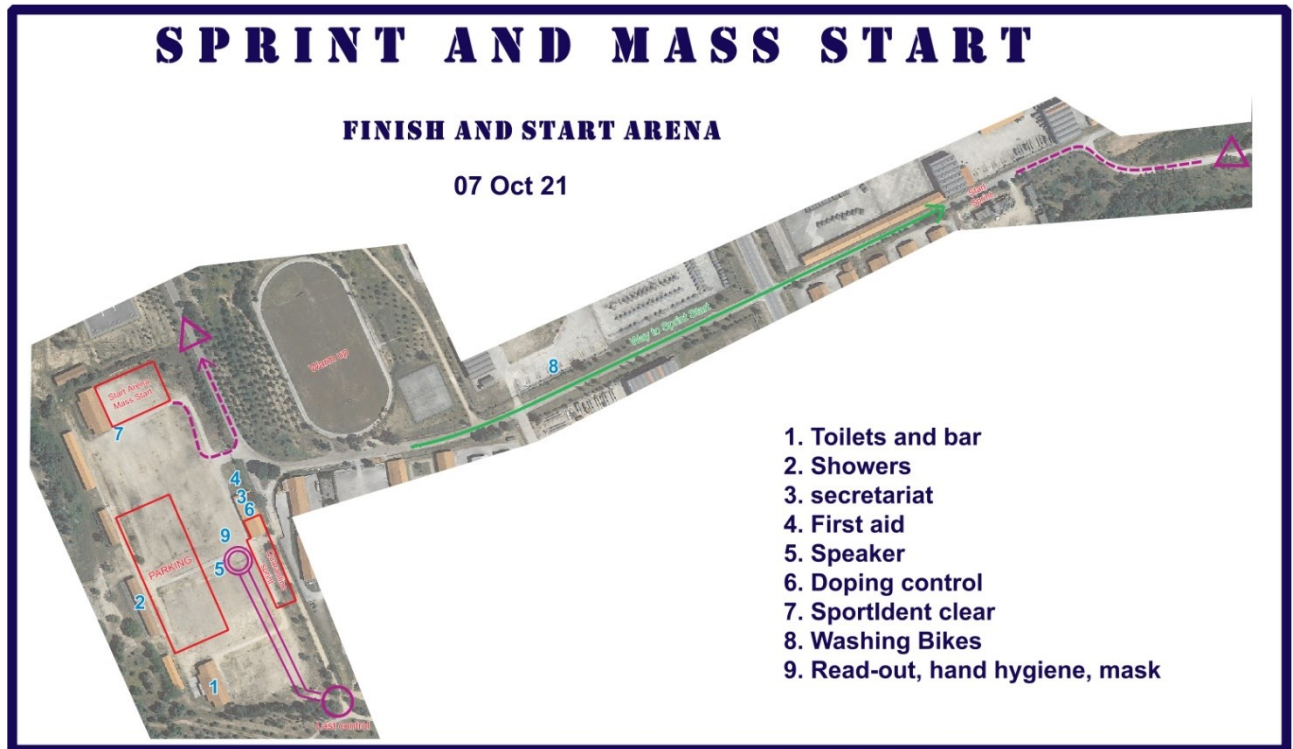
Start for WMMTBOC Mass Start is in arena.

Arrivals, in the arena

30.1.3. Quarantine times

- 08:45: Entrance in warm up area (EJYMTBOC)
- 12:45: Entrance in warm up area (WMMTBOC)

30.1.4. Map of Arena



30.1.5. Facilities

There are toilets in the arena.

There is no sale of food and drinks at the arena

There is water available in warm up area and in arena.

30.1.6. Map collection

Maps will be collected and will be delivered later.

For fairness reasons don't show the maps and don't reveal anything important from the courses or the terrain to other competitors.

30.1.7. Course Detail

- Start procedure Sprint: SI-clear is found outside start boxes. There are 3 start boxes. Which you enter 3 minutes before time start. In box 1 your SI-number is confirmed by the start staff. In box 2 you have the SI-check. In box 3 you take your map (it is your responsibility to take the correct map). After time start you have to follow a mandatory route to the start point which is marked by a flag in the terrain.
- Tracking: Athletes of start groups will be wearing tracking units (GPS). Another 10 athletes (to be indicated) too.
- Finish procedures: Finish SI box will be in the finish line.

WMMTBOC - Mass Start

Competitors will line up standing over their bikes in rows of 10. They receive their maps at their bikes 15 seconds before the start. The bike must be stationary and competitors must keep at least one foot on the ground until the start signal.

After the start signal the athletes follow the road to the map start point marked by a flag in the terrain

Sprint (EJYMTBOC)

- Maps:
Map scale: Sprint - 1:10000,
Contours: 5 meters
Map size: 25 x 30 cm

Mass Start (WMMTBOC)

- Maps:
Map scale: Mass start - 1:15000,
Contours: 5 meters
Map size: 30 x 40 cm

30.1.8. Terrain description EJYMTBOC



WMMTBOC



Take 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, including potentially unridable steps.

Thorny vegetation can be found. Therefore puncture protection is strongly recommended.

All the competitions area are 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.

Some dogs could be found, part could be confined by a chain or fences, others can be loose, please be careful and pay attention when crossing them, 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.

30.1.9. Warnings

- The competition will be carried out within a Military Field, there will be mandatory forbidden zones to respect. The Traffic will not be cut off and there may be dangerous traffic of Military vehicles. Traffic watering has to be met.
- On critical passages there will be marshals present to control the traffic and announce the presence of any possible obstacle or arrival of a car.

30.2. Day 2 - Friday 08th Oct (Alcaravela-Sardoal)

30.2.1. Schedule of the day

08:30-16:00: Opening hours of the EO at the Middle distance arena (Alcaravela-Sardoal).
09:00: 1st Start for Middle distance course (EYMTBOC, EJMTBOC, EMTBOC & CX80 WCup)
09:05: Finish quarantine activated. (EYMTBOC, EJMTBOC, EMTBOC & CX80 WCup)
10:30: Start quarantine activated (EYMTBOC, EJMTBOC, EMTBOC & CX80 WCup).
11:35: Finish quarantine finished. (EYMTBOC, EJMTBOC, EMTBOC & CX80 WCup)
12:30: Prize giving ceremony at finish area of Middle distance (EYMTBOC, EJMTBOC, EMTBOC & CX80 WCup)
13:30: 1st Start for Middle distance course (WMMTBOC)
15:00 Deadline start group allocation for Long Distance
16:30: Prize giving ceremony at de finish area of Middle Distance (WMMTBOC)
16:00-22:00: Opening hours of the EO at the EC
18:00 Team Leaders Meeting

30.2.2. Travel & Logistic

Distance from EC to the arena in Alcaravela: 17 Km (20 min driving).

Directions: follow the direction Sardoal (EN 2 – National road 2). In the EN 2 follow the directions Alcaravela, In village of Santa Clara, there will exist orienteering guiding arrows

39.564512, -8.135224

39°33'52.2"N 8°08'06.8"W

Parking: In areas marked with signs.

Distance from parking to start is 1,5 Km.

Arrivals, in the arena.

At the Middle distance, competitors' clothes and other personal belongings will be transported by the organiser from the start quarantine to the finish arena. Please pack your things in a plastic bag provided at the start quarantine and mark the bag with your start number.

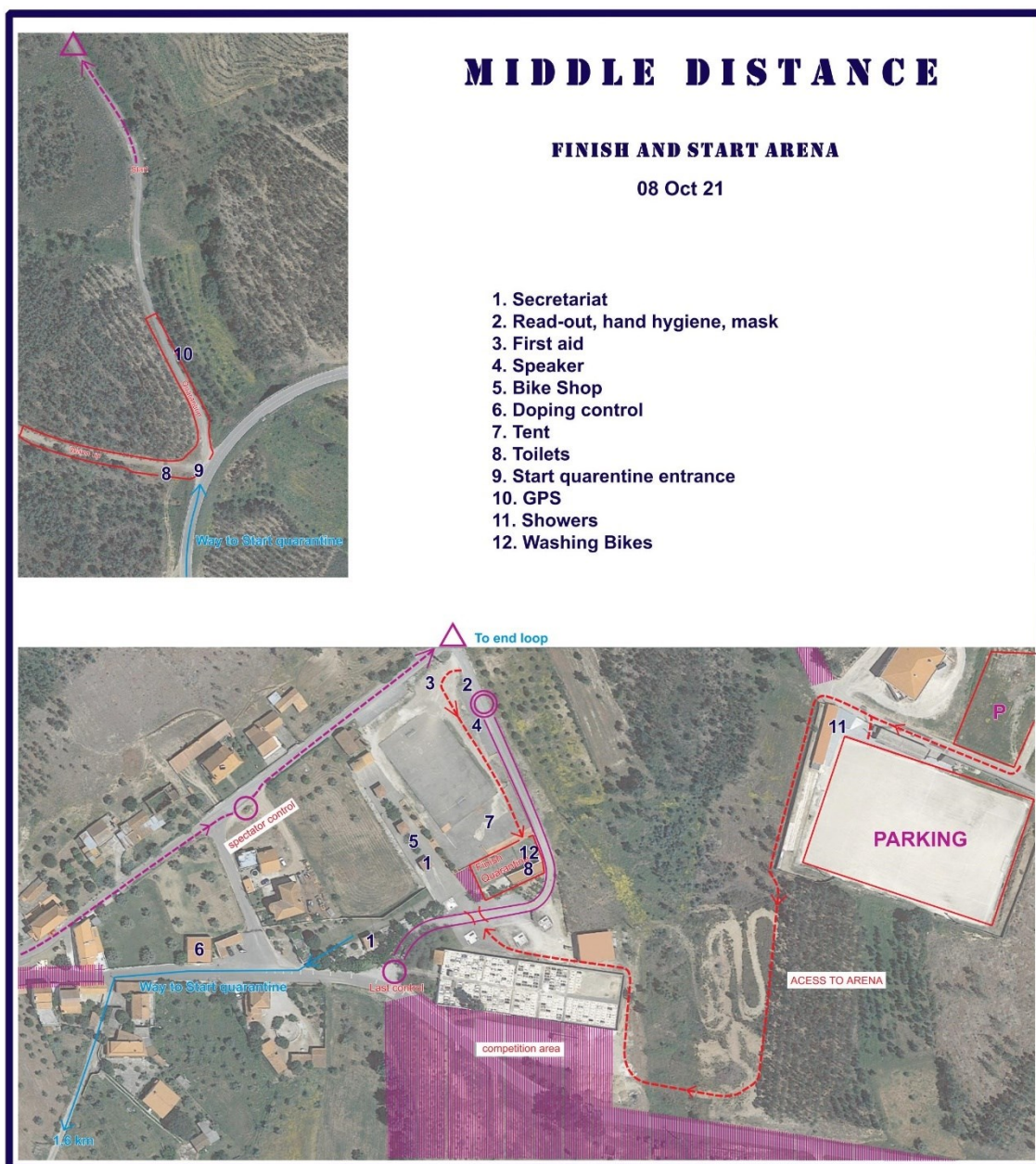
30.2.3. Quarantine times

09:05: Finish quarantine activated (EYMTBOC, EJMTBOC, EMTBOC & CX80 WCup).

10:30: Start quarantine activated (EYMTBOC, EJMTBOC, EMTBOC & CX80 WCup).

10:35: Finish quarantine finished (EYMTBOC, EJMTBOC, EMTBOC & CX80 WCup)

30.2.4. Map of Arena and Start



30.2.5. Facilities

There is no sale of food and drinks at the arena

There is catering service with daily menu (The meals must be booked 1 week in advance)

There are toilets in the quarantines (finish and start) and in the arena.

There is water available in quarantines, in warm up area and in arena.

30.2.6. Map collection

Maps will be collected and will be delivered later.

For fairness reasons don't show the maps and don't reveal anything important from the courses or the terrain to other competitors

30.2.7. Course Detail

- **Start procedures:**

Start: SI-clear is found outside start boxes. There are 3 start boxes. Which you enter 3 minutes before time start. In box 1 your SI-number is confirmed by the start staff. In box 2 you have the SI-check. In box 3 you take your map (it is your responsibility to take the correct map). After time start you have to follow a mandatory route to the start point which is marked by a flag in the terrain.

- **Tracking:** Athletes of Red and Orange start groups will be wearing tracking units (GPS). Another 10 athletes (to be indicated) too.

- **Finish procedures:** Finish SI box will be in the finish line.

- **Maps:**

Map scale: 1:15.000

Contours: 5 meters

Map size: 30 x 36 cm

30.2.8. Terrain description



Take place in a forest area, with small urban areas; the forest characteristic features are the 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 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.

Some dogs could be found, part could be confined by a chain or fences, others can be loose, please be careful and pay attention when crossing them, 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.

30.3. Day 3 - Saturday 09th Oct (Arripado-Chamusca)

30.3.1. Schedule of the day

08:30-15:00: Opening hours of the EO at the EC

09:00: 1stStart for long distance (CX80 WCup & EMTBOC; EJYMTBOC) in Arripado-Chamusca

09:05: Finish quarantine activated

10:45: Start quarantine active

10:50: Finish quarantine finish

12:00: 1stStart for long distance (WMMTBOC)

14:30: Prize giving ceremony for long distance at arena. (CX80 WCup & EMTBOC; EJYMTBOC)

15:00: Deadline for start group allocation for Mixed Relay and Relay at the EO at the EC

16:00: Prize giving ceremony (WMMTBOC) for Long distance at EC.

17:00-19:00 Opening hours of the Event Office at the Event Centre

18:00: Team Leaders Meeting

30.3.2. Travel & Logistic

Distance from EC to the arena in Arripado: 27,8 Km (27 min driving).

Directions: Direction to Arripado, In village of Arripado, there will exist orienteering guiding arrows.

39.451329, -8.397063

39°27'04.8"N 8°23'49.4"W

Parking: In areas marked with signs.

Distance from parking to start is 1,2 Km.

Arrivals, in the arena

At the Long distance, competitors' clothes and other personal belongings will be transported by the organiser from the start quarantine to the finish arena. Please pack your things in a plastic bag provided at the start quarantine and mark the bag with your start number.

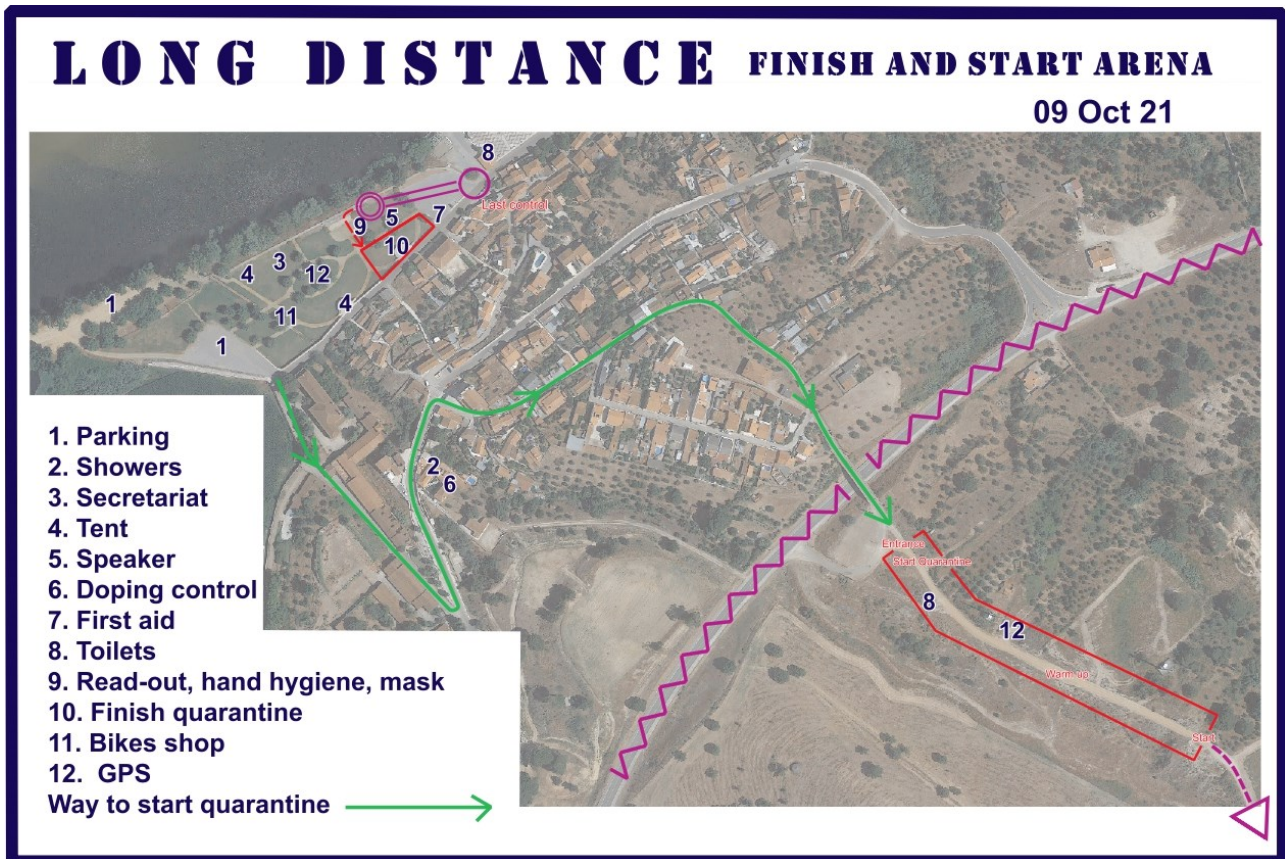
30.3.3. Quarantine times

09:05: Finish quarantine activated (CX80 WCup & EMTBOC; EJYMTBOC)

10:45: Start quarantine active (CX80 WCup & EMTBOC; EJYMTBOC)

10:50: Finish quarantine finish (CX80 WCup & EMTBOC; EJYMTBOC)

30.3.4. Map of Arena and Start



30.3.5. Facilities

There is no sale of food and drinks at the arena

There is catering service with daily menu (The meals must be booked 1 week in advance)

There are toilets in the quarantines (finish and start) and in the arena.

There is water available in quarantines, in warm up area and in arena

30.3.6. Map collection

Maps will be collected and will be delivered later.

For fairness reasons don't show the maps and don't reveal anything important from the courses or the terrain to other competitors

30.3.7. Course Detail

- **Start procedures:**

Start: departure are about 1500 m, always on the rise, the first 1000 m, are of sharp rise.

Start: SI-clear is found outside start boxes. There are 3 start boxes. Which you enter 3 minutes before time start. In box 1 your SI-number is confirmed by the start staff. In box 2 you have the SI-check. In box 3 you take your map (it is your responsibility to take the correct map).

After time start you have to follow a mandatory route to the start point which is marked by a flag in the terrain.

- **Finish procedures:** Finish SI box will be in the finish line.
- **Maps:**
 - Map scale: 1/15.000
 - Contours: 5 meters
 - Map size: 32 x 42 cm

30.3.8. Terrain description



Take place in a forest area, with small urban areas; the forest characteristic features are the 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 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.

Some dogs could be found, part could be confined by a chain or fences, others can be loose, please be careful and pay attention when crossing them, 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.

30.4. Day 4 – Sunday 10th Oct (Alferrarede-Abrantes)

30.4.1. Schedule of the day

08:00-13:00: Opening hours of the EO at the Sprint; Relay and Mixey Relay arena (in Alferrarede).
08:30: 1st start Sprint (WMMTBOC)
08:35: Finish quarantine activated (EMTBOC & CX80 WCup EJYMTBOC, WMJMTBOC)
09:30: Relay quarantine activated (EYMTBOC, EJMTBOC)
10:00: Mass start 1st leg Relay (EYMTBOC, EJMTBOC)
10:30: Finish quarantine finished. (WMMTBOC)
11:30: Mixed Relay quarantine activated (EMTBOC & CX80 WCup).
12:00: Mass start 1st leg Mixed Relay (EMTBOC & CX80 WCup).
12:05: Finish quarantine finished (EMTBOC & CX80 WCup EJYMTBOC)
14:00-17.00 Opening hours of the EO at EC
15:00: Prize giving ceremony (WMMTBOC) .
15:30: Prize giving ceremony (EMTBOC & CX80 WCup EJYMTBOC).
16:00: Closing Ceremony of MTBO21 of de EC in Abrantes

30.4.2. Travel & Logistic

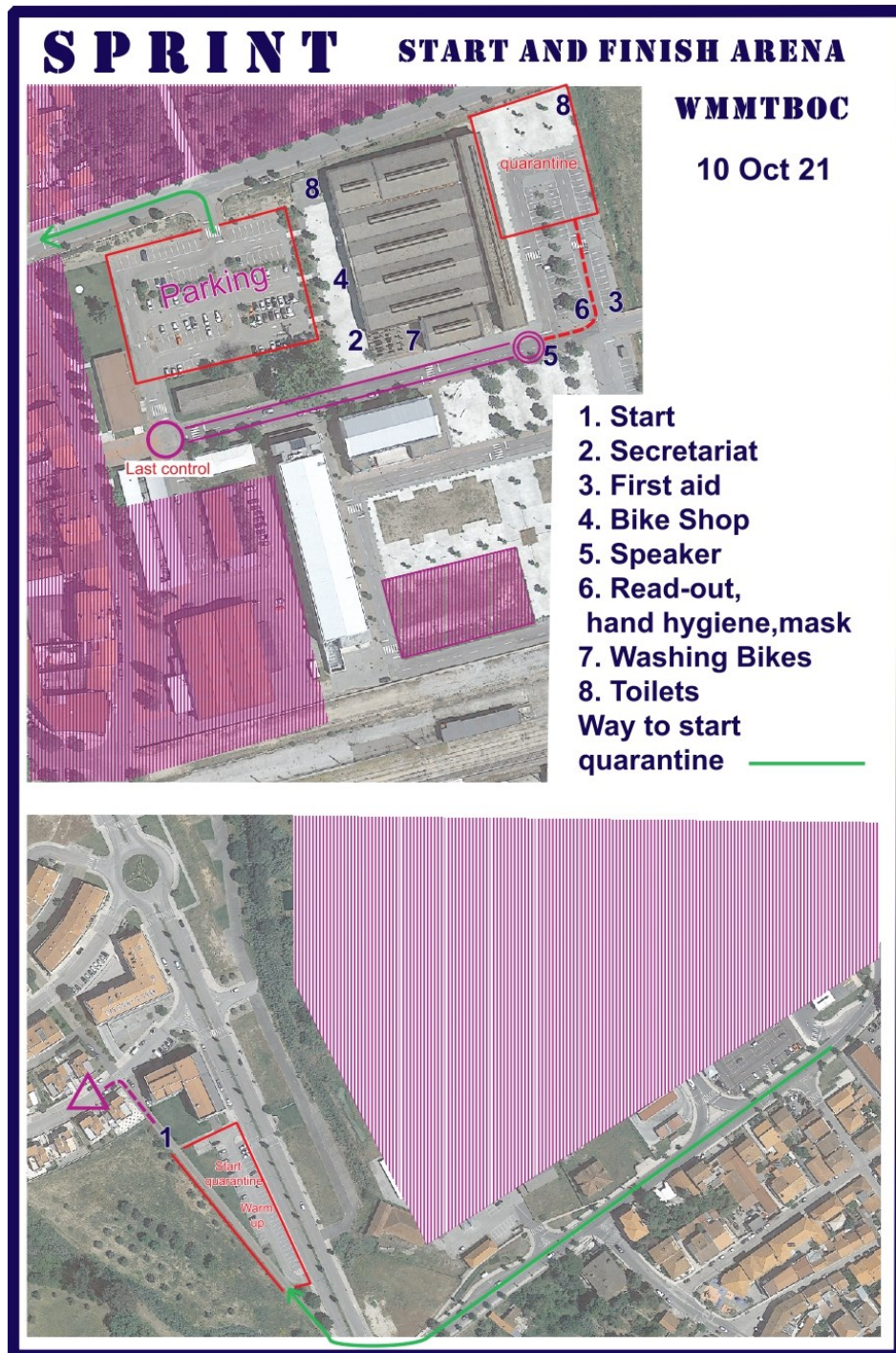
Distance from EC to the arena in Alferrarede: 2,9 Km (5 min driving).
Directions: Follow the direction of Tecnopolo-Alferrarede
Near McDonald's Abrantes
39.475678, -8.188641
39°28'32.4"N 8°11'19.1"W
Parking: In areas marked with signs.
Distance from parking to start WMMTBOC is 0,7 Km.
Start to EMTBOC/CX80WCup/EJYMTBOC, in the arena
Arrivals, in the arena

30.4.3. Quarantine times

08:35: Finish quarantine activated (EMTBOC & CX80 WCup EJYMTBOC, WMMTBOC)
09:30: Relay quarantine activated (EYMTBOC, EJMTBOC)
10:30: Finish quarantine finished. (WMMTBOC)
11:30: Mixed Relay quarantine activated (EMTBOC & CX80 WCup)
12:05: Finish quarantine finished (EMTBOC & CX80 WCup EJYMTBOC)

30.4.4. Map of Arena and Start

30.4.4.1. Map of Arena and Start – Sprint (WMMTBOC)



30.4.4. 2. Map of Arena and Start – Relay (EMTBOC/CX80 WCup/EJYMTBOC)



30.4.5. Facilities

There is sale of light meals and drinks at the Sprint arena.

There is catering service with daily menu (needs to be booked 8 days in advance)

There are toilets in the quarantine and in the arena.

There is water available in quarantines, in warm up area and in arena

30.4.6. Map collection

All the maps (EYMTBOC, EJMTBOC, EMTBOC & CX80 WCup) will be collected by the organizers.

Maps will be delivered after finishing the race (around 12H05).

30.4.7. Course Detail

- **Start procedures** (EYMTBOC, EJMTBOC, EMTBOC & CX80 WCup) :

- **first leg:**

Competitor next to the Bike, with at least one foot on the ground.

The Competitor will receive the Map 15 seconds before the start signal, turned the other way (must not be turned before the order 'maps')

After the start signal the athletes follow the road to the map start point marked by a flag in the terrain.

- **second and third leg:**

The preceding rider on your team touches you in the change over area. You go to the start area and collect your map. Start your race.

- **Finish procedures:**

- **first and second legs:**

First and second leg riders do not cross the finish line. After the last control, when enter into the changeover area they touch the next rider. After this the rider discharges his SI Card, and after this operation goes to the finish quarantine.

- **third leg:**

Crossing the finish line is decisive. Finish SI box will be 5 meters after the finish line.

- **Start procedures** (WMMTBOC)

Start: Departure is about 700 m from the parking

Start: SI-clear is found outside start boxes. There are 3 start boxes. Which you enter 3 minutes before time start. In box 1 your SI-number is confirmed by the start staff. In box 2 you have the SI-check. In box 3 you take your map (it is your responsibility to take the correct map). After time start you have to follow a mandatory route to the start point which is marked by a flag in the terrain.

Finish procedures: Finish SI box will be in the finish line.

- **Maps:**

WMMTBOC - Sprint

Map scale: 1:7500

Contours: 5 meters

Map size: 25 x 30 cm

EMTBOC & CX80 WCUP/EJYMTBOC – Mixed Relay and relay

Map scale: 1:15000

Contours: 5 meters

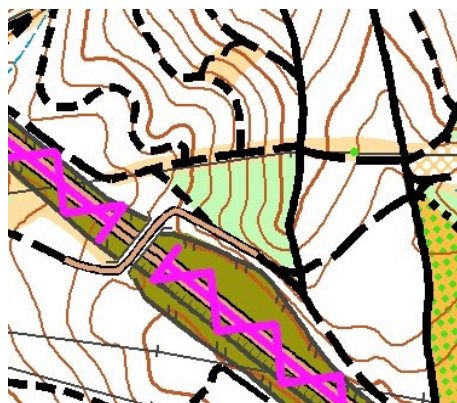
Map size: 30 x 30 cm

30.4.8. Terrain description

WMMTBOC



EMTBOC & CX80 WCUP/EJYMTBOC



Take place in a forest area, with small urban areas; the forest characteristic features are the 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 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.

Some dogs could be found, part could be confined by a chain or fences, others can be loose, please be careful and pay attention when crossing them, 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.

30.4.9. Warnings

Sprint - WMMTBOC

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).

Part of the course will take place in the city, all riders need to pay special attention to the possibility of an unexpected inhabitant could be sorting of the 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 this passages.

On critical passages there will be marshals present to control the traffic and announce the presence of any possible obstacle or arrival of a car.

Mixed Relay and Relay – EMTBOC & CX 80 WCup and EJYMTBOC

We strongly recommend all athletes to watch the different relays and remain in the area when not competing. The arena will allow a very good view over the start, change over, , spectator point and

approach of the athletes to the spectator point and finish, we expect a very good show and party to all.

Quarantine zones

The use of telecommunication devices (mobile phones etc.) inside the quarantine zones is not allowed.

Complaints

- Any complaint must be made in writing to the organiser as soon as possible – contact the staff at the finish.
- The time limit for complaints will be announced on each competition day. Complaints received after this time limit will only be considered if there are valid exceptional circumstances which must be explained in the complaint.

Prize-giving ceremonies

- Podium finishers are requested to dress in team uniforms (not WMMTBOC participants) and to refrain from taking to the podium items such as hats, sunglasses, bottles, headbands and various gadgets. No accompanying persons may be brought to the podium.

31. Tourist Opportunities in the region

Abrantes

<http://turismo.cm-abrantes.pt/>

Constância

<http://www.cm-constancia.pt/index.php/pt/visitar/posto-de-turismo>

Chamusca

<https://www.cm-chamusca.pt/conhecer-chamusca/locais-interesse>

Sardoal

<http://turismo.cm-sardoal.pt/>