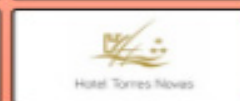




## MÉDIO TEJO

ABRANTES CONSTÂNCIA CHAMUSCA

6th to 10th October - PORTUGAL



# Team Leaders Meeting

06/10/2021

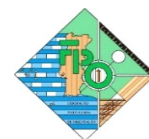


## MTBO 2021 MÉDIO TEJO

- European MTB Orienteering Championships & CX80 MTB Orienteering World Cup Final – EMTBOC/CX80 WCup
- European Junior MTB Orienteering Championships – EJMTBOC
- European Youth MTB Orienteering Championships – EYMTBOC and
- World Masters MTB Orienteering Championships – WMMTBOC

**Abrantes – Portugal**

**6<sup>th</sup> to 10<sup>th</sup> of October 2021**



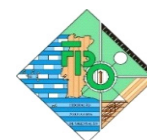
EMTBOC & CX80 WCUP – EJMTBOC – EYMTBOC – WMMTBOC 2021

# Team Leaders Meeting

06/10/2021



## ➤ General Information



EMTBOC & CX80 WCUP – EJMTBOC – EYMTBOC – WMMTBOC 2021

# Organizers



- **FPO - Portuguese Orienteering Federation - [www.fpo.pt](http://www.fpo.pt)**
- **CMA - Municipality of Abrantes – [www.cm-abrantes.pt](http://www.cm-abrantes.pt)**
- **CMC - Municipality of Const\u00e2ncia – [www.cm-constancia.pt](http://www.cm-constancia.pt)**
- **CMC - Municipality of Chamusca – [www.cm-chamusca.pt](http://www.cm-chamusca.pt)**
- **The events are organized under the authority of the International Orienteering Federation IOF – [www.orienteering.sport](http://www.orienteering.sport)**
- **Event Director: Jose Oliveira**
- **Deputy Event Directors: Paulo Gon\u00e7alves, Jo\u00e3o Martins, Aniceto Soares, Jorge Elias, Jo\u00e3o 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**

# Event Controlling & Jury



- **IOF Senior Event Advisor: Javier Usón Nebra (ESP)**
- **National Controller: Tiago Fernandes (POR)**
- **Deputy National Controller: Tiago Lopes (POR)**
  
- **Jury**
  - André Hermet (FRA)
  - Grega Raj (SLO)
  - Mark Stodgell (GBR)
  - Reserve member - Jiri Vransky (CZE)

# Event Program 1/3



Wed, 6 <sup>th</sup> 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 <sup>th</sup> 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 <sup>st</sup> 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 <sup>st</sup> 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		

# Event Program 2/3



Fri, 8th 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 <sup>st</sup> 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 <sup>st</sup> 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		
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 <sup>st</sup> start for Long distance		
09:05	Finish quarantine activated		
10:45	Start quarantine activated		
10:50	Finish quarantine finished		
13:30			1 <sup>st</sup> 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		

# Event Program 3/3



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 <sup>st</sup> start Sprint
08:35	Finish quarantine activated		
09:30		Relay quarantine activated	
10:00		Mass start 1 <sup>st</sup> leg Relay	Finish quarantine finished
11:30	Mixed Relay quarantine activated		
12:00	Mass start 1 <sup>st</sup> 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		



# Entries 1/3



## ➤ EMTBOC / CX80 Wcup 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

# Entries 2/3



## ➤ EJMTBOC / EYMTBOC

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

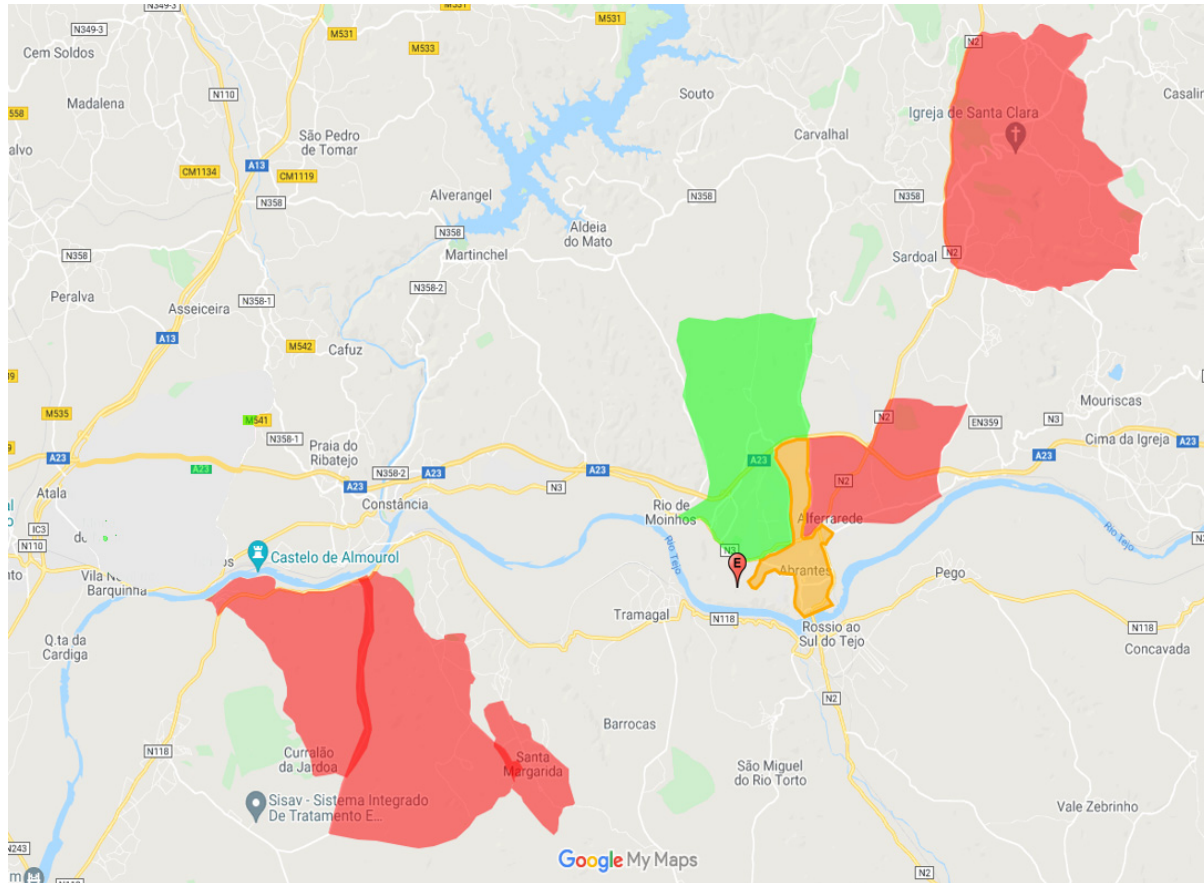
# Entries 3/3



## ➤ WMMTBOC

Class	Competitor
Women 35	1
Men 35	6
Women 40	5
Men 40	9
Women 45	7
Men 45	21
Women 50	1
Men 50	18
Women 55	2
Men 55	20
Women 60	6
Men 60	18
Women 65	1
Men 65	12
Women 70	4
Men 70	10
Men 75	4
Men 80	1
Men 85	1

# Embargoed Areas



- 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 Event), These areas are intended for training and can only be used with maps provided by the organization.

# Maps

- The maps for all the competitions have been revised and expanded. There are two newly mapped terrains.
- All maps will be printed on water-resistant paper.
- Previous maps are available on the event website and in the bulletin.
- Samples of the maps:




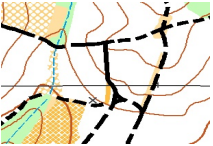
# Terrain Description



<i>Event</i>	<i>Map</i>	<i>Terrain Description</i>
<b>Sprint</b> <b>EJYMTBOC/EJMTBOC</b>	1:10000 Contour 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.
<b>Sprint WMMTBOC</b>	1:7500 Contour 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.
<b>Mixed Relay / Relay</b>	1:15000 Contour 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.
<b>Middle distance</b>	1:15000 Contour 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.
<b>Long distance + Mass start</b>	1:15000 Contour 5m	

# Competition Rules (including Special/Event)



- 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.
- 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 ride able open areas (ISOM 401 to 405)
- Off road riding is strictly prohibited in all other areas, including settlements, cultivated land, orchards, vineyards and all other open areas not marked as ride able (ISOM 412 and 413). Competitors riding off road in restricted areas are responsible for any damage claimed by the landowners and will be disqualified.
- Symbol 839 (area where off-track riding is allowed and possible)  
will be used in the EJ/EYMTBOC 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)
- 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, when in small paths, slower athletes should facilitate the passage of the quicker.
- On departure/start the bike must be stationary and competitors shall keep at least one foot on the ground until the start signal.



# 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 Junior helping an Elite.



# Complaints and Protest



- 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 Competition Rules for IOF MTBO events - rules 27 and 28.

# Start Group's & Start Bibs 1/3



## ➤ Start Group's EMTBOC

- Middle Distance
- Red and Orange Group

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 ShipilovaVinogradova	Russian Federation
Simon Braendli	Switzerland	Gabriele Andrasuniene	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 Tiderman	Sweden
Davide Machado	Portugal	Henna Saarinen	Finland
Luca Dallavalle	Italy	Michaela Gigon	Austria
Fabiano Bettiga	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 the day before of the competition. 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.

# Start Group's & Start Bibs 2/3



## ➤ Start Group's EMTBOC

- Long Distance
  - Red Group - 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 Andradiuniene	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 the day before of the competition. 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.

# Start Group's & Start Bibs 3/3



## ➤ Start Group's EJ/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.

## ➤ Start Group's WMMTBOC

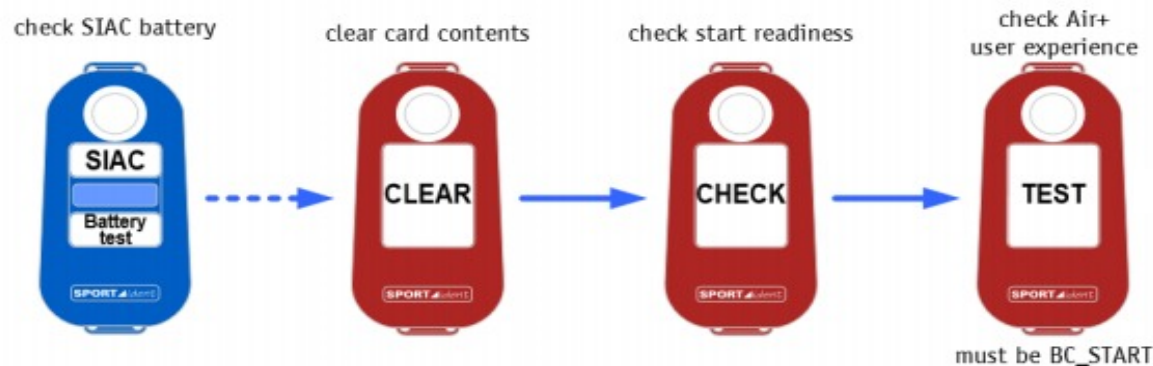
- No Group's, start time done by draw.

## ➤ Start bibs / Race numbers

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

# Time Keeping System

- SPORTident Air+ long range will be used on all events with SI-Active Card (SIAC) and compatible Control Stations.
- Clear Card Content and Check SIAC Battery Test will be available outside Start Boxes, it is responsibility of the athlete to verify Battery Capacity of the SIAC and make the Clear, in the case of problem with SIAC replacement can be done by Start Team.
- In Start Box -3 will be confirmed the SIAC number through Check Start readiness.
- In Start Box -2 will be done the check Air+ User experience of the SIAC.
- The Athlete can use a Backup SIAC, should inform the IT in advance.



# Anti Doping and COVID Testing



## ➤ 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/>

## ➤ COVID Testing

Date	Time	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 Arre ipiado	PCR return
10 Oct 21	2:00 pm to 7:00 pm	Event Center <b>(Booking necessary till Oct 7<sup>th</sup>, 12h at EO )</b>	PCR return
Other dates to be coordinated	5:00 pm to 7:00 pm	Fire Brigade Abrantes	PCR Antigen

# Bike Repair and Map Collection



## ➤ 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

## ➤ Map Collection

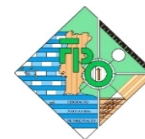
- All Maps will be collected. They will be returned in the EC from the end of the day.
- For fairness reasons don't reveal anything important from the courses or the terrain to the other competitors in the WMMTBOC races.

# Team Leaders Meeting

06/10/2021



- Competition Day 1 – 07/10/2021
  - EJMTBOC – Sprint
  - EYMTBOC – Sprint
  - WMMTBOC – Mass Start



EMTBOC & CX80 WCUP – EJMTBOC – EYMTBOC – WMMTBOC 2021



# Schedule of the day



- 08:30-13:00: Opening hours of the EO at the Sprint/Mass Start arena in Santa Margarida
- 09:00: 1<sup>st</sup> start Sprint (EJYMTBOC)
- 09:05: Finish quarantine activated (EJYMTBOC)
- 10.30: Finish quarantine finished (EJYMTBOC)
- 12:00: Prize giving ceremony for Sprint (Parque Ambiental St<sup>a</sup> Margarida)
- 13:00: 1<sup>st</sup> start Mass Start (WMMTBOC)
  - 13:00 – M35, M40 and M45
  - 13:10 – M50 and M55
  - 13:20 – W35, M60 and M65
  - 13:30 – W40, W45, W50, W55
  - 13:40 – W60, W65, W70, W75, W80, W85, M70 and M75
- 15:00: Deadline for start group allocation for Middle distance competition at the EC (EMTBOC & CX80 WCup e EJYMTBOC).
- 15:30: Prize giving ceremony for Mass Start (Parque Ambiental St<sup>a</sup> Margarida)
- 15:00-19.00: Model Events for (EMTBOC & CX80 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.

# 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

# Quarantine times



- 08:45: Entrance in warm up area (EJYMTBOC)
- 09:05: Finish Quarantine for Sprint activated
- 10:30: Finish Quarantine for Sprint ended
- 12:45: Entrance in warm up area (WMMTBOC)

Note to Sprint athletes: We request for fairness reasons don't reveal anything important from the courses or the terrain to the other competitors in the WMMTBOC races (limited common area).

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

# Map of Arena

## SPRINT AND MASS START

### FINISH AND START ARENA

07 Oct 21



1. Toilets and bar
2. Showers
3. secretariat
4. First aid
5. Speaker
6. Doping control
7. SportIdent clear
8. Washing Bikes
9. Read-out, hand hygiene, mask

- 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.

# Course Details



## ➤ EJ/EYMTBOC - Sprint

- 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: the 10 last Athletes to depart of Junior/Youth Women and Men will be wearing tracking units (GPS).**
- 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

# Maps



## ➤ Sprint (EJ/EYMTBOC)

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

## ➤ Mass Start (WMMTBOC)

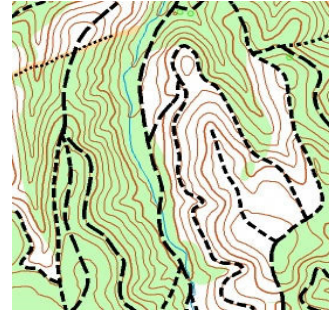
- Map scale: Mass start - 1:15000,
- Contours: 5 meters
- Map size: 30 x 40 cm

# Terrain Description

## ➤ EJMTBOC/EYMTBOC



## WMTBOC



- 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.

# Distance and Winning Times



## ➤ EJMTBOC/EYMTBOC

Sprint				
classes	w.time	length	climb	Controls
<b>M20</b>	15-20	7,7	30	15
<b>W20</b>	15-20	6,1	30	15
<b>M17</b>	15-20	6,3	20	14
<b>W17</b>	15-20	5,4	30	13

## ➤ WMMTBOC

Mass Start				
classes	w.time	length	climb	Controls
<b>M35</b>	75-85	26,1	330	75-85
<b>W35</b>	75-85	21	160	75-85
<b>M40/M45</b>	75-85	25	320	75-85
<b>W40/W45</b>	75-85	21	160	75-85
<b>M50/M55</b>	75-85	23,9	315	75-85
<b>W50/W55</b>	75-85	19,7	155	75-85
<b>M60/M65</b>	75-85	22,1	185	75-85
<b>W60/W65</b>	75-85	18,4	155	75-85
<b>M70/M75</b>	75-85	18,9	150	75-85
<b>W70/W75</b>	75-85	15,3	90	75-85
<b>M80/M85</b>	75-85	15,3	90	75-85



# 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.
- Due to recent Foot Cross Country competition in the military terrains, tape was left in the terrains for make the boundaries of the competitions, some time crossing the roads, all athletes should disregard the tape, can cross them without any limitation.
- For the WMMTBOC there will be two water points location available in the terrain, not marked in the map.

