



# MTBO

European MTB Orienteering Championships

**EUROPEAN MTB ORIENTEERING CHAMPIONSHIPS 2023**  
**CX80 MTB ORIENTEERING WORLD CUP 2023 – ROUND 1**  
**EUROPEAN JUNIOR MTB ORIENTEERING CHAMPIONSHIPS 2023**  
**EUROPEAN YOUTH MTB ORIENTEERING CHAMPIONSHIPS 2023**



**25<sup>th</sup> April to 29<sup>th</sup> April 2023**

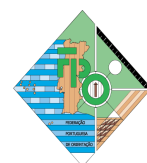
**Loulé – Portugal**



## Bulletin 1 and 2

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## Honorary Committee



*Vítor Aleixo  
President of  
Municipality of Loulé*

Loulé is a Municipality that offers natural and climatic conditions for sports, high-quality infrastructures for several sporting disciplines, as well as an international recognition as a dynamic and eclectic territory. Talking about sports in Loulé means talking about major sports events. Hosting in 2023 the MTBO European Championships, the municipality of Loulé is participating in another great international sport event, being also associated with the most important competition of this specific sporting discipline.

For Loulé it's an opportunity to promote the diversity of the territory and the variety of its natural resources. The beauty of the landscapes of the interior will certainly impress the athletes and teams that will come to Loulé for the Championships, giving an important attention to the interior areas, as Barrocal and Serra.

To develop the economy of the interior, it's necessary to promote its potential to outsiders, as its cultural richness, its traditions, the quality of its products and food. Loulé has several natural areas environmentally classified, footpaths, fountains, small typical villages, a rich fauna and flora and a kind and welcoming community, factors that have been essential to the development of nature tourism in the municipality.

So, it's a great honour for the municipality to be associated to the Portuguese Orienteering Federation (FPO) and I greet all athletes, teams and families who come to Loulé for the MTBO.

Welcome to Loulé!



*Carlos Garcia  
FPO President*

On behalf of the Portuguese Orienteering Federation, I wish all teams a big "Welcome" to the European MTB Orienteering Championship 2023 in Loulé – Portugal – 25th to 29th of April 2023.

2022 was a memorable year for Portugal by organizing several events, among others the JWOC 2022. The quality of our organization is well recognized and the International Orienteering Federation, once again, entrusted us with a great event like this European Championship.

The event will take place in Loulé, a friendly village in our Algarve region, in the south of the country, which offers fascinating tourist attractions, a traditional Portuguese market and a historic centre.

We believe that the technical quality of the land that will be used and the organizational quality of all the volunteers involved will, certainly offer a successful event that will be of general satisfaction.

We are waiting for you.

## 1 Organizers

FPO – Portuguese Orienteering Federation – [www.fpo.pt](http://www.fpo.pt)

Instituto Português do Desporto e Juventude, I.P. – [www.ipdj.pt](http://www.ipdj.pt)

Câmara Municipal de Loulé- Municipality of Loulé – [www.cm-loule.pt/](http://www.cm-loule.pt/)

The event is organised under the authority of:

IOF – International Orienteering Federation – [www.orienteeing.sport](http://www.orienteeing.sport)

Event Director: **Carlos Garcia**

Maps & Courses: **Alexandre Reis**



## 2 Event controlling

IOF Senior Event Advisor: **André Hermet (FRA)**

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



## 3 Event Centre

### Pavilhão Desportivo Municipal de Loulé

Av. Laginha Serafim,

8100-760 Loulé

GPS: 37.14729, -8.01256

### Distances from main airports:

- Faro International Airport – 20 km (20 min)
- Lisbon International Airport – 270 km (2 h 30 min)



## 4 General location



## 5 Preliminary programme

<b>Apr 24 – Monday</b>	<b>CX80 WCUP &amp; EMTBOC</b>	<b>EJMTBOC &amp; EYMTBOC</b>	<b>Open classes</b>
09:00 – 19:00	Team arrivals and accreditation		
<b>Apr 25 – Tuesday</b>	<b>CX80 WCUP &amp; EMTBOC</b>	<b>EJMTBOC &amp; EYMTBOC</b>	<b>Open classes</b>
09:00 – 19:00	Team arrivals and accreditation		
10:00 – 18:00	Model event		Training
18:00	Team Leaders Meeting (TLM)		
19:30	Opening ceremony in Loulé		
<b>Apr 26 – Wednesday</b>	<b>CX80 WCUP &amp; EMTBOC</b>	<b>EJMTBOC &amp; EYMTBOC</b>	<b>Open classes</b>
To be indicated	Middle Distance	Middle Distance	Middle Distance
18:00	TLM		
<b>Apr 27 – Thursday</b>	<b>CX80 WCUP &amp; EMTBOC</b>	<b>EJMTBOC &amp; EYMTBOC</b>	<b>Open classes</b>
To be indicated	Mass Start	Long Distance	Long Distance
18:00	TLM		
<b>Apr 28 – Friday</b>	<b>CX80 WCUP &amp; EMTBOC</b>	<b>EJMTBOC &amp; EYMTBOC</b>	<b>Open classes</b>
To be indicated	Mixed Relay	Relay	Mixed Relay
18:00	TLM		
<b>Apr 29 – Saturday</b>	<b>CX80 WCUP &amp; EMTBOC</b>	<b>EJMTBOC &amp;</b>	<b>Open classes</b>
To be indicated	Sprint *	Sprint	Sprint
	Party / Banquet		

\* Subject to the Council's approval of the EMTBOC event programme with 3 individual medal competitions and 1 Mixed Relay



## 6 Participation and classes

- Competitors participate at their own risk. Third party insurance and personal injury insurance are mandatory and shall be the responsibility of their Federation or themselves, according to national regulations.
- Competitors representing member Federations of the IOF, defined by the International Olympic Committee as belonging to the European continent, can compete in the EMTBOC, EJMTBOC or EYMTBOC.
- Competitors representing other member Federations of the IOF can participate in the European Championships but will not be eligible for European titles, medals or diplomas.
- All competitors must have a valid passport of the country they are representing.

### CX80 MTBO World Cup Round 1 & European MTBO Championships (EMTBOC)

- There is one class for women (WE) and one for men (ME). There are no age restrictions.
- Each federation may enter up to 6 women and 6 men for all individual competitions plus the current World Champions and European Champions in each format (distance).
- Additionally, each federation may enter up to a further 2 women and 2 men, who qualify for the Women U23 and Men U23 classes respectively, in each individual competition.
- In the Mixed Relay each federation may enter a maximum of 4 teams of 3 riders. Each team must include at least 1 woman. Only the team with the best result is considered in determining the placings.
- Each competitor must have a valid IOF Athlete Licence.

### European Junior MTBO Championships (EJMTBOC)

- There is one class for women (W20) and one for men (M20). Only competitors who are no more than 20 years old on 31 December 2023 are entitled to compete in the classes W20 or M20.
- For each individual competition a Federation may enter a maximum of 6 competitors in each class. The organising Federation may have two additional competitors as official EJMTBOC competitors in the individual competitions. These competitors must start in the lowest ranked start group.
- In the Relay each Federation may enter up to 2 teams of 3 riders per class. If a Federation is represented by two teams in a relay class, only the team with the better result is considered in determining the placings.

### European Youth MTBO Championships (EYMTBOC)

- There is one class for women (W17) and one for men (M17). Only competitors who are no more than 17 years old on 31 December 2023 are entitled to compete in the classes W17 or M17.
- For each individual competition a Federation may enter a maximum of 6 competitors in each class. The organising Federation may have two additional competitors as official EYMTBOC competitors in the individual competitions. These competitors must start in the lowest ranked start group.
- In the Relay each Federation may enter up to 2 teams of 3 riders per class. If a Federation is represented by two teams in a relay class, only the team with the better result is considered in determining the placings.

### Open classes \*

There will be 4 classes in the individual competitions (Sprint, Middle, Long distance):

- Easy short
- Easy long
- Difficult short
- Difficult long

In the Mixed Relay there will be teams of 3 athletes.

\* The Open classes will be considered only if a minimum of 20 registered athletes is achieved and at least 10 teams for the Mixed Relay.

## 7 Entries

All entries for the European Championships and the first round of the CX80 World Cup must be done via IOF Eventor:

EMTBOC and CX80 World Cup 1: <https://eventor.orienteering.org/Events/Show/6980>

EJMTBOC and EYMTBOC: <https://eventor.orienteering.org/Events/Show/6978>

### Entry deadlines for EMTBOC, CX80 World Cup 1, EJMTBOC and EYMTBOC

**TEAM SIZE DEADLINE by 28 February 2023 giving:**

- federation;
- number of competitors of each gender and class;
- number of competitors in each competition;
- number of relay teams;
- number of team officials;
- team manager's name, email address and mobile phone number.

**TEAM NAMES DEADLINE by 15 April 2023 giving:**

- each competitor’s name, class or gender, year of birth, number of SI Active Card (if there is one) and the competition/s in which he/she will compete;
- family name and first name of each team official.

Late entries will be accepted, **if possible**, but they will be charged an additional fee of 20 % for entries after the team size deadline and 50 % for entries after the team names deadline. Incomplete entries (e.g. no competitors’ names) incur a fee of € 10 per incomplete entry.

**Entry for Open Classes**

All entries for Open Classes must be done by email to [international.events.portugal@fpo.pt](mailto:international.events.portugal@fpo.pt) giving:

- club and country;
- competitor’s family name and first name, class, gender and year of birth;
- information on whether the athlete borrows an SI Active Card or uses his/her own SIAC (also enter the SIAC number);
- address, email and telephone number.

**Entry and payment deadline for Open Classes: 7 April 2023**

## 8 Entry fees

All fees are in Euros and – except for the Relay – per person.

	EMTBOC & WCup	EJYMTBOC	Open Classes
Accreditation for competitors	€ 90	€ 65	-
Accreditation for team officials	€ 75	€ 65	-
Sprint distance	€ 55	€ 30	€ 15
Middle distance	€ 55	€ 30	€ 15
Mass start / Long distance	€ 55	€ 30	€ 15
Relay (per team)	€ 120	€ 90	€ 45

## 9 Account details for payments

Full payment of all entry and accreditation fees must be made no later than **7 April 2023**.

Competitors or teams may be excluded if their fee is not paid.

All payments are to be made to the Portuguese Orienteering Federation – FPO, considering the following information:

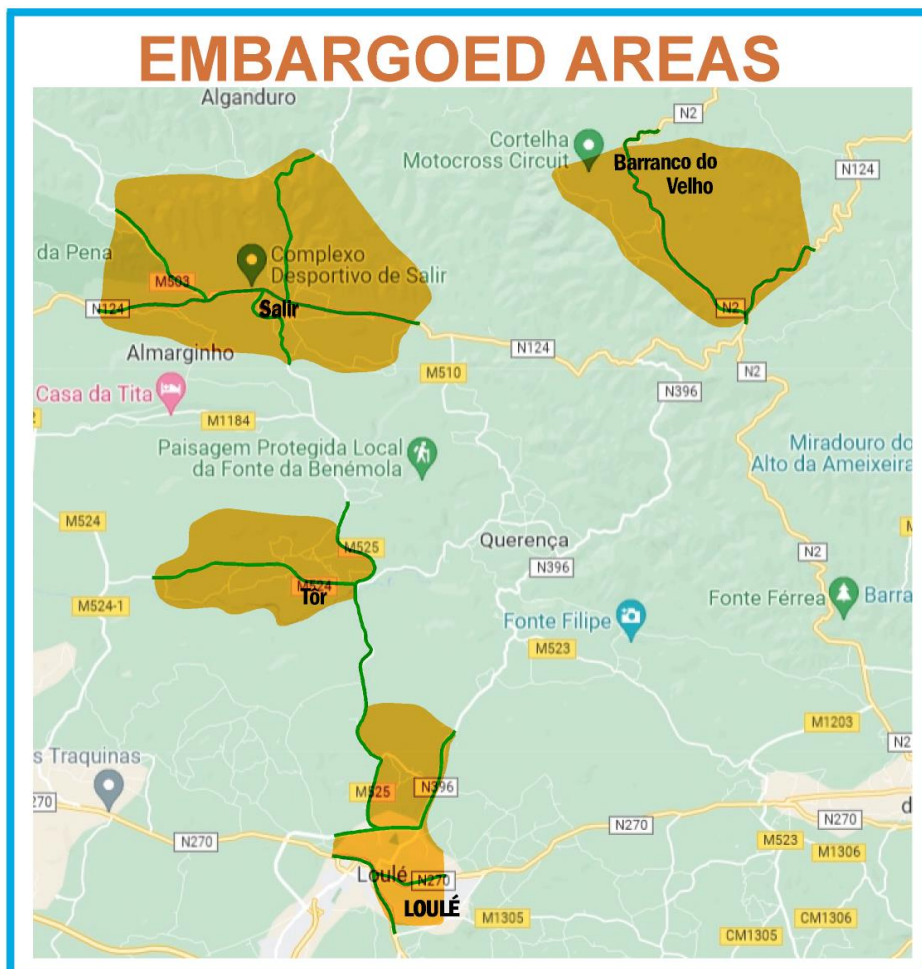


- All charges to be paid by sender;
- Bank name: Caixa Geral de Depósitos (Agency: Marinha Grande)
- BIC/SWIFT: CGDIPTPL
- IBAN: PT50 0035 0441 00046074930 26
- Bank Address: Caixa Geral de Depósitos - Agência da Marinha Grande
- Rua Bernardino Jose Gomes - PT 2430-241 Marinha Grande - Portugal
- Account 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.

## 10 Embargoed areas

Embargoed areas go on:

<https://www.google.com/maps/d/u/0/viewer?mid=1HxE3cIST9axqTmw8oWOENLqcvAYpjww&ll=37.89833007296156%2C-8.524897950000003&z=9>



The areas marked on the map are partially embargoed.

These areas can be visited without an orienteering map, and it is also possible to stay in accommodation there.

However, visitors have to stay on the public road network.

Any orienteering activity is forbidden and it is also strictly forbidden to ride a bike with the intention to test route choices.

No participants or anybody with a potential connection to a team (athletes or others) may visit the areas with a map.

## 11 Maps

All maps will be made according to the IOF International Specification for MTB Orienteering Maps ISMTBOM 2022 (see <https://orienteering.sport/iof/mapping>).

The most recent versions of previous orienteering maps of the competition terrains will soon be accessible on the event website.

Scale and vertical contour intervals of the maps (preliminary):

<i>Competition</i>	<i>Scale</i>	<i>Contour interval</i>
Sprint	1/5.000	5 m
Middle distance	1/10.000	5 m
Long distance	1/15.000	5 m
Mass start	1/10.000	5 m
(Mixed) Relay	1/7.500	5 m

## 12 Terrain description

Sprint	Mixed urban and forest, medium-low relief and great density of paths.
Middle distance	Mediterranean forest with medium-high relief.
Long distance & Mass start	Mixed pine forest and urban park area. Low relief and great density of paths, some of sand.
(Mixed) Relay	Urban and forest with great density of paths and medium relief.

## 13 Winning times

Winning times in minutes (according to the IOF MTBO Competition Rules)

<i>Format (distance)</i>	<i>EMTBOC &amp; CX80 World Cup</i>	<i>EJMTBOC</i>	<i>EYMTBOC</i>
Sprint	20 – 25	16 – 20	15 – 20



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Middle	50 – 55	40 – 44	32 – 37
Mass start	75 – 85	60 – 68	
Long	105 – 115	84 – 92	70 – 75
Relay: average for each leg	40 – 45	35 – 40	30 – 35
total winning time	120 – 135	105 – 120	90 – 105

## 14 Competition rules

All events will be organised in accordance with the competition Rules for IOF MTB Orienteering Events as published by the IOF, the Special Rules for the World Cup in MTB Orienteering and the IOF Anti-Doping Rules valid at the time of the Event. IOF MTB Orienteering Competition rules are available on: [www.orienteering.sport](http://www.orienteering.sport).

### Summary of the most important rules:

- Riding off the track, trail or path is allowed in areas marked as forest or freely rideable open area. Off-road riding is strictly prohibited in all other areas, including settlements, cultivated land, orchards, vineyards and all other open areas not marked as ride able. Competitors riding off-road in restricted areas are responsible for any damage claimed by the landowners and will be disqualified.
- Riding outside the mapped area during the competition is not allowed.
- 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.

## 15 Timekeeping system

SPORTident Air+ (range: 1,5m) will be used on all events with SI Active Cards (SIAC) and compatible Control Stations.

Competitors may use their own SIAC or they can rent it from Organisers for € 15 for the event or € 5 per day, plus a € 80 security deposit.

## 16 Anti-Doping

Doping is strictly forbidden and the organisers of the European Championships 2023 and the first round of the CX80 World Cup 2023 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 Anti-Doping 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>

## 17 Training opportunities

- 10 – 16 March 2023 – Central Alentejo
- 17 – 19 March 2023 – Iberian MTBO Championships in Extremadura  
<https://eventoscnaivito.wixsite.com/2023>

## 18 Accommodation

No accommodation will be provided by the Organisers.

There are several options to book it:

### Hotel Apartamentos do Golf

Vilamoura

Phone: +351 912 500 153 (Sr. José Carrusca)

[direccao@hotelvilamouragolfe.com](mailto:direccao@hotelvilamouragolfe.com)

### Residencial Ibérica

Avenida Marçal Pacheco, 157, 8100-504 Loulé

Phone: +351 289414100

[residencialiberica@hotmail.com](mailto:residencialiberica@hotmail.com)

### Hospedaria D. Fernando

Rua José Fernandes Guerreiro, 54, 8100-598 Loulé

Phone: +351289 415 553

[h.domfernando@gmail.com](mailto:h.domfernando@gmail.com)

### Hostel Loulé Coreto

Avenida José Da Costa Mealha, N°68 R/C, 8100-500 Loulé

Phone: +351 966 660 943

[loulecoretohostel@gmail.com](mailto:loulecoretohostel@gmail.com)

### Hotel Pinhal do Sol

Semino, 8125 Quarteira

Phone: +351 289 302 834

[reservas@hotelpinhaldosol.com](mailto:reservas@hotelpinhaldosol.com)

### Eurosun Hotels - Loulé

Rua Doutor Francisco Sá Carneiro, Loulé, 8100-578 Loulé

Phone: +351 289 501 310

[info@eurosun.pt](mailto:info@eurosun.pt)

### Golda Hotel

Lugar da Alfarrobeira (road Loulé - Faro - EM125-4) nº 690/696, 8100-221 Loulé

Phone: +351 289 991 127; +351 917 076 422

[goldahotel@gmail.com](mailto:goldahotel@gmail.com)

### Hostel Coniihostel

Rua Gago Coutinho 25, 8125 - 217 Quarteira

Phone: +351 932 628 830

[info@coniihostel.com](mailto:info@coniihostel.com)

### Residencial Santa Teresa

Rua do Comércio, nº 13, 8135-124 Almancil

Phone: +351 965 812 172

[info@residencialsantateresa.com](mailto:info@residencialsantateresa.com)

### Loulé Jardim Hotel

Praça Manuel de Arriaga, 8100-665 Loulé

Phone: +351 289413094

[hotel@loulejardimhotel.com](mailto:hotel@loulejardimhotel.com)

### Hotel Zodiaco (Bikotel)

Fonte Santa, 8125 - 618 Quarteira

Phone: +351 289 381 420

[mail@hotel-zodiaco.com](mailto:mail@hotel-zodiaco.com)

### Dom José Beach Hotel

Quarteira

Phone: +351 289310210

[reservas@hoteldomjose.com](mailto:reservas@hoteldomjose.com)

[www.hoteldomjose.com](http://www.hoteldomjose.com)

### Crowne Plaza Vilamoura

Vilamoura

Phone: +351 289 381 600

[sales@cpvilamoura.com](mailto:sales@cpvilamoura.com)

<https://www.ihg.com/crowneplaza/hotels/us/en/vilamoura/faovi/hoteldetail>

### Aquashow Park Hotel

Semino - EN 396 - Volta do Parque, n.º 2, 8125-313 Quarteira

Phone: +351289 317 550

[hotel@aquashowpark.com](mailto:hotel@aquashowpark.com)

### Hotel AtisMar

Av. Dr. Francisco Sá Carneiro, 8125-145cQuarteira

Phone: +351 289 389 771

hotel.atis@sapo.pt | [info@baratahotels.com](mailto:info@baratahotels.com)



### Quarteira Sol

AV. Francisco Sá Carneiro s/n, 8125-141, Quarteira

Phone: +351 289 317 530

[reservas.hqs@meridionalhotels.com](mailto:reservas.hqs@meridionalhotels.com)

### Vila Galé Ampalius

Praia da Marina, 8125-408 Vilamoura

Phone: +351 289 303 900

[portugal.reservas@vilagale.com](mailto:portugal.reservas@vilagale.com)

[ampalius@vilagale.com](mailto:ampalius@vilagale.com)

## 19 Transport

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

Here you can find contact suggestions:

### VISACAR - Vilamoura

R. Melvin Jones, volta do Gaio, 8125-502

Tlf: +351 289 321 221

Email: [vilamoura@visacar.pt](mailto:vilamoura@visacar.pt)

### SW Move Car Hire – Algarve

Quarteira

Tel. 289 388 531

Email: [info@swmove.com](mailto:info@swmove.com)

## 20 Media Services

Media representatives are cordially invited to come to Loulé to cover the event.

Registration for media entry should be made, by 31 March 2023, in e-mail to

[international.events.portugal@fpo.pt](mailto:international.events.portugal@fpo.pt)

Media facilities will be available only to registered media representatives.

## 21 Health care

The Organisers will provide first aid at the competition center and at the arenas of each competition. The Organisers will not bear costs connected to health insurance of participants. We recommend each individual to arrange their own personal health insurance. Participants take part at their own risk. The nearest hospital is in Faro.

## 22 Weather

During April you can expect mean temperatures from 12º to 20º Celsius and up to 6 days with precipitation.

We strongly recommend that sufficient water is carried during competitions, as the areas are dry. Sun protection is highly recommended.

## 23 Visas

Portugal is a full Schengen member state. Countries that need visas for entering Portugal: Please contact the nearest Portuguese embassy. If a personal invitation from the organisers is required for the visa, please contact us.

Please make sure that you allow for sufficient time (at least 3 months) for invitation letters and visa processing. Please note that visa regulations are subject to change. Please double check your specific visa requirements.

## 24 Information

### Federação Portuguesa de Orientação – FPO

Estrada da Vieira, 4, 2430-401 Marinha Grande

Portugal

Telephone: (00) (351) 244575074

Email: [international.events.portugal@fpo.pt](mailto:international.events.portugal@fpo.pt)

