



CIMPOR BOM MTBO 2023

BAIRRADA "O" MEETING MTBO 2023

Bulletin 2

Date:	2
Organizer:	2
Welcome Message	2
Organizing Committee:	3
Information:	3
Stages:	3
Program:	3
Even Center	4
Starts	4
Classes and participation:	5
Entries:	6
Entry fees:	6
Transport (Extra cost)	6
Accommodation (Extra cost)	6
Time Keeping System	7
Maps	7
Terrain description	8
Rules	8
Anti-doping	9
Health care	9
Visa	9
Media Services	9
Training Camp	10
Bicycle storage, washing and repair	10

Date: 22nd and 23rd of April 2023

Organizer: CAB – Clube de Aventura da Bairrada
FPO – Federação Portuguesa de Orientação
IOF – Internacional Orienteering Federation
Municipality of Coimbra
Union of parish of Botão and Souselas

Welcome Message

CAB - Clube de Aventura da Bairrada organizes the CIMPOR Bairrada "O" Meeting, a MTB Orienteering event, on the 22nd and 23rd of April, in partnership with the union of parishes of Souselas and Botão, the Municipality of Coimbra, the FPO - Portuguese Federation of Orienteering and the IOF - International Orienteering Federation and with the support of the company CIMPOR.

The event consists of 2 races that score for the WRE - IOF World Ranking and FPO National Ranking. On Sunday, the FPO Middle Distance National Championship will take place.

The races take place in a very varied area of natural elements, with a large diversified network of paths, with a mixed relief and with two new map areas to add to the existing one.

The races are open to all interested people, both federated athletes and mountain bike lovers who can enjoy new challenges in nature, venturing out in search of checkpoints with the help of a map. There are 2 routes in each race prepared for those with less experience of the modality, who can, if they wish, request a guide to support them in the race.

The organization hopes that they can enjoy, in addition to the sporting events, all the natural, gastronomic and wine potential of Bairrada, not forgetting the city of Coimbra.

Organizing Committee:

Event Director: Carlos Ferreira

Event Secretary: Rita Dinis

Maps & Courses: Carlos Ferreira

Event Controlling: Tiago Fernandes

Information:

CAB – Clube de Aventura da Bairrada

Av Calouste Gulbenkian 208 RC Fr

3750 102 Águeda, Portugal

Email: aventurabairrada@gmail.com

Stages:

22nd April - Saturday – WRE Long Distance – Souselas – Coimbra

23rd April - Sunday – WRE Middle Distance – Souselas – Coimbra

Program:

10th April - Reference prices deadline

17th April – Deadline for entries to the competition classes and “online” registration

22nd April - Long Distance WRE

10:00 – Opening hours of the Event Office at Arena – Souselas

13:00 – Start for Long Distance (LD)

18:00 – Prize giving ceremony for Long Distance WRE

23rd April – Middle Distance WRE and National Championship MD

8:30 – Open hours of the Event Office at Arena – Souselas

10:00 – Start for Middle Distance (MD)

13:30 – Prize giving ceremony for

- Middle Distance WRE
- Middle Distance National Championship
- CIMPOR BOM MTBO 2023

Even Center

Souselas Coimbra	Decimal Degrees	Latitude: 40.2975251	Longitude: -8.4268533
	Degrees, Minutes & Seconds	Latitude: N40° 17' 51.09"	Longitude: W8° 25' 36.672"
	GPS	Latitude: N40° 17.8515'	Longitude: W8° 25.6112'



Starts

Long Distance – 3 Km of EC

Middle Distance – 0,3 Km of EC



Classes and participation:

MTBO World Ranking Event – W21E and M21E

Extra WRE – The competition takes place for categories of accord the table

Escalão - Taça Portugal	Categoria - Prova	OriOasis
<i>Sports Level - Ranking</i>	<i>Category - Competition</i>	<i>Enter as</i>
H/D13	Iniciados M/F	H/D13
H/D15	Juvenis M/F	H/D15
H/D17	Cadetes M/F	H/D17
H/D20	Juniores M/F	H/D20
H/D21E	Seniores M/F	H/D21E
H/D21A		H/D21A
H/D40	Veteranos I M/F	H/D40
H/D45		
H/D50	Veteranos II M/F	H/D50
H/D55		
H/D60	Veteranos III M/F	H/D60
H/D65		
H70	Veteranos IV M	H70

Open Classes – Medium or Large

Long Distance - Start at 3 Km of Event Center					
Routes	In line - Km	Ideal Route - Km	Clibing	CP	Scale
H21E	24,9	35,8	700	29	1:15000 Map A3
H40	22,2	31,4	650	26	
D21E-H20-H21A-H50	20,6	29	500	26	
D20-D40-H17-H60-OL	17,2	24	390	23	
D17-D21A-D50-OM	13,9	19	270	18	
D60-H15-H70	9,7	13,2	190	14	1:10000 Map A3
D13-D15-H13	6,4	7,8	120	15	
FORMAÇÃO	6,4	7,4	110	14	

Middle Distance - Start at 0,3 Km of Event Center					
Routes	In line - Km	Ideal Route - Km	Clibing	CP	Scale
H21E	12,6	17,2	390	29	1:7500 Map A3
H40	11,9	16,1	360	28	
D21E-H20-H21A-H50	10,7	14,1	300	24	
D20-D40-H17-H60-OL	9,8	12,7	260	24	
D17-D21A-D50-OM	8,1	10,3	180	21	
D60-H15-H70	7,2	9,6	155	19	
D13-D15-D60-H13	6,2	7,6	150	17	
FORMAÇÃO	5,7	6,8	120	17	

Entries:

ELITE CLASSES: During entry process, Elite runners may provide their IOF World Ranking ID. All the athletes in those classes need to be registered in [IOF Eventor](#).

EXTRA WRE CLASSES: For email to aventurabairrada@gmail.com or <http://www.orioasis.pt/oasis>

Entry fees (For stage/person)

Members FPO/FEDO	before 17 april 2023	17 to 18 april 2023
< 20 years	4.00 €	6.00 €
> 20 years	8,00 €	12,00 €
Others	before 17 april 2023	17 to 18 april 2023
< 20 years	8.00 €	12.00 €
> 20 years	15,00 €	22,50 €
Open Courses		
< 20 years	4.00 €	6.00 €
> 20 years	8,00 €	12,00 €

All payments are to be made to the CAB – Clube de Aventura da Bairrada, as follows (all charges are paid by sender)

Bank name: Montepio Geral (Agency – Agueda - Portugal)

BIC/SWIFT: MPIOPTPL IBAN: PT50 0036 0020 99100264520 17

Account Owner – Clube de Aventura da Bairrada

Account Owner Address – Av Calouste Gulbenkian 208 Rc Fr 3750 102 Águeda

Transport (Extra cost)

Travel by train: If you want to travel by train from Lisbon or Porto to Coimbra.

- consult the timetable: <http://www.cp.pt/passageiros/en/>

Accommodation (Extra cost)

Accommodation in Coimbra (10 Km) and Mealhada (15 Km).

If you need some help send us an email explaining what you want.

HARD FLOOR

The hard floor is near the Event center. There are toilets and showers.

Open – 22nd April – 18 h

Close 23 rd April – 14 h

It is not permitted to cook inside the hard floor.



Time Keeping System

- SPORTident will be used in all events with the SPORTident AIR+ system
- Organization will provide the SI Active Card to athletes.
- Non-returned SIAC's will have a cost of 80,00 Euros.
- It is the responsibility of the athletes to confirm that the registration at control station happened (sound and light signal).
- We recommend avoiding failures in the punching process that the athletes pass within 1.5 m of the electronic unit and to move at a speed below 30 km/h.
- We also recommend having the SIAC in an easy place to confirm the flashing light

Maps



Souselas (Norte) – LD – The existent map and new area – 1:15 000 5m

Souselas (Sul) – MD – New area – 1:15 000 5m – Printed 1:7 500

Solution for better legibility of map



Old map 1:10 000



New map 1: 15 000

Samples of the maps:

Long Distance



Middle Distance



Embargoed areas

The 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. The following areas are embargoed during 1st January 2023 – 21st April 2023. There is no exception. All events will be organized in accordance with the IOF International Specification.

Terrain description

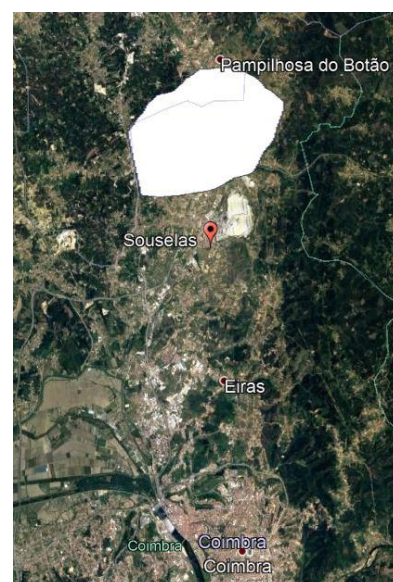
In the competition areas thorny vegetation can be found. All the competition areas are open to public traffic. We don't expect any kind of traffic on the competition forest area. The athletes also have to go through urban areas where they must be very careful. Still, it is the riders' responsibility to observe traffic rules and avoid unsafe practices.

The Long Distance area is a combination of pine and eucalyptus forest; there are also some vineyards and open and cultivated areas. It is a hilly terrain with a dense network of roads and paths, mostly with a medium and good rideability.

The terrain of Middle Distance is very varied with pine and eucalyptus forest, vineyards, open and cultivated areas. The climbing is moderated with some steep zones.

Rules

The event will be organized in accordance with the Competition Rules for IOF MTBO Orienteering Events, and Special Rules for MTB Orienteering World Ranking Event.



Please consult: <http://orienteering.org/mtb-orienteering/rules/>

In this specific event:

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 cultivated land, orchards, vineyards and all other open areas not marked as rideable. Competitors riding off-road in restricted areas are responsible for any damage claimed by the landowners and could be disqualified.

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.

Anti-doping

According, the IOF Anti-Doping Code.)

Please consult <http://orienteering.org/anti-doping/>

Health care

The Organizers will provide first aid at the competition centre and at the arenas of each event.

The Organizers 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.

Visa

People who need visas for entering Portugal: please contact the Portuguese embassy in your country. If a personal invitation from the organizers is required for the visa, please contact FPO.

Media Services

Media representatives are cordially invited to come to Coimbra to cover the World Ranking Event.

Registration for media entry should be made in email by 17th april 2023.

Media facilities will be available only to registered media representatives.

Training Camp

If you need to train some days before the competition we can get you the maps. Please contact by email.

Bicycle storage, washing and repair

Bicycle storage is located in the competition event centre. Access to the bicycle storage will be strictly limited and can only be permitted by presenting your competitor's card.

Bicycle washing facilities will be available, at the arena/ event centre.

We have our official bicycle repair partner who will be working at the arena of the event.

You can rent a mountain bike, if necessary.

Email of Contact - aventurabairrada@gmail.com

