



***CONTENTS***

**0 INTRODUCTIONS**

**00 THE REGION**

**1 ORGANIZERS**

**2 EVENT CONTROLLING**

**3 EVENT CENTRE**

**4 INFORMATION**

**5 GENERAL LOCATIONS**

**6 PRELIMINARY PROGRAM**

**7 CLASSES AND PARTICIPATION**

**8 ENTRIES**

**9 ENTRY FEES**

**10 ACCOUNT DETAILS FOR PAYMENT**

**11 TRANSPORT**

**12 ACCOMMODATION**

**13 TIME KEEPING SYSTEM**

**14 MAPS**

**15 EMBARGOED AREAS**

**16 TERRAIN DESCRIPTION**

**17 RULES**

**18 PRELIMINARY INFORMATION ON THE COURSES**

**19 ANTI-DOPING**

**20 WEATHER**

**21 HEALTH CARE**

**22 VISAS**

**23 TRAINING OPPORTUNITIES**

**24 MEDIA SERVICE**

**25 LIVE COVERAGE**

**26 BYCICLE STORAGE, WASHING AND REPAIR**

**27 PREVIOUS ORIENTEERING MAPS**

**28 ORGANIZATION SPONSORS**





**Álvaro Beijinha**

Mayor of  
Santiago do  
Cacém

### **The beauty and the challenge of our tracks!**

It is with great enthusiasm that we receive once again the MTB orienteering community!

The Municipality of Santiago do Cacém and the Alentejo Coast are, once again, on the path of a major international event and we are sure that participants will take the best memories of our landscapes and exciting tracks, whose quality is recognized again by the organization.

I leave you the challenge to try our gastronomy and let yourself be enveloped by the hospitality and friendliness of our people.

A warm greeting to all athletes, as well as to the members of the organization and other agents involved in this great competition, to whom I wish the greatest success at all levels.

Welcome to the Municipality of Santiago do Cacém!

The Mayor of Santiago do Cacém

Álvaro Beijinha





**III COSTA ALENTEJANA MTBO Trophy**  
**Event for Portuguese MTBO league**  
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March-2017

**Bulletin #3**

**Santiago do Cacém, Santa Cruz and São Bartolomeu da Serra** are very pleased to welcome all the athletes, the organization and further entities involved in this competition.

It is with great satisfaction that we receive for the third time in our territory the “MTBO Costa Alentejana Trophy”. This year returning to Santa Cruz where the fabulous trails won’t leave any of the participants indifferent. This is why finding here the so-called “Alentejo Amazonia” is not a coincidence.

The cooperation of local associations, the local population’s great hosting ability and our cultural patrimony will certainly enrich this sports initiative taking this region’s name across borders.

The Chairman of the Parish Council

Armando Almeida

Welcome To Portugal

Santiago do Cacém Welcomes You





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## **0 INTRODUCTIONS**

The III Costa Alentejana MTBO Trophy 2017 to be challenged in Santiago do Cacém, is a Clube da Natureza de Alvito (CNA) and Clube de Orientação e Aventura do Litoral Alentejano (COALA) joint organization in partnership with the Santiago do Cacém City Council and the support of União de Freguesias de Santiago do Cacém, S. Bartolomeu e Santa Cruz, and Freguesia de Santo André, an event being conducted under the guidance of the Portuguese Orienteering Federation (FPO) and International Orienteering Federation (IOF).

The event will include two stages, middle and long distance, both in Santa Cruz and Sprint in Vila Nova de Santo Andre.

The courses layout, will be adapted to the official classes. These are exclusive to FPO members or affiliated to IOF.

Non-affiliated runners will have special courses designed bearing in mind physical and technical capabilities, Open courses, having the chance to choose Open short in group and with a guide and Open Long, by yourself. These class will also held the youngsters participation of the 'escalação de Formação e do Desporto Escolar'.

Video footage will be held during the stages and will be aired in RTP2 show Desporto 2.

Local radio – Rádio Cidade Nova <http://radiocidadenova.com/>

Once again, welcome to the Alentejo Coast!

## **00- THE REGION**

The Alentejo Coast is one of the best preserved regions and it has some of the most beautiful beaches in Portugal almost wild state.

“A paradise by the sea”, are the words that can best describe what the Alentejo coast is, where one learns to live slowly cuz the outside world goes too fast, the tranquillity experienced in this region is its greatest attraction .

Apart from hotels, the sun and the history of the great golden sandy beaches of the north and south hidden between cliffs, landscapes and gastronomy, adventure sports and beaches, you will find here something even rarer and fundamental ... will find themselves.

This is the Alentejo coast, a land of real life of real people who have learned to appreciate life unhurriedly, savouring every moment, every miracle of nature, each special moment, an authentic place! The memories you will take from here you cannot buy or carry in your bag, follow forever in our memories, in our hearts!

This is what we can explain in words ... to understand everything else you need to feel, you need to come here!

Alentejo coast, life here is to feel: <http://mtbocostaalentejana.coala.com.pt/a-regiao/?lang=en>

Santiago do Cacém County: <https://www.youtube.com/watch?v=Y-Tn9RnFTYY#t=40>





**III COSTA ALENTEJANA MTBO Trophy**  
**Event for Portuguese MTBO league**  
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March-2017

**Bulletin #3**

**1 ORGANIZERS**

IOF - International Orienteering Federation - [www.orienteering.org](http://www.orienteering.org)

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

COALA – Clube de Orientação e Aventura do Litoral Alentejano – [www.coala.com.pt](http://www.coala.com.pt)

CNA – Clube Natureza Alvito

CMSC - Municipality of Santiago do Cacém - [www.cm-santiagocacem.pt](http://www.cm-santiagocacem.pt)

Event Director: Luciano Lucas

Event Vice-Director: Joaquim Patrício

Event Secretary: Jorge Simões

Maps: Alexandre Reis

Courses: Carlos Simões, Armando Santos and Joaquim Patricio

Media coordinator: Luís Santos

**2 EVENT CONTROLLING (WRE - event)**

National Controller: Jorge Baltazar / POR

**3 EVENT CENTRE**

Middle & Long, Herdade da Casinha, Mulinheta (38.044009 N 8.660837 W) – Santiago do Cacém

Sprint & Relay, Parque Central, Vila Nova de Santo André (38.059423 N 8.780860 W)

(150 km of Lisbon international airport)

(205 Km Faro international Airport)

(420 km of Oporto international airport)

**4 INFORMATION**

COALA- Clube de Orientação e Aventura do Litoral Alentejano

Bairro Azul, C2 RC

7500-100 Vila Nova de St André

Tel.: 269752920

PORTUGAL

MPhone.: (00) (351) 963927714 - Event Director Luciano Lucas





**III COSTA ALENTEJANA MTBO Trophy**  
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March-2017

**Bulletin #3**

Email: [oricoalamtbocostaalentejana@gmail.com](mailto:oricoalamtbocostaalentejana@gmail.com)

Website: [III Costa Alentejana MTBO Trophy \(http://www.iiicamtbo.coala.com.pt/\)](http://www.iiicamtbo.coala.com.pt/)

## 5 GENERAL LOCATIONS

Santiago do Cacém County



Herdade Casinha, Mulinheta (Event centre, Middle & Long)

Parque Central, VNS.Andre (Event center, Sprint & Relay)

Lisbon Airport (150 Km)

Faro Airport (205 Km)

Sevilha Airport (355 Km)

## 6 PRELIMINARY PROGRAM

Available in: [III Costa Alentejana MTBO Trophy \(http://www.iiicamtbo.coala.com.pt/\)](http://www.iiicamtbo.coala.com.pt/)

March 23 – First deadline for entries – low entry fees.

March 27 – Deadline for entries to the competition classes and “online” registration

28, 29, 30 and 31 March 2017 - Training camp, See: [http://iiicamtbo.coala.com.pt/?page\\_id=63](http://iiicamtbo.coala.com.pt/?page_id=63)

### **Apr 01 – MIDDLE DISTANCE (WRE)**

09:00 Opening hours of the Event Office at arena.

11:00 Start for Middle distance.

11:30 Start for Open classes

### **Apr 01 – NATIONAL CUP RELAY & SPRINT (OPEN)**

16:00 Opening hours of the Event Office at arena.





**III COSTA ALENTEJANA MTBO Trophy**  
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March-2017

**Bulletin #3**

16:30 Start for Sprint distance.  
17:00 Start for Open classes  
17:00 Start for Relay.  
17:30 Start for Open classes  
19:00 Prize giving ceremony for Sprint, Relay and Middle Distance WRE  
Portuguese food and wine degustation

**Apr 02 – LONG DISTANCE (WRE)**

08:00 Opening hours of the Event Office at arena.  
09:00 Start for Long distance.  
09:30 Start for Open classes  
13:30: Prize giving ceremony for Long Distance WRE and III CAMTBO Trophy

**7 CLASSES AND PARTICIPATION**

**Women Iberic Champs:**

Jov(W17); Jun(W20); Sen(WE); Vet I(W40); Vet II(W50); Vet III(W60).

**Portuguese League:**

W/M15; W/M17; W/M20; W/M21A; W/ME; W/M40; W/M50; W/M60; Open (Open Long, Open Middle, Open Formação)

**World Masters Series:**

W/M35; W/M40; W/M45; W/M50; W/M55; W/M60; W/M65; W/M70; W/M75

**MTBO World Ranking Event:**

W/M(Elite)

**8 ENTRIES**

National League, Women Iberic Champs, World Master Series and MTBO World Ranking Event:

**ENTRY FORM**

(<https://drive.google.com/file/d/0B3lhO5KFbg4UTGQ4bFotX3NXaXc/view?usp=sharing>)

(final entry, by 27th March 2017) giving:

- Country
- Name of competitors of each gender (final)





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March-2017

**Bulletin #3**

- Entry fees
- Team manager's name, address and telephone/fax numbers
- Payment for entry fees
- Family name and first name of each team official

Address for entries: [oricoalamtbocostaalentejana@gmail.com](mailto:oricoalamtbocostaalentejana@gmail.com) or  
[http://www.orioasis.pt/oasis/guide.php?eventid=1667&action=register\\_entry](http://www.orioasis.pt/oasis/guide.php?eventid=1667&action=register_entry)

## **9 ENTRY FEES**

### **Until 23th March:**

WE+ME: FPO + FEDO: €7 / Others: €11

#### Other competition classes:

- Adults FPO + FEDO: €6 / Others: €10

- Youngers FPO + FEDO: €3 / Others: €5

Open classes: Adults: FPO + FEDO: €6 / Others: €10

### **Until 27th March:**

WE+ME: FPO + FEDO: €10,5 / Others: €16,5

#### Other competition classes:

- Adults FPO + FEDO: €9 / Others: €15

- Youngers FPO + FEDO: €4,5 / Others: €7,5

#### Open classes:

\_Adults: FPO + FEDO: €9 / Others: €15

#### Portugal Training Camp

5€ / person / map

## **10 ACCOUNT DETAILS FOR PAYMENT**

All payments are to be made to the COALA - Clube de Orientação e Aventura do Litoral Alentejano, as follows (all charges are paid by sender):

Bank name: Caixa Geral de Depósitos (Agency: Sines)

BIC/SWIFT: CGDIPTPL

IBAN: PT50 0035 0783 00015136830 81

## **11 TRANSPORT (EXTRA COST)**

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







**III COSTA ALENTEJANA MTBO Trophy**  
**Event for Portuguese MTBO league**  
**World Ranking Event, Women Iberic Champs, and World Masters Series**  
March-2017

**Bulletin #3**

Travel by train If you want to travel by train from Lisbon to Grândola (nearest city of Santiago do Cacém) consult the timetable: <http://www.cp.pt/passageiros/en/>

Travel by public bus If you want to travel from Lisbon to Santiago do Cacém by public bus

<http://www.rede-expressos.pt/horarios.aspx>

## **12 ACCOMMODATION**

For the MTBO Orienteering WRE a variety of accommodations in Santiago do Cacém county.

Notes

- We recommend the hotels:

Hotel Vila Park : [www.vilapark.com](http://www.vilapark.com) 15% one night; 20% two or more nights

Hotel Rural Monte da Lezíria: [www.montedaleziria.com](http://www.montedaleziria.com) 35% off

## **13 TIME KEEPING SYSTEM**

SPORTident Air+ will be used on all events with SI-Card and compatible Control Stations.

Organization will provide the SI Active Card to athletes. No, extra fees.

Non returned SIAC`s will have a cost of €80,00.

\*More information: <https://www.sportident.com>

### **Very important:**

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 to have the SIAC in a easy place to confirm the flashing light (ex: Wrist).

## **14 MAPS**

MTB Orienteering maps

Scales: 1:10 000 and 1:15000

Contour intervals: 5 m

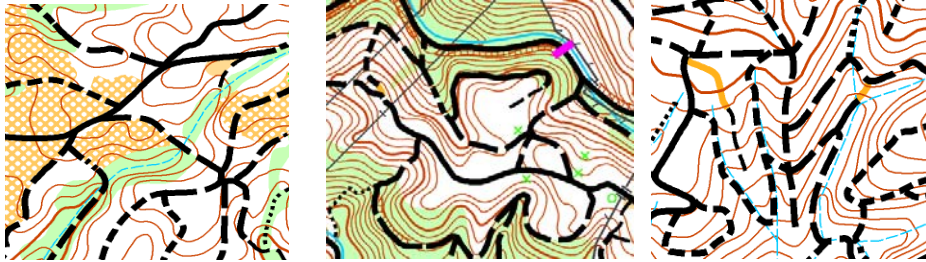
Terrain type: moderate hilly, various kinds of roads





**III COSTA ALENTEJANA MTBO Trophy**  
**Event for Portuguese MTBO league**  
**World Ranking Event, Women Iberic Champs, and World Masters Series**  
March-2017

**Bulletin #3**



Model event vs Portugal Training Camps –Santiago do Cacém

28th march - Map “Grandôla Btt” , Media Distance, FPO Registration No. 027/06 (38.1768556, -8.5873417). Between 12h and 16h.

29th march - Map “Sta. Margarida da Serra “,Long Distance, registration FPO nº024 / 05 +” Grandôla Btt “registration FPO nº027 / 06 (38.119415, -8.599891). Between 11h and 15h.

30th march - Map “Santiago Cacém”, Media Distance, FPO Registration No. 037/13 (38.012014, -8.695625); Between 11h and 15h.

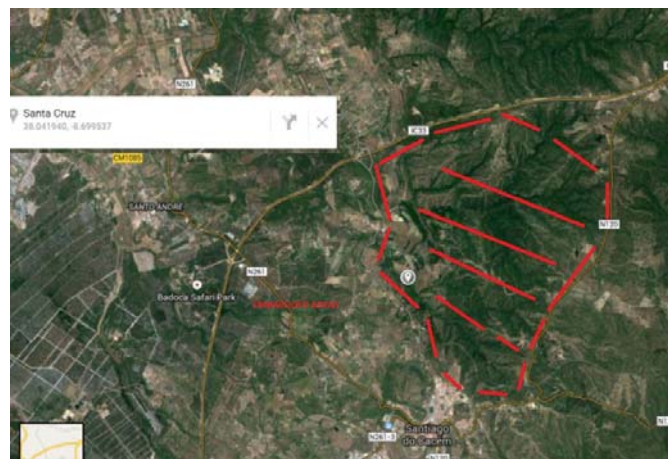
31th march – Map: “Casoto”, Long Distance, FPO Registration No. 27/14 (37.972911, -8.769690); Between 11h and 15h.

By course planner’s: Armando Santos, Carlos Simões, Joaquim Patrício, Hugo Patrício.

**15 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 1<sup>st</sup> November 2016 to 2<sup>nd</sup> April 2017



There is no exception.

All events will be organized in accordance with the IOF rules.

Also, visit our website for further information.



**16 TERRAIN DESCRIPTION**

In the competition areas thorny vegetation can be found. Therefore puncture protection is strongly recommended.

All the competition areas are open to public traffic. We don't expect any kind of traffic on the competition area. Riders should follow the instruction of marshals.

Still, it is the rider's responsibility to observe traffic rules and avoid unsafe practices.

Altitude: 111m to 250m.

Model Event and Training camps

Taking place in forest areas, with small urban areas, the forest characteristic features are the typical Mediterranean forest with multiple paths and roads, dense vegetation. The forest areas sometimes have underbrush that can hamper the shortcuts.

Some steep areas with technical up or downhill sections.

**17 RULES**

The event will be organized in accordance with the Competition Rules for IOF MTBO Orienteering Events, valid from 1 January 2015, and Special Rules for MTB Orienteering World Ranking Event 2015. Please consult:

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

In this specific event:

- Riding off the track, trail or path is allowed.
- In Portugal one drives on the RIGHT side of road.

Therefore riders must ride on the RIGHT side on all roads and tracks.

**18 PRELIMINARY INFORMATION ON THE COURSES (\*Spectators control)**

MIDDLE [m]				LONG [m]			
COURSE	LENGTH	CLIMB	CP	COURSE	LENGTH	CLIMB	CP
M1 ME	13200	520	11	L1*	26400	900	15
M2 M21A/M35	10900	470	12	L2*	21800	700	12
M3 M40/M45	10800	440	11	L3*	20700	715	12
M4 WE/M20	8700	370	9	L4*	19100	680	12
M5 M50/M55	9200	370	10	L5*	16300	540	11
M6 M60/M65	7500	270	10	L6	14500	450	11
M7 M17/W20/W21A/ W35	7000	240	9	L7	12800	410	10
M8 M15/W50 /W55	4600	180	9	L8	9600	310	9
M9 W15/W17/W60/ W65/ W70/ W75	4000	150	8	L9	7800	310	9
M10 W40/W45/M70/ M75	6200	210	8	L10	11400	400	9
M11 OM	3400	140	9	L11	9800	280	12
M12 OL	7900	330	15	L12	15100	560	19

Middle Start from arena, 1400m.

Long Start from arena: 1800m.

**ESTAFETAS (Relay)**





Nº	Categorias	Nº Pts	Distância	Desnível
E1	Sen M	26	5,1 – 5,6	60
E2	Jun M Vet I	24	4,7 – 5,1	55
E3	Sen F Vet II	21	4,4 – 4,7	50
E4	Juv M Vet III Pop L	20	3,9 – 4,1	45
E5	Jun F Vet F	17	3,5 – 3,7	40
E6	Juv F Inic M Inic F Pop C	16	3,1	35

### SPRINT

Nº	Escalões	Nº Pts	Distância	Desnível
Sp1	ME M20 M40	19	4,0	45
Sp2	WE M50 M21A Op L	17	3,6	40
Sp3	M17 M60 W40 W21A W20	15	3,0	35
Sp4	M15 W17 W15 W50 W60 Op C	13	2,5	30
Sp5	Form	12	0,9	20

Sprint – Capture the maps temporary after course!

### 19 ANTI-DOPING

According, the IOF Anti-Doping Code and rules apply as of 1<sup>st</sup> January 2015

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

### 20 WEATHER

During Mars and April you can expect temperatures from 15<sup>0</sup> to 20<sup>0</sup> Celsius during the day and from 10<sup>0</sup> to 14<sup>0</sup> Celsius during night.

### 21 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.

Nearest hospital: Santiago do Cacém (HLA - Hospital do Litoral Alentejano, EPE).

Monte do Gilbardinho - Estrada Nacional 261 7540-240 SANTIAGO DO CACÉM

(351) 269818142- Urgency/Urgência

### 22 VISA

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





### **23 TRAINING OPPORTUNITIES**

28<sup>th</sup>, 29<sup>th</sup>, 30 and 31<sup>th</sup> March 2017, training maps with control points, by Si-Card system.  
Organised by COALA and CNA.

Between 4 and 30 km from Event centre (€5/map/person).

M and W courses.

### **24 MEDIA SERVICES**

Media representatives are cordially invited to come to Santiago do Cacém to cover the World Ranking Event.

Registration for media entry should be made in email by 24<sup>st</sup> May 2015.

Media facilities will be available only to registered media representatives.

### **25 LIVE COVERAGE**

On our website you'll be able to follow III CAMTBO'17 events with live results, live TV coverage, Live Blog, text commentary, pictures, video, and route choices. Last detailed information will be given in Arena and Web.

### **26 BICYCLE STORAGE, WASHING AND REPAIR**

Bicycle storage (free) 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 (MPhone: 0351-962568473).

### **27 PREVIOUS ORIENTEERING MAPS**

[Old Map](#) 2015! revised.

(<http://iiicamtbo.coala.com.pt/wp-content/uploads/Santa-Cruz-btt-light.jpg>)

Visit our website at [III Costa Alentejana MTBO Trophy](#) for further information





**III COSTA ALENTEJANA MTBO Trophy**  
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March-2017

**Bulletin #3**

**28 SPONSORS**

Município de Santiago de Cacém

União de Freguesias de Santiago do Cacém, Santa Cruz e S. Bartolomeu da Serra

Junta de Freguesia de Santo André

Hotel Vila Park

Hotel Rural Monte da Lezíria

Vitalis

Repsol

Galp, Ref.Sines

Egeo

SoAndaimes

Banza & Coelho

