



2017
VILNIUS

WORLD MTB ORIENTEERING CHAMPIONSHIPS

JUNIOR WORLD MTB ORIENTEERING CHAMPIONSHIPS

MTB ORIENTEERING WORLD CUP ROUND 3

Vilnius, Lithuania
20-26 August 2017



BULLETIN 3



Welcome!

The Lithuanian Orienteering Federation is pleased to welcome the participants to the World Mountain Bike Orienteering Championships and Junior World Mountain Bike Orienteering Championships from 20 to 26 August 2017 in Vilnius, the capital city of Lithuania.

1. Organisation

ORGANISERS

Lithuanian Orienteering Federation
City of Vilnius
MTBO RENGINIAI

ORGANISING TEAM

Event Director:	Roma Puišienė
Competitions director:	Jurgis Rubaževičius
Map makers:	Evaldas Baleišis, Martinš Lasmanis, Vytautas Ralys
Courses:	Ramunė Arlauskienė, Darius Kalvaitis, Martinš Lasmanis
Time keeping, IT:	Tadas Kazlauskas
PR & Media:	Patricija Babarauskaitė, Donatas Lazauskas
Event office:	Giedrė Rubaževičienė
Finance director:	Milda Guogienė

EVENT ADVISORS

IOF Senior Event Adviser:	Ursula Häusermann (SUI)
National controllers:	Vitalijus Paulauskas, Tomas Stankevičius

CONTACTS

Phone:	+370 670 99997
Email:	info@mtbo.lt
Website:	www.mtbo.lt
Facebook:	www.facebook.com/wmtboc

Date, time	Event
Saturday, August 19	Team Arrivals, Training, Office Open
17:00 - 20:00	Event office in EC open
12:00 - 16:00	Training at Aukštągiris (54.73448, 25.37292 WGS)
Sunday, August 20	Model event, Opening ceremony
09:00 - 21:00	Event office in EC open
12:00	Deadline for start group allocation for MIDDLE distance at the event office
12:00-15:00	Model Event at Karoliniškių Šlaitas (54.696525, 25.229272 WGS)
16:30	Opening ceremony at City Hall (Didžioji g. 31, Vilnius)
18:30	Team leaders meeting
Monday, August 21	Middle distance
06:30 - 09:30	Breakfast at Urbihop Hotel
09:00 - 16:00	Event office at finish arena open
09:30	First start
12:00	Deadline for start group allocation for the MASS START at the event office
14:30	Closing time finish
15:00	Deadline for complaints
15:30	Prize-giving ceremony at finish arena
18:00	Team leaders meeting
17:30 - 21:00	Event office in EC open
18:30 - 20:00	Dinner at Urbihop Hotel

Date, time	Event
Tuesday, August 22	Mass start
06:30 - 09:30	Breakfast at Urbihop Hotel
09:00 - 14:00	Event office at finish arena open
09:30	First start
12:00	Deadline for start group allocation for the RELAY teams at the event office
12:30	Closing time finish
13:00	Deadline for complaints
13:30	Prize-giving ceremony at finish arena
18:00	Team leaders meeting
17:30 - 21:00	Event office in EC open
18:30 - 20:00	Dinner at Urbihop Hotel
Wednesday, August 23	Relay
06:30 - 09:30	Breakfast at Urbihop Hotel
09:00 - 14:30	Event office at finish arena open
09:30	First start
14:30	Closing time finish
15:00	Deadline for complaints
15:30	Prize-giving ceremony at finish arena
17:30 - 21:00	Event office in EC open
18:30 - 20:00	Dinner at Urbihop Hotel
Thursday, August 24	Rest day
07:00 - 10:00	Breakfast at Urbihop Hotel
10:00 - 12:00	Event office in EC open
12:00	Deadline for start group allocation for the LONG at the event office and for naming the riders who will get a start slot in the A-final of the LONG distance allocated to nations via steps 9)-10).
17:00 - 19:00	Event office in EC open
17:00 - 18:00	Open MTBO Forum in EC
18:00	Team leaders meeting
18:30 - 20:00	Dinner at Urbihop Hotel

Date, time	Event
Friday, August 25	Long distance
06:30 - 09:30	Breakfast at Urbihop Hotel
09:00 - 16:00	Event office at finish arena open
09:30	First start
12:00	Deadline for start group allocation for the SPRINT at the event office
14:45	Closing time finish
15:00	Deadline for complaints
15:30	Prize-giving ceremony at finish arena
18:00	Team leaders meeting
17:30 - 20:00	Event office in EC open
18:30 - 20:00	Dinner at Urbihop Hotel
Saturday, August 26	Sprint
06:30 - 09:30	Breakfast at Urbihop Hotel
09:00 - 16:00	Event office at finish arena open
09:30	First start
12:40	Closing time finish
13:00	Deadline for complaints
14:00	Prize-giving ceremony at finish arena
17:30 - 20:00	Event office in EC open
20:00	Banquet
Sunday, August 27	Departure of teams

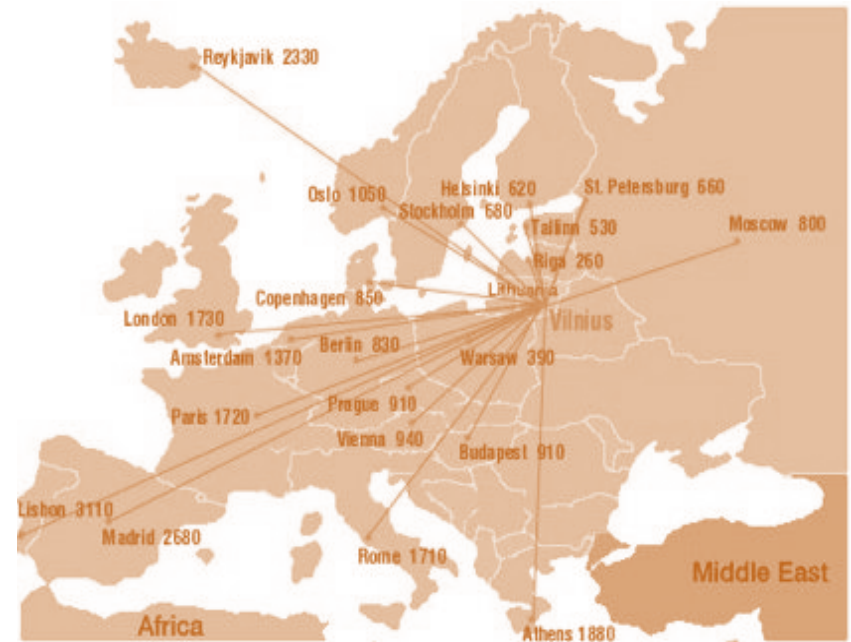
3. Venue

The World MTB Orienteering Championships 2017 will be hosted by Vilnius, the capital of Lithuania, and its largest city with a population of about 550 000. The city is situated in south-eastern Lithuania at the confluence of the Neris and Vilnia rivers, close to a site claimed to be the Geographical Centre of Europe.

Vilnius is a cosmopolitan city with diverse architecture, however most known is the Vilnius Old Town, the historical centre of Vilnius, which is one of the largest in Europe (3.6 km²) and listed as UNESCO World Heritage.

Today Vilnius is the most alive city in Lithuania, full of cultural and night life, festivals and events. In 2009 Vilnius was buzzing with cultural activities as European Capital of Culture.

Vilnius is an ideal city to host world-class orienteering competitions: It is surrounded by beautiful forests and all five competitions will be held inside the city boundaries, creating an unforgettable orienteering experience for the participants, as well as a unique entertainment opportunity for spectators.



4. Event centre (EC)

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The EC will be established in the URBIHOP Hotel.

Address: Ažuolyno g. 7, LT-07196 Vilnius

Phone: +370 5 252 6262

Web: www.urbihop.com

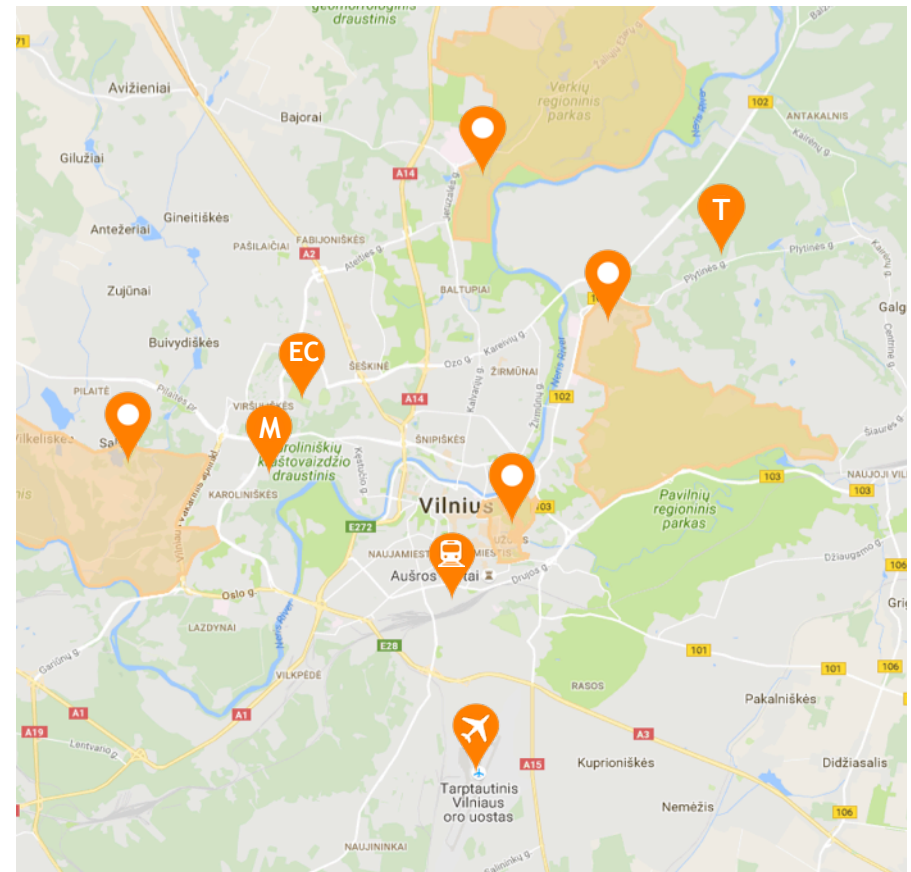
Urbihop is part of SEB tennis arena complex, it is located 6 km from the city centre, 7 km from the Vilnius train station and about 12 km from Vilnius International Airport (VNO).

The URBIHOP Hotel is the main accommodation option. Please find detailed information on services, prices and reservation in Chapter 11, Accommodation.



From the Event Centre all finish arenas can be accessed conveniently. They are located within 6-8 km distance from the Event Centre.

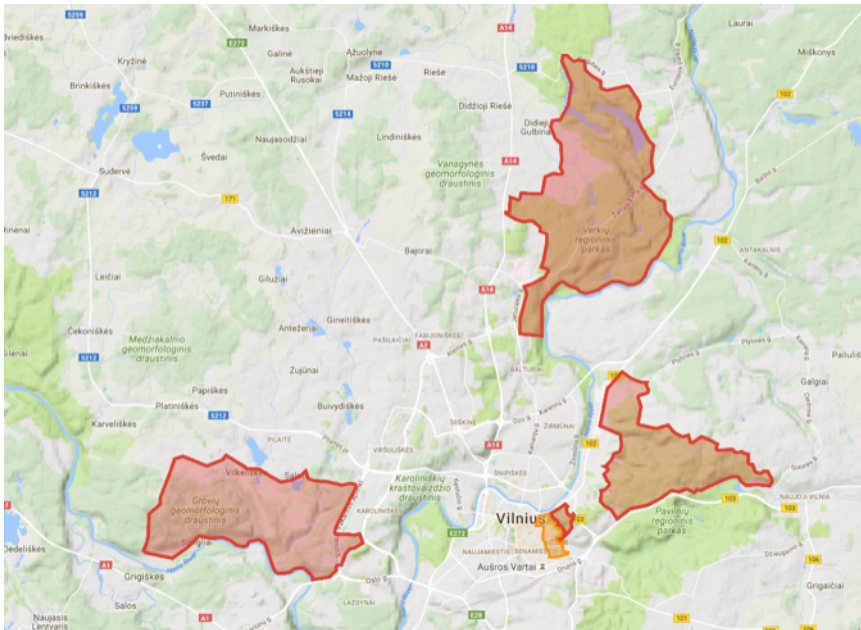
The Event Centre will be site for Event Office and Team leaders meetings.



See detailed map on [WMTBOC 2017 event map](#)

5. Embargoed Areas

Below is an overview of the embargoed areas. Detailed maps of all embargoed areas can be found on the organiser's website www.mtbo.lt.

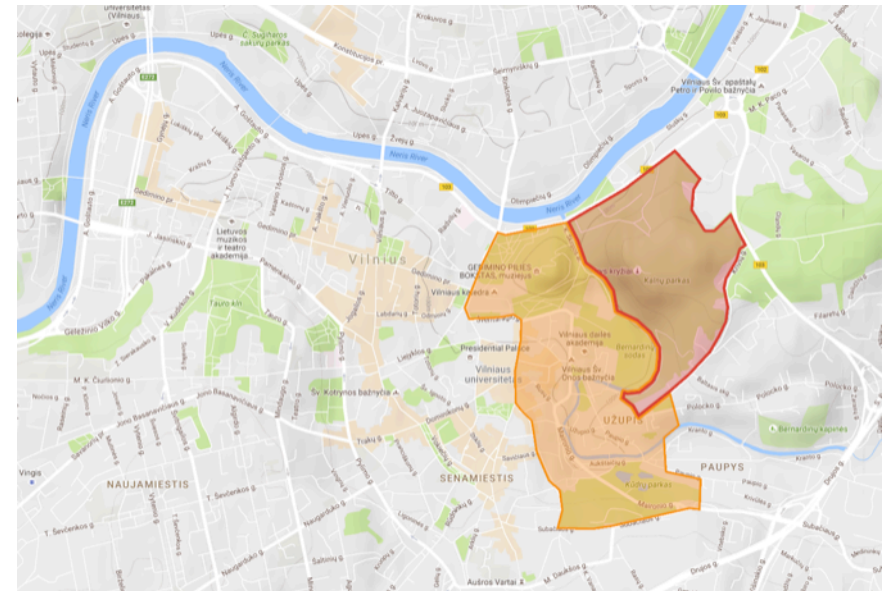


The areas marked on the map are embargoed for all orienteering activities, unless specifically permitted by the organiser. The embargoed areas are out of bounds for all potential participants and team members, including competitors, team leaders, coaches, doctors, escorts, and any other person with potential connection to a team (athletes or others). This means that all potential participants and team members are not allowed to visit these areas with or without a map at all, regardless of

whether it is an orienteering activity or a training session, a walk with the dog or a leisurely Sunday stroll.

The full embargo is also valid for the area marked in red in the city of Vilnius (see enlarged map below). So potential participants and team members (detailed definition see above) are not allowed to enter Kalnų parkas, the forested area east of the river Vilnia in the city of Vilnius.

The area marked in yellow in the city of Vilnius can be visited on foot or by car without an orienteering map, but any orienteering or MTBO activity is restricted and it is strictly forbidden to ride a bike



6. Maps and Terrain description

Competition	Race Area	Distance EC	Map	Terrain descriptions
Middle distance	Sapieginė	8 km	1:10000, E 5m	Terrain is hilly, with multiple steeper slopes. Vegetation is a mixture urban areas and forested areas (dominating pine wood). Most tracks are easy rideable.
Mass start	Salotė Pasakų parkas	5 km	1:10000, E 5m 1:7500, E 2,5m	Terrain is hilly, progressing to the steep slopes. Vegetation is a mixture of open cultivated land, urban areas and forested areas (dominating pine wood). Most tracks are easy rideable.
Relay	Salotė / Grioviai	5 km	1:10000, E 5m	Terrain is hilly, progressing to the steep slopes. Vegetation is a mixture of forested areas, forest park (dominating pine wood), open cultivated land and urban areas. Most tracks are easy rideable.
Long distance	Žalieji ežerai/ Verkiai	8 km	1:15000, E 5m	Terrain is mixture of flat to gently sloping pine forest and steeper river/lake slopes. The dominating vegetation is pine forest with some urban areas. Most tracks are easy rideable.
Sprint	Kalnų parkas / Old Town	6 km	1:5000, E 5m	Terrain is mixture of flat urban areas, urban park and hilly forest park, with some steeper slopes. Most tracks are easy rideable.

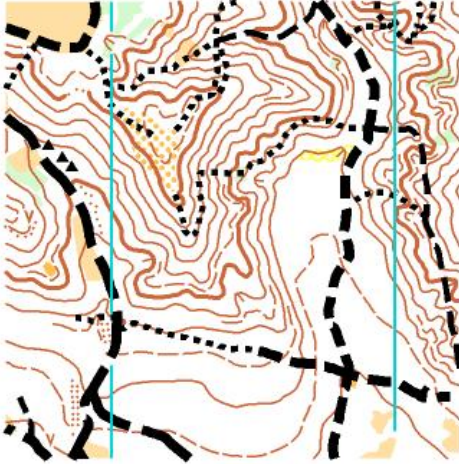
The maps are drawn and printed according to the IOF International Specification for MTB Orienteering Maps ISMTBOM 2010.

The most recent versions of previous orienteering maps of the competition terrains are accessible on the organiser's website www.mtbo.lt.

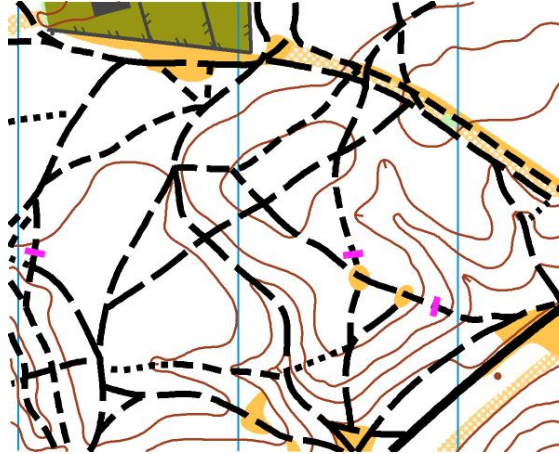
An interactive database of Lithuanian orienteering maps can be found at www.trails.lt.

Map Samples

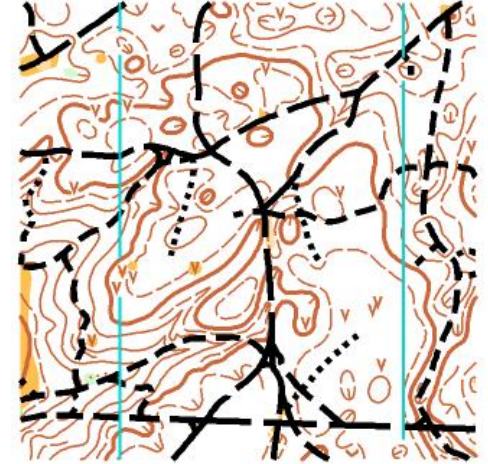
Gudeliai (Relay)



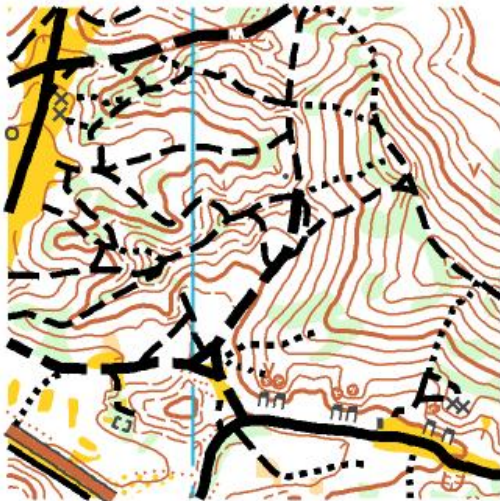
Pasakų Parkas (Mass)



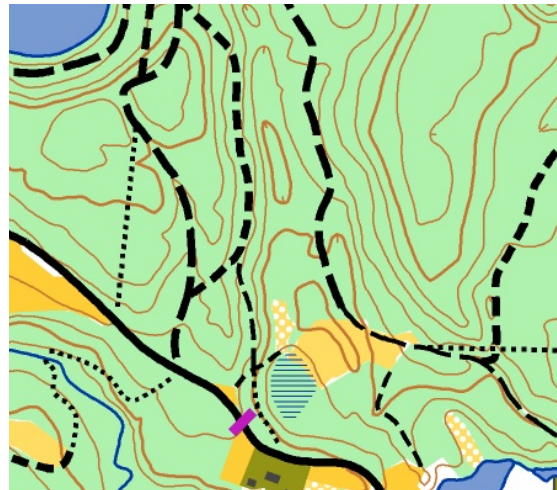
Salotė (Mass & Relay)



Sapieginė (Middle)



Žalieji Ežerai (Long)



Old town & Kalnų Parkas (Sprint)



7. Winning times and course details

The course details and winning times in minutes according to the IOF Competition Rules are as follows:

		Length (optimal route)	Total climb	Number of controls	Refreshment points	Winning times
Middle	M21	14,2	240	25		55 - 60
	W21	12,4	200	21		55 - 60
	M20	12,6	190	22		44 - 48
	W20	11,3	160	18		44 - 48
Mass	M21	24,3	450	38		75 - 85
	W21	20,1	340	35		75 - 85
	M20	19,9	410	31		60 - 68
	W20	17,6	280	30		60 - 68
Relay	M21	17,8	130	20		40 - 45
	W21	15,7	110	17		40 - 45
	M/W21				total winning time	120 - 135
	M20	15,4	120	17		30 - 35
	W20	13,6	90	14		30 - 35
	M/W20				total winning time	90 - 105
Long	M21	42,3	360	30	1	105 - 115
	W21	36,4	270	28	1	105 - 115
	M20	32,6	250	26	1	84 - 92
	W20	26,9	190	22	1	84 - 92
Sprint	M21	8,1	170	27		20 - 25
	W21	7,3	150	25		20 - 25
	M20	6,7	100	26		16 - 20
	W20	4,9	80	21		16 - 20

Please note that all information is preliminary and could be a subject to changes.

8. Competition Rules

Competition Rules

The WMTBOC/JWMTBOC 2017 will be organised in accordance with the Competition Rules for IOF MTB Orienteering Events as published by the IOF and valid from 1 January 2017, the Special Rules for the 2017 World Cup in MTB Orienteering and the IOF Anti-Doping Rules valid at the time of the event. All competition rules can be found on the IOF website www.orienteering.org.

- Competitors must get to all control points with their bikes.
- Riding off the track or trail is allowed in areas marked as forest or freely rideable open area. Off track riding is strictly prohibited in all other areas, including settlements, cultivated land, orchards, vineyards and all other open areas not marked as rideable. Competitors riding off track in restricted areas are responsible for any damage claimed by the landowners and will be disqualified.
- **In the SPRINT competition riding off the track or trail is not allowed.**
- In Lithuania one drives on the RIGHT side of the road. Therefore competitors must ride on the right side on all roads and tracks.
- Overtaking slower riders should be done by the LEFT side.

Permitted rule deviation

For better legibility, the map scale will be 1:7500 at the Relay. This rule deviation was approved by the ESB/IOF.

The start interval at the Sprint will be 1 minute.

Time keeping and punching system

SPORTident Air+ (touchless, range of 180 cm) with Active Cards (SIACs) will be used at all competitions. The rental fee of the SIAC is included in the entry fee.

Competitors may use their own SIAC if registered by 8 August (final entry). If own SIAC used, the competitor is fully responsible for its technical state.

Quarantine zone

There will be quarantine zones at all competitions, except Mass start. In quarantine zones it is not allowed to use phones, computers or any other multimedia devices that can help you to follow the competition online.

Detailed information on quarantine zones and times will be announced in Bulletin 4.

Doping

Doping is strictly forbidden, and the organisers of the WMTBOC and JWMTBOC 2017 are dedicated to supporting the anti-doping authorities in their work.

Doping controls may be carried out any time during the competition period. As some sites for the doping controls may be a few minutes' drive away, we suggest that athletes are prepared at all competitions to take along some dry clothes to change into after their race.

Doping tests are always carried out in accordance with the procedures described in the WADA International Standard of testing. The IOF Anti-Doping Code and rules valid at the time of the event apply.

Athletes who are selected for the doping tests must bring an official identification (with photo) to the doping test area. Accreditation cards with photo can also be used for this purpose. The athletes should 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.

Please find more information about anti-doping at <http://www.orienteering.org/anti-doping>.

9. Classes and Participation Restrictions

Classes

WMTBOC - W21, M21

JWMTBOC - W20, M20

WMTBOC

There is one class for women (W21) and one for men (M21). There are no age restrictions.

Each federation may enter a team of up to 16 competitors - up to 8 women and 8 men - and an unlimited number of team officials. In each individual race, except the Long distance competition, every federation may enter up to 6 women and 6 men. In addition, the current World Champions for the distance may be entered by their federations, provided they are members of the federation's team.

For the Long distance competition, the number of competitors who may enter is limited. The qualification rules are published as Special Rules and can be found on the IOF website (<http://orienteering.org/wp-content/uploads/2010/12/Procedure-for-allocating-WMTBOC-long-distance-start-slots.pdf>).

In the Relay, each federation may enter up to 2 women's teams and 2 men's team, each consisting of 3 team

members. Incomplete teams and teams with cyclists from more than one federation are not allowed.

JWMTBOC

There is one class for women (W20) and one for men (M20). Only competitors who are entitled to compete in these classes (W20 or M20) may participate.

Each federation may enter a team of up to 12 competitors - up to 6 women and 6 men - and a number of team officials. In each individual competition every federation may enter up to 6 women and 6 men.

In the Relay, each federation may enter up to 2 women's teams and 2 men's teams, each consisting of 3 team members. Incomplete teams and teams with cyclists from more than one federation are not allowed.

PUBLIC RACES

Due to organisational restrictions it is unfortunately not possible to offer open competitions.

10. Entries

WMTBOC and JWMTBOC competitors may only be entered by their federation.

The summary of preliminary entries received by 18 June 2017 is on the right.

Entries are made in IOF Eventor, please see <https://eventor.orienteering.org/Events/Show/5118>

Deadlines

Preliminary entry is closed.

Final entry by 8th August 2017 giving:

- country
- each competitor's family name and first name, year of birth, gender and class
- Number of SI Active Card if competitors want to use their own SIAC
- family name and first name of the team officials

There is an extra fee of 20 % for late entries.

Very late entries may be refused.

Federation	M21	W21	M20	W20	Officials	Total
Australia	3		1	1	2	7
Austria	6	3	2		3	14
Bulgaria	1				1	2
Czech Republic	6	4	3	3	4	20
Denmark	3	3	1		1	8
Estonia	6	2	1	1	2	12
Finland	6	6	6	6	4	28
France	4	3	3	4	4	18
Germany	1	1				2
Great Britain		2			1	3
Italy	3		3		2	8
Japan	3	3	1			7
Latvia	6	3	1			10
Lithuania	8	5	4	4		21
Poland			3		1	4
Portugal	3	1	3	1	1	9
Russian Federation	7	6	6	6	2	27
Slovakia	1				1	2
Spain	4	3	2		1	10
Sweden	6	3	6	3	3	21
Switzerland	1	2	1		1	5
Turkey	1	1			1	3
Ukraine	3					3
United States	1	3				4
Total	83	54	47	29	34	248

Fees and payments

Fees are in € and per person (except Relay)	WMTBOC	JWMTBOC	Team officials
Sprint distance	60	40	-
Middle distance	60	40	-
Long distance	60	40	-
Mass start	60	40	-
Relay (per team)	180	120	-
Accreditation/registration (including banquet)	60	40	60

Full payment of all entry and accreditation fees must be made no later than 7 July 2017.

Please make your payment to:

IBAN: LT637300010143023967
 Account holder: VŠĮ „MTBO renginiai“,
 Company ID: 303981383
 Address: Žvirgždyno 1, Vilnius, Lithuania
 SWIFT/BIC: HABALT22
 Bank: SWEDBANK AB VILNIUS

Charges and bank fees are to be paid by the sender/payer. Competitors or teams may be excluded if their entry fee is not paid.

11. Accommodation

The main accommodation will be the **Urbihop Hotel***** (www.urbihop.com) where the EC is located.

The modern Urbihop Hotel is part of the SEB Arena - a multifunctional sports, services and health complex and the largest indoor centre of tennis courts in the Baltic States.

The hotel has a large parking area, a 24/7 reception and a lobby bar as well as lifts. All rooms come with a flat-screen TV, air conditioning, toiletries, towels, a hair dryer etc. Free WiFi is available in all rooms.

There is secure bike storage in a building next door.

A shopping centre with various shops is nearby (about 5 minutes on foot); the huge shopping and entertainment centre 'Akropolis' - see <http://akropolis.lt/en/vilnius> - is also close (5 minutes by car or 2 stops by bus).

The rooms are allocated on a first-come, first-served base.

Meals: Breakfast is included in the price; dinner can be booked at € 10.00 per person.

Please book accommodation and meals at the Urbihop Hotel directly with the hotel management, either by telephone or by using the form 'Accommodation booking' provided on the organiser's website www.mtbo.lt.

Contact details for booking:

Phone:	+370 5 278 6170,
Fax:	+370 5 213 5900
Email:	book@urbihop.com

Your booking will become valid after paying 50 % of the total cost (accommodation and meals) to the hotel. Payment details will be given in the booking confirmation.

Deadline for booking accommodation and meals (dinner) at the Urbihop Hotel was 15 June 2017. Therefore accommodation at Urbihop Hotel is no longer available.

Please note that the hotel deals with all bookings of accommodation and meals - not the organisers!

OTHER ACCOMMODATION

There is a wide range of other accommodation in Vilnius. To book it or to get information about the city, please visit the website of the Vilnius Tourist Information Centre at www.vilnius-tourism.lt/en. Other websites that might be helpful are listed under [15. Useful websites](#).

Please note that accommodation in DORMITORIES, described in Bulletin 2, is no longer available as the deadline for booking has passed.

12. Travel information

TRANSPORT

If you don't have your own car or a rental car, transport from Vilnius airport or from the railway station to the Event Centre is possible by taxi or by public transport (bus). For bus timetables visit www.stops.lt/vilnius/#vilnius/en.

The competition centres/finish arenas are all within the city boundaries and could be reached by bike. The distances from the Event Centre see in Chapter 6.

On request, the organisers will offer transport from the airport or the railway station to the EC and/or transport to the finish arenas during WMTBOC and JWMTBOC (extra cost). Please send your request for transport by the organisers to info@mtbo.lt by 1 May 2017.

IMPORTANT INFORMATION FOR AIR PASSENGERS!

Due to runway reconstruction Vilnius International Airport will be closed from **14 July** till **18 August 2017**. For 35 days most of the flights will be diverted to Kaunas Airport (approx 100 km distance from Vilnius).

For detailed information please visit Vilnius international Airport website: www.vilnius-airport.lt/en/

VISAS

Lithuania is a full Schengen member state. The following IOF full member countries require a visa to Lithuania: Belarus, China, Colombia, Kazakhstan, Moldova, Mongolia, Russia, South Africa and Turkey.

Visas have to be applied for at the nearest Lithuanian embassy. The organisers will assist participants as required to obtain visas. Please make sure that you allow for sufficient time (at least 3 months) for invitation letters and visa processing. Also note that visa regulations are subject to change. Please double-check your specific visa requirements.

LOCAL WEATHER CONDITIONS

Vilnius experiences a humid continental climate. In August the temperatures are pleasant with an average high of 23°C and a low of 12°C. On the average there are 16 rainfall days with a precipitation of 68 mm, but towards the end of the month it is usually drier than at the beginning. So the chances are quite good that the weather will be ideal for biking during the event 😊.

13. Opportunities for training

TRAINING OPPORTUNITIES

A training camp took place in Vilnius in the first week of May 2017.

Teams who would like to train on these maps may get them from the organisers (info@mtbo.lt) as printouts upon arrival (2€ per map). Due to ownership and copyright reasons it's not possible to make these maps available on-line.

The organisers are also happy to provide maps and help with organising trainings upon request (info@mtbo.lt).

The calendar of national Lithuanian MTBO events can be found at <http://orienteering.lt/varzybos-ir-trasos/varzybos/> (only in Lithuanian).

Training on 19 August

Training place - Aukštageris (Start: 54.73448, 25.37292 WGS).

The training will be prepared as **free order training** - the controls will be set in the forest without any planned courses. Teams are free to plan the training according to their wishes. There will be any start protocol, but finish is closing at 17:00.

Training maps will be available in the start place.

Price for the training - 5€, payable at the start or in advance at the Event office.

14. Media

We welcome all media representatives to the World MTBO Championships for the Elite and Juniors. For media accreditation and more information please contact Donatas Lazauskas, media@orienteering.lt.

15. Useful Websites

Vilnius City Municipality: www.vilnius.lt/kalbos/?lang=en
State Department of Tourism: <http://tourism.lt/en/>
National Tourism Information: www.lithuania.travel
Vilnius International Airport: www.vilnius-airport.lt/en/



16. Deadlines

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Date	Deadline for:
7 July 2017	Full payment of all entry and accreditation fees to organizers
8 August 2017	Final entry in IOF Eventor