



Bulletin #4

Additional event information

17th World Mountain Bike Orienteering Championships
WMTBOC

World Mountain Bike Orienteering World Cup Round 2
WCup

12th Junior World Mountain Bike Orienteering Championships
JWMTBOC

26th July – 4th August 2019
Viborg, Denmark

<http://wmtboc2019.dk>

info@mtbo2019.com

Facebook: @WMTBOC2019



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Additional event information

Dear all,

Please find the final additional event information in this bulletin #4.

The Danish Orienteering Federation, Viborg Municipality, Sport Event Denmark and all partners welcome you to the WMTBOC | JWMTBOC | 2019 in Viborg.

Welcome!

JØRN SVENSEN
Event Director

Patrons

Welcome to Viborg

Dear participants and guests,

In Viborg, we are looking forward to welcoming you to the MTBO Championships 2019.



Together with the Danish Orienteering Federation, we are proud to be part of the World Mountain bike Orienteering Championship and the Junior World Mountain bike Orienteering Championship.

You will experience extensive heath areas, hilly and dramatic landscapes, an amazing game reserve and a multitude of parks and recreational areas.

Viborg Municipality is, geographically, the second largest municipality in Denmark and the area offers many exciting natural resorts suited for outdoor sports. These days, we are constructing a 100 kilometers mountain bike trail leading through five forests and natural resorts.

On the route, there are plenty of opportunities to combine exercises with cultural history as the trail passes bunkers, churches, drainage channels, heath areas and a working museum.

All in all: We are crazy about sports! Every year we host many large sports and cultural events – and we always strive to create the best possible settings and to give our guests the best possible experiences.

We will make effort to ensure that you get the opportunity to experience the beautiful nature of the Viborg area – the woods, the lakes, and (hopefully) Danish summer at its best. We recommend that you make time for a stroll in the cosy streets of Viborg and experience our cultural history as well as the excellent shopping possibilities.

I hope you have a fantastic championship in Viborg and wish all participants good luck!

ULRIK WILBEK
Mayor of Viborg Municipality

Welcome to Syddjurs

Dear participants, sponsors and visitors at the World Championships,



On behalf of the municipality of Syddjurs, I wish you all welcome to Syddjurs and especially to Ebeltoft, home of one of the World Championships distances.

As you will discover, Ebeltoft is a special place, a well preserved borough with cobbled streets and beautiful houses. Here you will also find an internationally renowned glass museum and a museum for the national treasure The Frigate Jutland – both worth a visit.

Ebeltoft lies on the outskirts of one of Denmark's most beautiful national parks, Mols Bjerger National Park. It stretches all the way from Ebeltoft to the medieval ruin at Kalø on the coast near Aarhus. The heartland of Mols Bjerger National Park is Mols Bjerger with its grassy and hilly landscape offers spectacular views across the bay. And for the biologically interested you can find a wide range of rare flowers, plants and insects.

The history of the area is defined by our beautiful coastline. Right from the Viking age, during the middle ages, up till today, the connection between sea and land has formed the development of towns and cities. I hope that you will enjoy the nature in our area, and that the weather will be warm and sunny, so you can have a swim in the clear water of the bay.

I wish you all good luck in the competition and a nice stay in our municipality and the city of Ebeltoft.

Sincerely,

OLE BOLLESEN
Mayor of Syddjurs Municipality

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1. Organisation | Officials

Danish Orienteering Federation

Idraettens Hus, Broendby Stadion 20,
DK-2605 Broendby
E-mail: dof@do-f.dk
Webpage: www.do-f.dk
Tel. +45 4326 2740

Event office | Event centre

Asmildkloster Agriculture School
Asmildklostervej 1,
DK-8800 Viborg
E-mail: info@mtbo2019.com
Tel. +45 2018 4123
Leader: Wilbert Lyngsø

Event Director | Point of contact media

Jørn Svensen
E-mail: info@mtbo2019.com
Tel. +45 4044 6999

Competition Director

Michael Lindholm
E-mail: info@mtbo2019.com
Tel. +45 2636 7570

IOF Senior Event Advisor

Magnus Wallenberg (SWE)
E-mail: magnus.wallenberg@gmail.com
Tel. +46 72231 44 22

National Controller

Claus Poulsen
E-mail: claus.m.poulsen@gmail.com
Tel. +45 2139 8730

2. Venue | Event centre

The event centre is situated at ASMILDKLOSTER AGRICULTURAL SCHOOL, with top facilities in order to host the World MTBO Championships.

It is right near the town centre of Viborg and easily accessible by car and public transport.

Within 1 km, you will find super markets, several restaurants and shops.

Nearest super market (Netto) is just app 400 m away. Open all week from 07-22 hrs.

Free Wi-Fi at the event centre.

Network: FreeInternet

Password: asmildkloster

Bike storage: At the event centre, follow signs.

Bring own lock for (extra) safety.

Bike wash: At the event centre.

Event office opening hours in general

Arrival days: Until 2100 hrs

Race days:

0730-0930 EC

1000-1400 Arenas

1700-1900 EC

Other days: 0900-1200 & 1500-1900

Changes may occur, look at the door.



3. General map

Aalborg Airport is situated 90 km from the event center and with connective flights from Copenhagen and Amsterdam.

Århus Airport is situated 90 km from the event center and with connective flights from Copenhagen.

The city of Viborg will host the 2019 WMTBOC & JWMTBOC.

Karup Airport is situated 30 km from the event center and with connective flights from Copenhagen.

Billund Airport is situated 100 km from the event center and with more than 40 international destinations.

Copenhagen Airport is situated 325 km from the event center.

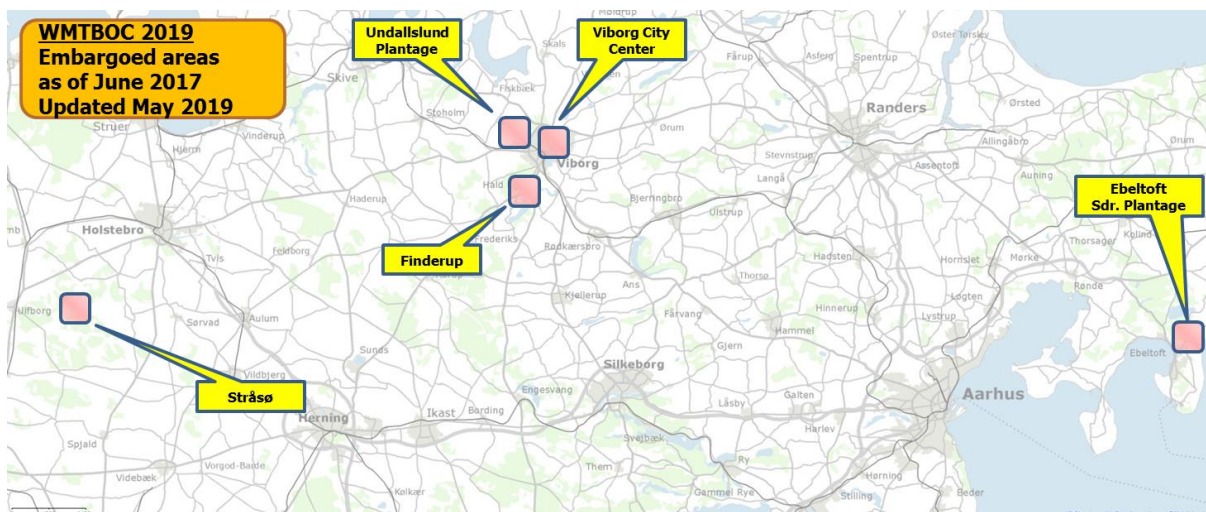
All major road networks of Europe connect to Jutland through Germany and highways from the rest of Europe ends as close as 40 km from Viborg.

4. Embargoed areas

The embargo is in place until after the WMTBOC 2019 in July/August 2019. The areas marked on the map are embargoed for all orienteering activities, unless specifically permitted by the organizers. The embargoed areas are out of bounds for all potential participants and team members, including competitors, team coaches, manager or anyone associated the team/individual.

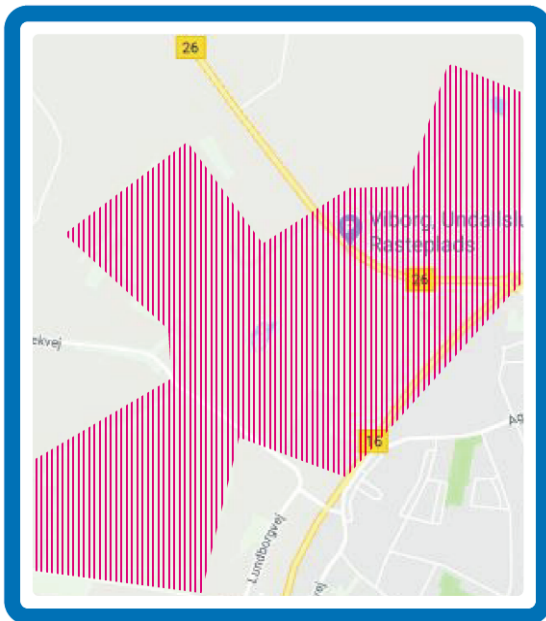
Viborg City Centre is totally embargoed until after the sprint competition!

Any permission for access into embargoed areas must be requested from the organizers, if needed and before access. This includes also if there are any MTB events taking place in the embargoed areas and potential competitors wish to participate. The embargo includes the use of drones in or about the terrain. Old orienteering maps (MTBO or Foot) are available on the website along the specific embargoed areas.

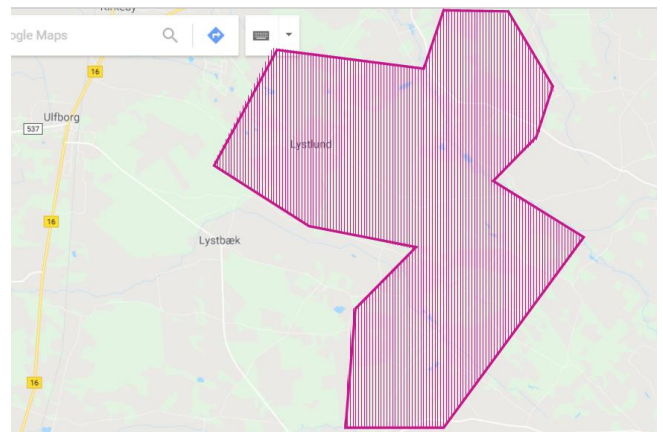


See fully embargoed areas on the website.

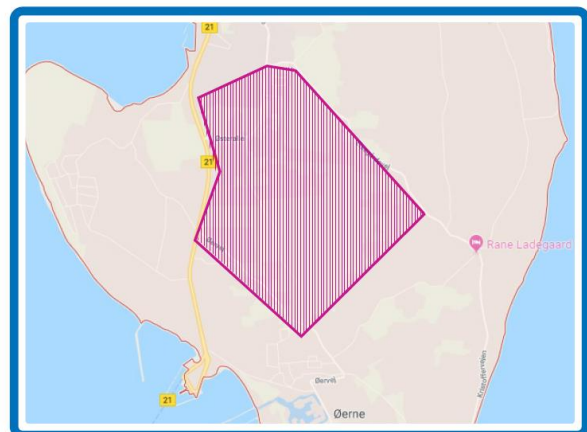
Undallslund



Stråsø



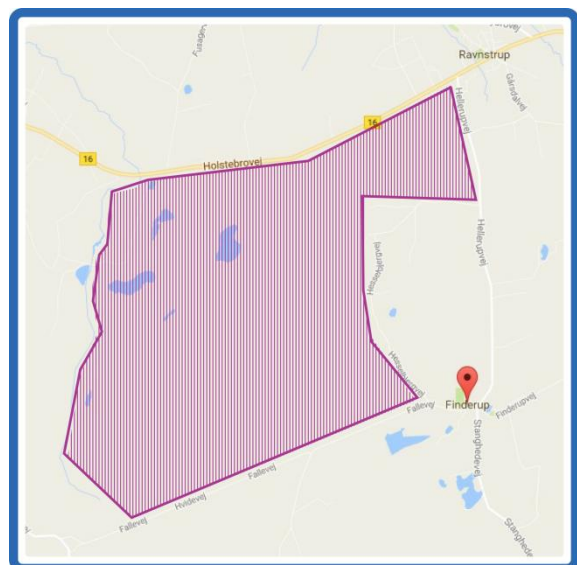
Ebeltoft



Viborg City Centre



Finderup



5. Rules

The 2019 Championships will be organized in accordance with the Competition Rules for IOF MTB Orienteering Events, valid from 1st January 2019 and the Special Rules for the World Cup. All Competition Rules for IOF MTBO are available here: <https://orienteering.sport/>

Controls situated outside paths/tracks | Riding off track

In the SPRINT, LONG and RELAY competitions, controls will occur outside the tracks.

In general riding off the tracks will only be permitted in the relay competition.

In all other competitions; riding, running and walking off the tracks will be strictly forbidden, except in rideable area 2 – orange colour as shown in ISMTBOM 2010, appendix 1 (p. 16).

Race control: Marshalls will be present in the competitions.

Special features

MTB tracks will be drawn as on the image below. 25 % grey colour under the black line, in order to show the rider, here is a MTB track. The MTBO commission has permitted this, through the IOF Senior Event Adviser. The signature will occur at middle, long and mass start maps.

The signature was used during 2019 MTBO camp and slightly adjusted with a lighter grey colour.



Use of BLACK/YELLOW ribbon

The use of BLACK/YELLOW ribbon indicates that “this is not a track – and riding is prohibited”.

It will be used/seen in places where the organisers might think that riders could be misled to believe there is a track or misunderstand the mapping.

Do not cross BLACK/YELLOW ribbon.



6. Program in headlines

Day	Date	WMTBOC WCup JWMTBOC	Viborg MTBO 6-days	
Thursday	25 th July	Arrivals & training	Arrivals & training	
Friday	26 th July	Arrivals & training		
Saturday	27 th July	Model event sprint		
Sunday	28 th July	Sprint Opening ceremony	Stage 1:	Sprint
Monday	29 th July	Model event forest	Stage 2:	Middle
Tuesday	30 th July	Middle	Stage 3:	Middle
Wednesday	31 st July	Long	Rest day	
Thursday	01 st August	Rest day	Stage 4:	Long
Friday	02 nd August	Mass start	Stage 5:	Mass start
Saturday	03 rd August	Relay Closing ceremony Banquet	Stage 6:	Semi-free order, chasing start
Sunday	04 th August	Departures	Departures	

World Cup round 2: W21 & M21 all individual competitions and Team Relay.

Young Guns Series round 7+8: W20 & M20 sprint & middle.

7. Accommodation & meals

All teams accommodated at the event centre ASMILDKLOSTER AGRICULTURAL SCHOOL will be catered at the event centre. Breakfast and dinner is included in the accommodation fee.

Arena sales: Hungry... don't be, there will be a sale at the event arenas. Sodas, candy, sausages, salad. Pay in EUR or in DKK.

Accommodation

Available from Thursday 25th July at 1500 hrs. Check in at Event office.

The accommodation must be left at Sunday 04th August at 1200 hrs. Remember to hand in the key card.

Remember: Duvet/pillow/sheet OR sleeping bag.

NO BIKES ALLOWED in the accommodation!

Meal timings

Day	Meals	Time
Thursday 25 th July	Dinner	1800-1930
Friday 26 th July	Breakfast Dinner	0700-0900 1800-1930
Saturday 27 th July	Breakfast Dinner	0700-0900 1800-1930
Sunday 28 th July	Breakfast Dinner	0630-0830 1730-1845
Monday 29 th July	Breakfast Dinner	0600-0830 1800-1930
Tuesday 30 th July	Breakfast Dinner	0600-0830 1800-1930
Wednesday 31 st July	Breakfast Dinner	0630-0900 1830-2000
Thursday 01 st August	Breakfast Dinner	0700-0900 1800-1930
Friday 02 nd August	Breakfast Dinner	0600-0830 1800-1930
Saturday 03 rd August	Breakfast	0630-0830
Sunday 04 th August	Breakfast	0700-0900

8. Official transport

To/from the nearest airport: Only on request. There will be a fee in EUR.

Daily transport: Only on request. There will be a fee in EUR.

Public transport from the nearest airports is possible, however it is rather tricky.

E-mail us if you need information and we are happy to assist.

Rent-a-car

Our sponsor **Intopit** offers you special rates on rental of transport.



Have a closer look at:

<https://www.intopit.dk/vm-mtbo2019/>

9. Climate

Average temperature in July/August is just below 20° C. However, the temperature can go as high as up to 30° C. Mean temperature during night time is 13-15° C. Average rainy days are 14-16 per month. The average precipitation is between 77-91 mm per month. Sun or rain? Follow the weather forecast here:

https://www.yr.no/place/Denmark/Central_Jutland/Viborg/long.html?spr=eng

We recommend to bring (and use) sunscreen and mosquito repellent.

10. Media services

Media representatives are more than welcome to the Championships. Accreditations have expired, but let us know if you come around. On arrival, medias will have to get media access at the event office.
Telephone: +45 4044 6999, E-mail: info@mtbo2019.com

11. Anti-doping information

Doping is forbidden. The IOF Anti-Doping Rules apply to all IOF events and the IOF Council may require doping control procedures to be conducted. It is the responsibility of the competitors to obtain any required therapeutic use exemption (TUE) certificate.

12. Health care / First aid

At all competitions there will be professional medical personnel at the arena.
Outside competitions, contact via the Event office.
Night time & weekends: Duty Doctor, tel. +45 7011 3111.

Address (2 km from EC):
Viborg Emergency Room
Heibergs Allé 5G, 8800 Viborg, entry G
But you need to call before showing up!

13. Team officials' meeting

The organizer will hold a meeting on the day prior to all competitions.
The meeting will take place at the Event centre and will begin at 18.30 hours.
The Competition Director will run the meeting, while the IOF Senior Event Adviser will supervise the meeting. The agenda will stick to the IOF MTBO rules, appendix 5.

Each federation is entitled to participate with up to two persons according to the rules.
It is strongly recommended, that the team officials' have read the bulletin #4 before the meeting.
After the meeting, the information from the meeting will be uploaded on the website.

Start number bibs, start lists, and other information will be handed out before the meeting at the event.
The aim is at 1800 hours at the event office.

14. Complaints | Protests

According to IOF MTBO rule 27.

Any complaints shall be made in writing to the organiser as soon as possible.
Time limit for complaints: 15 minutes after the last competitor has crossed the finish line, in the mass start and relay, 30 minutes after the winner/winning team has crossed the finish line.

According to IOF MTBO rule 28.

Notice: A protest fee of 50 EUR (or 350 DKK) shall be paid to the IOF Senior Event Adviser in cash!

15. Jury

According to IOF MTBO rule 29.

Names	Federation	Remarks
IOF Senior Event Adviser Magnus Wallenborg	Sweden	Lead the jury, but has no vote!
Sandor Talas	Hungary	All competitions
Jiry Vransy	Czech Republic	All competitions
Ludomir Parfianowicz	Poland	All competitions, except relay
Ursula Häusermann	Switzerland	Relay only

16. Clothing

Please notice, that competitors may not wear the team clothing of another Federation during the official trainings, model events and competitions.

During the opening ceremony and the prize giving ceremonies, it is expected that the competitors are dressed in the official clothing of the Federation. Avoid sunglasses, hats and such things.

17. Prizes | Prize giving ceremonies

Competitions	WMTBOC	Wcup	JWMTBOC
	M21 / W21	M21 / W21	M20 / W20
All individual competitions + relay	Prizes: Top-3 IOF Medals: Top-3 IOF diplomas: Top-6	IOF diplomas: Top-6	Prizes: Top-3 IOF medals: Top-3 IOF diplomas: Top-6

Prize giving ceremonies

Competitions	Flower ceremonies arena	Prize giving ceremony incl flower
Sprint	Yes	The Town Hall
Middle	No	Frigate "JUTLAND"
Long	No	Arena
Mass start	No	Arena
Relay	No	Arena

18. Time keeping system

SPORTident Air+ will be used in all competitions.

The minimum working range is 150 cm.

All competitors will have to use an ActiveCard (SIAC). The competitors will use own SIAC or rental one.

Rental: For not returned SIAC card, full card cost of EUR 80 will be charged.

Back-up:

The IOF MTBO Commission implemented a back-up solution scheme for recording visits to controls. The solution is to equip each competitor with a second SIAC. This second SIAC is only provided as a back-up and data recorded in will only be used in exceptional circumstances, if the main SIAC does not work properly. The backup SIAC must be prepared for use before the start in the same way as the primary SIAC. The back-up SIAC will be provided by the organiser.

If one unit is not working, or appears not to be working, you must use the needle punch present at each control. Punch the dedicated boxes on the map.

19. GPS tracking

GPS units will be used and allocated to all WMTBOC & JWMTBOC competitors for all races. The GPS device must be collected in the start area (or start quarantine) just 5-7 min before the athlete's starting time. The GPS device must be returned at the finish each day. The GPS tracking will also be used by the organiser in order to check the rider's.

Competitions	GPS tracking
Sprint	Live - from app. 1015 hrs
Middle	Live - from app. 1045 hrs
Long	Live - from app. 1230 hrs
Mass start	Live - from app. 1000 hrs
Relay	Live - from app. 1000 hrs

GPS tracks will be displayed in finish. All tracks will be available on the event website after the competitor-

Links: http://www.sportrec.eu/?page_id=491 & <http://wmtboc2019.dk>

20. Legal and illegal GNSS devices

As of 19th February 2019.

Link: http://www.mtbo-commission.com/uploads/1/5/9/9/15996872/mtbo_gnss_devices_ver_12_february_2019.pdf

21. Additional information

Webpage

<http://wmtboc2019.dk>

Facebook

@wmtboc2019.dk

Viborg MTBO 6-days

Along the championships, Viborg MTBO 6-days, an open stage race will take place in almost the same terrains as the Championships.

This includes 2 x World Masters Series races.

More information on the website.

Individual trainings

We will be able to provide you with MTBO maps on request for your own training (map prices app. 4-8 EUR). Just e-mail, but in due time as we will have to ask for permits.

This also includes trainings on the 25th and 26th July. Maps will be available at the event office. Price 5 EUR per map per person per day!

Open MTBO meeting

The MTBO commission will host the traditional "open MTBO meeting" on Thursday 01st August, 1700-1800 hrs at the Event centre. You are most welcome!

Competition information

22. Quarantine rules

Start quarantine: Organised for SPRINT, MIDDLE & LONG.

Finish quarantine: Organised for SPRINT, MIDDLE, LONG & MASS START competition.
There is no quarantine in the relays.

No telecommunication equipment is allowed in the quarantine. This refers also to phones used as cameras. Organisers may check compliance with these rules. Be also aware, that no old maps are allowed in the quarantine zones.

Start quarantine rules: Competitors and team officials must be inside the quarantine zone by the time it is activated (see time schedule of the competition day). Competitors leave the activated quarantine through start, team officials to the finish area.

Finish quarantine rules: Competitors and team officials may enter any time (via finish or as a team official). Nobody may leave until the official finish quarantine ends. The competitor's personal items will be transported from start to the finish quarantine.

In the quarantine zones, there will be access to toilets, shelter and refreshment (pure water).

23. Starting order

For all competitions, teams are required to submit name entries and start group allocation of the athletes by 1200 hrs the day before each competition. Templates are handed out on arrival and is available on the website.

WMTBOC

SPRINT, MIDDLE and LONG: Red and orange start groups will be allocated according to IOF MTBO ranking as of 18th July 2019.

MASS START: The IOF MTBO ranking as of 18th July 2019 and the will determine the starting order.

RELAY: The WMTBOC 2018 result will determine the starting order.

JWMTBOC

SPRINT, MIDDLE and LONG: Random drawn.

MASS START & RELAY: The JWMTBOC 2018 results will determine the starting order.

For teams not submitting the form in time the organiser's will allocate the start time.

24. Starting procedure

Remember to pick up GPS tracking at least 15 min before starting time.

Starting procedure for SPRINT, MIDDLE & LONG:

Before entering BOX 1, CLEAR, CHECK and test SIAC cards x 2.

Box 1 (- 3 min) – name call, SIAC number control.

Box 2 (- 2 min) – map with forbidden areas is available for inspection.

Box 3 (- 1 min) – take map

Competitors who are late for their start time will be permitted to start. A separate corridor will be marked for late starters. If the competitor is at the start line less than half the start interval after their start time they will be allowed to start immediately. If the competitor is at the start line more than half the start interval after their start time, they will be allowed to start at the next available half start interval.

Starting procedure for MASS START:

Before entering the starting area, CLEAR, CHECK and test, SIAC cards x 2.

The competitors will be lined up in rows of 10.

The map will be handed out (on the map holder) 15 sec before start.

Starting procedure for RELAY:

Before entering the starting area, CLEAR, CHECK & test SIAC cards x 2.

The competitors will be lined up in rows of 10.

The map will be handed out (on the map holder) 15 sec before start.

Leg 2 & 3 will ride 300 m and take the map from the rack.

Finish in all competitions:

At the finish line, BS11-Loop in combination with a ground antenna will be used. By passing the gate your finish time will be kept and SIAC will be switched off.

25. M21 & W21 start groups as of 18th July 2019

According to IOF MTBO, rule 12.

M21 - SPRINT				M21 - SPRINT			
#	Name	Fed	Ranking	#	Name	Fed	Ranking
1	Anton Foliforov	RUS	1	1	Davide Machado	POR	11
2	Simon Brändli	SUI	2	2	Baptiste Fuchs	FRA	12
3	Krystof Bogar	CZE	3	3	Luca Dallavalle	ITA	13
4	Grigory Medvedev	RUS	4	4	Kevin Hasselsberger	AUT	14
5	Jussi Laurila	FIN	5	5	Jiri Hradil	CZE	15
6	Ruslan Gritsan	RUS	6	6	Riccardo Rossetto	ITA	16
7	Vojtech Ludvik	CZE	7	7	Andreas Waldmann	AUT	17
8	Lauri Malsroos	EST	8	8	Jonas Maiselis	LTU	18
9	Pekka Niemi	FIN	9	9	Viktor Larsson	SWE	19
10	Valeriy Gluhov	RUS	10	10	Angel Garcia Garcia	ESP	20

M21 - MIDDLE				M21 - MIDDLE			
#	Name	Fed	Ranking	#	Name	Fed	Ranking
1	Simon Brändli	SUI	2	1	Davide Machado	POR	11
2	Anton Foliforov	RUS	1	2	Baptiste Fuchs	FRA	12
3	Krystof Bogar	CZE	3	3	Luca Dallavalle	ITA	13
4	Grigory Medvedev	RUS	4	4	Kevin Hasselsberger	AUT	14
5	Jussi Laurila	FIN	5	5	Jiri Hradil	CZE	15
6	Ruslan Gritsan	RUS	6	6	Riccardo Rossetto	ITA	16
7	Vojtech Ludvik	CZE	7	7	Andreas Waldmann	AUT	17
8	Lauri Malsroos	EST	8	8	Jonas Maiselis	LTU	18
9	Pekka Niemi	FIN	9	9	Viktor Larsson	SWE	19
10	Valeriy Gluhov	RUS	10	10	Angel Garcia Garcia	ESP	20

M21 - LONG				M21 - LONG			
#	Name	Fed	Ranking	#	Name	Fed	Ranking
1	Krystof Bogar	CZE	3	1	Davide Machado	POR	11
2	Anton Foliforov	RUS	1	2	Baptiste Fuchs	FRA	12
3	Simon Brändli	SUI	2	3	Luca Dallavalle	ITA	13
4	Grigory Medvedev	RUS	4	4	Kevin Hasselsberger	AUT	14
5	Jussi Laurila	FIN	5	5	Jiri Hradil	CZE	15
6	Ruslan Gritsan	RUS	6	6	Riccardo Rossetto	ITA	16
7	Vojtech Ludvik	CZE	7	7	Andreas Waldmann	AUT	17
8	Lauri Malsroos	EST	8	8	Jonas Maiselis	LTU	18
9	Pekka Niemi	FIN	9	9	Viktor Larsson	SWE	19
10	Valeriy Gluhov	RUS	10	10	Angel Garcia Garcia	ESP	20

W21 - SPRINT				W21 - SPRINT			
#	Name	Fed	Ranking	#	Name	Fed	Ranking
1	Henna Saarinen	FIN	43	1	Ingrid Stengård	FIN	12
2	Camilla Søgaaard	DEN	2	2	Anastasiya Svir	RUS	13
3	Veronika Kubinova	CZE	3	3	Sonja Zinkl	AUT	14
4	Antonia Haga	FIN	4	4	Anke Dannowski	GER	15
5	Clare Dallimore	GBR	5	5	Maja Rothweiler	SUI	16
6	Marina Reiner	AUT	7	6	Michaela Gigon	AUT	17
7	Nadia Larsson	SWE	8	7	Katerina Novakova	CZE	18
8	Gabriele Andrasiniene	LTU	9	8	Anastasia Trifilenkova	RUS	19
9	Ruska Saarela	FIN	10	9	Constance Devilliers	FRA	20
10	Marika Hara	FIN	11	10	Cæcilie Christoffersen	DEN	21
				11	Emily Benham Kvåle*	GBR	None

W21 - MIDDLE				W21 - MIDDLE			
#	Name	Fed	Ranking	#	Name	Fed	Ranking
1	Olga S-Vinogradova	RUS	63	1	Ingrid Stengård	FIN	12
2	Camilla Søgaaard	DEN	2	2	Anastasiya Svir	RUS	13
3	Veronika Kubinova	CZE	3	3	Sonja Zinkl	AUT	14
4	Antonia Haga	FIN	4	4	Anke Dannowski	GER	15
5	Clare Dallimore	GBR	5	5	Maja Rothweiler	SUI	16
6	Marina Reiner	AUT	7	6	Michaela Gigon	AUT	17
7	Nadia Larsson	SWE	8	7	Katerina Novakova	CZE	18
8	Gabriele Andrasiniene	LTU	9	8	Anastasia Trifilenkova	RUS	19
9	Ruska Saarela	FIN	10	9	Constance Devilliers	FRA	20
10	Marika Hara	FIN	11	10	Cæcilie Christoffersen	DEN	21
				11	Emily Benham Kvåle*	GBR	None

W21 - LONG				W21 - LONG			
#	Name	Fed	Ranking	#	Name	Fed	Ranking
1	Camilla Søgaaard	DEN	2	1	Anastasiya Svir	RUS	13
2	Veronika Kubinova	CZE	3	2	Sonja Zinkl	AUT	14
3	Antonia Haga	FIN	4	3	Anke Dannowski	GER	15
4	Clare Dallimore	GBR	5	4	Maja Rothweiler	SUI	16
5	Marina Reiner	AUT	7	5	Michaela Gigon	AUT	17
6	Nadia Larsson	SWE	8	6	Katerina Novakova	CZE	18
7	Gabriele Andrasiniene	LTU	9	7	Anastasia Trifilenkova	RUS	19
8	Ruska Saarela	FIN	10	8	Constance Devilliers	FRA	20
9	Marika Hara	FIN	11	9	Cæcilie Christoffersen	DEN	21
10	Ingrid Stengård	FIN	12	10	Lou Denaix	FRA	22
				11	Emily Benham Kvåle*	GBR	None

*The MTBO Commission has decided to hand Emily Benham Kvåle a wildcard to W21 orange start group, according to IOF MTB rule 12.16. The orange start group will then consist of 11 riders.

26. Saturday 27th July – Model event SPRINT

Time	What	Where
0700-0900	Breakfast	Event centre
1200	Hand in Name entries SPRINT	Event office
1400-1630	Model event SPRINT	Viborg Vest
1800-1930	Dinner	Event centre
1830	Team officials' meeting	Event centre

Distance EC > Model event SPRINT: 2,3 km – take the bike ☺

Address: Kasernevej 8, Viborg

GPS: 56°27'24.1"N 9°24'25.0"E

Be careful not to violate the embargoed area, on the way to and from the model event. Use map in the team bag.

Map

Map	Scale	Contour	Map size
Viborg Vest 2019	1:5000	2,5 m	21x30 cm (A40)

Model event

Classes	Length Straight line	Total climb	Controls	Refreshments
All	1920 m	N/A	12	No

Remarks

Flat and fast. The area is not closed, look for traffic, runners, dogs etc.
The controls will be taken in from 1630 hrs sharp!

27. Sunday 28th July – SPRINT

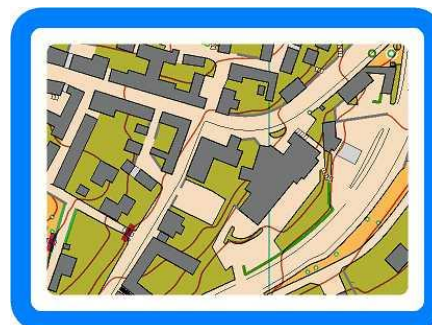
Time	What	Where
0630-0830	Breakfast	Event centre
0845	First start SPRINT	Competition area
0850	Finish quarantine active	Arena
1015	Start quarantine active Finish quarantine closes	Pre-start Arena
1230	Flower ceremony	Arena
1730-1845	Dinner	Event centre
1900-2030	Opening ceremony & prize giving ceremony SPRINT	Viborg Town Hall

Distance EC > Pre-start: 1000 m – take the bike ☺

Meeting point: Hans Tausens Allé, Viborg

GPS: 56°27'0.3"N 9°24'59.6"E

Distance pre-start > Start: 350 m



Map

Map	Scale	Contour	Map size
Viborg C 2019	1:5000	2,5 m	26x29 cm

Map change

M21/W21/M20: Double-sided maps. The maps are marked with PART 1 and PART 2, when the maps are handed out, PART 1 will face up.

When turning the map for PART 2, the controls will continue. If control #14 was the last on PART 1, it will be the first on PART 2 (no start triangle on PART 2).

W20: One map only.

Pre-start

The competitors will have a pre-start, 10 min before their actual start time according to the start list.

Example: The start time is 0950 and the pre start is then 0940.

The competitor will have to follow a RED/WHITE ribbon. In the pre-start, you will get a map.

Notice that the route will include a few stairs and a traffic light.

Sprint information

Classes	Length Shortest sensible	Length Straight line	Total climb	Controls	Refreshments	Winning times
M21	9100 m	6110 m	115 m	27	No	20-25 min
W21	7600 m	5230 m	105 m	25	No	20-25 min
M20	7200 m	4760 m	85 m	22	No	16-20 min
W20	5200 m	3600 m	55 m	15	No	16-20 min

Distance from time start (box 3) > orienteering start: 30 m

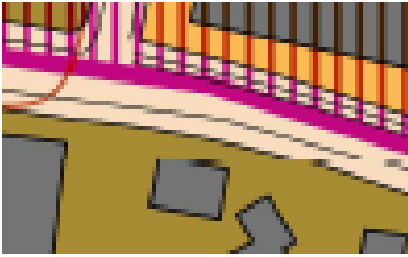
Maximum time: 1 hour

Specific information

Traffic

The competition area is closed for public traffic, but the riders must still pay attention to other riders, pedestrians, parked cars etc. Although the competition area is closed, we cannot guarantee that cars may not be driving in the streets, and it is the riders' responsibility to pay attention. Parked cars may be in route choices or in narrow passages so pay attention!! There are several narrow passages and sharp turns with potential dangerous situations. There will be marshals in the competition area, who may warn riders if another rider or pedestrian is approaching, but this will only be in strategic places.

At the edge of the competition area the main roads will be open for traffic, and there will be route choices on these roads. The riders must stay within the marked areas CLOSER to the competition area.



These roads will be shown as in the examples below. It is allowed to take the route choice along the forbidden area, but in the example the rider should stay on the Southern side of the road (within the shutoff part of the road). Hence there is NO right-side riding there.

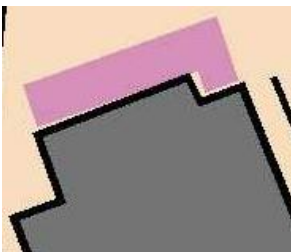
Forbidden areas

In some places the forbidden area will be marked with BLACK/YELLOW tape, however this is only in a few places, and it is the riders' responsibility to stay out of ALL forbidden areas. Do not cross BLACK/YELLOW tape. Riders who **break** this will be disqualified.

Areas specifically not allowed (beyond the IOF ISMTBO)



Settlement; garden and private areas are strictly forbidden! Mapped as olive green.



Temporary construction area or other temporary forbidden area is strictly forbidden. Mapped with 50 % purple.

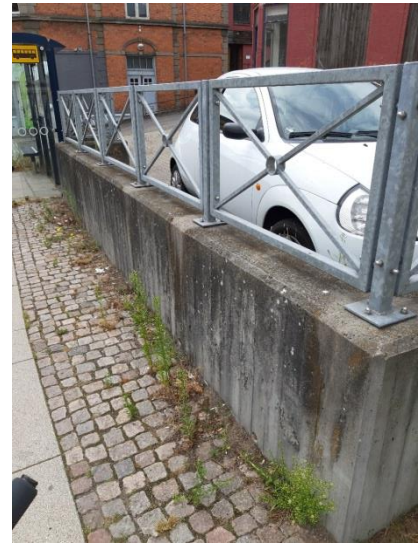
Mapping

There will be some additional symbols, where most are mapped in accordance with the MTBO commission's recommendation for ISMTBOM sprint update for 2019 testing.

Hedge (NOT allowed to pass, riders passing will be disqualified).
Distinct hedge at any height



Wall



Stairs



Examples of stairs not mapped
Stairs on buildings not leading to different level or path



Canopy

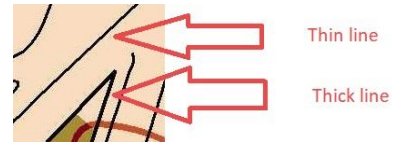
Passages, tunnels, courts, bus stops, garages, etc., under which riders can pass.



Passable boundaries

Thin line: mainly side curbs and similar.

Thick line: short stairs, smaller wall etc. that are passable, but the rider (maybe) needs to dismount in order to pass.



Example: Thick line.

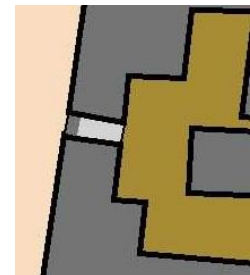


Special signatures

- ◻ significant tree
- × special water feature
- × bicycle stand/
waste container, etc.

Gates

Some gates may be closed, but still visible for navigation, these are marked with a grey line in front of the underpass.



Small fence

Passable



Opening ceremony & prize giving ceremony SPRINT

The opening ceremony will take place at Viborg City Town Hall.

All federations are invited to send one person (e.g. team leader) to a pre-opening ceremony at 1830 hrs at the Town Hall.

The Danish Orienteering-Federations' director, mr. Kenneth Mikkelsen will welcome you.

Time	What
1855	Federation line up
1900	Event director welcome
1905	The Mayor of Viborg, Mr. Ulrik Wilbek, welcome speech <i>Olympic handball trainer gold winner 1996</i>
1920	Viborg Trial Club opening show
1935	Prize giving ceremony SPRINT
2015	Finish

Distance EC > Town Hall: 3,3 km – take the bike ☺

Meeting point: Prinsens Allé 40, Viborg

GPS: 56°27'32.1"N 9°24'0.6"E

Parking: Right next to the town hall.

28. Monday 29th July – Model event FOREST

Time	What	Where
0700-0900	Breakfast	Event centre
1400-1630	Model event forest	Stendal/Havredal
1200	Hand in Name entries MIDDLE	Event office
1800-1930	Dinner	Event centre
1830	Team officials' meeting	Event centre

Distance EC > Model event FOREST: 18 km – app. 18 min.

Meeting point: Papsøvej 1-3, Kjellerup.

GPS: 56°18'59.0"N 9°19'32.2"E

From meeting point to parking: 1000 m. Follow signs.

Distance from Parking > Arena: 100 m

Distance from Arena > Start: 300 m

Map

Havredal/Stendal	1:10000	2,5 m	30x42 cm (A3)
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Model event forest information

Classes	Length Shortest sensible	Length Straight line	Total climb	Controls	Refreshments	Winning times
All	N/A	6620 m	N/A	11	No	N/A

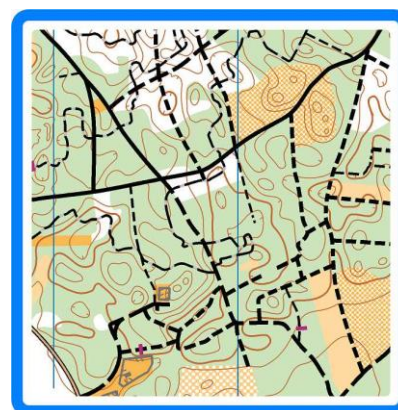
Remarks

Keep timings. The controls will be taken in at 1630 hrs.

29. Tuesday 30th July – MIDDLE

Time	What	Where
0600-0830	Breakfast	Event centre
0930	First start MIDDLE	Competition area
0935	Finish quarantine active	Arena
1100	Start quarantine active Finish quarantine closes	Start Arena
1200	Hand in Name entries LONG	Event office
1400	Prize giving ceremony	Frigate "JUTLAND"
1800-1930	Dinner	Event centre
1830	Team leaders' meeting	Event centre

Distance EC > Parking: 99 km – app. 1,25 hrs
 Meeting point: Lundbergsvej, Ebeltoft
 GPS: 56°10'34.4"N 10°40'34.8"E
 Distance Parking > Arena: 200 m
 Distance Arena > Start: 0 m
 Distance Parking > Frigate JUTLAND: 3 km



Map

Map	Scale	Contour	Map size
Ebeltoft 2019	1:7500	2,5 m	30x42 cm (A3)

Map change

All classes: Double-sided maps. The maps are marked with PART 1 and PART 2, when the maps are handed out, PART 1 will face up. When turning the map for PART 2, follow mandatory route 300 m to start point. Same start point as PART 1. A start triangle will start second map. It is the riders own responsibility to begin with the correct part.

Pre-start

The competitors will have a pre-start, 10 min before their actual start time according to the start list. Example: The start time is 0950 and the pre start is then 0940. The competitor will have to follow a RED/WHITE ribbon.

Middle information

Classes	Length Shortest sensible	Length Straight line	Total climb	Controls	Refreshments	Winning times
M21	17100 m	11300 m	365 m	31	No	50-55 min
W21	15550 m	10170 m	325 m	26	No	50-55 min
M20	15350 m	9560 m	290 m	25	No	44-48 min
W20	12100 m	7770 m	245 m	21	No	44-48 min

Distance from time start (box 3) > orienteering start: 300 m mandatory route, follow RED/WHITE ribbon to the start triangle. The mandatory route is not marked on the map. Riders not passing the starting point will be disqualified.

Maximum time: 1 ½ hours

Mandatory route

On PART 1, all classes have two mandatory routes. The first one is crossing a field, where the field must be crossed at two mandatory places. No controls at the mandatory crossing points. See example how the crossing point is made. Riders must cross a fence. The second mandatory route is the last leg on PART 1. Controls must be "punched" at the beginning and the end of the mandatory route.



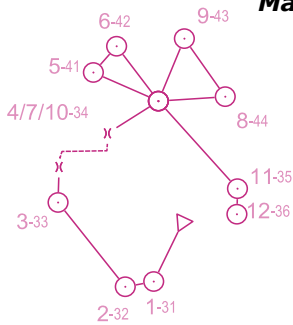
Map change/turn after the end of the mandatory route (spectators leg).
Coaching zone at the end of this mandatory route. Only coaching – no possibility for assistance with gear and refreshments.

After map change /turn follow mandatory route 300 m to start point. Same start point PART 1.
PART 2 is significantly shorter. Watch out for rider's coming from start, rider's from spectator control and start will be guided through the same corridor after 150 m.

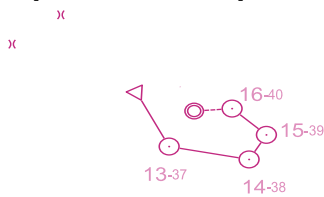
Butterfly/loop

M21 and W21 have a butterfly on PART 1, consisting of 2 loops. Forking are used. Pay the outmost attention to the direction of the loop and ride the 2 loops in correct order.

Map/course example on PART 1



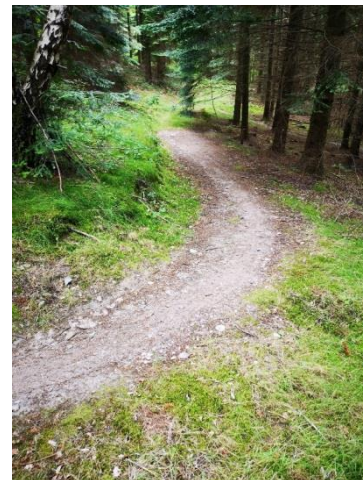
Map/course example on PART 2



MTB Track

In the southern part of the competition area there is an official MTB track. This MTB track is in general much more visible than an "unofficial" MTB track in the northern part of the competition area.

Example MTB track, **Southern part** of competition area



Example MTB track, **Northern part** of competition area



Puncture protection

Riders could consider extra protection against puncture, as there are some blackberries with thorns that grow wild on the paths. However, the organisers have done a great job of cutting them down and the course setter has only had one puncture during preparation of the courses.

Use of RED/WHITE ribbon

In two places, on possible route choices, tracks might be difficult to see. Use of RED/WHITE ribbon are used to help riders see the beginning of a track. The track will be easy to follow.

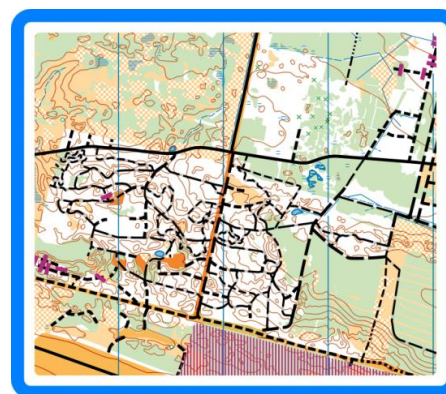


30. Wednesday 31st July – LONG

Notice: All riders in the M21 will have possibility to start!

Time	What	Where
0600-0830	Breakfast	Event centre
1000	First start LONG	Competition area
1005	Finish quarantine active	Arena
1230	Start quarantine active Finish quarantine closes	Start Arena
1645	Prize giving ceremony	Arena
1830-2000	Dinner	Event centre

Distance EC > Parking: 71 km – app. 1,05 hrs
 Meeting point: Crossing Ulfborg Kirkevej/Lystlundvej
 GPS: 56°17'49.2"N 8°21'43.6"E
 Distance Meeting point > Pre-start: 4 km (forest road)
 Distance Pre-start > Arena: 4,5 km (forest road)
 Distance Start quarantine > start: 350 m – follow RED/WHITE ribbon



Map

Map	Scale	Contour	Map size
Stråsø 2019	1:15000	2,5 m	All classes: 30x42 cm (A3) M21/W21 only: 21x30 cm (A4)

Map change

M21: Double-sided A3 maps + one A3 map. The maps are marked with PART 1, PART 2 & PART 3, when the maps are handed out, PART 1 will face up. The two maps will be stapled together.

W21: Double-sided A3 maps + one A4 map. The maps are marked with PART 1, PART 2 & PART 3, when the maps are handed out, PART 1 will face up. The two maps will be stapled together.

M20 & W20: Double-sided A3 maps. The maps are marked with PART 1 and PART 2, when the maps are handed out, PART 1 will face up.

All classes: When turning the map for PART 2 (& PART 3), the controls will continue. If control #14 was the last on PART 1, it will be the first on PART 2 (no start triangle on PART 2 and PART 3).

Pre-start

The competitors will have a pre-start, 10 min before their actual start time according to the start list.

Example: The start time is 0950 and the pre-start is then 0940.

The competitor will have to follow a RED/WHITE ribbon.

Long information

Classes	Length Shortest sensible	Length Straight line	Total climb	Controls	Refreshments	Winning times
M21	47000 m	32100 m	460 m	25	2	105-115 min
W21	41200 m	27300 m	410 m	22	2	105-115 min
M20	34700 m	24600 m	420 m	21	1	84-92 min
W20	29500 m	20100 m	320 m	15	1	84-92 min

Distance from time start (box 3) > orienteering start: 30 m mandatory route, follow RED/WHITE ribbon to the start triangle. The mandatory route is not marked on the map. Riders not passing the starting point will be disqualified.

Maximum time: 3 ½ hours

Refreshments

Classes	Refreshment 1	Refreshment 2
M21	After 44 % - Control #11	After 51 % - Control #13
W21	After 51 % - Control #10	After 60 % - Control #12
M20	After 52 % - Control #11	
W20	After 70 % - Control #10	

Refreshment points are not showed on the maps.

Refreshments: Pure water.

M21/W21: It will be possible to get own bottle at refreshment 2. It should be handed in at the start no later than 1015 hrs for those starting before 1200 hrs and at 1215 for those starting after 1200 hrs. The bottle will have to be clearly marked with race number.

MTB tracks

MTB tracks will be found especially in two smaller areas in the forest. They are "unofficial" tracks with very little marking and no features as jumps, curves etc. MTB tracks is mapped black/grey, in general with good ride ability.

Ride ability

Except for the major roads and areas with MTB tracks, there will be some grass on the paths. The organizers have removed parts of it, especially to make it more visible where a path starts/ends. But no thorns or sticky things!

It is allowed to ride in rideable area 2 – orange colour as shown in ISMTBOM 2010, appendix 1 (p. 16) as some controls are placed outside tracks.

There will be off-track controls.

31. Thursday 01st August – Rest day

Time	What	Where
0700-0900	Breakfast	Event centre
1200	Hand in Name entries MASS START	Event office
1700-1800	Open MTBO meeting	Event centre
1800-1930	Dinner	Event centre
1830	Team officials' meeting	Event centre

32. Friday 02nd August – MASS START

Time	What	Where
0700-0900	Breakfast	Event centre
0930	M21 start MASS START	Competition area
0935	W21 start MASS START	Competition area
1005	M20 start MASS START	Competition area
1010	W20 start MASS START	Competition area
0930-1010	Finish quarantine active	Arena
1200	Name entries RELAY	Event office
1210	Prize giving ceremony	Arena
1800-1930	Dinner	Event centre
1830	Team leaders' meeting	Event centre

Distance EC > Meeting point: 5,7 km – app. 8 min – take the bike ☺
 Meeting point: Skivevej 95, Viborg
 GPS: 56°28'46.9"N 9°22'44.9"E
 Distance Meeting point > Parking: 700 m
 Distance Parking > Arena: 50-200 m
 Start/finish at the arena



Map

Map	Scale	Contour	Map size
Undallslund 2019	1:7500	2,5 m	32x39 cm

Map change

All classes: 2 x double-sided maps. The maps are stapled together. The maps are marked with PART 1, PART 2, PART 3 & PART 4, when the maps are handed out, PART 1 will face up. When turning the map for PART 2 etc., the start triangle start second map and so on. It is the riders own responsibility to begin with the correct part. PART 1-4 uses the same start point.

Mass start information

Classes	Length Shortest sensible	Length Straight line	Total climb	Controls	Refreshments	Winning times
M21	24700 m	18400 m	330 m	42	3	75-85 min
W21	21200 m	15600 m	290 m	36	3	75-85 min
M20	19600 m	14400 m	275 m	31	3	60-88 min
W20	16500 m	12000 m	240 m	26	3	60-68 min

Distance from gunshot > orienteering start: 200 m mandatory route, follow RED/WHITE ribbon to the start triangle. The mandatory route is not marked on the map. Riders not passing the starting point will be disqualified.

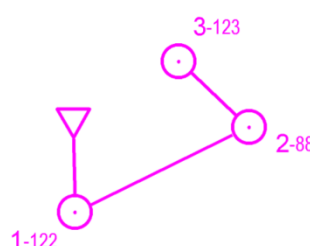
Maximum time: 2 ½ hours

Loop

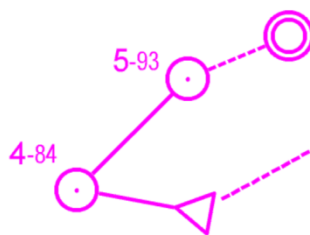
All classes have 4 loops. Forking are used. Pay the outmost attention in order to ride the 4 loops in correct order.

Examples

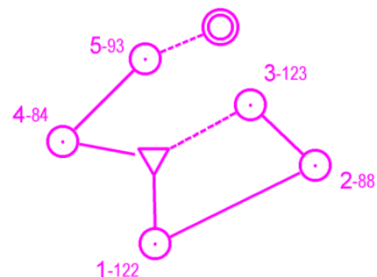
All classes: Map change/turn at last control, loop 1-3



Last loop M20 & W20



Last loop M21 & W21. On the last map, there will be two way out directions from the start point.



Traffic

All classes will pass public road two times. The road is not closed, but Marshalls will be present. The speed limit has been reduced to 30 km/h on the spot. However, it is the competitor's responsibility to pass safely. Take care!

Refreshments

The competitors will pass the refreshment point after each loop.

Refreshment points are not showed on the maps.

Refreshments: Pure water.

All classes: It will be possible to get own bottle at the refreshment point.

The bottle will have to be clearly marked with race number. Place the bottle on the table, next to the start area before the first start.

Small competition area

The mass start take place in a small area, which will make the traffic intense and opposite riding must be expected at all time. The MTB track in Undallslund is normally one-way, but not in the mass start.

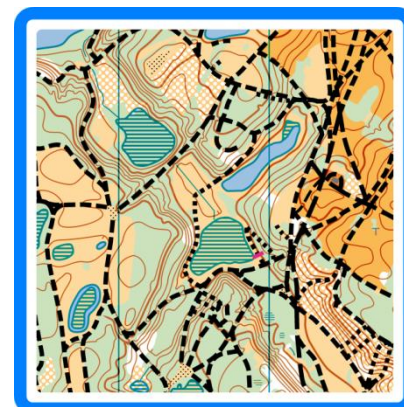
Spectator's passing

The rider's will pass the arena several times during the competitions.

33. Saturday 03rd August – RELAY

Time	What	Where
0700-0900	Breakfast	Event centre
0930	M21 start RELAY	Competition area
0935	W21 start RELAY	Competition area
0945	M20 start RELAY	Competition area
0950	W20 start RELAY	Competition area
1230	Prize giving ceremony & closing ceremony	Arena
1800	Banquet	Event centre

Distance EC > Meeting point: 13 km – app. 15 min
 Meeting point: Holstebrovej 181, Viborg
 GPS: 56°26.152'N 9°13.581'E
 Distance Meeting point > Parking: 300 m
 Distance Parking > Arena: App. 1100 m (only accessible by foot or bike)
 Start/finish at the arena



Map

Map	Scale	Contour	Map size
Finderup 2019	1:10000	2,5 m	30x35 cm

Map change

All classes: Double-sided maps. The maps are marked with team name, team number, LEG number and PART 1/PART 2.
 When turning the map for PART 2, the controls will continue. If control #14 was the last on PART 1, it will be the first on PART 2 (no start triangle on PART 2).
 It is the riders own responsibility to begin with the correct part.

Example:

Russian Federation 1
1/1

Relay
WMTBOC/JWMTBO 2019
MEN ELITE
Part 1
Leg 1

Relay information

Classes	Length Shortest sensible	Length Straight line	Total climb	Controls	Winning times
M21	16000-17500 m	12400-13500 m	363-411 m	25-27	120-135 min
W21	13000-14600 m	10500-11400 m	284-334 m	23-24	120-135 min
M20	11400-12200 m	8900-9300 m	219-237 m	20	90-105 min
W20	7800-8500 m	6300-6700 m	156-183 m	17	90-105 min

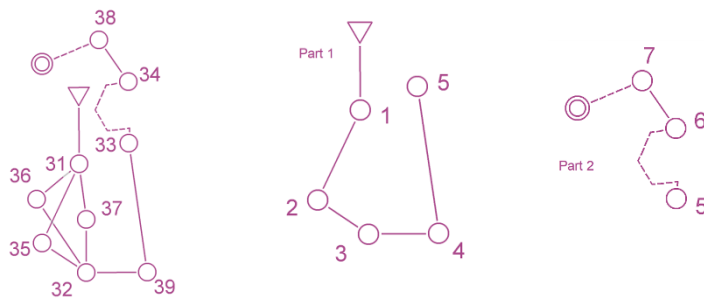
LEG 1: Distance from gunshot > orienteering start: 100 m

LEG 2+3: Distance from changeover > orienteering start: 300 m

Second and third leg riders will after changeover have a mandatory route at 200 m on the arena, before collecting there map, from there 100 m to start point.

Maximum time: 1,15 hour per leg, 3 ½ hours in total.

All courses and legs will have forkings by the Farsta method.
Example on forking, map change and mandatory route marking.



Mandatory routes

M21 & W21: Two mandatory routes on the course – the map change will happen just at the beginning of the second passage.

M20 & W20: One mandatory route on the course – the map change will happen just before the beginning of the passage.

Competitors are not allowed to deviate from the spectator's passage.
Spectator's passage will be fully marked, from beginning to end.

Off-track riding is allowed

It allowed to ride off-track everywhere, open areas and in the forest.
There will be off-track controls.

34. Entry overview

Federations	WMTBOC M21	WMTBOC W21	JWMTBOC M20	JWMTBOC W20	WMTBOC officials	JWMTBOC Officials
Australia	3				2	
Austria	6	4	4	3	2	3
Czech Republic	6	6	3	4	3	2
Denmark	3	2	3	5	2	
Estonia	6			1		
Finland	6	6	6	6	1	3
France	5	3	3	3	2	1
Germany	4	1				
Great Britain	1	3			1	
Italy	5				1	
Japan	2	2				
Latvia			3			
Lithuania	5	3	4	3		1
New Zealand	4	1		2	3	0
Norway	1		1			
Poland	1	1	3	1		1
Portugal	5	2	1	1	1	
Russian Federation	7	7	6	6	1	1
Slovakia	2	1			1	
Slovenia	1	1			2	
Spain	4	3	2	1		
Sweden	6	3	4	2	1	1
Switzerland	2	1	2		1	1
Turkey	1	1	2	1		1
United States	3	4				
25 federations	89	55	47	39	24	15
In total	230				39	

As of 24th July 2019