

2013 European Youth Orienteering Championships

October 24th to 27th

Final Bulletin

- 1. Welcome to the 12th European Youth Orienteering Championships
- 2. The Organisers
- 3. The Organising Committee
- 4. Event Controllers
- 5. Programme
- 6. Jury
- 7. Event Centre and Event Office
- 8. Media
- 9. Competition Rules
- 10. Classes and Participation Restrictions
- 11. Embargoed Areas
- 12. Accommodation and Food Service
- 13. Ceremonies
- 14. Model Events
- 15. Climate
- 16. Punching System and Timekeeping
- 17. Start Draws
- 18. Start Bibs
- 19. Transport and Parking
- 20. Check-in and Quarantine Zones
- 21. Start Procedure
- 22. Finish Procedure
- 23. Refreshment
- 24. Toilets and Showers
- 25. First Aid
- 26. Special Instructions for Each Competition
 - Sprint
 - Long
 - Relay
- 27. Main Directions
- 28. Fairness
- 29. Complaints and Protests
- 30. Summary of Team Entries



1. Welcome to the 12th European Youth Orienteering Championships

Dušan Vystavěl - EWG Chairman



Dear Young Orienteers, Ladies and Gentlemen,

It's a pleasure for me to meet you at this year's European Youth Orienteering Championships. We are gathering together in one of the most western part of Europe on the seashore of the Atlantic Ocean in the town of Foz de Arelho in Portugal. Thanks to the organizers, who were able to prepare the Championships in a very short time of 9 months, you will find here all you can expect from a

competition of such a format - accommodation, catering and places for meeting competitors from other countries.

The races, where you will be fighting for the medals, are prepared in the historical town of Obidos as well as in beautiful pine forests very close to seaside. I would also like to express my big thanks to our orienteering friends from Israel who accepted the organizers` change and who were very supportive to the Portuguese organizers for example by rendering the Facebook profile of EYOC 2013 to them.

We wish you all amazing, not only orienteering experiences. Let the best of you win!

Mayor of Caldas da Rainha - Tinta Ferreira



The realization of the European Orienteering Championship (EYOC 2013) will take place in October 2013, at Foz do Arelho, part of Caldas da Rainha city, gives us a great honor. This championship will feature more than 25 countries represented.

You can expect a pleasant and hospitable village and we hope that all participants in this championship have a pleasant host, an excellent time, the best sport results and personal achievements and take a good memory of Foz

do Arelho and Caldas da Rainha city.

Mayor of Óbidos - Telmo Faria



Dear Young Athletes and Events Organizers,

It is with great pleasure that Óbidos welcomes you to the European Youth Orienteering Championships (EYOC 2013). I am sure that this Medieval town, where History and tradition blend with Creativity and Entrepreneurship, will be a charming scenario, but also highly challenging for the games. Enjoy your stay!



President of Portuguese Orienteering Federation and Chairman of European Youth Orienteering Championships 2013 - Augusto Almeida



Dear friends,

The Portuguese Orienteering Federation (POF) is delighted to be organizing the European Youth Orienteering Championships 2013 (EYOC'13).

We are already working hard to make the event memorable both from a sporting and a social point of view.

Please enjoy your participation in EYOC'13 and your stay in our beautiful country.

Greetings from Portugal.

Event Director - António Amador



The first contact to see the possibility of Portugal organize EYOC'2013 was on beginning of 2013. On two or three weeks we prepare an application that convinces the EWG to select Portugal as the EYOC'2013 organizer. This was on the end of February, only eight months from the beginning of the event.

On this short time we do all the necessary to have a great event not only technically with good terrains and courses but also with all necessary logistics for

the participants have an unforgettable stay on Portugal.

I hope all of you enjoy this European Youth Orienteering Championships 2013 and Portugal.

2. Organisers

European Youth Orienteering Championships 2013 will be organized by:

POF - Portuguese Orienteering Federation - <u>www.fpo.pt</u> under the authority of: IOF - International Orienteering Federation - <u>www.orienteering.org</u> and OFE - Orienteering

federations in Europe - http://orienteering.org/about-the-iof/regions/europe/"

3 - Organising Committee

Chairman: Augusto Almeida Event Director: António Amador Media Manager: Hugo Borda D'Água Head of the Event Office: Patricia Casalinho Information Technologies: Nuno Leite e André Mora Logistics: Jorge Simões and Jacinto Eleutério Head of Secretary: António Rodrigues Map Maker: Luís Sérgio

Course Planners:

- Sprint: Luís Sérgio
- Long: José Fernandes
- Relay: Bruno Nazário



4 - Event Advisors IOF Advisor: David Ales (CZE) National Controller: Jorge Baltazar

5 - Programme

DATE	TIME	EVENT	VENUE
	10:00 - 22:00	Event office open	Event Centre
	14:00 - 18:00	Model long + Model relay	Praia D'El Rey (Vale de Janelas)
October 24 th , Thursday	17:00	Deadline for sprint event registration	Event Centre
October 24, Thursday	17:00 - 18.00	Free Visit to Peniche	Peniche
	18:00 - 20:30	Dinner	Event Centre
	19:00 - 20:00	Team leaders' meeting	Event Centre
	07:00 - 09:00	Breakfast	Event Centre and/or accommodation
	08:00 - 13:00	Event office open	Event Centre
	09:00 - 11:00	Model Sprint	Foz do Arelho
	12:00 - 13:30	Lunch	Event Centre
	13:00	Deadline for long event registration	Event Centre
	13:45	Transportation to Óbidos	Event Centre
October 25 th , Friday	15:00	Sprint - first start	Óbidos
October 25 , Friday	17:00 - 17:30	Opening ceremony	Óbidos
	17:30 - 18:00	Prize giving ceremony - sprint	Óbidos
	18:00 - 18:30	Free visit to Óbidos	Óbidos
	18:00 - 18:30	Transportation to Event Centre	Óbidos
	18:00 - 21:00	Event office open	Event Centre
	18:00 - 20:30	Dinner	Accommodation
	19:00 - 19:30	Team leaders' meeting	Event Centre
	06:30 - 08:30	Breakfast	Event Centre and/or accommodation
	07:00 - 08:45	Event office open	Event Centre
	08:45	Transportation to Ferrel	Event Centre and/or accommodation
	09:15 - 14:00	Event office open	Ferrel
	10:00	Long - first start	Ferrel
	14:00	Open race - first start	Ferrel
October 26 th , Saturday	14:00	Deadline for relay event registration	Ferrel
	13:00 - 15:00	Pack Lunch	Ferrel
	15:00 - 15:30	Transportation to Event Centre	Ferrel
	15:30 - 18:30	Event office open	Event Centre
	17:30 - 18:00	Team leader's meeting	Event Centre
	18:30 - 23:00	EYOC party	Foz do Arelho
	18:30 - 19:00	Prize giving ceremony - long	Foz do Arelho
	06:15 - 07:45	Breakfast	Event Centre and/or accommodation
	07:00 - 08:00	Event office open	Event Centre
	08:00	Transportation to Vale Benfeito	Event Centre
	08:30 - 13:00	Event office open	Vale Benfeito
	09:30	Relay - start of the 1st legs	Vale Benfeito
October 27 th , Sunday	11:30	Open race - start of the 1 st legs	Vale Benfeito
	12:00 - 12:30	Prize giving ceremony - relay	Vale Benfeito
	12:30 - 12:45	Closing ceremony	Vale Benfeito
	13:00	Transportation to Event Centre	Vale Benfeito
	14:00 - 16:00	Event office open	Event Centre
	13:15 - 15:00	Lunch	Accommodation



6. Jury

IOF Event Adviser - David Ales, Chairman of Jury **Members of the jury**:

- Sandra Lauenstein (SUI)
- Aron Less (HUN)
- Roger Vanaken (BEL)

7. Event Centre

The EYOC'2013 event centre will be at "Centro de Férias do INATEL" at Foz do Arelho, part of Caldas da Rainha municipality.

GPS: 39º25'47.53"N 9º13'22.38"O

Head of the Event Office: Patricia Casalinho Phone: +351-960236011 E-mail: info@fpo.pt

Access to Event Centre



Opening hours of Event Office

Date		
Thu 24 October	10:00-22:00	Event Office in EC
Fri 25 October	08:00-13:00	Event Office in EC
	18:00-21:00	Event Office in EC
Sat 26 October	07:00-08:45	Event Office in EC
	09:15-14:00	Event Office in Ferrel
	15:30-18:30	Event Office in EC
Sun 27 October	07:00-08:00	Event Office in EC
	08:30-13:00	Event Office in Vale Benfeito
	14:00-16:00	Event Office in EC



Accreditation

It is compulsory for all the teams (except the ones who are accommodated earlier) to come firstly to the Event Office. After that it is possible to check in their accommodations.

Accreditation will be held in the Event Office, placed in the Event Centre on Thursday 24 October from 10 a.m. to 10 p.m. We kindly ask participants to respect that only team leaders have access to the Event Office during accreditation in order to make the process more dynamic.

Each team will need

Documents and invoices of all the payment for checking Final Entry Form confirmation for checking

A participant will get

- Accreditation cards
- Accommodation info
- Models events maps

It's mandatory that all athletes and official use they accreditation card to access all facilities: transport, meals, party, events, model, etc.

8. Media

All media representatives are welcome to come and cover all the EYOC'2013 events. The Media Centre, together with the Event Office, will be situated at "Centro de Férias do INATEL" at Foz do Arelho, part of Caldas da Rainha municipality GPS: 39°25'47.53''N 9°13'22.38''O

Media Manager: Hugo Borda D'Água Phone: (+351) 939574896 E-mail: <u>hugo.msagua@gmail.com</u>

9. Competition Rules

The competitions are carried out according to the European Youth Orienteering Championships Rules valid from 1 January 2012 and the IOF Competition Rules valid from January 2013.

10. Embargoed Areas

The areas listed below are embargoed for all potential EYOC'2013 team members (runners, team officials, coaches, doctors, etc.) and other persons who through their knowledge of the terrain or the events could influence the results of the EYOC'2013 competitions.

Spelt out in detail it means that:

- no organised orienteering activities may take place in these areas,
- no training sessions, i.e. running/races, testing routes,
- no-one with potential connection to a team (an athlete or other function) may visit the embargoed areas.





Locations of Embargoed Areas:

Number	Area
1	Ferrel / Vale Benfeito
2	City of Óbidos

Embargoes of all the EYOC'2013 embargoed areas are valid until all the EYOC Events in these areas are finished.

11 - Classes and Participation Restrictions

The European Youth Orienteering Championships are open to:

- Women 16 (W16): up to 16 years of age, born in 1997 and later
- Women 18 (W18): 17-18 years of age, born in 1995 and 1996, and later
- Men 16 (M16): up to 16 years of age, born in 1997 and later
- Men 18 (M18): 17-18 years of age, born in 1995 and 1996, and later
- All competitors must have a valid passport of the country they are representing.
- A competitor may represent only one national federation during one calendar year
- Competitors participate at their own risk. Accident insurance shall be the responsibility of their federation or of themselves, according to national regulations.
- Each nation can enter a maximum of 4 runners in each class. Up to 4 officials (team leaders) are allowed per nation.
- Sprint event and long distance event: 4 competitors per national team in each class.
- Relay: 3 legs, one national team in each class.



Winning expected times

	Sprint	Long	Relay
W16	12 min	40 min	75 min
W18	12 min	45 min	90 min
M16	12 min	45 min	90 min
M18	12 min	50 min	105 min

12. Accommodation

All the accommodations are on Foz do Arelho village, all very near Head of the Event Office: Patricia Casalinho Phone: +351 960236011 E-mail: info@fpo.pt



Foz do Arelho Key locations

Food Service

Related with the breakfast participants will eat in each accommodation except who stay in "Casa do Miguel" that need to go to event centre and who stay on "O Leão" that will have the breakfast on "Café Central". The lunch and dinner will be in the event centre for everybody all days except Saturday, on this day the lunch will be on the Arena (the organization will delivery individuals packs on arena to each team leaders near the Event Office) and the dinner will be on the EYOC party place.



Time Schedule of Food Service:

Date	Schedule	Program
Thu 24/6	18:00 - 20:30	Dinner
Fri 25/6	07:00 - 09:00	Breakfast
	12:00 - 13:30	Lunch
	18:00 - 20:30	Dinner
Sat 26/6	06:30 - 08:30	Breakfast
	13:00 - 15:30	Lunch
	19:00 - 21:00	Dinner (EYOC Party)
Sun 27/6	06:15 - 07:45	Breakfast
	13:15 - 15:00	Lunch

Because of food room capacity we kindly ask the participants to try to use the whole time interval given for the meals.

13. Ceremonies

The Prize Giving ceremony for Sprint event will be held right after the Opening Ceremony in Óbidos. The Prize Giving on Saturday (Long distance race) will take place in Foz do Arelho on EYOC party place at 6:30 pm.

The Relay race Prize Giving and the Closing Ceremony will be held in the arena in Vale Benfeito at 12 o'clock.

Athletes and relay teams placed 1st to 6th are supposed to be present behind the podium 5 minutes prior to the beginning, in their official national dresses. No sunglasses or hats shall be worn during the ceremonies.

The Federation having the highest team score shall be awarded with a team prize at Sunday's Prize Giving

14. Model Events
Long and Relay Model (GPS): 39°22'57.91"N 9°17'11.13"O
Place - Vale Benfeito
Parking will be in road around the start
Date and time - Thursday 24th October, 14:00 - 18:00

Sprint Model

Place - Foz do Arelho (Event Center): Date and time - Friday 25th October, 09:00-11:00

Technical and Sprint Model

Place: Event Center Date and time - Thursday 24th October, 18:00-19:00 Demonstration of start and finish procedures, punching, refreshments and marking.



15. Climate

Foz do Arelho is near the Atlantic Ocean and have a typical moderate continental climate. October in Portugal usually stays pleasant and warm (temperature between 15 and 25°C), although there may occur temperature drops and rainy days.

16. Punching System and Timekeeping

All events will be organized using SPORTident electronic punching system. In case the SI is not working at the control point, runners have to punch to the map.

The SI cards is a responsibility of the teams, if any runner don't have SI Card the organizer will rent one in the team registration at arrival. The rented SI cards must be returned (all SI from team together) just after the finish. If a competitor does not start at Relay competition the SI card must be returned to the Event Office placed in the Relay arena, before the prize giving ceremony as the latest. If a SI card is lost, teams must pay 50€ to the organizer.

It is competitor responsibility to clear and check his/her SI card on start and also it is his/her responsibility to punch finish control on finish line, or after on last leg in Relay and Sprint competition.

In all competitions the running times will be rounded down to the nearest 1.0 second.

17. Start Draws

The start draws will be made according to the EOF Competition Rules under the supervision of the IOF Event Advisor. There will be no public draw.

18. Start Bibs

During EYOC Events all runners must wear start bibs on the chest. The number bibs may not be folded or cut.

All the bib numbers will be handed out at team leaders meeting.

19. Transport and Parking

During EYOC'2013 we have team that will have their own transport and team that will travel on organization transport. At the arenas will be people from the organization with instruction to cars parking. These parking areas don't have any payment of parking fee.

Car parking at the Event Centre will not be supervised. The routes from the Event Centre to the event arenas are marked. The routes are also shown in maps included in this Bulletin but we suggest that all delegation with his own transport go together with the bus of organization.

The buses from organization will depart on time defined from Orbitur and Event Centre and then pass from the other accommodations (few minutes after, they are all very near) and go to the competitions.

20. Check-in and Quarantine Zones

There will be a check-in at each competition and a quarantine zone at sprint and long. Competitors and coaches must show their EYOC ID cards. Coaches will sign a list and competitors will punch a control at the entry-point into the quarantine zone.



The quarantine zones will be equipped with toilets, drinks and tents for competitors. The personal belongings (on sprint and long) can be left in a tent near these zones with EYOC ID cards visible - there will be members of organization to collect and deliver this. It is possible to put up own tents except for the Sprint event.

The use of mobile phones, computers or any other communication devices inside the quarantine zones is strictly prohibited. It is not allowed to bring maps of competition areas into quarantine zones and relay arena. Competitors must enter the quarantine zone before the relevant deadline time-limit, otherwise they will be not allowed to participate in the competition.

It is allowed to leave the quarantine zone via the check-in point, e.g. to go to the car park and back. However it is possible to re-enter the quarantine zone only if this is done before the check-in deadline.

Check-in deadlines

Date	Race	Check-in open	Deadline
25 October	Sprint	14:00	14:45
26 October	Long	9:00	9:45
27 October	Relay	9:00	9:30

21. Start Procedure

The clock placed at the beginning of box -3 minutes will be digital and will be showing the start time +3 minutes in all competitions.

Control descriptions will be given out in the box 1 to 2 minutes before the start time.

Competitors who are late for their start time because of their own fault will be permitted to start, but they will be timed as if they had started at their allocated start time. Competitors who are late because of the fault of the organisers will be given a new start time. In both cases the following rules apply at the start: A late competitor must report at the quarantine zone (call up). If the organiser decides that a runner has enough time to start at the allocated start time, she/he can continue with the normal procedure followed by a guide. If it is not possible for a competitor to start at the allocated start time she/he will be allowed to start one minute before the next competitor on that course (30 seconds for the Sprint). Competitors from the same federation are not allowed to start consecutively. The start procedure for the relay is described under "Special instructions for each competition".

In the box -3 minutes there will be placed the Clear control and in the box -2 minutes there will be placed the Check control and control description. It is in the competitor responsibility to clear and check his/her SI card.

digital clock 00:00:00 Athletes Control descriptions -3 min. -2 min. -1 min.

Start procedure - Sprint schema



Start procedure - Long schema

	-	al clock				bip clock
Athletes			30m I descriptions	15m	5m Maps	
	-3 m	in.	-2 min	1.	-1 min.	

22. Finish Procedure

In the Long, Sprint and Relay competition the finish time will be when runner punches the finish control placed on the finish line.

In the Relay event, if two competitors arrive near the finish placing will be determined by finish judges based on the order that the competitors' chests cross the finish line. First two legs will punch finish control before change, last leg will punch finish control after finish line. Order will be determined by finish judges based on the order on the finish line.

The procedure after crossing the finish line and punching the finish unit is as follows:

- 1. SI card is read.
- 2. Print of split times is provided.
- 3. Runner can take organisers or own refreshment.

23. Refreshment

On competition area there will be refreshment only in Long event, Sprint and Relay don't have any refreshment. After the finish line there will be refreshment on all events.

24. Toilets and Showers

Toilets will be available in the following areas:

- quarantine areas
- arenas

Showers will be available only in accommodations.

25. First Aid

Emergency medical services are available at the event arenas for all races and also in the event centre.

Contact person: Ângela Pedro

Phone contact: (+351) 962696838

E-mail contact: gairifo@portugalmail.pt



26. Special Instructions for Each Competition

Sprint

Parking location: Óbidos -(GPS 39º21'28.15"N 9º09'29.16"O)



Distance and travelling time: 15 km / 20 min.

Distance parking - quarantine: we will have a bus to transport the athletes from parking zone to near the quarantine zone

Quarantine and deadlines: It is open from 14:00 and the deadline is at 14:45 From the quarantine zone have direct access to the start corridor.

Map: Óbidos, 1:4 000, e=5 m, Map Maker: Luís Sérgio

Technical information of the courses

	Controls	Climbing	Course Length	Expected time
W16	16	100	1,49	12 min
M16	16	100	1,78	12 min
W18	17	110	1,63	12 min
M18	17	130	1,88	12 min

Terrain information

- Urban, the old town of Óbidos contains many narrow streets, often on steep slopes with steps leading up and down. The ground will be hard throughout the whole race.

- Runnability: Very good but with tricky streets

Shoes

Because of the kind of ground, old Portuguese pavement, we strongly recommend shoes **without** spikes



Long

Arena location: Ferrel (GPS 39°21'26.66"N 9°17'51.51"O) Quarantine location: About 200m from Arena Distance and travelling time: 30 km / 30 min.



Technical information of the courses

	Controls	Climbing	Course Length	Refreshment	Expected time
W16	14	120	5,600	2	40 min
M16	14	180	7,300	2	45 min
W18	15	165	6,800	2	45 min
M18	20	205	8,900	2	50 min

Terrain information

- Sand dunes, of middle height, covered by pine forest usually with good visibility and easy running but some slower zones due to undergrowth (gorse and bracken)

Coaches can be near the spectator control. There will be refreshment of water on the courses. Maximum running time: 120 minutes

The transport of coaches from quarantine to finish arena will not be organised. It is forbidden to go through the competition area, allowed route is drawn in the bulletin map and will be marked.

The transport of competitors' clothing will be provided by organizers from the quarantine zone. At arena there will be provided a special tent where these clothes will be placed. All things must be visibly marked with the competitor's accreditation cards.





Relay

IMPORTANT: On Sunday at 2 a.m. the clock on Portugal should be delayed 60 minutes, so at 2 a.m. it will change to 1 a.m.

Arena location: Vale Benfeito (GPS 39°22'19.71''N 9°16'39.09''O) Distance and travelling time: 30 km / 30 min.



Terrain information

- Sand dunes, of middle height, covered by pine forest usually with good visibility and easy running but some slower zones due to undergrowth (gorse and bracken)

Technical information of the courses

	Controls	Climbing	Course Length	Expected time
W16	14	105	3,8km-3,9km	90 min
M16	17	125	4,6km-4,7km	90 min
W18	18-19	135	4,2km-4,3km	90 min
M18	21	180	5,5km-5,7km	105 min
Mix	14	105	3,8km-3,9km	80 min



Start at 9:30 in waves: 09:30 - M16 09:35 - W16 09:40 - M18 09:45 - W18 09:50 - MIX Teams

Any competitor may start in the MIX class - there is no age or gender limit. Teams constitution and order must be given to organization until 18:30 on 26th of October on event office.

First legs will check-in 5 minutes before the mass start. Other legs are not obliged to check-in but it is teamleaders' responsibility that the competitors will correctly clear and check their SI-cards. Mass start will proceed after the speaker's announcement. Early start is a reason for disqualification.

Changeover:

Order on the best competitors will be announced continuously but it is team-leaders' responsibility to follow the race and ensure that the competitors will start in time.

Before the changeover the competitor on the first/second leg firstly punches Finish-SI, then he/she changes over to the next athlete. The third leg runs through the finish and punches Finish-SI.



27. Main Directions

General road map



Detailed road map





Forest events



Óbidos: Sprint competition







28. Fairness

- It is not allowed to bring mobile phones, radios, computers or any other communication devices into the quarantine zone. Neither is it allowed to bring in previous orienteering maps of the competition area.
- Team officials and non-competing runners are not allowed to enter the competition terrain.
- A competitor or team who breaks any rule, or who benefits from breaking of any rule, will be disqualified.

29. Complaints and Protests

Any complaint shall be written and handed over to the organiser at the Arena Event Office as soon as possible. Complaints regarding the results shall be made no later than 15 minutes after publication of the official results list.

A written protest can be made against the Organisers' decision about a complaint. Written protests shall be delivered personally to the Event Director or EYOC National Controller.



30. Summary of Team Entries

Country	W16	M16	W18	M18	Officials
AUT	4	4	4	4	3
BEL	0	4	1	4	2
BLR	0	0	4	0	1
BUL	1	0	4	4	2
CRO	1	0	0	0	1
CZE	4	4	4	4	3
DEN	4	4	0	0	2
ESP	4	4	4	4	2
EST	4	4	4	4	2
FIN	4	4	4	4	3
FRA	4	4	4	4	3
GBR	1	4	3	3	3
GER	4	4	4	3	3
HUN	4	4	4	4	3
IRL	1	2	3	2	2
🗢 ISR	3	4	3	3	2
ITA	1	1	3	3	1
LAT	4	4	4	4	4
	4	4	4	4	2
NED	0	0	1	1	0
NOR	0	0	4	4	2
POL	1	1	3	3	1
POR	4	4	4	4	3
ROU	1	4	3	4	1
RUS	4	4	4	4	4
SLO	4	1	2	4	1
SRB	1	1	1	2	1
	4	4	4	4	4
SVK	4	3	3	3	2
SWE	0	0	4	4	2
UKR	4	4	4	4	2
Total: 31	79	85	98	99	67