

Bulletin 4

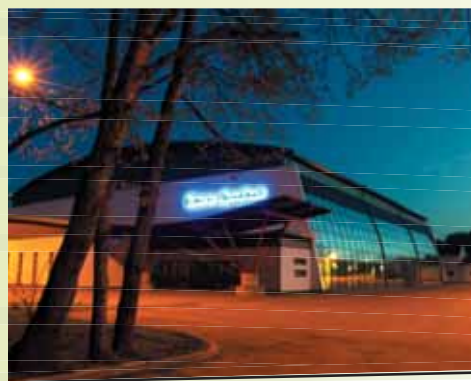
World MTB Orienteering Championships

Junior World MTB Orienteering Championships



27 - 31 August 2013

RAKVERE, LÄÄNE-VIRU COUNTY, ESTONIA





Welcome

Dear mountain bike orienteers!

We welcome the elite and junior mountain bike orienteering world championships to the city of Rakvere.

Rakvere has a great honour to host the world's best mountain bike orienteers who will show their great skill competing on this landscape. We are grateful to you for the opportunity to introduce and promote the exciting but still young sport of mountain bike orienteering here in Estonia to our sports enthusiasts.

The city of Rakvere will do everything possible to guarantee a well organized competition and to make the competitors and guests feel welcome.

Offering up-to-date sporting opportunities to the people of the city and for organizing international competitions has been a priority to the city of Rakvere in the last couple years. Rakvere has the experience of organizing international events in connection to the Men's Dance Festival and Punk Song Festival, we have organized the SUMO world and European championships and the men's U-19 European Football tournament, also many international competitions in basketball and athletics. These competitions have brought thousands of participants and guests to the city.

WMTBOC gives Rakvere a unique opportunity to introduce our ancient and green city that offers many opportunities to lead an athletic lifestyle in the fold of nature.

We believe you will enjoy the city of Rakvere and spend unforgettable days here.

Welcome to Rakvere!

Toomas Varek,
Mayor of Rakvere



Venue and Event Center



<http://www.rakvere.ee>

Event venue is Lääne-Viru county in northeastern part of Estonia. Event Center is situated in Rakvere, a town with population of 17 000 people and the county seat. Event Center is Rakvere Sport Center, which is located in the heart of Rakvere. Good sports facilities surrounded by beautiful scenery have made *Rakvere Sports Center a favourite place both for athletes and tourists.*

EVENT CENTER

Rakvere Sport Center: Kastani pst 12, Rakvere 44307
mtbo2013@orienteerumine.ee; +372 56602150 (Raili Rooba)

ORGANIZERS

Event director:	Joonas Oja	(+372 56246335)
Event secretariat:	Raili Rooba	(+372 56602150)
Chief of the courses:	Kuno Rooba	(+372 56495436)
Maps:	Juozas Smalinskas, Kuno Rooba, Jaan Olvet, Markus Puusepp	
IT/timing:	Tarmo Klaar	(+372 5658253)
Medicin:	Aivar Tooming	(+372 5169640)
Transport:	Jaak Rohtsalu	(+372 5056681)

EVENT ADVISERS

IOF Senior Adviser: Sandor Talas (HUN) (+372 5268364)
National controller: Sixten Sild (EST) (+372 5068377)



Program

24.08.2013	Saturday	Arrival of teams
25.08.2013	Sunday	Arrival of teams
26.08.2013	Monday	Model Event – Opening Ceremony
27.08.2013	Tuesday	Sprint
28.08.2013	Wednesday	Middle distance
29.08.2013	Thursday	Rest day, Training
30.08.2013	Friday	Relay
31.08.2013	Saturday	Long distance, Official Closing Ceremony and Banquet
01.09.2013	Sunday	Departure of teams

Accreditation

Accreditation takes place at the Event Center. To receive all the necessary materials please bring your passport or national identification card.

Open Competition

All info is available on webpage <http://www.orienteerumine.ee/mtbo2013/open/>

Detailed Program



24.08.2013 SATURDAY

13:00-19:00 Opening hours of the Event Center

25.08.2013 SUNDAY

09:00-20:00 Opening hours of the Event Center

26.08.2013 MONDAY

09:00-20:00 Opening hours of the Event Center

10:00-12:00 Model Event (Rakvere Sport Center)

12:00 Deadline for final entries to sprint distance (Event Center)

16:30-16:45 Gathering for Opening ceremony (Event Center)

17:00 Opening ceremony (Rakvere Main Square)

19:00 Team officials' meeting (Event Center)

27.08.2013 TUESDAY (Sprint)

08:00-10:00 Opening hours of the Event Center

11:00 Last entry into quarantine zone

11:00 Sprint Final

13:00 Deadline for final entries to middle distance (Tapa Sport Center)

17:00-21:00 Opening hours of the Event Center

18:00 Sprint Prize-giving ceremony

19:00 Team officials' meeting (Rakvere Sport Center)

28.08.2013 WEDNESDAY (Middle distance)

08:00-09:00 Opening hours of the Event Center

11:00 Middle distance Final

11:20 Last entry into quarantine zone

17:00-21:00 Opening hours of the Event Center

18:00 Middle distance Prize-giving ceremony

19:00 Social event with karaoke

Detailed Program



29.08.2013 THURSDAY (Rest day)

- 10:00-12:00 Opening hours of the Event Center
- 10:00-11:00 Open MTBO Commission meeting (Event Center)
- 10:00-15:00 Cultural program
- 10:00-18:00 Training
- 12:00 Deadline for final entries to relay (Event Center)
- 17:00-21:00 Opening hours of the Event Center
- 19:00 Team officials' meeting (Event Center)

30.08.2013 FRIDAY (Relay)

- 08:00-21:00 Opening hours of the Event Center
- 11:00 Relay
- 12:00 Deadline for final entries to long distance (Event Center)
- 15:00 Open competition first start
- 18:00 Relay Prize-giving ceremony
- 19:00 Team officials' meeting (Event Center)

31.08.2013 SATURDAY (Long distance)

- 09:00 Long distance Final
- 10:00 Last entry into quarantine zone
- 14:00 Open competition first start
- 16:00-19:00 Opening hours of the Event Center
- 19:00-01:00 Long distance Prize-giving and closing ceremony, Banquet, Disco

01.09.2013 SUNDAY (Departure)

- 08:00-11:00 Opening hours of the Event Center
- All day Departure of teams

Transport Schedule



27.08.2013 TUESDAY (Sprint)

- 09:00-09:25 Bike loading at Event Center parking lot
- 09:30 Departure from Event Center to Sprint arena
- 15:00-15:25 Bike loading at Sprint arena
- 15:30 Departure from Sprint arena to Event Center

28.08.2013 WEDNESDAY (Middle distance)

- 09:00-09:25 Bike loading at Event Center parking lot
- 09:30 Departure from Event Center to Middle distance arena
- 15:30-15:55 Bike loading at Middle distance arena
- 16:00 Departure from Middle distance arena to Event Center

31.08.2013 SATURDAY (Long distance)

- 06:45-07:10 Bike loading at Event Center parking lot
- 07:15 Departure from Event Center to Long distance arena
- 14:30-14:55 Bike loading at Long distance arena
- 15:00 Departure from Long distance arena to Event Center

Opening and Prize giving ceremonies

The opening ceremony will take place in Rakvere Main Square at 17:00. Gathering takes place at 16:30-16:45 in front of the Event Center.

Award ceremony of the competition day takes place in the backyard of Art Cafe (Address: 13 Lai street, Rakvere town) at 18:00. The award ceremony of the final day will take place a banquet in Rakvere Kuur-Saal, in the garden of hotel Wesenbergh.

Podium finishers (1-6 in Elite and Junior) are requested to dress in team uniforms, and refrain from taking to the podium items such as hats, sun glasses, bottles, headbands and various gadgets.

Cultural program

“Visit Rakvere Castle”

Prices - Single ticket - 6 euros / group ticket (starting from 10 people) - 5 euros per person.

Additional services - Guided tour in English/Russian/Finnish/German - 20 euros per group. Please pre-order the service at least 3 days before the expected tour!

“Visit Kohtla Mining Park”

Prices - bus ticket - 15 euros; Mining Park ticket - 10 euros

Additional services - Meals: Soup - 4 euros; Soup, “Miner schnaps” and bread with lard 6 euros.

The audio guide is available at the spot (different languages).

The tour will last for approximately 1.5 hours. The tour will take place if there are at least 15 participants. Please pre-order the service at least 3 days before the expected visit.

Deadline 26.08

For booking please contact: Inge Peebu +372 53434944
inge.peebu@rakvere.ee



Parking info

Parking is organized in all event arenas.

There is a special parking arrangement in Tapa town during the championships. Informations will be given at the team officials' meeting.

Start Bibs

The competitors will receive new start bibs every day. There are two start bibs in each competition class. The first should be attached at the front of the bike, and the another number will be attached with safety-pins on the back of competitor's shirt. Please keep the safety-pins during the whole competition because they are reusable. The starting numbers will be allocated based on the start order.

Team Officials' Meetings

Team Officials' Meetings will take place at 19:00 in the Event Center every day preceding competition days.

Competition rules



IOF MTB Orienteering Competition rules are available on www.orienteering.org

Riding off the track or trail is allowed in areas shown as forest or rideable open areas.

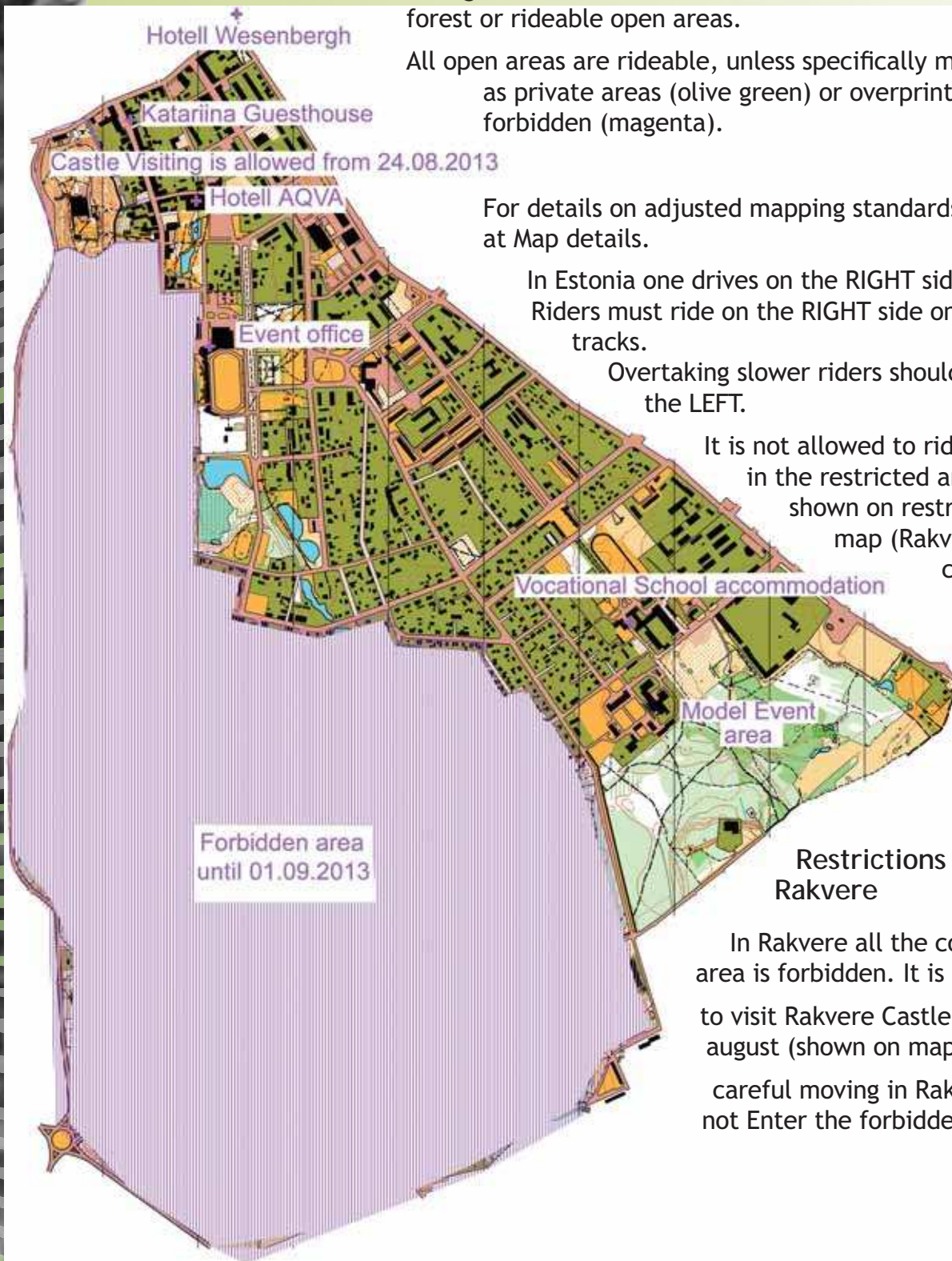
All open areas are rideable, unless specifically marked as private areas (olive green) or overprinted as forbidden (magenta).

For details on adjusted mapping standards see below at Map details.

In Estonia one drives on the RIGHT side of road. Riders must ride on the RIGHT side on all roads and tracks.

Overtaking slower riders should be done by the LEFT.

It is not allowed to ride a bicycle in the restricted areas that are shown on restricted area map (Rakvere town center).



Restrictions in Rakvere

In Rakvere all the competition area is forbidden. It is only allowed to visit Rakvere Castle after 24th august (shown on map). Please be careful moving in Rakvere and do not Enter the forbidden area!



Environmental Considerations

Please consider that competitions will take place in wildlife reserve areas. All competitors and spectators are requested to respect the environment and minimize the environmental load to normal racing activities. This refers in particular to garbage and mechanical waste disposal.

Athletes and mechanics are requested to carry back with them all discarded spare parts and hazardous materials from the competition and finish area to their accommodation.

Complaints

All complaints should be submitted by written report on the finish area of the secretariat. The complaints should be submitted not later than 15 minutes after the last competitor has reached the finish line.

Members of Jury

Wolf Eberle (AUT)

Jiri Vransky (CZE)

Andre Hermet (FRA)



Start groups

In individual competitions for elite women and men

a fourth Red Start Group will consist of the following competitors, provided they are members of their Federation's team (as per Competition Rule 6.6) for this competition:

- the reigning World Champion of the format
- the 9 top-ranked competitors in the IOF World Ranking list as published 10 days before the event. In the case of a tie, all competitors concerned will be included in the Red Start Group.

If the above rules provide less than 10 riders, the Red Start Group will be increased to comprise 10 riders by adding the next-best ranked competitors from the IOF World Ranking list (in the case of a tie, all competitors concerned will be included in the Red Start Group).

Expected Red Group allocation

Men		Women	
Sprint			
Tobias Breitschädel	AUT	Michaela Gigon	AUT
Ruslan Gritsan	RUS	Marika Hara	FIN
Samuli Saarela	FIN	Anna Kamińska	POL
Jussi Laurila	FIN	Emily Benham	GBR
Marek Pospíšek	CZE	Ursina Jäggi	SUI
Jiří Hradil	CZE	Ingrid Stengård	FIN
Tõnis Erm	EST	Susanna Laurila	FIN
Anton Foliforov	RUS	Gaëlle Barlet	FRA
Pekka Niemi	FIN	Nina Hoffmann	DEN
Juho Saarinen	FIN	Maja Rothweiler	SUI



Men		Women	
Middle			
Samuli Saarela	FIN	Ursina Jäggi	SUI
Ruslan Gritsan	RUS	Michaela Gigon	AUT
Jussi Laurila	FIN	Marika Hara	FIN
Marek Pospíšek	CZE	Anna Kamińska	POL
Jiří Hradil	CZE	Emily Benham	GBR
Tõnis Erm	EST	Ingrid Stengård	FIN
Anton Foliforov	RUS	Susanna Laurila	FIN
Pekka Niemi	FIN	Gaëlle Barlet	FRA
Juho Saarinen	FIN	Nina Hoffmann	DEN
Davide Machado	POR	Maja Rothweiler	SUI

Men		Women	
Long			
Ruslan Gritsan	RUS	Susanna Laurila	FIN
Samuli Saarela	FIN	Michaela Gigon	AUT
Jussi Laurila	FIN	Marika Hara	FIN
Marek Pospíšek	CZE	Anna Kamińska	POL
Jiří Hradil	CZE	Emily Benham	GBR
Tõnis Erm	EST	Ursina Jäggi	SUI
Anton Foliforov	RUS	Ingrid Stengård	FIN
Pekka Niemi	FIN	Gaëlle Barlet	FRA
Juho Saarinen	FIN	Nina Hoffmann	DEN
Davide Machado	POR	Maja Rothweiler	SUI

The final list of the red group will be announced on Sunday, 25th August on 21:00.



Anti-Doping

Doping is strictly forbidden, and the organisers of these world championships are dedicated to supporting 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 events 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 apply as of 1st February 2010.

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 athlete 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.

Should you have any question regarding doping testing, please contact the Organiser or the Senior Event Adviser.

Quarantine zone

Competitors will be quarantined on all individual competitions before the start. After finishing there will be no quarantine. Quarantine area is equipped with toilets, tents and seats. In quarantine area it is not allowed to use phones, radios, computers or any other multimedia devices that can help you to follow the competition online. After finishing it is not allowed to go to the quarantine area. All your belongings will be delivered to the finish area by organizers.



Time keeping system

SportIdent will be used on all events. Competitors can use their own SI card. Please give your SI card number with the entry. SI cards can be rented from Organizers for 10 EUR /all days (30 EUR deposit). Only SI-cards version SI-6/9/10/11 can be used!

The competitors, who have the SI card 5 or 8, must replace it at the competition centre. Organizer will give a new SI card for the competition.

Light beam is used for finish timing, the measuring point of the light barrier will be at height of 15 cm above the ground. No punching on finish line.

Classes and participation

WMTBOC - There is one class for women and one for men (WE and ME).

There are no age restrictions. Each Federation may enter a team of up to 16 competitors – up to 8 women and 8 men. In each competition (except for long event) every Federation may enter up to 6 women and 6 men and in addition, the current World Champions for the distance may be entered by their Federation(s) provided they are members of the Federation's team.

Long distance start slots per federation are presented on the next page. Information regarding the allocation method can be found on the IOF website at <http://orienteering.org/mtb-orienteering/rules/>.

In the Relay, each Federation may enter two women's teams and two men's teams, each consisting of 3 team members.

JWMTBOC - There is one class for women and one for men. Only competitors who are entitled to compete in the classes W20 or M20 may participate. Each Federation may enter a team of up to 12 competitors – up to 6 women and 6 men. In each competition every Federation may enter up to 6 women and 6 men. In the Relay, each Federation may enter two women's teams and two men's teams, each consisting of 3 team members.

OPEN COMPETITION CLASSES

Women's classes W (14, 17, 20, 21, 40, 50, 60)

Men's classes M (14, 17, 20, 21, 40, 50, 60)

Long distance start slots



	ME	WE
AUS	2	1
AUT	4	4
BUL	1	
CZE	5	5
DEN	4	4
EST	5	5
FIN	5	6
FRA	4	2
GBR	1	3
GER	2	2
HUN	1	1
ITA	3	1
JPN	2	1
LAT	1	4
LTU	2	4
NOR	1	
POL	1	1
POR	2	1
RUS	5	6
SUI	2	3
SVK	1	3
SWE	3	3

	ME	WE
TUR	1	
UKR	1	2
USA	1	3
Late entries		
ESP	1	1
Allocated	61	66
Requested	80	66

In addition to the federations' slots, the reigning Junior and Senior Long Distance World Champions (W20: Eeva-Liisa Hakala FIN, M20: Krystof Bogar CZE, W21: Susanna Laurila FIN, M21: Ruslan Gritsan RUS) will have personal start slots.

WMTBOC and JWMTBOC preliminary entries



		Total	M20	ME	W20	WE	Officials
1	Australia	10	3	4		1	2
2	Austria	22	4	6	4	4	4
3	Bulgaria	4	1	1		1	1
4	Czech Rep	20	3	6	3	4	4
5	Denmark	18	4	6	1	5	2
6	Estonia	20	4	8	3	4	1
7	Finland	23	6	7	4	4	2
8	France	13	3	4	2	2	2
9	Germany	3		2		1	
10	Great Britain	4	1	2		1	
11	Hungary	4		3		1	
12	Italy	6	1	3		1	1
13	JAPAN	7	1	5		1	
14	Latvia	14	3	5	1	5	
15	Lithuania	20	3	7	5	5	
16	Norway	3	2	1			
17	Poland	9	2	2	1	1	3
18	Portugal	6	1	3		1	1
19	Russia	32	6	7	6	7	6
20	Slovakia	8	4		0	3	1
21	Spain	8	2	4		1	1
22	Sweden	17	6	3	3	3	2
23	Switzerland	7		3		3	1
24	Turkey	1		1			
25	Ukraine	9	5	1	1	2	
26	USA	8		4		3	1
		296	65	98	34	64	35



GPS tracking

Using the same GPS system like last year in World Cup Final Round (Värskä-Räpina).

20 top elite male riders and 15 top elite female riders will carry a GPS tracking device. The devices are handed out near the start.

The device weighs 60 grams and is attached to the outer side of arm, protruding part up. The adjustable elastic band may be secured with a safety pin. It takes about 1-2 minutes to put on the armband calmly.

After the finish, the devices should be returned at the SI-readout.



Fair play

Competitors are prohibited to acquire any information from GPS tracking!



Bicycle storage

Bicycle storage is located in the event center of all days. It is not allowed to keep your bicycle at official accommodation. Access to the bicycle storage will be strictly limited and can only be permitted by presenting your competitor's card. Only Rakvere Vocational School accommodation has its own bicycle storage in a basement.

The bicycle storage is opened

25.08	08:00-13:00/14:00-21:00
26.08	08:00-16:30/18:00-21:00
27.08	07:00-10:00/15:00-21:00
28.08	07:00-10:00/15:00-21:00
29.08	08:00-13:00/14:00-21:00
30.08	07:00-13:00/14:00-21:00
31.08	06:00-08:00/15:00-19:00
01.09	07:00-11:00

It is possible to wash the bikes twice every day - at every competition centre and additionally in Rakvere every evening of the competition (27.08-31.08) from 19:00-20:30 pm.

Bicycle repair



We have our official bicycle repair partner - who is working 24/7 if needed. Workshop is located in the town of Rakvere. They are ready to help with all repair and spare part problems. Every day there is one person who can help with smaller problems in Finish arena.

For more info during the competition please contact:

Argo Rohtmets, +372 56485884 rattabaas@gmail.com

Every day there is one person who can help with smaller problems in Finish arena.

Accommodation

Hotell AQVA

Distance from Event Center 0.35 km
Parkali 4, Rakvere

Hotell Wesenbergh

Distance from Event Center 1.1 km
Tallinna 25, Rakvere

Katariina Guesthouse

Distance from Event Center 0.75 km
Pikk 3, Rakvere

Art Hotell

Distance from Event Center 0.55 km
Lai 18, Rakvere

Rakvere Vocational School accommodation

Distance from Event Center 1.6 km
Piiiri 8, Rakvere

Meals

The exact timing of serving meals will be announced after all the teams have arrived. The time for having meals is flexible and arrangeable.

It is possible to have lunch every day of the competition! For that it is necessary to pre-order the meals!

In case of Tapa, Mõedaku and Rakvere, please contact:

Urmas Lindlo +372 53716767 kohvik.puhkepaik@mail.ee

Price: main course+soup+juice+dessert = 5,50EUR

It is possible to pay with credit card!

Deadline 25.08

In case of Valgehobusemäe, please contact:

Ene Niinsalu

+372 5156368

eneniinsalu@albu.ee

Price: main course+soup+juice= 4,50EUR

Deadline 26.08



Daily details



26.08.2013 Monday, Model Event

Model event will be organized between 10:00-12:00.

Model Event starts and ends near Event Center.

Maps will be given to Team Officials at registration.

27.08.2013 Tuesday, Sprint

Tapa (59.2629, 25.956391)

DISTANCES:

From Event Centre to the arena 31 km

From Parking area to the arena 0.1-0.3 km

From arena to pre-start area 0.1 km

Warm up: Warm up area in school stadium

Map: 1:7 500 / 2.5m, map size A4

Start begins: 11:00

Start interval: 2 min for all categories.

Finish: Light beam, the time is taken when the competitor's front tyre crosses the finish line. No punching on finish line.

Start quarantine: All Elite and Juniors must be in quarantine at the latest 11:00. Quarantine zone is near to finish.

Finish quarantine: No finish quarantine

Time limit: 60 minutes

Terrain: Sprint area is situated in the area that combines urban setting and forest area with numerous paths, open areas, buildings, and numerous man made features. One area of the map has tracks that are made by mowing. These tracks are mapped using symbol Path - difficult to ride (ISMTBO 838).

Olive colour for settlement (ISMTBOM 527) is used also to map flowerbeds, out-of-bounds lawn areas and other out of bounds areas. It is very important that competitors do not enter or cross these areas except by tracks/paths marked on the map. To avoid cutting, some corners in these areas have been marked with red-white plastic line.

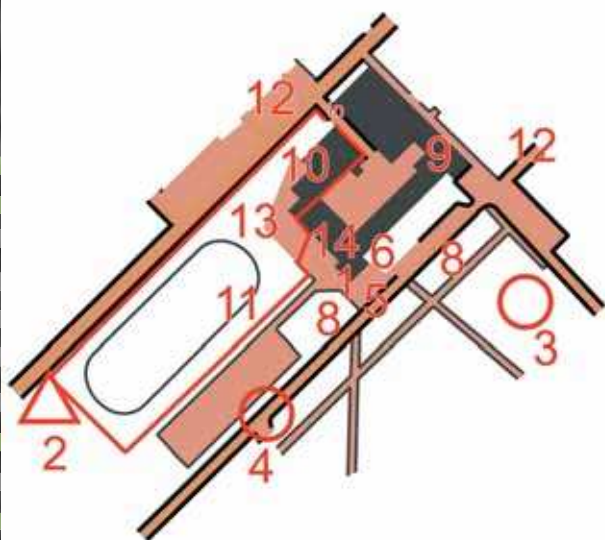
Ski tracks are mapped using symbol 835 or 833 of ISMTBOM and have yellow background in wide places. Some controls are not located on tracks but on easily distinguishable objects(building corner, hedge corner). There are no controls that are located on objects defined by contour lines. Trial tracks are mapped using symbol 540 or 206 of ISMTBOM. There are few very rocky slopes on sprint terrain.



Special hazards: The area is open to public traffic. The courses cross several public roads with light traffic. There will be marshals at the most critical places to help safe crossing and minimize disruption. Riders should follow the instruction of marshals. Still, it is the riders' responsibility to observe traffic rules and to avoid unsafe practices. Traffic speed limit in Tapa is reduced to 30km/h but streets are not closed for traffic.

	Length	Nr. of controls	Optimal route	Total climb	Refreshments	Map size	Online results *	Estimated winning time
ME	6.1 km	22	8.0 km	55	No	A4	2.3 km 4.5 km 6.7 km	21 min
WE	5.7 km	21	7.4 km	50	No	A4	1.8 km 3.9 km 6.0 km	20 min
M20	5.4 km	19	7.4 km	50	No	A4	1.9 km 4.0 km 6.0km	19 min
W20	5.1 km	16	6.9 km	45	No	A4	1.7 km 3.7 km 5.6 km	18 min

*Based on optimal route



- 1 Start
- 2 Map start
- 3 Spectator control
- 4 Last control
- 5 Finish
- 6 Results
- 7 TV tent
- 8 Spectator area
- 9 Showers, toilet
- 10 Start quarantine - school gym
- 11 Warm up - school stadium
- 12 Parking
- 13 Bike depot
- 14 Cafe

<http://www.orienteerumine.ee/kaart/db/kaart/0152.gif>





Mown paths



Trial tracks

28.08.2013 Wednesday, Middle distance

Mõedaku Sport Center (59.32670, 26.5779018)



DISTANCES:

From Event Centre to the arena	15 km
From Parking area to the arena	0.1-0.3 km
From arena to pre-start area	0.1 km
Warm up:	Warm up area is in quarantine zone.
Map:	1:10 000 / 5m, map size 30x30cm
Start begins:	11:00
Start interval:	2 min for all categories.
Finish:	Light beam, the time is taken when the competitor's front tyre crosses the finish line. No punching on finish line.
Start quarantine:	All competitors and support staff must be in quarantine at 11:20 the latest
Finish quarantine:	No finish quarantine.
Time limit:	120 minutes
Terrain:	Northern part of the middle distance is flat and has a regular road/narrow ride network. This area has ATV cross tracks which are mapped as symbol Track - slow riding (ISMTBOM 835) and have yellow background. ATV tracks are used for motocross and quad racing. Forest generally with dense vegetation and reduced visibility. Also in some places the high grass has been ridden over with ATV. Forest extraction made in some areas. Southern part of the terrain is moderately hilly, characterised by several narrow and often steep ridges and depressions with relative height differences up to 35 m. This area has ski tracks, narrow running trails and MTB single tracks. Ski tracks are mapped using symbol 835 of ISMTBOM and have yellow background in wide places. Vegetation is also dense, like in northern part of terrain.

Northern and southern areas are separated with asphalt road. There are some places where tracks have been messed up by wild-boars.

Special hazards: Tracks and paths can be very slippery in the rain. Courses cross public roads with light traffic. This road is forbidden for route choices (ISMTBOM 711). Crossing points presented on map like a gate by two perpendicular lines over the symbol Forbidden route (ISMTBOM 711). There will be marshals at some of the most important crossings. Still, it is the riders' responsibility to follow traffic rules and act safely. To notify of dangerous downhills there are warning

signs with exclamation marks. The more exclamation marks the sign has the more dangerous the downhill is. In forest extraction areas cutting waste may affect rideability on bike.



	Length	Nr. of controls	Optimal route	Total climb	Refreshments	Map size	Online results *	Estimated winning time
Men	11.1 km	24	15.6 km	290 m	No	30x30 cm	2.9km 8.1km 11.9 km	55 min
Women	8.8 km	17	11.3 km	200 m	No	30x30 cm	2.1km 6.1 km 9.8 km	50 min
M20	9.3 km	19	12.5 km	225 m	No	30x30 cm	2.8km 7.6 km 10.8 km	45 min
W20	7.3 km	14	10.0 km	190 m	No	30x30 cm	2.5km 5.9 km 8.8 km	45 min

*Based on optimal route



<http://www.orienteerumine.ee/kaart/db/kaart/2009035.jpg>





ATV Tracks



29.08.2013 Thursday, Training

Training is arranged on training maps (Jäneda, Aegviidu).

There is no CP on landscape. Maps are available on Event Center (5 EUR/map).



30.08.2013 Friday, Relay

Rakvere (59.3442, 26.3575)

DISTANCES:

From Event Centre to the arena	In Event Centre
From Parking area to the arena	0.1 km
From arena to pre-start area	0.1 km
Warm up:	No special warm up area. Warm up near Event Centre along KASTANI PUIESTEE and east of it.
Map:	Relay 1:10 000 / 2.5m, map size A3; A4 (map change). All the maps will be given at the start.
Start begins:	11:00
Finish:	Light beam, the time is taken when the competitor's front tyre crosses the finish line. No punching on finish line.
Time limit:	90 minutes (leg)
Terrain:	Relay events are taking place in an area of suburban forests. It has many small and fast paths. Ski tracks are mapped using symbol 835 of ISMTBOM and have yellow background in wide places. Most paths are mowed so it is easier to spot them. There are some steep rocky paths around Rakvere Castle.

Special hazards: Puncture protection is strongly recommended. The area is open to public traffic. The courses cross several public roads with light traffic. There will be marshals at the most critical places to help safe crossing and minimize disruption. Riders should follow the instruction of marshals. Still, it is the riders' responsibility to observe traffic rules and avoid unsafe practices. Traffic speed limit in Rakvere is reduced to 30km/h but streets are not closed for traffic. Some tricky steep sections may challenge riders. There are warning signs on steep tracks.

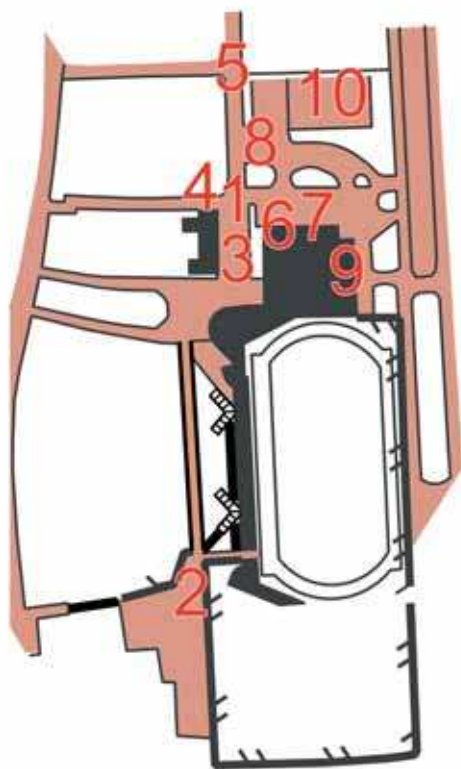


	Length	Nr. of controls	Optimal route	Total climb	Refreshments	Map size	Online results *	Estimated winning time
Men	12.3 - 12.5 km	36	17.0 km	235 m	No	A3; A4 (map change)	3.3 km 6.5 km 14.5 km	48 min per leg
Women	9.2 - 9.5 km	31	12.9 km	165 m	No	A3; A4 (map change)	3.2 km 6.5 km 10.4 km	42 min per leg
M20	9.3 - 9.6 km	31	12.9 km	180 m	No	A3; A4 (map change)	3.3 km 6.5 km 10.4 km	38 min per leg
W20	6.9 - 7.1 km	23	9.7 km	150 m	No	A3; A4 (map change)	3.2 km 5.9 km 7.8 km	34 min per leg

*Based on optimal route



<http://www.orienteerumine.ee/kaart/db/kaart/2009033.jpg>



- 1 Start, Finish
- 2 Map start
- 3 Change area
- 4 Spectator control
- 5 Last control
- 6 Results
- 7 TV tent
- 8 Spectator area
- 9 Showers, toilet, cafe
- 10 Parking

31.08.2013 Saturday, Long distance

Valgehobusemäe (59.2215, 25.56192)



DISTANCES:

From Event Centre to the arena 58 km
 From Parking area to the arena 0.1-0.2 km
 From arena to pre-start area 1.2km
 Warm up: Warm up area is in quarantine zone.
 Map: 1:15 000 / 2.5m, map size A3; A3; A4
 (2 map changes) The change of maps will take place on the course.

Start begins: 09:00
 Start interval: 3 min for all categories
 Finish: Light beam, the time is taken when the competitor's front tyre crosses the finish line. No punching on finish line.
 Start quarantine: All Elite and Juniors must be in quarantine at 10:00 the latest.
 Finish quarantine: No finish quarantine
 Time limit: 180 minutes
 Terrain: Long distance competition takes place in an area typical to North-Estonia with marshes alternating with hills. Numerous paths and roads, dense vegetation. Due to dry summer tracks and paths are faster riding than usual. Still there is also enough high grass. Tracks and paths are mowed so it is easier to spot them. Also in some places the high grass has been ridden over with ATV. Ski tracks are mapped using symbol 835 of ISMTBOM and have yellow background in wide places.

Special hazards: Some tricky steep sections may challenge riders. There are warning signs on steep tracks with exclamation marks. The more exclamation marks the sign has the more dangerous the downhill is.

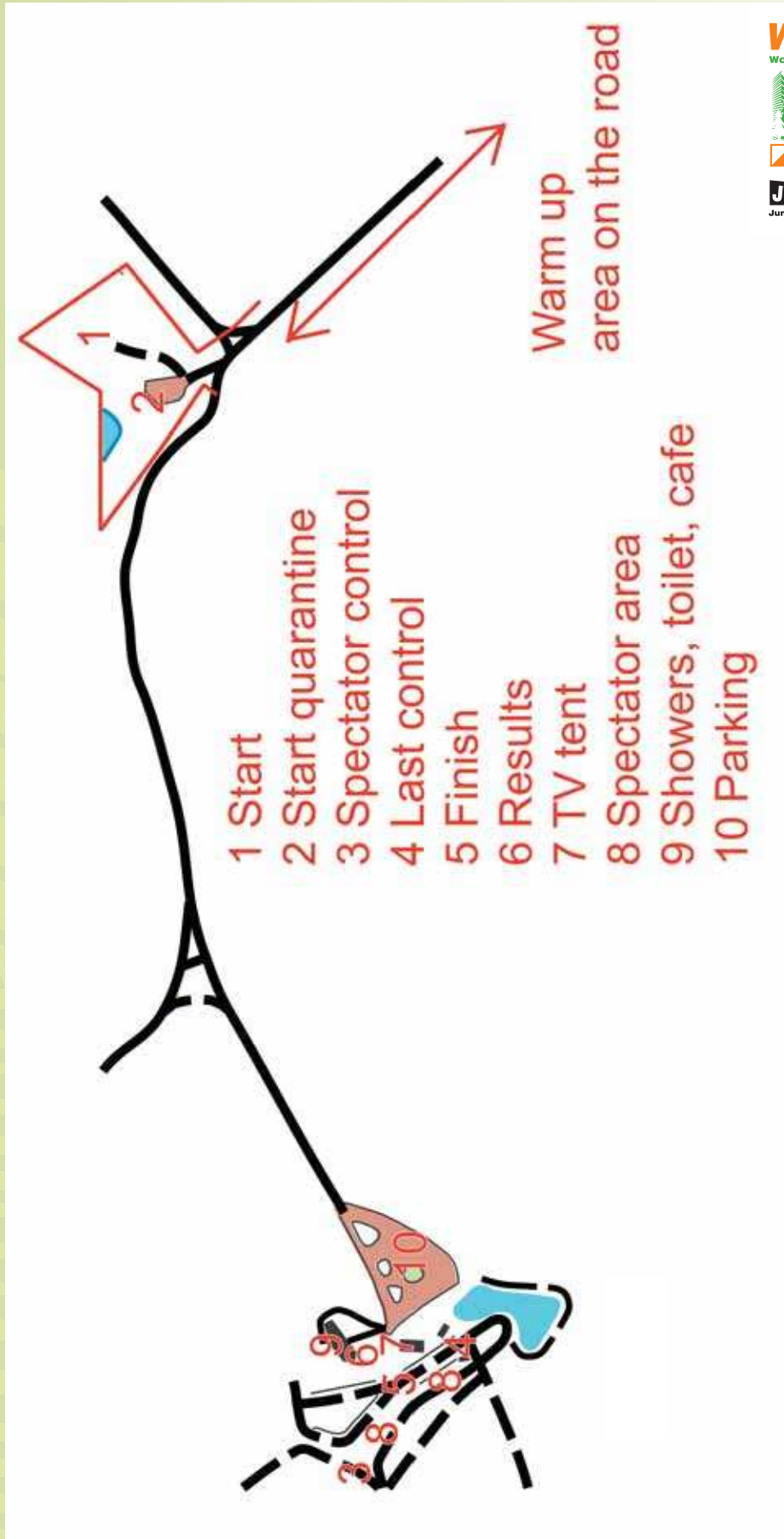


	Length	Nr. of controls	Optimal route	Total climb	Refreshments	Map size	Online results *	Estimated winning time
Men	34.9 km	32	46.5 km	405 m	11.4 km 17.3 km 44.0 km	A3; A3; A4 (map change)	8.2 km 17.3 km 44.0 km	110 min
Women	26.0 km	27	34.6 km	265 m	8.7 km 17.8 km 33.1 km	A3; A3; A4 (map change)	8.7 km 17.8 km 33.1 km	90 min
M20	25.9 km	28	34.7 km	290 m	11.0 km 22.4 km 33.2 km	A3; A3; A4 (map change)	11.0 km 22.4 km 33.2 km	88 min
W20	20.6 km	20	27.8 km	230 m	10.2 km 22.5km 27.1 km	A3; A3; A4 (map change)	6.5 km 22.5km 27.1 km	75 min

*Based on optimal route



<http://www.orienteerumine.ee/kaart/db/kaart/2008035.gif>





Controls

There will be two SI-units at every control in long distance and relay, and on some controls in sprint and middle. One SI-unit (primary unit) is attached and equipped in the usual manner shown at the model event. The second SI-unit is locked around a tree nearby. This secondary SI-unit is marked with red-white plastic ribbon. If the primary SI-unit cannot be used, competitor has to use the secondary SI-unit. At the model event controls are equipped with two SI-units in the same way.

Map Details

Sprint	1:7500 / 2.5m,	map size A4
Middle	1:10000 / 5m,	map size 30x30cm
Relay	1:10000 / 2.5m,	map size A3; A4
Long	1:15000 / 2.5m,	map size A3; A3; A4

All maps surveyed in spring-summer 2013. All maps are drawn according to International Specification for MTB Orienteering Maps 2010. All maps will be printed on waterproof paper.

Mapping conventions

Generally, rideable open areas mapped as Open land (ISMTBOM 401), Open land with scattered trees (ISMTBOM 402). Riding is slow or impossible where open areas mapped as Rough open land (ISMTBOM 403) and Rough open land with scattered trees (ISMTBOM 404). Forest mapped as white (ISMTBOM 405 Forest: good visibility) have a good sight and may provide a possibility to ride across.



FORBIDDEN	ALLOWED	IMPASSABLE
 527 Settlement	 401 Open land	 406 Forest: reduced visibility
	 402 Open land with scattered trees	
	 403 Rough open land	
	 404 Rough open land with scattered trees	

Forest rides which do not have a clearly visible track/path along them (i.e are overgrown with short grass, moss etc), but have a surface allowing cycling have been mapped according to rideability.

Stairways are mapped with stair symbol and emphasized with 834 dangerous object sign at top and bottom.



Special map features



- x (blue cross, ISMTBOM 314 Special water feature) - well, fountain
- x (green cross, ISMTBOM 418 Special vegetation feature) - salt lick for animals (tree with no bark and cut off from 2-3m height)
- o (green circle, ISMTBOM 419 Special vegetation feature) - prominent large tree or group of trees.
- (green dot, ISMTBOM 420 Special vegetation feature) - prominent small tree/bush
- o (black circle, ISMTBOM 539 Special man-made feature) - picnic place, monument (only for sprint)
- x (black cross, ISMTBOM 540 Special man-made feature) - playground equipment, trial tracks, large information sign, hide

Transportation

Public transport information about connection between Tallinn and Rakvere:

BY BUS www.tpilet.ee/en

http://www.peatus.ee/#route_search/eng

BY TRAIN www.edel.ee/274/

Car rent (Official partner)

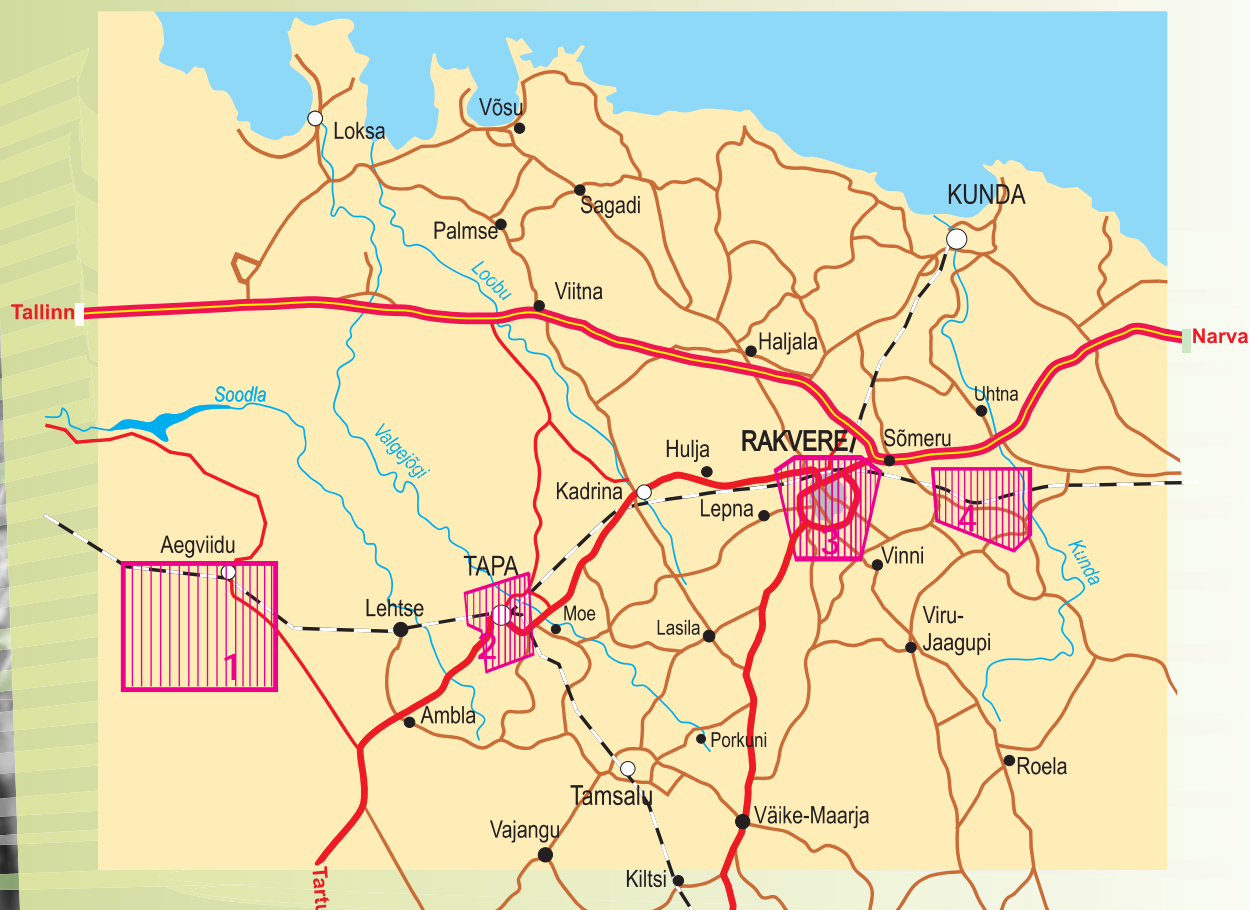
Discounts and booking on webpage

www.orienteerumine.ee/mtbo2013/





Embargoed areas and map samples



- 1 <http://www.orienteerumine.ee/kaart/kaartshow.php?Kood=2013002>
(Valgehobusemäe-Nelijärve)
- 2 <http://www.orienteerumine.ee/kaart/kaartshow.php?Kood=2013004>
(Tapa)
- 3 <http://www.orienteerumine.ee/kaart/kaartshow.php?Kood=2012001>
(Rakvere)
- 4 <http://www.orienteerumine.ee/kaart/kaartshow.php?Kood=2013003>
(Mõedaku)

Local climate

The month of August is characterized by falling daily high temperatures, with daily highs decreasing from 22 °C to 18 °C over the course of the month, exceeding 26 °C or dropping below 15 °C only one day in ten. Throughout August, the most common forms of precipitation are moderate rain, light rain, and thunderstorms. The probability that precipitation will be observed varies throughout the month. Precipitation is most likely around August 23, occurring in 59% of days. The relative humidity typically ranges from 54% (mildly humid) to 98% (very humid). Over the course of August typical wind speeds vary from 1 m/s to 6 m/s (light air to moderate breeze), rarely exceeding 8 m/s (moderate breeze).

Estonian meteorological institute www.emhi.ee



Media

We welcome all media representatives to WMTBOC in Rakvere. Media facilities and photo access is available only to registered media representatives.

For information about obtaining media accreditation contact:

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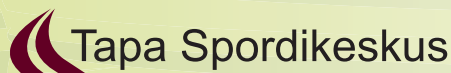
mtbo2013@orienteerumine.ee

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<http://www.orienteerumine.ee/mtbo2013>

<http://www.raok.ee>

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