

Bulletin 1



and



Confederation of Mediterranean
Orienteering Federations

MCO'23

SANTIAGO DO CACÉM 23 to 26 February 2023



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Introduction

The COALA (Orienteering and Adventure Club of the Alentejo Coast), in partnership with the ADFA (Armed Forces Association), will organize “X Costa Alentejana O Meeting” (X CAOM) and “Mediterranean Championships Orienteering 2023” (MCO’23).

From the first hour, the local authorities showed all the availability to jointly with COALA and ADFA to organize a quality event that satisfies all who will visit us.

The X CAOM is a pedestrian orienteering event, integrated into the Ranking of the International Orienteering Federation (IOF) and in the Portuguese Cup ranking of Portuguese Orienteering Federation - FPO. It is an event open to people of any age, being able to participate in the levels of competition or in the open classes, individually or in a group.

We invite all Orienteering lovers to participate in this event, wishing them, since now, a hearty welcome.



Alentejo coast

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

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

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

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

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

Alentejo coast, life here is to feel!

Alentejo coast vídeo: <https://www.youtube.com/watch?v=QQQ7uacW1HY>

Santiago do Cacém County:

Video: <https://www.youtube.com/watch?v=Y-Tn9RnFTYY#t=40>

Tourist information: <https://turismo.cm-santiagocacem.pt/en/>

1. Event centre

Santiago do Cacém – W Pavilion of Auditório António Chainho

(140 Km from Lisbon international airport)

(200 Km from Faro international airport)

2. Organization

FPO - Portuguese Orienteering Federation - www.fpo.pt

COALA - Orientation and Adventure Club of the Alentejo - <http://coala.com.pt/>

ADFA - Armed Forces Association

CMSC – Santiago do Cacém Town Hall - www.cm-santiagocacem.pt

Event Director: Luciano Lucas

Deputy director: Jacinto Eleutério

Secretary: Augusto Almeida

Maps and Courses: Alexandre Reis

Web page: <https://coala.com.pt/xcaom-mco23/>

Facebook: <https://www.facebook.com/profile.php?id=100057449439292>

Event advisor: to be indicated

3. General Information

Arenas

- At arenas athletes will find every necessary infrastructure (secretariat, informatics, bar service, WC, babysitting, first aids, results, speaker, etc);
- If you are thinking about using babysitting service during the event, please check the corresponding option during your accreditation process at OriOásis.

Solo Duro

- Hard Floor will be indicated;

Babysitting

We will have babysitting service in the 3 arenas of X CAOM with the following rules:

- Registration for Babysitting in OriOasis is mandatory;
- Each child will receive a wristband that must be filled in by the person in charge of the child;
- The wristbands will have the start time of the person in charge, who can leave the child in the Babysitting 60 minutes before the start, and must pick up the child no later than 30 minutes after the arrival time.

Model Event / Training event

- Model Events will be in Santiago do Cacém;
- The maps will be distributed during the accreditation, at the Event Center in Santiago do Cacém.

World Raking Event

- The Middle distance on February 24th, the Long distance on February 25th, and the Sprint distance on 26th February will be World Ranking Events for Elite classes.
- During that race, GPS watches with map display won't be allowed in Elite classes.

Elite classes

- During the entry process, Elite runners need to provide their IOF World Ranking ID. All the athletes in those classes need to be registered also in IOF Eventor.

X CAOM BIB

- All athletes must use the X CAOM bib, given during the accreditation;
- Only athletes with X CAOM's official bib correctly placed are allowed to start the race;
- The bib will have the following information: number, name, SI-Card number, class, start times, club and country.

SI-Card change

- Any SI-Card change must be done before the start in the secretariat. It will not be allowed any start with changes of information not validated previously at the secretariat.
- Since 13th February 2023 each change will cost €2.00.

Control system

- The control system used will be SPORTident;
 - Contactless AIR+ mode will be active on all forest and sprint races;
 - Anyone who does not own a SIAC can use any other SI-Card with no problem;
 - The organization will have SIAC's for rent if you want to experience the contactless system. (Conditions for rent will be announced later)
- > If you want to rent and SIAC a reservation must be made until the 12th of February to the email oricoala.eventos@gmail.com

Start times

- It won't be allowed any change of start times in the event days;
- In case of any constraint related with start times (example: the need for an early start time in the last day) please write it down during the entry process;
- Open classes won't have a start time, they will have a time interval where they can start with "START" SI-Station.

However, a list with starting times will be generated, which should be minimally respected, so that there is no accumulation of athletes in the same minute.

Race time limits

- The race time limits are:
 - Long Distance – 3 hours
 - Middle Distance – 2 hours
 - Sprint – 1 hour

Fair Play

- At the end of each course, athletes can keep their map, therefore Fair Play is requested to all participants.

Results

- The final result of X CAOM will be defined by the sum of points from all three stages
- The results of MCO'23 will be in accordance with the regulations of MCO/COMOF;

Prizes

- X CAOM: Prizes for the first 3 athletes in each class (5 first in ME and WE classes) and 3 best clubs. All W/M10 and W/M12 runners will receive a gift, whatever their classification;
- MCO'23: in accordance with the regulations of MCO/COMOF;
- **WRE**: prizes for the 5 first in WE and ME;

Sport insurance

- Athletes affiliated in POF are covered by POF insurance;
- National and Portuguese resident non-affiliated athletes are covered by POF insurance;
- Foreign and/or non-resident athletes are not covered by any insurance. They should provide for their own security and insurance.

Traffic Indications

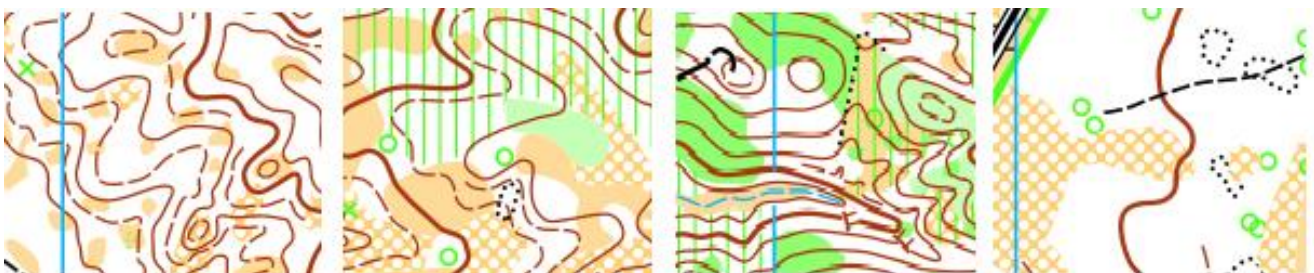
- Parking locations (GPS coordinates) and their distance to the arenas will be provided. From the parking, there will be orange and white arrows for the arenas.
- Please follow and respect the indications, both for traffic and parking.

Rules

- X CAOM will be regulated by Portuguese Orienteering Federation regulation. In the presence of any missing case, we will apply the IOF rules.
- MCO'23: will be regulated by COMOF regulation. In the presence of any missing case, we will apply the IOF rules.

Complaints

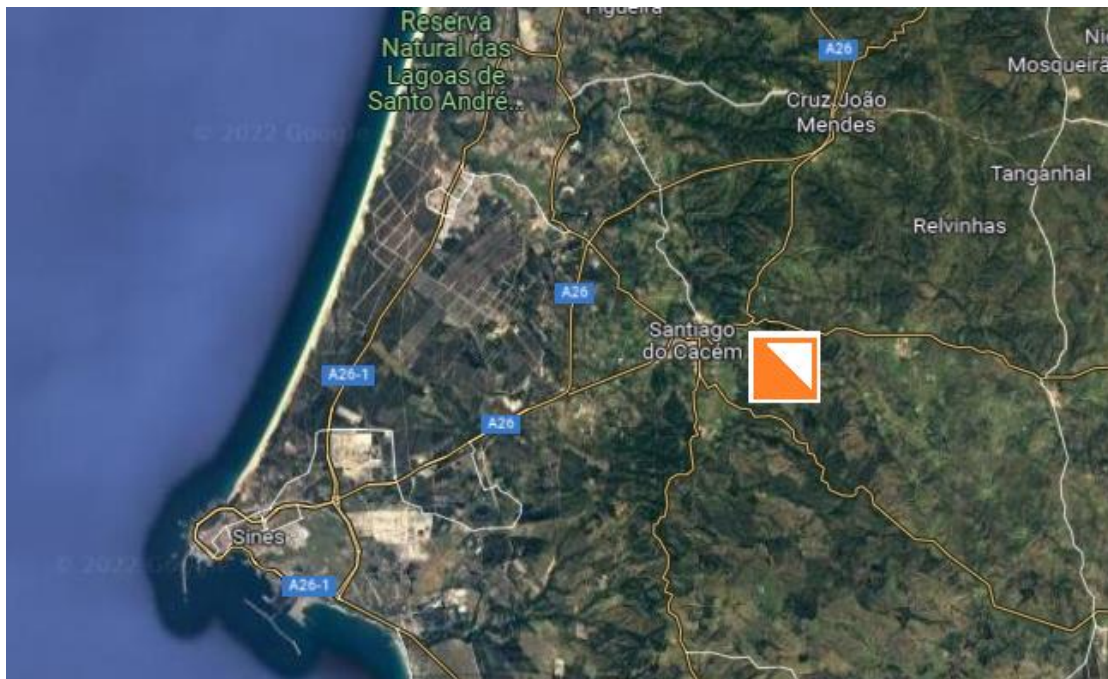
- Any complaint must be made in writing and submitted to the secretariat as soon as possible, but always within a maximum of 15 minutes after completing the respective course.



4. General locations

Event centre: 38.021870, -8.693036

Arenas, Hard floor, Showers: to be indicated



5. Preliminary Programme

February, 10th: Final deadline for entries in competition classes and for online entries.

February, 22nd and 23rd:

12h00 – 16h00 – Training Event / Model event (locations to be indicated)

10h00 – Event center opening (Santiago do Cacém)

19h00 – Event centre closing

February, 24th:

09h00 – Event office opening

11h00 – Middle distance – MCO'23 – WRE

11h30 – Middle distance – X CAOM

12h00 / 12h30 – Start for open classes

13h30 – Prize giving ceremony for MD WRE

February, 25th:

09h00 – Event office opening

10h00 – Long distance – MCO'23 – WRE

10h30 – Long distance – X CAOM

11h00 / 12h00 – Start for open classes

14h00 – Prize giving ceremony for LD WRE

February, 26th

09h00 – Event office opening

10h00 – Sprint distance – MCO'23 – WRE

10h30 – Sprint distance – X CAOM

10h30 / 11h00 – Start for open classes

12h30 – Prize giving ceremony for Sprint WRE

12h40 / 14h00 – Prize giving ceremony for MCO'23 and X CAOM

6. Classes

X CAOM:

M/W10, M/W12, M/W14, M/W16, M/W18, M/W20, M/WE, M/W21A, M/W35, M/W40, M/W45, M/W50, M/W55, M/W60, M/W65, M/W70, M/W75, M/W80, Easy short, Easy long, Difficult short, Difficult long.

MCO'23: M/W20, M/WE

7. Fees

X CAOM:

- POF+FEDO licences by course:
 - In Elite and Adults: €10,00
 - Youth (<20 years) except in elite: €5,00
- Others by course:
 - In Elite and Adults: €20,00
 - Youth (<20 years): €10,00

MCO'23: Free for participating national teams

8. Maps

The maps for the Middle Distance and for the Long Distance will be new, in the typical *montado* of the region, with medium relief.



The map for the Sprint is the Santiago do Cacém map, updated, with a scale of 1/4000 and a distance of 5 meters:



9. Account details for payments

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

Bank name: **Caixa Geral de Depósitos** (Branch: **Sines**)

BIC/SWIFT: **CGDIPTPL**

IBAN: **PT50003507830001513683081**

Bank Address: **Caixa Geral de Depósitos - Agência de Sines**

Rua Marquês de Pombal, 48 - PT 7520-225 Sines - Portugal

Account owner: **Clube de Orientação e Aventura do Litoral Alentejano-COALA**

Account owner address: **Clube de Orientação e Aventura do Litoral Alentejano-COALA**

Bairro Azul, C2, Praça da Fraternidade 1ºEsq

PT - 7500-100 Vila Nova de Santo André / Portugal

10. Accommodation

We propose that you use the services of our partners (IMPORTANT: please refer COALA event):

Vila Park Nature & Business Hotel

Tel. +351 269 750 100 // +351 961 551 972

www.vilapark.com

Hotel Rural Monte da Lezíria

Tel: +351269084935

www.montedaleziria.com

Hotel Lousal

Tel: +351269038960

<https://hotellousal.com/>

Casas de Miróbriga

Tel: +351935666200

www.casademirobriga.pt

Monte Horizonte

Tel: +351269825383

<https://montehorizonte.com/>

For information about the vast network of hotels, please see:

http://www.turismo.cm-odemira.pt/PageGen.aspx?WMCM_PaginaId=27600



11. Transport

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

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

Travel by public bus If you want to travel from Lisbon to Santiago do Cacém by public bus <http://www.rede-expressos.pt/horarios.aspx>

