



FEDERAZIONE
ITALIANA
SPORT
ORIENTAMENTO



MTB Orienteering World Cup, Round 3 2023
U23 World MTBO Championships 2023

3 GIORNI

ALPE CIMBRA

dedicated to Roberto Sartori
who wanted this event.



MTBO World Masters Series 2023
MTBO Young Guns World Series 2023

21 – 23 September 2023
Folgaria, Trentino, Italy

Bulletin 2



Trentino Italy

Publication date of this bulletin: **14/08/2023**



Comune di
Folgaria



Comune di
Lavarone



Comune di
Luserna

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1 ORGANISATION

1.1 Organisers

Italian Orienteering Federation FISO
Gronlait Orienteering Team
Alpe Cimbra, Trentino

[Federazione Italiana Sport Orientamento \(FISO\)](#)
[Gronlait Orienteering Team](#)
[Alpe Cimbra](#)

1.2 Organising team

Event Director:	Fabrizio Boneccher
Competition Director:	Giuseppe Simoni
Maps & Courses:	Ivan Gasperotti, Luigi Girardi
IT & Sport Ident Manager:	Alessio Dalfollo

1.3 Event advising / event control

IOF Senior Event Adviser:	David Hlaváč, CZE
National Controller:	Giaime Origgi

1.4 Information and contact

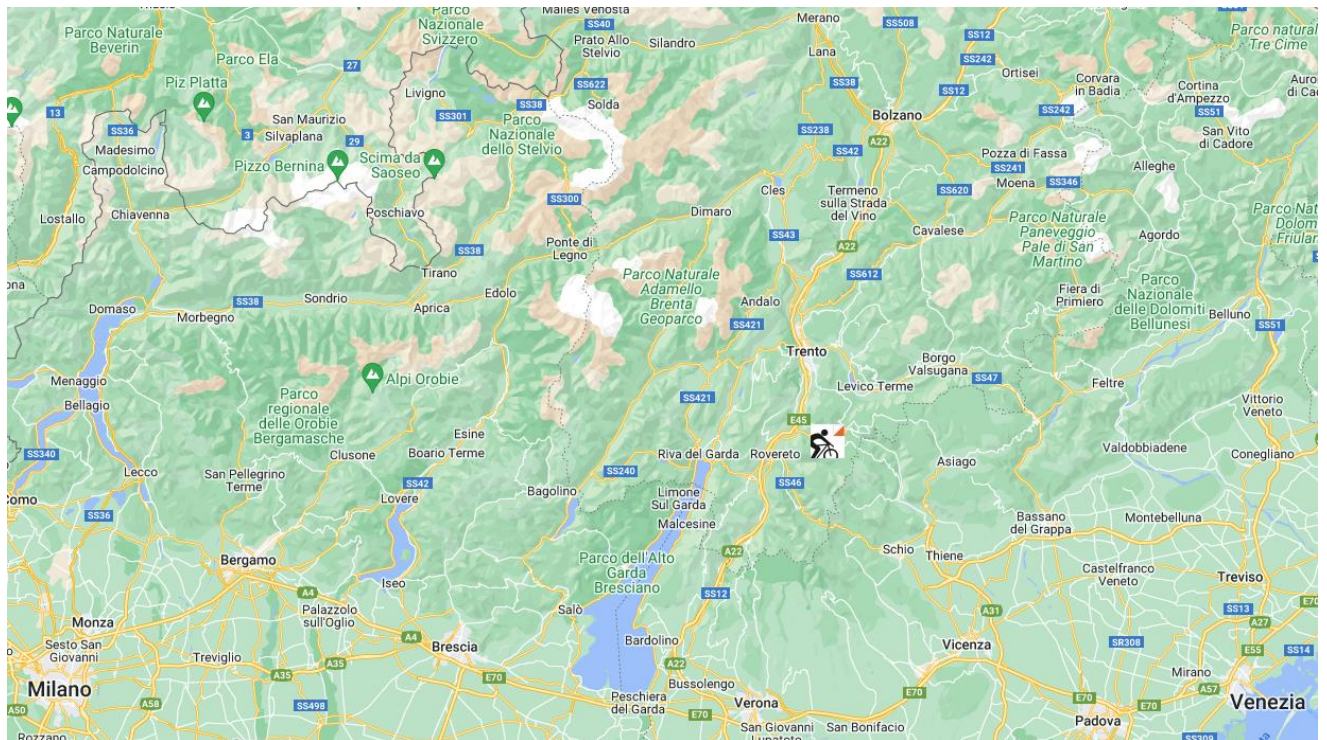
- Website: <https://www.gronlait.it/it/pagina/world-mtbo-cup-2023>
- E-Mail address of organiser: wmtbocup2023@gronlait.it
- Telephone number for technical and media information: +39 328 410 6143
- Email address for accommodation: incoming@alpecimbra.it
- Telephone number for accommodation: +39 0464 724100
- E-Mail address for media: direttore@alpecimbra.it
- E-Mail address for transport: wmtbocup2023@gronlait.it
- E-Mail address for obtaining entry permit (visas): info@fiso.it

The 3rd MTBO World Cup round 2023 and the U23 MTBO World Championships 2023 are organised under the authority of the International Orienteering Federation (IOF) www.orienteering.sport

2 VENUE

2.1 General map of the region

[Folgaria/Lavarone – Trentino – Italy -> Go on google maps](#)



2.2 Event centre

Event Centre: [Folgaria, Trentino, Italy](#) (45.91391542577377, 11.173918806849816)

2.3 Distance from nearest airport

Distance to Event centre from Venice airport: 148 km

Distance to Event centre from Verona airport: 97 km

Distance to Event centre from Bergamo airport: 177 km

Distance to Event centre from Milano airport: 209-262 km

2.4 Transport

Public transport from the nearest airports is possible, but it is rather tricky. Email us if you need information and we are happy to assist. All requests must be sent to wmtbocup2023@gronlait.it no later than 31.07.2023.

2.5 Distance from EC to arena

The competition centres/finish arenas are all within 12/15 km from the Event Centre and can be reached by bike. The organisers do not offer any transport from the EC to the competitions.

We recommend your own or rental car as the best way to move during the event. For special transport requests, please contact the organisers on wmtbocup2023@gronlait.it by 31.07.2023.

3 EVENT PROGRAMME

- 19 September (Tuesday) – Model Event
- 20 September (Wednesday) – Model Event
- 21 September (Thursday) – WCUP - U23 WMTBOC– WMS & YGWS & Other – Middle Distance
- 22 September (Friday) – WCUP - U23 WMTBOC - WMS & YGWS & Other - Long Distance
- 23 September (Saturday) – WCUP – Mixed Relay
- 23 September (Saturday) – WMS & YGWS & Other – Sprint Distance

At the end of the WCUP Event, a few km from Folgaria, it will be possible to participate in MTBO Italian CUP on Sunday 24 September 2023 in Santa Colomba (<https://goo.gl/maps/kDgja7MogVzQjx5f6>): information on "<https://www.fiso.it/gara/202330>"

4 CLASSES AND PARTICIPATION

MTBO WORLD CUP & U23:	Men/Women ELITE
World Masters Series:	M/W35, M/W40, M/W45, M/W50, M/W55, M/W60, M/W65, M/W70, M/W75, M/W80
Young Guns World Series:	M/W17 (Youths), M/W20 (Juniors)
Other:	Beginners, Open Long, Open Short, E-Bike

4.1 World Cup

- There is one class for women (called Women) and one for men (called Men). There are no age restrictions.
- All competitors must be citizens of the country of the federation they are representing.
- Competitors participate at their own risk. Third party insurance and personal injury insurance is compulsory and is the responsibility of the competitors' federation or themselves.
- All competitors represent a federation. Each federation may enter up to 6 women and 6 men for all individual competitions plus the current World Champions for the distance. Additionally, each federation may enter up to a further 2 women and 2 men, who qualify for the Women U23 and Men U23 classes respectively, in each individual competition.
- In the Mixed Relay each federation may enter a maximum of 4 teams of 3 riders. Each team must include at least 1 woman.
- Each competitor must have a valid IOF Athlete Licence.

4.2 U23 World MTBO Championships

- There is one class for women (Women U23) and one for men (Men U23). Women and men belong to the U23 classes up to the end of the calendar year in which they have their 23rd birthday.
- Every federation may enter up to 2 Women U23 and 2 Men U23 for each of the two individual competitions. Only competitors who are entitled to compete in the U23 classes may be entered.

- The additional U23 competitors are entered for the classes Women or Men. The entry procedure is the same as for Women and Men.
- All competitors entered in Women or Men who are aged 23 or younger will automatically also be ranked in Women U23 or Men U23.
- In 2023 the titles of Women U23 World Champion and Men U23 World Champion are awarded in Middle and Long distance.

4.3 World Masters Series (WMS)

- Open to all Masters competitors over the age of 35.
- In the WMS, the classes are always offered in five-year age groups, regardless of the number of entries.
- All Masters who enter a WMS nominated race are automatically ranked in the WMS if they are competing in their correct five-year age class.

4.4 Young Guns World Series (YGWS)

- Open to all Youths & Juniors who are entitled to compete in the classes M/W17 or M/W20.

5 ENTRIES

5.1 Entry for CX80 World Cup 3 and U23 World Championship

All entries for the third round of the CX80 World Cup and the U23 World Championships must be done via IOF Eventor: <https://eventor.orienteering.org/Events/Show/7233>

TEAM SIZE DEADLINE by **21 August 2023** giving:

- federation;
- number of competitors of each gender and class;
- number of competitors in each competition;
- number of relay teams;
- number of team officials;
- team manager's name, email address and mobile phone number.

TEAM NAMES DEADLINE by **11 September 2023** giving:

- each competitor's name, class or gender, year of birth, number of SI Active Card (if there is one) and the competition/s in which he/she will compete;
- family name and first name of each team official.

Late entries will be accepted, if possible, but they will be charged an additional fee of 20 % for entries after the team size deadline and 50 % for entries after the team names deadline. Incomplete entries (e.g. no competitors' names) incur a fee of € 10 per incomplete entry.

5.2 Entry for World Masters Series, Young Guns World Series and Other

Entries for WMS and YGWS must be done as follows:

<https://orienteeringonline.net/CompetitionBasicInfo.aspx?CompetitionID=12783> or

by email to: wmtbocup2023@gronlait.it

only for Italian participants registration on: <https://www.fiso.it>

Entry and payment deadline for WMS, YGWS and Other: 11 September 2023 giving:

- club and country;
- competitor's family name and first name, class, gender and year of birth;
- information on whether the athlete borrows an SI Active Card or uses his/her own SIAC (also enter the SIAC number);
- address, email and telephone number.

5.3 Entry fees

MTBO WORLD CUP	Fee in EUR per competitor
Accreditation fee (including all model events)	60,00 €
Accreditation fee for team officials (including all model events)	60,00 €
Middle distance	40,00 €
Long distance	50,00 €
Mixed Relay	150,00 €

World Masters series, Young Guns World Series and Other	Fee in EUR per competitor
All Model events	10,00 €
Middle distance	15,00 €
Long distance	20,00 €
Sprint	15,00 €

Banquet	Fee in EUR per person
Fee for Banquet	30,00 €

5.4 Payment

Full payment of all entry and accreditation fees must be made considering the following information:

Bonifico Bancario (Payment by bank transfer):

Cassa Rurale Vallagarina filiale di Folgaria - GRONLAIT ORIENTEERING TEAM –

IBAN: IT10X0801134820000040018886 - BIC CCRTIT2T01A

Payment deadline:

- World Cup and U23 WMTBOC: **6 September 2023**
- WMS, YGWS and Other: **11 September 2023**

Late payments will be subject to an additional fee of 10 % of the total amount.
Competitors or teams may be excluded if their fee is not paid.

6 ACCOMMODATION

6.1 Tourist Office of Alpe Cimbra

During the period of the event many hotels will be closed or will not offer meals. Therefore, it is **strongly recommended to book your accommodation with the Tourist Office of Alpe Cimbra** (Azienda per il turismo Alpe Cimbra), see email address below. The Office will provide you with all the information and will also make sure that you book accommodation **outside the embargoed area**.

Below, for your convenience and calculation, **an example of the prices** that will be offered to you. It will also be possible to ask for single or triple rooms or B&Bs or apartments. The Alpe Cimbra Tourist Office will be happy to help and advise you in this!

Only Example of Hotel (Double room half board)	Fee in EUR per person per day
3 stars Hotel	62,00 €
3 stars Hotel superior	72,00 €
4 stars Hotel	82,00 €

For all information on accommodation mail to incoming@alpecimbra.it
or phone to: +39 0464 724100

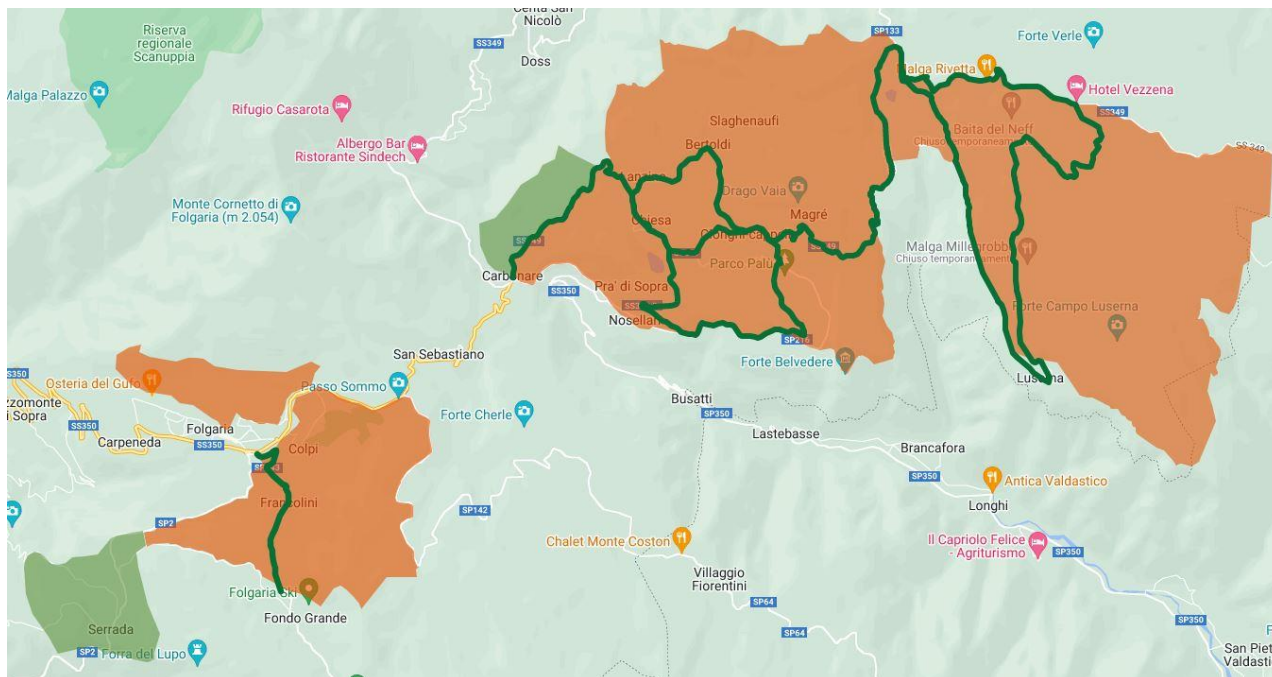
Near the competition arena it will be possible to find lunch at an agreed price.

6.2 Deadline for accommodation booking

The deadline to book accommodation through the Tourist Office of Alpe Cimbra is **10 August 2023**.
After this date we cannot guarantee the same price and also availability.

7 EMBARGOED AREAS

Embargoed areas go to: <https://www.google.com/maps/d/edit?mid=1-WJxNccCAH7wZ0fwHNBosckZ80AbXhs&usp=sharing>



The areas marked on the map above are embargoed, unless specifically permitted by the organisers. This means:

- No participants or anybody with a potential connection to a team (athletes or others) may visit the areas at all – with or without a map.
- It is not allowed to stay in accommodation inside the red zones.
- No organised orienteering activity and no training sessions may take place in the areas.

The main roads within the embargoed areas that can be travelled are marked in **dark green**. It is allowed to stay in accommodation along these main roads marked in dark green, **but it is strictly forbidden to enter the embargoed area adjacent to the accommodation on foot or by bike.**

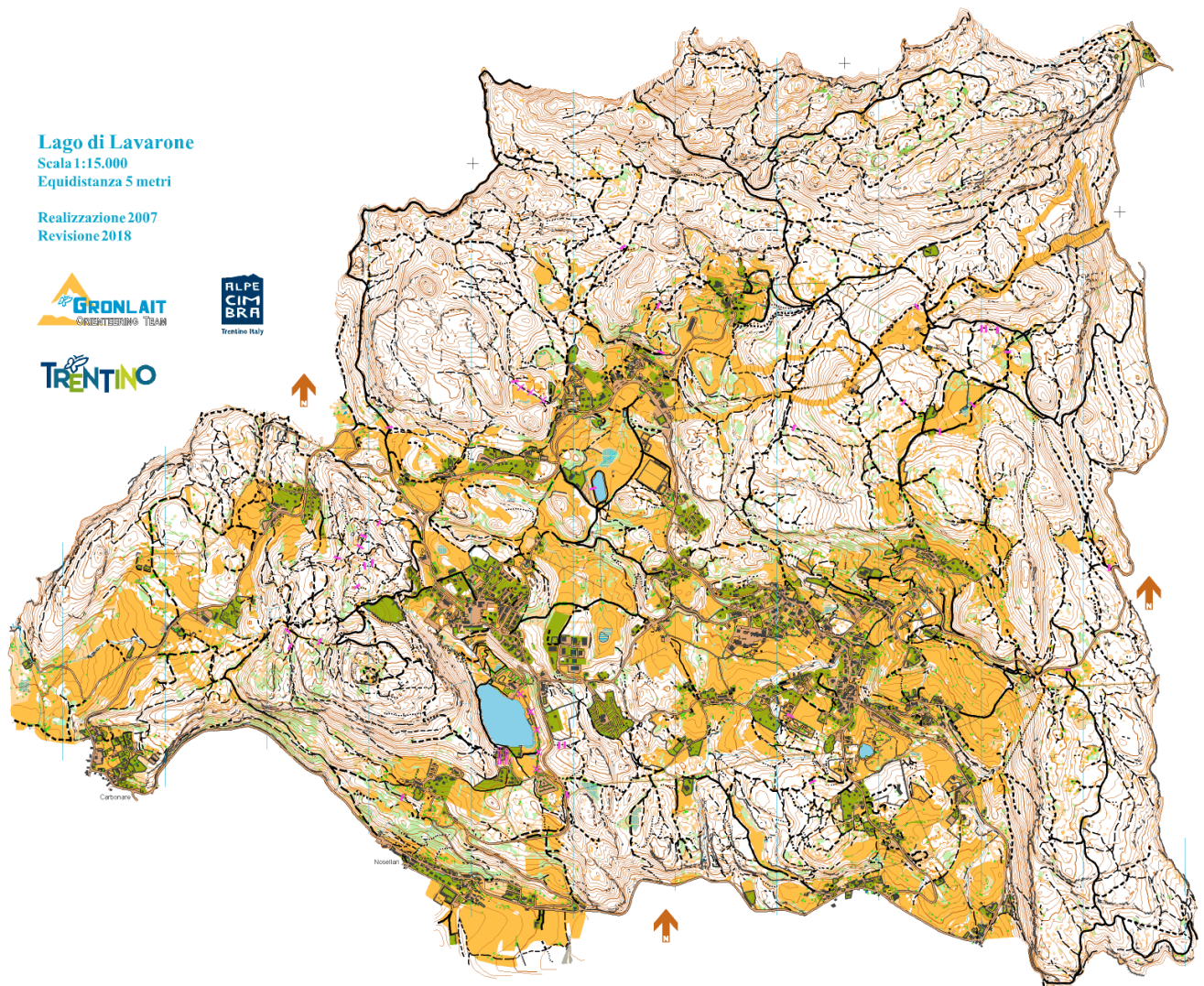
The areas marked in **light green** on the map above are intended for training and / or model events. It is not allowed to visit these areas with a map.

8 MAPS AND TERRAINS

8.1 Maps

All maps will be made according to the IOF International Specification for MTB Orienteering Maps ISMTBOM 2022 (see <https://orienteering.sport/iof/mapping>).

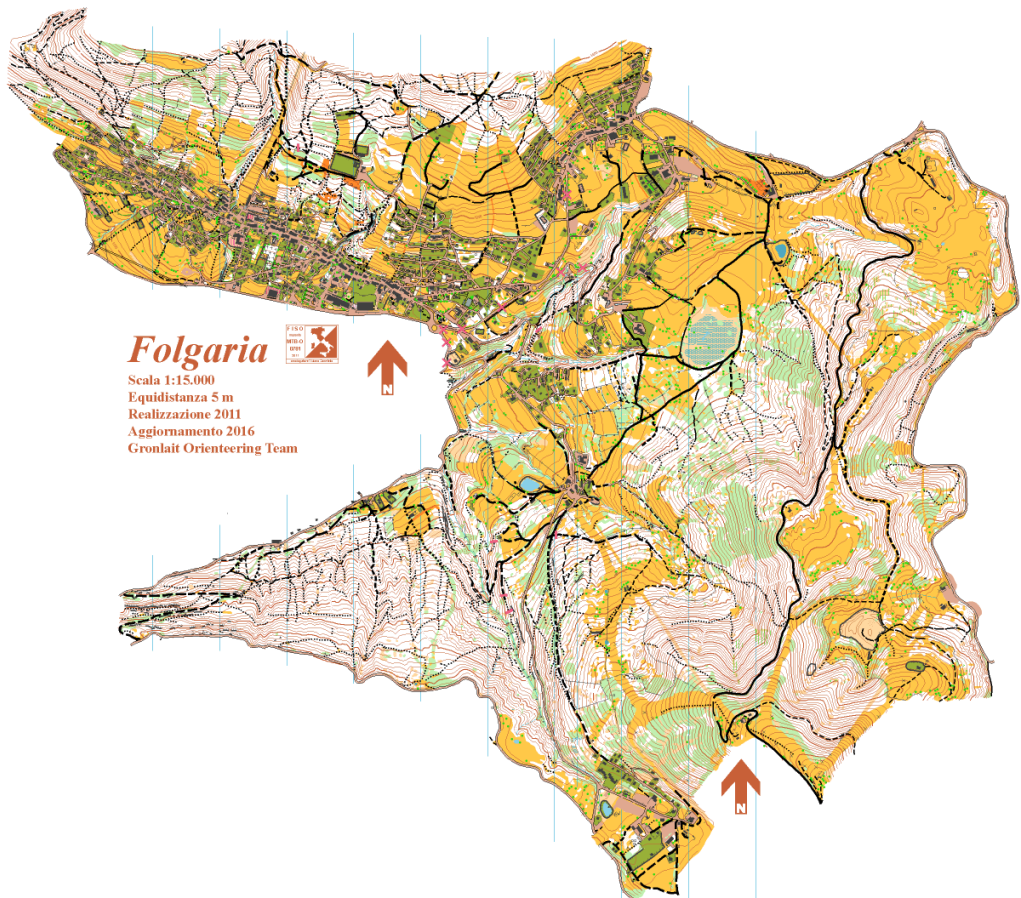
Below are the most recent versions of previous orienteering maps of the competition terrains. They are accessible in high resolution at <https://www.gronlait.it/it/pagina/world-mtbo-cup-2023>.





Millegrobbe

Scala 1:15.000
Equidistanza 5 m
Realizzazione 2001
Aggiornamento 2014
Gronlait Orienteering Team



Folgaria

Scala 1:15.000
Equidistanza 5 m
Realizzazione 2011
Aggiornamento 2016
Gronlait Orienteering Team

8.2 Terrains

Middle/Long: Event Centre – Lavarone.

Typical alpine terrain at an altitude between 1100 and 1400 m above sea level with a prevalent presence of woods, pastures and small villages. In some areas there are cuts and "remnants" of the "[storm Vaia](#)" which in October 2018 knocked down hundreds of thousands of trees in north-eastern Italy. Some tractor or haulage paths/roads are deeper (especially where there is a double wheel track) and sometimes there are also branches left over from felled tree cuts. We will try to clean the paths as best as possible but, in these cases, the maximum attention on the bike is required.

Most recent map examples:



Mixed relay: Event Centre - Folgaria

Mixed terrain with alternating areas in woods, pastures and urban areas at an altitude between 1100 and 1250 m above sea level.

Most recent map examples:



All competition areas are particularly slippery in case of rain.

9 CLIMATE

Average temperatures in September minimum 9° maximum 18° with 70mm of monthly middle precipitation.

Historical data here: [Meteotrentino](#)

10 OPPORTUNITIES FOR TRAINING

From the [competition calendar](#) of the Italian Federation:

See this [link](#) for detailed information & contact with organisers.

DATE	NAME	LOCATION	ORGANIZING TEAM
18.03.2023	Coppa Italia MTBO Middle - 1^ prova	Sesto Calende (Varese)	0188 - A.S.D. NIRVANA VERDE
19.03.2023	Campionato Italiano MTBO Long	Sesto Calende (Varese)	0188 - A.S.D. NIRVANA VERDE
26.03.2023	Coppa Italia MTBO Middle - 2^ prova	Lentiai (Belluno)	0646 - A.S.D. FONZASO
16.04.2023	Campionato Italiano MTBO Middle	Monticolo (Bolzano)	
06.05.2023	Campionato Italiano MTBO Sprint	Palmanova (Udine)	0392 - A.S.D. SEMIPERDO ORIENTEERING MANIAGO
07.05.2023	Coppa Italia MTBO Middle - 3^ prova	Lago di Ragogna (Udine)	0392 - A.S.D. SEMIPERDO ORIENTEERING MANIAGO
25.06.2023	Coppa Italia MTBO Middle - 4^ prova	Sella Valsugana (Trento)	0025 - PANDA ORIENTEERING VALS. A.S.D.
15.07.2023	Coppa Italia MTBO Sprint - 5^ prova	Valdobbiadene (Treviso)	0147 - ORIENTEERING TARZO A.S.D.
16.07.2023	Coppa Italia MTBO Long - 6^ prova	Tarzo (Treviso)	0147 - ORIENTEERING TARZO A.S.D.

Organisers are happy to provide maps and to inform about training opportunities. Please send your request to wmtbocup2023@gronlait.it

11 COMPETITION RULES

11.1 Information about rules

The MTBO World Cup round 3 2023 and U23 World MTBO Championships 2023 will be organised in accordance with the following rules valid at the time of the event:

- IOF MTBO Competition Rules 2023
- Special Rules MTBO World Cup

All the rules can be found at <https://orienteering.sport/mtbo/competition-rules>.

Non-compliant competitors or competitors who break any rule may be disqualified.

11.2 Anti-Doping

Doping is strictly forbidden and the organisers of the 3rd World Cup round 2023 are dedicated to supporting the anti-doping authorities in their work. Doping tests are always carried out in accordance with the procedures described in the WADA International Standard for Testing. The IOF Anti-Doping Rules and the World Anti-Doping Code apply. Athletes who are selected for the doping tests must bring an official identification (with photo) to the doping test area. The athlete should also 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.

For more information and anti-doping documents, please consult:

<https://orienteering.sport/iof/anti-doping>

12 COMPETITION INFORMATION

12.1 Riding off the track

Riding off the track or trail is absolutely forbidden.

12.2 Scales and vertical contour intervals of the maps

Middle: 1:10.000 – 5 meters

Long: 1:15.000 – 5 meters

Mixed Relay: 1:7.500 – 5 meters

12.3 Winning time of each course (World Cup)

Middle: 50 – 55 minutes

Long: 105 – 115 minutes

Mixed Relay: 40 – 45 minutes per leg, i.e. 120 – 135 in total

The winning times for the WMS, YGWS and Other will be announced later.

12.4 Punching system

SPORTident Air+ (system for contactless punching with SI Active Cards SIAC) with a working range of 150 – 180 cm will be used. Competitors may use their own SIAC.