



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 3



Trentino Italy

Publication date of this bulletin: **24/08/2023**



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
Course Setters:	Ivan Gasperotti, Luigi Girardi
Courses Teams:	Andrea Cipriani, Fabio Hueller, Roberto Manea
IT & Sport Ident Manager:	Alessio Dalfollo
Arena & Prize Giving:	Eddy Sandri
Finish Area:	Giuliano Dalfollo
Starting Area:	Elisabetta Rosso
Logistics and Secretariat:	Paola Donà

1.3 Event advising / event control

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

1.4 Information and contact

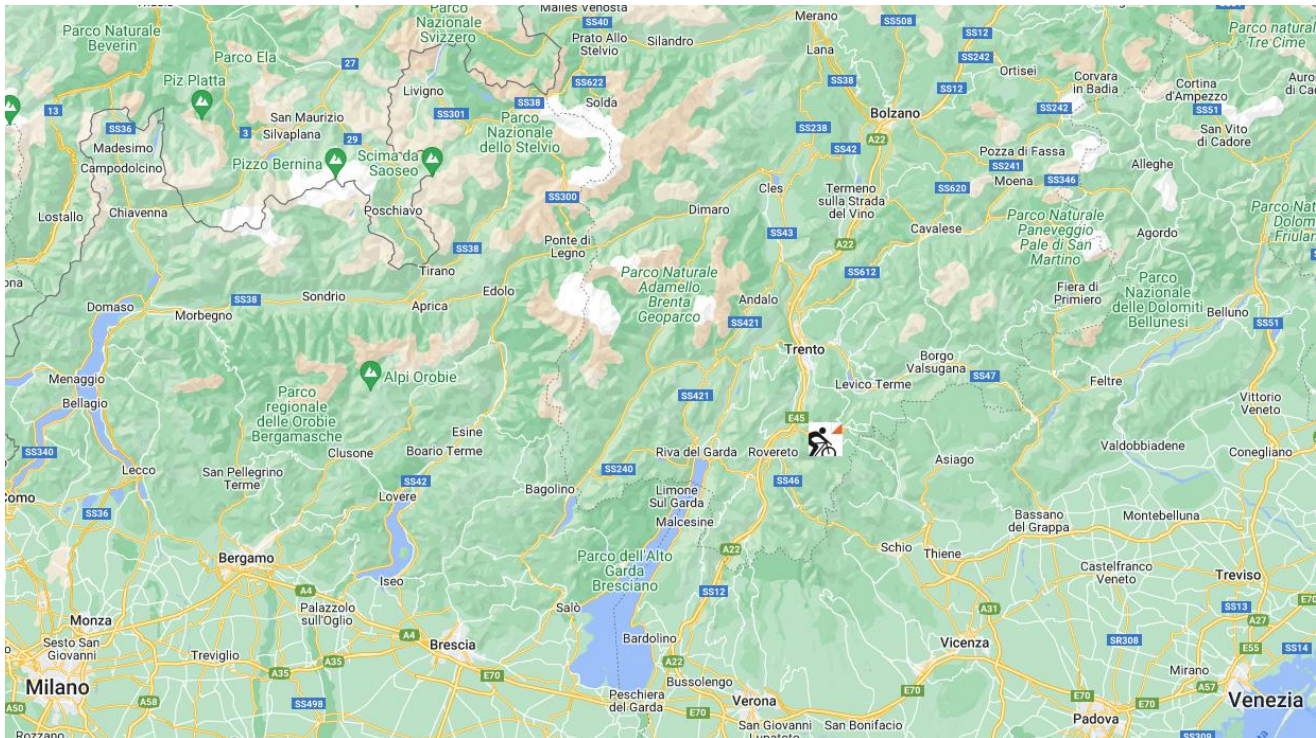
- Website: <https://www.gronlait.it/it/pagina/world-mtbo-cup-2023>
- E-Mail address of organiser: wmtbocup2023@gronlait.it
- Telephone number for technical and media information: +39 328 410 6143
- Email address for accommodation: incoming@alpecimbra.it
- Telephone number for accommodation: +39 0464 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.orienteing.sport

2 VENUE

2.1 General map of the region

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



2.2 Event Center and Competition Office

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

Address: Via Nazioni Unite, 51, 38064 Folgaria TN

Telephone Number: +39 328 410 6143

Mail Address: wmtbocup2023@gronlait.it

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 (**exceptionally**) by 31.08.2023.

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. Special transport requests should be made (**exceptionally**) by 31.08.2023.

3 EVENT PROGRAMME

EVENT PROGRAMME				
Day	Time Table	WCUP & U23	WMS & YGWS	PLACE
19/09/23				
	14.30 - 18.00	Event Center Open		Event center Folgaria
	15.00 - 18.00	Model Event*1		Serrada*2
	15.00 - 18.00	Model Event*1		Virti*2
20/09/23				
	9.30 - 13.00	Event Center Open		Event center Folgaria
	14.30 - 20.30	Event Center Open		Event center Folgaria
	15.00	Deadline for Name entries Middle		IOF EVENTOR
	10.00 - 18.00	Model Event*1		Serrada*2
	10.00 - 15.00	Model Event*1		Virti*2
	16.00 - 17.30	Technical Model Event*3		Virti*2
	19.00 - 20.00	Team leader's Meeting (middle)		Event center Folgaria
21/09/23				
	8.00 - 9.00	Event Center Open		Lavarone Gionghi arena
	8.30	Start Quarantine close		Lavarone Gionghi arena
	9.00	First Start Middle		Lavarone Gionghi arena
	12.30		First Start Middle	Lavarone Gionghi arena
	13.30	Flower Ceremony		Lavarone Gionghi arena
	15.00	Deadline for Name entries Long		IOF EVENTOR
	18.00	Opening Ceremony		Folgaria Piazza G. Marconi
	18.30	Prize Giving Ceremony		Folgaria Piazza G. Marconi
	19.00 - 20.00	Team leader's Meeting (long)		Event center Folgaria
22/09/23				
	8.00 - 9.00	Event Center Open		Lavarone Gionghi arena
	8.30	Start Quarantine close		Start Area Long
	9.00	First Start Long		Start Area Long
	13.00		First Start Long	Lavarone (signed)
	14.45	Flower Ceremony		Lavarone Gionghi arena
	15.00	Deadline for Name entries Mixed Relay		IOF EVENTOR
	18.30	Prize Giving Ceremony		Folgaria Piazza G. Marconi
	19.00 - 20.00	Team leader's Meeting (Mixed Relay)		Event center Folgaria
23/09/23				
	8.00 - 9.00	Event Center Open		Event center Folgaria
	9.30	Start Quarantine close		Start Area Mixed Relay
	10.00	Start Mixed Relay		Start Area Mixed Relay
	11.45	Finish quarantine open		Mixed Relay Finish Arena
	13.00		First Start Sprint	Folgaria (signed)
	15.00	Prize Giving Ceremony		Folgaria Piazza G. Marconi
	16.00	Closing Ceremony		Folgaria Piazza G. Marconi

*1) Organized training with control points without sportident stations

*2) see map area

*3) Technical Model Event - Maps, Control equipments, start procedures, etc. (as required by the rules)

Note: There will be **no banquet** due to lack of reservations

Note: At the end of the WCUP Event, a few km from Folgaria, it will be possible to participate in MTBO Italian CUP and WRE Event, 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 Starting order (WCUP)

- For an interval start the starting order must be drawn in up to four start groups. Competitors ranked 1–15 in the IOF World Ranking list as published 10 days before the event are placed in group 4, competitors ranked 16-30 are placed in group 3, competitors ranked 31-45 are placed in group 2. All other competitors are placed in group 1. For every athlete ranked 1-45 that is not entered for the competition, the size of the specific start group is reduced by one. Within every group the starting order is drawn at random. Start group 1 starts first, followed by start group 2, 3 and at the end start group 4.
- In relays, the order of competitors in the start rows (and their start numbers) is determined by the results of the last relay of the same type in the previous event of the same level. See results [29 April 2023 Portugal](#).

4.4 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.

4.5 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 Summary of entries received by 23.8.2023

Entry summary

Federation	Men	Women	Team Officials	Total
 Australia	1			1
 Austria	5		2	7
 Bulgaria	2	2	1	5
 Czechia	8	8	3	19
 Denmark	3	4	2	9
 Finland	3	6	1	10
 France	5	5	1	11
 Germany	2	1		3
 Italy	8	1	2	11
 Lithuania	2	2		4
 Poland	3		1	4
 Portugal	1			1
 Spain	4	2	1	7
 Sweden		3	1	4
 Switzerland	4	2	1	7
 United States	1			1
Sum	52	36	16	104

5.3 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.

5.4 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 €

5.5 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

6.2 Food & Facilities

Very close to the competition arenas, Lavarone and Folgaria, there are excellent restaurants, pizzerias but also well-stocked supermarkets. At the Lavarone competition arena there will also be a bar and sandwich service. In Folgaria you can find many bars and restaurants near the Event center and the race arena.

Toilets are available near the competition arena and in the starting areas of Lavarone (Long & Middle). Changing rooms and showers will also be available in Folgaria, near the Event Center and competition arena.

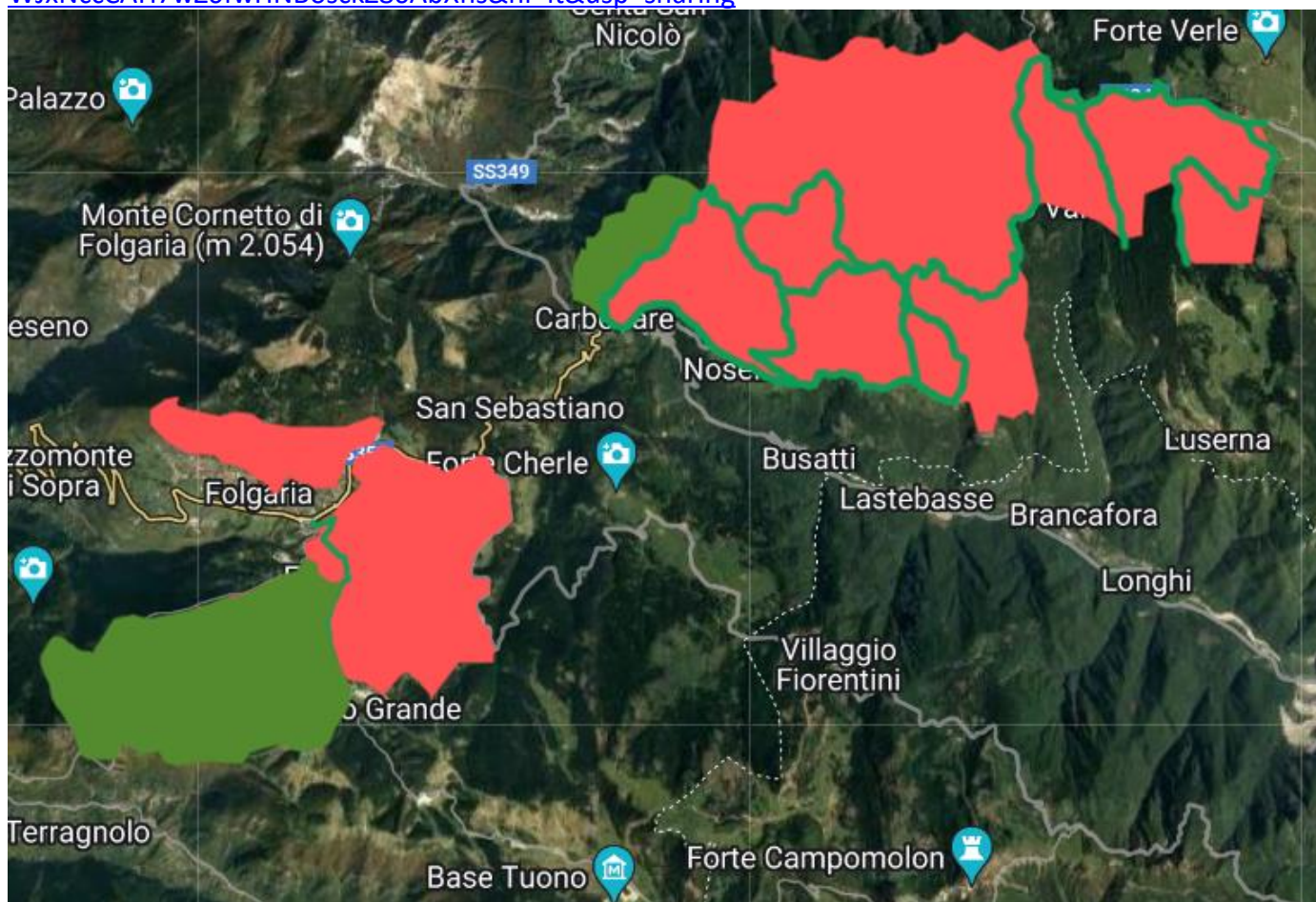
You can also find many useful information on the site: <https://www.alpecimbra.it/en/alpe-cimbra/1-0.html>

6.3 Deadline for accommodation booking

The deadline to book accommodation through the Tourist Office of Alpe Cimbra was 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/viewer?mid=1-WJxNccCAH7wZ0fwHNBosckZ80AbXhs&hl=it&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.**

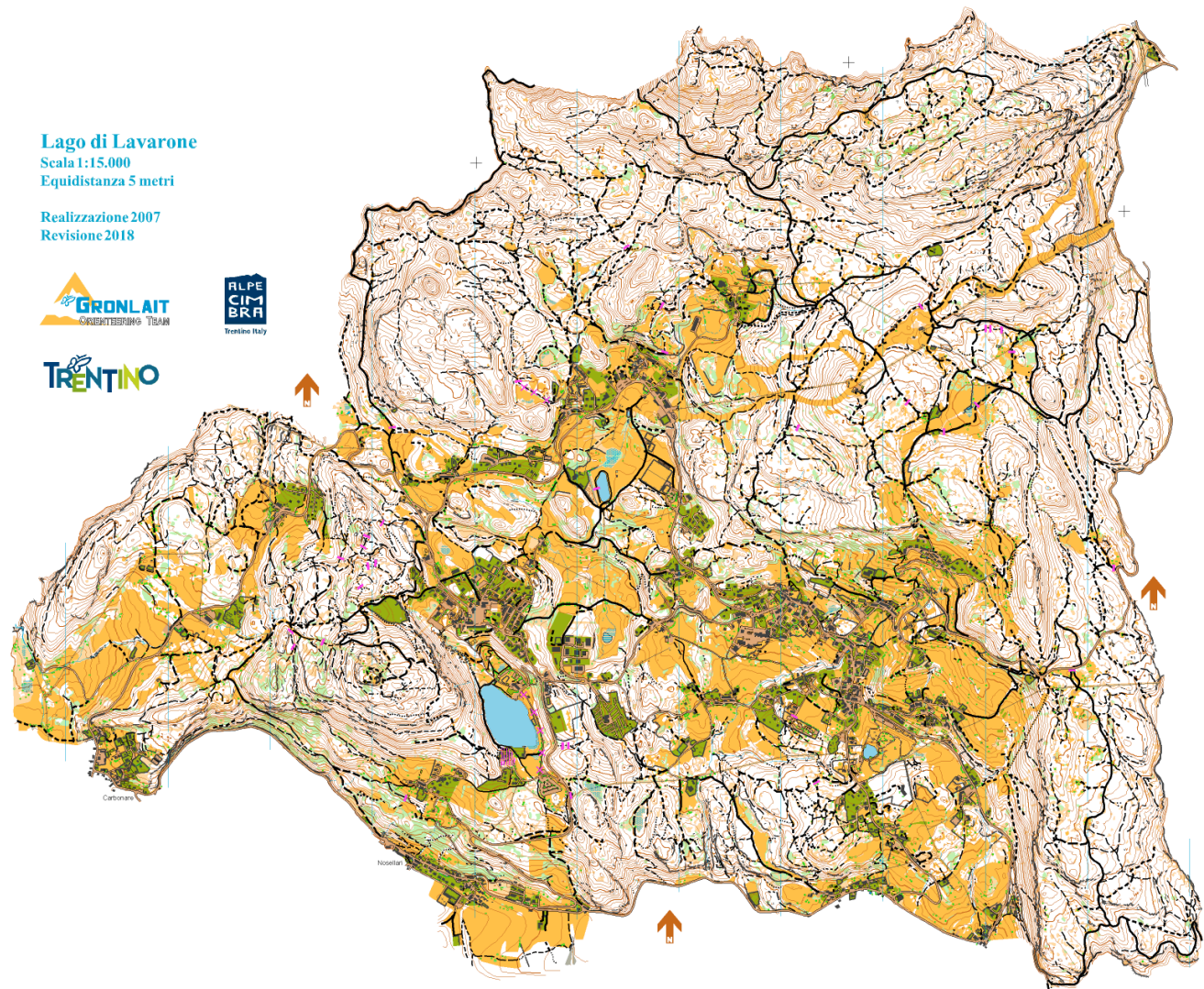
The areas marked in **light green** on the map above are intended for training and / or model events. It is not allowed to visit these areas with a map.

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>).

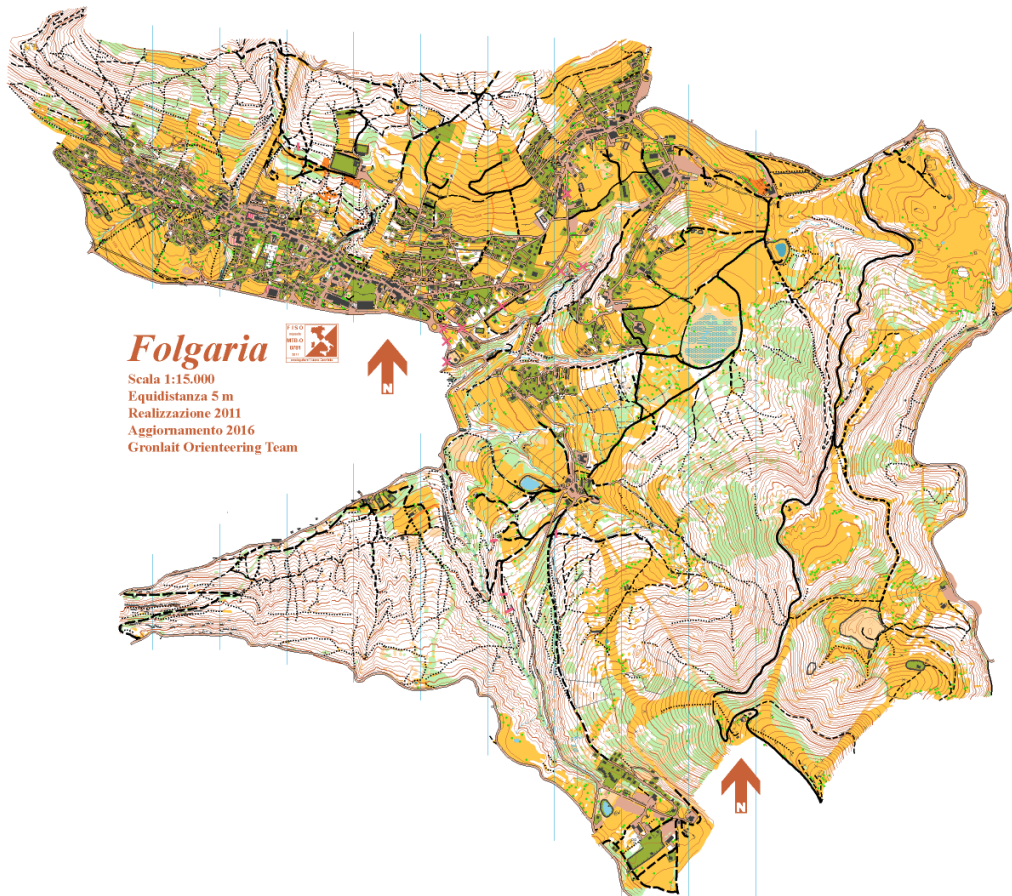
Below are the most recent versions of previous orienteering maps of the competition terrains. They are accessible in high resolution at <https://www.gronlait.it/it/pagina/world-mtbo-cup-2023>.





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 (WMS - Only for Supermaster 7.500)

Long: 1:15.000 – 5 meters (WMS - Only for Supermaster 10.000)

Mixed Relay 1: 7.500 – 5 meters (sprint for WMS & YGWS)

12.3 Course details and Winning Time (WCUP)

WCUP	Class	Lenght (Line)	CP	Lengh (shortest route)	Climb	Winning Time
MIDDLE	ME	12,900	22	19,600	360	50-55
	WE	8,900	16	13,300	300	50-55
LONG	ME	21,300	21	31,100	1045	105-115
	WE	18,750	19	23,600	790	105-115
MIXED RELAY		9,000 - 9,100	18	11000 - 11500	290	120-135 (Total)

12.4 Course details and Winning Time (WMS – YGWS - Other)

Middle	Class	Lenght (Line)	CP	Lengh (shortest route)	Climb	Winning Time
	BEGINNERS	2960	8	5400	125	20-40
	M17 (Youth)	8840	14	13300	310	40-45
	M20 (Junior)	9280	17	14200	320	40-45
	M35	9280	17	14200	320	50-55
	M40	9280	17	14200	320	50-55
	M45	8840	14	13300	310	50-55
	M50	7240	13	12200	260	50-55
	M55	7240	13	12200	260	50-55
	M60	6910	11	10100	250	50-55
	M65	6470	12	9200	245	50-55
	M70	6100	10	8300	200	50-55
	M75	6100	10	8300	200	50-55
	M80	5660	10	7300	170	50-55
	Open Long	6910	11	10100	250	40-60
	Open Short	6470	12	9200	245	35-50
	W17 (Youth)	6910	11	10100	250	40-45
	W20 (Junior)	8840	14	13300	310	40-45
	W35	7240	13	12200	260	50-55
	W40	7240	13	12200	260	50-55
	W45	6910	11	10100	250	50-55
	W50	6470	12	9200	245	50-55
	W55	6470	12	9200	245	50-55
	W60	6100	10	8300	200	50-55
	W65	5660	10	7300	170	50-55
	W70	5660	10	7300	170	50-55
	W75	5660	10	7300	170	50-55
	W80	2960	8	5400	125	50-55

Long

Class	Lenght (Line)	CP	Lengh (shortest route)	Climb	Winning Time
BEGINNERS	4500	6	6500	80	20-40
M17 (Youth)	15700	16	24000	610	85-90
M20 (Junior)	17900	18	27000	800	85-90
M35	17900	18	27000	800	105-115
M40	17900	18	27000	800	105-115
M45	15700	16	24000	610	105-115
M50	15700	16	24000	610	105-115
M55	11200	12	17000	400	105-115
M60	8700	9	13000	290	105-115
M65	7100	10	11000	200	105-115
M70	7100	10	11000	200	105-115
M75	7200	9	10500	170	105-115
M80	6600	8	10000	130	105-115
Open Long	11200	12	17000	400	95-120
Open Short	8700	9	13000	290	70-100
W17 (Youth)	11200	12	17000	400	80-85
W20 (Junior)	15700	16	24000	610	85-90
W35	15700	16	24000	610	105-115
W40	11200	12	17000	400	105-115
W45	11200	12	17000	400	105-115
W50	8700	9	13000	290	105-115
W55	8700	9	13000	290	105-115
W60	7100	10	11000	200	105-115
W65	7200	9	10500	170	105-115
W70	7200	9	10500	170	105-115
W75	6600	8	10000	130	105-115
W80	4500	6	6500	80	105-115

Sprint

Class	Lenght (Line)	CP	Lengh (shortest route)	Climb	Winning Time
BEGINNERS	3530	7	4300	75	15-25
M17 (Youth)	6250	14	8400	120	16-20
M20 (Junior)	7150	15	8900	130	16-20
M35	7150	15	8900	130	20-25
M40	7150	15	8900	130	20-25
M45	6250	14	8400	120	20-25
M50	6250	14	8400	120	20-25
M55	5810	13	7800	100	20-25
M60	5370	11	7600	90	20-25
M65	4370	10	6500	90	20-25
M70	4370	10	6500	90	20-25
M75	4370	10	6500	90	20-25
M80	3890	8	5400	85	20-25
Open Long	5810	13	7800	100	20-30
Open Short	5370	11	7600	90	15-30
W17 (Youth)	5810	13	7800	100	16-20
W20 (Junior)	6250	14	8400	120	16-20
W35	5930	13	6200	100	20-25
W40	5810	13	7800	100	20-25
W45	5370	11	7600	90	20-25
W50	5370	11	7600	90	20-25
W55	5370	11	7600	90	20-25
W60	4370	10	6500	90	20-25
W65	3890	8	5400	85	20-25
W70	3890	8	5400	85	20-25
W75	3890	8	5400	85	20-25
W80	3530	7	4300	75	20-25

Note: Distances, no. c. points and climbs for each category, could change according to the number of participants.

12.5 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.