

## **2013 European Youth Orienteering Championships**

**October 24<sup>th</sup> to 27<sup>th</sup>**

The **2013 European Youth Orienteering Championships** (EYOC 2013), will take place in Portugal, at Lisbon region.

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## 1. Lisbon and its region

Covering an area that extends roughly from Leiria to Setúbal, and with its epicentre in the capital, the Lisbon Region has all kinds of attractions for those who want to relax.

The beaches are all excellent ones with a mild climate. If you enjoy a lie-in in the mornings, you can stay further to the north, where sometimes the various resorts are shrouded in early morning mist: São Pedro de Moel, São Martinho do Porto, with its beautiful bay, **Foz do Arelho**, or even Santa Cruz and Ericeira.

Further south are the beautiful beaches of Azenhas do Mar, Praia das Maças, Praia Grande and Guincho, and all those along the Estoril coast. After this, you must cross over the River Tagus to the popular and lively beaches of Costa da Caparica, followed by the more graceful ones of Arrábida or the Tróia Peninsula. The northern waves are greatly appreciated by fans of surfing, kitesurfing and other more active sports, whilst, to the south of Lisbon, you can visit the nudist beaches of Meco or swim with dolphins close to Setúbal.

Whether you decide to go north or south, the artistic and cultural heritage that you'll find is so vast that we cannot even begin to list it. Suffice it to say that there are several monuments classified as world heritage. But we can also tell you that you'll find some most attractive pottery at Alcobaça and **Caldas da Rainha**, gastronomic festivals and wine routes all over the region, and fairs and pilgrimages, together with their accompanying festivities, in many places, especially in the summer.

Bathed in the bright light of the sun's rays, the Lisbon region is waiting for your visit.  
(more info: <http://www.visitportugal.com/pturismo/MapaDePortugal.aspx>)

## 2. Welcome

Dear O-friends,

The Portuguese Orienteering Federation (POF) is delighted to be organising the EYOC 2013. We are already working hard to make the event memorable both from a sporting and a social point of view.

Updated information is available from our website and any further queries will be answered by emailing the EYOC 2013 office at [geral@fpo.pt](mailto:geral@fpo.pt) or [eyoc13@gmail.com](mailto:eyoc13@gmail.com).

Please ask about any matters connected to your trip to Portugal in order to fully enjoy your participation in EYOC 2013 and your stay in our beautiful country.

Greetings from Portugal,

The Organizing Committee



### 3. Honour Committee



The Portuguese Government is deeply honoured that the European Youth Orienteering Championships - EYOC 2013 will take place in October 2013, in the districts of Caldas da Rainha, Óbidos and Peniche and salutes all the organizers - Portuguese Orienteering Federation, POF - and all those who will participate in this event coming from the most different parts of Europe. Be welcome to Portugal.

This sportive event gathers superior athletes and project again this modality in a younger competition plan which we have to underline.

The Government through the National Ethics Plan on Sports recognizes the great importance of young sports encouraging its ethical practice together with the promotion of all values that have to be considered in healthy sportive competitions.

In this context of healthy competition and learning, I wish to all participants and to the POF the utmost success.

*Alexandre Miguel Mestre / Secretary of State of Sports and Youth*



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!

Best Regards,

*Telmo Faria / Mayor of Óbidos*



## 4. Partners



Portuguese Institute of Sport and Youth

INSTITUTO PORTUGUÊS  
DO **DESPORTO**  
E JUVENTUDE, I. P.



Municipality of Caldas da Rainha



MUNICÍPIO DE  
**ÓBIDOS**

Municipality of Óbidos



Municipality of Peniche

### Accommodation:



**Hotel  
Penedo Furado**



## 5. Organizers

European Youth Orienteering Championships 2013 will be organized by

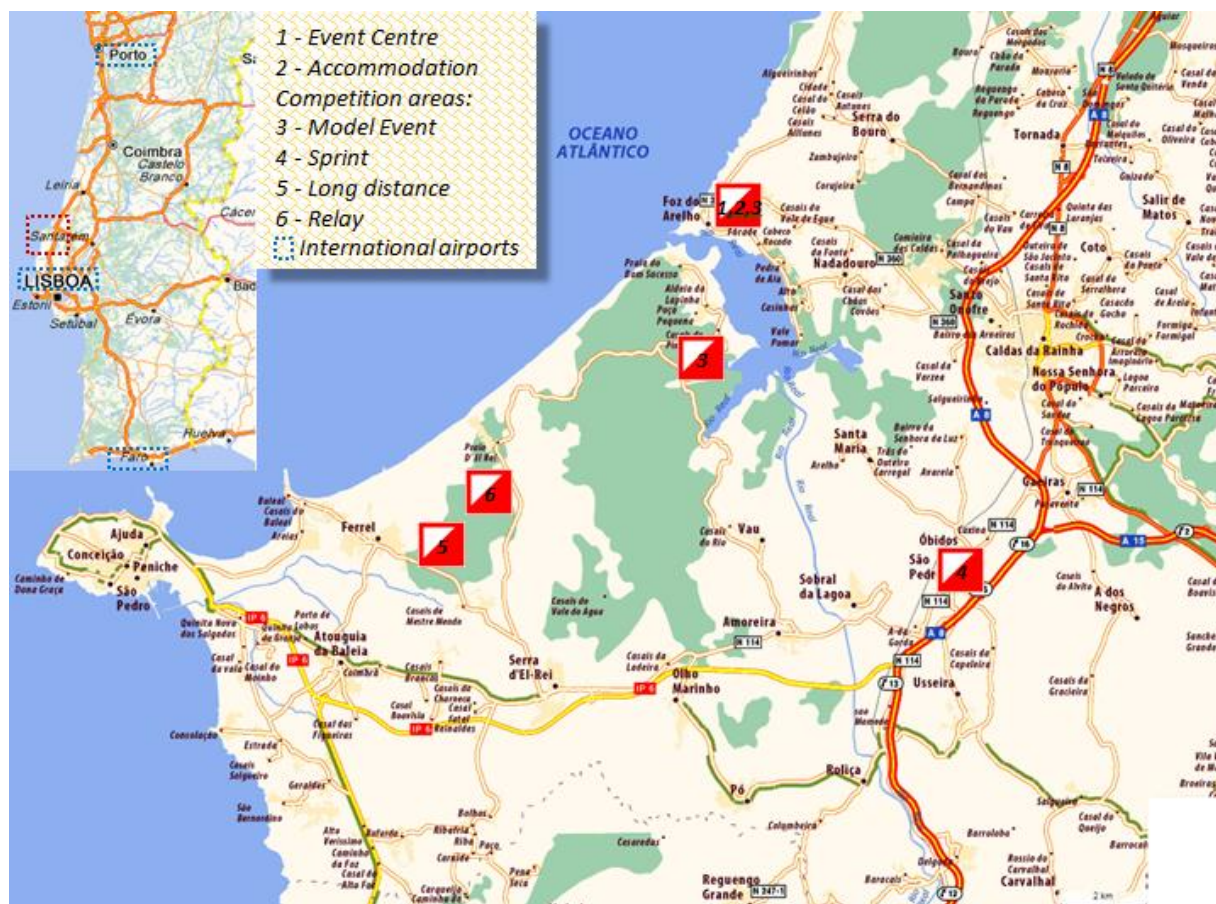
- IOF - International Orienteering Federation - [www.orienteering.org](http://www.orienteering.org)
- POF - Portuguese Orienteering Federation - [www.fpo.pt](http://www.fpo.pt)

### The Organizing Committee

- Chairman: Augusto Almeida
- Event Director: António Amador
- Event Secretary: António Rodrigues
- Maps & Courses: Luís Sérgio, Tiago Aires and Bruno Nazário
- Media coordinator: Hugo Borda d' Água
- IT: Nuno Leite and André Mora
- Logistics: Jorge Simões and Jacinto Eleutério
- Transportation: José Fernandes
- Accommodations & Board: Patrícia Casalinho

## 6. Event Controllers

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



## 7. Programme

Day	Morning	Afternoon	Evening
Thursday, Oct 24th	Arrival/registration	Model Long Distance + Relay together with sightseeing trip to Peniche	Team Leaders Meeting (TLM)
Friday, Oct 25th	Sprint Model	Sprint + Opening Ceremony	TLM
Saturday, Oct 26th	Long Distance	Rest / Public Event	TLM + EYOC Party
Sunday, Oct 27th	Relay + Closing Ceremony	Departure / Public Event	

## 8. Competition Rules

The event will follow the *Competition Rules for International Orienteering Federation (IOF) Foot Orienteering Events* (January 2011) and the *Special Rules for European Youth Orienteering Championship* (2002).

### Anti-Doping

All competitors will follow the International Orienteering Federation (IOF) Anti-Doping Rules (February 2010.). Please consult <http://orienteering.org/anti-doping/>.

## 9. Classes and Participation Restrictions

The European Youth Orienteering Championships are open to:

- ✓ Women - 16 (W16) up to 16 years old, born in 1997 and later
- ✓ Women - 18 (W18) up to 18 years old, born in 1995 and later
- ✓ Men - 16 (M16) up to 16 years old, born in 1997 and later
- ✓ Men - 18 (M18) up to 18 years old, born in 1995 and later

All competitors must have a valid passport of the country they are representing.  
Each nation is allowed a maximum of 4 officials (team leaders).

### Sprint event and Long Distance event:

Each nation may enter a maximum of 4 competitors in each class.

### Relay (3 legs):

Each nation may be represented by one relay team of 3 competitors in each class.



## 10. Event Center

The EYOC 2013 event center will be at “Centro de Férias do INATEL” at **Foz do Arelho**, part of Caldas da Rainha municipality.



View of “Centro de Férias do INATEL”



Foz do Arelho aerial view



## 11. Accommodation and Board

Participants will be accommodated at Foz do Arelho:

### Type A:

**Centro de Férias do INATEL** (more information: <http://www.inatel.pt/unidhoteleira.aspx?menuid=722> )

In accommodation type A each room includes 2 to 4 beds, private shower and bathroom, refrigerator and cable TV.

### Type B:

**Hotel Penedo Furado** (more information: <http://www.booking.com/hotel/pt/residencial-penedo-furado.html?sid=95f51024d31dae0b8cc5f88779c4fa7c;dcid=1&lang=en-gb>)

In accommodation type B each room includes a couple bed and beds, for 2 to 4 persons, private shower and bathroom, refrigerator and TV.

### Type C:

**Orbitur Camping** (more information: <http://www.orbitur.com/campsite-orbitur-foz-do-arelh>)

In accommodation type C each bungalow includes 2 to 6 beds, private shower and bathroom, refrigerator and TV. Teams that book this type of accommodation have a discount of 15,00€/person on the entry fee.

Meals (lunch and dinner) will be served in the dining room of **Centro de Férias do INATEL** (Holiday Centre). If necessary during competition, lunch will be served in the finish areas.

Breakfasts will be provided in each accommodation place.

The bus transport between accommodation C (bungalows) and A (Event Centre) will be provided by organizers free of charge for the participants who booked transport.

The EYOC 2013 entry fee covers accommodation, board and transport, per person.

**Preliminary accommodation reservations are required by 30<sup>th</sup> April 2013.**

Single room: only exceptionally in accommodation type A or B (have an increase of 45,00€/room)

Extra night stays (bed and breakfast) can be arranged at a cost of approximately 15,00€/25,00€ per person/night at Foz do Arelho or at Lisbon.

### Note:

*When exhausted the capacity of this units, other offers will be considered for accommodation.*

## 12. Transportation

### To and from Arenas

Organizers will provide transportation between Foz do Arelho and the arenas.

Teams may organize their own transport to and from the arenas, in this case each one have a discount of 20,00€/person on the entry fee.



## 13. Transportation to and from airport

### a. Lisbon International Airport:

Portugal's main airport is Lisbon International Airport (LIS) at Lisbon. The distance between the airport and the event center at Foz do Arelho is around 100 km (about 1:15 hour driving time).

*Note: return flights must be scheduled for after 3.30pm*

#### By bus of the organizers: - **Recommended** -

The organizers will arrange (on request) transportation for participants to and from the Lisbon airport and Event center, at a cost of 15,00€ per passenger, per each direction.

#### By public bus (express):

- It cost approximately 20,00€ per passenger, per each direction.
- use the metro from the Airport to "S. Sebastião" station (25 min);
- use the metro (blue line) from the "S. Sebastião" station to the "Sete Rios" station (5 min); and
- use the public bus (express bus) to move to Caldas da Rainha (around 1h10min).
- From Caldas da Rainha to the event center the organizers ensure transportation.

#### By train:

- It cost approximately 10,00€ per passenger, per each direction.
- use the metro from the Airport to metro/train station "Oriente" (5 min); and
- use the train to move to Caldas da Rainha (around 2h30min).
- From Caldas da Rainha to the event center the organizers ensure transportation

#### LISBOA → CALDAS RAINHA

Partida	Chegada
07:00	08:10
08:00	09:10
08:00	09:15
08:30	09:40
09:00	10:10
10:00	11:10
10:30	11:40
11:00	12:10
12:00	13:10
13:00	14:10
14:00	15:10
14:00	15:10
14:30	15:40
15:00	16:10
15:45	16:55
17:00	18:10
17:15	18:30
17:30	18:40
17:30	18:40
18:15	19:25
19:00	20:10
20:00	21:10
20:00	21:10
21:15	22:25
22:30	23:40
23:00	00:10

#### CALDAS RAINHA → LISBOA

Partida	Chegada
07:00	08:10
07:30	08:40
08:35	09:45
09:35	10:45
10:00	11:10
10:30	11:40
10:50	12:00
11:50	13:00
13:00	14:10
13:30	14:45
14:20	15:30
15:00	16:10
15:30	16:40
15:30	16:40
15:45	16:55
16:35	17:45
17:10	18:20
17:30	18:40
17:50	19:00
18:50	20:00
19:20	20:30
20:00	21:10
20:20	21:30
20:30	21:45
21:00	22:10
22:05	23:15

*Public bus (express) timetable*

Lisboa - Oriente	→	Caldas Da Rainha
5h39		8h17
6h56		9h32
10h11		12h19
10h41		13h14
14h11		16h22
16h11		18h22
17h26		19h59
18h11		20h22
20h26		22h54

Caldas Da Rainha	→	Lisboa - Oriente
6h30		8h58
7h35		10h32
8h30		10h58
10h30		12h58
13h39		16h32
15h30		17h58
17h41		20h32
18h56		21h58
21h19		23h58

*Train timetable*

**By own transport:** Teams may organize all their own transport.

## **b. Oporto International Airport (alternative):**

The distance between the airport (OPO) and the event center at Foz do Arelho is around 240 km (about 2:30 hour driving time).

*Note:* return flights must be scheduled for after 4:30pm

### **By bus of the organizers: - Recommended -**

The organizers will arrange (on request) transportation for participants to and from the Oporto airport and Event center, at a cost of 25,00€ per passenger, per each direction.

### **By public bus (express):**

- There are several connections during the day. We will provide detailed information to those who ask.
- It cost approximately 25,00€ per passenger, per each direction (time: around 4h).

### **By train:**

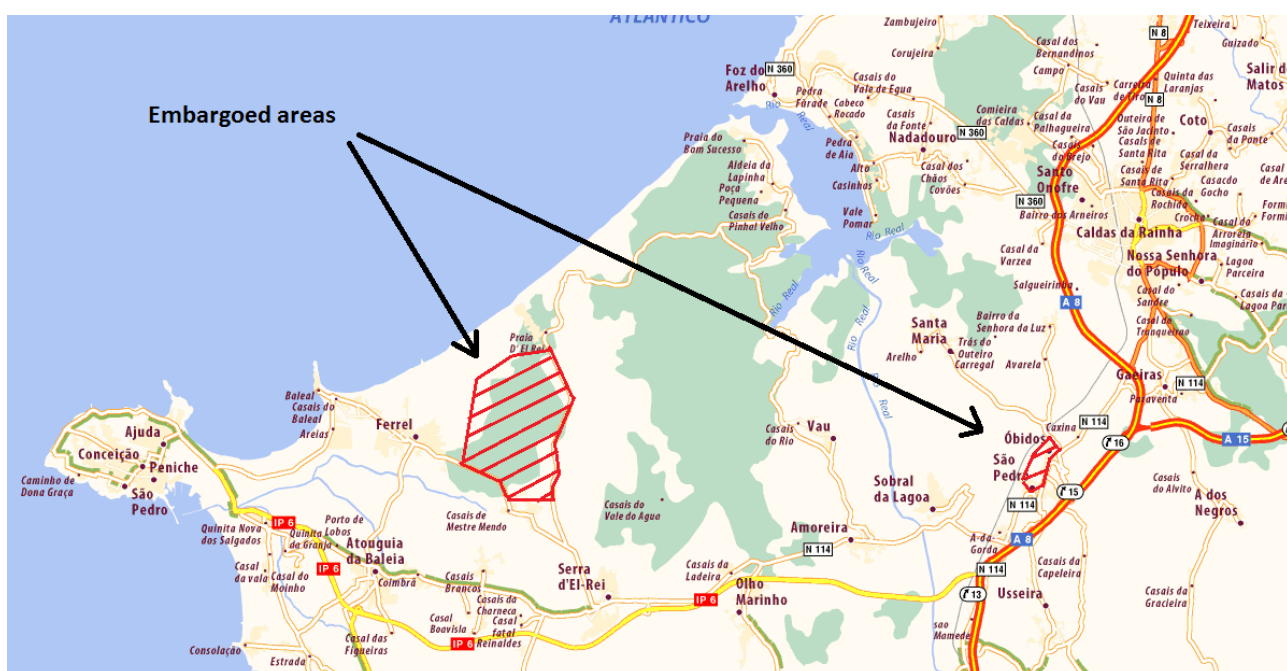
- There are some connections during the day. We will provide detailed information to those who ask.
- It cost approximately 25,00€ per passenger, per each direction (time: around 5h).

**By own transport:** Teams may organize all their own transport.

## **14. Embargoed Areas**

- Óbidos
- Ferrel

Entry to the embargoes areas is prohibited for potential team members, leaders and others, who through the knowledge of the terrain could influence results of the EYOC competition. However, paved public roads passing through the area may be used.



## 15. Training Opportunities and Training Maps

There are some training maps in close proximity to the competition arenas, at extra cost, available on 23th October:

- Pedreanes, at Marinha Grande
- Pataias, at Alcobaça
- Pedrógão, at Leiria.
- Nazaré, at Nazaré

**Major events in Portugal prior to EYOC 2013 (in similar terrains):**

- 4<sup>th</sup> and 5<sup>th</sup> May - National Long Distance and Sprint Championships, at Pombal
- 25<sup>th</sup> and 26<sup>th</sup> May - National Middle Distance and Relay Championships, at Mira
- 22th June - XV Grande Prémio do RA4, at Nazaré

## 16. Competition Maps and Terrain

All maps are updated in 2013.

Event	Location	Scale	Contours
Model Long Distance	Bom Sucesso	1:15.000	5 m
Model Sprint	Foz do Arelho	1:4.000	5 m
Model Relay	Bom Sucesso	1:10.000	5 m
Sprint	Óbidos	1:4.000	5 m
Long Distance	Ferrel	1:15.000	5 m
Relay	Vale Benfeito	1:10.000	5 m

### Sprint

**Map:** Óbidos

**Scale:** 1:4000, 5m contours

**Map maker:** Luís Sérgio

**Description:** 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

**Previous map:** Óbidos, 2005

### Long distance

**Map:** Ferrel

**Scale:** 1:15000, 5m contours

**Map maker:** Luís Sérgio

**Description:** 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). Regular path network.

**Previous map:** Ferrel, 2005

### Relay

**Map:** Vale Benfeito

**Scale:** 1:10000, 5m contours.

**Map maker:** Luís Sérgio

**Description:** 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). Regular path network.

**Previous map:** Ferrel, 2005

## 17. Courses

### Winning Time:

Class	Sprint	Long Distance	Relay
<b>W16</b>	12 minutes	40 minutes	75 minutes
<b>W18</b>	12 minutes	45 minutes	90 minutes
<b>M16</b>	12 minutes	45 minutes	90 minutes
<b>M18</b>	12 minutes	50 minutes	105 minutes

## 18. Punching and Time-keeping System

SPORTident will be used on all events with SI-Card 10/11 compatible Control Stations.

Runners have own (Each one should provide the number of their SI cards with the entry).

## 19. Clothing

There are no regulations applying to runners concerning the type of clothing they choose to wear but organizers recommend to use long trousers for Long Distance and Relay.

It is forbidden to use shoes with spikes in the sprint competition. Organizers recommend to use shoes for tracks.

## 20. Health Services

The organizer will coordinate healthcare services for participants. The Event Organizer will provide first-aid at the event center and at each competition site. Emergency care and major hospitals are within a 20 minute drive from each of the competition sites.

The Event Organizer will not bear responsibility related to medical costs for participants. Each Federation is responsible for insurance of all their members.

## 21. Weather

During October you can expect temperatures from 18º to 25º Celsius during the day and from 8º to 16º at night.

## 22. Media

All media representatives are welcome to come and cover all the EYOC 2013 events.

Media services and facilities will be provided at the event center at Foz do Arelho.

Media representatives and any extra representatives of the Federations are requested to register by contacting the Event organization at [eyoc13@gmail.com](mailto:eyoc13@gmail.com).



## 23. Visas

Please contact the Portuguese embassy in your country or refer to [www.sef.pt](http://www.sef.pt).

Countries that do not need visas for entering in Portugal: all countries of European Union, Andorra, Bulgaria, Croatia, Israel, Norway, Romania, San Marino, Switzerland, Vatican City.

For other countries please contact the Portuguese embassy in your country. If a personal invitation from the organizers is required for the visa, please contact us.

## 24. Entries

The deadline for **Preliminary Registration** is **30<sup>th</sup> April 2013**.

The following information is required:

	Number Planned	Maximum Allowed
<b>Competitors - W16</b>		4
<b>Competitors - W18</b>		4
<b>Competitors - M16</b>		4
<b>Competitors - M18</b>		4
<b>Relay Team - Female</b>		2
<b>Relay Team - Male</b>		2
<b>Officials - Women</b>		4 total
<b>Officials - Men</b>		

Preferred accommodation:

Accommodation	Type (A, B or C)	Number/Quantity
Single (Type A or B)		
Double (Type A or B)		
3 beds (Type A or B)		
4 beds (Type A or C)		
5 beds (type C only)		

Transport:

Airport that the team will use (Lisbon or Oporto): \_\_\_\_\_

	Airport-EC-Airport	During EYOC
By bus of the organizers	(extra cost)	
Other transport		

Food restrictions (if necessary):

Number	Restrictions

The final Entry Form will be available on the EYOC 2013 website. It will also be included in Bulletin 3.

The final entries with the exact number of competitors and officials, and names of all, must be sent to the organizers not later than **30<sup>th</sup> September 2013**.

## 25. Entry Fees

EYOC 2013 entry fee is 200,00€ per participant (competitor and official).

- if you book accommodation type C the entry fee have a discount of 15,00€/person.
- if you book a single room the entry fee have a increment of 45,00€/room.
- if you organize your own transport during the event the entry fee have a discount of 20,00€/person.

Price includes:

- ✓ Start fees for all events
- ✓ Accommodations for 3 nights (October 24, 25 and 26)
- ✓ Meals:
  - Thursday: dinner
  - Friday: breakfast, lunch and dinner
  - Saturday: breakfast, lunch and dinner
  - Sunday: breakfast and lunch
- ✓ Model events
- ✓ EYOC Party on Saturday evening
- ✓ Transportation between the event center and orienteering venues (if you had book it).

## 26. Payments

Payments to EYOC 2013 must be made by bank transfer until **15<sup>th</sup> September 2013**:

Please note that the payer is responsible for all bank fees and charges. Entries and other services (accommodation, catering and transport) will not be confirmed until organizer receives full payment.

**All payments are to be made to the Portuguese Orienteering Federation, as follows:**

**Bank name: Montepio Geral (Agency: Torre da Marinha)**

**BIC/SWIFT: MPIOPTPL**

**IBAN: PT50.0036.0276.9910.0027.1984.3**

**Bank Address: Montepio Geral - Agência da Torre da Marinha**

**Rua Gil Vicente, 1 A/B - Torre da Marinha**

**P-2840-437 Seixal - Portugal**

Detail of payment: EYOC 2013 Entry Fee (Country)

## 27. Public Event

A public event will be organized as a side event to EYOC 2013. The same competition areas and maps will be used as for EYOC 2013. Additional information will be published on the website

## 28. Additional Information

You can find more information on the EYOC 2013 website: <http://www.eyoc2013.fpo.pt/>, facebook: <http://www.facebook.com/EYOC2013> or by e-mail [eyoc13@gmail.com](mailto:eyoc13@gmail.com)

Bulletin 3 will be published at the end of July 2013.

**Federação Portuguesa de Orientação - FPO**  
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**P - 2430-401 Marinha Grande - PORTUGAL**  
**Tel.: (+351) 244575074 / Mobile: (+351) 919919801 or 912162662**  
**Email: [geral@fpo.pt](mailto:geral@fpo.pt)**

## Óbidos, 2005





Ferrel, 2005

