



EMTBOC'26

Team Leaders Meeting

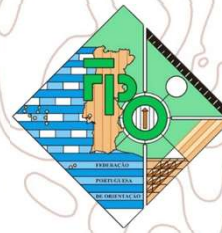
24/05/2026

24th May to 28th May 2026 // **Almeida - Portugal**

CX80 MTB Orienteering World Cup, Round 2

European MTB Orienteering Championships 2026

European Junior and Youth MTB Orienteering Championships 2026



Organisation

Organisers

FPO- Federação Portuguesa de Orientação - www.fpo.pt

Instituto Português do Desporto e Juventude, I.P. - www.ipdj.pt

Câmara Municipal de Almeida - www.cm-almeida.pt/

The event is organised under the authority of:

IOF- International Orienteering Federation - www.orienteering.sport

Organising team

President: Rui Mora (POR)

Event Directors:

Augusto Almeida (POR)

António Amador (POR)

Event Office:

Sandra Marcolino (POR)

Maps & Courses:

Alexandre Reis (POR)

IT:

Tictac Timing

Event Advisers

IOF Senior Event Adviser:
Giaime Origi (ITA)

National Controllers:
Tiago Fernandes (POR)

Contacts

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Facebook: <http://fb.com/emtbo2026>



Programme

May 23	EMTBOC	EJMTBOC & EYMTBOC	Open classes
Guarda	Training	Training	Training
May 24	EMTBOC	EJMTBOC & EYMTBOC	Open classes
Miuzela	Model event	Model event	Training
Almeida	Opening Ceremony	Opening Ceremony	Opening Ceremony
May 25	EMTBOC	EJMTBOC & EYMTBOC	Open classes
Almeida	Sprint competition	Sprint competition	Sprint competition
May 26	EMTBOC	EJMTBOC & EYMTBOC	Open classes
Vilar Formoso	MD competition	MD competition	MD competition
May 27	EMTBOC	EJMTBOC & EYMTBOC	Open classes
Vilar Formoso	MS competition	LD competition	LD competition
May 28	EMTBOC	EJMTBOC & EYMTBOC	Open classes
Almeida	Mixed Relay	Relay	Mixed Relay
Vilar Formoso (14h)	Prize giving / Party / Banquet / Closing Ceremony		

Time Zones

Please be aware that Portugal follows Western European Time (WET/WESZ), which is one hour behind Central European Time (CET/CEST). All schedules in this Bulletin are expressed in local Portuguese time.

Complaints

- A complaint may be made by team officials or competitors about infringements of the rules or the organiser's directions.
- Any complaint must be made in writing on the IOF complaint and protest form, which is available from the event office in the finish arena.
- Complaints must be made as soon as possible and handed in to the event office in the finish arena. The time limit for complaints is 15 minutes after the provisional results have been announced by the speaker. Complaints received after this time limit will only be considered if there are valid exceptional circumstances which must be explained in the complaint.
- There is no fee for a complaint.

Protests

- A protest may be made against the organiser's decision about a complaint. It may only be made by the team official or competitor who made the complaint.
- Any protest must be made in writing on the IOF complaint and protest form, which is available from the event office in the finish arena.
- A protest must be made no later than 15 minutes after the organiser has informed the complainant of the decision about the complaint. Protests received after this time limit may be considered at the discretion of the jury if there are valid exceptional circumstances which must be explained in the protest.
- A protest must be handed in to the event office in the finish arena.
- A protest fee of 50 EUR (or the equivalent in local currency) must be paid when making a protest. It is possible to pay the fee electronically directly to the IOF Office via the IOF website <https://orienteering.sport/iof/governance-and-organisation/iof-office/> (by credit card or via a PayPal account). If the protest is accepted by the jury, the fee will be returned.

Jury members

Thomas Hnilica, AUT; Alexandre Reis, POR; Jiri Vransky, CZE; Ursula Häusermann, SUI (reserve and remote)

Health Care

The Organizers will provide first aid at the event centre and at the arenas of each competition.

The Organizers will not bear costs connected to health insurance of participants.

We recommend each individual to arrange their own personal health insurance.

Participants take part at their own risk.

The nearest hospital is in Guarda (GPS: 40°31'52.0"N 7°16'40.1"W)

Weather

During May you can expect temperatures from 15° to 30° Celsius during the day and from 8° to 16° at night.

We strongly recommend that sufficient water is carried during competitions, as the areas are dry.

Sun protection is highly recommended.

Ceremonies

In line with IOF guidelines podium finishers are requested to dress in team uniforms with matching shoes (no flip-flops etc.) and refrain from taking to the podium items such as hats, sunglasses, headbands and other similar items. No accompanying persons should be brought to the podium.

Opening Ceremony:

The opening ceremony will be held on Sunday, 17:00 and it will take place in the centre of Almeida (meeting at 16:40 at 40°43'21.2"N 6°54'13.9"W). National teams (athletes and team members) dressed in nationally approved uniforms please gather at the designated area at 16.40. Please help to make MTBO visible and participate in the parade and the ceremony.

Rules & Regulations

Competition Rules:

The competition will be conducted in compliance with the rules in effect at the time of the event:

- IOF MTBO Competition Rules
- Special Rules MTBO World Cup

All the rules can be found at:

<https://orienteering.sport/mtbo/competition-rules>

General MTBO rules:

- Competitors must get to all control points with their bikes.
- The bicycle must be with the competitor at all times.
- Wearing a rigid safety helmet is compulsory during competitions and training sessions.
- It is forbidden to use roads or tracks marked with purple crosses or a purple zigzag line on the map.
- Riding outside the mapped area during the competition is not allowed.
- National traffic rules must be followed.

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

Off Track riding and location of controls:

Off-track riding is generally allowed but not recommended as there are a lot of small walls and fences that make cycling difficult and not interesting.

All controls will be situated on paths, tracks or paved areas.

Punching and time-keeping:

SPORTident Air+. a 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. Rental SIACs will be available from the organisers.

One extra SIAC (Backup card) may be used by the athlete, it must contain all correct punches to be accepted in case of the main card failure. (see additional Information 'Backup System').

Participants are advised to study the Guidelines SPORTident AIR+ in MTBO, which are available at

<https://orienteering.sport/mtbo/internal/event-organising/organise-mtbo-events/>

Winning times:

Winning times in minutes (according to the IOF MTBO Competition Rules)

Format (distance)	M/W 21	M/W 20	M/W 17
Long/Mass start	75-85	84-92	70-75
Middle	50-55	40-44	32-37
Sprint	20-25	16-20	15-20
Relay	40-45 120-135	35-40 105-120	30-35 90-105

Anti-Doping:

Doping is strictly forbidden and the organisers of EMTBOC/World Cup 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>

Quarantine zones

The start quarantine will be organised for every competition. **No finish quarantine** will be organised during the event. All quarantines will **have toilets, drinking water (participants must bring their own bottles), a limited number of tents for participants, and a designated location for transporting participants' belongings to the finish.**

Teams are allowed to set up their own tents in all quarantine areas. The organizers will not transport bike trainers (rollers) or tents to the finish – this is the responsibility of team leaders. **Important! Competitors must not use or carry devices that can transmit or receive information, to or from a remote source, between entering the quarantine zone and reaching the finish in a race, unless the equipment is approved by the organiser.** Organisers may check compliance with this rule.

Start quarantine rules:

§ Competitors must be inside the quarantine zone by the time it is activated (see time schedule of each day).

§ After quarantine is activated, team officials may leave the quarantine zone but not enter or re-enter. Team officials must show an accreditation to enter the quarantine zone.

§ The start quarantine ends when the last athlete has started.


§ It is complete forbidden the use of any Equipment of Communication (Mobile phones, iPad, Computers, etc.)

Starting order

EMTBOC: For an interval start the starting order must be drawn in up to four starting groups. Competitors ranked 1–15 in the IOF World Ranking list as published 10 days before the event (14 May 2026) 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. Starting group 1 starts first, followed by group 2, 3 and at the end group 4.

EJMTBOC, EYMTBOC: The start draw must be made with 3 starting groups, each starting group being drawn at random. Competitors from the same Federation must not start consecutively. In each individual competition each Federation must allocate its competitors to specified starting groups. A Federation must allocate one competitor to each group first (before allocating a second competitor to the same group). For teams not submitting the allocation forms in time the organisers will allocate the starting group.

Elite Starting Group 4

Men  Vojtech Ludvik  CZE — Czechia

Men  Andreas Waldmann  AUT — Austria

Men  Hannes Hnilica  AUT — Austria

Men  Krystof Bogar  CZE — Czechia

Men  Fabiano Bettega  ITA — Italy

Men  Noah Rieder  SUI — Switzerland

Men  Bartosz Niebielski  POL — Poland

Men  Jan Hasek  CZE — Czechia

Men  Armel Berthaud  FRA — France



Men  Ignas Ambrasas  LTU — Lithuania

Men  Vojtech Stransky  CZE — Czechia

Men  Tomi Nykanen  FIN — Finland


Men  Jonas Maiselis  LTU — Lithuania

Women  Nikoline Splittorff  DEN — Denmark


Women  Ruska Saarela  FIN — Finland

Women  Gabriella Gustafsson  SWE — Sweden

Women  Constance Devillers  FRA — France

Women  Algirda Mickuviene  LTU — Lithuania

Women  Iris Aurora Pecorari  ITA — Italy



























Women  Ursina Jaeggi  SUI — Switzerland





























Women  Celine Wellenreiter  SUI — Switzerland

Women  Caecilie Christoffersen  DEN — Denmark

























Women  Jana Hnilica  AUT — Austria


Elite Starting Group 3

Men		Teemu Kaksonen	 FIN — Finland
Men		Riccardo Rossetto	 ITA — Italy
Men		Paul Debray	 FRA — France
Men		Adrian Jaeggi	 SUI — Switzerland
Men		Flurin Schnyder	 SUI — Switzerland
Men		Jussi Laurila	 FIN — Finland
Men		Luca Dallavalle	 ITA — Italy
Men		Jiri Hradil	 CZE — Czechia
Men		Tatu Aaltonen	 FIN — Finland
Men		Jeremi Pourre	 FRA — France
Men		Rasmus Nordgren	 SWE — Sweden
Men		Georg Koffler	 AUT — Austria
Men		Jonas Vytautas Gvildys	 LTU — Lithuania





































































Women		Elvira Larsson	 SWE — Sweden
Women		Antonia Haga	 FIN — Finland
Women		Marisa Costa	 POR — Portugal
Women		Valerie Kamberova	 CZE — Czechia
Women		Jana Luescher Alemany	 SUI — Switzerland
Women		Siiri Rasimus	 FIN — Finland
Women		Anna Kaminska	 POL — Poland
Women		Rozalie Kucharova	 CZE — Czechia
Women		Lou Garcin	 FRA — France
Women		Silja Yli-Hietanen	 FIN — Finland
Women		Laurane Meyers	 FRA — France
Women		Ingrid Stengard	 SWE — Sweden
Women		Elena Yllan Ortiz	 ESP — Spain
Women		Ewa Haltof	 CZE — Czechia

Elite Starting Group 2

Men		Oliver Friis	 DEN — Denmark
Men		Antoine Lesquer	 FRA — France
Men		Joao Ferreira	 POR — Portugal
Men		Pierre Martinez	 FRA — France
Men		Sander Pritsik	 EST — Estonia
Men		Augustin Leclere	 FRA — France
Men		Grzegorz Nowak	 POL — Poland
Men		Krzysztof Wroniak	 POL — Poland
Men		Tobias Breitschaedel	 AUT — Austria
Men		Matej Muller	 SVK — Slovakia
Men		Andris Sarksna	 LAT — Latvia
Men		Jocelin Lauret	 FRA — France

Women		Anna Tkaczuk	 POL — Poland
Women		Karin Gustafsson	 SWE — Sweden
Women		Juste Umbrasaitė	 LTU — Lithuania
Women		Karolina Mickeviciute Juodisiene	 LTU — Lithuania
Women		Chiara Magni	 ITA — Italy
Women		Marii Isabel Allikberg	 EST — Estonia
Women		EmmaRiikka Laamanen	 FIN — Finland

Elite Starting Group 1

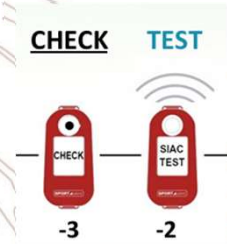
Men	 Jakub Racansky	 CZE — Czechia	Men	 Lukas Wilms	 GER — Germany	Women	 Nerea Garcia Rodriguez	 ESP — Spain
Men	 Daniel Marques	 POR — Portugal	Men	 Jose Antonio Villar Gorritz	 ESP — Spain	Women	 Greta Dimitrova	 BUL — Bulgaria
Men	 Regimantas Kavaliauskas	 LTU — Lithuania	Men	 Eevart Kentamies	 FIN — Finland	Women	 Alba Munoz del Campo	 ESP — Spain
Men	 Sergi Oliveras I Ferrer	 ESP — Spain	Men	 Anvid Svensson	 SWE — Sweden	Women	 Sofie Okkels Jensen	 DEN — Denmark
Men	 Juan Sanz	 ESP — Spain	Men	 Mihal Sloev	 BUL — Bulgaria	Women	 Stepanka Betkova	 POR — Portugal
Men	 Enrique Chousa Esteban	 ESP — Spain	Men	 Silas Hotz	 SUI — Switzerland	Women	 Nataliia Pustova	 UKR — Ukraine
Men	 Mihkel Mahla	 EST — Estonia	Men	 Noel Espigares Tapia	 ESP — Spain			
Men	 Bernhard Kogler	 AUT — Austria	Men	 Tsach Nahari	 ISR — Israel			
Men	 Per Haehnel	 GER — Germany	Men	 Javier Munoz Guerrero	 ESP — Spain			
Men	 Filip Janowski	 POL — Poland	Men	 Tautvydas Zalioskas	 LTU — Lithuania			
Men	 Rinat Khasanshin	 UKR — Ukraine	Men	 Kansel Furuya	 JPN — Japan			
Men	 Mark Huster	 GER — Germany	Men	 Tetsuki Kaj	 JPN — Japan			
Men	 Fabio Goncalves	 POR — Portugal	Men	 Emils Zemis	 LAT — Latvia			
			Men	 Paul Roothans	 POR — Portugal			
			Men	 Oleksii Zhuk	 UKR — Ukraine			

Starting Procedure Sprint, Middle and Long distance

Clear and Battery Test boxes will be available outside the Start Box.



When entering the Start Box, on minute -3 the SI Card will be checked (SIAC ON) and on minute -2 there will be a Wireless SIAC Test.



Athletes take their map on minute -1. Each athlete is responsible for taking the right map.

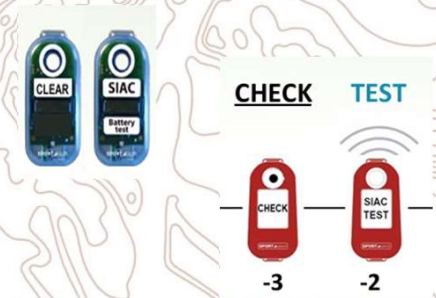
Late start

Competitors who are late for their start time will be permitted to start. A separate corridor will be marked for late starters. If the competitor is at the start line less than half the start interval after their start time, they will be allowed to start immediately. If the competitor is at the start line more than half the start interval after their start time, they will be allowed to start at the next available half start interval. **Example start interval 2 minutes, he can depart in the half, either 1 minute, 3, 5, 7, etc. minutes after his original start time.**

Starting Procedure Mass Start and Relay

Clear and Battery Test boxes will be available outside the entrance to the start zone.

When entering the Start Zone, the SI Card will be Checked (SIAC ON) and there will be a Wireless SIAC immediately after.



Mass Start and Relay Start 1st leg

Competitors line up standing over their bikes. They receive their maps at their bikes 15 seconds before the start. The bike must be stationary and competitors must keep at least one foot on the ground until the start signal (whistle sound).

2nd and 3rd athletes Relay Start

Information regarding advance notice of team members' arrival is provided.

At the entrance to the starting area there is a structure like the one in the picture, where the rolled-up and identified maps are placed.

The athletes receive their map and keep it rolled up until they receive a touch from the previous teammate.

Please note that competitors who jump the start (i.e. start too early/before the official signal) or look at the map too early in a mass-start format race (Mass start and Relay) may get a time penalty of two minutes added to their time.



Finish Procedure

For all competitions, the competitor's time will be stopped by passing the finish line (no visible finish station). SIAC function will be automatically switched off after passing the finish line.

Start Bibs

EMTBOC:

Competitors will receive a separate bib for each competition. Bibs are prepared according to the start list and will be handed out at the end of the Team Leaders Meeting or can be collected from the Event Office on the following morning before the race.

EJMTBOC and EYMTBOC:

Competitors will receive one bib valid for all individual competitions. The bib must be securely attached to the front of the bike. Competitors without a start bib will not be allowed to start. If a bib is lost, a replacement can be obtained at the Event Office for a fee of 10 EUR. Bib attachment materials will be provided by the organizers.

Backup System

Backup Punching method

A backup punching method will be available for the competitor to record their visit in the case of a failure of the wireless punching unit (BS11), a BS7/8/9 (Air+ Off) unit will be available and must be controlled by the competitors in the case of fail of the main unit.

The typical real-life failures include:

- SIAC card failure – Battery runs off during the course / Card turns off or freezes (rare)
- BS11-BS station is not activated / BS11-BS station fails (rare)

One extra SIAC (Backup card) may be used by the athlete, it must contain all correct punches to be accepted in case of the main card failure. **Important: this extra SIAC card must be registered in the organizers' database.**

The organisers will not provide a backup SIAC to competitors.

Competitors may use their own backup SIAC cards if they wish.

It is their responsibility to clear and activate all SIAC cards they use.

Rental SIACs will be available at €4,00 per day.

Participants are advised to study the Guidelines SPORTident AIR+ in MTBO, which are available at <https://orienteering.sport/mtbo/internal/event-organising/organise-mtbo-events/>



GPS Tracking

EMTBOC:

All athletes will receive a GPS each day.

The device should be collected in the start quarantine area at least 15 min. before the start.

GPS devices have a vest. Athletes who have GPS vests or pockets on the back of their uniforms can use them to store GPS devices.

The GPS device must be returned at the end of each day, and the vest will be returned on the last day (Lost vest cost €40).

The GPS tracks visibility for the general public will open on times listed in the schedule, after activating the start quarantine.

EJYMTBOC:

Each day, some athletes will receive a GPS.

At each Team Leaders meeting, the athletes who will be carrying GPS devices will be announced.

The device should be collected in the start quarantine area at least 15 min. before the start.

GPS devices have a vest. Athletes who have GPS vests or pockets on the back of their uniforms can use them to store GPS devices.

The GPS device and the vest must be returned at the end of each day.

The GPS tracks visibility for the general public will open on times listed in the schedule, after activating the start quarantine.

Embargoed areas

Embargoed areas from March 2026 till 28 May 2026.

Below is an overview of the embargoed areas.

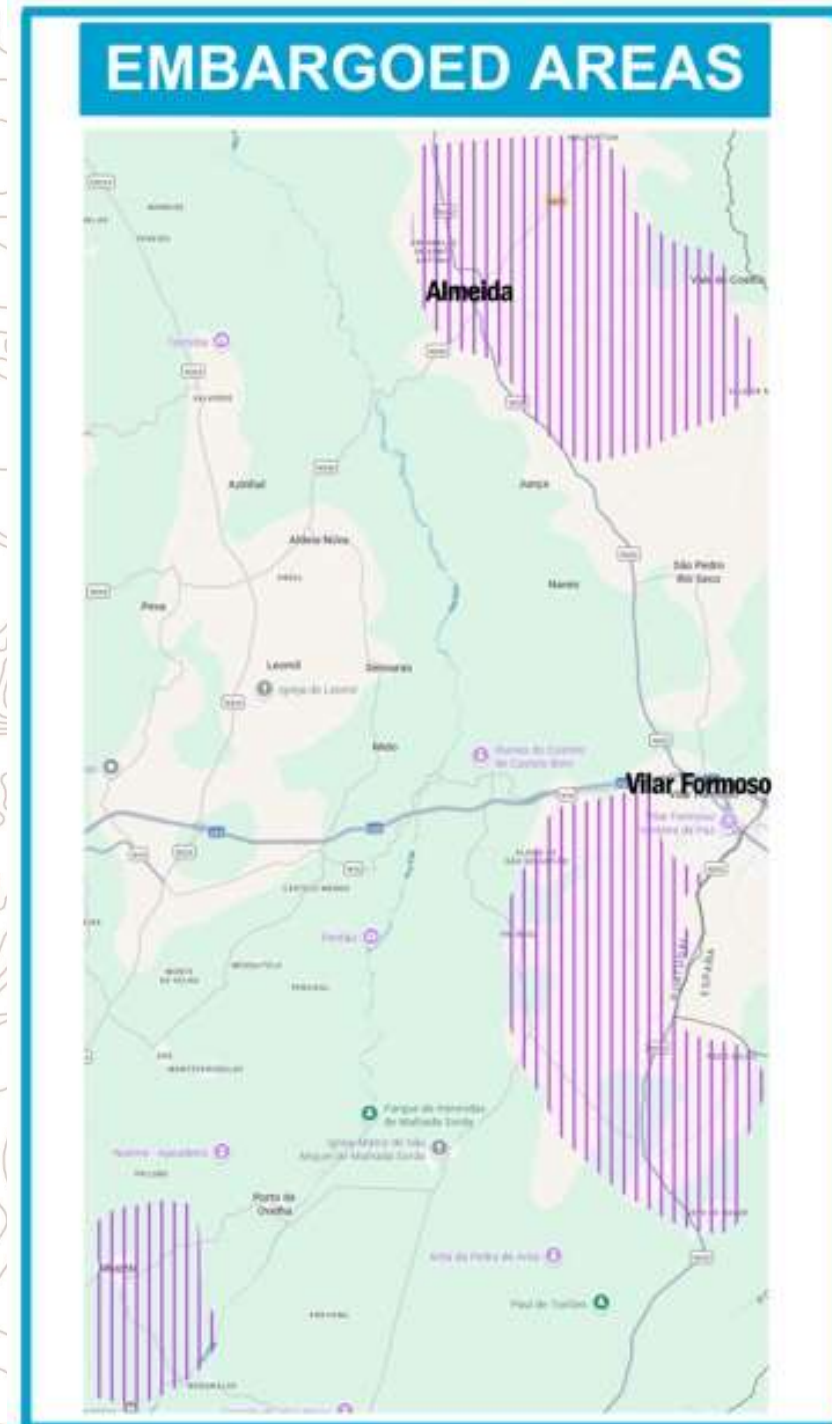
Detailed maps of all embargoed areas can be found on the organiser's website: <http://emtbo2026.fpo.pt>

The areas marked on the map are embargoed for all orienteering activities, unless specifically permitted by the organiser.

The embargoed areas are out of bounds for all potential participants and team members, including competitors, team leaders, coaches, doctors, escorts, and any other person with a potential connection to a team (athletes or others).

This means that all potential participants and team members are not allowed to visit these areas with or without a map at all, regardless of whether it is an orienteering activity or a training session, a walk with the dog or a leisurely Sunday stroll.

Almeida city center may be visited on foot or by car without an orienteering map; any orienteering or MTBO activity, cycling, running, using a map or testing route choices are forbidden.



Competition Days – Sprint – Monday, MAY 25

Schedule of the Day

Time - Event activity:

09:30 - Open Start Quarantine

10:00 - **Quarantine closes (all athletes should be inside).**

10:00 - The First start in EYJMTBOC

11:18 - The First start in EMTBOC

14:00 - **Deadline for MD team allocations (EJYMTBOC)**

14:15 - Time limit for complains

14:30 - Flower ceremony at finish area of Sprint distance (preliminary)

16:00 - **Award Ceremonies at EC**

17:00 – **Team leaders Meeting**

Competition Days – Sprint – Monday, MAY 25

Arena

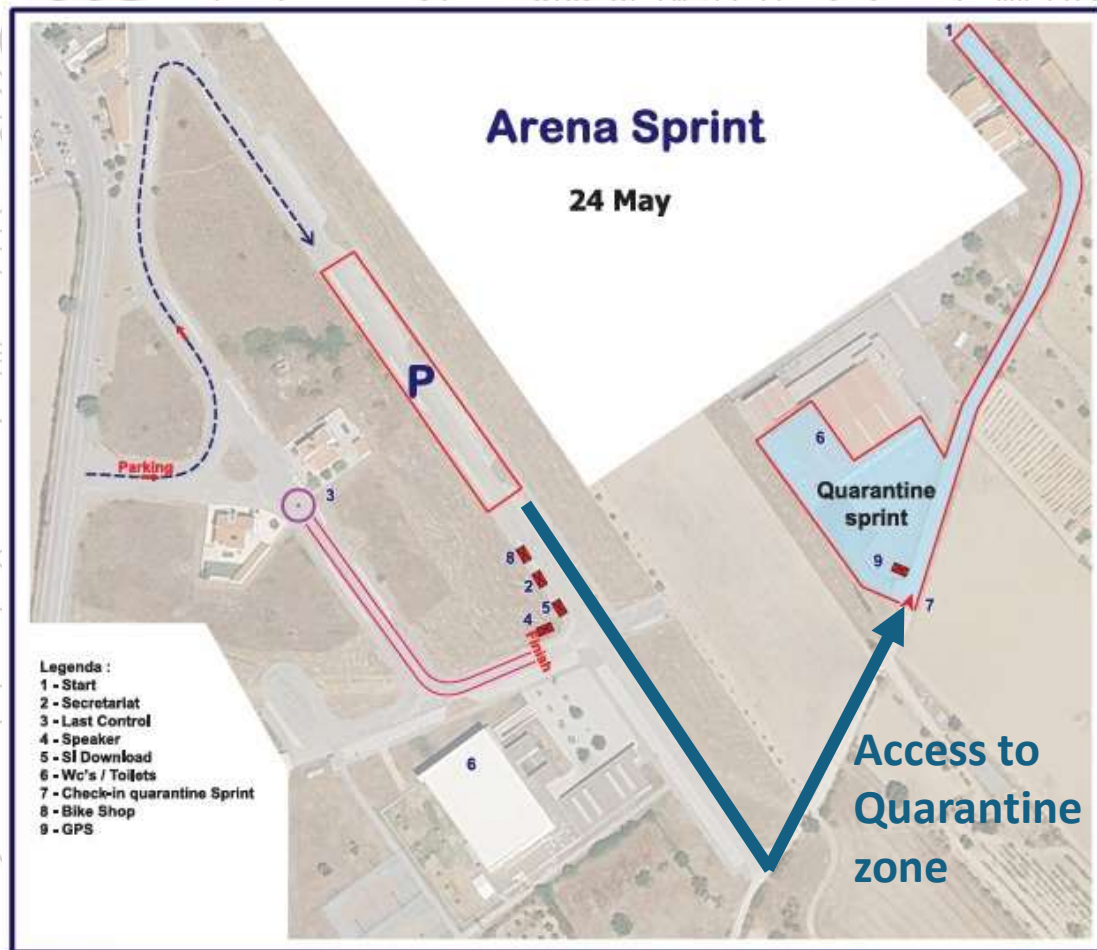
- Municipal Sports Gymnasium of Almeida (GPS: 40°43'02.9"N 6°53'50.5"W)
- Upon approaching the arena, there will be signage (orange and white arrows) for the parking lot, the quarantine area, and the arena itself.
- The event office at the arena is open from 8:30 – 13:00.

Parking

- The parking lot is near the arena.

Terrain

- Urban terrain with high-speed roads and paths without significant obstacles, good visibility
- No roads will be closed to traffic, but not many cars are expected. However, please always pay attention to cars and people walking!



Competition Days – Sprint – Monday, MAY 25

Quarantine zone / pre-start

- Distance from parking to quarantine zone: 400 m
- **Check-in deadline quarantine zone: 10:00**
- **Receipt of GPS: Please be in quarantine at least 15 minutes before your pre-start time to have sufficient time to collect and fix the GPS device.**
- Pre-start: It is located inside the start quarantine zone. Once athletes have passed the pre-start, they are not allowed to return. It is the athletes' responsibility to be ready for their call-up time. Competitors who are late for their start time must use the corridor for late starters and must report to the start staff.
- **A clock showing the call-up time will be displayed at the pre-start, and the competitors' names will be called 5 minutes before their start time.**
- Organisers will ensure bag delivery from quarantine to finish arena.

Start

- Individual start with an interval of 2 minutes.
- Distance from pre-start to start: 300 m. The route from the pre-start to the start will be marked by red-white stripes.
- Mandatory route of 120 m (marked by red stripes) from the time start to the point where orienteering begins. This map start will be marked by a flag in the terrain.

Competition Days – Sprint – Monday, MAY 25

Map

- **Scale: 1:5000** / vertical contour interval 5 m
- **Size: 29 x 35 cm**
- **double-sided**, printed on water-resistant paper
- Mapper: Alexandre Reis

Course data

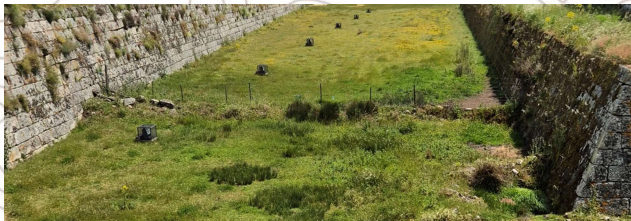
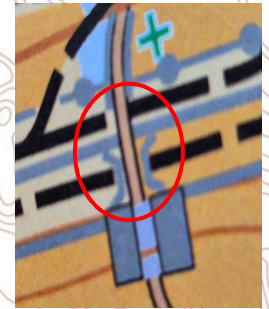
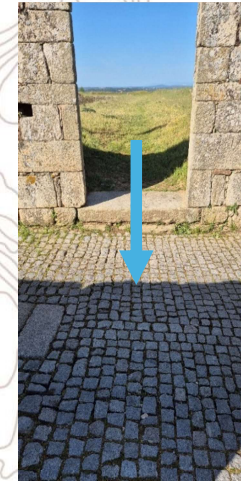
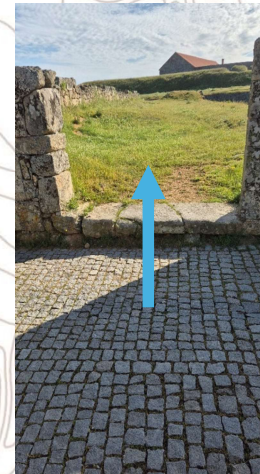
Sprint

Class	Length (KMs)	Climb (mts)	Controls	Winning Times	Distance from Start	Change Map	Scale	Contour Interval	Map Size
M21	8	40	25	20-25	120 mts	Yes	1/5000	5 mts	29x35
W21	7.1	37.5	23	20-25	120 mts	Yes	1/5000	5 mts	29x35
M20	7.1	37.5	23	16-20	120 mts	Yes	1/5000	5 mts	29x35
W20	6.7	32.5	21	16-20	120 mts	Yes	1/5000	5 mts	29x35
M17	6.8	35	22	15-20	120 mts	Yes	1/5000	5 mts	29x35
W17	6.4	30	20	15-20	120 mts	Yes	1/5000	5 mts	29x35

Competition Days – Sprint – Monday, MAY 25

Warnings

- The competition partly takes place inside a fortress. Reading the map is essential as the high walls can only be navigated through limited passages, some under the walls.
- Biking in the shore of the walls can be dangerous, deep 4 to 5 meters
- Some steps cannot be mapped; one specific step is recommended to be crossed on foot.
A marshal will be present to signal the hazard.
- There will be zone with tape for avoid possible dangerous crossing those regions – Steps, big rocks, ditches, rest of fences, etc. that some times vegetations cover them.
- There are two fences in the terrain, they are marked with a magenta line and forbidden zone, no option to cross



Thank you and Good and Safe competitions

