



# ***EMTBOC'26***

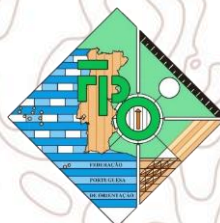
## **Bulletin 4**

**24<sup>th</sup> May to 28<sup>th</sup> May 2026 // Almeida - Portugal**

**CX80 MTB Orienteering World Cup, Round 2**

**European MTB Orienteering Championships 2026**

**European Junior and Youth MTB Orienteering Championships 2026**



## Honorary Committee



Welcome to the 2026 European MTB Orienteering Championship – Almeida!

It's with great pride that we welcome athletes, teams, and MTB Orienteering enthusiasts to the 2026 European Championship, which will take place in Almeida, Portugal, in May 2026.

We extend our gratitude to the International Orienteering Federation (IOF) for their trust in awarding this prestigious event to Portugal. This recognition greatly honors and motivates us to deliver a championship of excellence. Our sincere appreciation also goes to the Municipality of Almeida, whose support has been essential in making this competition a reality.

Over the years, Portugal has consistently demonstrated its remarkable organizational capacity in international orienteering events, and this championship will be no exception. Under the experienced leadership of Director Augusto Almeida, supported by António Amador, we guarantee a high-quality event, marked by the professionalism and dedication that have become a benchmark in our country.

Get ready for challenging courses, breathtaking landscapes, and a competition that promises to make history in MTB Orienteering!

Welcome to Almeida!

**Rui Mora – POF President**



It is with great pride that the Municipality of Almeida prepares to host another major international event — the MTBO World Cup and European MTB Orienteering Championships. The trust placed in Almeida to welcome this competition is a clear reflection of our ongoing investment in promoting sport, enhancing our territory, and demonstrating the capacity to organise large-scale international events.

Today, Almeida is a municipality where sport plays a central role in public policy — supported by quality infrastructure, programmes that encourage sports practice, and a strong connection between territory and movement. Mountain bike orienteering is, therefore, a discipline that aligns perfectly with our natural, cultural, and indeed sporting identity. With its exceptional landscape and countless natural and ancestral trails, in the Côa River Valley, surrounded by the historic strongholds of Castelo Bom, Castelo Mendo, and by the Fortress of Almeida, which from the sky appears as a star carved in stone, Almeida offers the ideal setting to host this championship and leave a lasting impression of determination, camaraderie, and shared passion for sport. I invite all athletes, technical teams and visitors to discover all that Almeida has to offer — and to leave with the desire to return. I look forward to welcoming you to Almeida in late May 2026. You are all most welcome.

António Machado -Mayor of Almeida



It's a great pleasure to welcome you to the 2026 CX80 MTB Orienteering World Cup - Round 2, and Elite, Junior and Youth European MTB Orienteering Championships!

Portugal has built a solid reputation as a host of major international orienteering events, especially in mountain bike orienteering, and our firm purpose, even after a devastating storm, is to provide you with a high-quality event that will be etched in your best memories. Despite the short preparation time, we are pleased to welcome you to Almeida, a museum city where the terrain is challenging and the landscapes are breathtaking.

The organization will do everything to create an environment where athletes can give their best, enjoy the competitions, socialize and celebrate our sport. Welcome to Almeida and good luck in the competitions.

Together we will make this an unforgettable event.

**Augusto Almeida – Event Director**

## Organisation

### Organisers

FPO- Federação Portuguesa de Orientação - [www.fpo.pt](http://www.fpo.pt)

Instituto Português do Desporto e Juventude, I.P. - [www.ipdj.pt](http://www.ipdj.pt)

Câmara Municipal de Almeida - [www.cm-almeida.pt/](http://www.cm-almeida.pt/)

The event is organised under the authority of:

IOF- International Orienteering Federation - [www.orienteering.sport](http://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 Origgi (ITA)

National Controllers:  
Tiago Fernandes

### Contacts

Federação Portuguesa de Orientação  
Estrada da Vieira, 4 – Bairro Florestal  
Pedreanes  
P- 2430-401 Marinha Grande  
Portugal

Tel: (00) (351) 244575074

Email: [emtbo2026@fpo.pt](mailto:emtbo2026@fpo.pt)

Website: <http://emtbo2026.fpo.pt>

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



## Event Centre

### **Pavilhão Multiusos de Vilar Formoso**

#### **Address:**

Av. dos Combatentes da Guerra Colonial 6,  
P6355-264 Vilar Formoso

**GPS:** 40°36'35.2"N 6°50'02.2"W

#### **Distances from main airports:**

Lisbon International Airport – 350 km (4h00min)

Porto International Airport – 240 km (2h30min)

#### **Tourist information:**

<https://www.cm-almeida.pt/espacos-municipais/localizacao-do-concelho-de-almeida/>

#### **General location:**



## 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.

## Programme overview

### **Saturday 23<sup>rd</sup> May**

15:00-19:00: Opening Hours of the Event Office in Vilar Formoso (EC).

11:00-15:00: Training event in Guarda – Parque urbano do Rio Diz.  
(GPS: 40°32'54.5"N 7°14'27.7"W).  
Maps at the start of training.

### **Sunday 24<sup>th</sup> May**

10:00-19:00: Opening Hours of the Event Office at EC.

10:00-15:00: Model event in Miúzela  
(GPS: 40°30'43.3"N 7°00'13.2"W )

12:00: Deadline for names/start group allocation for Sprint distance competition.

15:30: Team leaders meeting at EC

17:00: Opening Ceremony in Almeida  
(meeting at 16:40 at 40°43'21.2"N  
6°54'13.9"W)

### **Monday, 25<sup>th</sup> May (Almeida)**

08:30-13:00: Opening hours of the EO at the Sprint distance arena (Almeida)

9:30: Open start quarantine

10:00: Time limit to enter quarantine.

10:00: Start for Sprint course (EYMTBOC, EJMTBOC)

11:15: Start for Sprint course (EMTBOC)

TBD: Flower ceremony at finish area of Sprint distance

14:00-19:00: Opening hours of the EO at the EC

14:00: Deadline for names/start group allocation for Middle distance competition.

16:00: Prize giving ceremonies at EC.

17:00: Team Leaders Meeting at EC.

**Tuesday, 26<sup>th</sup> May (Vilar Formoso)**

08:30-19:00: Opening hours of the EO at EC.

9:00: Open start quarantine

9:30: Time limit to enter quarantine.

9.30: Start for Middle distance course  
(EYMTBOC, EJMTBOC)

11.00: Start for Middle distance course  
(EMTBOC)

TBD: Flower ceremony at finish area of Middle  
distance

14:00: Deadline for names/start group  
allocation for Long distance competition at  
the Event Office (EC).

16:00: Prize giving ceremonies at EC.

17:00: Team Leaders Meeting at EC.

**Wednesday 27<sup>th</sup> May (Vilar Formoso)**

08.30-19.00: Opening hours of the EO at EC.

9:30: Open start quarantine (EJYMTBOC)

9.30: Start for Mass start course (ME).

9.40: Start for Mass start course (WE).

10:00: Time limit to enter quarantine.

9.45: Start for Long distance course (EYMTBOC,  
EJMTBOC)

TBD: Flower ceremony at finish area of MS and  
LD

14:00: Deadline for names/start group  
allocation for Relay competition at the EO  
at the EC

16:00: Prize giving ceremonies at EC.

17:00: Team Leaders Meeting at EC.

**Thursday 28<sup>th</sup> May (Almeida)**

08:30-13:00: Opening hours of the EO at the  
Mixed Relay arena (Almeida)

9:00: Open start quarantine

9:30: Time limit to enter quarantine.

09:30: Start for Mixed Relay (EMTBOC)

11:00: Start for the Relay (EYMTBOC, EJMTBOC)

TBD: Flower ceremony at finish area of Relay

14:00-16:00: Opening hours of the EO at the EC

13:30: Prize giving ceremony for Mixed Relay  
and Relay at EC

14:15: Party /Banquet & Closing ceremony

## Accreditation Process

Accreditation takes place at the Event office. For the EMTBOC & EJYMTBOC participants one team official should collect the accreditation for the whole team. As part of this process, the team members' passports or ID cards must be shown to prove the nationality and full passport-holding citizenship of the country of their Federation.

For additional lunch at the Event Centre, ask the Event Office for coupons and Banquet tickets.

### Event office contact:

Sandra Marcolino  
+351968293959  
emtbo2026@fpo.pt

Each team will get a team bag with:

- Bulletin 4
- SIAC (SI active card) for all competitors, who don't have their own SIAC
- SIAC (SI active card) rented
- Model event maps for all team members
- Accreditation cards
- Bib-numbers for Junior and Youth athletes
- Access data for the event management platform
- Starting group allocation form for EJYMTBOC participants
- Small gifts from the organizers and event sponsors

### Office opening hours

The names of the competitors, their allocation in the starting group (for the EJYMTBOC only), and, if necessary, their cycling order within a relay team must be submitted through the official forms available on the event management platform, using the data of each team leader.

| Date              | Office in V. Formoso |
|-------------------|----------------------|
| Sat, May 23 ..... | 15:00 – 19:00        |
| Sun, May 24 ..... | 10:00 – 19:00        |
| Mon, May 25 ..... | 14:00 – 19:00        |
| Tue, May 26 ..... | 8:30 – 19:00         |
| Wed, May 27 ..... | 8:30 – 19:00         |
| Thu, May 28 ..... | 14:00 – 16:00        |

| Date              | Office in Arena |
|-------------------|-----------------|
| Mon, May 25 ..... | 8:30 – 13:00    |
| Thu, May 28 ..... | 8:30 – 13:00    |

## Entries & Entry Fees

Participants may only be entered by their federations. Entries are made in IOF Eventor:

EMTBOC & World Cup:

<https://eventor.orienteering.org/Events/Show/8557>

EJYMTBOC:

<https://eventor.orienteering.org/Events/Show/8558>

Entries will open in early 2026. For updates, please follow our Facebook page or website.

### Entry Deadlines:

**TEAM SIZE DEADLINE: 31 March 2026**

- number of competitors for each class,
- number of relay teams,
- number of team officials,
- team manager's name, email address and phone number.

Confirmation of payment of accommodation, meals and transport fees.

**TEAM NAMES DEADLINE: 14 May 2026**

- each competitor's family name and first name, year of birth, gender and class, and the competition/s in which he/she will compete,
- each competitor's electronic punching card's number (if competitors want to use their own SIAC),
- family name and first name of each team official(s)

### Late entries

Late entries and changes will be accepted but an additional fee will be charged.

After the team size deadline, additional entries may be made with a surcharge of 20% and withdrawals receive an 80% refund.

After the team names deadline, additional entries incur a surcharge of 50%, withdrawals receive a 50% refund, and name changes incur a 10 EUR fee.

**LAST ENTRIES: 20 May 2026**

After 20 May 2026, no entries will be accepted.

### Fees and Payments

All fees are in Euros and (except for the Relay) per person.

### Deadline of payments:

- Full payment of all entry and accreditation fees (and possible other fees, e.g. rental fee for punching card) must be made no later than 12 April 2026.
- Late payments will be subject to an additional fee of 10% of the total amount.
- Competitors or teams may be excluded if their entry fee is not paid.

### Please make your payment in EUR to:

IBAN: PT50003504410004259693027

Account holder:

FEDERACAO PORTUGUESA ORIENTACAO FPO

SWIFT/BIC: CGDIPTPL

Bank: CGD

Charges and bank fees are to be paid by sender.

|                               |          |                    |                   | After 31st March 2026 (+20%) |                    |                   | After 14th May 2026 (+50%) |                    |                   |
|-------------------------------|----------|--------------------|-------------------|------------------------------|--------------------|-------------------|----------------------------|--------------------|-------------------|
|                               | EMTBOC26 | EJMTBOC<br>EYMTBOC | TEAM<br>OFFICIALS | EMTBOC26                     | EJMTBOC<br>EYMTBOC | TEAM<br>OFFICIALS | EMTBOC26                   | EJMTBOC<br>EYMTBOC | TEAM<br>OFFICIALS |
| Accreditation fee             | 90       | 75                 | 75                | 110                          | 90                 | 90                | 135                        | 110                | 110               |
| Entry fee Sprint              | 60       | 40                 |                   | 72                           | 48                 |                   | 90                         | 60                 |                   |
| Entry fee Middle distance     | 60       | 40                 |                   | 72                           | 48                 |                   | 90                         | 60                 |                   |
| Entry fee Mass Start          | 60       | 40                 |                   | 72                           | 48                 |                   | 90                         | 60                 |                   |
| Entry fee Relay (per team)    | 150      | 100                |                   | 180                          | 120                |                   | 225                        | 150                |                   |
| Fee for one training map      | 10       | 10                 |                   |                              |                    |                   |                            |                    |                   |
| Participation fee for banquet | 20       | 20                 | 20                | 24                           | 24                 | 24                | 30                         | 30                 | 30                |

## **Competition Entry Deadlines**

During the event, Team Leaders will have access to an online platform to allocate their youth / junior athletes to starting groups for each competition.

Login details will be provided during accreditation, together with the team envelope. Each team will only have access to its own athletes.

Forms will only be available within the time window defined by the organiser, with an opening time and a closing time. During this period, the Team Leader may check the team athletes, complete/update the starting group allocations and submit the information.

After the closing time, the form will be locked. If a team does not submit the required information by the deadline, the missing athletes will be allocated to the available groups by draw.

The allocations will be made available for public consultation at the time defined by the organiser.

## **Team leaders meeting (TLM)**

The EMTBOC, EJYMTBOC and World Cup TLM will take place in Event Centre (EC): Sunday, 24<sup>th</sup> May, at 3:30pm; Monday, 25<sup>th</sup> May, at 5:00pm; Tuesday, 26<sup>th</sup> May, at 5:00pm; Wednesday, 27<sup>th</sup> May, at 5:00 pm.

### 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; Daniel Marques, POR; Jiri Vransky, CZE; Ursula Häusermann, SUI (reserve and remote)

## Entries:

A summary of the entries can be found in IOF Eventor under the following links:

EMTBOC: <https://eventor.orienteering.sport/Events/Show/8557>

EJYMTBOC: <https://eventor.orienteering.sport/Events/Show/8558>

## Catering service:

Every day between the 25th and 27th of May, the organization will provide lunches at moderate prices at the Event Centre.

**Mealtimes:** between 13:00 and 15:00

We will have **2 menu options** (only available to those who register by May 16th):

**Menu 1 - €13.00 – soup + main course\*+ drink + salad or dessert (two main courses\* for each day).**

**Menu 2 - €7.50 – soup + bifana (pork sandwich) + drink + salad or dessert**

**We will also have light meals.**

**Registration with the organization will be mandatory by May 16th, 2026.**

**\* Main courses of the day** (Changes may occur due to difficulties in acquiring food):

25<sup>th</sup> May: Spaghetti with meat Bolognese sauce, & Tuna with russian salad,

26<sup>th</sup> May: Beef stew with peas and potatoes, & breaded hake fillets with tomato rice

27<sup>th</sup> May: Spaghetti with meat Bolognese sauce, & Cod rice with chickpeas and watercress

28<sup>th</sup> May: Party - Banquet (See Banquet tab)

## Accommodation (extra cost)

For accommodation options please contact organisers or check:

<https://www.cm-almeida.pt/espacos-municipais/localizacao-do-concelho-de-almeida/>

## Transport (extra cost) & Public Transport

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

The possible public transport options from Lisbon or Porto are bus or train. However, both have very low service frequency.

If you wish to use them, please request information from the organizers.

## Visas

Portugal is a full Schengen member state. Citizens of some countries must obtain a visa in order to enter Portugal. Check if you need a visa by contacting the nearest Portuguese embassy. If a personal invitation from the organisers is required for the visa, please contact us.

Please make sure that you allow for sufficient time (at least 3 months) for invitation letters and visa processing. Please note that visa regulations are subject to change. Please double check your specific visa requirements.

## Media Services

Media representatives are cordially invited to come to Almeida to cover the event. Registration for media entry should be made by e-mail to [emtbo2026@fpo.pt](mailto:emtbo2026@fpo.pt) no later than 20th May 2026.

Media facilities will be available only to registered media representatives.

## 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<br>120-135 | 35-40<br>105-120 | 30-35<br>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>

## Classes & Participation Restrictions

### **Classes:**

EMTBOC, Word Cup – WOMEN, MEN  
EYMTBOC – W17, M17  
EJMTBOC – W20, M20

Competitors representing member federations of the IOF, defined by the International Olympic Committee as belonging to the European continent, can compete in the EMTBOC.

Competitors representing other member federations of the IOF can participate in EMTBOC but will not be eligible for European titles, medals or diplomas.

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.

### **European MTB Orienteering Championships, MTB Orienteering World Cup:**

There is one class for women (WOMEN) and one for men (MEN). There are no age restrictions.

Each federation may enter up to 6 women and 6 men for all individual competitions plus the current World Champions and European Champions in each format (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 federation may enter a maximum of 5 of team officials.

Each competitor must have a valid IOF Athlete Licence.

### **European Youth MTB Orienteering Championships:**

There is one class for women (W17) and one for men (M17). Only competitors who were born in 2009 or later are entitled to compete in these classes.

Each federation may enter a maximum of 6 competitors in each class for all individual competitions. The organising federation may have 2 additional competitors as official EYMTBOC competitors in the individual competitions.

These competitors must start in the lowest ranked start group.

In the Relay each federation may enter up to 2 teams of 3 riders per class.

### **European Junior MTB Orienteering Championships:**

There is one class for women (W20) and one for men (M20). Only competitors who were born in 2006 or later are entitled to compete in these classes.

Each federation may enter a maximum of 6 competitors in each class for all individual competitions. The organising federation may have 2 additional competitors as official EJMTBOC competitors in the individual competitions. These competitors must start in the lowest ranked start group.

In the Relay each federation may enter up to 2 teams of 3 riders per class.

### **Public Races:**

Open competitions will be offered.

There are 4 classes:

- Easy short and Easy long,
  - Difficult short and Difficult long,
- For the mixed relay: Popular (3 athletes)

## 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.

## 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.

## 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.



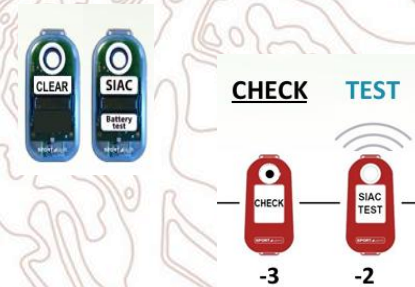
### Late start

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.

## 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 1<sup>st</sup> 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).

## 2<sup>nd</sup> and 3<sup>rd</sup> athletes Relay Start

Information regarding advance notice of team members' arrival is provided on page 36.

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.

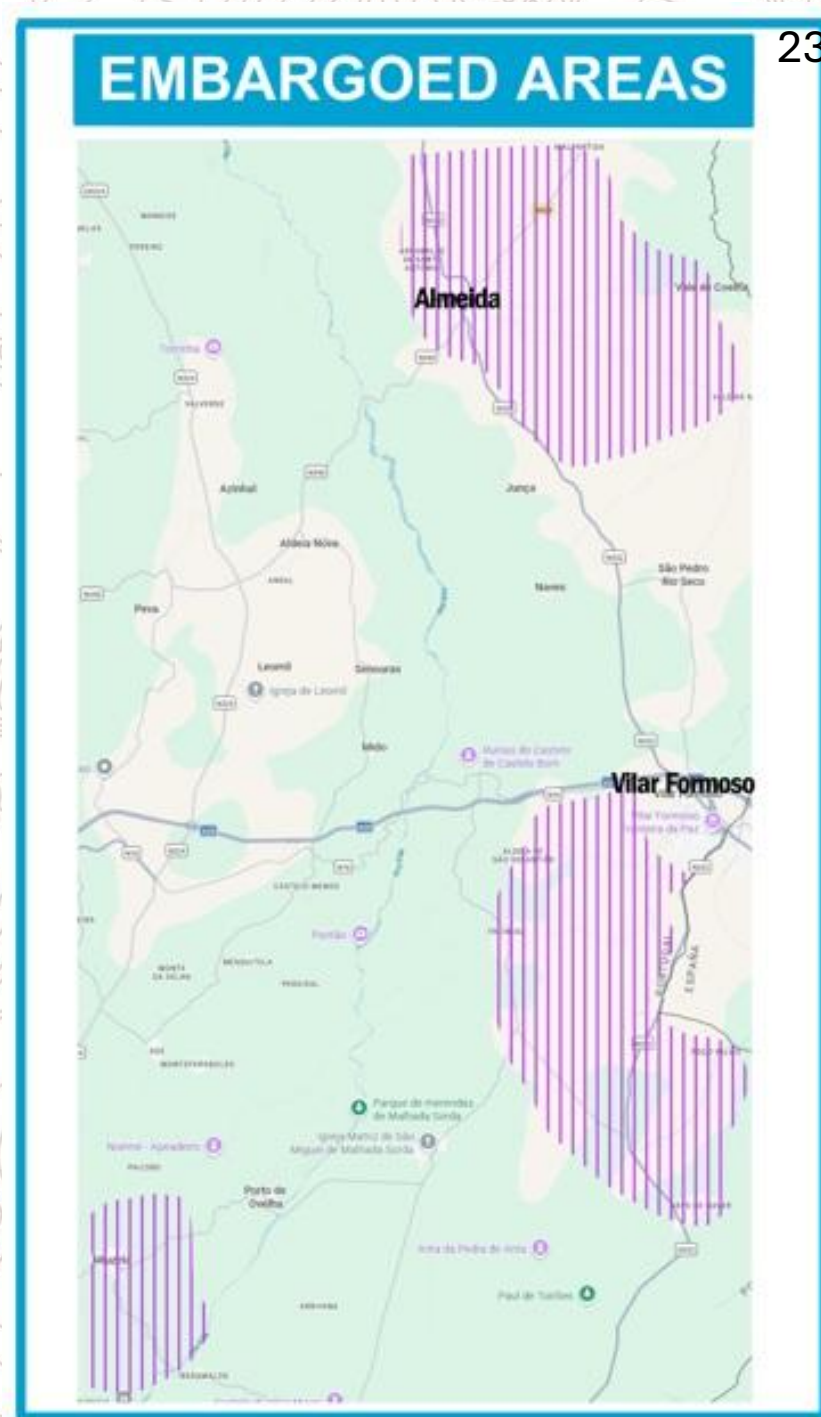
Detailed maps of all embargoed areas can be found on the organiser's website: <http://emtbo2026.fpo.pt>

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.



## Open courses / classes

The open courses will be available in parallel with the EMTBOC & EJYMTBOC, and there is an offer of 4 days of competition on the Same terrain and maps.

Four open courses will be available: Easy short, Easy long, Difficult short and Difficult long.

The open classes will not start until the championship competitions have finished.

|                          | <i>shortest sensible route (km's)</i> | nº controls | climb (mts) | obs        | Scale & Contour Interval | Map size |
|--------------------------|---------------------------------------|-------------|-------------|------------|--------------------------|----------|
| <b>Etapas 1 - Sprint</b> |                                       |             |             |            |                          |          |
| <b>EL / DL</b>           | 8,2                                   | 25          | 40          | Change map | 1/5 000                  | 30x21    |
| <b>ES / DS</b>           | 7,6                                   | 23          | 37,5        |            |                          |          |
| <b>Etapas 2</b>          |                                       |             |             |            |                          |          |
| <b>EL / DL</b>           | 19,2                                  | 19          | 160         |            | 1/10 000                 | 36x26    |
| <b>ES / DS</b>           | 13,2                                  | 17          | 135         |            |                          |          |
| <b>Etapas 3</b>          |                                       |             |             |            |                          |          |
| <b>EL / DL</b>           | 25,3                                  | 15          | 225         | Change map | 1:15000<br>5m            | 30x40    |
| <b>ES / DS</b>           | 18,9                                  | 14          | 130         |            |                          |          |
| <b>Etapas 4</b>          |                                       |             |             |            |                          |          |
| <b>EL / DL</b>           | 13,8                                  | 13          | 85          |            | 1:10000<br>5m            | 30x40    |
| <b>ES / DS</b>           | 9,8                                   | 11          | 70          |            |                          |          |

Participation requires advance registration on the website:

[https://www.orioasis.pt/oasis/events.php?action=event\\_view\\_info&eventid=3219&lang=en\\_UK](https://www.orioasis.pt/oasis/events.php?action=event_view_info&eventid=3219&lang=en_UK)

## Banquet / Party

28<sup>th</sup> May: Party - Banquet (Buffet of grilled pork meats, Transmontana-style feijoada (bean stew), salads, soup, desserts and drinks).

The party/banquet will take place in the event center, coinciding with the awards and closing ceremony. All athletes and team members are invited to the EMTBOC, EJYMTBOC & WC Banquet to celebrate victories and relax in the company of their best colleagues and competitors. For only 20 euros, you will be entitled to an excellent meal. Request your access wristbands at the secretariat.

## Competition Days – Model Event – Sunday, MAY 24

Model event will take place in Miúzela  
Start coordinates: GPS: 40°30'43.5"N 7°00'14.5"W  
30 km from EC to Miúzela (30 min. by car).

Parking: In areas marked with signs.

Site is accessible by bicycle or car.

Time: 10:00 - 15:00, free start times.

**Maps will be in the team bags and SIACs can be collected in the Event office.**

Maps will represent three scales used in the Event – 1:7500, 1:10 000 and 1:15 000. They are double-sided and printed on the same water-resistant paper that is used for the main maps.

The start equipment and procedure and the Finish will be the same as on competition days. There will be one control equipped with SPORTident to demonstrate the punching system, but no card readout will be provided.

The controls of the Model Event will be equipped with flags, which will stay in the terrain till dusk.



## Competition Days – Sprint – Monday, MAY 25

### Arena

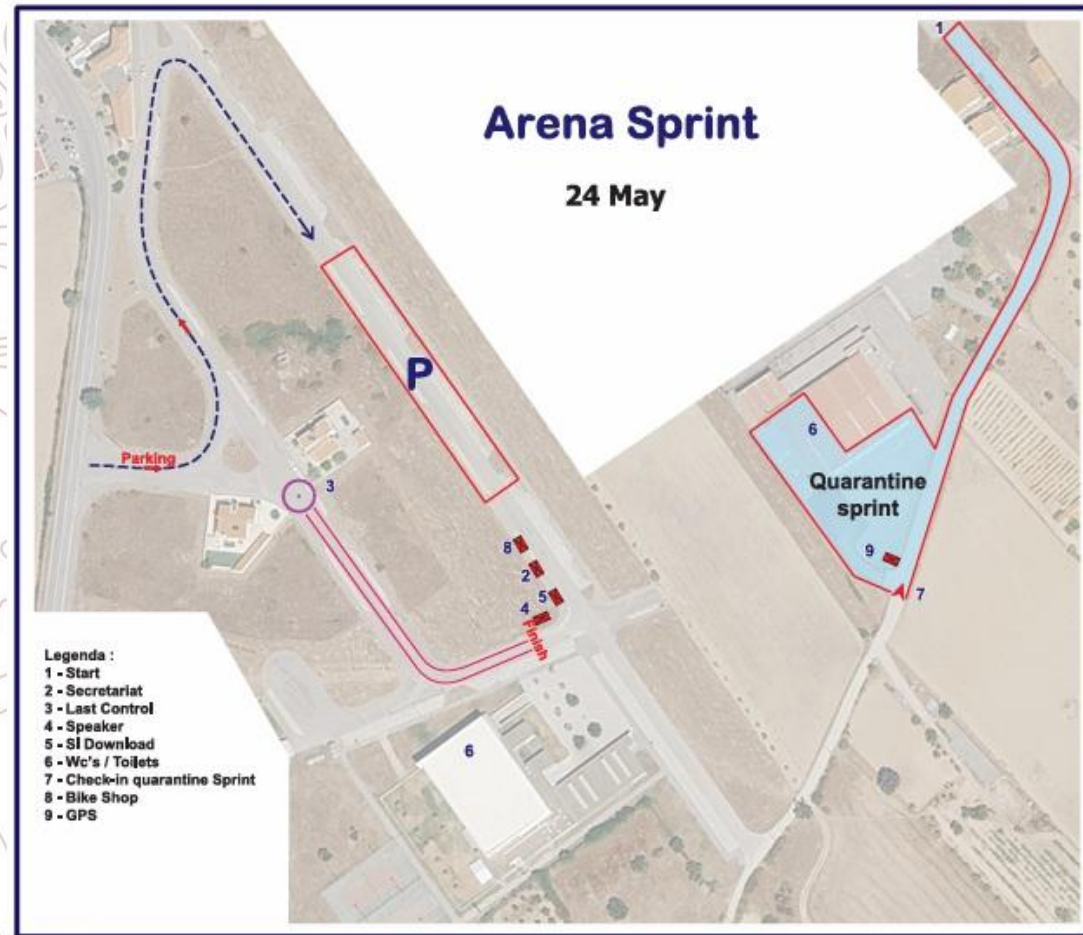
- Municipal Sports Gymnasium of Almeida (GPS: 40°43'02.9"N 6°53'50.5"W)
- Upon approaching the arena, there will be signage (orange and white arrows) for the parking lot, the quarantine area, and the arena itself.
- The event office at the arena is open from 8:30 – 13:00.

### 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

### Warnings

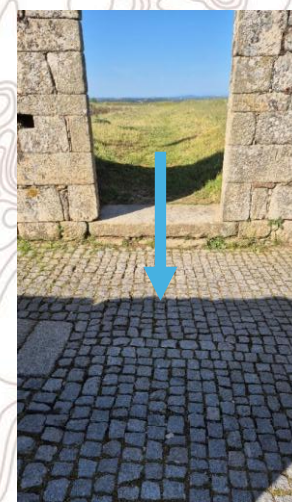
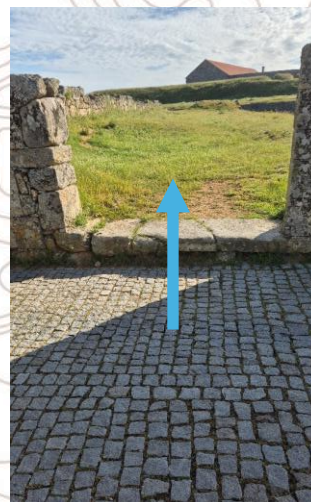
- The competition partly takes place inside a fortress. Reading the map is essential as the high walls can only be navigated through limited passages, some under the walls.
- Some steps cannot be mapped; one specific step is recommended to be crossed on foot. A marshal will be present to signal the hazard.

### Map

- Scale: 1:5000 / vertical contour interval 5 m
- Size: 27 x 35 cm
- double-sided, printed on water-resistant paper
- Mapper: Alexandre Reis

### Course data

|     | Lenght in Km<br>(otimal route) | climb<br>(mts) | # controls | Winning times<br>in minutes | Map<br>change |
|-----|--------------------------------|----------------|------------|-----------------------------|---------------|
| M21 | 8                              | 40             | 24         | 20-25                       | Yes           |
| W21 | 7,1                            | 37,5           | 23         | 20-25                       | Yes           |
| M20 | 7,1                            | 37,5           | 23         | 15-20                       | Yes           |
| W20 | 6,6                            | 32,5           | 21         | 15-20                       | Yes           |
| M17 | 6,9                            | 35             | 22         | 15-20                       | Yes           |
| W17 | 6,4                            | 30             | 20         | 15-20                       | Yes           |



## 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.
- Details on the starting procedure can be found on page 18.

### **Schedule of the day**

- Details can be found on page 6.

**Competition Days – Middle Distance (MD) – Tuesday, MAY 26<sup>th</sup>****Arena**

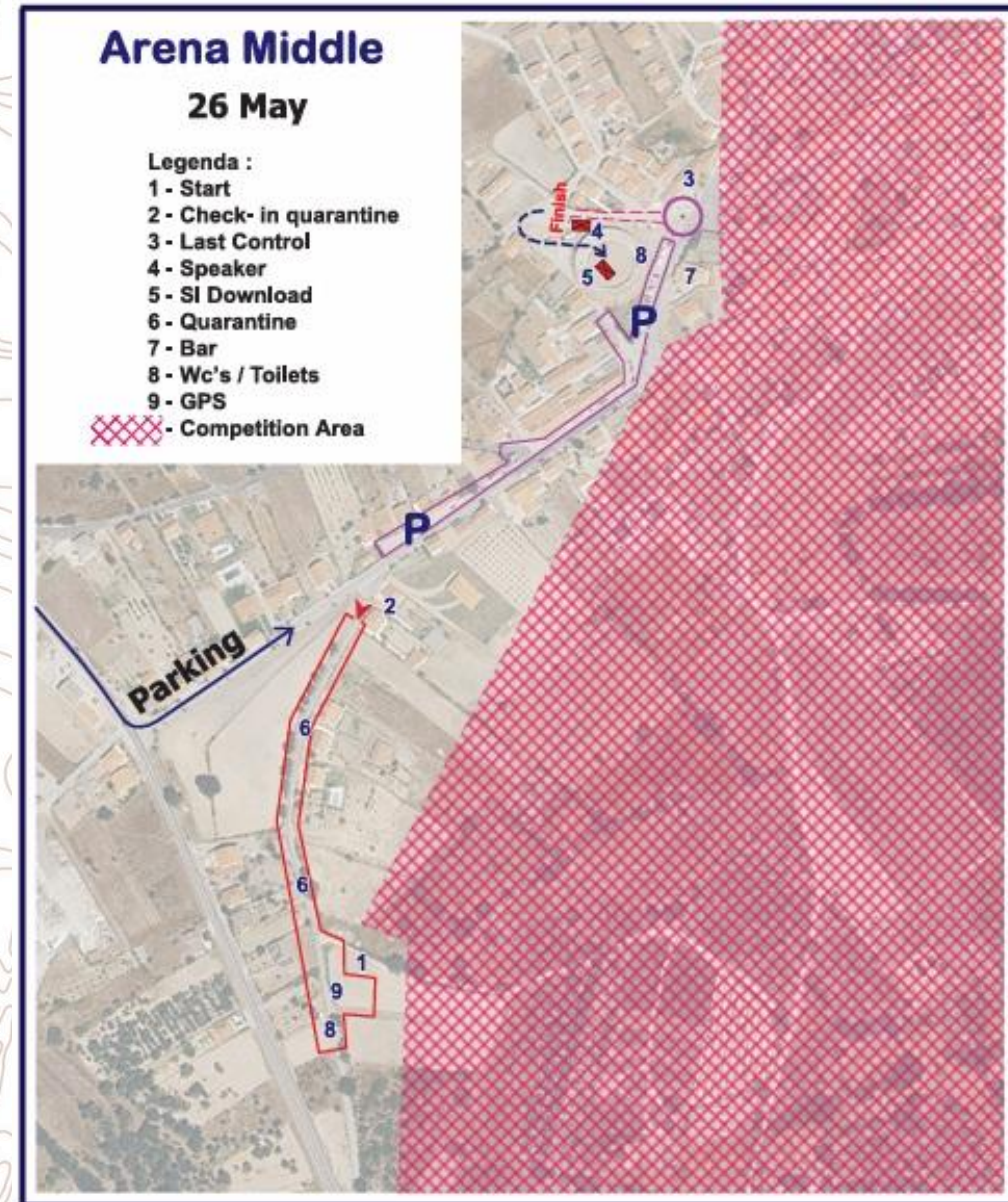
- Arena is located In Nave de Haver (GPS: 40°31'06.7"N 6°50'15.9"W)
- Upon approaching the arena, there will be signage (orange and white arrows) for the parking lot, the quarantine area, and the arena itself.
- The event office at the arena is open from 8:30 – 13:00.

**Parking**

- Parking is available on the public road between the quarantine entrance and the arena.

**Terrain**

- Vegetation consists of woods and cattle grazing areas, where walls and fences predominate along the paths.
- The relief is low to medium.
- Good visibility and rapid progression.



**Competition Days – Middle Distance (MD) – Tuesday, MAY 26<sup>th</sup>****Warnings**

- No warnings

**Map**

- Scale: 1:10000 / vertical contour interval 5 m
- Size: 36 x 26 cm
- printed on water-resistant paper
- Mapper: Alexandre Reis

**Course data**

|     | Lenght in Km<br>(otimal route) | climb (mts) | # controls | Winning times in<br>minutes | Map<br>change |
|-----|--------------------------------|-------------|------------|-----------------------------|---------------|
| M21 | 23                             | 210         | 21         | 50 -55                      | No            |
| W21 | 19,2                           | 185         | 20         | 50 -55                      | No            |
| M20 | 20,1                           | 180         | 19         | 40-44                       | No            |
| W20 | 16,7                           | 155         | 6          | 40-44                       | No            |
| M17 | 16,5                           | 145         | 16         | 32-37                       | No            |
| W17 | 12,6                           | 150         | 17         | 32-37                       | No            |

## Competition Days – Middle Distance (MD) – Tuesday, MAY 26<sup>th</sup>

### **Quarantine zone / pre-start**

- Distance from parking to quarantine zone: 700 to 400 m
- Check-in deadline quarantine zone: 09:30
- 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.
- 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 3 minutes before their start time.
- Organisers will ensure bag delivery from quarantine to finish arena.

### **Start**

- Individual start with an interval of 2 minutes.
- Mandatory route of 220 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.
- Details on the starting procedure can be found on page 18.

### **Schedule of the day**

- Details can be found on page 7.

## Competition Days – Mass Start / Long Distance (LD) – Wednesday, MAY 27<sup>th</sup>

### Arena

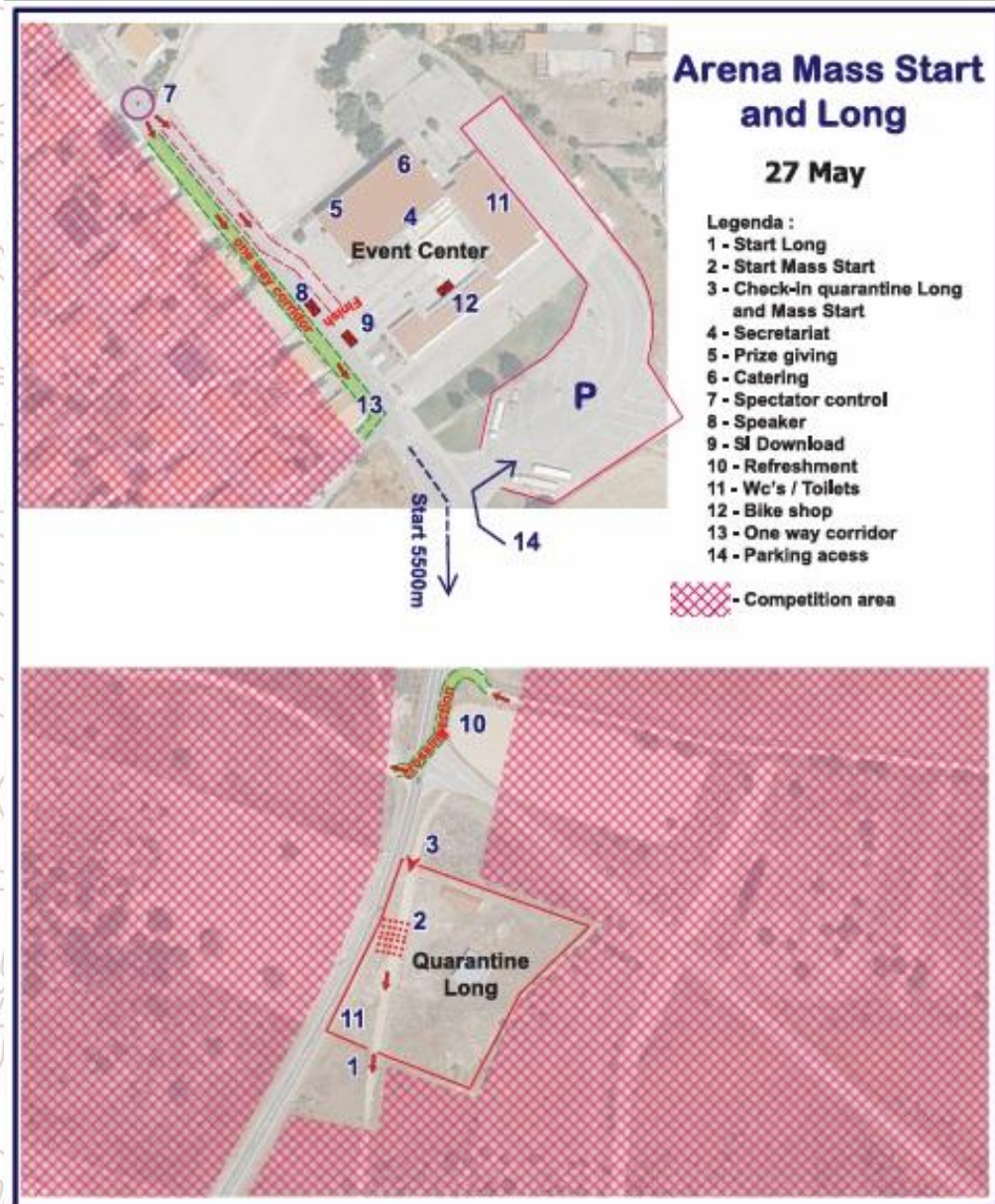
- Arena is located in Vilar Formoso ((GPS: 40°36'35.2"N 6°50'02.4"W)
- Upon approaching the arena, there will be signage (orange and white arrows) for the parking lot, the quarantine area, and the arena itself.
- The event office at the arena is open from 8:30 – 19:00.

### Parking

- Parking is available near the event center.

### Terrain

- Vegetation consists of woods and cattle grazing areas, where walls and fences predominate along the paths.
- The relief is low to medium.
- Good visibility and rapid progression.



**Competition Days – Mass Start / Long Distance – Wednesday, MAY 27<sup>th</sup>****Warnings**

- No warnings

**Map**

- Scale: 1:15000 / vertical contour interval 5 m
- Size: 30 x 40 cm
- double-sided, printed on water-resistant paper
- Mapper: Alexandre Reis

**Course data**

|     | Lenght in Km<br>(otimal route) | climb (mts) | # controls | Winning times in<br>minutes | Map change |
|-----|--------------------------------|-------------|------------|-----------------------------|------------|
| M21 | 40,2                           | 245         | 29         | 75-85                       | Yes        |
| W21 | 33,9                           | 230         | 28         | 75-85                       | Yes        |
| M20 | 30,8                           | 210         | 19         | 84-92                       | Yes        |
| W20 | 22,2                           | 165         | 17         | 84-92                       | Yes        |
| M17 | 26,1                           | 190         | 19         | 70-75                       | Yes        |
| W17 | 20,7                           | 155         | 16         | 70-75                       | Yes        |

## Competition Days – Mass Start / Long Distance – Wednesday, MAY 27<sup>th</sup>

### **Quarantine zone / pre-start**

- Distance from parking to quarantine zone: 6 km – allow 30 min to arrive to quarantine zone – The route from the arena to the start will be marked by red-white stripes. Quarantine is located in Poço do Velho (GPS: 40°33'54.8"N 6°50'44.2"W).
- Check-in deadline quarantine zone: 10:00 (EJYMTBOC)
- Receipt of GPS: Please be in start zone at least 15 minutes before your start time to have sufficient time to collect and fix the GPS device.
- Pre-start: No pre-start.
- 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 start, and the competitors' names will be called 3 minutes before their start time.
- Organisers will ensure bag delivery from quarantine to finish arena.

### **Start**

- Mass start: Details on the starting procedure can be found on page 19.
- Long distance: Individual start with an interval of 3 minutes.
- Mandatory route of 220 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.
- Details on the individual starting procedure can be found on page 18.

### **Schedule of the day**

- Details can be found on page 7.

## Competition Days – Mixed Relay / Relay – Thursday, MAY 28<sup>th</sup>

### 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

- Vegetation consists of woods and cattle grazing areas, where open areas predominate.
- The relief is low to medium.
- Good visibility and rapid progression.



**Competition Days – Mixed Relay / Relay – Thursday, MAY 28<sup>th</sup>****Warnings**

- The responsibility for being ready to start the 2nd and 3rd leg of the Relay race rests with the athletes.
- The maps are located at the entrance to the changeover area, after the clear and check procedure.
- Athletes enter the changeover area after their team's athlete has passed the spectator point.
- The final loop (from the spectator point to the changeover) has an approximate duration of:-  
Mixed relay and M20 relay - 8 minutes, and W20, M17 and W17 relays - 4 minutes

**Map**

- Scale: 1:1000 / vertical contour interval 5 m
- Size: 30 x 21 cm
- printed on water-resistant paper
- Mapper: Alexandre Reis

**Course data**

|       | Lenght in Km<br>(otimal route) | climb<br>(mts) | # controls | Winning times<br>in minutes | Map<br>change |
|-------|--------------------------------|----------------|------------|-----------------------------|---------------|
| M/W21 | 16,1-17,1                      | 110            | 15         | 40-45                       | No            |
| M20   | 14,8-15,6                      | 100            | 13         | 35-40                       | No            |
| W20   | 13,1-13,6                      | 85             | 14         | 35-40                       | No            |
| M17   | 13,3-13,8                      | 85             | 12         | 30-35                       | No            |
| W17   | 10,3-10,8                      | 70             | 12         | 30-35                       | No            |

## **Quarantine zone / pre-start**

- Distance from parking to quarantine: 200 m (Municipal Swimming pools of Almeida - GPS: 40°43'01.4"N 6°53'56.2"W).
- Check-in deadline quarantine zone: 09:30
- 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.
- 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 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**

- Details on the starting procedure can be found on page 19.
- Mandatory route of 100 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.

## **Schedule of the day**

- Details can be found on page 7.












































IOF World Ranking “top 45” – 14/05/2026

## Men

| Rank | Name               | Federation | Points |
|------|--------------------|------------|--------|
| 1 =  | Vojtech Ludvik     | CZE        | 8169   |
| 2 =  | Andreas Waldmann   | AUT        | 8077   |
| 3 ▲  | Hannes Hnilica     | AUT        | 8049   |
| 4 ▼  | Krystof Bogar      | CZE        | 8034   |
| 5 ▼  | Fabiano Bettega    | ITA        | 7992   |
| 6 ▲  | Noah Rieder        | SUI        | 7953   |
| 7 ▼  | Bartosz Niebielski | POL        | 7946   |
| 8 ▼  | Samuel Pokala      | FIN        | 7911   |
| 9 ▲  | Jan Hasek          | CZE        | 7909   |
| 10 ▲ | Armel Berthaud     | FRA        | 7893   |
| 11 ▼ | Miika Nurmi        | FIN        | 7885   |
| 12 = | Ignas Ambrasas     | LTU        | 7852   |
| 13 ▼ | Vojtech Stransky   | CZE        | 7847   |
| 14 ▲ | Tomi Nykanen       | FIN        | 7834   |
| 15 = | Jonas Maiselis     | LTU        | 7832   |
| 16 ▼ | Teemu Kaksonen     | FIN        | 7803   |
| 17 ▲ | Riccardo Rossetto  | ITA        | 7772   |
| 18 ▼ | Paul Debray        | FRA        | 7768   |
| 19 ▼ | Adrian Jaeggi      | SUI        | 7759   |
| 20 ▼ | Lauri Malsroos     | EST        | 7748   |
| 21 ▼ | Flurin Schnyder    | SUI        | 7747   |
| 22 = | Jussi Laurila      | FIN        | 7726   |
| 23 ▲ | Luca Dallavalle    | ITA        | 7714   |

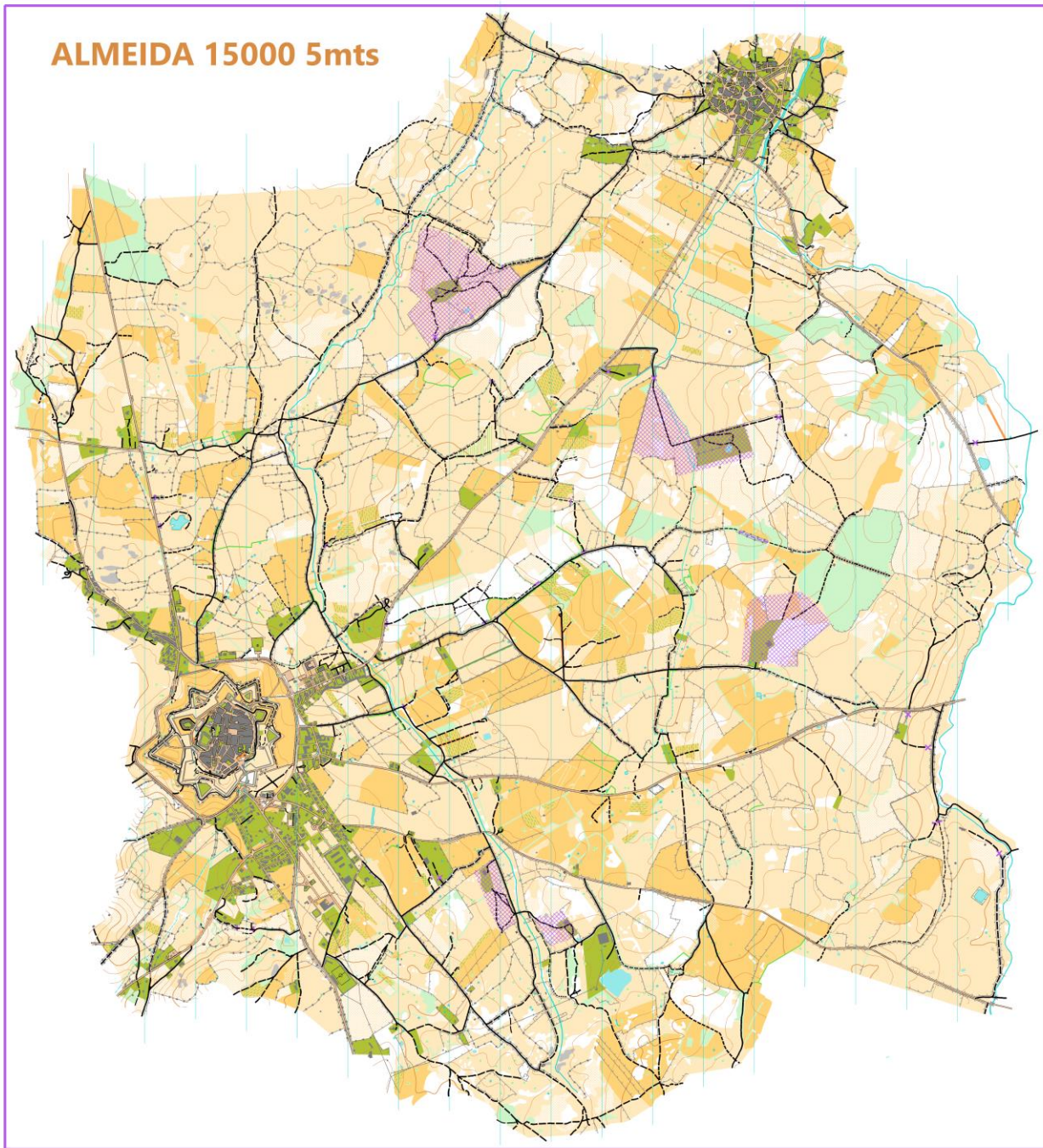
## Women

| Rank | Name                    | Federation | Points |
|------|-------------------------|------------|--------|
| 1 =  | Nikoline Splittorff     | DEN        | 7974   |
| 2 =  | Ruska Saarela           | FIN        | 7885   |
| 3 =  | Camilla Soegaard        | DEN        | 7774   |
| 4 =  | Martina Tichovska       | CZE        | 7762   |
| 5 =  | Gabriella Gustafsson    | SWE        | 7742   |
| 6 =  | Marika Hara             | FIN        | 7711   |
| 7 ▲  | Constance Devillers     | FRA        | 7704   |
| 8 ▼  | Algirda Mickuviene      | LTU        | 7700   |
| 9 ▲  | Iris Aurora Pecorari    | ITA        | 7680   |
| 10 ▼ | Ursina Jaeggi           | SUI        | 7678   |
| 11 ▲ | Celine Wellenreiter     | SUI        | 7670   |
| 12 ▼ | Tilda Palm              | SWE        | 7647   |
| 13 ▼ | Caecilie Christoffersen | DEN        | 7616   |
| 14 ▲ | Jana Hnilica            | AUT        | 7596   |
| 15 ▼ | Lucie Nedomeleova       | CZE        | 7568   |
| 16 ▲ | Elvira Larsson          | SWE        | 7534   |
| 17 ▼ | Antonia Haga            | FIN        | 7524   |
| 18 ▲ | Marisa Costa            | POR        | 7496   |
| 19 ▼ | Valerie Kamererova      | CZE        | 7466   |
| 20 ▼ | Jana Luescher Alemany   | SUI        | 7464   |
| 21 ▼ | Siiri Rasimus           | FIN        | 7432   |
| 22 ▼ | Anna Kaminska           | POL        | 7401   |
| 23 ▲ | Rozalie Kucharova       | CZE        | 7378   |

|    |                          |   |      |    |                                    |   |      |
|----|--------------------------|---|------|----|------------------------------------|---|------|
| 24 | ▲ Jiri Hradil            |  CZE     | 7698 | 24 | ▼ Lou Garcin                       |  FRA     | 7377 |
| 25 | ▼ Tatu Aaltonen          |  FIN   | 7678 | 25 | ▲ Silja YliHietanen                |  FIN   | 7349 |
| 26 | = Jeremi Pourre          |  FRA   | 7669 | 26 | ▼ Laurane Meyers                   |  FRA   | 7335 |
| 27 | ▼ Rasmus Nordgren        |  SWE   | 7651 | 27 | ▲ Ingrid Stengard                  |  FIN   | 7329 |
| 28 | = Martin Kanta           |  CZE   | 7603 | 28 | ▼ Marketa Mulickova                |  CZE   | 7323 |
| 29 | ▲ Georg Koffler          |  AUT   | 7595 | 29 | ▼ Elena Yllan Ortiz                |  ESP   | 7221 |
| 30 | ▼ Jonas Vytautas Gvildys |  LTU   | 7565 | 30 | ▲ Ewa Haltof                       |  CZE   | 7202 |
| 31 | ▼ Oliver Friis           |  DEN   | 7515 | 31 | ▼ Anna Tkaczuk                     |  POL   | 7196 |
| 32 | ▲ Antoine Lesquer        |  FRA   | 7506 | 32 | ▲ Karin Gustafsson                 |  SWE   | 7172 |
| 33 | ▼ Joao Ferreira          |  POR   | 7496 | 33 | ▼ Marie Kamarytova                 |  CZE   | 7157 |
| 34 | ▼ Pierre Martinez        |  FRA   | 7488 | 34 | ▲ Juste Umbrasaite                 |  LTU   | 7129 |
| 35 | ▼ Albin Demaret Joly     |  FRA   | 7434 | 35 | ▼ Karolina Mickeviciute Juodisiene |  LTU   | 7058 |
| 36 | ▼ Sander Pritsik         |  EST   | 7418 | 36 | ▲ Bianka Tamas                     |  HUN   | 7055 |
| 37 | = Augustin Leclere       |  FRA   | 7391 | 37 | ▼ Eleri Hirv                       |  EST   | 6991 |
| 38 | = Grzegorz Nowak         |  POL   | 7376 | 38 | ▲ Irmante Aleliunaite              |  LTU   | 6964 |
| 39 | ▲ Krzysztof Wroniak      |  POL   | 7364 | 39 | ▲ Adela Ryglova                    |  CZE   | 6953 |
| 40 | ▼ Tobias Breitschaedel   |  AUT   | 7363 | 40 | ▼ Jade Boussier                    |  FRA   | 6899 |
| 41 | ▼ Matej Muller           |  SVK   | 7357 | 41 | ▼ Saara YliHietanen                |  FIN   | 6843 |
| 42 | ▼ Jakub Skoda            |  CZE | 7259 | 42 | ▼ Chiara Magni                     |  ITA | 6830 |
| 43 | = Andris Sarksna         |  LAT | 7194 | 43 | ▼ Marii Isabel Allikberg           |  EST | 6829 |
| 44 | ▲ Jocelin Lauret         |  FRA | 7170 | 44 | ▲ EmmaRiikka Laamanen              |  FIN | 6655 |
| 45 | = Stanimir Belomazhev    |  BUL | 7127 | 45 | ▼ Agne Musajevaite                 |  LTU | 6623 |

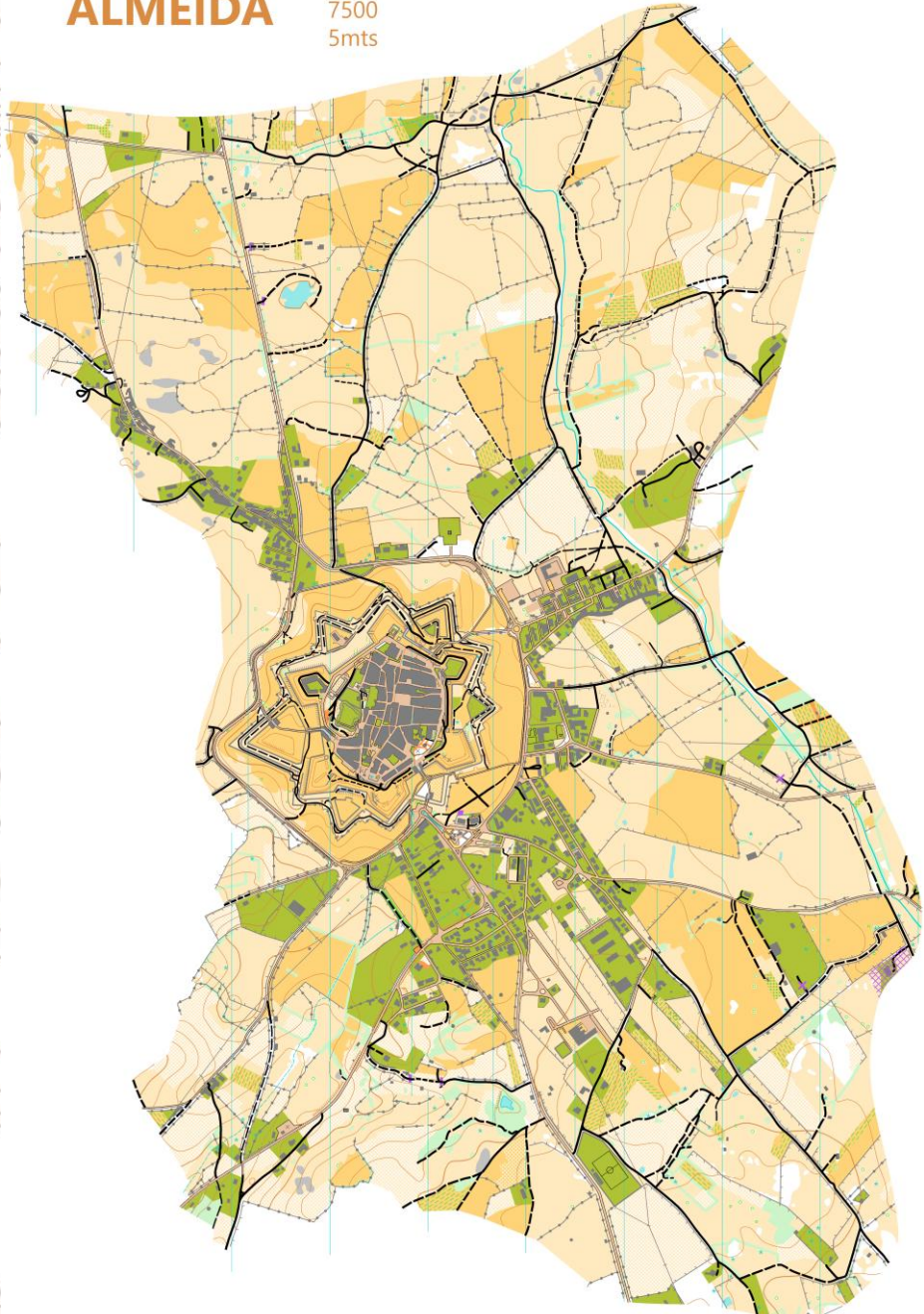
**Note:** The MTBO Commission has given Pierre Martinez a Wild Card for starting group 3 in the Sprint and Middle distance competition. This Wild Card is being issued on an exceptional basis as it is no longer provided for in the rules. It is intended as recognition of Pierre's great sportsmanship at the WMTBOC 2025, where he withdrew from two races to help an injured rider. It also takes into account that Pierre would have had a real chance in those two races of scoring the WR points needed to qualify for group 3.

Old map Almeida

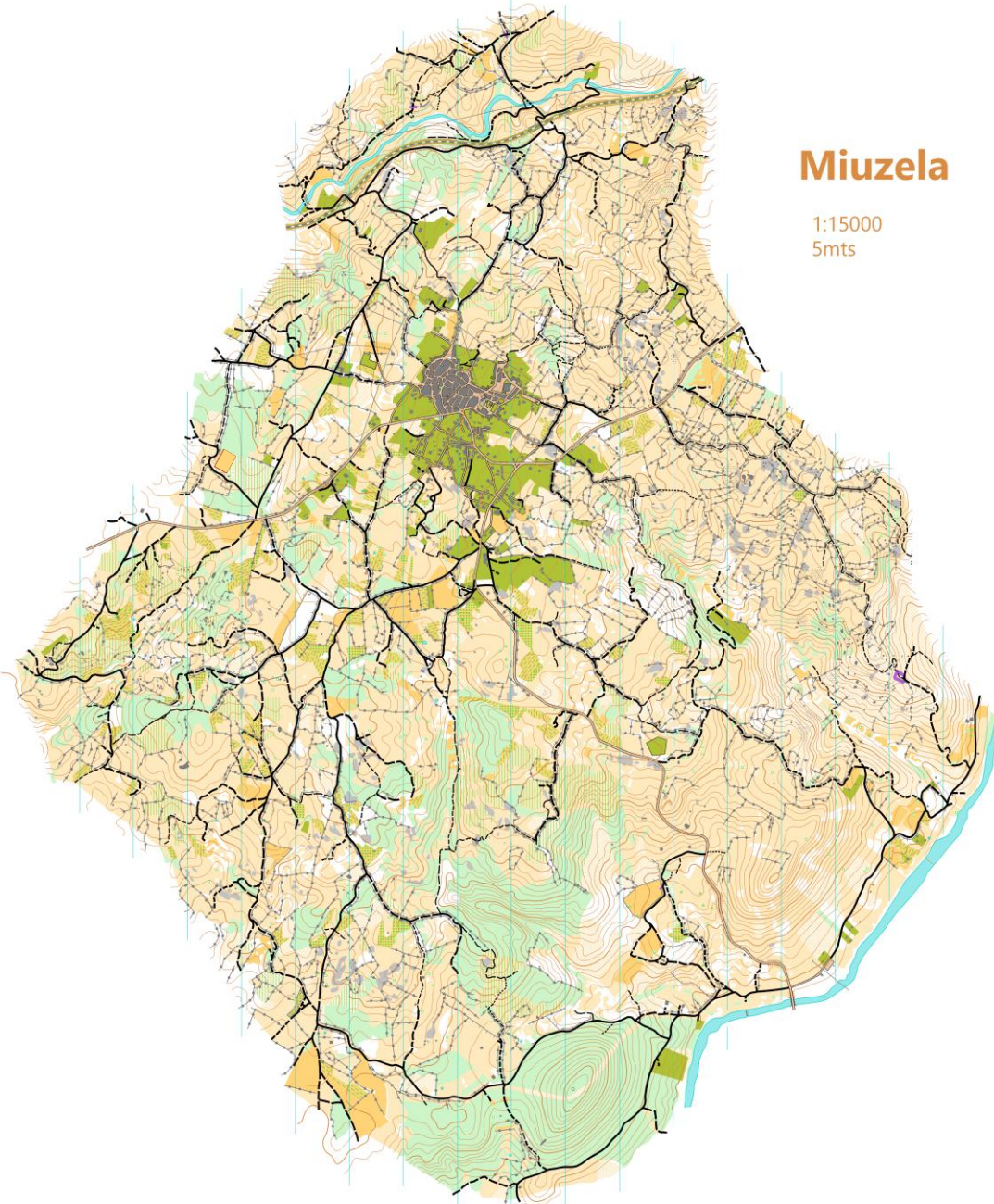


Old map Urban Almeida

**ALMEIDA** 7500  
5mts



Old map Miuzela



**Miuzela**

1:15000  
5mts

