



EUROPEAN ORIENTEERING CHAMPIONSHIPS
EUROPEAN TRAIL ORIENTEERING CHAMPIONSHIPS

WWW.EOC2014.FPO.PT/



WELCOME

WELCOME TO EUROPEAN ORIENTEERING CHAMPIONSHIP, EUROPEAN TRAIL ORIENTEERING CHAMPIONSHIP, WORLD CUP SERIES 2014 AND EOC TOUR BY PRESIDENT OF PORTUGUESE ORIENTEERING FEDERATION



Dear O-friends,

The Portuguese Orienteering Federation (POF) is delighted to be organizing the European Orienteering Championships and European Trail Orienteering Championships 2014.

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 in <http://www.eoc2014.fpo.pt/> and any further questions will be answered by emailing the EOC/ETOC'14 office at geral@fpo.pt.

Please ask about any matters connected to your trip to Portugal in order to fully enjoy your participation in European Orienteering Championships and European Trail Orienteering Championships 2014 and your stay in our beautiful country.

Greetings from Portugal,

Augusto Almeida

The Chairman of the POF Board



Ana Teresa Vicente

The Palmela Mayor

At first sight, Palmela is impressive due to its sceneries and extension. It lies between the mountain range and the plain, and our gaze looses itself in the never-ending view of the horizon. It is a land of contrasts; the municipality of Palmela stretches out along 460 square kilometers, between the Natural Park of Arrabida and the Natural Reserve of the Sado Estuary, the hectares of vine and the hospitable villages, and the millenary history and the comfort of metropolitan life. Nature, heritage, gastronomy, top-choice wines, craftwork and a rich festive and cultural calendar are some of the suggestions that Palmela has to offer you. Add quality accommodation, golf and the marvellous Arrábida beaches, so near-by. Only 40 kilometers away from Lisbon and with an excellent road and railroad network, this is your destiny.

Palmela is very honored to host this great orienteering event in its territory and to have the opportunity to provide all this to those who visit us during the event. In national teams competing in European Orienteering Championships or European Trail Orienteering Championships, competing in the World Cup Series 2014 or in the open races that will be organized in parallel with those competitions, we want to welcome all to Palmela for a staying to remember lifelong.

José Manuel Constantino

President of the Portuguese Olympic Committee

The European Orienteering and Trail Orienteering Championships 2014, which this year takes place in Portugal, precisely in the municipalities of Palmela and Sesimbra in another meritorious organization of Portuguese Orienteering Federation provides an opportunity to promote a sport that is gaining new fans, of all ages, harmoniously combining sport with Environment and Tourism.

The Olympic Committee of Portugal is pleased to join this international organization, welcoming the participants and various competitors that certainly will not fail to join this great sport festival.

Humberto Santos

The Chairman of the Paralympic Committee of Portugal (CPP)

The Portuguese Orienteering Federation (FPO) is a member of the Paralympic Committee of Portugal (CPP) since 2010, and since then has made great progress toward sports inclusion, through the development of TrailO in Portugal. To prove it, we have numerous initiatives undertaken with the participation of athletes with disabilities, in a perfect demonstration of adherence to the principles of equality, inclusion and sporting excellence, which underlie the action of CPP.

It is always with great contentment that I register the dynamics of the members of the Paralympic Committee of Portugal, in the case, the FPO. Certainly, as a sign and recognition of the excellent work, was granted by International Orienteering Federation (IOF) the organization of the European Trail Orienteering Championship 2014, which will be held in the region of Palmela, intended for athletes with disabilities.

Considering the region and the organization team I have no doubt to guess that the conditions are ideal for a successful sports and social event, because it will surely be a stimulating space for participation, competition and sporting excellence, but also for socializing and interaction.

Convinced of the deep commitment, I endorse the entire organization votes of big success in the preparation of this great event, and that it may provide, to all who will participate in it, moments of equality, inclusion and sporting excellence.

WHAT WE HAVE FOR YOU!



Inhabited since prehistoric times due to its privileged and strategic location, Palmela has traces of the various cultures it has fostered. Stage for the battles of the Christian conquest against the Moors, it was D. Afonso Henriques who gave it its first foral in 1185. The choice of the Castle of Palmela, in 1443, as the headquarters for the Military Order of Santiago da Espada for four centuries is a crucial landmark of its identity.

Nature is exuberant in the municipality of Palmela. The territory incorporates two of the most important national protected areas: the Natural Park of Arrabida, nominated to Unesco World Heritage, and the Natural Reserve of the Sado Estuary. Magnificent sceneries, endowed with pedestrian paths, provide all the richness of open-air experiences. In the middle of the Natural Park of Arrabida, by yourself or with specialized enterprises, sport and open-air activities are also leisure options such as Orienteering, Go-karting, walking/trekking, cycling and MTB, donkey rides, paintball, traditional games and rock-climbing.



The generous products that are the basis of the quality delicacies grow both in the never-ending plains and the Main Mountain. Start with the creamy Sheep Butter and the famous Azeitão Cheese, a renowned and certified product which are ideal to accompany the home-made bread. Indulge in the genuine taste of the typical "Caramela" soup, in the "Palmeloa" broad beans, in the Rabbit with beans a la Palmela, in the Capon Stew or the Cheery Chicken, and finish with a juicy "Riscadinha" Apple. In confectionary, the Fogaça de Palmela, the Santiago, the Palmelense, the Bolinho de Amêndoa, pear cooked in Muscatel wine, the "Riscadinha" Apple Tart, the Rice pudding with sheep's milk, the Suspiros and the Bolo de Família are all noteworthy. True delicacies... Accompany with an excellent wine.



Of certified quality and unmistakable fragrance, the wines of Palmela are differentiated by red, white and muscatel, never forgetting the Rosés and the top-quality Sparking Wines. In the reds, the caste Castelhão dominates, originating full-bodied wines, of intense colour and full fragrance, with hints of dry fruits and spices. The whites derive from a caste such as Fernão Pires and Setubal Muscatel, with good body and a fruity fragrance. The Muscatel of Setubal and Muscatel Roxo castes dominate the generous wines and offer the centenary "Muscatel of Setubal". Here, wine is an excuse for meeting people, acquiring knowledge and traditional tastes, always with astonishing landscapes as background. In the Town of Palmela you can find the Headquarters of the Wine Route of the Peninsula of Setubal, the ideal place to plan your visit.

The traditional arts and trades were once the only means of production, and handcraft was related to needs, customs, feelings, rules and values. In Palmela, the offer of handcraft is diverse, from the miniature farming tools to pottery; from tiles and artistic ceramics to copper, tin and iron work; from basketry to weaving; from rag-doll making to wood engraving. Works of love and dedication that honour ancient traditions.



Culture has a spotlight position in the municipality's day-to-day life. An associative dynamic movement and a schedule of events filled with proposals of national and international quality, in areas such as theatre, music, or dance, have been combined to the traditional manifestations that the people devoutly maintain. The Wine Harvest Feast is the most significant festivity in the municipality and it is a celebration of the Vine and the Wine.

The Lisbon Metropolitan Region, in which Palmela is included, is renowned for its excellent climate conditions and for the diversity and quality of its golf courses. Distinguished with the award "Best European Golf Destination", in 2007, by the IAGTO - International Association of Golf Tour Operators, the region fascinates golfers. Here, the best conditions for the practice of this sport, may be found framed by stunning natural sceneries, secular heritage, traditional gastronomy and all the comfort of cosmopolitan life.

VENUE AND ACCESS

The European Orienteering Championships (EOC) 2014, the European Trail Orienteering Championships (ETOC) 2014, the World Cup race and EOC Tour will be held in Palmela, Portugal. All the competitions will be located inside 25 minutes driving from the Event Centre located in Pinhal Novo.

HOW TO REACH PINHAL NOVO

By plane

Lisbon International Airport, 40km from Pinhal Novo (highway)

By car

40km south from Lisbon (highway) and 5 hour drive from Madrid – Spain

By train

Railway station in Palmela and Pinhal Novo



PROGRAMME

Update

PROGRAMME

EOC'14

ETOC'14

EOC TOUR'14

9TH APRIL WEDNESDAY	Accreditation, Event Centre Model event: Middle distance, Long distance and Sprint Free training opportunity	--	Accreditation, Event Centre
10TH APRIL THURSDAY	9:00 am - Middle distance qualification	--	12:00 am: Stage 1
11TH APRIL FRIDAY	9:00 am - Long distance qualification	Accreditation, Event Centre	1:00 pm: Stage 2
12TH APRIL SATURDAY	9:00 am - Sprint qualification	Model Event Trail 09:00am to 02:00 pm	
13TH APRIL SUNDAY	02:00pm – Sprint finals B, C	9:00 am - Tempo Qualification	2:00 pm - Stage 3
	3.00 pm: Opening Ceremony		
	05:00 pm - Sprint final A		
	7.00 pm: Official Dinner		
14TH APRIL MONDAY	09:00 am – Middle distance final	09:00 am – Stage 1	12:00 - Stage 4
15TH APRIL TUESDAY	09:00 am – Long distance final	09:00 am – Stage 2	01:00 pm - Stage 5
16TH APRIL WEDNESDAY	9:00 am - Relay	09:00 am – Tempo final	
	01.00 pm: Closing Ceremony		

COMPETITIONS AND TRAINING OPPORTUNITIES BEFORE EUROPEAN ORIENTEERING CHAMPIONSHIPS 2014

Update

COMPETITIONS

Date	Event	Place	Website
2013			
19 October	Trail-O Meeting	Palmela	www.palmela-preo-meeting.webnode.pt
2014			
25 26 January	NAOM'14	North Alentejo	www.gd4caminhos.com/naom2014
22 23 February	Ori-Estarreja (WRE)	Viseu	www.ori-estarreja.pt
01 04 March	POM'14 (WRE)	Gouveia	www.pom.pt
08 09 March	II ALOT (WRE)	Arraiolos	www.alot14.gafanhori.pt

COMPETITIONS AND TRAINING OPPORTUNITIES BEFORE EUROPEAN ORIENTEERING CHAMPIONSHIPS 2014

TRAINING CAMPS

The organization ensures, in partnership with Portuguese clubs, various training opportunities from January 2013 on terrains with identical characteristics to the EOC//ETOC 2014. These opportunities will be duly advertised in bulletins and in EOC/ETOC'14 website.

It's already possible to query information about the Orievents / GD4C and Gafanhori/ COAC training camps.

ORIEVENTS / GD4C TRAINING CAMP:

Organization | Orievents / GD4C

Camp Director | Fernando Costa

Technical responsibility | Eva Jurenikova (course setter for European Orienteering Championships 2012 long and middle)

Date | The field was opened from January to March 2013, and reopened from January 2014 (other period may be adapted according to the needs of the teams)

Information and contacts | www.orievents.com | www.gd4caminhos.com

All the information about maps, locations, prices and other issues can be found in <http://orievents.com/en/training-camps/alto-alentejo/general-information/>



GAFANHORI TRAINING CAMP:

Organization | Gafanhori

Technical responsibility | Tiago Leal

Date | The field was opened from January to March 2013, and reopened from January 2014 (other period may be adapted according to the needs of the teams)

Information and contacts | www.alot14.gafanhori.pt

All the information about maps, locations, prices and other issues can be found on the website above.



O-PORTUGAL/COAC TRAINING CAMP:

Organization | O-Portugal / COAC

Camp Director | Bruno Nazário (O-Portugal)

Technical responsibility | Bruno Nazário

Date | The field was opened from January to March 2013, and reopened from January 2014 (other period may be adapted according to the needs of the teams)

Information and contacts | www.o-portugal.pt

All the information about maps, locations, prices and other issues can be found on the website above.



GENERAL INFORMATION

Climate	During April you can expect temperatures from 15° to 30° Celsius during the day and from 10° to 20° at night.
Event Centre	The official Event and Media Centre of European Orienteering Championships 2014 will be at Pinhal Novo. All the Event Centre and its facilities are suitable for wheelchair.
Travelling	By plane: Lisbon International Airport, 40km from Pinhal Novo (highway) By car: 40km south from Lisbon (highway) and 5 hour drive from Madrid – Spain. By train: Railway station in Palmela and Pinhal Novo Please refer to map in page 5
Visa	Please contact the Portuguese embassy in your country or refer to www.sef.pt .
Currency	Euro €
Lodging	The organization offers various accommodation options at reduced rates for participants in the European Orienteering Championships / European Trail Orienteering Championships, upon prior reservation. Reservations must be made with the Organizing Committee. For the EOC, ETOC and EOCTour we propose a variety of accommodations in Palmela, Setúbal, Sesimbra and Almada, at special rates for the participants if the accommodation is booked via the event organizer using the entry form available in our web page. For further details see our web page (all hotel units are disclosed). The capacity of each hotel is limited; priority according to paying order. In the Event Center (EC) there will be suitable space for caravans: €80,00 (from 8th to 16th April 2014).
New Info	

TABLE BELOW SHOWS THE DISTANCES (KM) BETWEEN THE HOTELS AND THE ARENAS

Hotel	Location	Lagoa Albufeira (model event middle/long Q)	Sesimbra (model event sprint Q/F, sprint Q)	Meco (Middle/long Q)	Palmela (Sprint F, Opening ceremony)	Pinhal Novo (Event centre)	Marateca / Landeira (Middle/Long F, Relay, Model event Middle/long/relay)	Palmela Village (TempO Q/F)	Vale de Barris (PreO, PreO model event)
Almada Business 4*	Almada	17	31	32	35	25	54	28	37
F Palmela 3*	Cajados	54	42	51	17	15	12	20	22
Pousada de Palmela	Palmela	31	29	38	0	9	26	7	4
Amazónia 4*	Palmela	30	31	35	4	7	28	8	6
Palmela Village Golf Resort 4*	Qtº do Anjo	25	26	30	7	11	31	0	9
Sesimbra Hotel & SPA 4*	Sesimbra	18	0	17	31	38	64	27	35
Pousada de Setúbal	Setúbal	38	28	36	12	17	24	17	15
Novotel 4*	Setúbal	41	32	40	9	16	18	15	11
Hotel do Sado 4*	Setúbal	36	30	38	10	15	22	16	9
Laitau 3*	Setúbal	35	29	37	9	14	21	15	8
Ibis 2*	Setúbal	41	34	43	11	16	15	17	13
Aqualuz 4*	Troia	37	30	38	10	15	22	15	10

Note - As the Aqualuz Hotel is located in Troia peninsula in front of Setúbal, the distances are estimated from this city. The crossing of the Sado river can be made by catamaran (pedestrians) located about 500m from the hotel or by ferry located about 5km.

GENERAL INFORMATION

Food	Catering service will be available in the event centre for dinner each day, and in the race arenas for the middle and long distance qualification and finals. The sprint arenas will be set in urban areas, with good offer of restaurants and similar.
New Info	
Transportation	We strongly recommend car rental as the best way to move around during the event. The organization is negotiating special rates for the participants.
Update	A bus service to model event, races and banquet will be available at the cost of €160,00 (from 9th to 16th April 2014). For those participants who book lodging with the organization, the bus, when requested, shall be adjusted to hotel location. For those participants staying in Hotel Aqualuz (Troia), the bus service starts and ends in Setúbal (pier from where a catamaran can be picked up to Troia). Transport from and to the Lisbon airport can also be requested at extra-cost (please contact us). For further details see Transport entry form available in our web page.
Parking	Parking is available for private caravans, cars and buses.
Entries	The official Event and Media Centre of EOC/ETOC'14 will be in Pinhal Novo. Fully equipped dedicated facilities for media will also be available in the arenas. Entry applications submitted by media representatives must arrive no later than 15th February 2014.
Update	Entry applications of IOF officials and EOC/ETOC guests must arrive no later than 1st February 2014.
	Media representatives do not pay any entry fee; however they are required to register to receive ID cards which will entitle them to access all model and competition areas, as well as the media zones.
	An accreditation form will be available on http://www.eoc2014.fpo.pt/ from September 2013.
	Preliminary entry forms will be available on http://www.eoc2014.fpo.pt/ from September 2013.
Baby-sitting String Course	During the qualifying and final races, a babysitting service with trained staff will be available to look after children up to 10 years old. This service is free of charge. Close to the baby-sitting facilities, a string course will be held for the same age group. The entries will be accepted free of charge at the event.
Punching System	SPORTident (SI-Card). Each competitor must register his/her SI-code on the entry-form; those who do not have their own SI-Card must either rent or purchase.
Update	SI Card rental – 10,00€ for the whole event (40,00€ deposit).
Toilets	There will be toilets in the starts and finish area of each competition.
New Info	



EMBARGOED AREAS

Update

Regarding the information about embargoed areas already published in bulletin # 1, those are now republished decreasing the terrains subject to restrictions. These restrictions on the embargoed areas apply to athletes, coaches and officials as well as any person who may be in a position to provide information to potential members of the participant delegations. It is permissible to pass through the embargoed areas using paved public roads.

For the sprint and Tempo competition terrains (qualification and final) it is permissible to pass through the embargoed areas using paved public roads as well to visit shops, hotels and public buildings from paved public roads.



EMBARGOED AREAS

Colour images of the most recent version of existing orienteering maps in the embargoed areas are available in the website and are as follows:

MECO SOUTH



MECO



PALMELA URBAN



PALMELA - BARRIS



AÇUDE DAS BICAS



QUINTA DO ANJO



**LAGOA DE
ALBUFEIRA**



SESIMBRA



MAP DETAILS AND TERRAIN DESCRIPTION

New Info

COMPETITION MAP	TERRAIN	SCALE	CONTOUR
EOC Sprint Qualification	Typical old village area with developed network of paths and roads combined with some stairs and alleys. Mostly urban area combined with some non-urban open areas with rocks and some detailed relief; gently to highly sloping. Good runnability and visibility	-	-
EOC Sprint Final	Typical old village area with developed network of paths and roads combined with some stairs and alleys. Mostly urban area combined with some park zones; gently to highly sloping. Good runnability and visibility.	-	-
EOC Middle Qualification	Gently sloping sand dune terrain with some detailed relief and vegetation; mostly good runnability and visibility. Moderate network of paths.	1:10.000	5m
EOC Middle Final	Gently to moderately steep clean forest, mostly cork tree and pine tree, with some detailed relief. Almost no stone elements. Good runnability and visibility. Moderate network of paths.	1:10.000	5m
EOC Long Qualification	Gently to highly sloping open areas with some small areas of pinus and eucalyptus forest. Mostly good runnability and visibility. Moderate network of paths	1:15.000	5m
EOC Long Final	Clean forest of varying steepness, mostly cork tree and pine tree, with some detailed relief and some undergrowth vegetation. Almost no stone elements. Good runnability and visibility. Moderate network of paths.	1:15.000	5m
EOC Relay	Gently to moderately steep clean forest, mostly cork tree and pine tree, with some detailed relief. Almost no stone elements. Good runnability and visibility. Moderate network of paths.	1:10.000	5m
ETOC PreO Stage 1 ETOC PreO Stage 2	Valley with firm non-paved road and terrain on both sides with open and semi open landscape with a large number of contour and vegetation details and some stony elements	1:4.000 1:4.000	2,5 2,5
ETOC TempO Qual ETOC TempO Final	Golf Course	1:4.000 1:4.000	2,5 2,5

The length and climb of each course will be presented in Bulletin 3.

Payment EOC/ETOC and EOC Tour payments must be made to the Portuguese Orienteering

New Info Federation by bank transfer 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;
- Detail of payment: EOC, ETOC or Tour 2014 (according to the competition)
Rua Gil Vicente, 1 A/B - Torre da Marinha
P-2840-437 Seixal - Portugal

A separate transfer must be done for each type of competition.

Please note that the payer is responsible for all bank fees and charges.

Entries will be accepted and confirmed after the arrival of the transfer. It will not be deemed valid until full payment has been received.

Please note that any payments for accommodation and transport should be made separately.

Consider the entries deadline presented in this bulletin as the latest day for the entry fee payments – 1st february 2014. Participants in EOC Tour should consider the dates according to the different fees, as referred in this bulletin.

HOST FEDERATION

Portuguese Orienteering Federation POF

E-mail| geral@fpo.pt

Phone| (+351) 244 575 074

Address| Estrada da Vieira,4 Bairro Florestal – Pedreanes
2430-401 Marinha Grande
PORTUGAL

CHAIRMAN OF THE BOARD

Augusto Almeida (POR - POF President)
almeida.ori@gmail.com

EOC/ETOC'14 AND WCUP EVENT DIRECTOR

Ricardo Chumbinho (POR)
ricardom.chumbinho@espalmela.net

EOC/ETOC'14 AND WCUP OFFICIAL RESPONSIBLE FOR THE MEDIA

Hugo Borda d'Água (POR)
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EVENT CONTROLLERS

EOC & WCUP IOF SENIOR EVENT ADVISOR

André W. Schoepfer (SUI)

EOC & WCUP NATIONAL CONTROLLER

Luís Santos (POR)
luisjtsantos@gmail.com

ETOC IOF SENIOR EVENT ADVISOR

Knut Ovesen (NOR)

ETOC ASSISTANT EVENT ADVISOR

Ola Wiksell (SWE)

ETOC NATIONAL CONTROLLER

Jose Fernandes (POR)
Josefernandes0048@gmail.com

Updated information will be published on the website of the event until the end of the competitions.

EUROPEAN ORIENTEERING CHAMPIONSHIPS

COMPETITION RULES

The Competition Rules for IOF Foot Orienteering Events, as well as Rules for European Orienteering Championships valid from January 2013, shall be applied to participation in European Orienteering Championships 2014.

CLASSES AND PARTICIPATION RESTRICTIONS:

- There is one class for women and one class for men. There are no age restrictions.
- Competitors representing federations of the IOF, defined by the International Olympic Committee, as belonging to the European continent, can compete in EOC.
- Competitors representing other full member federations of the IOF can participate in EOC but will not be eligible for European titles, medals or diplomas.
- Competitors who are representing a federation shall have full passport-holding citizenship of the country of that federation.
- A competitor may represent only one federation during any one year calendar.
- There is no limit on the number of runners and officials in a team.
- In the individual events a federation may enter a maximum of 6 runners in each class.
- The current European Champion shall be given a wild card to enter the qualification in the next EOC in addition to the ordinary entries from his/her federation (in which case one starting group may have three competitors from that federation). In each individual competition, the competitors placed number 17 and better in each qualification race heat may run in the A-final.
- In the relay a federation may enter 2 teams each consisting of 3 competitors, but only the better placed team will count in the prize list. Incomplete teams and teams with runners from more than one federation are not allowed. Under no circumstances may persons other than entered competitors participate in the competition.

EVENT DISTANCE	MAX NUMBER FROM EACH FEDERATION	QUALIFICATION RACE	NUMBER OF HEATS IN QUALIFICATION	QUALIFIED FROM HEAT/TOTAL IN FINAL
Sprint	6 (+E Champion)	Yes	3	17/51
Long	6 (+E Champion)	Yes	3	17/51
Middle	6 (+E Champion)	Yes	3	17/51
Relay	2 team 3 legs	No		

Each participating Federation shall appoint a team manager to act as a contact person between the team and the organizer. It is the team manager's duty to see that the team receives all necessary information.

Competitors participate at their own risk. Insurance against accidents is the responsibility of the Federation or the individual competitor according to national regulations.

Competitors participate at their own risk (including warm-up), assuming their own safety precautions, and will be held responsible for any injuries which might occur during the competition.



CLASSES AND ENTRY REGULATIONS



ENTRIES NATIONAL TEAMS

Entry applications including the number of female and male competitors, number of relay teams, number of team officials and the name and contact data of the team leader (including e-mail and phone) must be submitted to the European Orienteering Championships 2014 not later than 30th November 2013.

Final entries for Federation teams (detailing first name, surname, gender, date of birth, athlete or team official) shall reach the European Orienteering Championships 2014 not later than 1st February 2014.

Preliminary entry forms will be available on <http://www.eoc2014.fpo.pt/> from September 2013.



CLOTHING

According to Portuguese Orienteering Federation competitors should wear clothing covering the whole body except for head, neck and arms. This does not apply for the sprint competitions.

There are no regulation concerning the type of footwear.

ANTI DOPING

Doping is strictly forbidden, and the organisers of EOC/ETOC 2014 are dedicated to supporting the anti-doping authorities in their work.

Doping controls may be carried out any time during the competition period. As some sites for the doping controls may be a few minutes' drive away, we suggest that athletes are prepared at all events to take along some dry clothes to change into after their race.

Doping tests are always carried out in accordance with the procedures described in the WADA International Standard of testing. The IOF Anti-Doping Code and rules apply as of 1st February 2010.

Athletes who are selected for the doping tests must bring an official identification (with photo) to the doping test area. Accreditation cards with photo can also be used for this purpose. 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.

New Info

LAGOA DE ALBUFEIRA

Model event middle and long distance qualification



MECO

Middle and long distance qualification



SESIMBRA

Model event sprint qualification; sprint qualification



PALMELA

Sprint final



MARATECA AND LANDEIRA

Model event relay, middle and long distance final; relay



ENTRY FEES



ENTRY FEES New Info

Accreditation (Athletes, coaches, team officials and IOF officials): € 100.00

Event	Entry Fee per person (€)
Sprint (model + qualification + final)	80,00
Middle (model + qualification + final)	80,00
Long (model + qualification + final)	80,00
Relay	140 (per team)
Banquet	35,00

EUROPEAN TRAIL ORIENTEERING CHAMPIONSHIPS 2014

COMPETITION RULES

The competitions will follow the IOF Trail Orienteering Competition Rules, the Technical Guideline for TrailO and the rules for European Trail Orienteering Championships valid from January 2013.

CLASSES AND PARTICIPATION RESTRICTIONS

The following regulations based on The IOF Trail Orienteering Competition Rules shall be applied to participation in the ETOC'14:

- In European Trail Orienteering Championships there are two classes. All competitors, regardless of sex, age or physical ability/disability are eligible to be entered for the European Championship Open class competition.
- Only competitors who have a permanent disability that significantly reduces their mobility are eligible to be entered for the European Championship Paralympic class competition.
- Competitors for the Paralympic class shall submit to the IOF, at least eight weeks before the competition, an eligibility form (available at www.orienteeering.org) completed by a doctor.
- When approved, a certificate authenticating their Paralympic status will be issued.
- The eligibility certificate must be sent to the event organiser with the final entry form.
- The rules for representing a country are the same as for EOC.
- In the individual events a Federation may enter maximum 6 persons in each class + European champion. Competitors may only be entered for one class.
- In the team competition a Federation may enter 2 teams with three competitors, including at least one Open class competitor and at least one Paralympic class competitor. Only the better-placed team will count in the prize list.

The Annual Meeting of Orienteering Federations in Europe decided in July 2013 to add TempO into the European Trail Orienteering Championships program. The updated rules for ETOC will be published on the IOF website in due time.

Each participating Federation shall appoint a team manager to act as a contact person between the team and the organizer. It is the team manager's duty to see that the team receives all necessary information.

Competitors participate at their own risk. Insurance against accidents is the responsibility of the Federation or the individual competitor according to national regulations.

Competitors participate at their own risk (including warm-up), assuming their own safety precautions, and will be held responsible for any injuries which might occur during the competition.

ELECTRIC WHEELCHAIR New Info

The maintenance of wheelchairs is the responsibility of the participants. There will be a possibility to recharge wheelchairs both in the event centre and at the start quarantine.

ENTRIES

Entry applications including the number of female and male competitors, number of teams for team competition, number of team officials and the name and contact data of the team leader (including e-mail and phone) must be submitted to the ETOC'14 not later than 30th November 2013.

Final entries for Federation teams (detailing first name, surname, gender, date of birth, athlete or team official) shall reach the ETOC'14 not later than 1st February 2014

Preliminary entry forms will be available on <http://www.eoc2014.fpo.pt/> from September 2013.

CLOTHING New Info

According to The Competition Rules for IOF Trail Orienteering Events, the choice of clothing and footwear shall be free.

ANTI DOPING New Info

Rules for ETOC are the same of EOC, described in section Anti Doping of Page 18.



New Info

VALE DE BARRIS

PreO model event and stages 1 + 2



PALMELA VILLAGE

TempO qualification and final





ENTRY FEES New Info

Accreditation (Athletes, coaches, team officials and IOF officials): € 60.00

Event	Entry Fee per person (€)
PreO (model + stage 1 + stage 2)	100,00
TempO (qualifying + final)	30,00
Escorts	0,00
Banquet	35,00

Escorts and medical assistant do not pay any entry fee; however they are required to register to receive ID cards which will entitle them to access all ETOC model and competition areas.

EUROPEAN ORIENTEERING CHAMPIONSHIPS TOUR

European Orienteering Championships Tour is an orienteering festival held in parallel with European Orienteering Championships 2014 with open races to the public. The races will occur on the same terrains that will be used for European Orienteering Championships 2014.

CATEGORIES

Update Age groups | from M/W10 to M/W90

Open Courses | there will be open courses suitable to any degree of knowledge of Orienteering and / or habits of physical activity, since they have different levels of technical difficulty and distance. These courses may be made in groups, pairs or individually and have reduced competitive nature.

ENTRIES

Final entries for EOC Tour (detailing first name, surname, gender, date of birth, athlete or team official) shall reach the organization not later than 2nd February to 15th April 2014.

An accreditation form will be available on <http://www.eoc2014.fpo.pt/> from September 2013.

Competitors participate at their own risk (including warm-up), assuming their own safety precautions, and will be held responsible for any injuries which might occur during the competition.

New Info

ENTRY FEES

Until 30th November 2013	1st December 2013 to 1st February 2014	2nd February 2014 to 15th february 2014
(reduced fee)	(normal fee)	(increased fee)
100,00€ (5 stages)	150,00€ (5 stages) or 30,00€ per stage	200,00€ (5 stages) or 50,00€ per stage

Banquet – 35,00€ per person



VERS



Município
Palmela
www.cm-palmela.pt

Sesimbra
câmara municipal
www.cm-sesimbra.pt

