



Министерство спорта  
Нижегородской  
области



# emtboc

NIZHNIY NOVGOROD RUSSIA 18 – 21 AUGUST 2021

European MTB Orienteering Championships  
MTB Orienteering World Cup Round  
European Junior MTB Orienteering Championships  
European Youth MTB Orienteering Championships



Bulletin 2

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## Bulletin 2

### Organizers

Russian Orienteering Federation



Event Director: *Marina Povysheva*

Assistant Event Directors: *Pavel Shestakov, Ivan Povyshev*

### Controllers

National controller: *Maxim Kapitonov*

IOF Senior Event Adviser: *Sandor Talas*

### Information and Contact

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## Venue

**Nizhny Novgorod** is the capital of the Volga region and the fifth largest metropolis in Russia.

The history of Nizhny dates back to 1221. In the year of the competition Nizhny Novgorod celebrates 800 years.

The magnificent old Russian city is located at the confluence of the Oka and Volga rivers in the Central part of the East European plain, 400 kilometers East of Moscow.

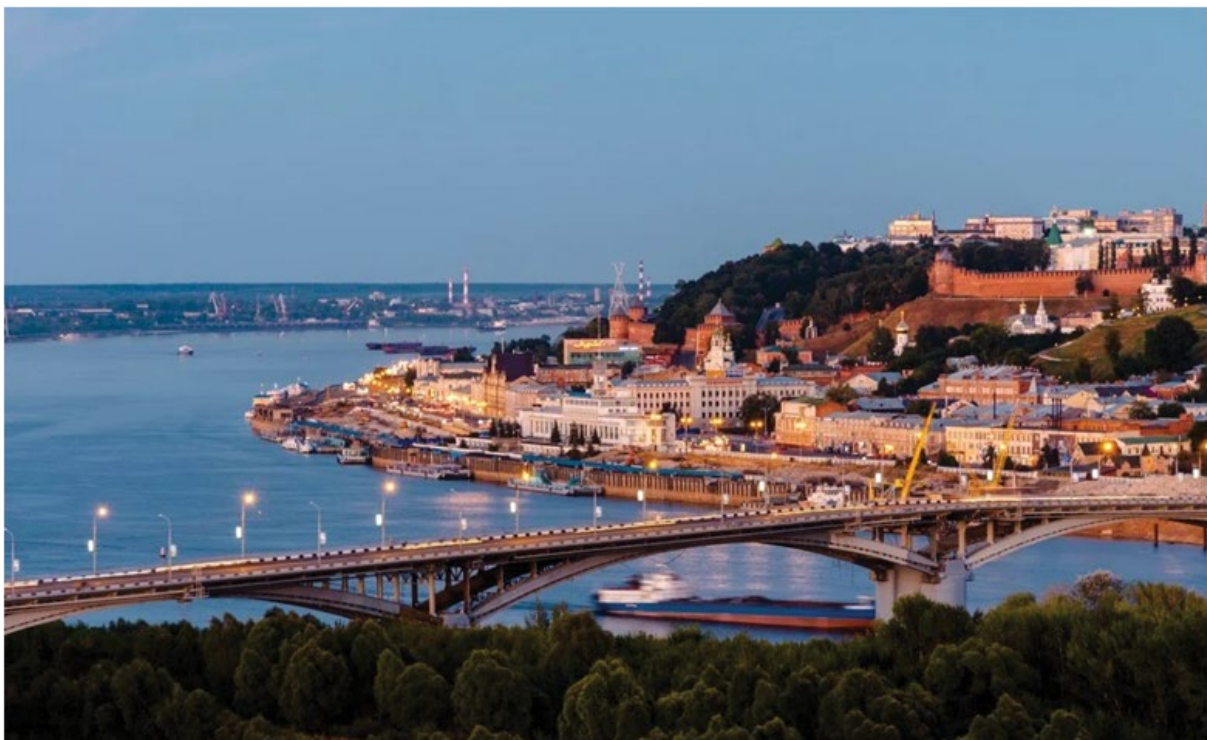
Nizhniy, as the townspeople call it, in our days has retained the spirit of antiquity. Volga pearl impresses with an abundance of historical, cultural and architectural

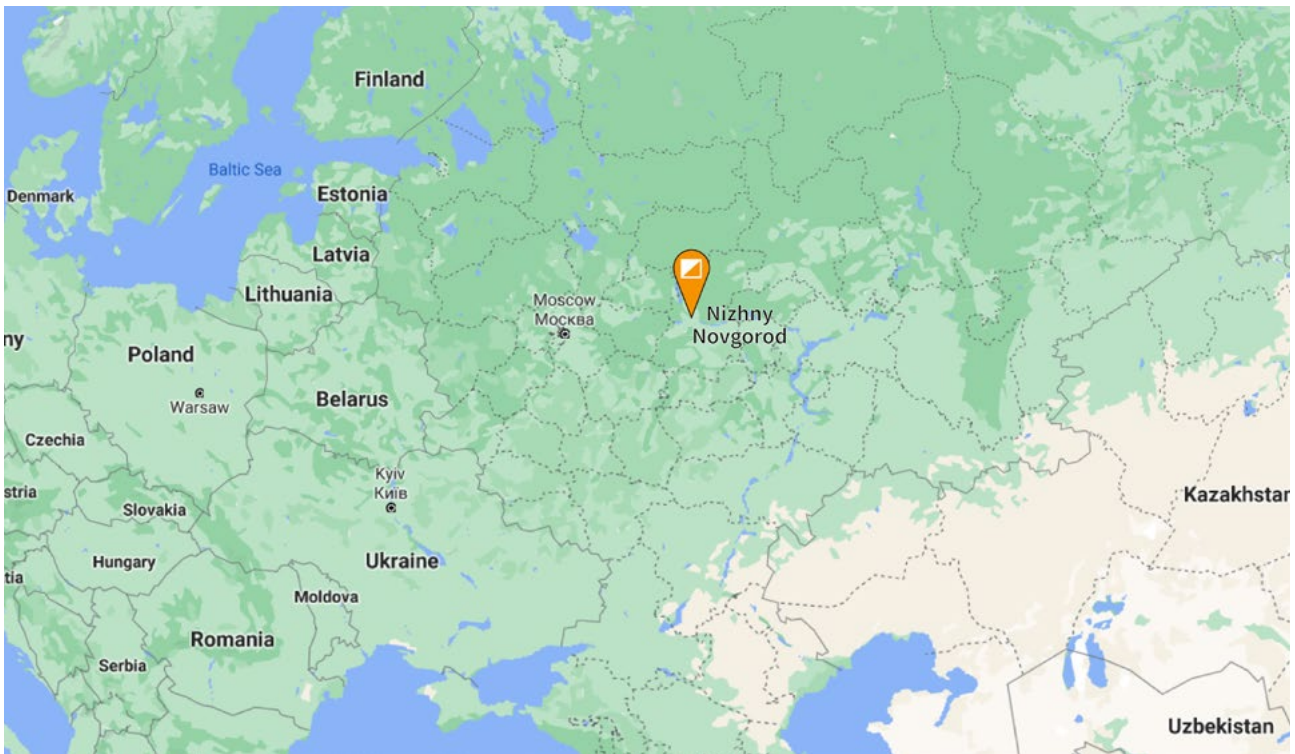
monuments, it is rightfully included in the hundreds of cities included in the UNESCO world heritage List.

With a variety of landscape areas, Nizhny Novgorod is ideal for world-class orienteering competitions.

The last major event organized in Nizhny Novgorod is the international forum «Russia-sports power» (October 2019).

In 2018 Nizhny Novgorod hosted FIFA world Cup games.





## Competition program

Day	EMTBOC	EJMTBOC	EYMTBOC
17 August, Tuesday	Arrival, model	Arrival, model	Arrival, model
18 August, Wednesday	Arrival, model	Middle	Middle
19 August, Thursday	Mixed Relay	Relay	Relay
20 August, Friday	Mass Start	Long	Long
21 August, Saturday	Sprint	Sprint	Sprint
22 August, Sunday	Departure	Departure	Departure

# Classes and Participation Restrictions

On the **European Championship** athletes compete in Women's group (**W21**) and Men's group (**M21**) without age restrictions.

In the **individual** competitions, a Federation may enter a maximum of 6 riders in each class. In each competition format, the current World Champion and European Champion will be given a wild card in addition to the entries from his/her Federation.

In the **relay**, a Federation may enter **4** teams of **3** riders. Only the better-placed team will be on the results in the prize list.

In the **World Cup** athletes compete in the Women's group (**W21**) and the Men's group (**M21**) without age restrictions.

The number of competitors which may be entered by Federation in the individual event and the number of Relay teams will be published later by the IOF in Special Rules for World Cup 2021.

**European Junior Championship** athletes who are not more than 20 years old on 31 December 2021 compete in Women's 20 group (**W20**) and Men's 20 group (**M20**).

For the **individual** competition, a Federation may enter a maximum of **6 competitors** in each class. The organizing Federation may have two additional competitors as official **EJMTBOC** competitors in the individual competitions. These competitors will start in the lowest-ranked start group. A Federation may enter **2** teams in the Relay. If a Federation is represented by two teams in a relay class, only the team with the best result is considered in determining the placings.

**European Youth Championship** on the European Junior Championship athletes who are not more than 17 years old on 31 December 2021 compete in Women's 17 group (**W17**) and Men's 17 group (**M17**).

For the **individual** competition, a Federation may enter a maximum of **6** competitors in each class. The organizing Federation may have two additional competitors as official **EJMTBOC** competitors in the individual competitions. These competitors will start in the lowest-ranked start group. A Federation may enter **2** teams in the Relay. If a Federation is represented by two teams in a relay class, only the team with the best result is considered in determining the placings.

After the completion of official competitions on August 18, 19, 20, the start of **Open groups** will be organized for **M/W-14/21/40** athletes.

## Embargoed areas

The area marked in red on the Google map is prohibited for all kinds of orienteering unless specifically permitted by the organizer.

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 no orienteering activity or training sessions may take place in these areas and that they must not be visited with or without a map.

The **blue marked area** in the city of Nizhny Novgorod (*see link to google maps*) is restricted for any orienteering or MTBO activity. You can visit the area on foot or by car, but it is strictly prohibited to ride a bike.

The **green zone** in Nizhny Novgorod (*see link to google maps*) is open for orienteering and MTBO classes. This area will not be used for competitions and will be open before and during the competition. The map will be published and issued to participants upon arrival. Follow the information on the competition website.

The **orange zone** in Dzerzhinsk (*see link to google maps*) is open for orienteering and MTBO classes after the Russian Championship. The map will be published and can be used for training.

Information is updated on the [competition website](#).

Detailed information about the embargoed zones can be found at the link:

[EMBARGOED AREAS ON GOOGLE MAPS](#)

## Previous Maps

Maps of previous competitions are at the link: [www.emtbo2021.ru/#info](http://www.emtbo2021.ru/#info)



# Official entry forms

European MTBO Championships: [eventor.orienteering.org/Events/Show/6498](http://eventor.orienteering.org/Events/Show/6498)

European Junior and Youth MTBO Championships: [eventor.orienteering.org/Events/Show/6503](http://eventor.orienteering.org/Events/Show/6503)

Competitors may be entered only by their Federations. **Entries open on 1st of December 2020.**

## Latest date for entries

### Team size by 18th of June 2021 at the latest

- Federation
- total of each gender
- number of competitors in each format
- number of relay teams
- number of team officials
- name of team manager (e-mail address and phone no.)

### Team names by 6th of August 2021 at the latest

- each competitor's name, gender, year of birth, the competitions in which they will compete and SI number
- names of team officials

## Entry fee for competitors and team officials and any additional fees for late entries and changes

ENTRY FEES	EMTBOC	JEMTBOC and YEMTBOC	Officials
Accreditation (per person)	20,00 €*	20,00 €*	20,00 €
Middle		30,00 €	
Relay (per team)	135,00 €	90,00 €	
Mass start	45,00 €	30,00 €	
Sprint	45,00 €	30,00 €	
Closing Banquet	20,00 €	10,00 €	20,00 €

\* Includes Model Events

**Full payment** of all entries, including accreditation fees, must be made **by the 15th of July 2021 at the latest**. An additional fee for late payment is 10 %.

You will receive an invoice from the organizer after you have provided us with your team size information by the 18th of June 2021. While making the payment, please remember to mention the reference of the invoice on your payment document.

A charge for a possible name change, after the 6th of August, is 10 euros per name. After the 11th of August 2021, no entries will be accepted.

### Payment details

Entry fees shall be paid with bank transfer. Payment details will be provided in **Bulletin 3** and on the invoice.

## Official accommodation

The official accommodation facility of the European Championship is City Hotel Sova 4 \*\*\*\* Nizhniy Novgorod, ul. Vaneeva 121 [www.hotelsova.ru](http://www.hotelsova.ru)

### Prices in Russian rubles (Rub)

SERVICE	QUANTITY	COST (RUB)
Accommodation – Standard Room	1Nº/2 per	3 650
Accommodation – Superior Room (Lux, Junior suite)	1Nº/2 per	7 500
Buffet breakfast	1per	650
Lunch	1per	800
Dinner buffet	1per	1 200

The participants pay the cost of accommodation and meals independently.

### The Sova hotel accommodates participants at the rates:

BB – with breakfast,

HB – half board (breakfast + dinner),

FB – full board (breakfast + lunch + dinner).

Upon request, the hotel can provide food in the «Food to go / dry rations» format for breakfast, lunch and dinner.

Specialized meals (vegetarian, lactose-free, and gluten-free) are available upon prior request of the Participants.

The Sova Hotel has its underground guarded parking lot with video surveillance, which is fully provided to the participants of the championship for storage and maintenance of bicycles.

### The procedure of booking and paying for services by the participants:

Manager of booking accommodation and meals for participants in the Hotel - Lobanova Alena +79200148954 [conference@hotelsova.ru](mailto:conference@hotelsova.ru)

Accommodation and meals can be booked from February 1, 2021.

– For booking, participants must either send a booking request to the Hotel manager to [conference@hotelsova.ru](mailto:conference@hotelsova.ru) or book services on the official website of the Hotel:

Russian version - [www.hotelsova.ru](http://www.hotelsova.ru)

English version - [en.hotelsova.com](http://en.hotelsova.com)

**Promo code for booking - orient2021**

– Additional meal reservations are made separately through the hotel manager

– Payment is made by credit card on the website of the hotel.

– Reservations and payment for services must be made before June 30, 2021. (inclusive).



## Cancellation conditions:

- When canceling a reservation in the period from July 01, 2021 to July 31, 2021 the participant will be charged of 1 (one) day of stay.
- From August 1, 2021 upon cancellation of the reservation, the participant will be charged a fine of 30% of the cost of the booked services under the application.
- If state authorities take several restrictive measures concerning the hotel actions or restrictive measures on the entry and exit of foreign citizens because of the coronavirus infection (COVID-19), the hotel undertakes within 30 (thirty) calendar days to return the deposited funds to the participants.
- In the event of a documented confirmed diagnosis of COVID-19 or other viral infection from the participant, the hotel will return the money for the services not provided to the participant within 10 (ten) business days from the date of contact.

## Other options

1. The «Astra» hotel is located 400 meters from the place of official accommodation, the Sova Hotel. The cost of living is from 1300 rubles per person if at least two people check into the room. It is possible to arrange meals on request.

Specify the exact conditions of accommodation and residence when booking.

There are special conditions for the Championship participants when booking accommodation through the hotel's official website [astra-hotel.ru/english](http://astra-hotel.ru/english).

When booking, you must specify the code phrase: «orienteering»

2. Children's tourism center has its own «Vega» hotel Alekseevskaya, 22 A.

The cost of living is from 500 rubles in shared rooms for four people.

A meal is in nearby cafes and restaurants.

For booking, you must send a preliminary request to [orientvopros@gmail.com](mailto:orientvopros@gmail.com)

3. Nizhny Novgorod has a large number of different accommodation facilities from budget hostels to comfortable 5-star hotels. The accommodation cost is from 5 euros per person/day. The organizers recommend using the booking service [www.booking.com](http://www.booking.com)

*During the days of the competition, Nizhny Novgorod will be celebrating the 800th anniversary. There will be a large inflow of tourists. We recommend booking accommodation services in advance.*

## Transport

Nizhny Novgorod is a large transport hub.

There is an international airport Strigino – [goj.aero](http://goj.aero).

The train station is – [nizhnijnovgorod.dzvr.ru](http://nizhnijnovgorod.dzvr.ru)

Official Russian Railways website – [eng.rzd.ru/en/9446](http://eng.rzd.ru/en/9446)

Nizhny Novgorod is located 400 km from Moscow – 4 hours by high-speed train, 1 hour by plane.

To get from Strigino Airport to the Sova Hotel you can use public transport. Bus №20 from bus station "Airport" to the bus station "Ulitsa Vaneeva". Or you can use a taxi, ask the airport staff on the desk "Information"

It is possible to use the services of world car rental operators Avis [www.avisrussia.ru](http://www.avisrussia.ru) or use the services of the search engine [economycarrentals.com](http://economycarrentals.com), which will offer local car rental companies.

If there are any difficulties arranging your local transport, the organizers will help to arrange transport if requested via the official email no later than August 1, 2021.

Daily transfer from the Sova Hotel to the start is provided by the organizers upon prior request via the official email no later than August 1, 2021

Price per day – 5 euro/ person. The price includes the transportation of a bicycle.

## Visa

A visa is required for a foreign citizen to enter the Russian Federation.

To apply for a visa, a foreign citizen must apply to the Russian consular office at the place of their permanent residence.

The official invitation letter to the European Championships can be prepared by the organisers in 30 days. Please request the invitation letter in time, also considering visa processing time in the Russian consulate.

For the invitation letter the following information is requested for each member of the team: citizenship, arrival and departure dates, border crossing point (airport).

## Maps and courses

Competition	Winning times			Scales	Contour intervals
	Elite	Juniors	Youth		
Middle	-	40-44min	32-37min	1: 10000	5 m
Relay	40-45 min/leg	35-40 min/leg	30-35 min/leg	1: 10000	5 m
Mass start	75-85 min	-	-	1:10000	2,5m
Long	-	85-90 min	70-75 min		
Sprint	20-25 min	15-20 min	15-20 min	1:5000	5 m

Riding off track will be allowed at competitions, except for the Sprint competition.

On some courses there could be off-track controls in open areas.

## Terrain description and maps

### Middle (EJYMTBOC)

**Map:** Ankudinovka 1:10000 / 5m

**Terrain:** The competition area is situated in Nizhniy Novgorod, has a medium dense track network with all kinds of rideability.

Tracks: road, path and specially made for SKI-O ways.

Cutting is allowed: off track riding speed varies from slow to fast.

In general, it's a smooth hilly terrain with quite steep ravines (up to 40m deep). Soil: loam.



### Relay

**Map:** Shelkovskiy hutor 1:10000 / 5m

**Terrain:** The competition area is situated in Nizhniy Novgorod, has a high dense track network with all kinds of rideability. Cutting is allowed: off track riding speed varies from slow to medium.

In general, it's a smooth hilly terrain with ravines (up to 30m deep). Soil: loam, after strong rains can be slippery.



### Mass-start (EMTBOC) and Long (EJYMTBOC)

**Map:** Dubravnyi 1:10000 / 2,5m

**Terrain:** The competition area is situated near Nizhniy Novgorod. There are two types of terrain: in general, area comprises of low-medium dense track network, but the area near competition arena has high density track network with ski tracks and with all kinds of rideability.

Cutting is allowed: off track riding speed varies from medium to fast.

Flat terrain with clean pine forest.



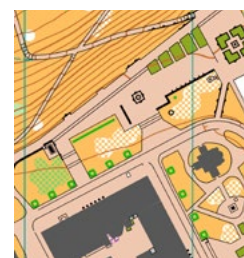
### Sprint

**Map:** Minina square 1:5000 / 5m

**Terrain:** The competition area is situated in the town center of Nizhniy Novgorod.

It comprises of a mixture of urban area with, Kremlin territory and steep hilly park on the Oka-river bank.

Cutting is forbidden.



## The punching system

SportIdent Air 1.5m  
SIAC rental available 2 eur/day

## Climate and any hazards

In Russia, we have one venomous snake called a viper. You can identify it from the zig-zag vertebral stripe of the adder. After a viper bite, you must contact a doctor immediately. No other dangerous animals live in this region, but please beware of ticks. They can transmit borreliosis and encephalitis. It is recommended to discuss with a doctor after removing a tick.

August	Average	Maximum	Minimum
Temperature	20 C	28 C	13 C
Precipitation	54,6 mm		yearly average 51,5

## Clothing

During all official events competitors shall wear the team clothing of their Federation.  
The participants are not allowed to use MTBO shoes in indoor facilities.

## Maximum number of officials per team

No restriction on the number of officials in teams.

## Excursion

Upon prior request, we can arrange excursions around Nizhny Novgorod for you.

## Training opportunities and public races

Information about training opportunities and open competitions will be published on the official website, as soon as there is more clarity on covid related travel restrictions.

## COVID-19 Situation:

The organisers are monitoring the covid-19 situation and restrictions. Teams will be updated via the website on any covid-19 related restrictions or requirements as soon as there is some clarity around those.



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