

Dear O-friends,

The Portuguese Orienteering Federation (POF) is delighted to have the opportunity to provide a memorable event for you with the organisation of WMOC '08. We will do all that we can to make it a first class sporting and social event, and we will be available at all times to help you make the best of your time in Portugal. You are welcome to contact us through our website www.wmoc2008.fpo.pt or our e-mail wmoc2008-info@fpo.pt.

The Organising Committee (OC) has a global vision of the event and will take care of all matters regarding your participation in WMOC'08. So the OC will negotiate favourable prices for all accommodation, all means of transport, all information requests and tourism programmes in connection with WMOC.

Some examples:

1 - From the airport to the competition area: We recommend that you rent a car or a bus (with special cheaper prices) for you to travel during your stay.

2 - Accommodation - Hotels and other facilities will be spread over different locations. In any case, travelling time to the event area never exceeds an hour and all locations are less than half an hour away from the beaches. For bigger groups we recommend Fátima, Caldas da Rainha and Foz do Arelho because of their low costs and we recommend bus rentals to provide the flexibility to travel everywhere (from the banquet to the tourist places, or a simple visit to the beach). In Leiria, Monte Real and Nazaré you will also find hotels with much room availability.

3 - Competition area - As planned, events will take place near Vieira de Leiria, Pataias and Pedrógão. The Model Event, warm up and open events will be in Marinha Grande. We will try to provide a schedule that will allow you a visit to a nearby beach (from 15:00 till 18:00 is the best recommended hours). The sun shines in Portugal from 7:00 a.m till 21:00 p.m during the WMOC season.

4 - Restaurants - There are many recommended options throughout the area. Further details and advice will be given in our website.

5 - Cultural activities - Every day free participation activities in our cultural programme will be scheduled.

6 - Tourism programmes - The event will be located in a region with high tourist interest (castles, monasteries, sanctuaries, museums, palaces, caves) and locations typical of the region (villages and unique beaches). The Organising Committee will organise a pack of half day and full day programmes so you can visit some of the most interesting places in Portugal.

Among the most interesting sites that we recommend are: Fátima Sanctuary, castles of Leiria, Porto de Mós, Pombal and Ourém, monasteries of Alcobaça and Batalha, caves of Mira D'Aire, Óbidos and Nazaré or the village of Aljubarrota. For all these destinations we will provide tourism programs.

So, we advise you to contact us about anything connected to your trip to Portugal so you can fully enjoy your participation in WMOC'08 and your stay in Portugal. Hope to see you soon,

The Organising Committee

Host Federation: Portuguese Orienteering Federation - POF
Event Director: Augusto Almeida (POF President)
General Director: Carlos Monteiro
IOF Senior Event Advisor: David May (GBR)
National Controller: José Carlos Pires (POR)

Information: Portuguese Orienteering Federation - POF
EC Mafra - Apartado 2
P-2641-909 Mafra
PORTUGAL
Phone/Fax: (+351) 261 819 171
E-mail: wmoc2008-info@fpo.pt
Web : www.wmoc2008.fpo.pt

Venue: Leiria, Marinha Grande and Alcobaça. 120km north of Lisbon and 200km south of Oporto

Event Centre: In Marinha Grande

Competition form: For the first time there are two WM Championships, one for Sprint and one for Long Distance (LD). Competitors can choose to race in one or both competitions.

NEW FORMAT:

SPRINT
+
LONG DISTANCE

There will be **one qualifying Sprint race** and, based on the results, the best 80 runners in each class will qualify for the A-Final, the next 80 for the B-Final and so on.

There will be **two qualifying LD races** and based on the combined times from these races, the best 80 runners in each class will qualify for the A-Final, the next 80 for the B-Final and so on.

Punching system: SPORTident (SI-Card)

Each competitor must register his/her SI-card number on the entry-form. Those with no SI-card can hire them via the entry form.

Entries: Directly on: www.wmoc2008.fpo.pt
Or by ordinary mail, fax or e-mail.
Online credit card entries are accepted - this is our preferred method of payment.

Entry fees:	Until	Accreditation	LD	Sprint	Pack
1st Aug '07:	90,00€	15,00€	10,00€	10,00€	110,00€
1st Oct '07:	100,00€	15,00€	10,00€	10,00€	120,00€
1st Jan '08:	115,00€	15,00€	10,00€	10,00€	135,00€
1st Apr '08:	130,00€	15,00€	10,00€	10,00€	150,00€

The Accreditation fee is compulsory; the Pack price includes accreditation and fees for both Sprint and Long Championships.

All transaction fees must be covered by the applicant. Receipt of the entries will be acknowledged with a confirmation message within 2 weeks or immediately after an online payment. Payment must be made within 2 weeks of sending the entries. Entries not paid within this time will be cancelled.

Changes: Every entry change (category, SI-Card, Club, etc) will be charged with the following fees:
Until 1st April 2008: 2,50€
After 1st April 2008 and until 30th May: 5,00€

Cancellation: If there is a cancellation for any reason, the WMOC'08 Organising Committee reserves the right to retain part or all of the entry fees to cover incurred costs.

Cancellation fees:
Until 1st August 2007: 10%
Until 1st October 2007: 15%
Until 1st January 2008: 20%
Until 1st April 2008: 30%
After 1st April 2008: 100%

Categories:	M/W 35 - 1973 or earlier	M/W 40 - 1968 or earlier
	M/W 45 - 1963 or earlier	M/W 50 - 1958 or earlier
	M/W 55 - 1953 or earlier	M/W 60 - 1948 or earlier
	M/W 65 - 1943 or earlier	M/W 70 - 1938 or earlier
	M/W 75 - 1933 or earlier	M/W 80 - 1928 or earlier
	M/W 85 - 1923 or earlier	M/W 90 - 1918 or earlier

Terrain: All the WMOC competitions will be held within a 25km radius of "Pinhal de Leiria". The terrain is similar for all courses and consists of coastline forest, covered by Mediterranean pine trees, with some open areas close to the beach. Technically it is typical sand dune terrain with much small contour detail, easy running and good visibility. Most of the tracks have a symmetrical configuration. The altitude of the competition areas is between 10 and 85 metres above sea level.

Maps: ISOM standard, scale 1:10.000, contour interval 2,5m, surveyed 2008, for LD.
ISSOM standard, scale 1:4.000 or 1:5.000, contour interval 2,5m, surveyed 2008, for Sprint.

Embargoed areas: Pedrógão, Vieira de Leiria and Pataias.

Control description: The control descriptions will be according to the IOF rules and are available at the pre-start of each race. They will also be printed on each map.

Competition Programme: 28th Jun (Saturday) - 10.00am: Model Event
29th Jun - 09.00am: Sprint Qualifying race.
30th Jun - 09.00am: Sprint Final race.
01st Jul - Tourism programme
02nd Jul - 9.00am: 1st LD Qualifying race
03rd Jul - 9.00am: 2nd LD Qualifying race
04th Jul - Tourism programme
05th Jul (Saturday) - 9.00am: Final LD race

5 Races
+
Model event

Social Programme: 27th Jun (Friday) - Arrivals / 14.00am: warm up
28th Jun - 4.00pm: Opening Ceremony + Cultural activity
29th Jun (Sunday) - 7.00pm: Cultural activity
30th Jun - 6.00pm: Sprint Prize-giving Ceremony + Cultural activity.

Time for:

Beaches...

Monuments...

Gastronomy...

Model event: On 28th June all competitors may take part in the model event free of charge.

Warm up and open races: Warm up (on the 27th Jun) and Open races (in 1st and 4th Jul) will contain 9 categories with a range of technical difficulty and length (Easy Short to Difficult Long) with length variable from 2,5 to 7,0km.

Map: ISOM standard, scale 1:10.000, contour interval 2,5, surveyed in 2008.

Entry fees for each event:

- Received until 1st April: 10,00€
- Received after 1st April: 15,00€

Transport: A bus service to all training events and races will be available, starting near the event centre (Marinha Grande) and from the centre of accommodation towns and also from the campsite. Transport from and to the airport can also be requested at extra cost.
Exclusive transport for clubs or groups can also be requested at extra cost.
Rent-a-car is available at special prices.
See TRANSPORT entry form.

Special Prices for:

Rent-a-car + Bus

Parking: Parking is available for private cars and coaches for the whole period.

Opening Ceremony: Will take place on the 28th June, at 4.00 pm

Banquet: Will take place on the 3rd July, at 7.30 pm.

Baby-sitting / String course: During the qualifying and final races, a baby-sitting 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.

Free of Charge



Visa: Please contact the Portuguese embassy in your country or refer to www.sef.pt

It's SUMMER...

Climate: During June/July you can expect temperatures from 20° to 35° Celsius during the day and from 15° to 25° at night.

Culture: A wide variety of musical events will be organised. More details will appear in the next bulletins.

Tourism programme: A wide variety of tourism programmes (one day or ½ day) will be organised.

Responsibility and safety: All competitors who take part in the WMOC'08 and in the spectator races (including Warm up and Open races) are responsible in full for their safety during the races.

Accommodation: For the WMOC'08 we offer a variety of accommodation. For further details see our ACCOMMODATION entry form.

Types of Accommodation: H4 - Hotel **** / H3 - Hotel ***
H2 - Hotel ** / HC - Holiday Centre
G1 - Hostel 1st category / G2 - Hostel 2nd cat.ry
G3 - Hostel 3rd category
A1 - Apartment-2 pers / A2 - Apartment-4 pers
A3 - Apartment-6 persons
C1 - Camping (space 35m² for tent)
C2 - Camping (space 45m² for caravan)
M - Dormitory (in military unit)
F - On hard floor (Sleeping bag is necessary)

Special Prices

Booking and info: The booking of Hotels and Hostels will be organised by the WMOC'08 Organising Committee (www.wmoc2008.fpo.pt).
Hotels and Hostels (Pensions)
(H4, H3, H2, and G1, G2 G3)
If you prefer you could book hotels and hostels (pensions) directly.

Booking and Info: The booking of all other accommodation will be organised by the WMOC'08 Organising Committee (www.wmoc2008.fpo.pt) at your request.
other accommodations

Booking and Info: The booking of the Holiday Centre will be made by the WMOC'08 Organising Committee at your request (limited capacity: 200 persons)
Holiday Centre (HC)

Camping: The campsites are located on S. Pedro de Moel and Pataias. Reservations for breakfast or dinner can be made in nearby restaurants. Supermarkets nearby.
(C1, C2)

Dormitory (M): In a military unit. Individual beds with shared toilets and showers

Apartments: Between 25,00€ and 100,00€/day, depending on the location, size and facilities available. Limited availability. Rates and details upon request.
(A1, A2, A3)

Gymnasium (F): On hard floor. Sleeping bag is necessary.

Deposit: A deposit of 30% of the accommodation cost and transport cost must be paid together with the entry fees. If the deposit is not received, accommodation and transport booking will be cancelled.
All entries and requests must be fully paid by 1st April 2008.

Bank Account: See our website for more information

