



Bulletin 3 - INSTRUCTIONS

GENERAL INFORMATION

ORGANIZING AUTHORITY

Czech Orienteering Federation

ORGANIZING CLUB

Klub orientačních sportů Slavia Plzeň

DATE

5 - 9 July 2023

MTBO5DAYS EVENT CENTRE

DOKSY - Poslův Mlýn recreation area (RA), <https://mapy.cz/s/caputozoku>

Opening of the camp and race center: 4 July 2023 at 16:00.

PLEASE DO NOT ARRIVE BEFORE 4:00pm, there are still previous guests in the area. THANK YOU.

INDIVIDUAL STAGES CENTRES

Race Centre of stages E1, E4 and E5 are in the main center in Poslův Mlýn.

Race Centres of stages E2 and E3 are ~10 km away, more detailed information given for each specific stage below

PROGRAM

July 5: Stage 1 – Middle (Regional Championship of Eastern Bohemia), interval start, **00=11:00** a.m.

July 6: Stage 2 – Sprint (Czech Championship, Czech Cup, WRE, WMS, YGWS), interval start, **00=9:30** a.m.

O-triathlon relay - additional program, 00=17:00 p.m.

July 7: Stage 3 - Mass start (Czech Championship, Czech Cup), mass start, **00=10:00** a.m.

July 8: Stage 4 - Long (Czech Cup, WRE, WMS, YGWS, Regional Championship of Eastern Bohemia), interval start, **00=10:00** a.m.

July 9: Stage 5 – Semi-free order, handicap start based on E1-E4 results, **00=10:00** a.m.

CHARACTER OF THE RACES

MTBO individual stage race. The overall result is determined by the finishing order in the fifth stage, which will be started with a handicap based on the sum of the times from E1-E4.

CLASSIFICATION OF COMPETITIONS

6.7, 7.7, 8.7. 2023 Czech Cup 2023 (Sprint, Mass start, Long)

6.7, 7.7. 2023 Czech Championship (Sprint, Mass start)

6.7, 8.7. 2023 World Ranking Event races - WRE (Sprint, Long)

6.7, 8.7. 2023 World Master Series races - WMS (Sprint, Long)
6.7, 8.7. 2023 Young Guns World Series races - YGWS (Sprint, Long)
5.7, 8.7. 2023 Regional Championship of Eastern Bohemia (Middle, Long)
Additional race: 6.7.2023 O-triathlon relays (swim, run, bike)

CATEGORIES

Categories included in the Czech Cup: ME, M14, M17, M20, M21, M40, M50, M60, M70
WE, W14, W17, W20, W21, W40, W50, W60

Other categories: M12, W12, MB, WB, W70
MW10 – children's category without gender distinction (can be accompanied by an adult)
OPEN_L – adult beginners of any age and gender
OPEN_S – adult beginners of any age and gender
Conditions of participation are governed by the Competition Rules for IOF MTB Orienteering Events for 2023

ARRIVAL STEP BY STEP

- 1) Park in parking lot P1 in front of RA Poslův Mlýn
- 2) Register your entire team, pick up the parking ticket and ID strips, pick up the accommodation keys (those living in rooms/cabins in the Poslův Mlýn complex)
- 3) Only then park according to the organizers' instructions, see the section PARKING below.



REGISTRATION

5-DAY MTBO	4/7/2023	4:00 p.m. – 10:00 p.m. in the center of Poslův Mlýn
	5/7/2023	8:00 a.m. – 10:00 a.m. in the center of Poslův Mlýn

INDIVIDUAL RACES

Evening before the race 18:00 – 19:00 in the center of Poslův Mlýn, in the morning of the race always in the center of the stage from 8:00 until 30 minutes before start 00 of the respective stage.

We ask the competitors to respect the rule that the registration is only done for the whole club at once (according to the applications in ORIS). Partial registration of individual competitors of the same club cannot be accepted.

To speed up the presentation, we ask the club representative to have all the necessary information to proceed with a smooth, trouble-free registration. This means knowing the total number of people from the club, including companions of the competitors, the place of accommodation (for the right ID wristbands), knowing the number of cars and caravans of the club (to obtain the right number of parking cards), being ready to settle any missed payments and fill out accommodation forms and covering local tax fee. sign
The organizer does not automatically issue documents about payments transferred, as they are available in ORIS. If you require a stamped and signed document, the organizer will prepare them upon request.
Thank you.



PARKING

Upon arrival, everyone is required to park in parking lot P1 in front of RA Poslův Mlýn. Only after the registration, you can park at the final parking spot - see below

Accommodated in the center (RA Poslův Mlýn) will follow organizers instructions:

- Those staying in apartments, cabins and rooms park in parking lots P2, P3 inside the complex (until its capacity is full), the rest in P1
- Those staying in caravans and tents park in designated camping spots inside the complex. It is also possible to leave the car in the P1 parking lot

Competitors staying elsewhere can only park in parking lot P1 in front of RA Poslův Mlýn.

The parking fee is included in the price of the entry fee and accommodation. **Parking in the area is possible only in designated places.**

Stages E2 and E3 have their own centers, parking there is provided for each stage.

ACCOMMODATIONS

Tents and caravans

Accommodation in tents and caravans in reserved areas only. Tents and campers share the common sanitary facilities with those staying in cabins, it is possible to use a kitchen. Electrical connections/plugs are limited. The camp is not equipped with a washing machine.

Cabins

Cabins are equipped with duvets including sheets, no towels. There will be basic equipment - shelves, chairs, a table, an electric socket for recharging your mobile phone. Sanitary facilities are shared. It is possible to use a shared kitchen, use your own dishes/silverware. Some cabins are in the vicinity of all cultural events. For light sleepers, we recommend earplugs or partying until the very end. Organizers will try to keep the teams' cabins together. Cabin keys will be given all together to the team representative during the team registration.

Rooms

Rooms are equipped with duvets, including sheets, which can be found in the corridors of the buildings (no towels). Rooms are equipped with wardrobes, chairs, a table, an electric socket for recharging your mobile phone. Each building has its own shared bathroom facilities, a fridge and some buildings also have a kitchen, use your own dishes. Organizers will try to keep the teams' rooms together. Room keys will be given all together to the team representative during the team registration.

Apartments

The apartments are equipped with duvets, including sheets and towels. Apartment keys will be given all together to the team representative during the team registration.

Apartment A1 - family rooms for 4 people with shared bathroom and a kitchen, 2 entrances per building

Apartment A2 - rooms for 2 people with a separate bathroom and TV, 2 entrances per building

Apartment A3 - luxury family apartments with TV, each apartment has its own entrance

Apartment A4 - luxury apartment with full equipment, each building has 4 entrances

Apartment A5 - luxury apartment with full equipment, each building has 4 entrances.

CHECK OUT:

ON SUNDAY 9.7. PLEASE LEAVE THE CABINS, ROOMS, AND APARTMENTS BY 10:00 .

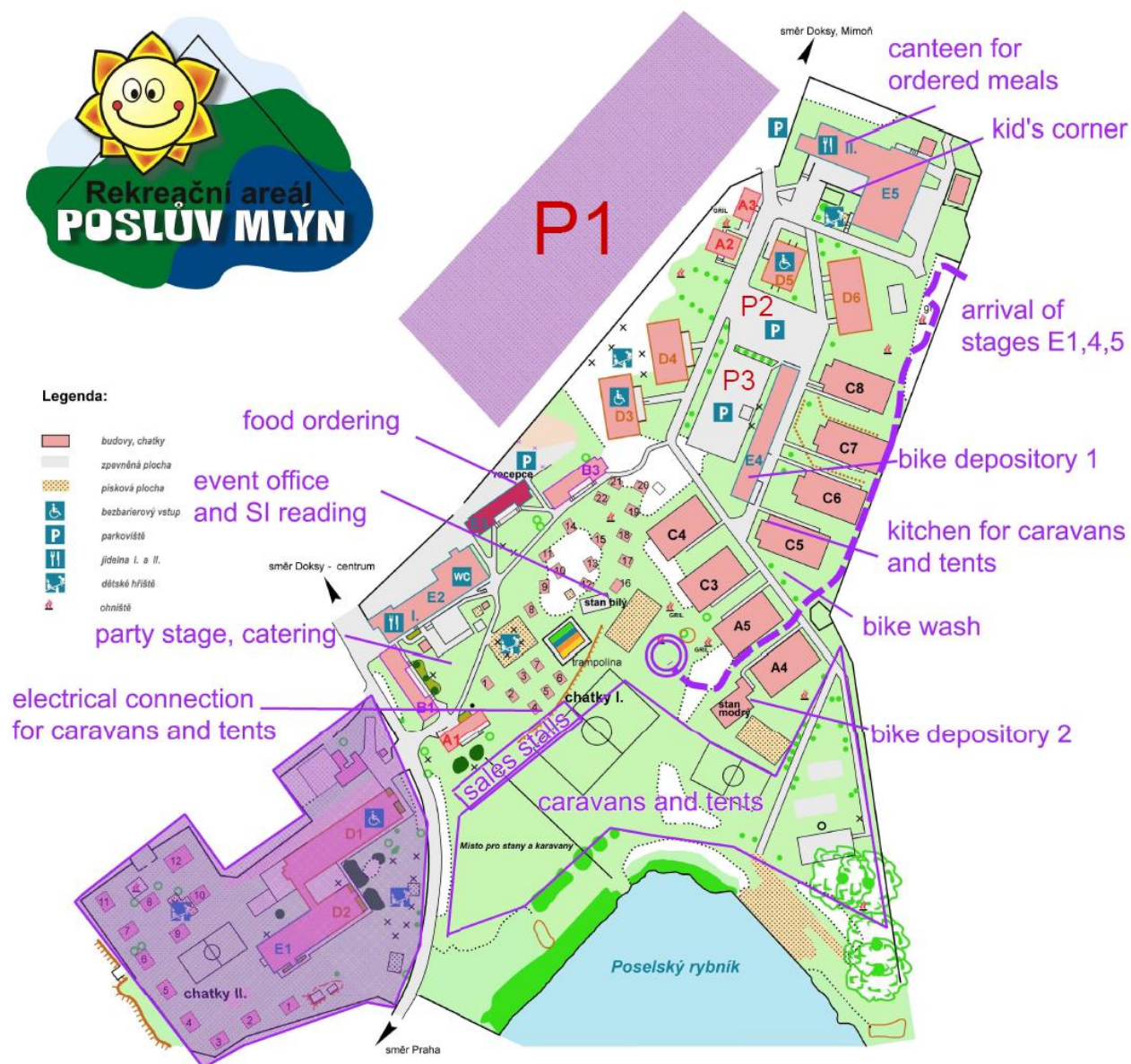
For washing after the race, it will be possible to use campsite showers and showers in one of the buildings, it will be specified.



SAFETY NOTICE

RA Poslův Mlýn is an open area, be careful and do not leave items unattended. Due to the attractiveness of the area, it is a very popular location and there are a lot of people around the site.

PLAN OF THE MAIN CENTER



STARTING BIB

Received during registration, it must be firmly and visibly fixed on the bike.

E1 – E4, the competitor uses the same number

E5 (handicap start, chasing) the first 5 competitors in each category (except the Open category) will pick up the respective bib before the start. Other competitors keep their bibs. Your SI-card number will be printed on the bib, which will be used for identification in the bike storage.

MAPS

Special for MTBO, status 6/2023, printing on PRETEX. Scales and other details are given in the instructions for each stage.

PUNCHING SYSTEM

SPORT Ident. Contactless punching will be used.

All categories except MW10 must use SIAC (AIR) cards - BS11 stations without a hole will be used, i.e. only set in a long SI Air with a reach of 180 cm. The MW10 category will use separate tracks and BSF8 stations with the possibility of using contact punching, set in a short SI Air mode with a range of 30-50cm. A finish carpet will be used at the finish line for SIAC cards.

Renting SIAC from the organizers is possible. Requests for renting SIAC were to be stated during entry. A limited number of SIAC will be available for rent on site. The organizer does not guarantee that all competitors, who didn't request SIAC rent in advance, will be able to obtain it in the centre.

Rental prices:

SIAC: CZK 50 /day. Deposit for unregistered competitors: CZK 2,000

Contact SI: CZK 50/day. Deposit for unregistered competitors: CZK 1,000

MOVING OUTSIDE TRACKS STRICTLY FORBIDDEN!

FOR ALL RACES, IT IS PROHIBITED TO GO OUT OF PATHS, EVEN ON FOOT. This means any movement outside of the paths as on the map. Violation of this prohibition leads to disqualification of the competitor.

OBEY FAIR-PLAY !

**Absolute prohibition of movement
outside the mapped routes.
Including cutting sharp corners!!!**

FIRST AID KIT

Medic will be present at the center of each stage. EMERGENCY contact: **+420 775 975 903**.

In urgent matters, call the emergency medical service 155 or 112.

TECHNICAL INSPECTION

Every competitor must be equipped with a bicycle helmet. The bikes of all competitors must be fitted with tires with a minimum width of 1.5".

For categories WM10, WM12, WM14, WM17 and OPEN, the technical condition of the bike will be checked.



BIKE WASHING

There will be buckets, brooms, and pressurized water in the MTBO5days center, behind the C5 building.

RESULTS

Live results can be found every day at <https://oresults.eu>, you can refer from the race website: mtbo5days.eu/results/. Or scan the QR code.:



PRIZE GIVING CEREMONY

Prize giving ceremony for the first three competitors in each category will take place after stages E1, E2, E3 and E4 at 19:30 at the MTBO5days center.

JERSEYS

As you've got used to prestigious cycling events, distinguished competitors (men and women) will obtain colored jerseys (competitors will pass jerseys at each prize-giving ceremony to the next holders):

- **Yellow** Leading competitor in ME and WE
- **Green** Sprinter (male and female) of the day (fastest K100 to finish)
- **Dotted** Lucky loser - the competitor on a 4th place with the smallest distance to the 3rd place

Prize giving ceremony for the overall MTBO5days winners will take place immediately after the finish of the competitors in the race center.

BIKE STORAGE

Bikes can be stored in designated 2 buildings in Event center (see map):

- 1. locked gym in building E4
- 2. locked blue tent, see map - guarded overnight by a security agency

Capacity is limited. Please consider storing your bike in a car or in a cabin (special storeroom for 2-3 bikes), if possible.

The facilities will be open: **from 18:30 to 18:59 for bike storage**
 from 8:00 to 8:30 for bike collection

We recommend always locking several bikes together (upon mutual agreement of the owners of the locked bikes).

The organizers ensure only the unlocking and locking of the given objects, they are not responsible for the stored bikes. In case of theft, please contact the police on line 158.

WRISTBANDS

Each competitor and other participants (non-competing companions) will receive a wristband during the presentation. Please wear it, it is an identification that you belong to the event.



PROTESTS

All protests must be made in writing, with a deposit of CZK 200 in time slots specified by MTBO ČSOS rules. The procedure follows the IOF rules in the WRE races (2nd and 4th stages of ME and WE).

JURY

Jury members: Will be announced later in the race center.

CHIEF REFEREES

Ondřej Hašek (E1, E5)

Aleš Richtr (E2, E3, E4)

FOOD

Canteen in the building

Breakfast 7:30 - 9:00

buffet for booked diners / **can only be ordered the day before until 10:00 at the reception**

Lunch 11:00 - 14:00

The canteen will offer 4 types of food and soup during this time. Due to the fact that lunch is not pre-ordered, there will be a cash desk on site where diners can pay for their lunch. The number of meals will be limited and will be adjusted the following day depending on demand.

Dinner 18:00 - 20:00

For booked diners / **can be booked until 10:00 at the reception**

Orders: 4.7. at the reception until 20:00, 5.7. 8:00-10:00 at the reception and in the canteen

Catering / CAFE & DRINK BAR in the central part of the campsite

8:00 - 24:00

Morning sandwiches, cakes, pastries, 3 coffee machines from Lavazza. The morning coffee bar will be selling hot dogs, soft drinks and draught pomelo and beer.

DAILY DRINKS OFFER

- espresso, cappuccino, latte, tea
- Pilsner Urquell 12, pomelo grapefruit
- soft drinks 0,5 / water, Bad Brambacher lemonade, can of coke, can of tonic
- spirits / classics + fruit spirits and better rums /
- white wine, prosecco
- mixed drinks / aperol spritz, gin tonic /

Bring your own beer glass so you don't have to drink beer out of plastic cups, you'll be doing nature a favour.

GRILL BAR / WOODEN SALES STAND + TENTS ON THE SIDES OF THE KIOSK

11:00 - 22:00

BASIC MENU



- grilled xxi sausage with horseradish and mustard, bread
- grilled Camembert-type cheese with cranberry dressing, vegetable salad with teriyaki sauce, bread
- Nuremberg sausage in baguette with spicy chipotle sauce
- deli meatloaf in a bun with dressing, salad and pickles
- pickled Camembert-type cheese with bread
- spicy pickled sausage

Draught beer and soft drinks will be available at the grill bar.

MAPS COLLECTION IN THE FINISH

E1 and E5: Maps are not collected, we rely on your sense of FAIR-PLAY

E2, E3 and E4: maps will be collected from you and only then sorted out by teams. Maps will be free to collect after the start of the last competitor.

CHILDREN'S CORNER

The children's corner will always be in the center of the stage, it will be opened every day 30 minutes before the start of the first competitor and closed 60 minutes (100 minutes for the classic) after the start of the last competitor.

Children's age: 2 - 5 years. Equip your kids with drinks and food!

Do not delay picking up the child after your arrival.

Children who do not belong in the children's area and we will not accept them: sick, screaming, and known runaways .

SALE STALLS

Haven - clothing for the cyclist who wants to be "IN"

Sporticus - variety of everything

AONE Nutrition - sports nutrition

MIRY - map holders

AUTOPILOT - map holders

KITL - natural syrups

Sales during MTBO5days is only possible after prior agreement with the competition director.

COMPETITION RULES AND REGULATIONS

Races are held in accordance with the relevant MTBO Rules, the ČSOS Competition Rules in MTBO and the Implementation Regulations for the ČSOS MTBO 2023 Competitions. Competition Rules for IOF MTB Orienteering Events override local rules in the WRE races (2nd and 4th stage for the ME and WE categories).

PRACTICAL NOTES

Participation at all races is at your own risk. Right on the right-hand side, avoid oncoming riders by keeping on the right!

Procedure for overtaking competitors:

- an overtaking competitor shouts "HEY" to the slower one
- the slower competitor rides on the right-hand side as much as possible to enable the overtaking



In general, be careful during all races, in case you come across logging machinery or other forest works, there is always a risk from cut-down trees.

The area is highly attractive for tourists, please be considerate of other visitors to the forest.

ANNIVERSARY T-SHIRTS

This year, MTBO5days is being held for the tenth time, and for this anniversary special functional t-shirts from the company ALISY (Micro Cool Max material) are produced in two designs. T-shirts purchased in advance will be issued at the presentation. T-shirts can be purchased in limited quantities in the centre for CZK 500.



CULTURAL PROGRAM

A party with a surprise awaits you every day.

1. Welcome review party
2. Electric Therapy
3. Friendly sports celebrities party
4. Farewell party of KOS

CONTACTS

Main information contact: info@mtbo5days.eu

Competition director:	Stanislav Rauch, stan.rauch@gmail.com, 777404184	
Accommodation manager:	Marie Kamarytová, maru.kamarytova@gmail.com , 602810509	
Chief referee:	Ondřej Hašek (E1, E5) Aleš Richtr (E2, E3, E4)	
IOF Event Adviser:	Petr Svoboda (E2, E4)	
Course setter:	Robert Anděl (E1) Ondřej Hasman (E2) Tomáš Kamaryt (E3)	Ondřej Hašek (E4) Ondřej Kovář (E5)



EVENT PARTNERS



STAGE 1

"Testing the Sand"

**Absolute prohibition of movement
outside the mapped routes.
Including cutting sharp corners!!!**

Date: Wednesday 5 July 2023

Type of race: Middle

Event Center: DOKSY - Poslův Mlýn Recreation Area, <https://mapy.cz/s/caputozoku>

Parking: see parking in the MTBO5days main center, there is no need to drive anywhere

Map: Královnin stolec, 1:10,000, E=5m, status 6/2023, size SRA3 (320 x 450 mm, slightly larger A3)

Map handover: 1 min before the start time

Terrain: In places very dense, sometimes only a square net of paths. Barely any hill. The dreaded sand is very rare, but then very thin indeed.

Distances: Center - Start: 500 m, elevation 0 m (almost visible from the center, will be marked)
Center - finish 0 km

Start: **00 = 11:00**, Open category starts by punching in the start station between 0 - 120 min according to the instructions of the starter.

Courses parameters:

The elevation of all tracks is between 100 - 150m.

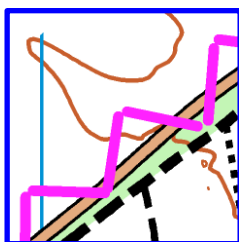
Category	Air length [km]	Number of controls	Category	Air length [km]	Number of controls
M12	4.7	8	W12	4.7	8
M14	7.5	14	W14	7.5	14
M17	12.3	17	W17	10.7	18
M20	14.0	23	W20	11.9	18
ME	17.4	27	WE	13.3	25
M21	12.9	20	W21	11.9	18
MB	12.3	17	WB	10.7	18
M40	14.9	23	W40	11.7	19
M50	12.5	21	W50	10.5	16
M60	10.5	16	W60	6.8	12
M70	6.8	12	W70	6.8	12
OPEN S	8.0	11	OPEN L	11.2	16

Note 1: Absolutely forbidden to move (ride/run/walk) outside of mapped paths. Including cutting corners !!!

Note 2: Some less noticeable paths will be marked with red and white ribbons in the terrain.

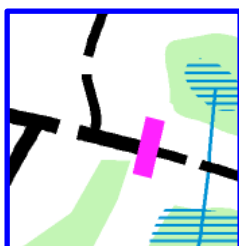
Note 3: The road in the northern part of the map is out of bounds and forbidden (symbol 716). The parallel path south of the road is allowed for riding.





Note 4:
tree.

The symbol 717 on the map depicts a dangerous object/obstacle on the track. Barrier/fallen



Note 5:

The northern part of the area is often used by tourists. Be considerate.

Note 6:

Some less visible footpaths will be marked.

Winning times:

Expected winning times are according to the Czech MTBO rules:

[Definition of race categories in MTBO](#)

Refreshment:

None during the race. Water will be available at the finish line. Considering hygiene and environment protection, we prefer to serve your drink into your own bidons, rather than to use plastic cups.

Limit:

120 min

Finish closing @:

16:15

Prize giving ceremony: 19:30 at the MTBO5days center

Course setter:

Robert Gibon Andel

Key to victory:

- Smooth and fluent in more complex map passages
- Full power on straight roads
- You can't get lost there
- Errors above 1 min will be difficult to eliminate

MW10:

MTBO in the vicinity of Poslův mlýn campsite

Map : MTBO map of the Královnin stolec 1:7 500, E 5m

Course : 2.85 km, 8 controls

Start: a short distance from the campsite, follow green and white ribbons from Registration

Finish : close to start, SI reading at the finish line

Category MW10 starts by punching a start station between 16:00 and 17:30

Evening culture:

Welcome review party



STAGE 2

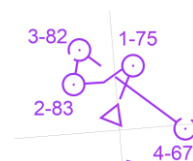
"in-line reels"

**Absolute prohibition of movement
outside the mapped routes.
Including cutting sharp corners!!!**

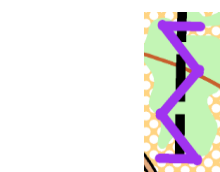
- Date:** Friday 6 July 2023
- Type of race:** sprint
- Event Center:** Vrchbělá sports and recreation area, <https://mapy.cz/s/mofaturepa>
- Parking:** Parking will be possible directly on the premises in reserved parking lots.
- Map:** Vrchbílá, 1 : 7,500, E = 5 m, status 6/2023, size A3
- Map handover:** 1 min before the start time
- Terrain:** A medium-dense network of forest paths of various rideability. There are plenty of footpaths trodden by animals and mushroom pickers (and who knows whom else). These footpaths are not in the map, but may appear prominent in reality.
The area is made up mainly of an in-line track, where you will be riding terribly fast.
- Distances:** Poslův mlýn (accommodation) - Center E2:
- 16 km by car
- 12.5 km by bike (follow the red tourist track to the village of Bezděz, further as in the map - unmarked)

Center E2 - start E2 = 6 km
or by bike from Poslova mlýn (accommodation) straight to START E2 = 8 km
Center E2 = Finish E2
- Start:** **00 = 9:30**, Open category starts by punching in the start station in the time 0 - 120 min according to the instructions of the starter.

The road to the start is not marked, use the map below!
- Note 1:** All categories have the final part of the course in the Vrchbělá area. **Riders will be really fast there, and the competitors will likely meet while riding in opposite directions. Therefore, always ride on the right-hand side and be aware of your surroundings throughout the race.** There will be a lot of competitors in a small area, so be extra careful.
- Note 2:** Some less noticeable footpaths will be marked with red and white ribbons. These are primarily dotted paths that could be confused with game tracks.
- Note 3:** Running and cutting corners are strictly forbidden. Some places in the field will be restricted by long ribbons to enforce the rules. In the same way, there will be organizers in the field who will check on you. **KEEP FOLLOWING THE SPIRIT OF FAIR-PLAY!**
- Note 4:** The tracks are very intertwined. Mind the correct order and correct control points codes!!



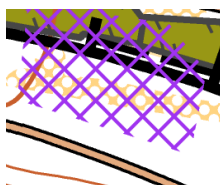
Special symbols:



716 - Forbidden route



841 - One-way compulsory



709 - Out of bounds area



824 -Open land, permitted to ride

Courses parameters:

The elevation of all tracks is up to 50m.

Category	Air length [km]	Number of controls	Category	Air length [km]	Number of controls
M12	3.2	6	W12	3.2	6
M14	4.3	10	W14	4.3	10
M17	5.4	15	W17	4.9	14
M20	6.5	16	W20	6.0	15
ME	7.7	19	WE	6.6	16
M21	6.9	18	W21	6.0	15
MB	5.4	15	WB	4.9	14
M40	7.1	17	W40	5.8	17
M50	6.8	17	W50	5.1	15
M60	5.1	15	W60	4.7	13
M70	4.7	13	W70	4.7	13
OPEN S	4.0	12	OPEN L	4.8	13

Winning times:

Expected winning times are according to the Czech MTBO rules:

[Definition of race categories in MTBO](#)

Refreshment:

The E2 center is right next to the Relax hotel, the spacious hotel restaurant offers meals throughout the day. You can find the daily menu at: <https://hotelrelax-vrchbela.cz/restaurace>. You can have a coffee before the race...

There is also a fast food stand on the premises (by the children's playground) where, besides drinks (beer, limo, coffee...) will be also hot dogs, fries, meatloaf in a bun, etc. sold.

Limit:

60 min

Finish closing @:

14:20

Prize giving ceremony: 19:30 in the Event center

Course setter:

Ondra Kevo Hasman

Key to victory:

Watch for the order of checks and codes. The one using the head wins.

MW10: Climbing OB in the center of the race

Map: something like an OB map

Course: 100 m, 9 controls with tasks

Start: Vrchbělá playground (on the premises of the kindergarten, see the center map)

Finish : at the start, reading at the finish

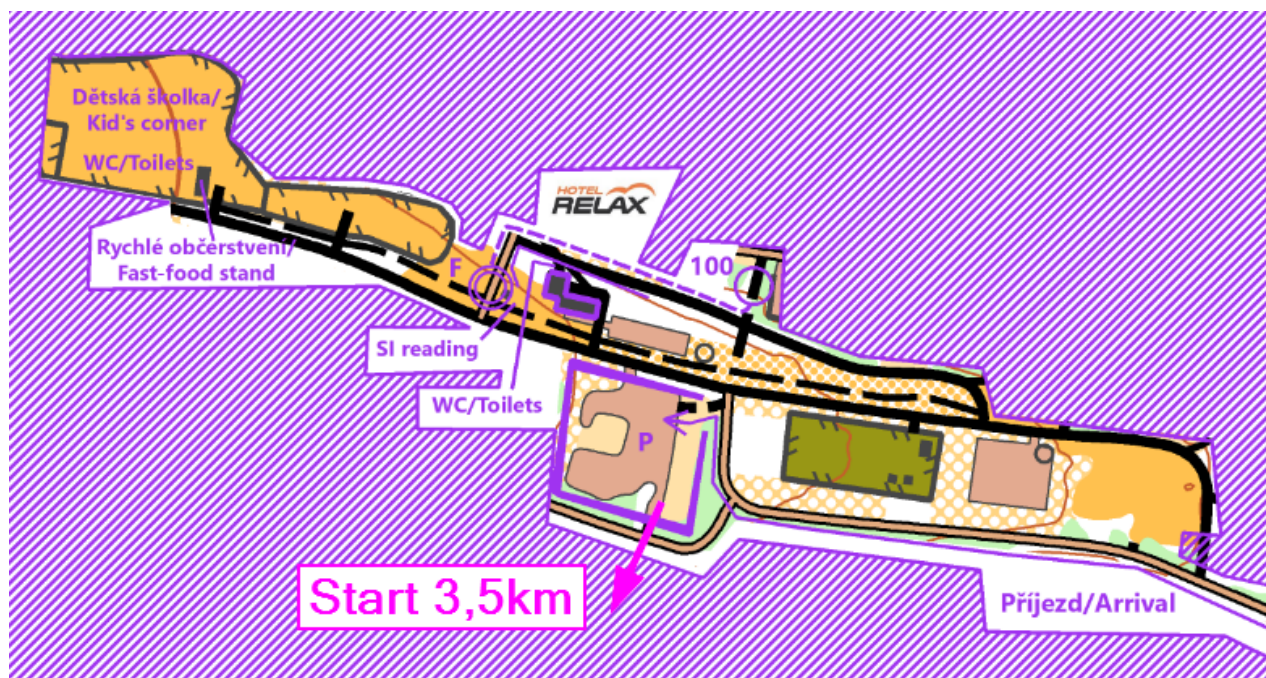
The MW10 category starts starts by punching a start station between 10:00 and 14:00.



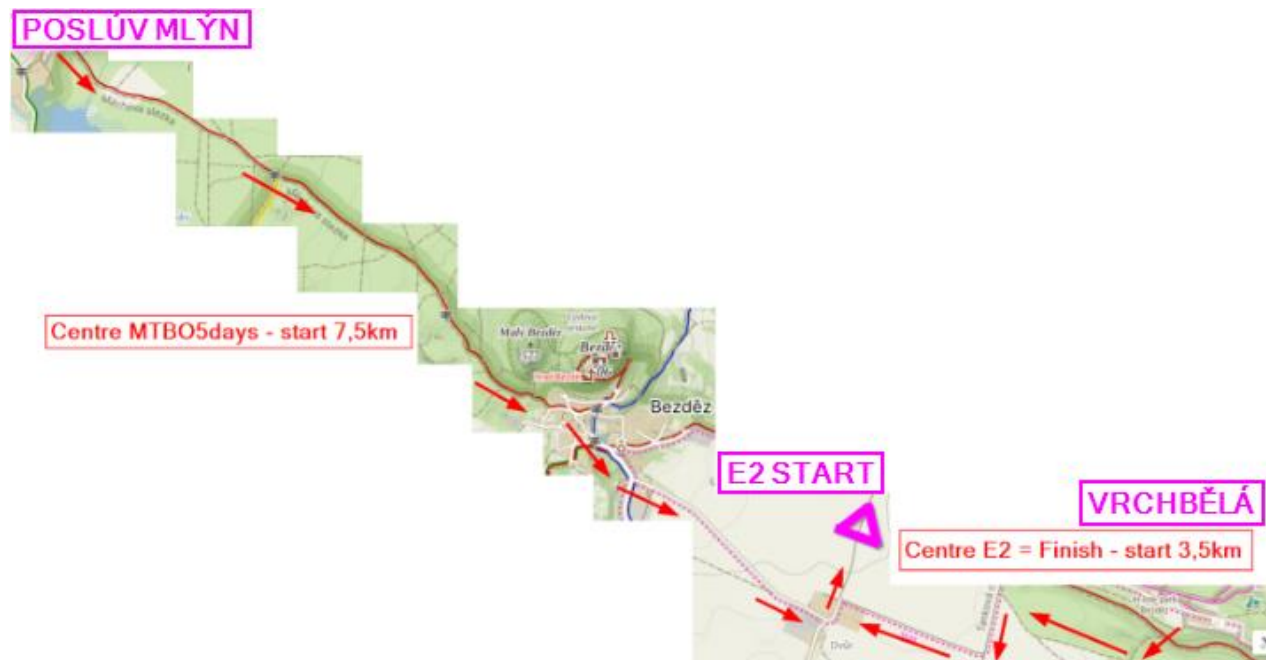
Afternoon team event: O-triathlon - see separate description

Evening culture: Party with a band Electric Therapy

Plan of center E2 - VRCHBĚLÁ:



Cycling route from Poslův Mlýn to the E2 center and to the start (can also be used for the return trip):



STAGE 3

"Mass meat...perhaps the fastest forest MTBO???"

**Absolute prohibition of movement
outside the mapped routes.
Including cutting sharp corners!!!**

Date: Friday 7 July 2023

Type of race: Mass start

Event center: Bělá pod Bezdězem - meadow at the edge of the city, <https://mapy.cz/s/kahodevede>

Parking: Parking in designated areas in the center and its immediate vicinity, see the map below. Please follow the instructions of the organizers. There are plenty of us and the area is limited.

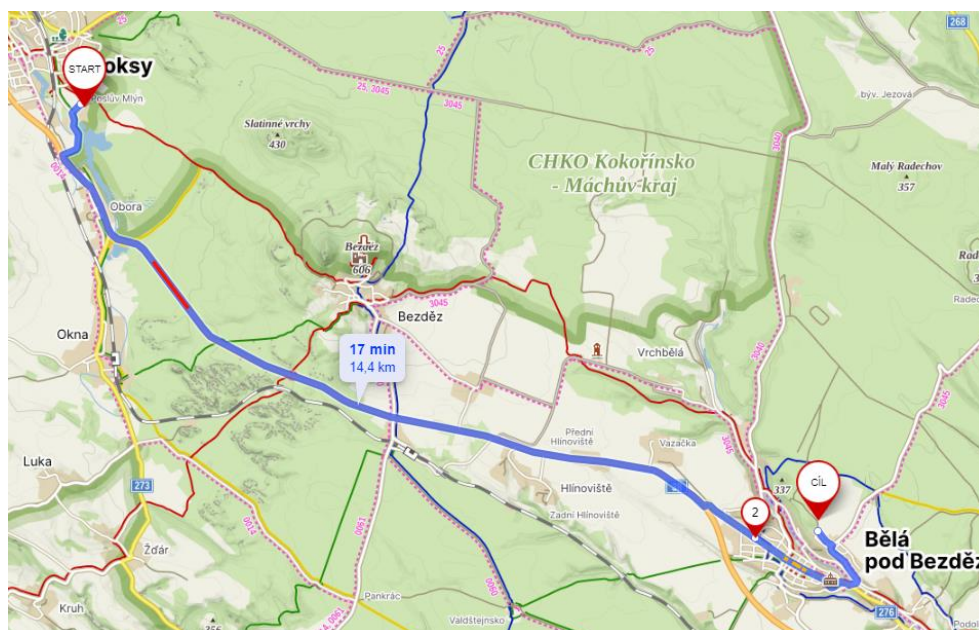
Map: RadechOff, JazzOvá, 1:12 500, E = 5m, status 6/2023, size SRA3 (320 x 450 mm, slightly larger A3)

Terrain: A fairly dense network of relatively sparse roads. The grid is only square in places (doesn't matter at all). It's flat, you ride around the only hill, and the grooves and valleys are negligible. It's going to be a blast! All roads are super-fast even when wet.
The forest is typically for that area - pine with low bilberry. Now and then the sand peeks out (almost like in Krkavec in Pilsen).

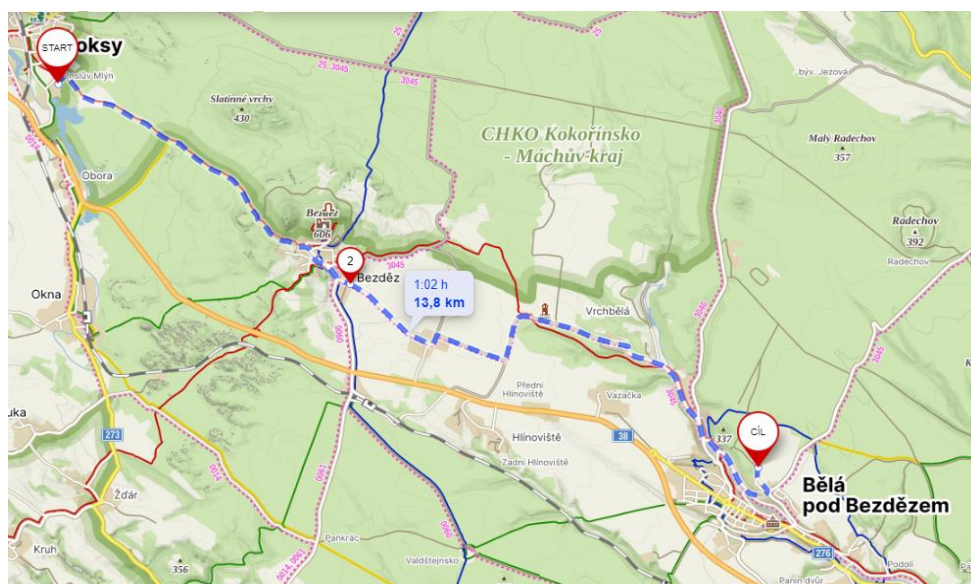
Distances: Poslův mlýn (accommodation) - Center E3 = 14 km
- by car on road 38 to Běla pod Bezdězem
- by bike along the red tourist trail to the village of Bezděz, then via Vrchbělá - unmarked

Parking lot = Center E3 = Start E3 = Finish E3
All in one spot

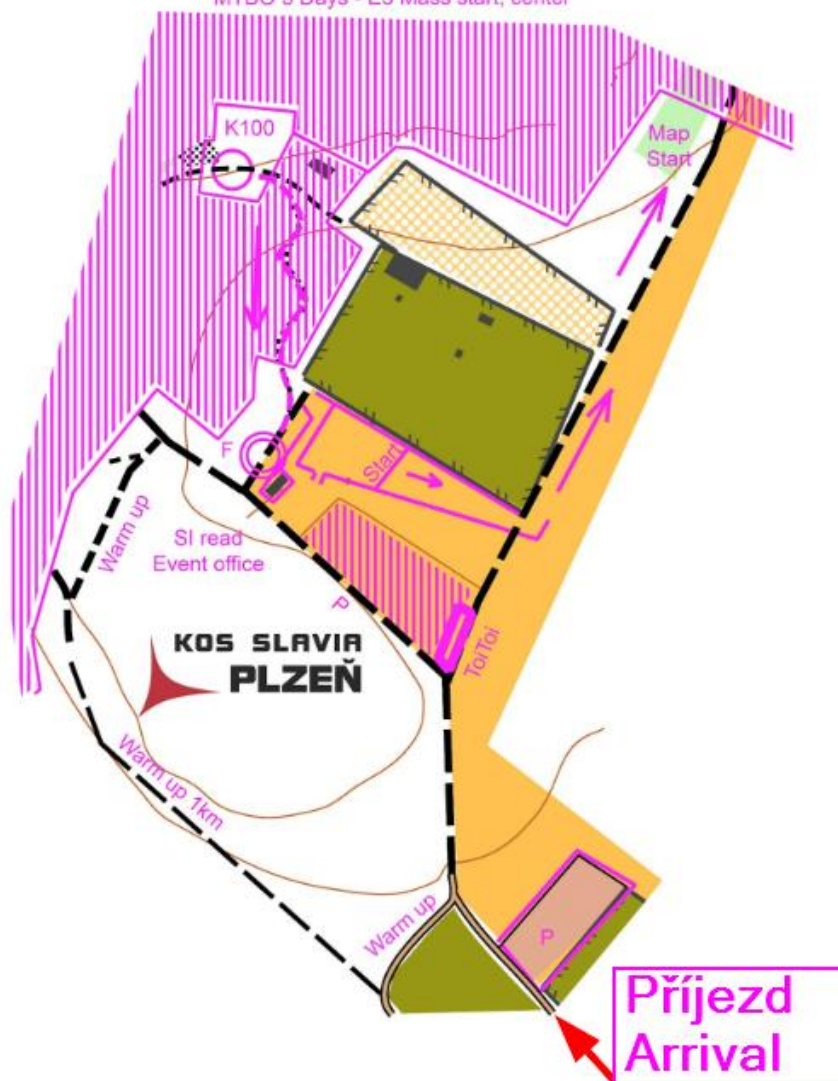
By car from Poslův mlýn to the center of E3:



By bike from Poslův mlýn to the E3 center (the same route as to the E2 center) and then further:



MTBO 5 Days - E3 Mass start, center



Warm up:

A 1km circuit is available in the immediate vicinity of the center, see the sketch of the center.

Start:**Mass in waves**

The first wave starts at 00 = 10:00.

- The OPEN L and OPEN S categories also have a Mass start! (guarding parents and other latecomers will be allowed to start by punching the start station even at a later time according to the possibilities and instructions of the starter!! (no later than 12:35))

Start procedure

- Entry to the start corridor will be enabled 9 minutes before the start.
- Clear & check at the entrance to the start corridor. The competitor is responsible for SI Clear and SI Check!
- At the start, you will be lined up according to your start numbers
- Distance to map start = 469 m
- The number after the dot by the start wave indicates an order within the wave. e.g. for Group 7, we rank W21 (7.1) first, followed by WB (7.2)
- 2 minutes before the start you will receive a flipped map according to your start number, check the correctness!
- You will be notified by the starter 1 minute before the start
- 15 seconds before the start, you can rotate the map and insert it into the map holder
- Start at starter's command
- At the moment of the start, you must keep the bike at rest and touch the ground with one foot (so-called "flying starts" are prohibited).
- Competitor, who starts early may be penalized by +5 minutes or even disqualified immediately.

Category	Start time of the wave	Starting wave
M50	10:00 a.m	Group 1.
M14	10:10	Group 2.1
M12	10:10	Group 2.2
OPEN_L	10:10	Group 2.3
W14	10:20 a.m	Group 3.1
W12	10:20 a.m	Group 3.2
OPEN_S	10:20 a.m	Group 3.3
ME	10:40 a.m	Group 4.
WE	10:50 a.m	Group 5.
M40	11:00 a.m	Group 6.
M21	11:30 am	Group 7.1
MB	11:30 am	Group 7.2
W21	11:40 a.m	Group 8.1
WB	11:40 a.m	Group 8.2
M20	11:50 a.m	Group 9.1
M17	11:50 a.m	Group 9.2
W20	12:00 p.m	Group 10.1
W17	12:00 p.m	Group 10.2
W40	12:15 p.m	Group 11.1
W60	12:15 p.m	Group 11.2
W50	12:30 p.m	Group 12.1
W70	12:30 p.m	Group 12.2
M60	12:45 p.m	Group 13.1
M70	12:45 p.m	Group 13.2



Courses parameters:

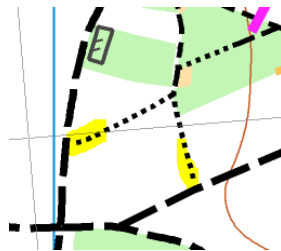
Category	Length: km	Number of controls	Elevation
ME	24.43	27	150
M40	20.96	19	150
WE	22,24	19	140
M21	20,28	20	140
M20	20.60	20	135
W20	17.93	19	120
W21	17.93	19	120
M17	18.38	19	120
MB	18.38	19	120
W40	16,15	17	100
M50	16.99	16	100
W17	15.85	16	100
WB	15.85	16	100
M60	14,12	14	80
W50	14,12	14	80
M14	9.69	10	60
W14	9.69	10	60
OpenS	9.58	10	60
OpenL	16.69	14	100
W60	9.55	12	60
M70	9.55	12	60
W70	9.55	12	60
M12	7.12	10	40
W12	7.12	10	40

Note 1:

Any movement outside mapped paths is strictly forbidden, including cutting sharp corners !!!

Note 2:

Some less noticeable paths will be marked with red and white ribbons in the terrain. The map uses an "indistinct" connection - (Indistinct junction with gap 1mm)



Note 3:

The road bordering both edges of the map (western and eastern) is out of bounds, forbidden (716). Proceeding along the parallel forest tracks is of course allowed. Keep an eye on it so it doesn't confuse you.



Note 4:

Dangerous places are marked by following symbols:

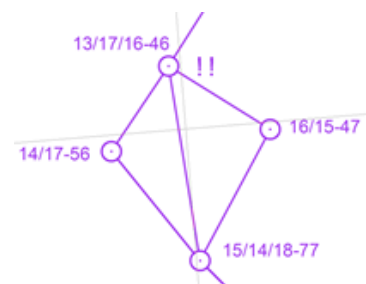
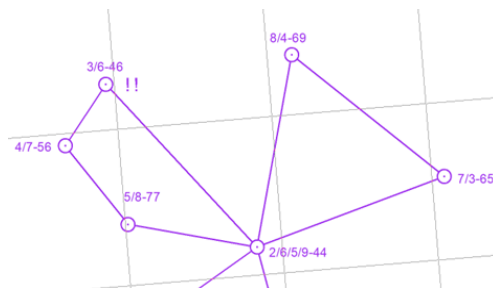
Symbol 717 - " *Obstacle across track/road* ". Expect a fallen tree or **barrier** across the road.

Symbol 719 - " *Dangerous section* " - exclamation marks. They are used in places where Symbol 717 indicates a barrier. Be really careful here, you're riding as a flock!



Note 5:

You should NOT be passing the center during the race. Course planning techniques separating riders from each other will be used in mass start. Make sure you follow the correct order of control points! Both butterfly and forking (nice diamond shape) will be used, see the examples below.



Winning times:

Estimated times shall be towards the lower limit of [Definition of race categories in MTBO](#)

Why shorter? Because you are after two stages, O-triathlon, two parties already, and a LONG awaits you tomorrow!

Refreshment:

None on the track. Water at the finish line. Considering hygiene and environment protection, we prefer to serve your drink into your own bidons, rather than to use plastic cups.

Limit:

150 min

Prize giving ceremony: 19:30 in the race center

Course setter: Tomáš Karýk Kamaryt

Key to victory:

- Follow the order of control points,
- Watch out for barriers!!
- Straight segments with full power and faster
- Whoever punches the K100 first, wins!

MW10:

MTBO in the vicinity of Poslův mlýn campsite

Map : MTBO map of the Královinn stolec, 1:7 500, E 5m

Course: 3.05 km, 6 controls

Start: approx. 800 m, from the presentation to the green and white streamers

Finish : at the start, reading at the finish

The MW10 category starts by punching a start station between 16:00 and 18:00

Evening culture:

Friendly sports celebrities party



STAGE 4

trip through Mácha's region

**Absolute prohibition of movement
outside the mapped routes.
Including cutting sharp corners!!!**

Date: Saturday 8 July 2023

Type of race: Long

Event Center: DOKSY - Poslův Mlýn Recreation Area, <https://mapy.cz/s/caputozoku>

Parking: see MTBO5days center parking, no need to drive anywhere

Map: Bez-Děs, 1:15,000, E=5m, condition 6/2023, size A3 (300 x 420 mm), some categories have two maps, they are printed on both sides of one paper sheet - see courses parameters

Maps handover: 1 min before the start time

Terrain: The road network is sometimes dense, sometimes sparse; it's almost flat, except for a few hills near Bezděz, the roads are good

Distances: Destination = Centrum MTBO5days Poslův mlýn
Center - start: 5 km, flat (will be marked)
Center - start MW12: 1.4 km, common path to the "start", it will be right next to the road

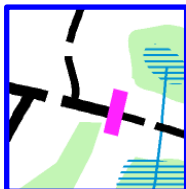
Start: **00 = 10:00**, Open categories start by punching the start station between 0-120 min according to the instructions of the starter

Courses parameters

Category	Air Length [km] Ideally approx. 135%	Number of controls	Elevation [m]	number of maps	Category	Air Length [km] Ideally approx. 135%	Number of controls	Elevation [m]	number of maps
M12	3.7	9	80	1	W12	3.7	9	80	1
M14	8.2	7	90	1	W14	8.2	7	90	1
M17	16.9	10	190	2	W17	11.9	9	100	1
M20	22.6	11	260	2	W20	16.7	11	180	2
ME	31.1	19	380	2	WE	22.1	13	280	2
M21	25.2	18	300	2	W21	16.7	11	180	2
MB	16.9	10	190	2	WB	11.9	9	150	1
M40	22.8	13	280	2	W40	15.5	10	210	2
M50	21.8	11	220	2	W50	15.5	11	170	1
M60	15.5	11	170	1	W60	11.8	10	120	1
M70	11.8	10	120	1	W70	11.8	10	120	1
OPEN S	7.1	8	80	1	OPEN L	12.2	11	110	1



- Note 1:** Movement outside mapped paths is strictly forbidden! **DO NOT RUN/RIDE IN THE FOREST OR ON THE MEADOW!!**
- Note 2:** Roads are out of bounds (symbol 716). **DO NOT RIDE THERE - YOU RISK DISQUALIFICATION AND YOUR REPUTATION!!**
- Note 3:** Some less noticeable paths will be marked with red and white ribbons in the terrain.
- Note 4:** Symbol 717 used for dangerous object/obstacle on the track ie. Barrier/fallen tree.



Note 5: The entire area of the plant is widely used by tourists, mushroom / berries pickers, and animals. **Be considerate** .

Winning times: Expected d times of the winners at the upper limit of the target times for Long.

Refreshment: **None on the track.** Water at the finish line. Considering hygiene and environment protection, we prefer to serve your drink into your own bidons, rather than to use plastic cups.

Limit: 180 min

Finish closing: 17:51

Prize giving ceremony: 19:30 at the MTBO5days center

Course setter: Ondra Háša Hašek

Key to victory:

- It is necessary to go fast, but at the same time always think of the map and take the right the turns
- **Drive to the right-hand side** of the paths, you are never so fast there is nobody faster. Watch for **oncoming riders!**
- 5 minutes loss doesn't mean much, keep going, fight!
- Have a beer or two in the finish, you deserve it 😊

MW10: **pedestrian OB in Poslův Mlýn campsite**

Map: map of the campsite

Track: up to 1.5 km

Start: at the children's corner

Finish: at the start, reading at the finish

The MW10 category starts by punching a start station between **10:00 and 14:00**

Evening culture: Just a normal Pilsen party



STAGE 5

"Tired Brains"

**Absolute prohibition of movement
outside the mapped routes.
Including cutting sharp corners!!!**

Date: Sunday 9 July 2023

Type of race: Semi-free order, handicap start according to the overall order after 4 stages.
OPEN_L and OPEN_S categories have a race with a fixed control points order.

Event Center: DOKSY - Poslův Mlýn Recreation Area, <https://mapy.cz/s/caputozoku>

Parking: See parking in the MTBO 5days center, there is no need to drive anywhere.

Map: Králova stolice, 1:15,000, E=5m, status 6/2023, size A3

Maps handover: the competitor takes the map after a start

Terrain: Slightly hilly, sandy in some places with a medium-density network of mostly good roads.

Distances: Center - start 2000 m, elevation gain 20 m (will be marked)
Center - destination 0 km

Start: **00 = 10:00**
Open categories start by punching the start station between 0-120 min according to starter's instructions..

Start organization:

Start time of the first	1. corridor	2. corridor
10:00 a.m	M50, M12	W60
10:10	M21B	W12, W21B
10:20 a.m	M20	W20, W14
10:30 a.m	M21, M70	W50
10:40 a.m	M14	W40, W17
10:50 a.m	M17, M60	W21
11:00 a.m	M40	W70
11:10 a.m	ME	WE

Handicap start applies until cumulative loss of 60 minutes to the leading competitor (after four stages), then an interval start after 1 minute. The first 5 competitors in each category (except the Open categories) will pick up the appropriate start number before the start. Other competitors keep their numbers.



Courses parameters

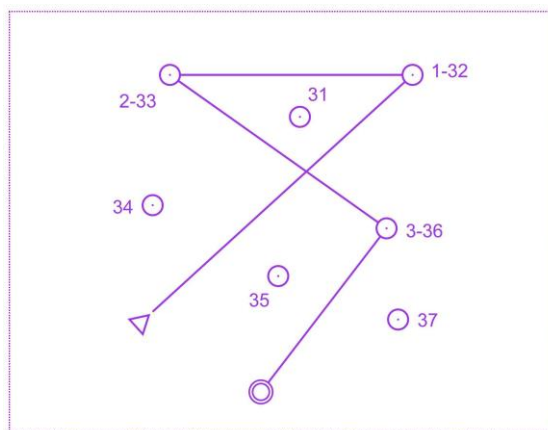
Category	Length * [km]	Number of controls (fixed order)	Number of controls (free order)	Winning time [min]	Category	Length * [km]	Number of controls (fixed order)	Number of controls (free order)	Winning time [min]
M12	4.5	7	0	30	W12	4.5	7	0	30
M14	8.6	4	6	40	W14	8.6	4	6	45
M17	14.6	5	10	55	W17	10.2	5	7	50
M20	18.3	7	16	70	W20	16.8	7	11	65
M21	17.2	5	18	65	W21	16.8	7	11	70
M21B	14.6	5	10	60	W21B	10.2	5	7	55
ME	22.5	7	18	75	WE	18.8	6	16	70
M40	19.4	6	16	70	W40	14.7	5	11	60
M50	12.1	5	9	55	W50	8.1	4	6	50
M60	8.1	4	6	45	W60	5.7	4	6	40
M70	5.7	4	6	40	W70	5.7	4	6	45
OPEN_L	10.6	11	0	45	OPEN_S	4.3	6	0	30

*Lengths of the tracks are measured in the air according to one of the possible procedures, not necessarily the ideal one

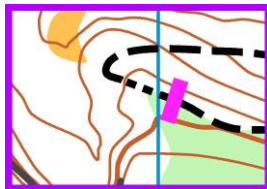
Elevation: It depends on the chosen path; you already know it there.

Finish: Crossing the finish line is decisive in the fifth stage. The finish station is punched after the finish line according to the order of arrival. The station is set to a contact mode!!! In case of a tight finish, the finish judges decide. Follow their instructions when punching.

Race system: Semi-free order. Connected control points must be passed in the corresponding order. Other points can be punched at any time, i.e., between the control points in a mandatory order. Red markers will be available at the start.



- Note 1:** Movement outside mapped paths is strictly forbidden, including cutting sharp corners !!!
- Note 2:** Some less noticeable paths will be marked with red and white ribbons in the terrain.
- Note 3:** On the map symbol 716 Prohibited route is used.
- Note 4:** The map uses symbol 717 Obstacle across the road for barriers and fallen trees .



- Note 5:** Symbol 824 Passable area is used, representing mostly a commonly used path through meadows, if necessary, they will be marked in the terrain.



- Note 6:** The space is often used by tourists. In addition, there will be many other competitors in the forest. Be considerate.

Refreshment: **None on the track.** Considering hygiene and environment protection, we prefer to serve your drink into your own bidons, rather than to use plastic cups.

Limit: 140 min

Finish closing: After the limit of the last starting competitor has expired

Prize giving ceremony: Total for the entire 5 days in the center after the race. Approximately 2:30 p.m

Course setter: Ondra Kovák Kovář

Key to victory:

- If you think you figured it out optimally, you've probably missed something
- However, the first thing that comes to your mind is usually the best
- Don't miss any control point!!!

MW10: **MTBO in the vicinity of Poslův mlýn campsite**

Map: MTBO map of the Queen's chair, 1:7 500, E 5m

Course: 2.79 km, 9 controls

Start: not far from the campsite, from the presentation to the green and white ribbons, on the way to the start of the main race

Finish : at the start, reading at the finish

The MW10 category starts by punching the start station between 9:30 a.m. and 1:00 p.m



O-triathlon

"Team spirit"

Date: Thursday 6 July 2023 at **17:00** (after E2)

Type of race: three-person relay triathlon

Sections:

- 1st section:** OB, mass start, fixed order of checks (bow ties)
- 2nd section:** swimming, start with a relay
- 3rd section:** MTBO, start with handover, fixed order of checks (forking)

Changeover: Changeover takes place by touch of any part of the body in the changeover area.

The changeover area will be marked by a plastic ribbon, respect the organizers' instructions.

Sample changeover 15 minutes before the start (**i.e. 16:45**).

The first section (runner) does not read its SIAC, but passes it to the third section (biker), who reads the SIAC after reaching the finish line.

Category: 2 categories are listed: M (men and mixed relays), D (women).

Applications: Blank application forms are available at the Registration. Hand them in until Wednesday 5 July 2023 7:00 p.m. at the Registration. Number (un)limited to 100 teams, first come, first served, others cheer.

Entry fee: Voluntary, invite the organizer for a beer!

Event Center: Camp Poslův mlýn, Doksy, GPS Loc: 50.5558353N, 14.6679511E

Map: Camp site plan: scale: unknown....not important size: A5
Map: scale: 1: 100 - 20,000 size: A4

Distances: Everything is in the center by the beach
The map start for the first section is on the beach and for the third section somewhere else.

Parameters:

- 1. Section - OB:** 1.5 km, 10-15 minutes
- 2. Section - swimming (without map):** 283.29 m, 2:41.52-10 minutes
- 3. Section - MTBO:** 5 km, 20-30 minutes

Terrain: Through beaches, dense forests, cabins, benches, pump tracks, single-tracks and intentionally unmapped paths of mushroom pickers.

Distances: Start on the beach, finish in the center of the campsite (same as E1)

Start: Expected mass start **00 = 17:00**

Punching: The relay team uses one SIAC chip, which the runner hands to the waiting biker after the changeover, while the second swimmer is in the water.

Note 1: Check the correct sequence of control points, there are quite a few in the forest and in the camp.

Note 2: Be extra careful during the race, you are moving in a popular recreation area, be considerate of the locals, it is not a matter of life.

Note 3: You will be running through the camp area several times during the running part, there will be a lot of people. So be extra careful.

Note 4: The third sections starts by completing a mandatory section towards the map start, where several obstacles await them. They only take the map after completing this mandatory section.



Key to victory: Run fast, swim fast and pedal hard

!!! Do not hit other competitors or camp residents - you are racing at your own risk!!!

Prize giving ceremony: in the center immediately after the finish line of the triathlon, followed by the announcement of E2

Protests: to any of the officials with a deposit of 5 beers, during the evening program

Course setter: Marek Mára Hasman and Lukáš Luďa Richtr

Event director: Marek Mára Hasman

Main referee: Honza Hašák Hasman

IT guy: Jaroslav Jaryk Křenek

Co-organizer: Camp Poslův mlýn

The guy who does nothing: Honza Hašan Hašek

Plan:

