

PORTUGAL
FIGUEIRA DA FOZ . MONTEMOR-O-VELHO
02 > 06 MARÇO . MARCH

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MCO2022

Mediterranean Championships in Orienteering



boletim . bulletin

MCO2022 – BULLETIN

2 a 6 March 2022



FIGUEIRA DA FOZ E MONTEMOR-O-VELHO



Welcome Message

It is with particular emotion that the cities of Figueira da Foz and Montemor-O-Velho, the Associação Desportiva do Mondego and the whole organization of MCO2022 Portugal welcomes you.

An Important event of Orienteering on the national sports calendar, which usually counts with a significant and important presence of the best national and international athletes, the MCO2022 makes us pull through all our energies and wishes in order to organize a serious capable and memorable, event.

And, because the organizational level of the previous MCO has already reached very high levels, there is always a great responsibility for those who, year after year, are struggling to organize another MCO

But, we are Figueira da Foz and Montemor-O-Velho, the center of Portugal! And it is also why, enjoying receiving with open arms who visits us, enjoying to show what is ours, enjoying sharing, working and loving Orienteering, we are motivated to receive you. Being able to count on your presence at our “home” is not only a reason for pride, but also a great satisfaction.

We are ready, let's roll up our sleeves and, with the help and work of all, we will do everything to provide you moments of pure competition, conviviality and pleasure. Give us the pleasure of your presence and company and, we are sure, you will not regret it.

Accept our challenge and help us make the MCO2022 an unforgettable event.



MARCH 4TH (DAY 1, FRIDAY): SPRINT WRE

Montemor-O-Velho



MONTEMOR-O-VELHO

Map: Montemor-O-Velho (updated in 2021)

Terrain: Montemor-o-Velho is a town full of history.

The athletes will find courses full of challenges with narrow streets

Map maker: Rafael Miguel (Portugal)

Course setter: Rui Mora

Map scale: 1:4.000

Contour Interval: 2,5m



MARCH 5TH,6TH (DAY 2 ;3): MIDDLE AND LONG DISTANCE WRE

Leirosa Forest



LEIROSA FOREST

Map: Leirosa (2019)

Mape maker: Janne Weckman and Timo Joensuu

Update 2021 : Alexandre Reis

Terrain: Typical Portuguese Sand Dunes terrain, with pine forest and some very small open areas. Several small green areas/dots mostly caused by mimosas (*Acacia dealbata*) and some undergrowth vegetation areas. Good/very good visibility and runnability.

day 2 - Middle distance – WRE;

day 3 - Long distance – WRE;

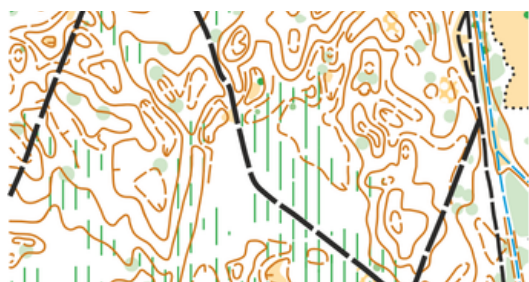
Map scale: 1:15.000, 1:10.000 e 1:7.500

Contour Interval: 2,5m

Parking: In the places indicated by Organization

Additional information:

– There will be refreshment controls (long distance)



MARCH 5TH (DAY 2): NIGHT SPRINT

Extra competition - Figueira da foz



FIGUEIRA DA FOZ

Map: Figueira da Foz (updated in 2019)

Terrain: Urban area with two distinct parts, one with narrow streets and the other very geometric.

Map maker: Alexandre Reis (Portugal)

Course setter: Rui Mora

Map scale: 1:4.000

Contour Interval: 2,5m

Parking: Parking available near arena

Additional information:

– Runners must use a head-lamp.



MODEL EVENTS



QUIAIOS – forest

Map: Quiaios (update in 2021)

Terrain: Typical Portuguese Sand Dunes terrain, with pine forest and some very small open areas. Several small green areas/dots mostly caused by mimosas (*Acacia dealbata*) and some undergrowth vegetation areas. Good/very good visibility and runnability. Map area uses parts of the maps from POM2019.

Map maker: Alexandre Reis (Portugal)

Map scale: 1:15.000, 1:10.000 e 1:7.500

Contour Interval: 2,5m

Parking: In the places indicated by Organization

BUARCOS - urban

Map: Buarcos (updated in 2021)

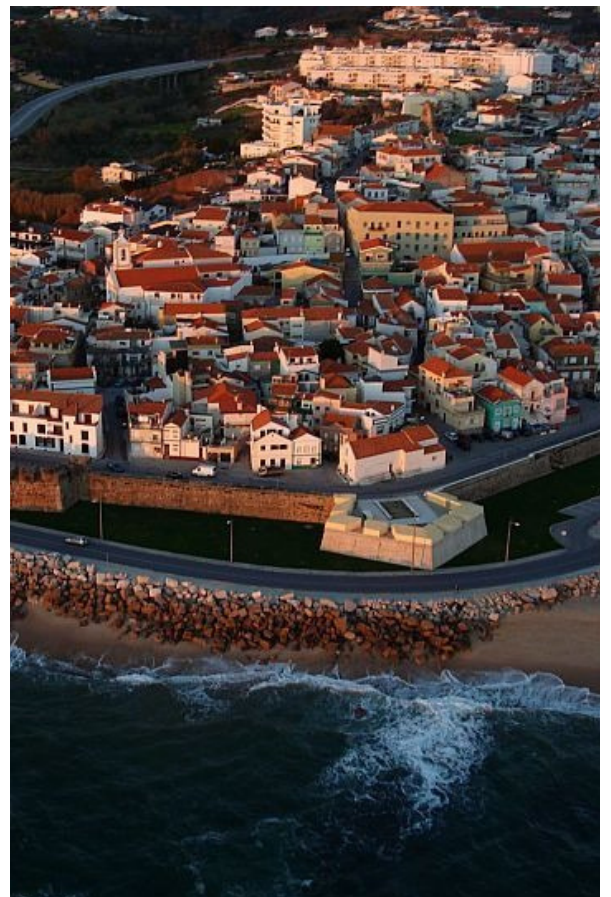
Terrain: Urban area with two distinct parts, one with narrow streets and the other very geometric.

Map maker: Rafael Miguel (Portugal)

Map scale: 1:4.000

Contour Interval: 2,5m

Parking: Parking available close the school Infante D. Pedro in Buarcos



ORGANIZATION AND CONTACTS

Associação Desportiva do Mondego



We are a non-profit sports association, focused on the activity and sports training in general and, more particularly, in the sport of Orienteering. Founded in November 2014, fruit of the passion for sports in general and Orienteering in particular, we intend with this project:

- to create new challenges;
- to become a pole of dynamism and congregation of initiatives and sports practices among all segments of the local population
- to promote and disseminate the potential and characteristics of the Baixo Mondego region for the practice of physical activity, namely Activities of Exploration of Nature.

We already organized several international Orienteering events like BLOM2017(Beira Litoral "O" Meeting) in Coimbra and POM2019 (Portugal "O" Meeting) in Figueira da Foz.

Social Media

website: admondego.pt

facebook: www.facebook.com/MCO2022

instagram: [MCO.2022](https://www.instagram.com/MCO.2022)

Contacts

Email:

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2 > 3 Março . March

Treinos . Model Events

Quiaios e Buarcos

Floresta e urbano . Forest and urban

4 Março . March . WRE

Sprint Urbano . Urban Sprint

Montemor-o-velho

5 Março . March . WRE

Distância Média . Middle Distance

Leirosa

Sprint Nocturno . Night Sprint

Figueira da Foz

6 Março . March . WRE

Distância Longa . Long Distance

Leirosa



100

Desenho: D'Dsi

