

BULLETIN 1



Course d'Orientation
Fédération Française



IX Mediterranean Championships in Orienteering MCO 2020

11-13th April 2020 – France
Brive La Gaillarde- Corrèze





2020
in Corrèze

IX Mediterranean Championships in Orienteering

Spectator race: National Events

Easter 3 days: 11-13th April 2020

Brive La Gaillarde – Causse lake



Information

Brive Corrèze C.O, association affiliated to the French Orienteering Federation (FFCO), gathers about 100 licensees and, has the experience of great events and got the material necessary for such organization. In the past it organized a few French championships and one EYOC



Event Director :

Bruno MARCHEGAY

23 Sajueix 19130 Voutezac

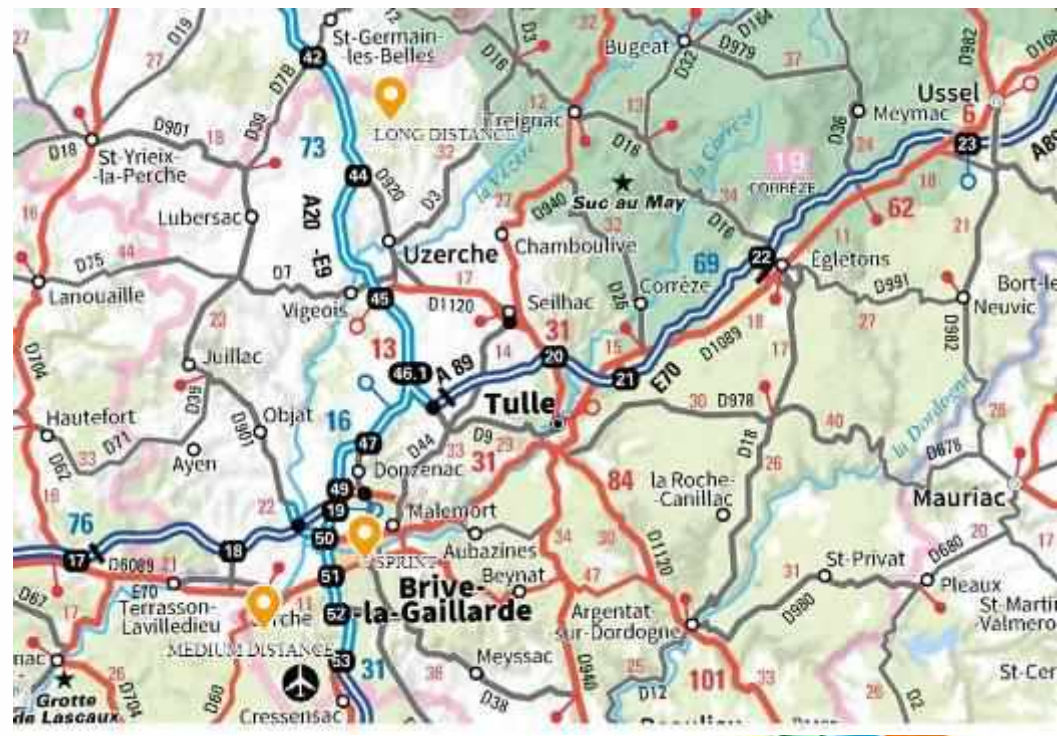
France

Mail : marchegaybruno@gmail.com

Web site : <http://mco2020.fr/>



Locations



Locations



It looks like the South! Brive-La-Gaillarde, nicknamed the "Portail du Midi", is a land where the art of living is not an empty word. Here, the teasing sun sublimates the diversity of our villages, the R's roll in the mouths like stones in the beds of the rivers Corrèze and Vézère and the fairs and markets overflow with appetizing food. It's the sweet land of Brive!

Between Périgord and Quercy, the Brive region will seduce you in many ways: You will appreciate its exceptional heritage on holiday in many ways, especially on foot on the hiking trails.

Many villages classified as "The most beautiful villages in France" live side by side and offer a rich and varied built heritage: Turenne, Collonges-La-Rouge, Saint-Robert.... Here, history has left its mark. Let us not forget that we are close to major prehistoric sites such as Lascaux or Les Eyzies.

Finally, we are proud to be on a land of Cocagne where life is good: the local products are rich and offer us a quality and renowned cuisine. There are many markets all over our territory and the well-stocked stalls make us hungry!

Shabatz d'entrar!



Weather

Average temperature in April :

Max temperature : 18° C

Min temperature : 7° C

Sun : 178 hours

Precipitation probability: 30%



Event center

Corrézien Causse Lake (lac du Causse) : 5 km from Brive la Gaillarde in Corrèze.



Travel



| From | To | Distance |
|--------------------------------------|--------------|----------|
| Brive Airport –Vallée de la Dordogne | Event center | 10 km |
| Limoges airport | Event center | 80 km |
| Bordeaux Airport | Event center | 220 km |
| Toulouse Airport | Event center | 240 km |

Teams are responsible for their own transport to and from the events. On request, the organisers can provide bus transport from official accommodations to competition center.



Accommodations



Village de Gîtes du Lac du Causse

25 4-5 places cottages at the lake

Catering by the lake

Accommodations



| Services | Duration | Price | Comment |
|---|---|--------------|---|
| Bed, breakfast, lunch, diner | From lunch of Friday to lunch of Monday | 160€ / pers | Included: Night, 2 meals and breakfast in a 4-5 person cottage, shared meals in the village hall. |
| | Additionnal day | 60€ / pers | |
| Transportation from event center to arena | | 30 € / pers | |
| Full Package | From lunch of Friday to lunch of Monday | 232 € / pers | Accommodation, catering, transportation, entries |



Program - Youth Training Academy

| | Location | Agenda |
|--------------------------------|---------------------------|---|
| Wednesday 8th April | Welcome: Event center | Arrival, registration, accommodation, opening of YTA 2020 |
| Thursday 9th April | Around Brive La Gaillarde | Practical training sessions (morning and afternoon) Lecture in the evening |
| Friday 10th April | Around Brive La Gaillarde | Morning practical training, afternoon model event, evening final lectures |

Program

Mediterranean Course Orienteering

| | Location | Event | Estimated winning time |
|----------------------------|---|---|---|
| Friday 10th April | Welcome: Event center | Model Event | |
| Saturday 11th April | Brive La Gaillarde | MCO Sprint , WRE Event <i>Open Sprint</i> | 12-15' each class |
| Sunday 12th April | Masseret 40' – 50 km via A20 Highway) | MCO Long Distance , WRE <i>National Long Distance</i> | MElite : 90'-100' M-20 :70' WElite : 70'-80' W20 : 55' |
| Monday 13th April | St Cernin forest (15' – 10 km) | MCO Middle Distance , WRE <i>National Middle Distance</i> | MElite :30' M-20 : 25' WElite : 30' W-20 : 25' |

Program Additional Event

Celebration 10 years of COMOF (2010-2020)

6th COMOF General Assembly meeting

Date and location will be defined later



Course d'Orienteering
Fédération Française

Class

Each country at MCO will be represented by a team composed of four women and four men. SENIOR (M/W 21 E) : 2 WOMEN and 2 MEN JUNIOR (M/W 20) : 2 WOMEN and 2 MEN (According to IOF annual rules).

Checking the athletes' age and athlete's nationality is the responsibility of the organizing country, following COMOF criteria. Participants must have citizenship of the country they represent at MCO. A country will be included in the final ranking when it has at least one runner in the event. The start fees for the official COMOF national teams should be covered by the country organizing the MCO.

Entries

| | | |
|----------------------------|-----------------------------------|-------------------------|
| Thursday 9th April | Welcome: Event center | training |
| Friday 10th April | Welcome: Event center | Model Event |
| Saturday 11th April | Brive La Gaillarde | Sprint – Open Sprint |
| Sunday 12th April | Masseret (40' – 50 km via A20) | LD - Nationale LD event |
| Monday 13th April | Forêt de St Cernin (15' – 10 km) | MD – Nationale MD event |

Entries

Preliminary entry deadline : 15th february 2020

Preliminary entries include the following information :

- Number of competitors (men and women)
- Number of team officials (men and women)
- Team manager : name, address, phone, email
- Any special requests (transport, accommodation, ...)

Entry deadline : 20th march 2020

Final entries include the following information :

- All competitors and team officials : family name, first name, nation, sex, year of birth, IOF ranking ID (competitors only), passport number
- COMOF officials : family name, first name, adress, COMOF function

Please note that final entries can only be accepted if a preliminary entry has previously been submitted.

Final deadline for changes : 27th march 2020

Account details for payments

All payments are to be made to Corrèze course d'orientation organizer, as follow (all transfer charges are to be paid by sender) :

| RELEVÉ D'IDENTITÉ BANCAIRE | |
|------------------------------|-----------------------------------|
| Titulaire du compte : | CORREZE COURSE D'ORIENTA |
| Domiciliation : | BANQUE TARNEAUD POMPADOUR |
| RIB | 10558 02515 14139900200 79 |
| IBAN | FR76 1055 8025 1514 1399 0020 079 |
| BIC | TARNFR2L |

Competition Rules

For the competitions valid latest IOF Rules as well as COMOF Rules
<http://comofed.org/site/node/16>

Prizes

For each individual MCO race COMOF will obtain special designed medals for best 3, and for placement 1 to 5, special diplomas.

For National teams standing after all 3 races, the best 3 teams will received Cups (obtain by organizers).

Separate prizes should be delivered for WRE and National Event.

Punching system

We use the Sportident system. Please bring your own e-card. If you don't have one you can rent one or buy at the competition area.

Public competition

National competitions will be organised in parallel to the MCO 2020 at the same competition areas.

More information coming later

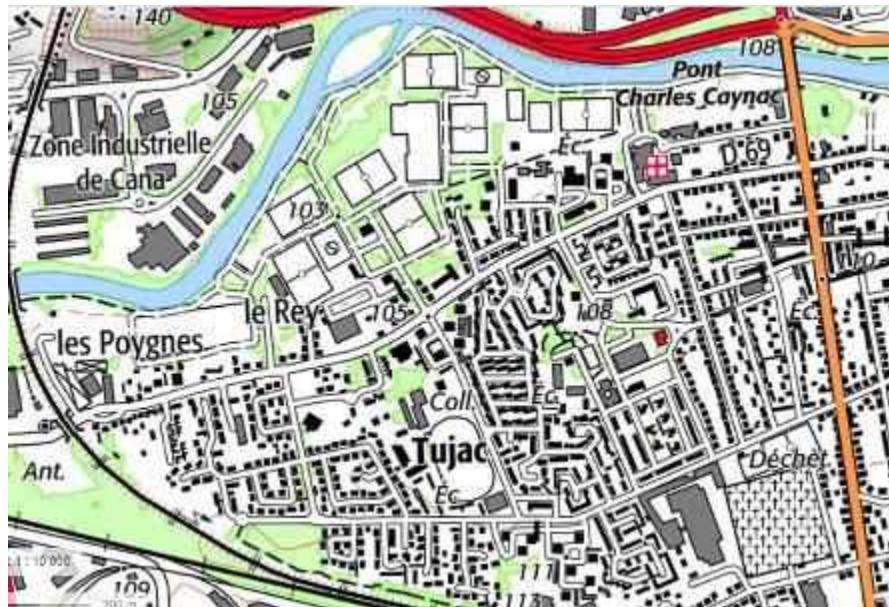
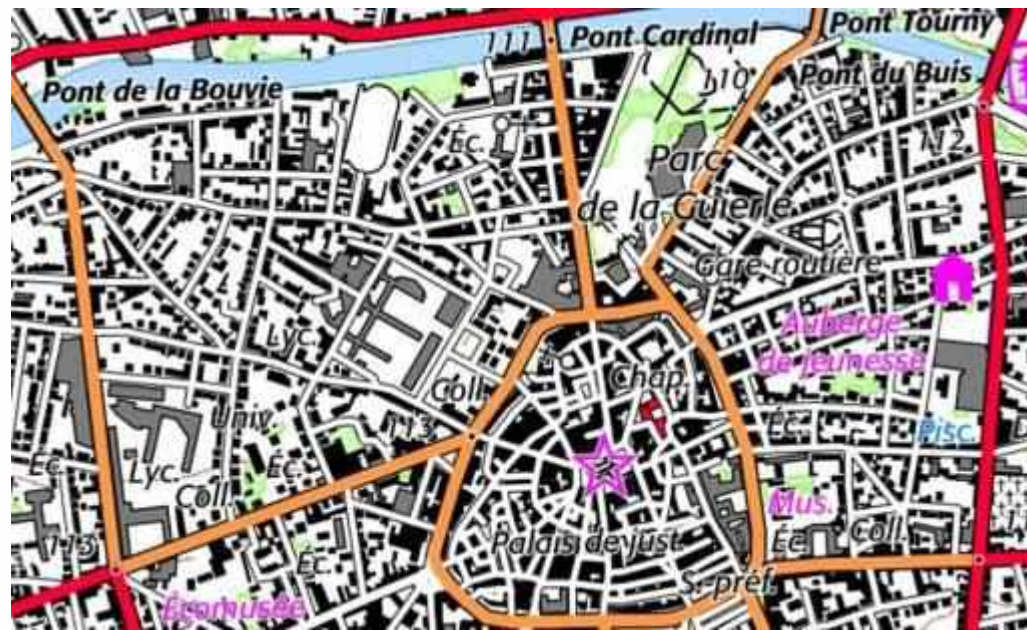


Course d'Orienteering
Fédération Française

Maps

Saturday 11 avril 2020

Site : Brive La Gaillarde
Center Town or Tujac
Sprint – Open Sprint
Map 1/ 4000



BRIVE CENTER

TUJAC



Maps



Sunday 12 avril 2020
location Foret de Masseret
Long Distance – 1/15 000
40 mn to event center

Map used during
Nationale 2014

to be updated to ISOM
2017 standards.



Maps



Monday 13 avril 2020

location Forêt St Cernin de Larche

Middle Distance – 1/10 000

Map used during
Federal Week 2015

to be updated to ISOM
2017 standards.

Embargoed area

The competition areas (long and middle distance) are embargoed areas for competitors, team officials and others who, through knowledge of the terrain or the competitions, may influence the results of the competitions. It is strictly prohibited to enter the embargoed area. These embargoed areas are valid until the competitions are over.



Visa permits



For the list of states whose citizens are required to have a visa to enter France, check the official site of the Ministry of Foreign Affairs of France.

<https://www.diplomatie.gouv.fr/fr/venir-en-france/demander-un-visa-pour-la-france/>

Anti-doping

Doping is strictly forbidden, and the organisers of Orienteering MCO 2020 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. The athlete should also bring along their therapeutic use exemption (TUE) if applicable. In general, it is advisable that the athlete bring along their ID to all the competitions and events.



Class - Scale - Winning Time

Each country at MCO will be represented by a team composed of four women and four men. SENIOR (M/W 21-29) : 2 WOMEN and 2 MEN ; JUNIOR (M/W 20) : 2 WOMEN and 2 MEN (According to IOF annual rules)

Checking the athletes' age is the responsibility of the organizing country, following COMOF criteria. Participants must have citizenship of country they represent at MCO. A country will be included in the classification when it has at least one runner in the event.

The start fees for the official COMOF national teams should be covered by the country organizing the MCO.

Sport Ident will be used as timing system. All races will also be WRE events.

Saturday : SPRINT

Location : Brive La Gaillarde (20' from event center 13 km)
map scale 1/4000 ISSprOM ; Winning time : 12-15' each class

Sunday : LONG DISTANCE

Location : Masseret (40' from event center – 50 km via A20 Highway)
map scale 1/15 000 ISOM 2017 ; Winning time : M Elite : 90'-100' – M-20 :70' – W Elite : 70'-80' – W-20 : 55'

Monday : MIDDLE DISTANCE

Location: Forêt de St Cernin (15' from event center – 10 km)
Map scale 1/10 000 ISOM 2017 ; Winning time : M Elite : 30' – M-20 : 25' – W Elite : 30' – W-20 : 25'

Public races will be organized in parallel: An open sprint on Saturday and two national races : LD on Sunday and Middle distance on Monday.

Organisation

Organised by the French Orienteering federation in cooperation with local organising club Brive CO Corrèze.



Organization comitee

President : **François DELCAMBRE**, françois@delcambre.fr

06.09.05.56.66

Event director : **MARCHEGAY Bruno**, marchegaybruno@gmail.com

06.07.30.82.07

Web site : <http://mco2020.fr/>



The organizing team

Organizing President:

François DELCAMBRE

Communication and public relations

Event director:

Bruno MARCHEGAY

Professional mapper, course setter, FFCO national controller

Event Advisor :

Jean Philippe STEFANINI

IT:

Pierre Jean MANET

Jean Christophe LEDUC

Logistics and material manager:

Jacques PEYCLIT

Start manager:

Patrick VERNOTTE

Subcontracting for animation: – Results on screen, speaker, Live...



Insurance



The organisers decline any liability that might occur through participation in MCO 2020. Each person participates at their own risk and is responsible for their own insurance coverage (illness and accident).

See you soon

The organising Committee is pleased to welcome all orienteering friends to another spectacular orienteering event in France.

