

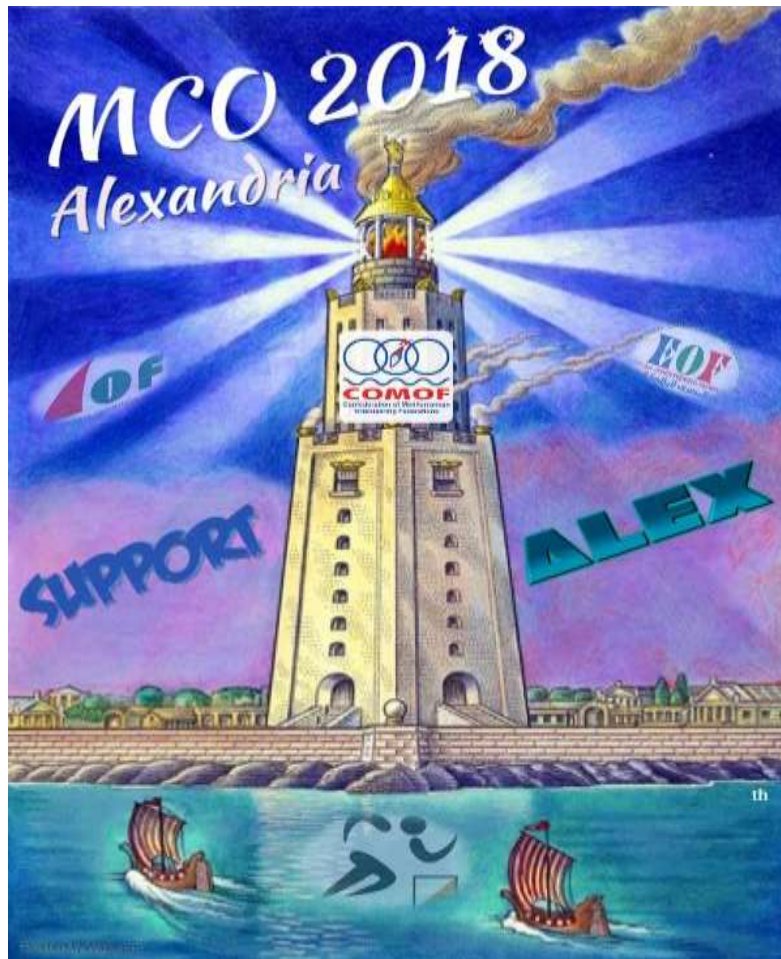


**7th Mediterranean Championships in Orienteering (MCO 2018)**

**Egypt International Orienteering Championship 3 (EIOC 2018)**

**8 - 12 February 2018**

**Alexandria - EGYPT**



**Bulletin 1**

**Marsh 2017**

## **1. Program**

<b>Thursday- 8 Feb. 2018</b>	<b>Event Center opens Sprint model</b>
<b>Friday - 9 Feb. 2018</b>	<b>Sprint - PreO Opining Ceremony</b>
<b>Saturday - 10 Feb</b>	<b>Middle distance - Tempo</b>
<b>Sunday - 11 Feb. 2018</b>	<b>Sprint relay sprint for EIOC 3 Closing ceremony</b>
<b>Monday - 12 Feb. 2018</b>	<b>Tourism day</b>

MCO 2017 will be held together with Egypt International Orienteering Championship 3 EIOC 3 that will give everybody the opportunity to experience MCO terrains .

## **2. Organizers and event controller**

<b>Event Director</b>	<b>Tamer Mehanna</b>
<b>Competition Manager</b>	<b>Ahmed Soliman</b>
<b>Secretary</b>	<b>Osama Saeed</b>
<b>IT</b>	<b>Mohamed Bahgat</b>
<b>Media Director</b>	<b>Soha Ebrahim</b>
<b>Map making team</b>	
<b>IOF event Advisor</b>	<b>Damir Gobic (Croatia)</b>

## Montazah Park



## Antonids park



### **3. MCO Rules and Classes**

#### **Participation**

Competition will be held according to the IOF Rules as well as the MCO Rules from July 2012.

The Mediterranean Championships in Orienteering 2018 will consist of two Sprint races, Middle Distance sprint relay races and in a four-day program.

#### **Classes**

Each country at MCO will be represented by a team of four women and four men.

In SENIOR class - 2 women (W21E) and 2 men (M21E) - all competitors must be full passport-holding citizens of the country they are representing.

In JUNIOR class - 2 women (W20) and 2 men (M20) - all competitors must be born in or after 1996 and must be full passport-holding citizens of the country they are representing.

#### **Entry Fees**

The start fees for the official COMOF National Teams participating in MCO will be covered by the organizers (according to the Rules).



#### **4. Locations**

The championships will take place at Montazah Palace, Antoniad's Park, , Alexandria  
“12 km from Alexandria city center”, 70 km from Borg El Arab Airport (HBE) , 250 km from Cairo International Airport (CAI)

#### **Event center**

Helnan plastine Hotel - will be the event cinter

It located inside Montazah park



## Useful information

\*The official currency in EGYPT is Egyptian Pound, (EGP) (LE), our advice is to change your money at airport, exchanges offices or banks.

\*Weekend: Friday & Saturday.

\*Shops, market and restaurants around Montazah Park.

\*For all three stages we suggest shoes with spikes and pants with covered legs.

\* February weather around max 18c min 5c.

## Health Services

The organizer will provide first-aid service at the event center and at each competition site. Emergency care and major hospitals are within a 30-minute drive from each of the competition sites.

The organizer will not bear responsibility related to medical costs for participants. Each federation and all competitors are responsible for the insurance of the participant.

## **5. Open event (Egypt international orienteering championship3 )**

Beside the MCO, an open event Egypt international orienteering championship will be held. All three races will be World Ranking Events (WRE).

The courses for the Junior and Elite classes will be the same for both the MCO and the Egypt international orienteering championship. Thus, competitors running MCO for their National Teams will also be competing for overall standing in Egypt international orienteering championship . Similarly, for Elite classes at MCO, results will be counted for WRE as well.

On each day there will be a prize giving ceremony for WRE.

The overall standing in Egypt international orienteering championship will be determined by the sum of the results in the...

## **Sprint, Long and Middle Distance races. Categories – Egypt international orienteering championship :**

*M/W 12, 14, 16, 18, 20, 21B, 21A, 21E, 35, 40, 45, 50, 55, 60, 65, 70, OPEN B, OPEN, C, children categories (D7 and D10).*

All information about Egypt international orienteering championship :  
[www.Egyorienteering.org](http://www.Egyorienteering.org)

## **6. Entries and fees**

Entries for MCO national teams are free of charge. Deadline for MCO entries is **feb 8, 2018.**

**entry fees for Egypt international orienteering championship per race:**

	Until 30 Jun 2017	Until 6 Oct 2017	Until 8Feb 2018
Born in 1997 and before	10€	15 €	18 €
Born in 1998 and after	5€	7,5€	10 €
Elite classes	10 €	15 €	20 €
TrailO	7€	10 €	15 €
For children (D7 and D10)	free	free	free

## **7. Prizes**

For MCO events, medals will be awarded to the top 3 finishers in each class, and diplomas to the top 5. The awards ceremony will be held after each competition, and at the end of the MCO.

For the Egypt international orienteering championship , prizes will be awarded to the top 3 finishers in all classes. The awards ceremony for the Egypt international orienteering championship will be held at the end of the competition.

## **8. Punching System**

All MCO events will be organized using the SI electronic punching system.

Competitors who have SI cards can bring and use their own. SI cards can also be rented from the organizers. Rent price for SI card is 2 € per ar ce.

## 9. Accommodation

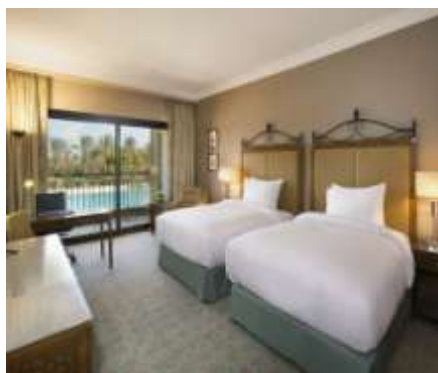
### Sheraton Montazah Hotel



### Helnan Palestine Hotel



### Hilton Alexandria Corniche



- There is hotels 4 stars 50-40 € and hotels 3 stars 40-20 €

Deadline for booking and payment: **June 1, 2018.**

All information about booking and payment for all type of accommodation:

Please send an email and ask what you need



## **10. Safety and Security**

Alexandria is modern and peaceful country with no terroristic incidents. Also, in the nearby of the event center there are no dangerous wild animals that can harm runners.

Health services in Egypt are on the good level. Medical help and pharmaceutical products are available in every town and in almost every village.

Tap water is fine for drinking, and no special vaccinations are required prior to entering the country.



## 11. Touring Opportunities



Qaitbay castle



Alexandria Aquaculture



Pompey's pillar



Alexandria Library



Alexandria National Museum

## **12. Visas**

Almost all foreign travellers require an entry visa to visit the Egyptian territories. Most of Egypt's tourists and visitors can obtain their visas at any of the country's entry points (airports and ports). This type of visa is valid for a one-month period, starting from your arrival date.

To obtain this visa, it is required that you hold a valid passport. Pay attention that your passport must be valid for minimum 6 months!!! To avoid the bother of finding out too late that you need to apply for a visa in your homeland prior to your journey to Egypt; we've provided you with the numbers and addresses of the Egyptian embassies and Egyptian Tourism offices abroad, when available. They will be more than pleased to answer all your queries regarding visas.

[http://en.egypt.travel/practical\\_info/visa\\_travel\\_info](http://en.egypt.travel/practical_info/visa_travel_info)

**Deadline for a request for invitation letter is 25 December 2017.**

## **13. Transportation**

The organizer will provide buses to transport MCO teams from airport and railway station to the event center.

Nearest airports are at Borg EL arab (Alexandria , , and Cairo (250 km). Currently there are scheduled flights to Borg EL Arab Airport from Cairo,. Cairo have busy international airports with direct flights from all around the world.

A good railway service operates to Alexandria from Cairo, (2, 30 hours).

Buses are available to Alexandria from Cairo .

## **14. Contacts**

Egyptian Orienteering Federation (EOF)

Telephone- Whatsup - Viber : 00201143334946

Facebook: Egyptian orienteering federation

E Mail : [egyorienteeing@outlook.com](mailto:egyorienteeing@outlook.com)

Web : [www.egyorienteeing.org](http://www.egyorienteeing.org)

## **BEST WISHES FROM EGYPT**

