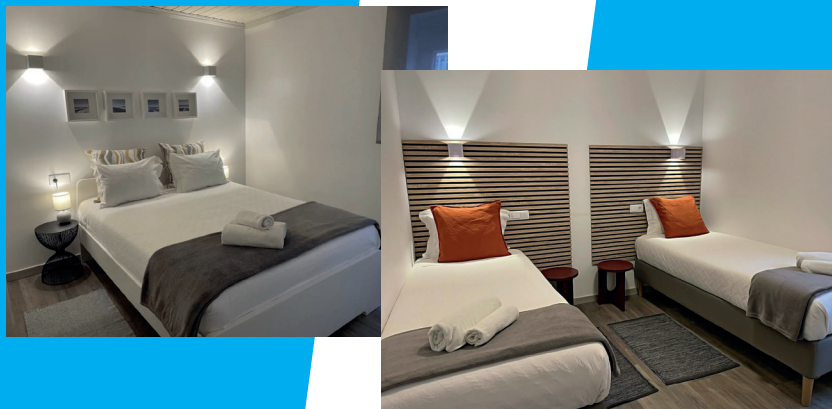


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Portugal "O" Meeting '2026

13-17 FEB | MIRA - PORTUGAL

Program

**3 WRE
stages**

12 FEB EVENT CENTER OPEN | MODEL EVENT

13 FEB ELITE SPRINT WRE - PRAIA DE MIRA

14 FEB MIDDLE DISTANCE WRE - MIRA NORTE

14 FEB PREO SPRINT - PRAIA DE MIRA

15 FEB LONG DISTANCE - MIRA NORTE

16 FEB MIDDLE DISTANCE WRE - MIRA NORTE

16 FEB NIGHT SPRINT - MIRA-VILLAS

17 FEB LONG DISTANCE CHASING START - MIRA NORTE





Praia de Mira Dunes PreO Sprint

The POM 2026 PreO will not only test your technical capabilities, but also your speed! Join our PreO Sprint and let's see how fast and precise you are.

Terrain: area of intricate dunes, with several vegetation and contour details. Race will take place along a wood walkway.

Mapper: Rafael Miguel



Praia de Mira / Elite Sprint

First ever "Elite Sprint" at a Portugal "O" Meeting. We want to gather all POM participants in Praia de Mira to follow the Elite competition. Non-Elite classes will run the sprint after Elite.

Terrain: Super technical Sprint area, with many narrow passages between buildings.

Mapper: Rafael Miguel

Mira-Villas / Night Sprint

Portugal "O" Meeting always offers a Night Sprint and in 2026 Mira-Villas will host this event.

Terrain: an interesting mix of urban areas and forest. Don't expect to be running on hard surface all the time! We will try to make this Sprint as varied as possible.

Mapper: Rafael Miguel

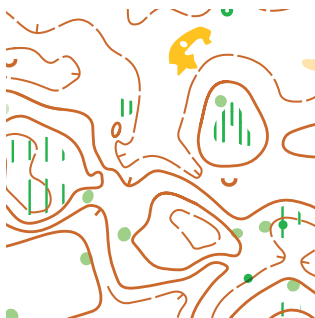


Mira Norte / Forest Stages

POM 2026 forest stages will be held in Mira Norte map. We've redrawn the old map and extended it from 6km2 to 25km2!

Terrain: typical sand dunes terrain, with areas of intricate contours and vegetation details. Pine tree forest with very good runnability & soft ground.

Mapper: Rafael Miguel & Tiago Aires



Classes, Courses and Entries

CHASING START FOR ALL COMPETITION CLASSES in the last day (based on the previously 3 forest stages).

Start times adjusted by clubs (athlete from the same Club start within 90').

BEGINNER CLASSES T10, W12 & M12 are non competitive and have free start times.

ELITE CLASSES SPLIT: if entries go over 90, we will split Elite classes in two. Division based on the IOF World Ranking.

OTHER CLASSES SPLIT: classes with more than 90 entries will be split in two (very likely in M45, M50, M55, M60, M65 & M70). Division will be based on entry date. Example: first 90 entries will run in M55-1 and the remaining in M55-2.

OPEN CLASSES: free start times. You can go alone or in groups, without gender or age restriction.

Men				Women				Middle map scale		Long map scale		OPEN CLASSES			
Class	Course length middle distance	Course length long distance		Class	Course length middle distance	Course length long distance		(1:)		(1:)		White	2,5 km	1:7500	
T 10	2	2,5	●	T 10	2	2,5	●	7500	7500			Green	3 km	1:7500	●
M12	2,5	3	●	W12	2,5	3	●	7500	7500			Yellow	4,5 km	1:10000	●
M14	3,6	4,8	●	W14	3	4,7	●	10000	10000			Red	7 km	1:10000	●
M16	4,5	6,8	●	W16	3,8	5,1	●	10000	10000			Color Code 			
M18	5,8	9,2	●	W18	4,5	6,8	●	10000	15000						
M20	6,2	12	●	W20	4,7	8,2	●	10000	15000						
M Elite	7,5	17	●	W Elite	5,7	12	●	10000	15000						
M21A	5,5	10	●	W21A	4,2	7	●	10000	15000						
M B	4,2	7	●	W B	3	4	●	10000	10000						
M35	5,8	11,5	●	W35	3,8	6	●	10000	10000						
M40	5,5	10,5	●	W40	3,8	6	●	10000	10000						
M45	5,4	9,5	●	W45	3,4	5,3	●	10000	10000						
M50	5	9	●	W50	3,3	5,1	●	10000	10000						
M55	4,5	7,6	●	W55	3,2	4,6	●	10000	10000						
M60	4,3	7	●	W60	3,1	4,3	●	10000	10000						
M65	3,8	6	●	W65	2,8	3,8	●	7500	7500						
M70	3	4,5	●	W70	2,5	3,4	●	7500	7500						
M75	2,8	4,2	●	W75	2,3	3,2	●	7500	7500						
M80	2,5	3,4	●	W80	2,3	3,2	●	7500	7500						
M85	2,3	3,2	●	W85	2,3	3,2	●	7500	7500						
M90	2,3	3,2	●												

ENTRY FEES		until 3 rd December 2025				until 4 th February 2026			
		Forest	Sprint	PreO Sprint	Model Event	Forest	Sprint	PreO Sprint	Model Event
COMPETITION CLASSES	FPO & FEDO athletes ≤ 20 years old	5,00 €	4,00 €	8,00 €		5,50 €	4,50 €	10,00 €	
	athletes ≥ 21years old	9,00 €	7,00 €			10,00 €	8,00 €		
	Remain athletes ≤ M/W20	11,00 €	10,00 €	17,00 €		12,00 €	11,00 €	19,00 €	
	athletes ≥ M/W21	18,00 €	15,00 €		6,00 €	20,00 €	17,00 €		7,00 €
OPEN & BEGINNERS CLASSES	FPO & FEDO athletes ≤ 20 years old	5,00 €	4,00 €			5,50 €	4,50 €		
	athletes ≥ 21years old	9,00 €	7,00 €			10,00 €	8,00 €		
	Remain athletes ≤ M/W20	5,50 €	4,50 €			6,00 €	5,00 €		
	athletes ≥ M/W21	10,00 €	8,00 €			11,00 €	9,00 €		

Sports insurance included in all entries
 St-Card Rental: 2.00€/day (for competition and formation classes, free for open classes)