



# Portugal "O" Meeting '2016

# Penamacor

**Orienteering**

February 5th - 9th

# Final Bulletin



[www.pom.pt](http://www.pom.pt)



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## Message of the President of the Penamacor Municipality

It is not by chance that the *Portugal "O" Meeting 2016* is going to take place in Penamacor. The excellent conditions that our territory provides for the realization of such a big event of this kind, made the people responsible for the Centre Orienteering Club (COC), some time ago, when looking for an ideal partner municipality to carry out this prestigious international event, to choose us. Considering the magnitude of this event, not only from the point of view of the number of participants, but mostly for its quality, as the President of the Penamacor Municipality, I didn't hesitate to embark on this adventure, side by side with COC, because in Penamacor we like challenges, I'd even say that we need them in order to overcome the challenges and by doing so, we develop not only in sports terms, but as well as in terms of organization skills and also boost social and economic development.

Penamacor it is a land of hospitable people, located in the countryside and centre of Portugal, far from the hustle and bustle of the big cities. Penamacor preserves most of the ancient traditions associated with the rural world. Its villages, coloured notes in the natural landscape, sometimes mountainous, sometimes stretched out on flatland, maintain the picturesque and enchantment that time and history give to places. The town of Penamacor, with more than eight centuries of existence, it is almost as old as the kingdom of Portugal itself. Its medieval castle and its churches, its alleys and rural houses extended over the hillside look like an authentic illustrated postcard. It is in this fantastic scenery that we will receive the major event on orienteering taking place in Portugal, the POM. We're counting with the presence of all the lovers of this modality.

António Luís Beites Soares  
President of the Municipality of Penamacor



## Message of the President of the Portuguese Orienteering Federation (FPO)

Dear participants in the Portugal "O" Meeting 2016 (POM'16), I am very pleased and honoured by your presence in Portugal and I warmly welcome all the athletes participating in this event, coming from all around the world.

This POM'16, organised by Clube de Orientação do Centro (COC), will take place in the beautiful region of Penamacor, where the conditions are right for another excellent Portugal "O" Meeting. I wish you all the best sporting success and an unforgettable social and human experience.

Augusto Almeida  
FPO President



## Welcome message from COC

For the third time in its history, COC – Clube de Orientação do Centro organizes the Portugal "O" Meeting.

After Marinha Grande in 2000 and Quiaios/Figueira da Foz in 2010, Penamacor is the place chosen to POM 2016. In a great place for tourism and orienteering, looks like the conditions are gathered for another great Portugal "O" Meeting.

The organization welcomes all participants to POM2016!  
Best regards  
Leonel Vieito  
COC President

## ORGANIZERS

### POM 2016 Organigram:

Event Director: Leonel Vieito

Assistance Event Director: Carlos Vale

Logistics Director: Manuel Domingues

IT: Susana Domingos

Event Centre: Paulo Olaio

Control Setting: Rui Antunes / Joaquim Sousa

Finish: Nuno Ferreira

Start: José Bolrão

Catering Services: Anabela Vieito

Babysitting: Teresa Alves

Refreshments: Jorge Frazão

Parking: António Cotovio

### Course Planners:

Stage 1, 3 e 4: Rui Antunes

Stage 2: Carlos Monteiro

Warm-up Race: Hélder Ferreira

Urban Night Race: Patrícia Casalinho

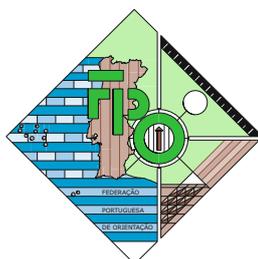
Invacare PreO: Inês Domingues and Edgar Domingues

**Map Makers:** Rui Antunes, José Batista, Carlos Vale

## EVENT ADVISERS

Foot-O: Rui Morais

Pre-O: Nuno Pires



# PROGRAMME

DATE		TIME		EVENT / ACTIVITY	DETAILS	VENUE
Thursday	04 February 2016	08h30	- 17h30	Secretariat Opens		Penamacor Event Centre
		09h00	- 17h30	Model Event opens	<b>MODEL EVENT</b>	Mata Câmara / Ramalhão / Benquerença (Urban)
		16h00		Sleeping floor opens		Penamacor municipal sports hall
Friday	05 February 2016	08h30	- 22h00	Secretariat Opens		Penamacor Event Centre
		09h00	- 12h00	WARM-UP RACE Starts	<b>WARM-UP RACE</b>	Anascer
		09h00	- 17h30	Model Events opens	<b>MODEL EVENT</b>	Mata da Câmara / Ramalhão / Benquerença
		12h30	- 14h00	Grill Party		Benquerença
Saturday	06 February 2016	08h30		Secretariat Opens - Arena		Arena Day 1 (Memória)
		10h00		Starts	<b>MIDDLE DISTANCE</b>	Memória
		10h15	- 11h30	Starts for open and formation classes	<b>MIDDLE DISTANCE</b>	Memória
		17h00	- 18h45	Urban Night Race - Secretariat opens		Penamacor Event Centre
		18h30		Starts	<b>URBAN NIGHT RACE</b>	Penamacor
		18h45	- 19h45	Starts for open and formation classes	<b>URBAN NIGHT RACE</b>	Penamacor
Sunday	07 February 2016	08h00		Secretariat Opens - Arena		Arena Days 2, 3, 4 (Serrinha)
		09h30		Starts	<b>MIDDLE DISTANCE</b>	Serrinha - Rachã
		09h45	- 11h00	Starts for open and formation classes	<b>MIDDLE DISTANCE</b>	Serrinha - Rachã
		11h00		Pre-O Secretariat opens		Abelheira
		12h30		PRE-O Starts	<b>Invacare PRE-O</b>	Abelheira
		17h00	- 19h00	Secretariat Opens		Penamacor Event Centre
		18h00		Invacare Pre-O Prize giving ceremony		Benquerença City Hall
Monday	08 February 2016	08h00		Secretariat Opens - Arena		Arena Days 2, 3, 4 (Serrinha)
		09h00		Starts	<b>LONG DISTANCE - WRE</b>	Serrinha
		09h15	- 10h30	Starts for open and formation classes	<b>LONG DISTANCE - WRE</b>	Serrinha
		15h00		WRE and Urban Night Race prize giving ceremony		Arena
		15h30		Historical Guided Tour		Penamacor
		19h00		<b>Official Banquet</b>		Palace Hotel Termas S. Tiago
Tuesday	09 February 2016	08h00		Secretariat Opens - Arena		Arena Days 2, 3, 4 (Serrinha)
		09h00		Starts	<b>LONG DISTANCE</b>	Serrinha - Dongalinho
		09h15	- 10h30	Starts for open and formation classes	<b>LONG DISTANCE</b>	Serrinha - Dongalinho
		09h30		Chasing Start ME e WE Starts	<b>LONG DISTANCE</b>	Serrinha - Dongalinho
		10h30		Mass Start ME e WE	<b>LONG DISTANCE</b>	Serrinha - Dongalinho
		11h00		Chasing Start MSE	<b>LONG DISTANCE</b>	Serrinha - Dongalinho
		12h00		Mass Start MSE	<b>LONG DISTANCE</b>	Serrinha - Dongalinho
		14h00		POM 2016 prize giving ceremony		Arena
		16h00		Sleeping floor Closes		



# Event Points - Days

# GPS

EVENT CENTER

**Day 4**

**Event Center**  
Salão da Junta de Freguesia de Penamacor

40°10'4.76"N 7°10'19.24"W  
40.167989° -7.172010°  
40° 10.079'N 7° 10.321'W

**Day 4**

**Prize Giving Ceremony**  
Serrinha

40° 5'26.76"N 7°12'27.06"W  
40.090767° -7.207517°  
40° 5.446'N 7° 12.451'W

**Long Distance**  
Serrinha - DonGalinho

40° 5'26.76"N 7°12'27.06"W  
40.090767° -7.207517°  
40° 5.446'N 7° 12.451'W

**Day 3**

**Official Banquet**  
Palace Hotel & SPA  
Termas de S. Tiago

40° 9'45.67"N 7°10'21.81"W  
40.162683° -7.172717°  
40° 9.761'N 7° 10.363'W

**History Guide Trip**  
Penamacor

40°10'4.76"N 7°10'19.24"W  
40.167989° -7.172010°  
40° 10.079'N 7° 10.321'W

**Long Distance - WRE**  
Serrinha

40° 5'26.76"N 7°12'27.06"W  
40.090767° -7.207517°  
40° 5.446'N 7° 12.451'W

**Day 2**

**Invacare Pre O**  
Abelheira  
**Prize Giving Ceremony**  
Benquerença - J. Freguesia

40°15'57.24"N 7°15'6.37"W  
40.265901° -7.251770°  
40° 15.954'N 7° 15.106'W

**Middle Distance**  
Serrinha - Rachã

40° 5'26.76"N 7°12'27.06"W  
40.090767° -7.207517°  
40° 5.446'N 7° 12.451'W

**Day 1**

**Urban Night Race**  
Penamacor

40°10'4.76"N 7°10'19.24"W  
40.167989° -7.172010°  
40° 10.079'N 7° 10.321'W

**Middle Distance**  
Memória

40° 8'45.19"N 7°11'42.34"W  
40.145885° -7.195095°  
40° 8.753'N 7° 11.706'W

**Day 0**

**Warm Up Race - Anascer**  
BBQ - Benquerença

40°16'22.14"N 7°14'50.16"W  
40.272817° -7.247267°  
40° 16.369'N 7° 14.836'W

**Urban Model Event 3**  
Benquerença

40°13'34.20"N 7°14'21.84"W  
40.226167° -7.239401°  
40° 13.570'N 7° 14.364'W

**Day -1**

**Forest Model Event 2**  
Ramalhão

40° 9'53.79"N 7° 9'24.45"W  
40.164942° -7.156792°  
40° 9.896'N 7° 9.408'W

**Forest Model Event 1**  
Mata da Câmara

40°10'14.16"N 7°10'36.72"W  
40.170600° -7.176867°  
40° 10.236'N 7° 10.612'W

**Day -2**

**Event Center**  
Salão da Junta de Freguesia de Penamacor

40°10'4.76"N 7°10'19.24"W  
40.167989° -7.172010°  
40° 10.079'N 7° 10.321'W

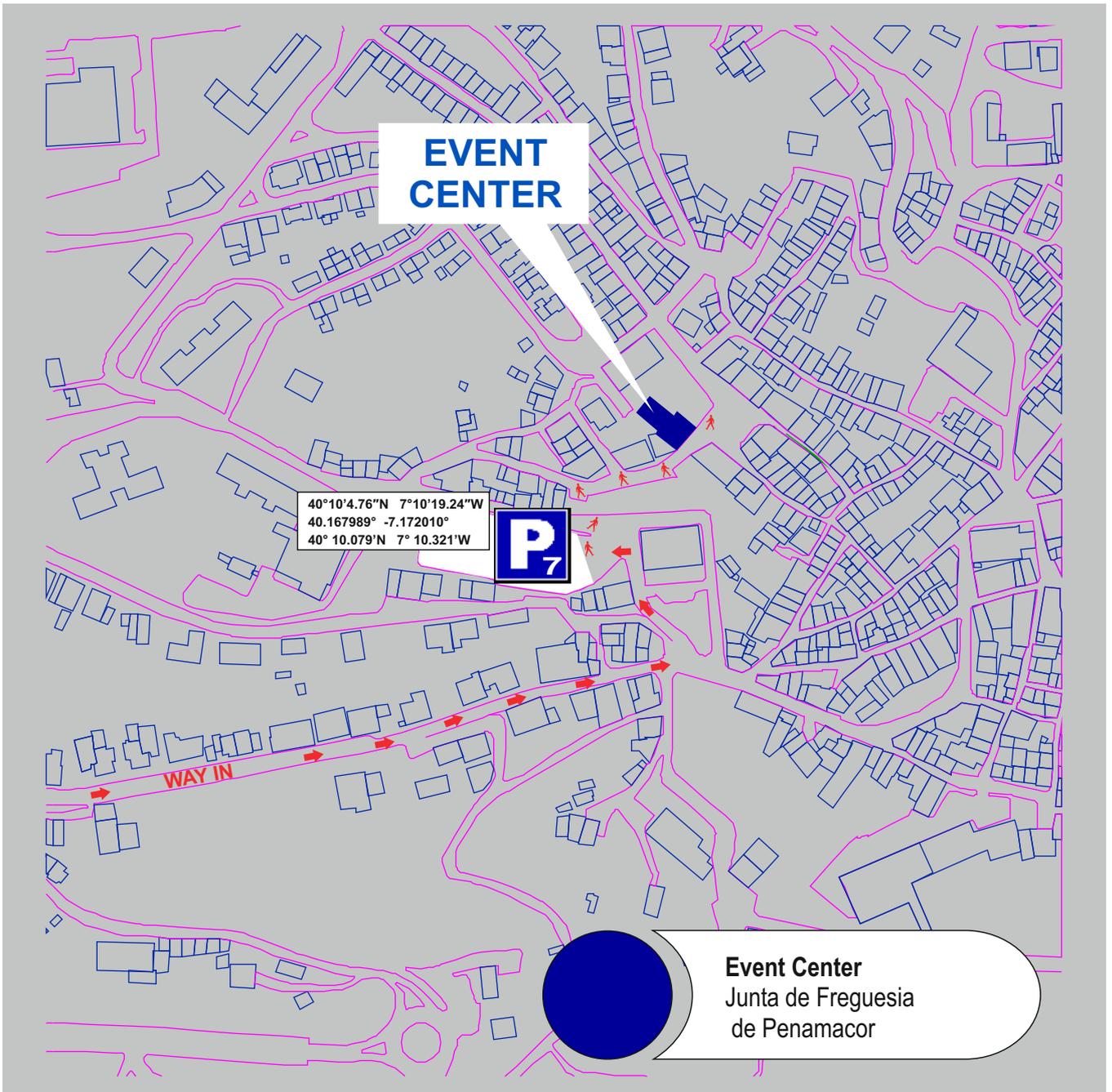
## COMPETITION RULES

The Competition Rules of Portuguese Orienteering Federation apply for POM 2016. Additional situations will be decided by the organization, according to the IOF rules.

For the WRE, will be applied the Competition Rules of International Orienteering Federation (IOF).

## EVENT CENTRE

The official POM Event Center is located at Penamacor City Hall, located in Penamacor.



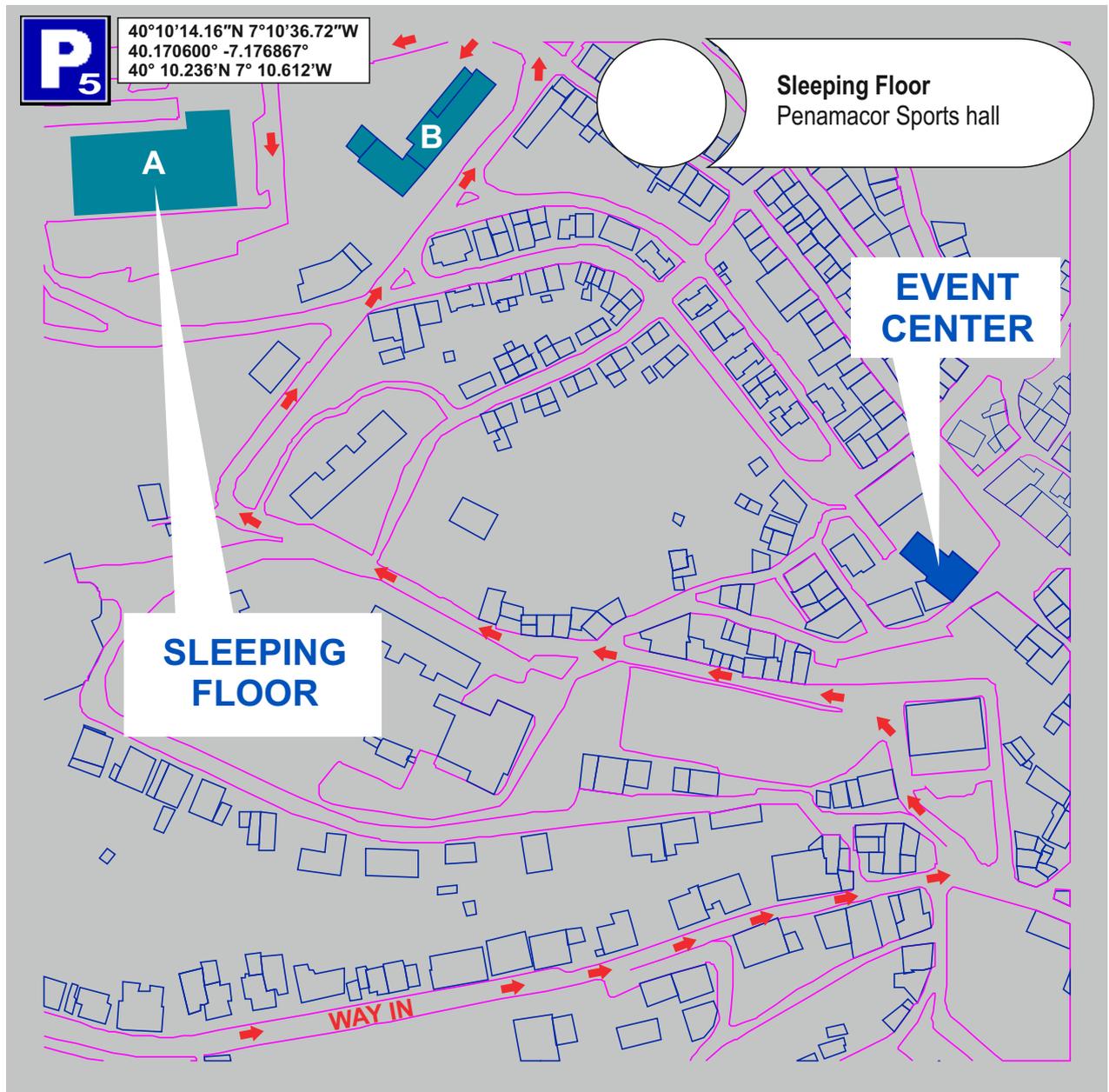
In the programme is available the Event Centre time schedule.

Besides the official Event Centre, the event office will be open at each of the competition Arenas.

## SLEEPING FLOOR

The sleeping floor is located at Penamacor Municipal Sports Hall.

It will be available from 16h00 of February 4 (Tuesday) until 16h00 of February 9 (Thursday). It will be closed every day at 23h00, being forbidden to access after that.



There will be bathrooms and showers with hot water.

Each person should have his own sleeping-bag and mattress.

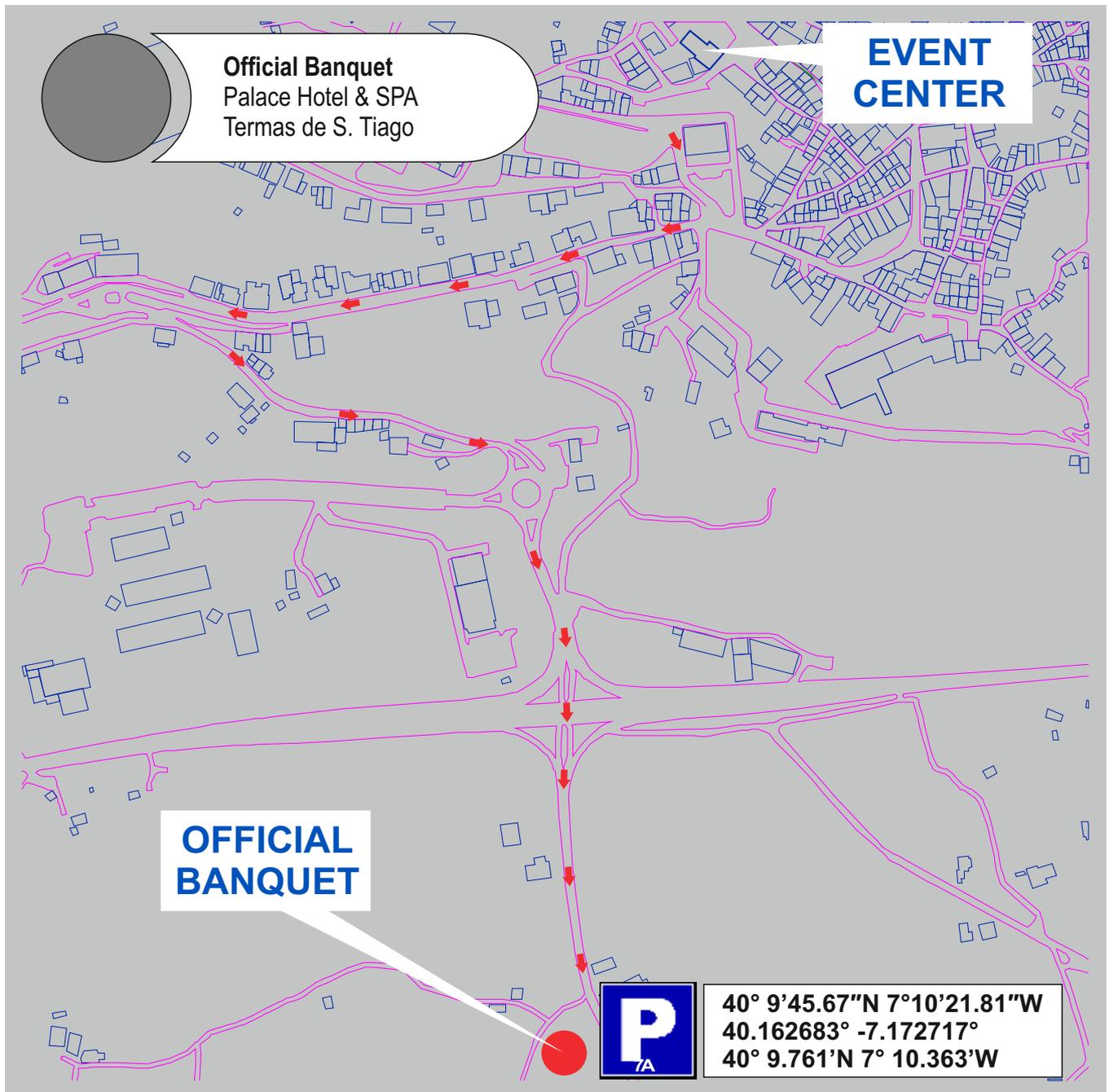
The following is forbidden inside of the sleeping floor building:

- use competition shoes;
- use muddy shoes;
- mount tents;
- cook;
- have meals.

There is another building B, 100 meters near by the sleeping floor building A, where it is possible to cook and have meals.

## OFFICIAL BANQUET

The official banquet will be held at Palace Hotel & SPA Termas de S. Tiago, Penamacor.



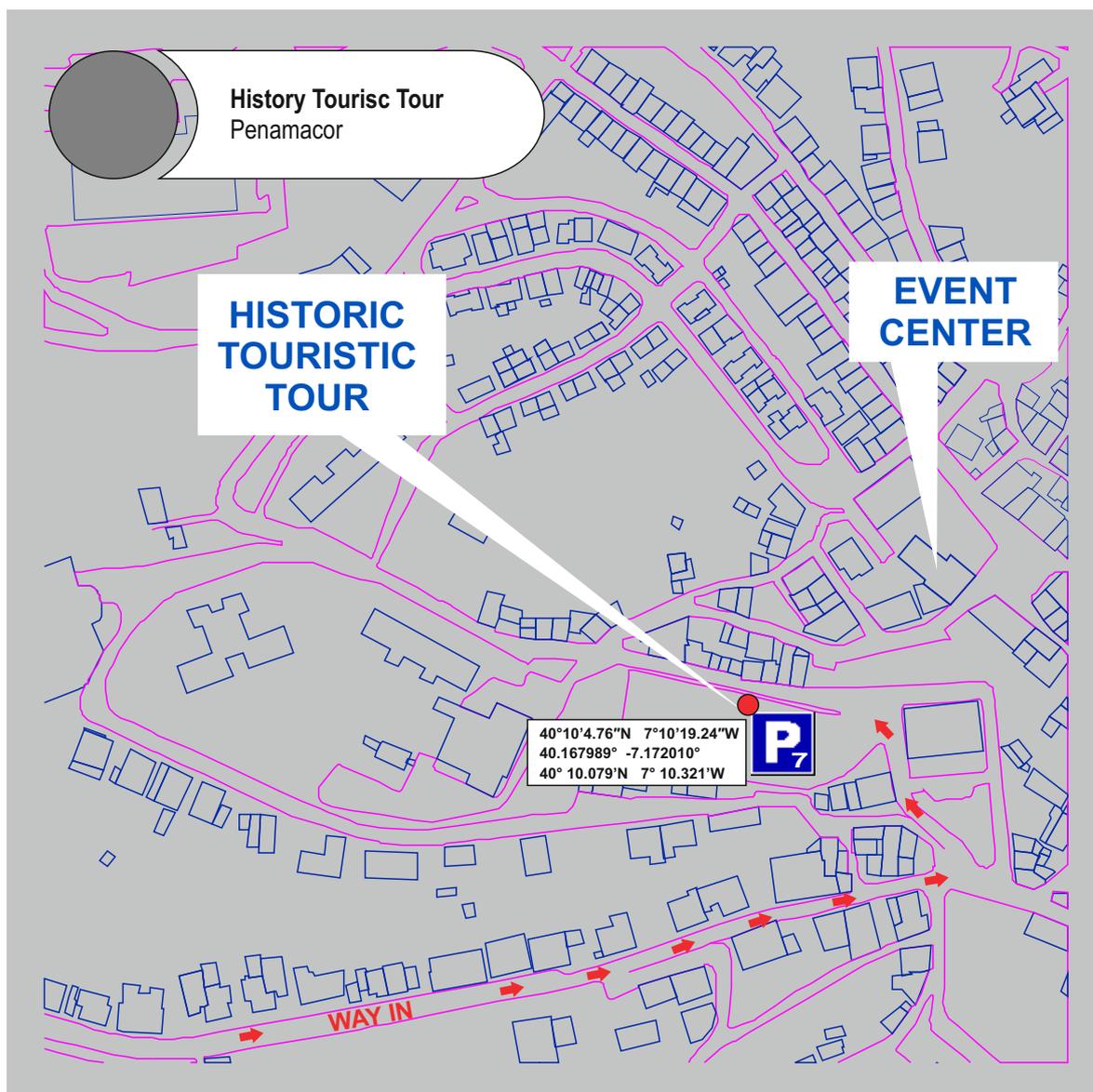
The menu will be:

- Way in Table;
- Vegetables Soup;
- Rosted Cod Fish with Potatoes in Olive Oil and Vegetables (Tradicional dish);
- Duck with Orange and Honney;
- Desserts, Fruits and Cheese Buffet.

## HISTORICAL TOURISTIC TOUR

At 15h30, February 8 (Monday), there will be a Historical Touristic Tour to the most important Penamacor locations.

Reservations must be made at POM Event Centre.



## PRIZE GIVING CEREMONIES

The prize giving ceremonies will be held in the corresponding competition Arenas – see dates and times in the official programme.

There will be prizes for:

- POM 2016 General Classification (Stages 1, 2, 3, 4):  
Prizes for the first three athletes in each class (5 in MSE, ME and WE);  
Prizes for the three best clubs;  
All athletes of W/M10 and W/M12 classes will have a souvenir, no matter their results.
- WRE (POM Stage 3): Prizes for the first five athletes in MSE and WE classes;
- Invacare Pre-O: Prizes for the first three competitors in each class;
- Urban Night Race: Prizes (regional gifts) for the winners of each competition class.

## MODEL EVENTS

The Model Events will be available since 09h00 of February 4 until the end of the POM, with the exception of Benquerença (Urban) that will be available only at February 4 and 5.

The model event do not demonstrate POM control set-ups, but serves as model for control placements and map standard. There will be no organization staff at the model events.

Toilets are available.

### Model Event 1 – Mata da Câmara

Map: Mata da Câmara (2015)  
Mapper: Rui Antunes  
Course setter: Hélder Ferreira  
Scale: 1:10.000 e 1:7.500  
Contour: 5m  
Location:

### Model Event 2 – Ramalhão

Map: Ramalhão (2015)  
Mapper: José Batista  
Course setter: Hélder Ferreira  
Scale: 1:15.000 e 1:10.000  
Contour: 5m  
Location:

### Model Event 3 – Benquerença (Urban)

Map: Benquerença (2015)  
Mapper: Carlos Vale  
Course setter: Hélder Ferreira  
Scale: 1:4.000  
Contour: 2,5m  
Location:

## CLASSES

### Forest Event Classes (Long & Middle races)

Age at December 31,2016	Birth Year	Class
<b>Formation Classes</b>		
10 and minus	2006 or after	M/W 10
11 and 12	2004 e 2005	M/W 12
<b>Competition Classes</b>		
13 and 14	2002 and 2003	M/W 14
15 and 16	2000 and 2001	M/W 16
17 and 18	1998 and 1999	M/W 18
19 and 20	1996 and 1997	M/W 20
21 and more	1982 to 1995	ME/WE
21 and more	1982 to 1995	M/W 21A
18 and more	1982 to 1998	M/W 21B
35 to 39	1977 to 1981	M/W 35
40 to 44	1972 to 1976	M/W 40
45 to 49	1967 to 1971	M/W 45
50 to 54	1962 to 1966	M/W 50
55 to 59	1957 to 1961	M/W 55
60 to 64	1952 to 1956	M/W 60
65 to 69	1947 to 1951	M/W 65
70 to 74	1942 to 1946	M/W 70
75 to 79	1937 to 1941	M/W 75
80 to 84	1932 to 1936	M/W 80
85 and more	1931 or before	M 85

### Open Classes

Any gender/age, alone or in groups	
Easy Short (PROM 1)	Courses with 2 to 4 km, using linear references, specially paths, without technical difficulty. There isn't need Orienteering knowledge or physical endurance. It's a good opportunity to a do a walk in the forest.
Difficult Short (PROM 2)	Course within 3 to 5 km, where is essential to have some Orienteering skills. Medium technical difficulty and low physical endurance needed.
Easy Long (PROM 3)	Courses between 4 to 6 km, with low technical and physical demand, with a course using mainly linear references.
Difficult Long (PROM 4)	Course with 4 to 7 km. Medium/high physical endurance needed, and some solid Orienteering technique.

### Urban Night Race Classes

Age at December 31, 2016	Birth Year	Class
10 and minus	2006 or after	M/W 10
11 and 12	2004 and 2005	M/W 12
13 and 14	2002 and 2003	M/W 14
15 and 16	2000 and 2001	M/W 16
17 and 18	1998 and 1999	M/W 18
19 and 20	1996 and 1997	M/W 20
21 and more	1982 and 1995	ME/WE
21 and more	1982 and 1995	M/W 21A
18 and more	1982 and 1998	M/W 21B
35 to 39	1977 and 1981	M/W 35
40 to 44	1972 and 1976	M/W 40
45 to 49	1967 and 1971	M/W 45
50 to 54	1962 and 1966	M/W 50
55 to 59	1957 and 1961	M/W 55
60 to 64	1952 and 1956	M/W 60
65 to 69	1947 and 1951	M/W 65
70 to 74	1942 and 1946	M/W 70
75 to 79	1937 and 1941	M/W 75
80 to 84	1932 and 1936	M/W 80
85 and more	1931 and before	M 85
Any gender/age, alone or in groups		SHORT
Any gender/age, alone or in groups		LONG

### Portugal "O" Meeting - Invacare Pre-O Competition

Paralympics Class	This class is restricted to handicapped people.
	There are no restrictions related with participants' age or gender.
Open Class	There are no restrictions related with participants' age or gender.

## OFFICIAL BIBS

For all POM competitions it is mandatory that athletes wear the official POM 2016 bibs that will be handed at the event office.

There will be just one POM 2016 bib for all stages, extra competition events and PreO included.

In case of loss please report to the event office for its replacement.

## START PROCEDURES

The paths between arenas and start places will be signalized.

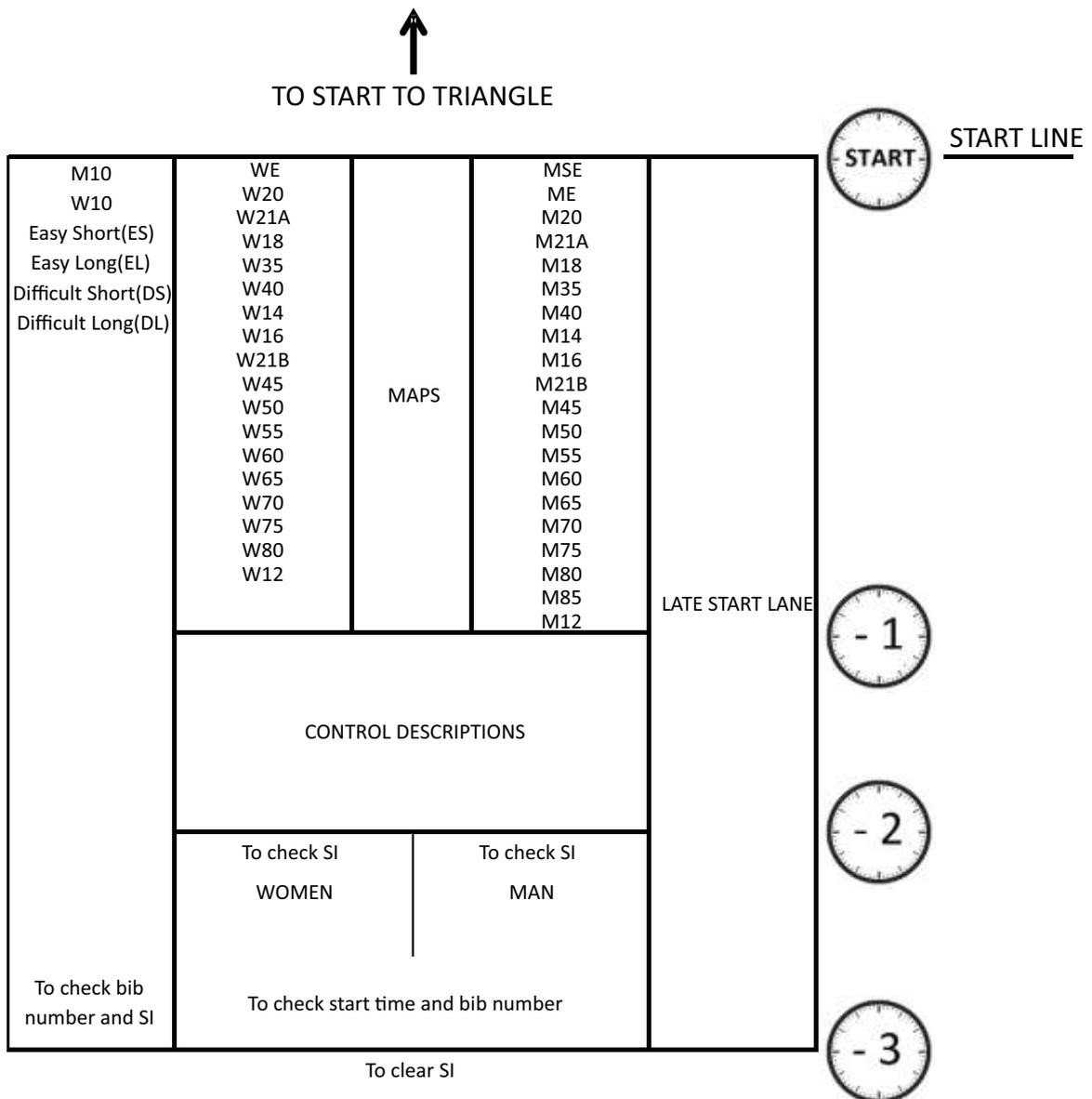
The start places of the POM 2016 competition stages are situated between 0 and 1,4 Kms from the arenas. The athletes will be responsible to arrive on time to the start.

Silence is required at start places.

Athletes without official bib or validated SI card will not be allowed to start.

The schematic representation of the start arrangements are displayed below.

### STAGES 1,2,3,4 - Start - layout

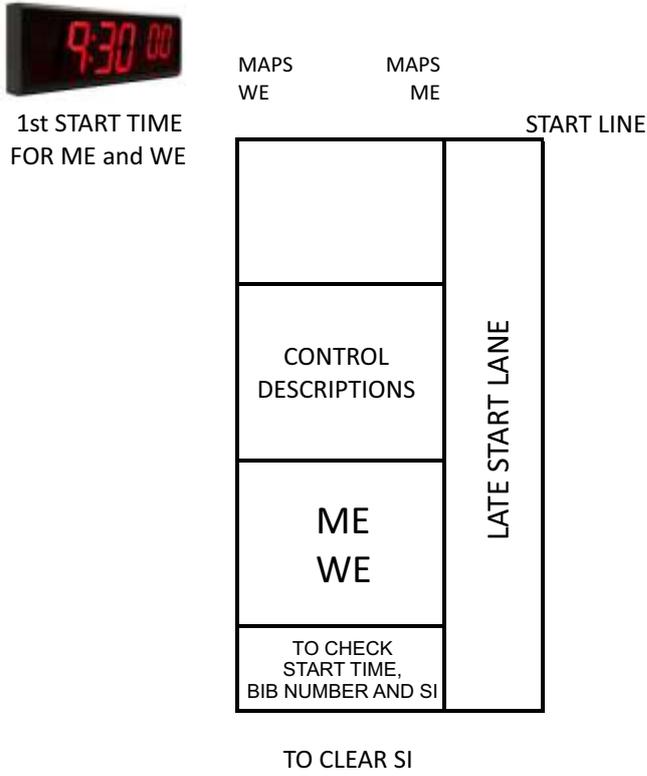


**Exceptions:**

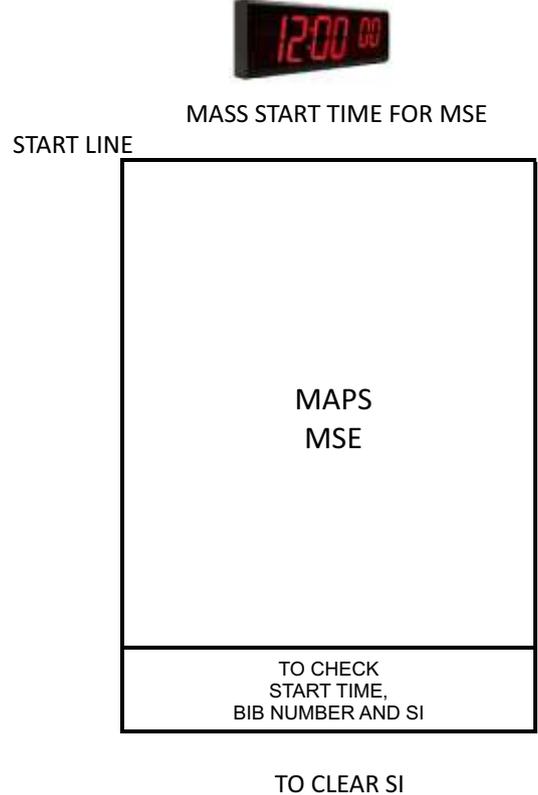
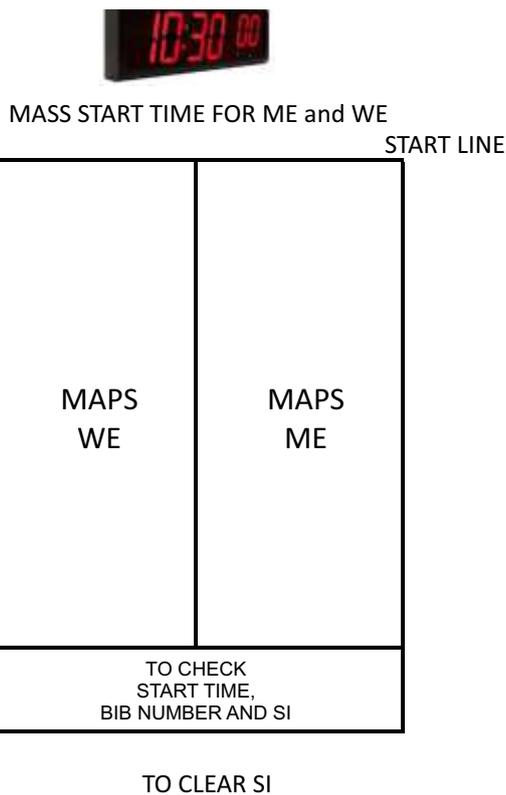
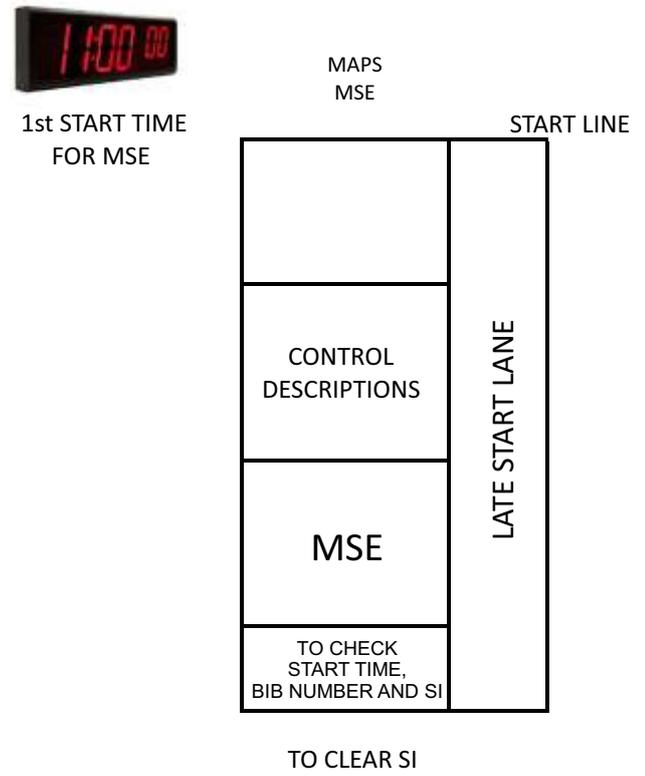
- At stage 2 there will be two different starts. One (S2) near the Arena for Open classes (Easy Short, Easy Long) and M10, W10, M12, W12 classes and another (S1), 300 m from the arena, for all the other classes. M12 and W12 will have start times, despite they use S2.

- At stage 4 Elite classes (MSE, ME, WE) will start at the Arena in chasing start mode. Athletes that, after the three first stages, have more than one hour than his class leader will start in mass start mode.

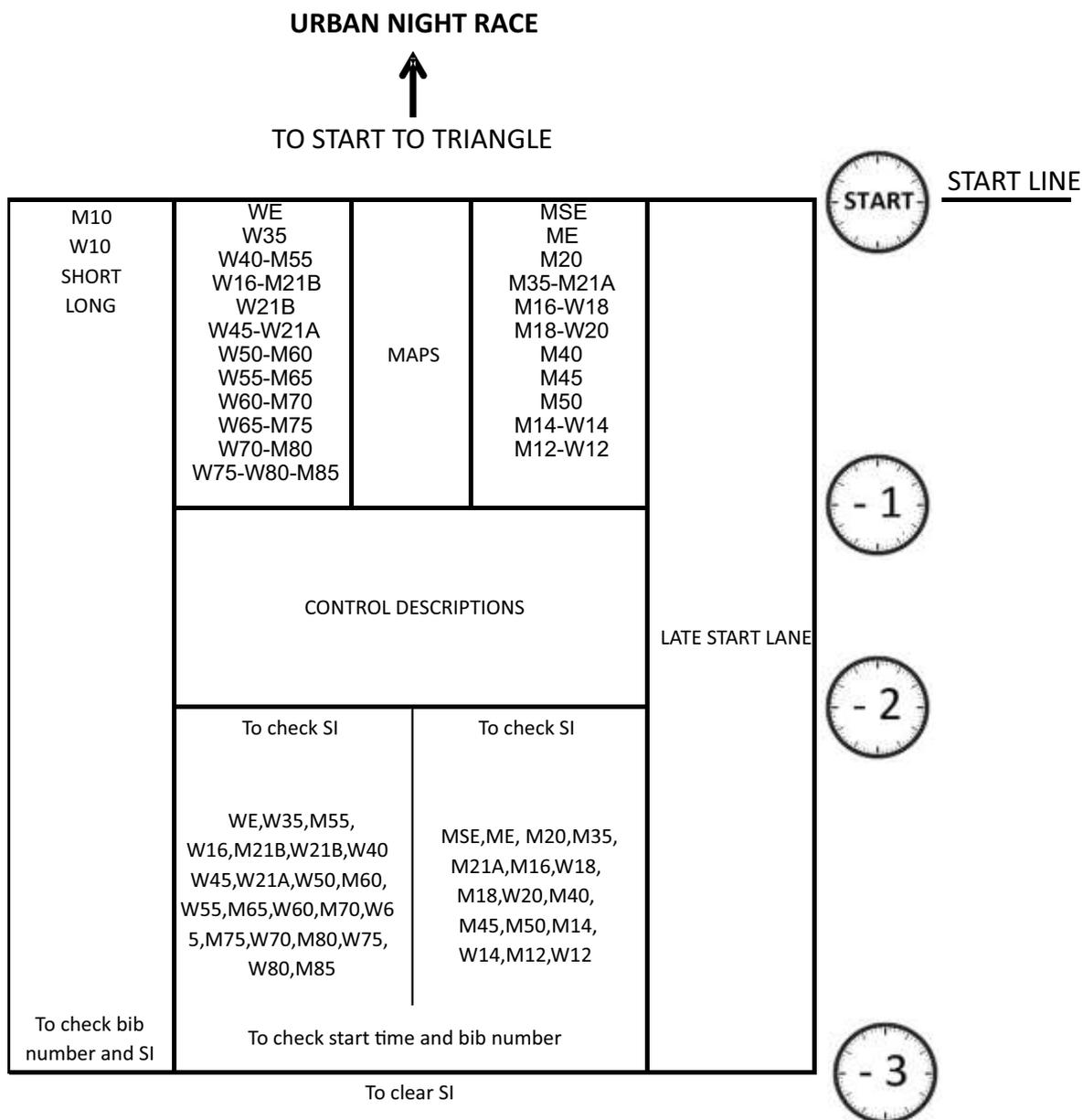
**Chasing Start ME / WE - layout**



**Chasing Start MSE - layout**



# Urban Night Race START - layout



## FINISH PROCEDURES

Competitors must follow the marked route from the last control to the finish. The finishing time will be taken when competitors punch the finish at the finish gate.

After the finish line, competitors will be guided through the finish zone, where they:

- must download SI card;
- take the split time print-out;
- take official refreshments.

## REFRESHMENTS

During POM long distance courses there will be refreshment points

Refreshment points will be between controls and their places will be marked in the maps with the cup symbol. There will be no refreshment point near control points.

There will be only still water at the refreshment points. Competitors must drink the water at refreshment points.

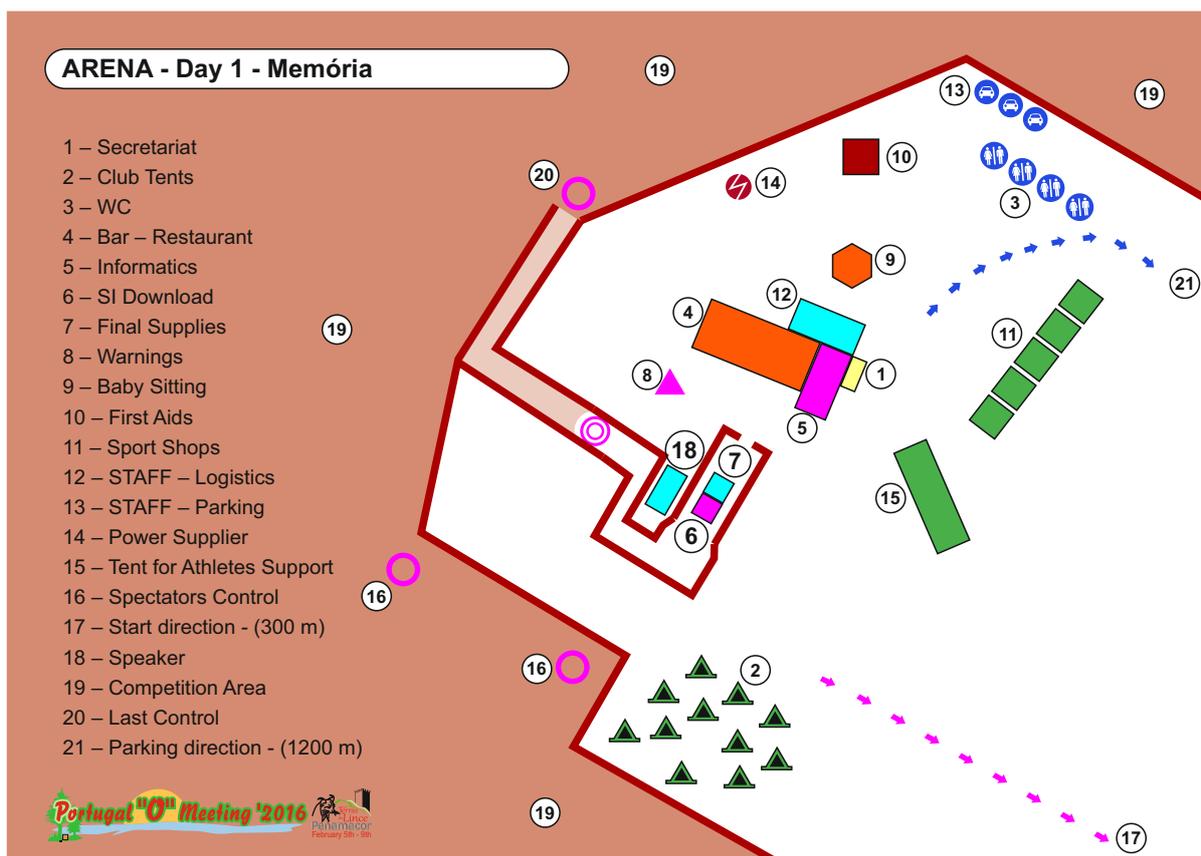
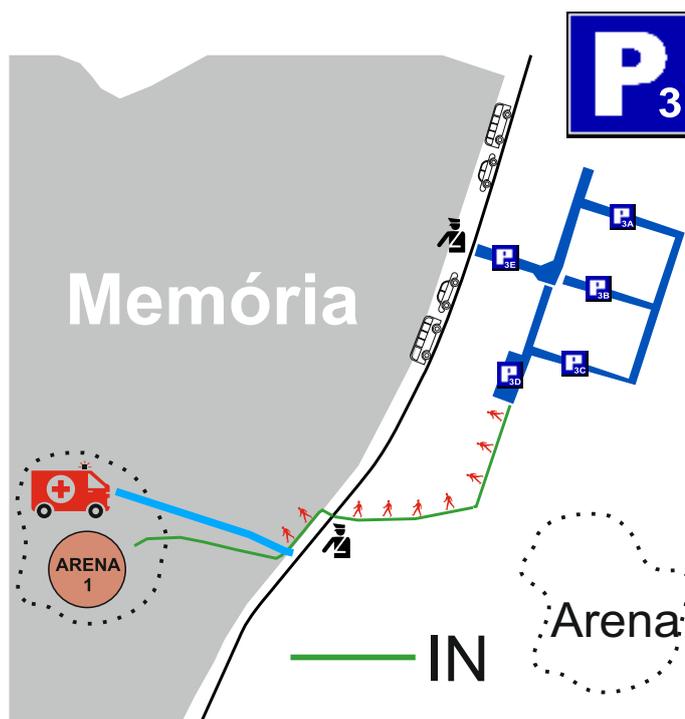
## STAGE 1: MIDDLE DISTANCE – “MEMÓRIA”

### How to arrive:

- See DAY MAP ACCESS
- Route to follow: N233
- Distance between Penamacor to Parking zone: 4 Kms
- Estimated time: 10 minutes

### Parking:

- There will be parking zones about 1.2 Kms of the Arena. It is mandatory to follow the driving and parking signs and orders given by the organization members.
- Competitors must follow the marked route from parking to the Arena.



### Starts:

- There will be only one Start zone, located near the Arena.
- First Start: 10h00

### Technical information:

**Map:** Memória (2015)

**Map maker:** Rui Antunes

**Course setter:** Rui Antunes

**Map scale:** 1:10 000 e 1:7 500

**Contour:** 5m

**Adviser:** Rui Morais

Day 1 - Feb.6 - Saturday - Middle Distance - "Memória "					
CLASS	DISTANCE (m)	CLIMB (m)	CONTROL POINTS	SPECT. POINTS	MAP SCALE
M10	2 380	25	16	-	1:7.500
M12	3 210	40	13	-	1:7.500
M14	4 150	45	15	-	1:10.000
M16	5 150	50	20	YES	1:10.000
M18	5 790	50	21	YES	1:10.000
M20	6 190	60	22	YES	1:10.000
M21A	5 140	35	19	YES	1:10.000
M21B	4 400	45	15	-	1:10.000
ME	7 480	85	28	YES	1:10.000
MSE	7 490	85	28	YES	1:10.000
M35	5 570	60	20	YES	1:10.000
M40	5 540	45	20	YES	1:10.000
M45	5 310	40	23	YES	1:10.000
M50	5 220	45	20	YES	1:10.000
M55	4 560	30	17	YES	1:10.000
M60	4 510	40	16	YES	1:10.000
M65	4 010	15	18	YES	1:7.500
M70	3 010	20	13	YES	1:7.500
M75	2 860	15	13	YES	1:7.500
M80	2 410	15	12	YES	1:7.500
M85	1 930	10	10	YES	1:7.500
W10	2 380	25	16	-	1:7.500
W12	3 210	40	13	-	1:7.500
W14	3 260	45	14	-	1:10.000
W16	3 740	20	13	YES	1:10.000
W18	4 310	45	17	YES	1:10.000
W20	4 750	45	19	YES	1:10.000
W21A	3 510	25	17	YES	1:10.000
W21B	3 330	45	11	-	1:10.000
WE	5 680	65	22	YES	1:10.000
W35	4 180	45	17	YES	1:10.000
W40	4 180	45	17	YES	1:10.000
W45	3 560	35	13	YES	1:10.000
W50	3 550	30	19	YES	1:10.000
W55	3 450	30	16	YES	1:10.000
W60	2 920	25	14	YES	1:10.000
W65	2 860	15	13	YES	1:7.500
W70	2 410	15	12	YES	1:7.500
W75	1 930	10	10	YES	1:7.500
W80	1 930	10	10	YES	1:7.500
Easy Short	3 340	25	15	-	1:7.500
Difficult Short	3 510	25	17	YES	1:10.000
Easy Long	4 470	65	15	-	1:10.000
Difficult Long	5 310	40	23	YES	1:10.000

### Additional information:

- Terrain description: Open fields with easy running. There are some detailed rocky areas.
- Fences: There some transposable fences. In some particular cases, identified in the map, there are passageway.
- Animals: Not foreseen in the competition area.
- Areas of dangerous cliffs: There are no area of deep cliffs. Nevertheless, it is recommended to be careful in the stony areas.
- It is highly recommended to use resistant and adherence shoes, due of stony areas and the wet terrain.
- It is mandatory the use of clothes that cover the legs and chest. The T-shirt usage is allowed.
- There is no refreshments along path.
- Fair-play is required to all athletes. Maps are not collected after competition, so please do not show them to athletes previous to their starting.
- WC's are available in Arena.

## STAGE 2: MIDDLE DISTANCE – “SERRINHA / RACHÃ”

### How to arrive:

See DAY MAP ACCESS

- Indications: Follow N233 road until the crossroad to Águas. Turn left to Águas. In Águas village turn right to Bemposta and follows the “Rua do Batoqueiro”;
- Distance: From Penamacor to the Parking area: 14 Kms;
- Driving time: 30 minutes.

### Parking:

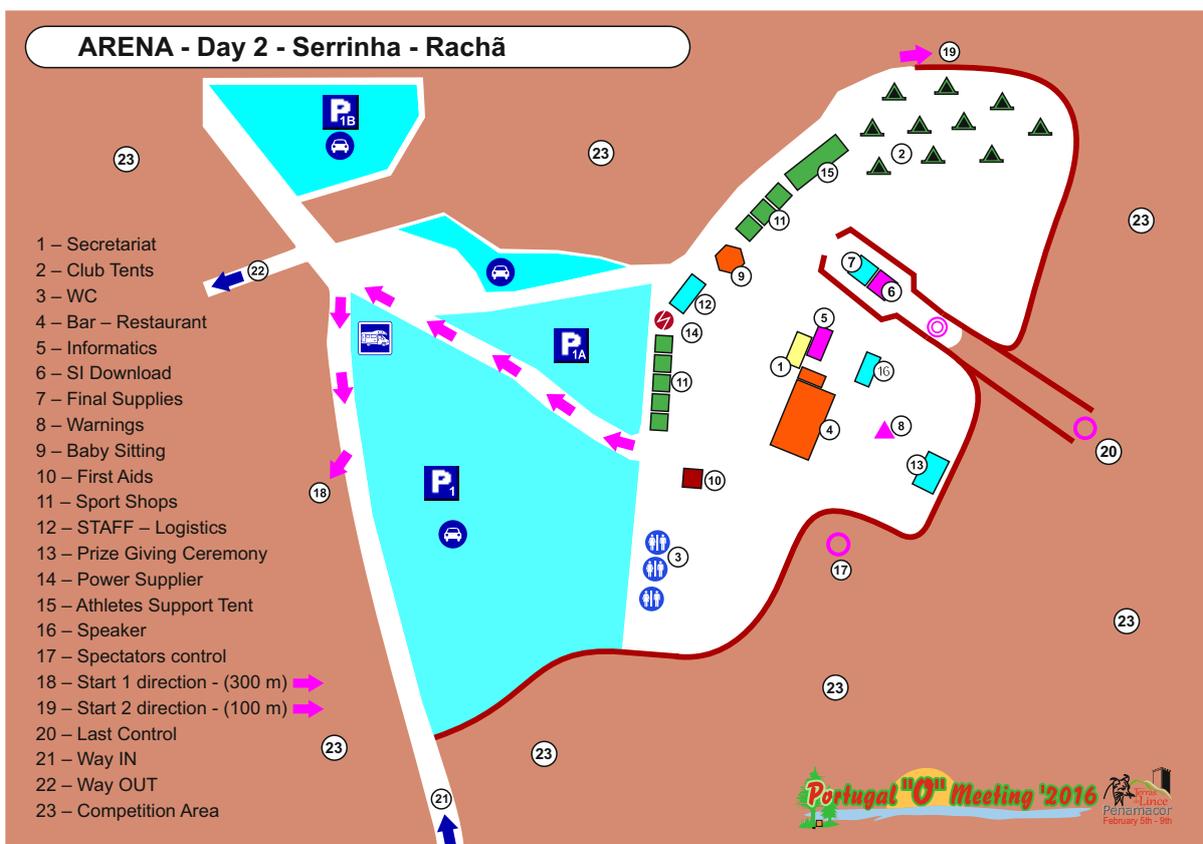
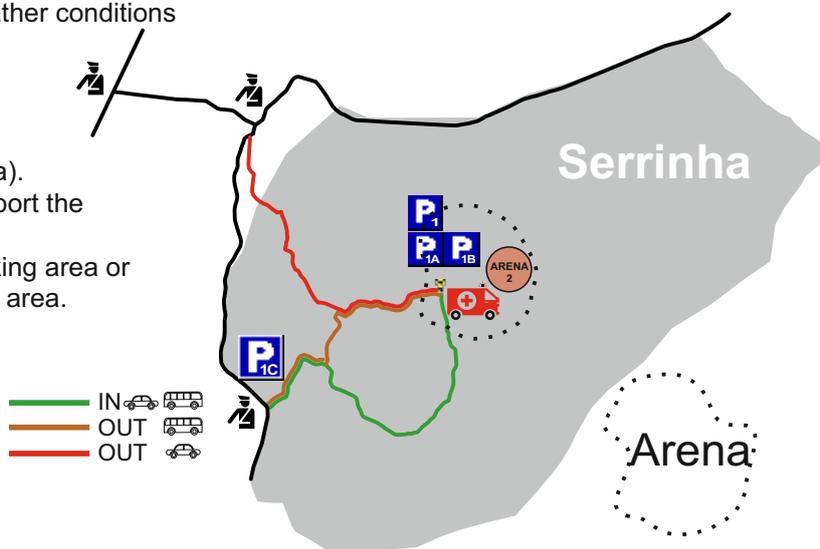
- About 200m from Arena. The path between the parking area and the arena is marked and shall be followed.

- It is mandatory to drive very slow in the last 3 Kms for arriving to the parking area since it is a dirt road and depending on the weather conditions can be difficult to drive. Please consider this situation in your travel planning.

- Big Bus must park in their reserved area (3 Km from Arena).

Organization vehicles will transport the athletes to the arena.

- Campers can park in Bus parking area or near the arena in their reserved area.



Map: Serrinha (2015)

Map maker: Rui Antunes

Course Setter: Carlos Monteiro

Map scale: 1:10 000 e 1:7 500

Contour: 5m

Adviser: Rui Morais

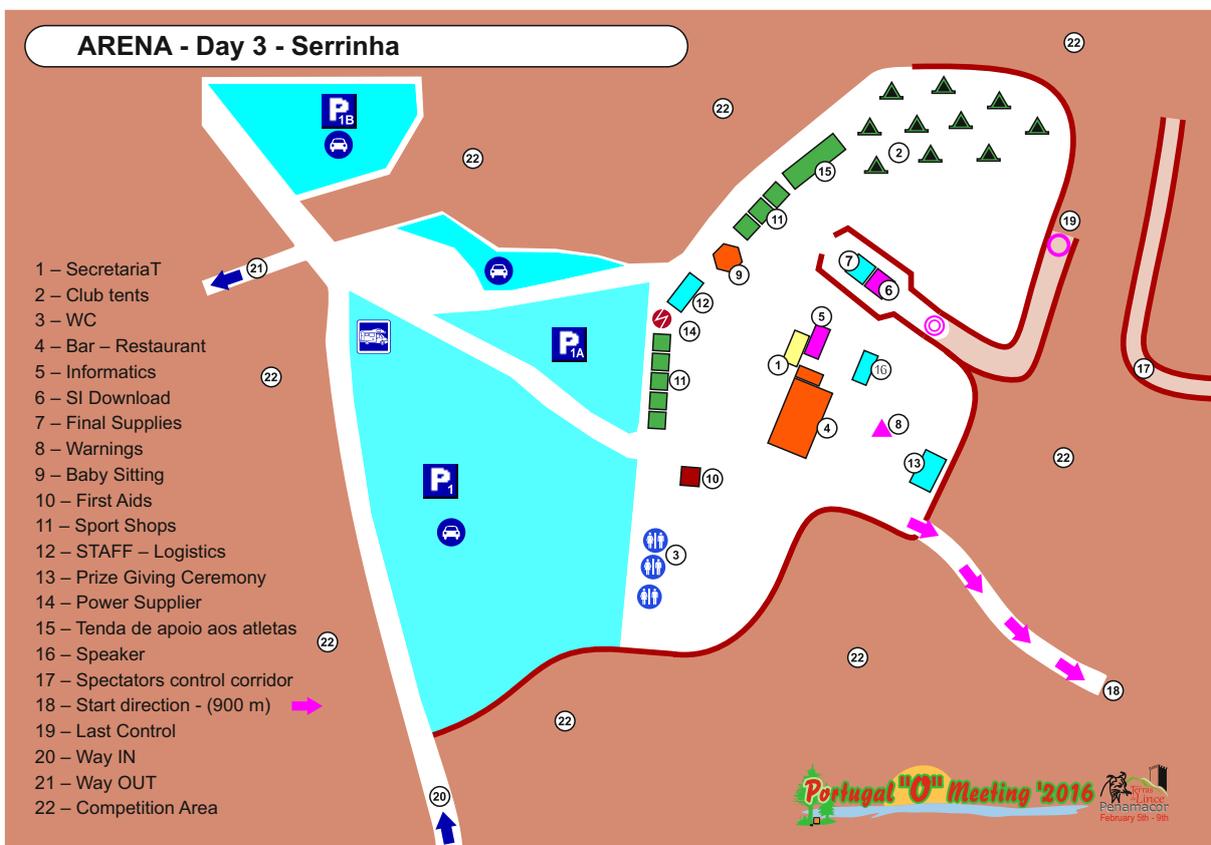
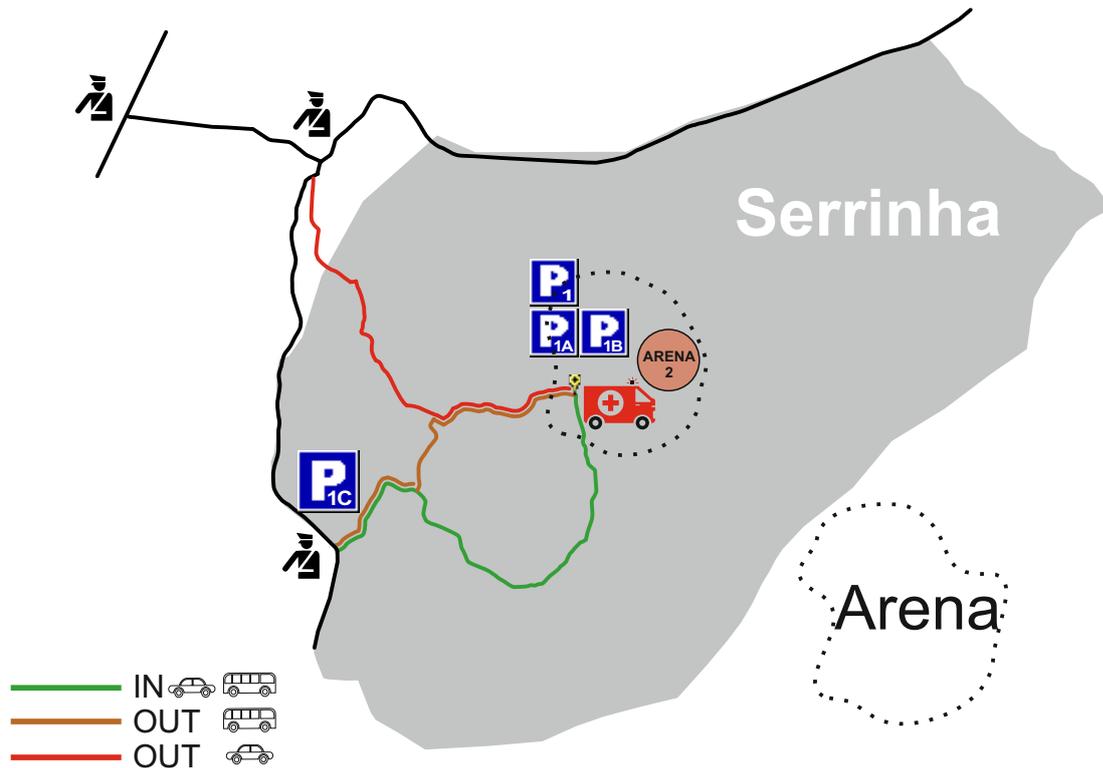
Day 2 - Feb. 7 - Sunday - Middle Distance - "Serrinha - Rachã"							
CLASS	DISTANCE (m)	CLIMB (m)	CONTROL POINTS	SPECT. POINTS	MAP SCALE	Start	Distance to Start (mts)
M10	2 200	25	16	-	1:7.500	S2	100
M12	2 600	25	19	-	1:7.500	S2	100
M14	4 120	65	19	-	1:10.000	S1	300
M16	4 920	90	23	-	1:10.000	S1	300
M18	5 060	105	20	-	1:10.000	S1	300
M20	5 610	135	24	-	1:10.000	S1	300
M21A	4 960	130	17	-	1:10.000	S1	300
M21B	4 050	80	22	-	1:10.000	S1	300
ME	6 980	160	30	YES	1:10.000	S1	300
MSE	6 990	160	30	YES	1:10.000	S1	300
M35	5 090	110	20	-	1:10.000	S1	300
M40	4 780	100	20	-	1:10.000	S1	300
M45	4 510	75	21	-	1:10.000	S1	300
M50	4 310	85	24	-	1:10.000	S1	300
M55	4 040	80	21	-	1:10.000	S1	300
M60	3 860	70	21	-	1:10.000	S1	300
M65	3 190	50	16	-	1:7.500	S1	300
M70	2 870	50	14	-	1:7.500	S1	300
M75	2 750	35	14	-	1:7.500	S1	300
M80	2 420	35	12	-	1:7.500	S1	300
M85	1 950	35	11	-	1:7.500	S1	300
W10	2 200	25	16	-	1:7.500	S2	100
W12	2 600	25	19	-	1:7.500	S2	100
W14	3 080	50	15	-	1:10.000	S1	300
W16	3 670	65	17	-	1:10.000	S1	300
W18	4 010	75	21	-	1:10.000	S1	300
W20	4 420	85	21	-	1:10.000	S1	300
W21A	3 530	60	16	-	1:10.000	S1	300
W21B	3 300	60	19	-	1:10.000	S1	300
WE	5 710	130	27	YES	1:10.000	S1	300
W35	3 570	80	18	-	1:10.000	S1	300
W40	3 570	80	18	-	1:10.000	S1	300
W45	3 370	80	18	-	1:10.000	S1	300
W50	3 250	65	16	-	1:10.000	S1	300
W55	3 030	55	16	-	1:10.000	S1	300
W60	3 010	50	18	-	1:10.000	S1	300
W65	2 750	35	14	-	1:7.500	S1	300
W70	2 420	35	12	-	1:7.500	S1	300
W75	1 950	35	11	-	1:7.500	S1	300
W80	1 950	35	11	-	1:7.500	S1	300
Easy Short	2 690	25	19	-	1:7.500	S2	100
Difficult Short	3 530	60	16	-	1:10.000	S1	300
Easy Long	4 160	45	20	-	1:10.000	S2	100
Difficult Long	4 510	75	21	-	1:10.000	S1	300

### Additional Information:

- Terrain: Mostly open fields with easy running, with predominance of stone details. Few vegetation, with some eucalyptus areas and groves of oaks.
- Fences: There are some difficult transposal fences. The passageway are identified in the map.
- Animals: The animals (cattle and sheep) will be collected by the owners in the competition day as coordinated with the POM organization.
- Areas of dangerous cliffs: There are no area of deep cliffs. Nevertheless, it is recommended to be careful in the stony areas.
- It is highly recommended to use resistant and adherence shoes, due of stony areas and the wet terrain.
- It is mandatory the use of clothes that cover the legs and chest. The T-shirt usage is allowed.
- There is no refreshments along path.
- Fair-play is required to all athletes. Maps are not collected after competition, so please do not show them to athletes previous to their starting.
- WC's are available in Arena.

## STAGE 3: LONG DISTANCE (WRE) – “SERRINHA”

How to arrive: See DAY MAP ACCESS



Map: Serrinha (2015)

Map maker: Rui Antunes

Course Setter: Rui Antunes

Map scale: 1:15 000, 1:10 000 e 1:7 500

Contour: 5m

Adviser: Rui Morais

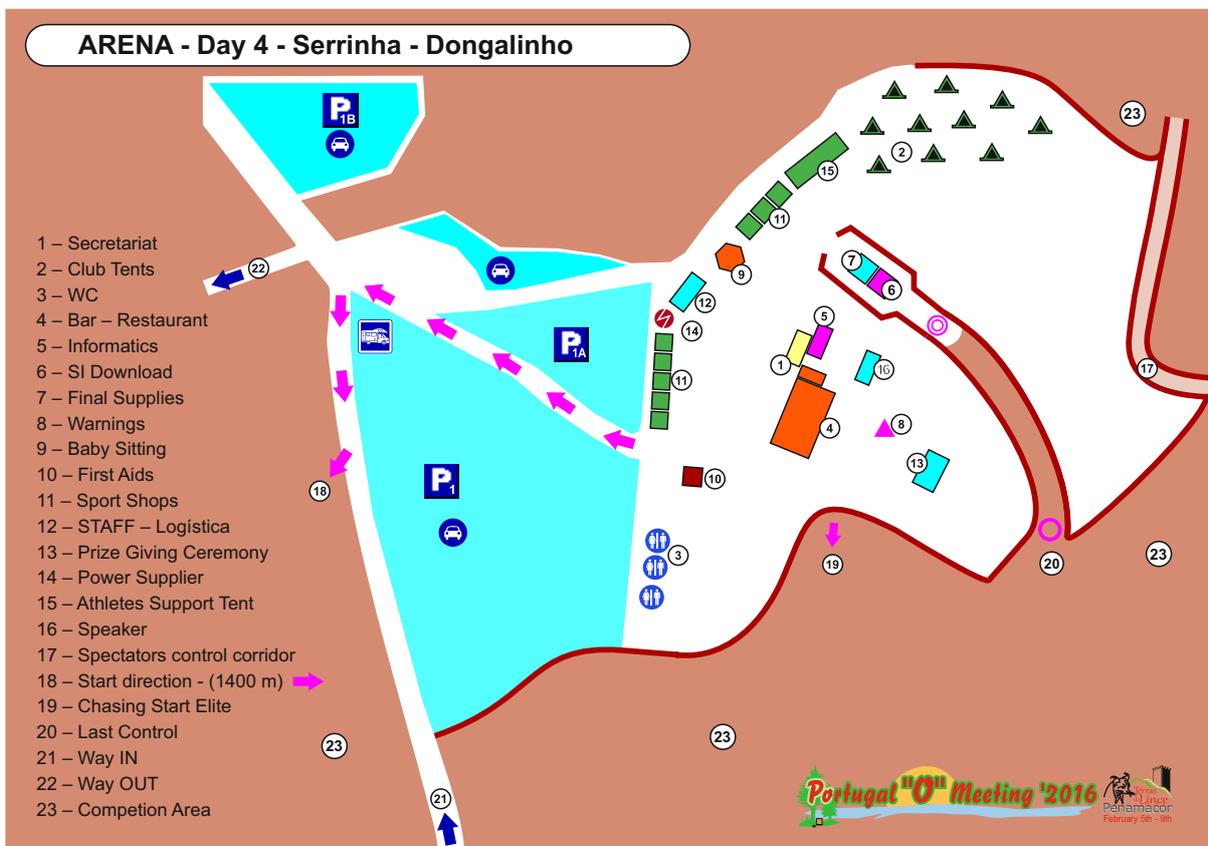
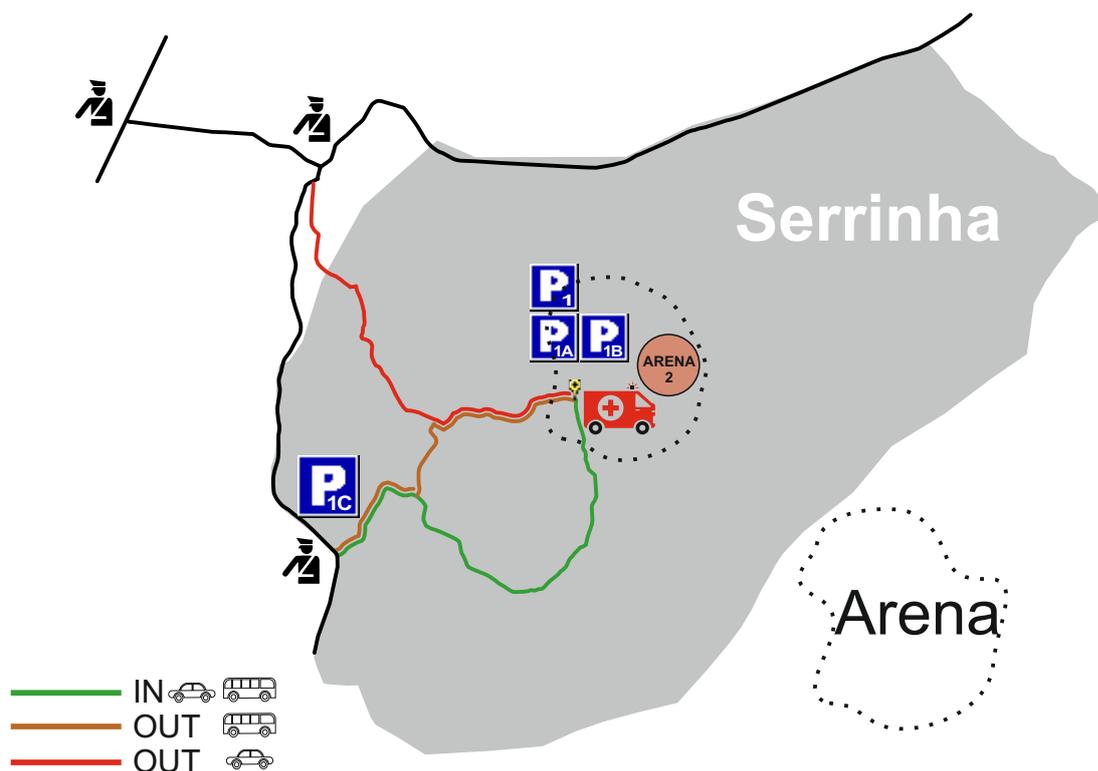
Day 3 - Feb. 8 - Monday - Long Distance - "Serrinha - WRE"					
CLASS	DISTANCE (m)	CLIMB (m)	CONTROL POINTS	SPECT. CORRIDOR	MAP SCALE
M10	2 450	60	13	-	1:7.500
M12	3 260	120	16	-	1:7.500
M14	5 170	160	12	-	1:10.000
M16	6 140	250	13	-	1:10.000
M18	7 380	320	16	-	1:15.000
M20	9 860	380	22	-	1:15.000
M21A	8 290	340	19	-	1:15.000
M21B	6 230	245	14	-	1:10.000
ME	13 770	640	29	YES	1:15.000
MSE	13 790	640	29	YES	1:15.000
M35	8 340	400	17	-	1:15.000
M40	8 250	385	20	-	1:15.000
M45	7 400	350	14	-	1:10.000
M50	6 920	335	15	-	1:10.000
M55	6 300	275	15	-	1:10.000
M60	5 410	195	11	-	1:10.000
M65	5 020	190	11	-	1:7.500
M70	3 900	160	9	-	1:7.500
M75	3 340	140	10	-	1:7.500
M80	2 630	90	8	-	1:7.500
M85	2 210	85	7	-	1:7.500
W10	2 450	60	13	-	1:7.500
W12	3 260	120	16	-	1:7.500
W14	3 930	125	9	-	1:10.000
W16	4 690	180	12	-	1:10.000
W18	5 610	215	14	-	1:15.000
W20	6 190	250	13	-	1:15.000
W21A	5 000	180	11	-	1:15.000
W21B	3 590	110	8	-	1:10.000
WE	9 710	420	22	YES	1:15.000
W35	5 010	190	13	-	1:15.000
W40	5 010	190	13	-	1:15.000
W45	4 660	160	10	-	1:10.000
W50	4 440	150	9	-	1:10.000
W55	3 840	125	9	-	1:10.000
W60	3 370	120	11	-	1:10.000
W65	3 340	140	10	-	1:7.500
W70	2 630	90	8	-	1:7.500
W75	2 210	85	7	-	1:7.500
W80	2 210	85	7	-	1:7.500
Easy Short	3 260	120	16	-	1:7.500
Difficult Short	3 840	125	9	-	1:10.000
Easy Long	4 320	170	15	-	1:10.000
Difficult Long	6 300	275	15	-	1:10.000

### Additional Information:

- Terrain: Terrain with enough slope and running is restricted by the vegetation. There are several areas of rocky terrain and big boulders.
- Fences: There are some transposal fences.
- Animals: The animals (cattle and sheep) will be collected by the owners in the competition day as coordinated with the POM organization.
- Areas of dangerous cliffs: There are some area of deep cliffs so it is highly recommended to be careful there as well as in the stony areas.
- It is highly recommended to use resistant and adherence shoes or even spike shoes, due of stony areas and the wet terrain.
- It is mandatory the use of clothes that cover the legs and chest. The T-shirt usage is allowed.
- There will be refreshments along paths.
- Fair-play is required to all athletes. Maps are not collected after competition, so please do not show them to athletes previous to their starting.
- WC's are available in Arena.

## STAGE 4: LONG DISTANCE – “SERRINHA / DONGALINHO”

How to arrive: See Map DAY ACCESS



Map: Serrinha (2015)

Map maker: Rui Antunes and José Batista

Course Setter: Rui Antunes

Map scale: 1:15 000, 1:10 000 e 1:7 500

Contour: 5m

Adviser: Rui Morais

Day 4 - Feb. 9 - Tuesday - Long Distance - "Serrinha - Dongalinho"						
CLASS	DISTANCE (m)	CLIMB (m)	CONTROL POINTS	SPECT. CORRIDOR	MAP SCALE	Distance to Start (m)
M10	2 680	70	14	-	1:7.500	1 300
M12	2 900	70	15	-	1:7.500	1 300
M14	4 780	130	13	-	1:10.000	1 300
M16	5 660	210	12	-	1:10.000	1 300
M18	7 210	300	14	-	1:15.000	1 300
M20	9 180	410	16	-	1:15.000	1 300
M21A	8 330	330	15	-	1:15.000	1 300
M21B	6 220	220	14	-	1:10.000	1 300
ME	13 950	470	24	YES	1:15.000	100
MSE	13 940	470	24	YES	1:15.000	100
M35	8 170	335	14	-	1:15.000	1 300
M40	7 290	290	15	-	1:15.000	1 300
M45	6 770	260	15	-	1:10.000	1 300
M50	6 360	250	15	-	1:10.000	1 300
M55	5 960	245	13	-	1:10.000	1 300
M60	5 630	240	12	-	1:10.000	1 300
M65	4 890	190	13	-	1:7.500	1 300
M70	3 470	100	10	-	1:7.500	1 300
M75	3 050	100	11	-	1:7.500	1 300
M80	2 620	90	10	-	1:7.500	1 300
M85	2 140	70	9	-	1:7.500	1 300
W10	2 680	70	14	-	1:7.500	1 300
W12	2 900	70	15	-	1:7.500	1 300
W14	3 580	120	12	-	1:10.000	1 300
W16	4 590	165	12	-	1:10.000	1 300
W18	5 520	200	13	-	1:15.000	1 300
W20	6 020	245	14	-	1:15.000	1 300
W21A	4 880	175	11	-	1:15.000	1 300
W21B	3 420	100	9	-	1:10.000	1 300
WE	9 390	260	19	YES	1:15.000	100
W35	4 680	170	12	-	1:15.000	1 300
W40	4 680	170	12	-	1:15.000	1 300
W45	4 600	155	12	-	1:10.000	1 300
W50	4 260	150	12	-	1:10.000	1 300
W55	3 540	140	7	-	1:10.000	1 300
W60	3 270	100	9	-	1:10.000	1 300
W65	3 050	100	11	-	1:7.500	1 300
W70	2 620	90	10	-	1:7.500	1 300
W75	2 140	70	9	-	1:7.500	1 300
W80	2 140	70	9	-	1:7.500	1 300
Easy Short	2 900	70	15	-	1:7.500	1 300
Difficult Short	3 540	175	7	-	1:10.000	1 300
Easy Long	4 070	240	16	-	1:10.000	1 300
Difficult Long	5 960	245	13	-	1:10.000	1 300

### Additional Information:

- Terrain: Terrain with enough slope and running is restricted by the vegetation. There are several areas of rocky terrain and big boulders. In some areas, there are open fields with easy running.
- Fences: There are some difficult transposal fences. The passageway are identified in the map.
- Animals: The animals (cattle and sheep) will be collected by the owners in the competition day as coordinated with the POM organization.
- Areas of dangerous cliffs: There are some area of deep cliffs so it is highly recommended to be careful there as well as in the stony areas.
- It is highly recommended to use resistant and adherence shoes or even spike shoes, due of stony areas and the wet terrain.
- It is mandatory the use of clothes that cover the legs and chest. The T-shirt usage is allowed.
- There will be refreshments along paths.

- Fair-play is required to all athletes. Maps are not collected after competition, so please do not show them to athletes previous to their starting.

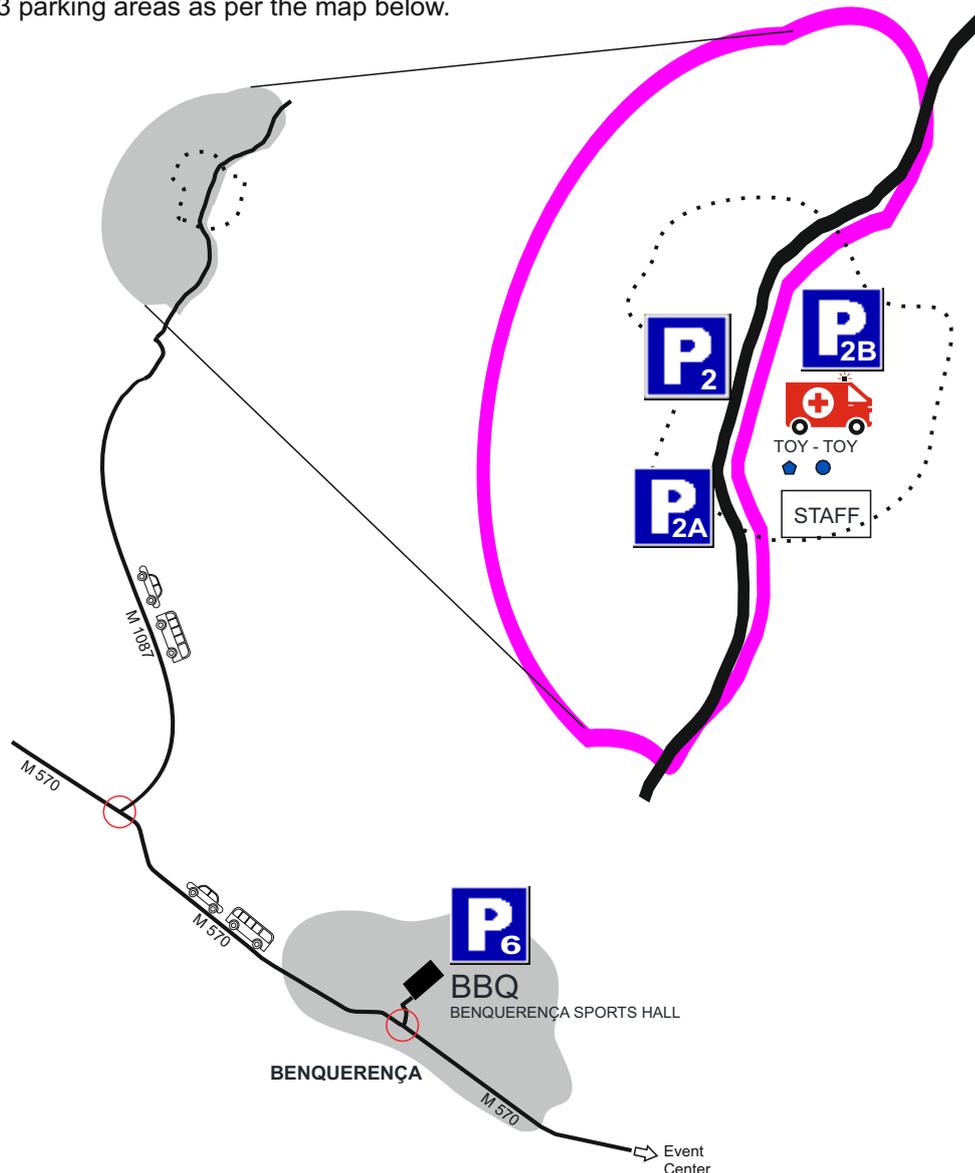
- WC's are available in Arena.

## STAGE 5: WARM UP RACE (EXTRA COMPETITION) – “ANASCRER”

How to arrive: SEE DAY MAP ACCESS

Parking:

- There are 3 parking areas as per the map below.



- The Starting and Finishing are in the same area and have a 300 m distance from the Parking area.

The Warm-up race map are delivered solely in the Event Centre (Penamacor) from 9:00 of Thursday (February 4<sup>th</sup>), together with the entire POM material (Bib, Bulletin, Tourism info, etc.).

No maps will be available in the competition area.

The SPORTIdent system will be on the competition area solely in the competition day (i.e. Friday (February 5<sup>th</sup>) between 9:00 and 12:00.

No starting time will be assigned. The starting time will be gathered by the START station. Consequently, the athletes can start between 9:00 and 12:00. It should be noted that the SPORTIdent system will be removed at 13:30.

Barbecue: It will be available from 12:00 in Benquerença (near Benquerença Sports Hall). It should be noted that only the participants of Warm-up race event (showing the map) will have free access to the barbecue.

**Map:** Anascrer (2015)

**Map maker:** Rui Antunes e José Batista

**Course Setter:** Hélder Ferreira

**Map scale:** 1:10 000 & 1:7 500

**Contour:** 5m

**Adviser:** Rui Morais

Day Feb. 5 - Friday - Warm Up Race - "Anascer"				
CLASS	DISTANCE (m)	CLIMB (m)	CONTROL POINTS	MAP SCALE
M10	2 740	75	20	1:7.500
M12	2 740	75	20	1:7.500
M14	2 750	100	15	1:10.000
M16	4 310	235	19	1:10.000
M18	4 830	270	20	1:10.000
M20	6 080	270	14	1:10.000
M21A	5 140	230	22	1:10.000
M21B	2 750	100	15	1:10.000
ME	6 080	270	14	1:10.000
MSE	6 080	270	14	1:10.000
M35	5 140	230	22	1:10.000
M40	5 140	230	22	1:10.000
M45	4 830	270	20	1:10.000
M50	4 830	270	20	1:10.000
M55	4 310	235	19	1:10.000
M60	3 620	165	19	1:10.000
M65	2 770	135	15	1:7.500
M70	2 770	135	15	1:7.500
M75	2 650	120	13	1:7.500
M80	2 470	95	12	1:7.500
M85	2 470	95	12	1:7.500
W10	2 740	75	20	1:7.500
W12	2 740	75	20	1:7.500
W14	2 750	100	15	1:10.000
W16	3 620	165	19	1:10.000
W18	4 310	235	19	1:10.000
W20	4 830	270	20	1:10.000
W21A	4 310	235	19	1:10.000
W21B	2 750	100	15	1:10.000
WE	5 140	230	22	1:10.000
W35	4 830	270	20	1:10.000
W40	4 310	235	19	1:10.000
W45	4 310	235	19	1:10.000
W50	3 620	165	19	1:10.000
W55	3 620	165	19	1:10.000
W60	3 620	165	19	1:10.000
W65	2 650	120	13	1:7.500
W70	2 650	120	13	1:7.500
W75	2 470	95	12	1:7.500
W80	2 470	95	12	1:7.500
Easy Short	2 740	75	20	1:7.500
Difficult Short	3 620	165	19	1:10.000
Easy Long	2 750	100	15	1:10.000
Difficult Long	4 830	270	20	1:10.000

### Additional Information:

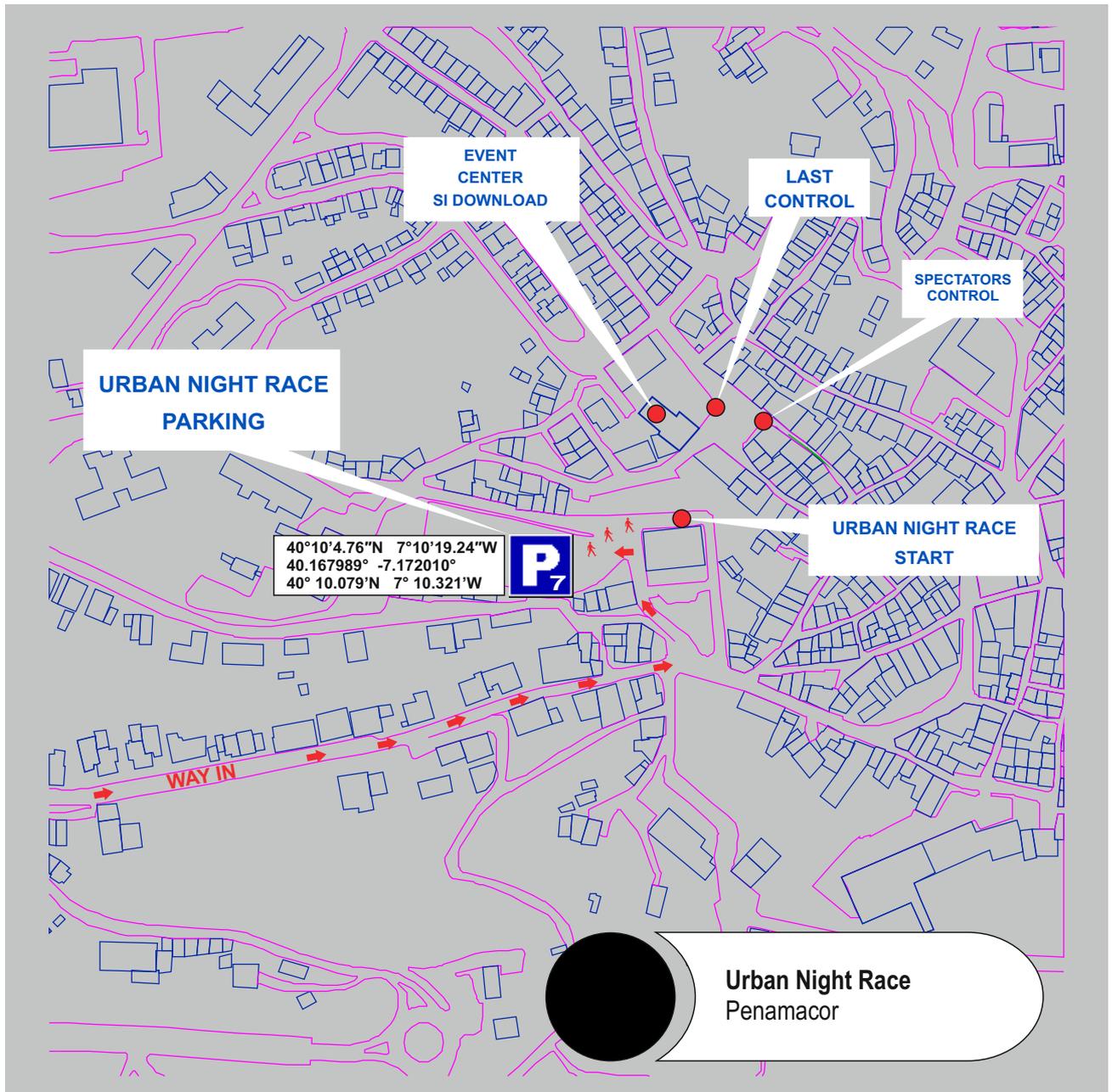
- Terrain: Mostly open fields with easy running, with predominance of stone details. Few vegetation and reduced network path.
- Fences: None.
- Animals: Not foreseen.
- Areas of dangerous cliffs: There are some area of deep cliffs in the North part of the map so it is highly recommended to be careful.
- It is highly recommended to use resistant and adherence shoes, due of stony areas and the wet terrain.
- It is mandatory the use of clothes that cover the legs and chest. The T-shirt usage is allowed.
- There is no refreshments along path neither in the Finishing.
- Fair-play is required to all athletes.
- WC's are available in Arena.

## STAGE 6: URBAN NIGHT RACE (EXTRA COMPETITION) - PENAMACOR

How to arrive: SEE MAP DAY ACCESS

Parking:

- A reserved area for parking will be available as per the map below.



- It is highly recommended that the athletes (that are in the Sleeping Floor) walk until the Starting area due of the reduced parking area.

**Map:** Penamacor (2015)

**Map maker:** Carlos Vale

**Course setter:** Patrícia Casalinho

**Map scale:** 1:4 000

**Contour:** 5m

**Adviser:** Rui Morais

Day Feb. 6 - Saturday - Urban Night Race "Penamacor"						
CLASS	DISTANCE (m)	Best Route (Kms)	CLIMB (m)	CONTROL POINTS	SPECT. POINTS	MAP SCALE
M10	1 090	1,1	75	16	-	1:4.000
M12	1 090	1,1	75	16	-	1:4.000
M14	1 330	1,7	100	16	-	1:4.000
M16	1 990	2,8	125	17	-	1:4.000
M18	2 400	3,4	165	18	-	1:4.000
M20	2 860	4,4	195	18	YES	1:4.000
M21A	2 740	4,1	155	26	-	1:4.000
M21B	1 540	2,3	125	10	-	1:4.000
ME	2 930	4,5	230	24	YES	1:4.000
MSE	2 900	4,5	225	24	YES	1:4.000
M35	2 740	4,1	155	26	-	1:4.000
M40	2 160	3,3	145	19	-	1:4.000
M45	2 100	3,3	145	18	-	1:4.000
M50	1 980	2,9	145	15	-	1:4.000
M55	1 750	2,6	145	17	-	1:4.000
M60	1 720	2,4	110	13	YES	1:4.000
M65	1 640	2,4	125	16	-	1:4.000
M70	1 590	2,3	120	17	-	1:4.000
M75	1 510	2,2	80	14	-	1:4.000
M80	1 360	2,1	85	15	-	1:4.000
M85	1 240	1,8	85	14	-	1:4.000
W10	1 090	1,1	75	16	-	1:4.000
W12	1 090	1,1	75	16	-	1:4.000
W14	1 330	1,7	100	16	-	1:4.000
W16	1 540	2,3	125	10	-	1:4.000
W18	1 990	2,8	125	17	YES	1:4.000
W20	2 400	3,4	165	18	-	1:4.000
W21B	1 310	1,7	85	14	-	1:4.000
W21A	1 680	2,5	120	18	-	1:4.000
WE	2 790	4,1	195	18	-	1:4.000
W35	2 510	3,5	135	18	-	1:4.000
W40	1 750	2,6	145	17	-	1:4.000
W45	1 680	2,5	120	18	-	1:4.000
W50	1 720	2,4	110	13	YES	1:4.000
W55	1 640	2,4	125	16	-	1:4.000
W60	1 590	2,3	120	17	-	1:4.000
W65	1 510	2,2	80	14	-	1:4.000
W70	1 360	2,1	85	15	-	1:4.000
W75	1 240	1,8	85	14	-	1:4.000
W80	1 240	1,8	85	14	-	1:4.000
Short	1 310	1,7	85	14	-	1:4.000
Long	2 510	3,5	135	18	-	1:4.000

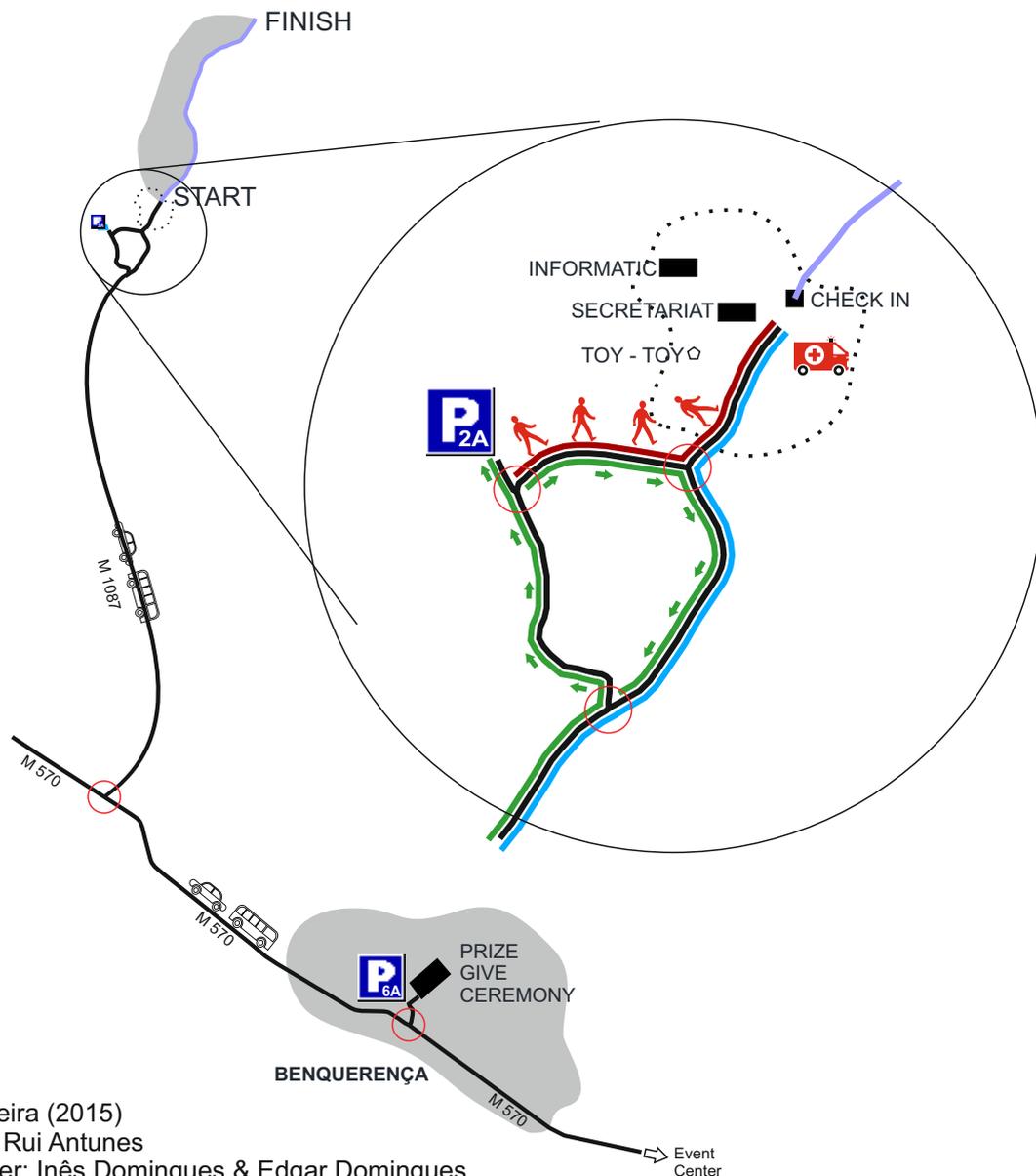
### Additional information:

- Terrain: Urban area, with medieval hull characteristics. Pronounced slope.
- It is highly recommended to be careful when crossing roads since the traffic will not be stopped.
- It is allowed the use of shorts and T-Shirt.
- There is no refreshments along path.

## STAGE 7: INVACARE PRE O (EXTRA COMPETITION)– “ABELHEIRA”

How to arrive: SEE DAY MAP ACCESS

Parking:



Map: Abelheira (2015)

Mapmaker: Rui Antunes

Course setter: Inês Domingues & Edgar Domingues

Map scale: 1:5 000

Contour interval: 5m

Event Adviser: Nuno Pires

Terrain: Terrain rich in natural elements, mainly rocks.

The course is all in paved road, with good conditions for wheel chairs, although it has some climb. Leaving the road is not allowed, resulting in the disqualification of the competitor.

Organisers will not provide escorts for Paralympic competitors. It is the responsibility of the competitor to bring its own escort.

The minimum threshold to map individual rocks is, at least, 2 meters of height. It is left for the competitor to find out which rocks are mapped.

It is mandatory to keep SILENCE while the competition is taking place. During the competition the navigational aids that competitors may use are only the map and control descriptions provided by the organiser, and a compass. No mechanical or electronic aids, other than an odometer and a watch are allowed. A magnifying glass either incorporated in the compass or separate is allowed. Binoculars and telescopes are prohibited. Telecommunication equipment may not be used in the competition area. Any other use of telecommunication equipment during the competition period may result in disqualification of the competitor.

Complaints must be made, by the athlete, in the secretariat or to the event directors, up to 15 minutes after the course solutions are published.

Day Feb. 7 - Sunday - Invacare Pre O Abelheira						
CLASS	DISTANCE (m)	CLIMB (m)	CONTROL POINTS	TIMED CONTROLS	MAP SCALE	Contour Interval (mts)
OPEN	1 150	10	24	110 m	1:5.000	5
PARALYMPIC	1 150	10	24	110 m	1:5.000	5
Time allowed in timed controls: 1 minute and 30 seconds						

### Additional Information:

The number of entries in Invacare PreO Open Class has risen beyond the best organizing team plans and that is due to the high interest of the athletes.

For that reason, there is a commitment of POM 2016 team in order to allow everyone to participate and not frustrate expectations by limiting entries.

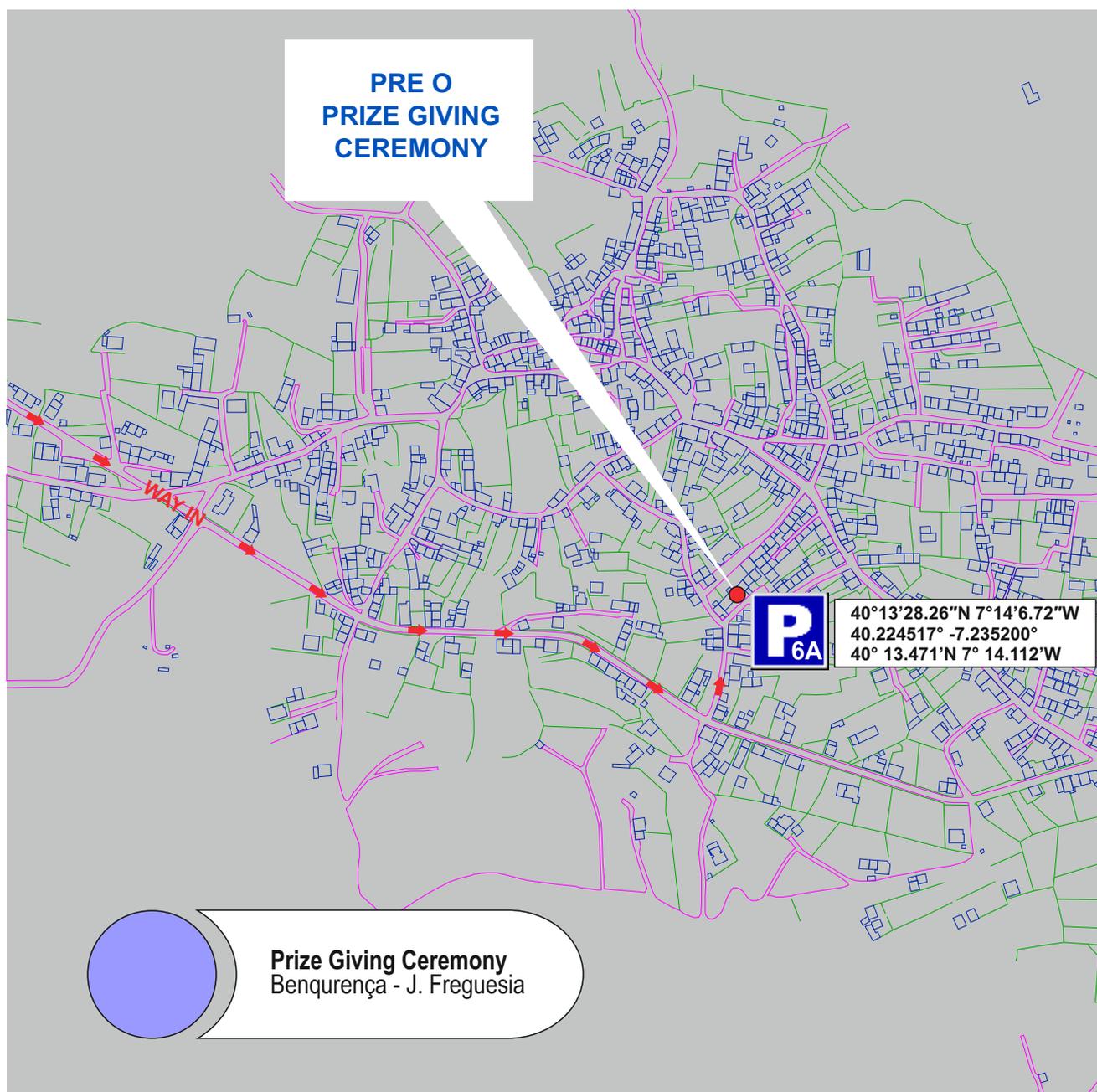
There is a real concern to assure there is enough time for all athletes coming from the Foot-O Middle course to take some rest, eat properly and arrive safely to the PreO competition.

Before this statement, the estimated window of time needed to cue all competitors through a single timed control station may not provide equal daylight conditions for everyone.

In order to overcome this situation and prevent any unfairness concerning the Portuguese Cup and the ETOC2016/WTOC2016 national team qualifying events, the National Advisor decided to allow the following solution:

- The final planning of the course will not be cropped, so all 3 timed control station challenges and 24 course control points will be setup.
- A dual timed station will be held close to each other, with visual and sound interference minimized. Chairs will be apart by some meters.
- The point-of-view viewing angle is similar between stations in order to use the same map and order of challenges.
- The slightly different position of elements and flags viewed from each station chair will not be an issue, because of the closeness of the viewing points, the rounded shape of the timed maps and the nature of PreO timed controls (there is no Zero answer).
- For operational reasons, the spoken procedures will be mainly in Portuguese in one station and English in the other.
- The startlists for Open class will be published by station.

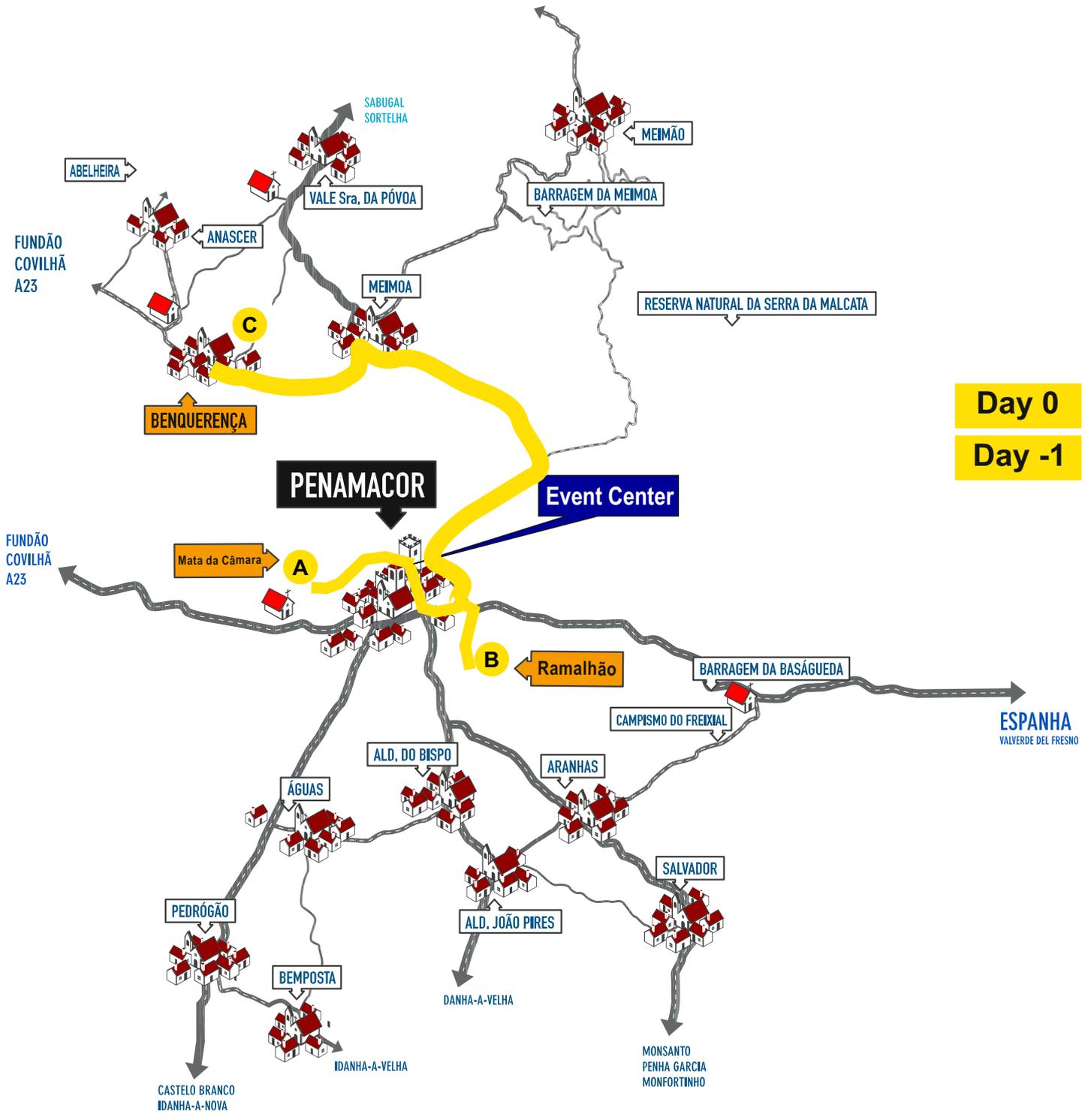
The National Advisor asks to be informed in advance (before the event) if someone is uncomfortable and disagree with this rule deviation, as the Invacare Open Class results will be published independently of the station used by each athlete.



## Rules

The competition rules of the Portuguese Orienteering Federation (“Regulamento de Competições 2016 da Federação Portuguesa de Orientação (FPO)”) will be fully applied. Any situation not covered by the rules, will be decided by the organizers, taking in consideration the “Competition Rules for IOF trail Orienteering Events”.

# DAY MAP ACCESS -1/0



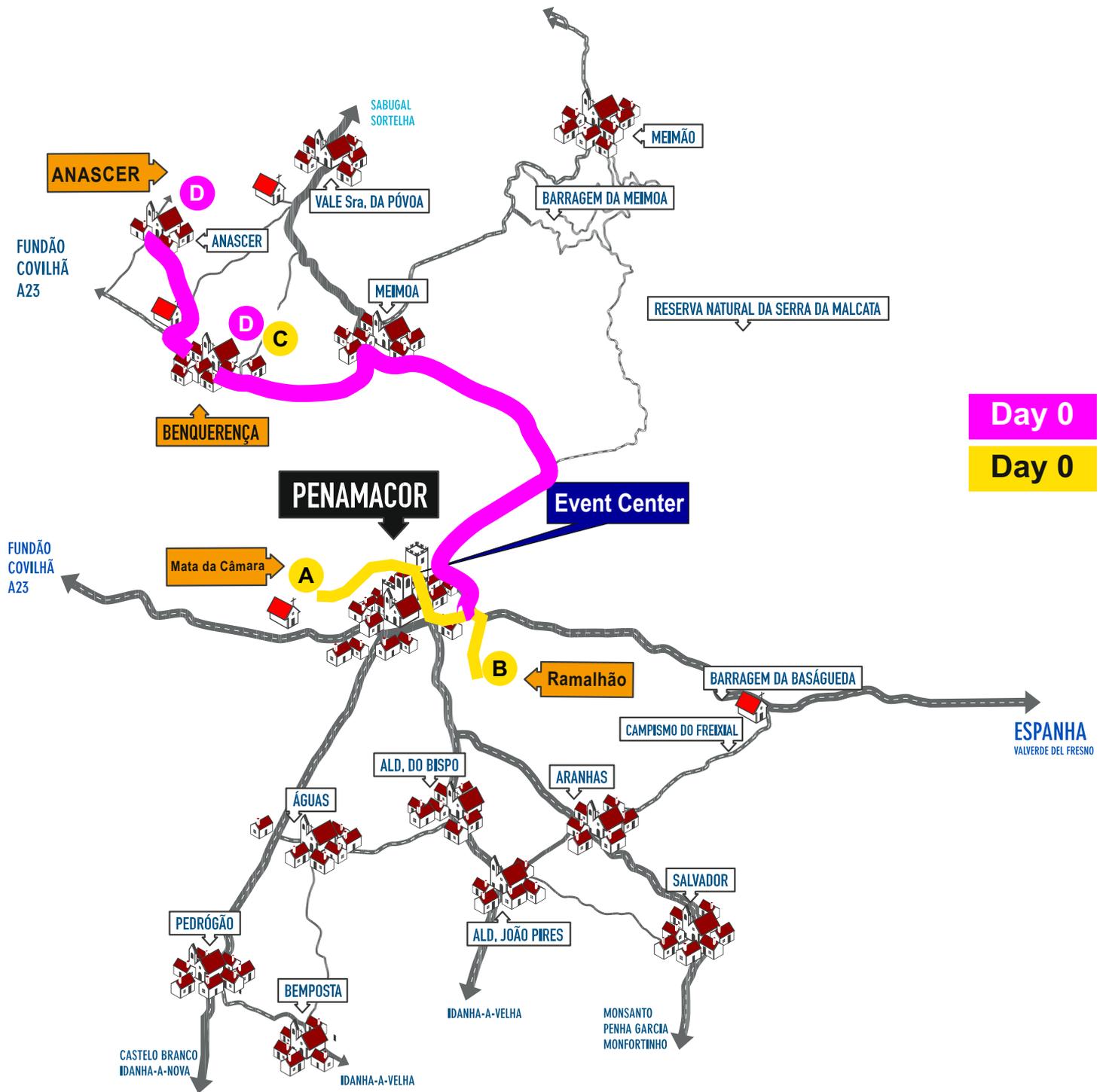
Day 0  
Day -1

**A** Forest Model Event 1  
Mata da Câmara

**B** Forest Model Event 2  
Ramalhão

**C** Urban Model Event 3  
Benquerença

# DAY MAP ACCESS 0



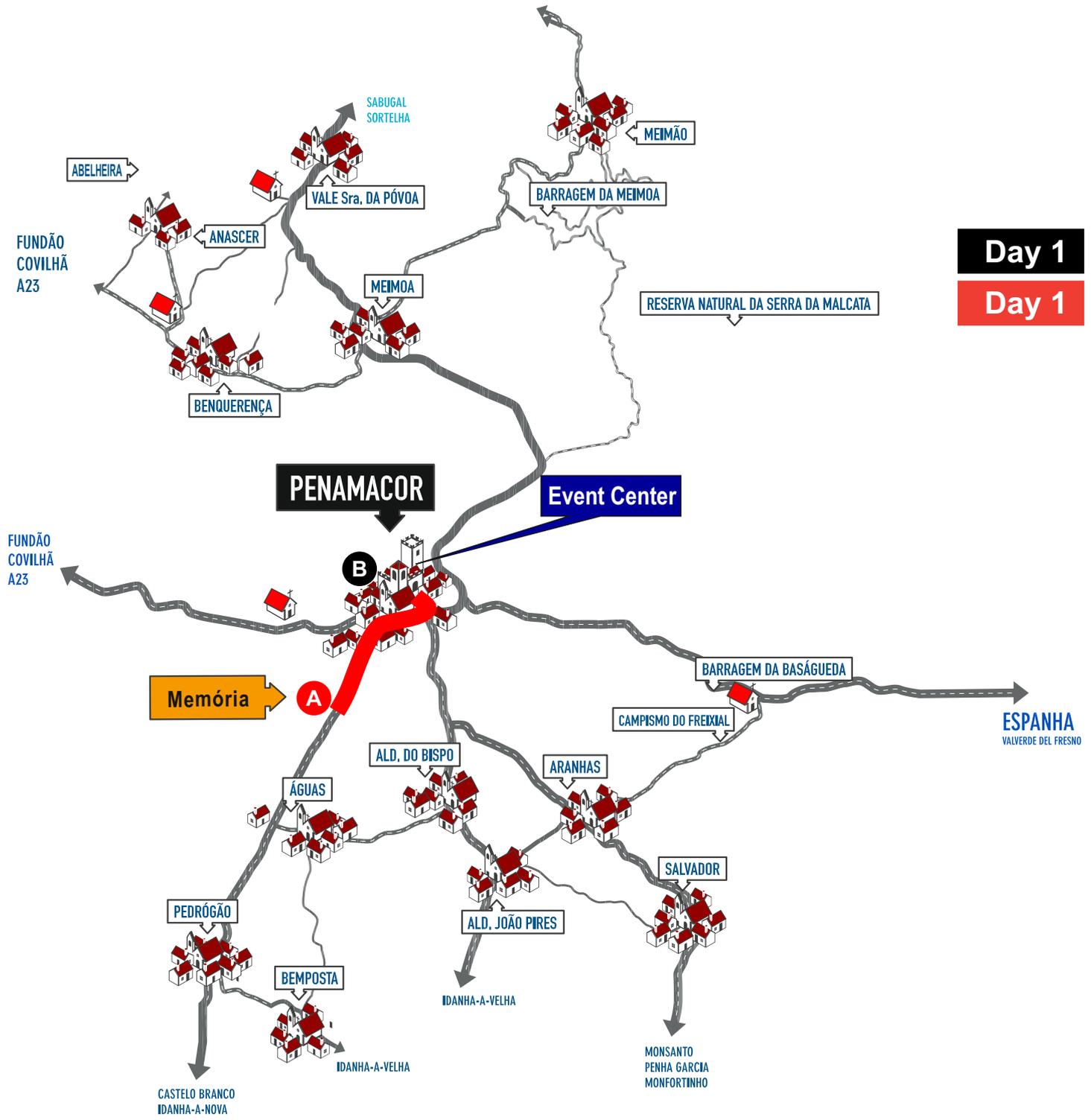
**C** Urban Model Event 3  
Benquerença

**D** Warm Up Race - Anascer  
BBQ - Benquerença

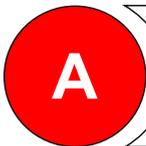
**A** Forest Model Event 1  
Mata da Câmara

**B** Forest Model Event 2  
Ramalhão

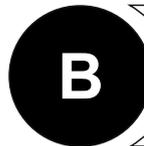
# DAY MAP ACCESS 1



**Day 1**  
**Day 1**

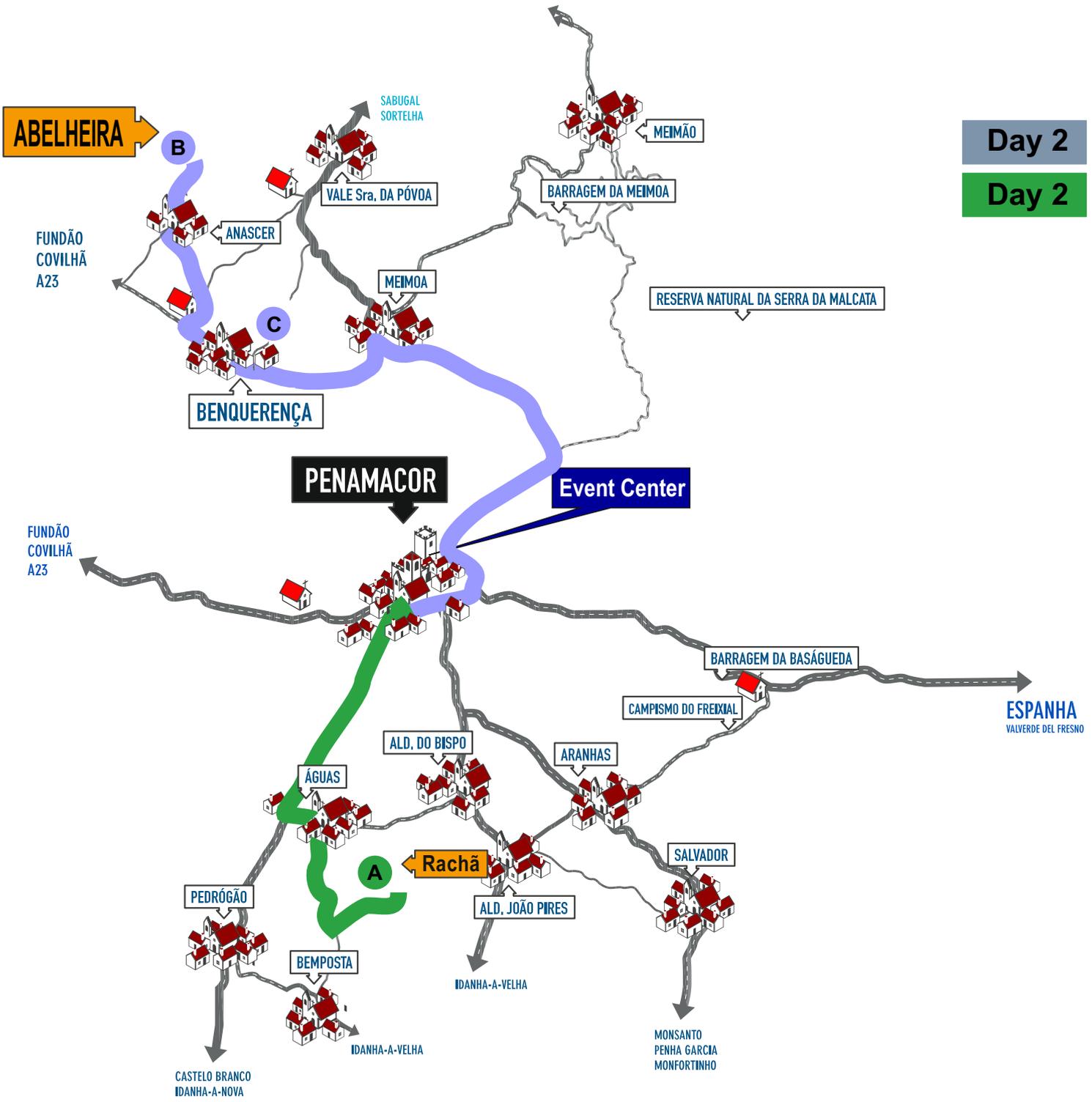


**Middle distance**  
Memória



**Urban Night Race**  
Penamacor

# DAY MAP ACCESS 2



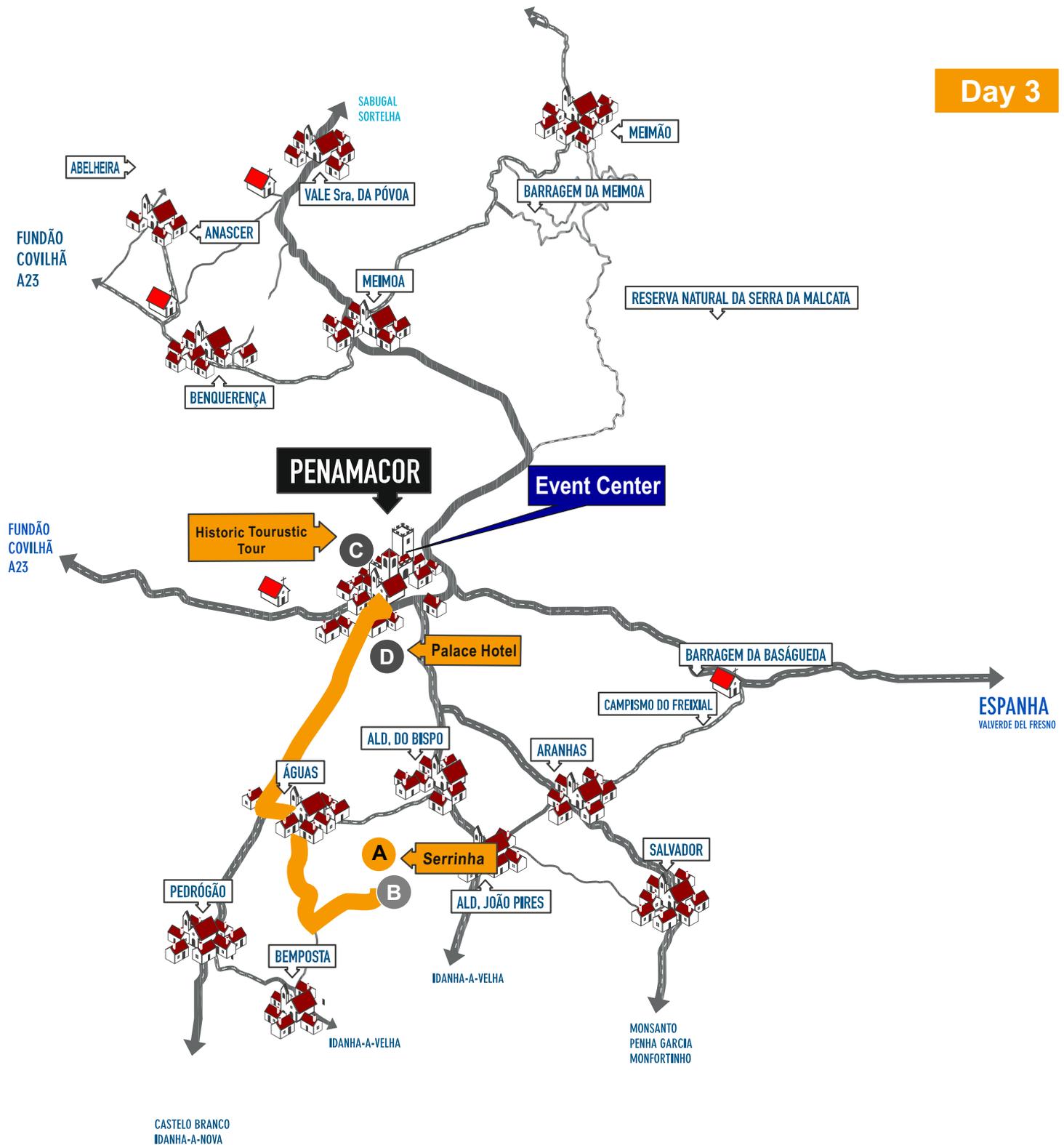
**A** Middle distance  
Serrinha - Rachã

**B** Invacare Pre O  
Abelheira

**C** Prize giving ceremony  
Benquerença - J. Freguesia

# DAY MAP ACCESS 3

Day 3



**B**

Prize giving ceremony UNR + WRE  
Serrinha

**D**

**Official Banquet**  
Palace Hotel & SPA  
Termas de S. Tiago

**A**

Long - WRE  
Serrinha

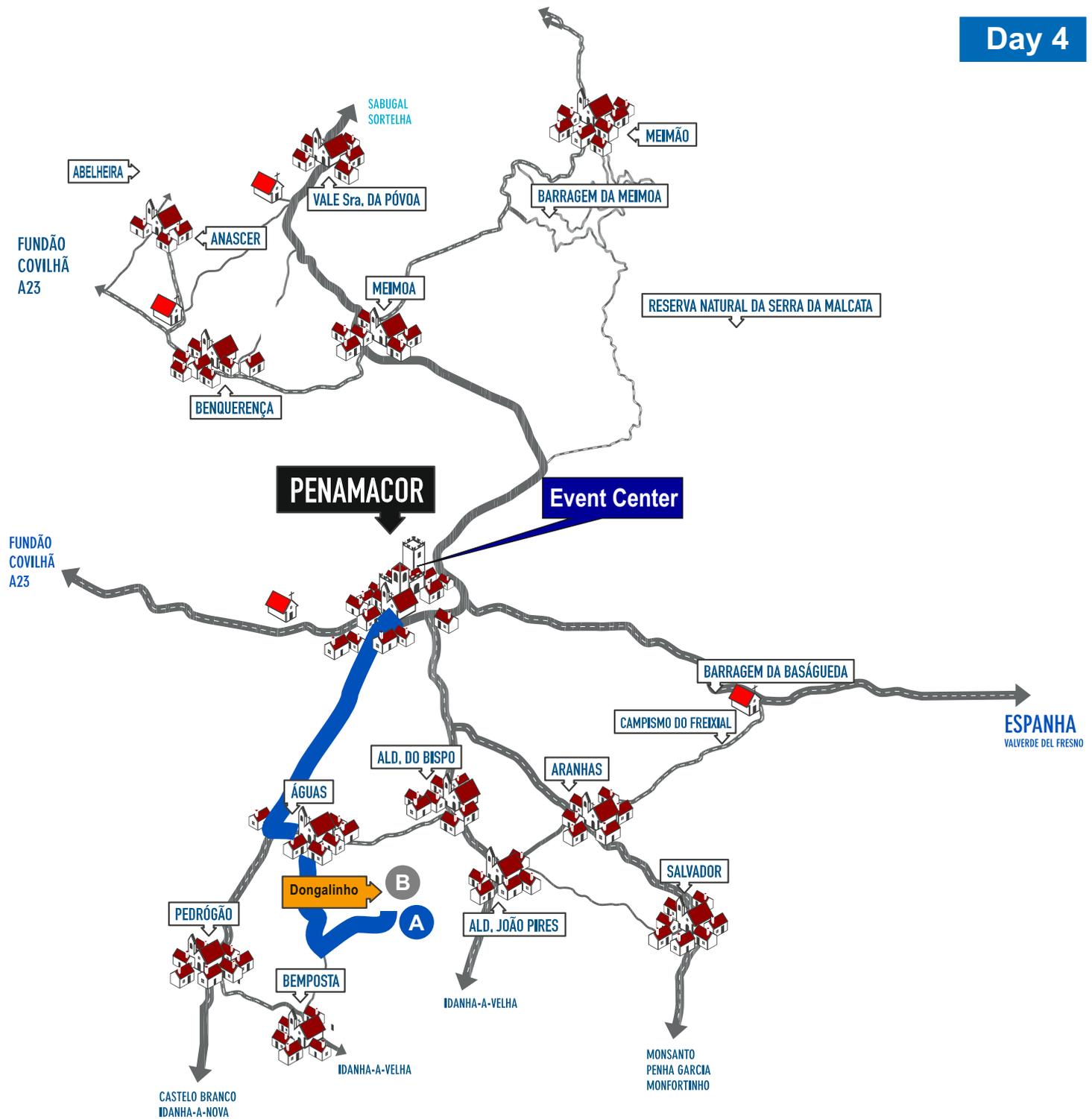
**C**

**Historical Guided Tour**  
Penamacor Village



# DAY MAP ACCESS 4

Day 4



**A** Long Serrinha - DonGalinho

**B** Prize giving ceremony POM Serrinha



## SUMMARY OF REGISTRATION

Country	Clubs								Entries								
	S1	S2	S3	S4	S5	S6	S7	Tot.	S1	S2	S3	S4	S5	S6	S7	Tot.	
AUT Austria	2	2	1	1	2	2		2	4	4	1	1	4	3		4	
BEL Belgium	5	5	5	5	1	3	1	5	37	37	37	37	2	17	2	37	
BRA Brazil	14	14	14	14	13	14		14	24	23	22	23	21	23		24	
CRO Croatia	1	1	1	1		1		1	2	2	2	2		2		2	
CZE Czech Republic	3	3	3	3	1	3		3	18	18	18	18	9	13		18	
DEN Denmark	12	12	12	12	6	10		12	36	36	36	36	16	26		36	
ESP Spain	44	44	42	37	6	30	11	44	152	151	124	97	11	88	20	157	
EST Estonia	2	2	2	2	2	2		2	3	3	3	3	2	2		3	
FIN Finland	39	40	40	39	21	26		40	154	156	156	154	99	110		156	
FRA France	25	25	25	25	9	16		25	86	86	85	84	22	65		88	
GBR United Kingdom	30	30	30	30	15	23	2	30	74	75	74	74	35	57	5	75	
GER Germany	11	11	11	11	3	7	2	11	30	30	30	30	7	21	4	30	
HKG Hong Kong	1	1	1	1		1	1	1	1	1	1	1		1	1	1	
HUN Hungary	3	3	3	3	1	3	1	3	10	10	10	10	1	10	4	10	
IRL Ireland	1	1	1	1		1		1	2	2	2	2		1		2	
ITA Italy	1	1	1	1		1	1	1	1	1	1	1		1	1	1	
JPN Japan	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
LAT Latvia	1	1	1	1		1		1	2	2	2	2		1		2	
LTU Lithuania	7	7	7	7	5	6		7	26	26	25	25	12	20		26	
NED Netherlands	1	1	1	1	1	1		1	2	2	2	2	2	1		2	
NOR Norway	31	31	32	31	20	11		32	81	81	86	80	34	29		87	
POL Poland	7	7	7	7	4	7	2	7	14	14	14	14	9	13	7	14	
POR Portugal	38	38	36	36	1	24	12	40	369	374	328	321	1	133	43	402	
ROM Romania	3	3	3	3	3	3		3	11	11	11	11	11	11		11	
RUS Russia	8	8	8	8	4	8		8	41	41	41	41	20	41		42	
SUI Switzerland	23	24	24	24	7	21		24	108	110	107	105	22	101		111	
SWE Sweden	35	35	36	35	13	25	1	38	118	120	126	124	49	64	1	130	
TPE Taiwan	1	1	1			1		1	1	1	1			1		1	
TUR Turkey	1	1	1	1		1		1	1	1	1	1		1		1	
UKR Ukraine	1	1	1	1		1	1	1	10	10	10	10		6	4	10	
USA United States	1	1	2	2	1	1		2	2	2	3	3	1	2		3	
<b>Total:</b>	31	353	355	353	344	140	255	36	362	1421	1431	1360	1313	391	865	93	1487

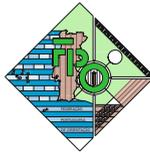




CLUBE DE ORIENTAÇÃO DO CENTRO



MUNICÍPIO DE PENAMACOR



INTERNATIONAL ORIENTEERING FEDERATION



PENAMACOR



Águas



Aldeia de João Pires



Aldeia do Bispo



Bemposta



Benquerença



Penamacor



Pedrogão de S. Pedro



CASTELEIRO



Turismo Centro Portugal



INSTITUTO PORTUGUÊS DO DESPORTO E JUVENTUDE, I. P.



Vitalis



naturtejo GEO.PARK



Yes, you can.



EMPREITEIROS CRUCHINHO & FILHOS, LDA.



PMS Pedro Marques Serraalves ALUMINIOS



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Cooperativa Agrícola COOP



António Laurence, Lda.

ENGIPENA

CONSTRUTORA



Papelaria



Penazeites Azéites tradicionais, S.A.



PRÉDIOS NATURAIS DAS ABELHAS



IBERSACO



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Orienteering COCO Training Camps



90'blog



OASIS



Ponta D'Oni