

Portugal "0" Meeting '2025

loulé - Algarve
1st - 4th March

BULLETIN 03



loulé
Aqui e Agora



INDEX

Welcome to Portugal "O" Meeting 2025	5
Message from the Event Director	6
Message from the Mayor of the Municipality of Loulé	8
Tourism	11
Accommodation	12
Week Before	14
Program	15
Locations	16
Distances	16
POM 2025	18
Program	18
Locations	20
Distances	20
Entries and Prices	23
Sport insurance	24
Classes	25
Day 1 – Middle Distance	26
Programme	26
Techinal Information	27
Day 1 – Night Sprint	28
Programme	28
Techinal Information	29
Day 2 – Long Distance	30
Programme	30
Techinal Information	31
Day 2 – Night Sprint	32
Programme	32
Techinal Information	33

Day 3 – Middle Distance	34
Programme	34
Technical Information	35
Day 3 – PRE-O	36
Programme	38
Day 4 – Long Distance & Chasing Start	39
Programme	39
Technical Information	40
Plan your trip with	41
Contacts	42

2 WEEKS, 5 WRE

AGUIAR DA BEIRA | LOULÉ | CASCAIS

ABOM 2025
AGUIAR DA BEIRA 'O' MEETING

- 21.02.2025 | FRIDAY
PROLOGUE
- 22.02.2025 | SATURDAY
LONG WRE + PREO
- 23.02.2025 | SUNDAY
MIDDLE WRE

eventos.ori-estareja.pt
/OrientedForLife
/orientedforlife

Portugal "O" Meeting 2025
loulé - Algarve
1st - 4th March

Concelho de Loulé
Compromisso com o Desporto
www.loule.pt

Program **2 WRE**

- Stage 1 - 01st March - Middle Distance | Lado
- Stage 2 - 01st March - Sprint | Algarve Stadium
- Stage 3 - 02nd March - Long Distance | Lado
- Stage 4 - 02nd March - Sprint | Quarteiro
- Stage 5 - 03rd March - Middle Distance | Loulé
- Stage 6 - 03rd March - Pre-O | Loulé
- Stage 7 - 04th March - Long Distance | Loulé

CLUB BTT Loulé
Aqui e Agora

www.pom.pt | info@pom.pt | orientec@pom.pt | www.bttclub.com | @portugal.o.meeting

8th AND 9th MARCH '25
Cascais International 'O' Meeting '25

3 NEW MAPS

- 1 MIDDLE
- 1 MIDDLE
- 1 SPRINT
- 1 PRE-O

WRE CANDIDATE

CPDC 1285

CASCAIS

PORTUGAL

WORLD RANKING EVENT
- IOF -

Welcome to Portugal "O" Meeting 2025

Welcome to Portugal "O" Meeting 2025, the most anticipated orienteering event of the year! This prestigious gathering will take place in the vibrant town of Loulé, nestled in the stunning Algarve region, during the Carnival weekend. Renowned for its rich culture, enchanting landscapes, and welcoming community, Loulé offers the perfect backdrop for this year's competition, promising an unforgettable experience for participants and spectators alike.

Join us as we explore the intricate terrains of the Algarve, where competitors from around the world will test their skills in the art of orienteering. The event coincides with the renowned Loulé Carnival, a spectacular celebration bursting with colorful parades, lively music, and captivating performances. This unique blend of sport and festivity provides an opportunity not only to challenge yourself on some of the most picturesque courses but also to immerse yourself in a carnival atmosphere unlike any other.

Beyond the thrill of the competition, discover the breathtaking beaches that make the Algarve a world-famous destination. From the golden sands of Praia da Falésia to the peaceful waters of Quarteira Beach, the region offers a myriad of seaside escapes perfect for relaxation and adventure. Whether you're navigating the courses or soaking up the sun, the Portugal "O" Meeting in Loulé guarantees an extraordinary journey through culture, nature, and sport. We look forward to welcoming you to our event!



Message from the Event Director



Dear Athletes,

The Portugal "O" Meeting is a pedestrian orienteering event, included in the Ranking of the International Orienteering Federation (IOF) and in the ranking of the Portuguese Cup of the Portuguese Orienteering Federation – FPO.

It is an event open to people of any age, who can participate in competition levels or open classes, individually or in groups.

We invite all Orienteering lovers to participate in this event, wishing them a warm welcome.

We hope you enjoy your time in Algarve.

During POM, all athletes can enjoy and participate in LOULÉ Carnival.

You will also be able to enjoy the most beautiful beaches in Algarve, in Vilamoura, Quarteira.

There will also be events at the renowned Quinta do Lago.

Hélder Faísca

GOLF

QUINTA DO LAGO



Message from the Mayor of the Municipality of Loulé



Welcome to the Municipality of Loulé.

Loulé is located in the center of the Algarve and extends from the coast to the mountains. Territory of diverse landscapes, in this land in the south of Portugal, the beauty of nature combines with the typicality of the small villages in the interior and the modernity of its cities.

As President of the City Council, I invite everyone to get to know our municipality, rich in cultural heritage, located throughout the territory. I could not fail to highlight some ex-libris, such as the Municipal Market in the city of Loulé, the [Islamic Baths](#) and the Casa Senhorial dos Barreto, the [Igreja Matriz de São Clemente](#) with its characteristic bell tower, the [Municipal Museum](#), where you can observe two fossil remains of a phytosaurus and a metoposaurus algarvensis; and the Roman ruins of Cerro da Vila.

The natural heritage is also an unmissable business card of our municipality for lovers of outdoor walks. Because, the municipality of Loulé has part of its surface classified as a protected area, encompassing a great diversity of habitats, rich in fauna and flora, geological heritage and other important resources, such as the Local Natural Reserve of Foz do Almargem and Trafal; part of the Ria Formosa Natural Park; the Local Protected Landscape of Rocha da Pena and the Local Protected Landscape of Fonte da Benémola.

Gastronomy, made with fresh and local products, and handicrafts are also riches of our municipality that will greatly please those who visit us for the first time, as well as our lineup of celebrations and parties that attracts thousands of people to our municipality every year.

Loulé is traditionally a territory that promotes sport, providing excellent conditions for practicing different sports. The quality of its infrastructure allows the municipality to host several national and international sporting competitions throughout the year, in different parts of the territory.

It is with great satisfaction that we welcome another competition in 2025, an international orienteering event: Portugal "O" Meeting (POM), a race that promotes a growing sport all over the world, not only because of its unique sport characteristics outdoors, but also because it is practicable in urban, rural or forestry contexts. In Loulé, orienteers participating in this 2025 edition will find routes of unique beauty and interest.

I end by congratulating the organization of the event, namely the Terra de Loulé MTB Club, which, with the support of the City Council, will, without a doubt, once again project the name of our land across borders.

We wish everyone a good race and hope you enjoy everything that Loulé has to offer.

Vitor Aleixo



Image 1 - Municipal Market

QUARTEIRA BEACH



Tourism

Loulé enjoys a very special position in the Algarve region. Its central location and good routes means that this municipality is a touristic destination by excellence.

A visit to Loulé is a must for anyone coming to the region: it is 16km from Faro Internacional Airport, with easy access to the A22 (Via do Infante) motorway and to the motorway that links Algarve to the capital (A2), and just 68km away from Ayamonte.

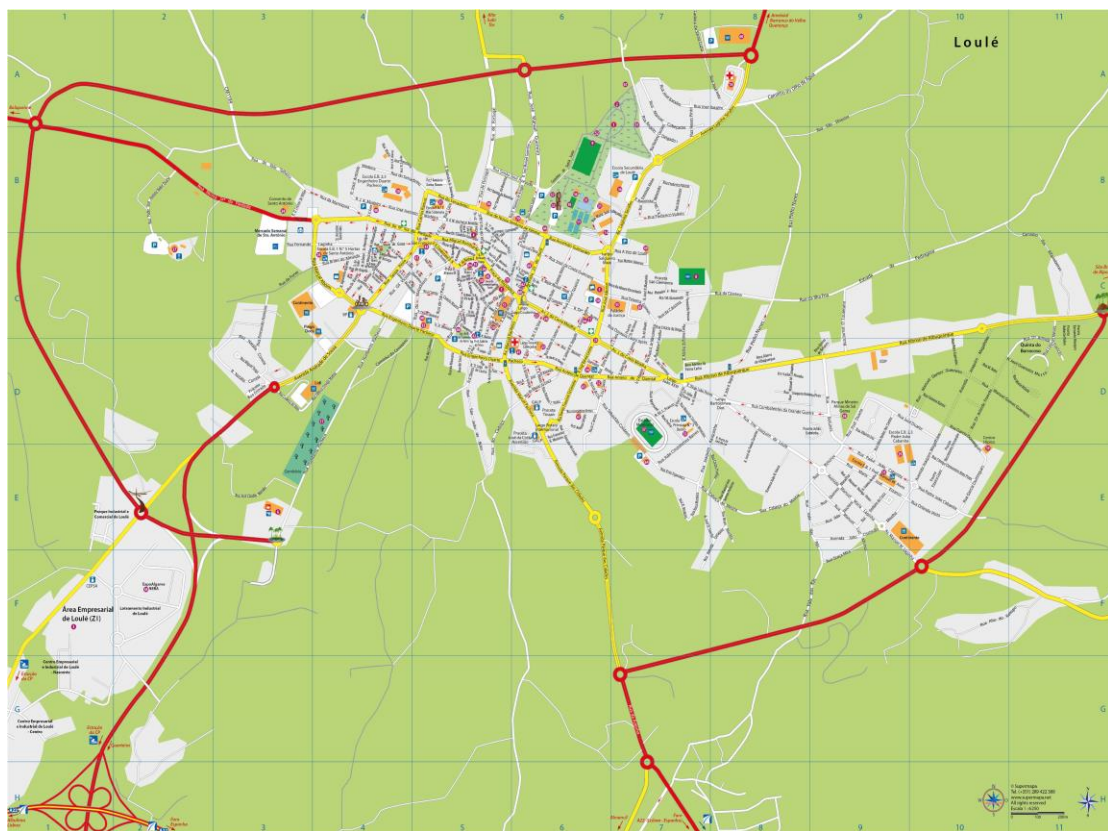


Image 2 - Loulé Map

With an area of about 765km² and a population of 69.230, the municipality extends over three climatic zones: the coastline, the Serra (the hills) and the Barrocal in between.

There is such an enormous range of touristic resources for visitors to discover.

Loulé has everything from the golden sands of the long, blue-flag beaches, which stretch for 13 km along the coast, to the picturesque villages of the Algarve "serra", from a high-quality architectural heritage to the richness of

the environment and scenery, from the lively nightlife to traditional festivals handed down from generation to generation, and in addition visitors can also make use of 13 excellent golf courses, and an international marina, and enjoy the rich variety of the local cuisine.

You can find out more through the [tourism](#) section of the municipality's website.

You can consult the tourist map of Loulé [here!](#)

Accommodation

The **Hard Floor** will be at EB 2,3 Eng. Duarte Pacheco ([37°08'29.5"N 8°01'33.7"W](#)).

In the parking areas of the arenas, dedicated spaces for **motorhomes** will be available. Additionally, three nearby service stations stand out: Fonte Santa (Quarteira), accommodating up to 100 motorhomes, Salir with space for 40 motorhomes, and São Brás de Alportel, which has a capacity for 68 motorhomes.

Loulé is the main city of the Algarve's largest and most populous municipality. Easy to get to and boasting a prime central location in the region, the municipality is a tourist destination par excellence. Visitors can choose from a huge variety of accommodation that ranges from 5* hotels to rural tourism accommodation, the latter also being extremely popular with tourists visiting the municipality of Loulé.

See the full list of [accommodations](#) at section of the municipality's website.



Image 3 - Accommodation

AQUASHOW

WATERPARK | INDOOR WATERPARK | HOTEL

aquashow INDOOR VERÃO TODO C

aquashow
INDOOR



Week Before

The training camps will be a simulation of the Portugal "O" Meeting 2025 competitions.

They will have a timing system with the SPORTIdent Air+ system active and will also have results.

The training camps are middle distance orienteering events, with maps at a scale of 1:10 000 and there will be 3 courses with different degrees of difficulty:

- Green - For beginners
- Yellow - Medium course with technical difficulty
- Red - Medium/Long course with technical difficulty

Each training costs 5€ per person, per day until 31st October. After this day, the cost of each training camp per person, per day will be 7€.

The training camps do not have sports insurance included, unless requested. If requested, the insurance value will be added to the cost of the training camp.

Don't miss this opportunity to extend your POM25 experiences

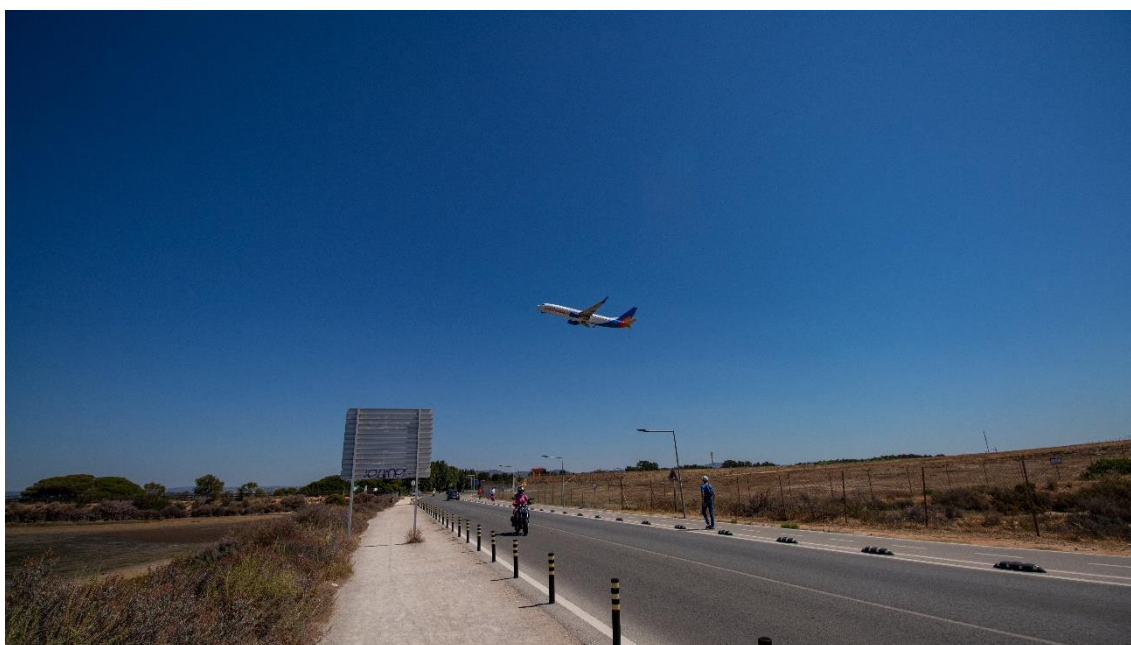


Image 4 - Faro Airport

Program

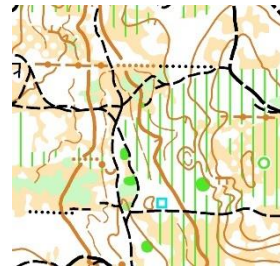
February 25 (Day -3 – Tuesday): São Brás de Alportel

- 10:30 – First start
- 11:30 – Last Start
- 13:00 – TC close



February 26 (Day -2 – Wednesday): Tôr

- 10:30 – First start
- 11:30 – Last Start
- 13:00 – TC close



February 27 (Day -1 – Thursday): Quinta do Lago

- 10:30 – First start
- 11:30 – Last Start
- 13:00 – TC close

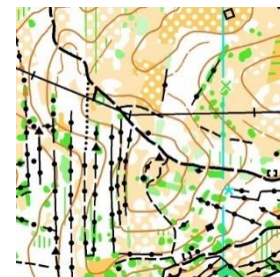


Image 5 - Terrain

Locations



TC= Training Camp

Distances

Distances from Event Center			
Algarve Stadium	0 km	37°05'14.3"N 7°58'29.4"W	GOOGLE MAPS
Quinta do Lago TC	8 km	37°02'16.7"N 8°02'36.0"W	GOOGLE MAPS
Loulé	9 km	37°08'20.0"N 8°01'19.7"W	GOOGLE MAPS
Faro	11 km		GOOGLE MAPS
Faro Airport	11 km	37°01'23.4"N 7°58'14.1"W	GOOGLE MAPS
Faro Beach	13 km		GOOGLE MAPS
Quarteira	14 km		GOOGLE MAPS
Vilamoura	15 km		GOOGLE MAPS
São Brás de Alportel TC	20 km	37°10'32.2"N 7°54'16.6"W	GOOGLE MAPS
Tôr TC	20km	37°11'35.9"N 8°01'52.9"W	GOOGLE MAPS

PARTNER

TIMMING SOLUTION



**TIC TAC
TIMING**
CRONOMETRAGEM

Portugal "O" Meeting 2024
Alameda Superior
15125-ANCO
SNE
Dist: 125820
Favela: 125225

Nome	Tempo	Nota
231	00:00	

POM 2025

Program

February 28 (Day 0 – Friday): Model Event – Algarve Stadium

- 10:30 – Event Center open – Algarve Stadium
- 11:00 – Model Event open – Algarve Stadium (Forest)
- 17:00 – Model Event close – Algarve Stadium (Forest)
- 19:00 – Hard Floor open
- 23:00 – Event Center closes – Algarve Stadium

March 1 (Day 1 – Saturday): Middle Distance WRE – Ludo

- 08:00 – Event Center open – Algarve Stadium
- 10:00 – Middle Distance WRE start – Competition
- 10:30 – Start for open categories
- 14:30 – Event Center close – Arena
- 15:00 – WRE Prize-giving Ceremony – Algarve Stadium

March 1 (Day 1 – Saturday): Night Sprint – Algarve Stadium

- 17:30 – Event Center open
- 19:00 – Night Sprint start
- 19:30 – Start for open categories
- 21:30 – Event Center close

March 2 (Day 2 – Sunday): Long Distance – Ludo

- 08:00 – Event Center open – Arena
- 09:00 – Long Distance start – Competition
- 10:30 – Start for open categories
- 15:30 – Event Center close



March 2 (Day 2 – Sunday): Night Sprint – Quarteira

- 17:30 – Event Center open
- 19:00 – Night Sprint start
- 19:30 – Start for open categories
- 21:30 – Event Center close

March 3 (Day 3 – Monday): Middle Distance WRE – Canil Loulé

- 08:00 – Event Center open – Arena
- 10:00 – Middle Distance WRE start
- 10:30 – Start for open categories
- 14:00 – Night Sprint Prize-giving Ceremony
- 14:30 – Event Center close at the arena
- 15:00 – WRE Prize-giving Ceremony

March 3 (Day 3 – Monday): PreO – Quarteira

- 13:00 – PreO Event Center open
- 13:30 – PreO starts
- 17:30 – PreO Prize-giving Ceremony

March 4 (Day 4 – Tuesday): Long Distance – Chasing Start – Canil Loulé

- 08:00 – Event Center open
- 09:00 – Long Distance (chasing start for Elite categories in the arena)
- 09:30 – Start for open categories
- 10:00 – Mass Start for remaining Elite category athletes in the arena
- 13:30 – POM2025 Prize-giving Ceremony
- 15:00 – Event Center close
- 17:00 – Hard Floor close



Locations



Distances

Distances from Event Center			
Algarve Stadium	0 km	37°05'14.3"N 7°58'29.4"W	GOOGLE MAPS
Ludo – Day 1 and 2	4 km	37°04'20.3"N 7°59'28.2"W	GOOGLE MAPS
Loulé	9 km	37°08'20.0"N 8°01'19.7"W	GOOGLE MAPS
Faro	11 km		GOOGLE MAPS
Faro Airport	11 km	37°01'23.4"N 7°58'14.1"W	GOOGLE MAPS
Loulé – Day 3 and 4	12 km	37°07'43.1"N 8°03'27.1"W	GOOGLE MAPS
Faro Beach	13 km		GOOGLE MAPS
Quarteira	14 km		GOOGLE MAPS
Vilamoura	15 km		GOOGLE MAPS
Sevilha Airport	220 km		GOOGLE MAPS
Lisboa Airport	269 km		GOOGLE MAPS
Porto Airport	542 km		GOOGLE MAPS
Madrid Airport	734 km		GOOGLE MAPS

PARTNER



visacar[®]

ALUGUER & VENDA DE AUTOMÓVEIS DESDE 1991

TIMING SYSTEM

AIR MODE WILL BE ACTIVE



Entries and Prices

The runners must register their entries using the platform [OriOasis](#). The registration in the Model Event must also be made on the same platform using one extra available field.

In case of doubts or problems with entries, please contact us by the following e-mail: entries@pom.pt

The entries deadline is 15th February 2025.

ELITE CLASSES: During entry process, Elite runners must provide their IOF World Ranking ID. All the athletes in those classes need to be registered in IOF Eventor.

MODEL EVENT: Don't forget to register for the Model Event.

HARD FLOOR: If you want to use Hard Floor the registration for it is mandatory.

SOUVENIR: All athletes will receive an event t-shirt.

Prices				
Terrain	Stage	Classes	POF/FEDO	Non-POF/FEDO
Forest	1	Open Young + T10 + M/W 12	5,5€	6€
	3	Open Senior	10€	11€
	5	Young Competition	5,5€	10€*
	7	Senior Competition	10€	17€*
Sprint	2	Open Young + T10 + M/W 12	4,5€	5€
		Open Senior	8€	9€
	4	Young Competition	4,5€	9€*
		Senior Competition	8€	14€*
PreO	6	Paralimpic	10€	17€*
		Open	10€	17€*
Forest	Model	ALL	5€	

Note: Any changes outside the deadlines have a cost of 3€.

* The value of sports insurance is added to the table values (2€/day).

Sport insurance

Athletes affiliated in POF / FEDO and Open Classes are covered by POF insurance. Fee of €2/day to be applied to all remain athletes on competition classes and PreO.



Image 6 - Algarve Stadium | Event Center

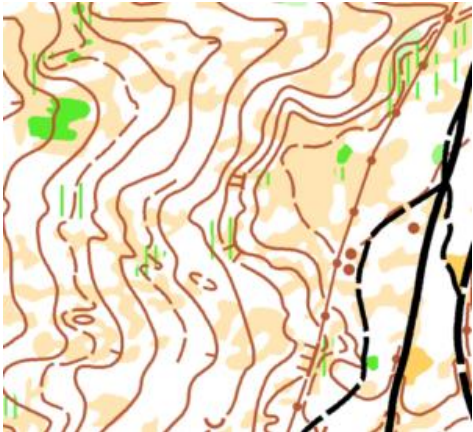
Classes

Classes			
Terrain	Stage	Type	Classes
Forest and Sprint	1 2 3 4 5 7	OPEN	White Green Yellow Red
		Extra-Competition	T 10 M/W 12
		Young Competition	M/W 14 M/W 16 M/W 18 M/W 20 ME / WE M/W 21A M/W 21B M/W 35 M/W 40 M/W 45 M/W 50 M/W 55 M/W 60 M/W 65 M/W 70 M/W 75 M/W 80 M/W 85 M 90
		Senior Competition	
PREO	6	Competition	Open Paralimpic

Day 1 – Middle Distance

Map: Ludo

Terrain: is characterized by stone pine forests, Mediterranean scrub with rockrose and strawberry trees, and riparian vegetation near the Ria Formosa, where salt marshes and halophytic plants stand out.



Map maker: Alexandre Reis

Course setter: Alexandre Reis

Distance to Start: 2500 mts

Water supply: No

Spectator control: No

Parking: At the Algarve stadium – Transport is provided for all participants, who should arrive around 40 minutes beforehand. Priority classes: T10 / D/H 12 and 70+

Additional information: There will be bar service.

Programme

08h00 Opening of the Secretariat – Algarve stadium

10h00 Start WRE Middle Distance – Competition

10h30 Start of the open and training classes

14h30 Closing of the secretariat – Arena

15h00 WRE prize-giving ceremony – Algarve stadium

Techinal Information

DAY 1--(SATURDAY): MIDDLE DISTANCE WRE – LUDO					
CLASS	DISTANCE (MTS)	DESNÍVEL (mts)	CONTROL POINTS	MAP SCALE	EQUID. (mts)
T10	2 060	25	12	1:7.500	2,5
M12	2 350	30	14		
M14	2700	35	15		
M16	4220	95	22		
M18	5100	105	24		
M20	5800	130	22		
M21A	5100	105	21		
M21B	4110	90	21		
M21E	6250	140	22	1:10.000	
M21SE	6250	140	22		
M35	5800	130	22		
M40	5540	117,5	23		
M45	5400	110	23		
M50	5400	110	22		
M55	5160	95	22		
M60	4300	90	25		
M65	3750	85	22		
M70	3740	80	21		
M75	3150	75	19	1:7.500	
M80	2900	75,5	19		
M85	2650	60	19		
W12	2260	60	14		
W14	2650	75	15		
W16	3510	85	16		
W18	4220	90	23		
W20	4900	105	24		
W21A	4170	80	21		
W21B	3080	70	19		
W21E	5800	130	22	1:10.000	
W35	5160	95	22		
W40	4500	90	21		
W45	4450	85	21		
W50	4450	85	21		
W55	3740	80	21		
W60	3740	80	21		
W65	3590	75	20		
W70	2900	75,5	19		
W75	2900	75,5	19		
W80	2650	60	19	1:7.500	
W85	2500	55	18		
White	2060	25	12		
Green	2350	30	14		
Yellow	3100	35	14		
Red	5100	105	21	1:10.000	

Day 1 – Night Sprint

Map: Estádio Algarve

Terrain: Urban area with a tangle of very narrow streets and alleys.

Map maker: Alexandre Reis

Course setter: Alexandre Reis

Distance to Start: 150 mts

Water supply: No

Spectator control: No

Parking: Around the Algarve stadium, in the event center área

Additional information: Runners must use a head-lamp.

Programme

17h30 Opening of the Secretariat

19h00 Night sprint start

19h30 Start of the open and training classes

21h30 Secretariat closes

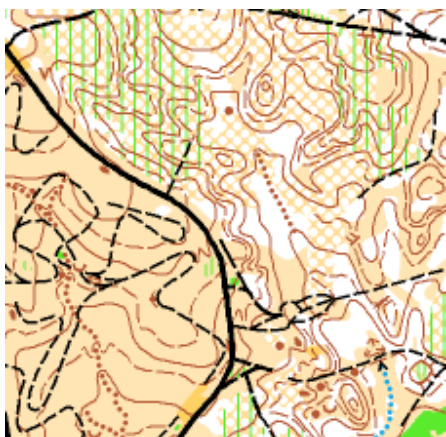
Technical Information

(Day 1 – Saturday): Night Sprint – Algarve Stadium					
CLASS	DISTANCE (MTS)	CLIMB (MTS)	CONTROL POINTS	MAP SCALE	EQUID. (mts)
T10	1520	20	14	1:4.000	2.0
M12	1700	20	14		
M14	2070	22	14		
M16	3080	22	18		
M18	3250	30	19		
M20	3500	30	22		
M21A	3200	30	22		
M21B	2070	22	14		
M21E	3650	34	30		
M21SE	3650	34	30		
M35	3400	30	26		
M40	3400	30	26		
M45	3350	28	26		
M50	3350	28	26		
M55	2900	24	24		
M60	2900	24	24		
M65	2650	24	16		
M70	2650	24	16		
M75	2080	22	16		
M80	2080	22	16		
M85	2080	22	16		
W12	1520	20	14		
W14	1700	20	14		
W16	2650	22	14		
W18	2760	24	16		
W20	2780	24	17		
W21B	1940	20	15		
W21A	2430	20	20		
W21E	3400	28	24		
W35	2790	26	17		
W40	2790	26	17		
W45	2550	22	19		
W50	2550	22	19		
W55	2400	24	17		
W60	2400	24	17		
W65	2360	24	16		
W70	2360	24	16		
W75	2050	22	16		
W80	2050	22	16		
W85	2050	22	16		
White	1520	17,5	14		
Green	1700	22,5	14		
Yellow	3280	32,5	20		
Red	3870	47,5	23		

Day 2 – Long Distance

Map: Ludo

Terrain: is characterized by stone pine forests, Mediterranean scrub with rockrose and strawberry trees, and riparian vegetation near the Ria Formosa, where salt marshes and halophytic plants stand out.



Map maker: Alexandre Reis

Course setter: Alexandre Reis

Distance to Start: 2100 mts

Water supply: Yes

Spectator control: No

Parking: At the Algarve stadium – Transport is provided for all participants, who should arrive around 40 minutes beforehand. Priority classes: T10 / D/H 12 and 70+

Additional information: There will be bar service

Programme

08h00 Opening of the Secretariat – Arena

09h00 Long distance start – Competition

10h30 Start of the open and training classes

15h30 Closing of the secretariat

Techinal Information

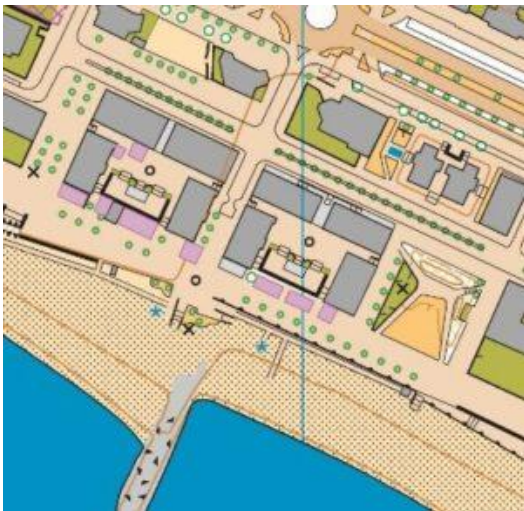
DAY 2 – (SUNDAY): LONG DISTANCE – LUDO					
CLASS	DISTANCE (MTS)	CLIMB (MTS)	CONTROL POINTS	MAP SCALE	EQUIDISTANCE (MTS)
T10	2290 m	35	14	1:7.500	2.5
M12	2500m	40	16		
M14	3180m	65	14	1:10.000	
M16	6490 m	185	20		
M18	8730 m	230	23		
M20	10510 m	285	22		
M21A	8550 m	220	20		
M21B	6560 m	185	18		
M21E	14880 m	345	28		
M21SE	14880 m	345	28		
M35	11710 m	230	23		
M40	10050 m	225	18		
M45	8470 m	225	21	1:7.500	
M50	7660 m	215	19		
M55	7350 m	205	12		
M60	6990 m	190	21		
M65	5010 m	175	16		
M70	4630 m	135	19		
M75	3840 m	95	15		
M80	3650	100	14		
M85	3600	67,5	11	1:10.000	
W12	3280 m	40	16		
W14	3350 m	75	16		
W16	5900 m	150	18		
W18	6490 m	180	18		
W20	8730 m	190	21		
W21A	8660 m	175	18		
W21B	5110m	120	13		
W21E	9760 m	285	30		
W35	8470 m	170	18		1:7.500
W40	7660 m	170	18		
W45	7350 m	180	17		
W50	6990 m	175	16		
W55	5010 m	165	16		
W60	5010 m	150	12		
W65	4630 m	140	12		
W70	3840 m	100	14		
W75	3840 m	90	11	1:10.000	
W80	3230	50	10		
W85	3230	50	10		
White	2290 m	35	14	1:10.000	
Green	2500m	40	16		
Yellow	4660	95	20		
Red	6760	160	19		

Day 2 – Night Sprint

Map: Quarteira

Terrain: The map highlights a richly detailed urban area, with narrow streets, residential zones, and some open spaces that promise speed and agility. The terrain is perfect for a fast and dynamic sprint, but be careful! Map reading will be crucial to avoid mistakes that could cost you precious seconds.

Quarteira, with its vibrant nighttime atmosphere, will test your concentration and adaptability, offering a course as beautiful as it is technical.



Map maker: Alexandre Reis (Portugal)

Course setter: Alexandre Reis

Distance to Start: 0 mts

Water supply: No

Spectator control: No

Parking: In the places indicated by Organization

Additional information: Runners must use a head-lamp.

Programme

17h30 Opening of the Secretariat

19h00 Night sprint start

19h30 Start of the open and training classes

21h30 Secretariat closes

Techinal Information

(Day 2 – Sunday): Night Sprint – Quarteira					
CLASS	DISTANCE (MTS)	CLIMB (MTS)	CONTROL POINTS	MAP SCALE	EQUID. (mts)
T10	1 520	1800	14		
M12	1 700	22,5	13		
M14	2070	20	14		
M16	3080	40	18		
M18	3250	40	19		
M20	3870	52,5	22		
M21A	3960	52,5	22		
M21B	2070	20	14		
M21E	4190	55	24		
M21SE	4250	55	25		
M35	3980	47,5	26		
M40	3980	47,5	26		
M45	3850	47,5	26		
M50	3820	47,5	26		
M55	3690	45	24		
M60	3570	45	24		
M65	2700	37,5	16		
M70	2620	37,5	16		
M75	2080	25	16		
M80	2080	25	16		
M85	2080	25	16		
W12	1700	22,5	13		
W14	1940	17,5	15		
W16	2550	30	14		
W18	2760	30	16		
W20	2780	35	17		
W21B	1940	17,5	15		
W21A	2430	15	20		
W21E	3860	45	24		
W35	2790	35	17		
W40	2790	35	17		
W45	2740	35	19		
W50	2720	35	19		
W55	2550	32,5	17		
W60	2500	32,5	17		
W65	2360	30	16		
W70	2360	30	16		
W75	2080	25	16		
W80	2080	25	16		
W85	2080	25	16		
White	1700	22,5	13		
Green	2500	30	15		
Yellow	3280	32,5	20		
Red	3870	47,5	23		
				1:4.000	2,5

Day 3 – Middle Distance

Map: Loulé

Terrain: Area of Mediterranean forest with medium relief and many details of vegetation and linear elements such as loose stone walls, mostly in ruins.



Map maker: Alexandre Reis (Portugal)

Course setter: Alexandre Reis

Distance to Start: 1100 mts

Water supply: No

Spectator control: No

Parking: At the Arena, at the location indicated by the Organisers.

Additional information:

- Babysitting Location ([37°08'23.3"N 8°01'47.3"W](https://www.google.com/maps/place/37°08'23.3\)).
- There will be bar service

Programme

08h00 Opening of the Secretariat – Arena

10h00 Middle Distance Start – **WRE**

10h30 Start of the open and training classes

14h00 Night Sprint Prize-giving Ceremony

14h30 Closing of the secretariat in the arena

15h00 Prize-giving ceremony – **WRE**

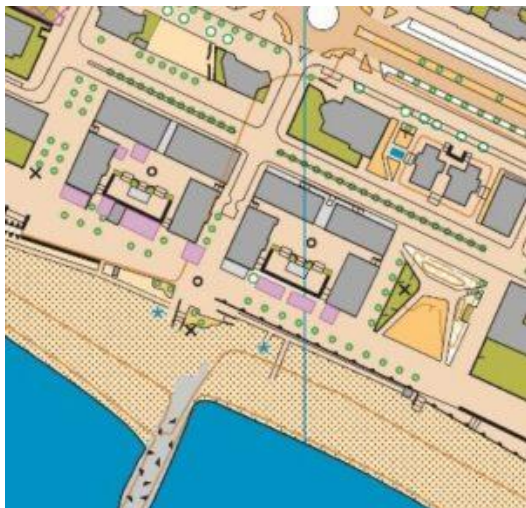
Technical Information

Day 3 – (Monday): Middle Distance WRE – Canil Loulé					
CLASS	DISTANCE (MTS)	CLIMB (MTS)	CONTROL POINTS	MAP SCALE	EQUID. (mts)
T10	2 770	45	17	1:7.500	5
M12	3 080	60	16		
M14	4040	105	15	1:10.000	
M16	5460	215	20		
M18	5640	225	20		
M20	6470	265	23		
M21A	5430	230	20		
M21B	4770	165	20		
M21E	7140	265	23		
M21SE	7140	265	23		
M35	5890	260	20		
M40	5580	250	20		
M45	5440	230	19		
M50	5150	220	17		
M55	5080	215	19		
M60	4630	185	21		
M65	4120	160	17	1:7.500	
M70	3440	105	16		
M75	2870	90	12		
M80	2830	95	14		
M85	2800	90	14		
W12	3080	60	16	1:10.000	
W14	3420	100	15		
W16	4620	185	16		
W18	4870	195	19		
W20	5080	210	17		
W21A	4390	215	15		
W21B	3100	100	14		
W21E	5860	235	20		
W35	4260	160	17		
W40	4260	160	17		
W45	4040	135	15		
W50	3870	120	16		
W55	3820	125	17		
W60	3500	115	16		
W65	3400	110	16	1:7.500	
W70	2830	95	14		
W75	2800	90	14		
W80	2610	85	14		
W85	2610	85	14		
White	2770	45	17	1:10.000	
Green	3080	60	16		
Yellow	3420	85	16		
Red	5580	230	21		

Day 3 – PRE-O

Map: Quarteira

Terrain:



Map maker: Alexandre Reis

Course setter: Jorge Baltazar

Additional information: This stage is PRE-O SPRINT, timing system will be used. It is mandatory to use SPORTident.

1. The profile

PreO Sprint combines precision with high-speed decision making. It tests the athletes' ability to read and interpret the map in complex terrain and make accurate decisions quickly. The total distance of the PreO Sprint course is to be kept as short as possible and it should only be possible for the best competitors to solve all problems correctly within the maximal allowed time. A terrain that cannot provide this challenge is not appropriate for the PreO Sprint. Therefore, urban areas and parks that are suitable for TempoO competitions might not be appropriate to use for a PreO Sprint.

2. The course

Courses shall have a minimum of 20 controls. There should be only A/Z tasks that can be solved in free order. Exactly one flag is placed in the terrain for each task, either at the position at the centre of the control circle (answer A) or at least 4 m (8 m for controls on large area and long line features or more than 50 m from the viewing point) away from the correct location (answer Z) in line with IOF Guidelines for Zero tasks.

The maximal allowed time shall be 30 minutes or less (for the Open class); it is calculated as 1 minute per 30 m plus 1 minute per control. The total course distance (i.e. from start to finish and passing all decision points) must not exceed 15 m per control. Therefore, a typical PreO Sprint course would have 25 controls along a trail of 150 m length. However, if required, the course can be split into two or three sections with a timed-out section in-between. Separate maps to be handed out at the beginning of each section. The total distance including timed-out sections should be kept below 1 km.

The course should be on a flat track or area, ideally with a hard smooth surface, with a minimal width of 2.5m to permit wheelchairs passing. Timed-out sections should be used to allow wheelchair users to navi-gate through non-flat sections of the course and to connect different parts of the area with interesting fea-tures with minimal competition distance.

Visibility of the area should be good to limit clustering of competitors at viewing points. While flags should be positioned so that they can be viewed from different positions along the track, viewing points should be marked in the terrain in numerical order along the path to indicate a position from where the competitor has very clear visibility of a particular control flag – additional flags can be visible from these points. Viewing points should clearly indicate the control number(s). To avoid congestion, each control should have its own viewing point and the minimum distance between viewing points should be 3 m. For fairness to competitors with limited mobility, it is recommended to place the viewing point so that the task can be solved from this position and no significant advantage can be gained by moving beyond the next decision point on the track.

3. Classification

Classification by total points (one point for each correctly solved control) minus a penalty of 1 point for each 1 min or fraction used past the maximum allowed time. Total time used on the course (minus timed-out sections) will be used as a tiebreaker.

A handicap system to adjust time used based on ground conditions and for manual wheelchair users who cannot use the map while moving will improve direct comparison between all competitors. As a guideline, for wheelchair users multiply total time by 0.8, and other competitors with P class eligibility, multiply total time by 0.9. If handicaps are used, the maximum allowed course time for P class competitors should be adjusted accordingly, so that the maximum time after adjustment is the same for all competitors. For example, if the multiplier is 0.8 and the maximum time for the Open class is 28 minutes, the maximum time for the P class should be 35 minutes. The penalty of 1 point per minute (or part of a minute) over maximum time applies for all classes and is not adjusted by any handicap factors used.

More info at: [IOF website](#)

Programme

13:00 Pre-O Event Center opens

13:30 Pre-O starts

17:30 Pre-O Prize-giving Ceremony

Day 4 – Long Distance & Chasing Start

Map: Loulé

Terrain: Area of Mediterranean forest with medium relief and many details of vegetation and linear elements such as loose stone walls, mostly in ruins.



Map maker: Alexandre Reis

Course setter: Alexandre Reis

Distance to Start: 0 mts

Water supply: Yes

Spectator control: No

Parking: At the Arena, at the location indicated by the Organisers.

Additional information:

- Babysitting Location ([37°08'23.3"N 8°01'47.3"W](#))
- There will be bar service

Programme

08h00 Opening of the Secretariat – Arena

09h00 Long distance (chasing start for Elite classes in the arena)

09h30 Start for open and training classes

10h00 Mass start for the remaining elite athletes in the arena

13h30 Prize-giving ceremony – POM2025

15h00 Secretariat closes

17h00 Closing of the Hard Floor

Technical Information

Day 4 – (Tuesday): Long Distance – Chasing Start – Canil Loulé					
CLASS	DISTANCE (MTS)	CLIMB (MTS)	CONTROL POINTS	MAP SCALE	EQUID. (mts)
T10	2 090	40	12	1:7.500	5
M12	2 550	65	14		
M14	4110	140	17	1:10.000	
M16	5640	220	19		
M18	5790	235	18		
M20	7770	290	19		
M21A	6700	240	18		
M21B	5120	165	14		
M21E	10790	415	29		
M21SE	10790	415	29		
M35	7880	295	19		
M40	7060	265	19		
M45	6380	250	21		
M50	6290	240	21		
M55	5530	215	18		
M60	5020	175	16		
M65	4360	170	17	1:7.500	
M70	4000	145	14		
M75	3890	135	15		
M80	3790	135	15		
M85	3760	125	13		
W12	2550	65	14	1:10.000	
W14	3900	130	18		
W16	4870	180	14		
W18	5470	210	17		
W20	6120	215	20		
W21A	5289	170	18		
W21B	4830	165	14		
W21E	9500	310	26		
W35	5600	195	17		
W40	5600	195	17		
W45	4420	165	15		
W50	4280	160	13		1:7.500
W55	4010	155	14		
W60	3890	135	15		
W65	3880	155	15		
W70	3790	135	15		
W75	3760	125	13	1:10.000	
W80	3100	120	13		
W85	3100	120	13		
White	2090	40	12	1:10.000	
Green	2550	65	14		
Yellow	4230	130	16		
Red	6950	260	22		

PLAN YOUR TRIP WITH...

WHERE DO YOU LIVE? MAYBE YOU HAVE
SOMEONE OUT THERE WHO CAN HELP YOU!



EMAIL: INFO@O-PORTUGAL.PT

WWW.O-PORTUGAL.PT



EMAIL: INFO@WMOC.FI

WWW.WMOC.FI



EMAIL: POSTI@DANIELSTRAVELS.FI

WWW.DANIELSTRAVELS.FI

SUUNNISTUSMATKAT

Sport&Nature Travels OY

EMAIL: INFO@SUUNNISTUSMATKAT.FI

WWW.SUUNNISTUSMATKAT.FI



EMAIL: ULU@SUNRISE.CH



EMAIL: INFO@PWT.NO

WWW.PWT.NO

Contacts

www.pom.pt

info@pom.pt

www.bttloule.com

info@pom.pt - For general matters

entries@pom.pt - for general entries matters

payments@pom.pt - for payment management

  @portugal.o.meeting

