

Portugal "0" Meeting '2025

loulé - Algarve
1st - 4th March

BULLETIN 04



loulé
Aqui e Agora



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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 | Quantelvo
- 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

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.

Helder 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.

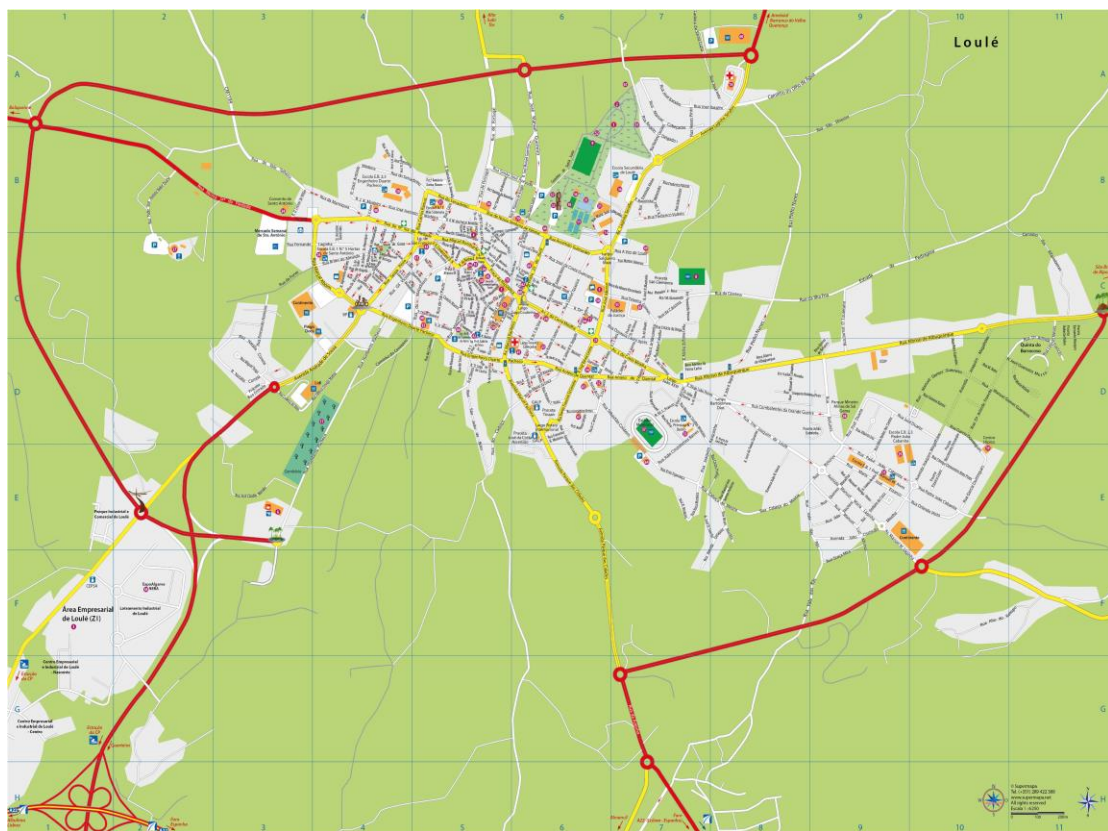


Image 2 - Loulé Map

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** (it's a school sports hall, where you can sleep in your sleeping bag) 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

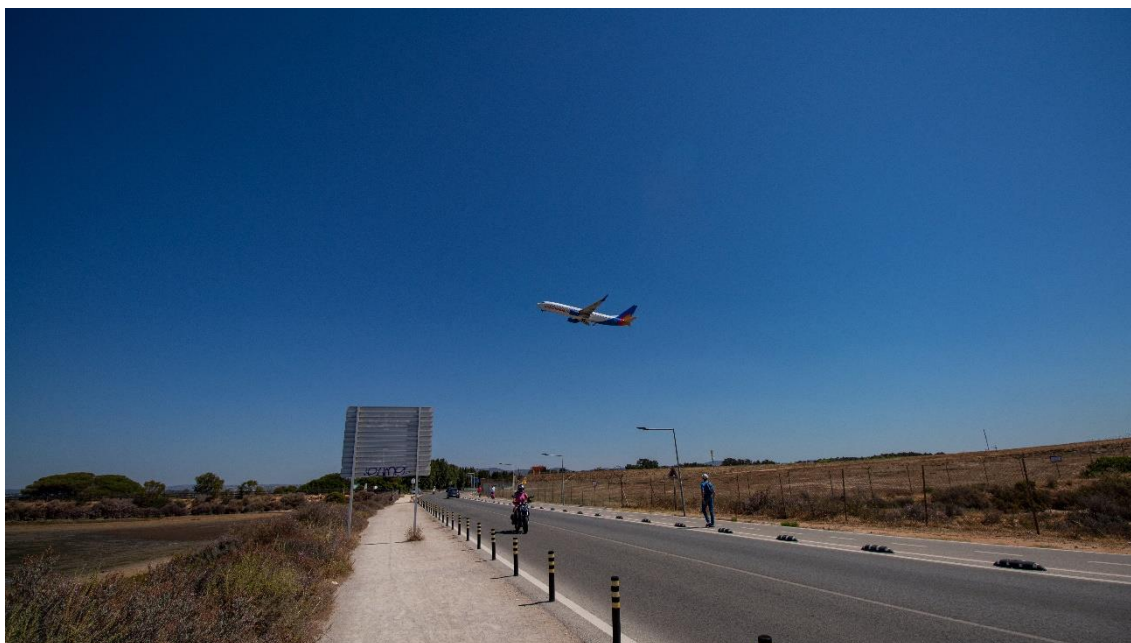


Image 4 - Faro Airport

Program

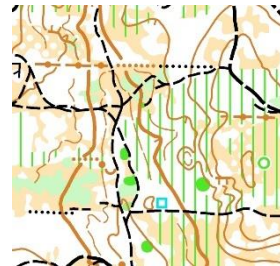
February 25 (Day -3 – Tuesday): São Brás de Alportel

- 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



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
- 09:30 – 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	12km	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



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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.

Due to the large number of competitors, this category will be divided into M21SE (super elite) and M21E (elite), with the criterion for separation being the World Ranking of the registered athletes, 20 days before the competition.

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 B 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

Prizes

At **POM 2025**, the prizes will be replicas of the traditional **Algarvian chimneys**, celebrating not only athletic achievement but also the region's rich heritage. These chimneys are iconic symbols of Algarve's traditional architecture, inspired by Moorish art, featuring intricate limestone designs that blend functionality with aesthetics. Once a sign of social status, each chimney is unique, reflecting the region's cultural creativity.

Athletes to be awarded:

- **POM Overall:** Top 3 in each class, top 3 clubs, and top 5 in M21E, M21SE, W21E. All W/M10 & W/M12 participants receive a special gift.
- **WRE:** Top 5 in W21E & M21SE.
- **Night Sprints:** Prizes for the top 3 classified in each category in the sum of the two sprints.
- **PreO:** Top 3 per class.

Athletes will take home a **trophy with history and identity!**



Image 7 - Replicas of the traditional Algarvian chimneys

PARTNER

5% discount on our rates for available options (breakfast and dinner)

Promotional Code: **POM25** (only available for **bookings made directly to the Hotel** by phone or email)

Telephone: +351 289 310210

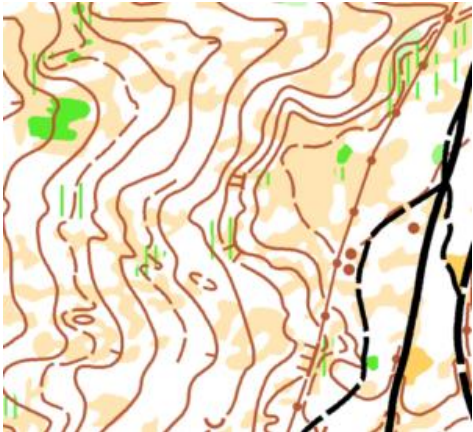
DOM JOSÉ

— BEACH HOTEL —

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

Equidistance: 2,5 mts

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:

- Babysitting Location ([37°04'32.9"N 7°58'31.3"W](https://www.google.com/maps/place/37°04'32.9\)).
- There will be bar service
- Arena scheme – see page 35
- The use of GPS watches with map information will not be permitted in the Elite classes during this race.

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

Technical Information

Day 1 -(Saturday): Middle Distance WRE - Ludo					
Class Escalão	Distance (mts) Distância (mts)	Climb (mts) Desnivel (mts)	Controls Controlos	LOOPS	Scale Escala
T10	1930 m	22,5	11 Controls		1:7.500
M12	1960 m	30	11 Controls		1:7.500
M14	3300 m	65	12 Controls		1:10.000
M16	6150 m	125	18 Controls		1:10.000
M18	8610 m	155	21 Controls		1:10.000
M20	11280 m	345	25 Controls		1:10.000
M21A	8250 m	150	22 Controls		1:10.000
MB	5910 m	110	15 Controls		1:10.000
M21SE	13610 m	345	30 Controls		1:10.000
M21E	13540 m	345	30 Controls		1:10.000
M35	11280 m	270	25 Controls		1:10.000
M40	9140 m	205	16 Controls		1:10.000
M45	8430 m	160	21 Controls		1:10.000
M50	7900 m	165	17 Controls		1:10.000
M55	7530 m	160	18 Controls		1:10.000
M60	6520 m	140	14 Controls	x	1:10.000
M65	5020 m	120	14 Controls	x	1:7.500
M70	4830 m	110	15 Controls	x	1:7.500
M75	4250 m	95	15 Controls		1:7.500
M80	3290 m	80	13 Controls		1:7.500
M85	3290 m	80	13 Controls		1:7.500
M90	3170 m	62,5	12 Controls		1:7.500
W12	1960 m	30	11 Controls		1:7.500
W14	3190 m	60	11 Controls		1:10.000
W16	5880 m	80	16 Controls		1:10.000
W18	6530 m	120	17 Controls		1:10.000
W20	8140 m	155	16 Controls		1:10.000
W21A	6300 m	125	15 Controls		1:10.000
WB	4180 m	90	14 Controls		1:10.000
W21E	9660 m	245	19 Controls		1:10.000
W35	8460 m	165	20 Controls		1:10.000
W40	7530 m	145	18 Controls		1:10.000
W45	7370 m	132,5	17 Controls		1:10.000
W50	6160 m	120	16 Controls		1:10.000
W55	5250 m	120	15 Controls		1:10.000
W60	4830 m	97,5	15 Controls		1:10.000
W65	4250 m	95	15 Controls		1:7.500
W70	3240 m	65	11 Controls		1:7.500
W75	3170 m	62,5	12 Controls		1:7.500
W80	3170 m	62,5	12 Controls		1:7.500
W85	3170 m	62,5	12 Controls		1:7.500
White	1930 m	22,5	11 Controls		1:7.500
Green	1960 m	30	11 Controls		1:7.500
Yellow	4340 m	70	15 Controls		1:10.000
Red	6910 m	95	18 Controls		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

Equidistance: 2 mts

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

Additional information:

- Arena scheme - see page 35
- 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

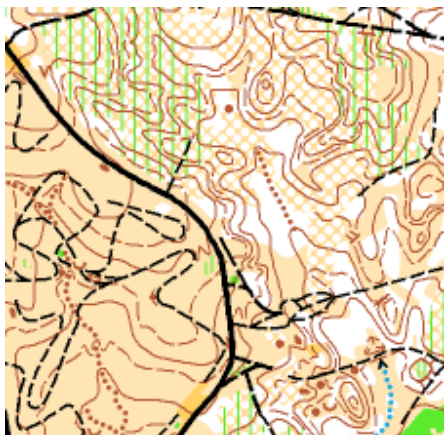
Techinal Information

(Day 1 – Saturday): Night Sprint – Algarve Stadium					
Class Escalaão	Distance (mts) Distância (mts)	Climb (mts) Desnível (mts)	Controls Controlos	LOOPS	Scale Escala
T10	1830 m	16	16 Controls		1:4.000
M12	1880 m	18	15 Controls		1:4.000
M14	2030 m	24	15 Controls		1:4.000
M16	2960 m	46	18 Controls		1:4.000
M18	2960 m	46	18 Controls		1:4.000
M20	3030 m	46	18 Controls		1:4.000
M21A	3030 m	46	18 Controls		1:4.000
M21B	2030 m	24	15 Controls		1:4.000
M21E	3720 m	60	25 Controls		1:4.000
M21SE	3720 m	60	25 Controls		1:4.000
M35	3380 m	48	20 Controls		1:4.000
M40	3380 m	48	20 Controls		1:4.000
M45	3260 m	42	22 Controls		1:4.000
M50	3260 m	42	22 Controls		1:4.000
M55	3190 m	38	21 Controls		1:4.000
M60	3190 m	38	21 Controls		1:4.000
M65	2630 m	44	16 Controls		1:4.000
M70	2630 m	44	16 Controls		1:4.000
M75	2180 m	26	17 Controls		1:4.000
M80	2180 m	26	17 Controls		1:4.000
M85	2040 m	26	15 Controls		1:4.000
M90	2040 m	26	15 Controls		1:4.000
W12	1880 m	18	15 Controls		1:4.000
W14	1950 m	24	16 Controls		1:4.000
W16	2220 m	26	16 Controls		1:4.000
W18	2220 m	26	16 Controls		1:4.000
W20	2490 m	44	17 Controls		1:4.000
WB	1950 m	24	16 Controls		1:4.000
W21A	2490 m	44	17 Controls		1:4.000
W21E	3400 m	46	24 Controls		1:4.000
W35	2760 m	40	18 Controls		1:4.000
W40	2760 m	40	18 Controls		1:4.000
W45	2650 m	38	16 Controls		1:4.000
W50	2650 m	38	16 Controls		1:4.000
W55	2530 m	36	17 Controls		1:4.000
W60	2530 m	36	17 Controls		1:4.000
W65	2190 m	32	16 Controls		1:4.000
W70	2190 m	32	16 Controls		1:4.000
W75	2090 m	26	16 Controls		1:4.000
W80	2090 m	26	16 Controls		1:4.000
W85	2040 m	26	15 Controls		1:4.000
White	1790 m	16	16 Controls		1:4.000
Green	1810 m	18	15 Controls		1:4.000
Yellow	2030 m	24	15 Controls		1:4.000
Red	3010 m	46	17 Controls		1:4.000

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

Equidistance: 2,5 mts

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:

- Babysitting Location ([37°04'32.9"N 7°58'31.3"W](#)).
- There will be bar service
- Arena scheme - see page 35

Programme

08h00 Opening of the Secretariat – Arena

09h00 Long distance start – Competition

09h30 Start of the open and training classes

15h30 Closing of the secretariat

Technical Information

Day 2 – (Sunday): Long Distance - Ludo					
Class Escalaço	Distance (mts) Distância (mts)	Climb (mts) Desnivel (mts)	Controls Controlos	LOOPS	Scale Escala
T10	2290 m	35	14		1:7.500
M12	2500m	40	16		1:7.500
M14	3180m	65	14		1:10.000
M16	6490 m	185	20		1:10.000
M18	8730 m	230	23		1:15.000
M20	10510 m	285	22		1:15.000
M21A	8550 m	220	20		1:15.000
MB	6560 m	185	18		1:10.000
M21SE	14880 m	345	28		1:15.000
M21E	14880 m	345	28		1:15.000
M35	11710 m	230	23		1:15.000
M40	10050 m	225	18		1:15.000
M45	8470 m	225	21		1:10.000
M50	7660 m	215	19		1:10.000
M55	7350 m	205	12		1:10.000
M60	6990 m	190	21	x	1:10.000
M65	5010 m	175	16	x	1:7.500
M70	4630 m	135	19	x	1:7.500
M75	3840 m	95	15		1:7.500
M80	3 650	100	14		1:7.500
M85	3 600	68	11		1:7.500
M90	3 230	50	10		1:7.500
W12	3280 m	40	16		1:7.500
W14	3350 m	75	16		1:10.000
W16	5900 m	150	18		1:10.000
W18	6490 m	180	18		1:15.000
W20	8730 m	190	21		1:15.000
W21A	8660 m	175	18		1:15.000
WB	5110m	120	13		1:10.000
W21E	9760 m	285	30		1:15.000
W35	8470 m	170	18		1:15.000
W40	7660 m	170	18		1:15.000
W45	7350 m	180	17		1:10.000
W50	6990 m	175	16		1:10.000
W55	5010 m	165	16		1:10.000
W60	5010 m	150	12		1:10.000
W65	4630 m	140	12		1:7.500
W70	3840 m	100	14		1:7.500
W75	3840 m	90	11		1:7.500
W80	3 230	50	10		1:7.500
W85	3 230	50	10		1:7.500
White	2290 m	35	14		1:7.500
Green	2500m	40	16		1:7.500
Yellow	4 660	95	20		1:10.000
Red	6 760	160	19		1:10.000

Arena Scheme



Live

Live data generation
and presentation



Split times from
the course



Overview of all
participants



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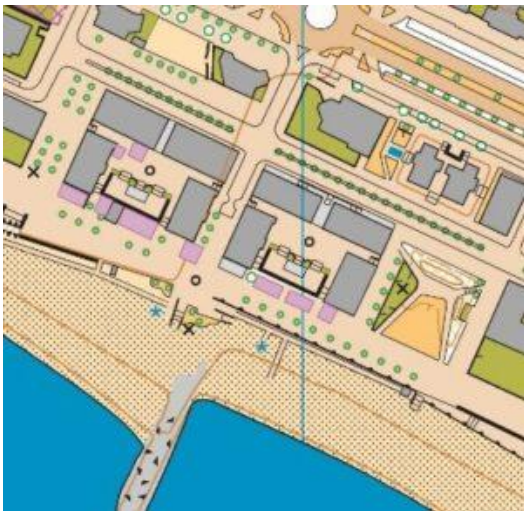


Day 2 – Night Sprint

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

Course setter: Alexandre Reis

Distance to Start: 0 mts

Water supply: No

Spectator control: No

Equidistance: 2,5 mts

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

Technical Information

(Day 2 – Sunday): Night Sprint – Quarteira					
Class Escalaço	Distance (mts) Distância (mts)	Climb (mts) Desnível (mts)	Controls Controlos	LOOPS	Scale Escala
T10	1250 m	2	12 Controls		1:4.000
M12	1600 m	4	14 Controls		1:4.000
M14	2510 m	6	16 Controls		1:4.000
M16	2990 m	6	17 Controls		1:4.000
M18	2990 m	6	17 Controls		1:4.000
M20	3170 m	12	18 Controls		1:4.000
M21A	3170 m	12	18 Controls		1:4.000
M21B	2510 m	6	16 Controls		1:4.000
M21E	3750 m	16	21 Controls		1:4.000
M21SE	3750 m	16	21 Controls		1:4.000
M35	3310 m	14	18 Controls		1:4.000
M40	3310 m	14	18 Controls		1:4.000
M45	3200 m	8	17 Controls		1:4.000
M50	3200 m	8	17 Controls		1:4.000
M55	3100 m	8	16 Controls		1:4.000
M60	3100 m	8	16 Controls		1:4.000
M65	2990 m	10	17 Controls		1:4.000
M70	2990 m	10	17 Controls		1:4.000
M75	2510 m	6	16 Controls		1:4.000
M80	2510 m	6	16 Controls		1:4.000
M85	2170 m	4	14 Controls		1:4.000
M90	2170 m	4	14 Controls		1:4.000
W12	1600 m	4	14 Controls		1:4.000
W14	2190 m	4	14 Controls		1:4.000
W16	2510 m	6	16 Controls		1:4.000
W18	2510 m	6	16 Controls		1:4.000
W20	2990 m	12	17 Controls		1:4.000
WB	2190 m	4	14 Controls		1:4.000
WA	2990 m	12	17 Controls		1:4.000
W21E	3300 m	12	17 Controls		1:4.000
W35	3050 m	8	17 Controls		1:4.000
W40	3050 m	8	17 Controls		1:4.000
W45	3040 m	10	17 Controls		1:4.000
W50	3040 m	10	17 Controls		1:4.000
W55	2920 m	8	18 Controls		1:4.000
W60	2920 m	8	18 Controls		1:4.000
W65	2510 m	6	16 Controls		1:4.000
W70	2510 m	6	16 Controls		1:4.000
W75	2190 m	4	14 Controls		1:4.000
W80	2190 m	4	14 Controls		1:4.000
W85	2170 m	4	14 Controls		1:4.000
White	1250 m	2	12 Controls		1:4.000
Green	1600 m	4	14 Controls		1:4.000
Yellow	2510 m	6	16 Controls		1:4.000
Red	3200 m	12	17 Controls		1:4.000

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

Equidistance: 5 mts

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
- Arena scheme - see page 46
- The use of GPS watches with map information will not be permitted in the Elite classes during this race.

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**

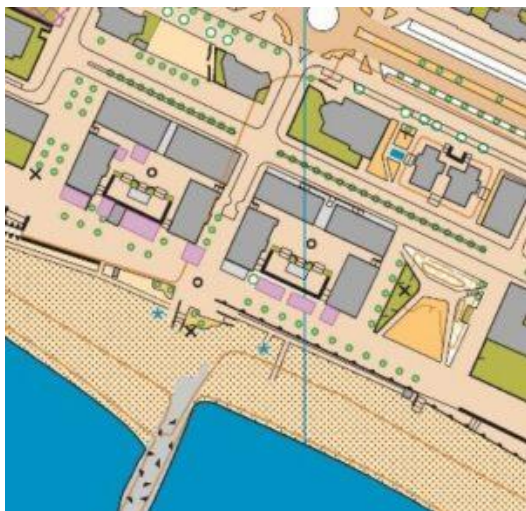
Technical Information

Day 3 – (Monday): Middle Distance WRE – Canil Loulé					
Class Escalaço	Distance (mts) Distância (mts)	Climb (mts) Desnivel (mts)	Controls Controlos	LOOPS	Scale Escala
T10	1610 m	5	11 Controls		1:7.500
M12	1620 m	5	8 Controls		1:7.500
M14	3190 m	10	12 Controls		1:10.000
M16	4380 m	15	13 Controls		1:10.000
M18	4820 m	25	15 Controls		1:10.000
M20	5530 m	25	16 Controls		1:10.000
M21A	4820 m	25	15 Controls		1:10.000
MB	3350 m	15	14 Controls		1:10.000
M21SE	6530 m	30	20 Controls		1:10.000
M21E	6480 m	30	20 Controls		1:10.000
M35	5530 m	25	16 Controls		1:10.000
M40	5530 m	25	16 Controls		1:10.000
M45	5460 m	25	17 Controls		1:10.000
M50	5460 m	25	17 Controls		1:10.000
M55	5370 m	25	16 Controls	x	1:10.000
M60	4510 m	15	19 Controls	x	1:10.000
M65	4280 m	15	18 Controls	x	1:7.500
M70	3280 m	10	14 Controls		1:7.500
M75	3280 m	10	14 Controls		1:7.500
M80	2840 m	10	12 Controls		1:7.500
M85	2840 m	10	12 Controls		1:7.500
M90	2670 m	10	12 Controls		1:7.500
W12	1620 m	5	8 Controls		1:7.500
W14	3190 m	10	12 Controls		1:10.000
W16	4170 m	15	16 Controls		1:10.000
W18	4370 m	15	13 Controls		1:10.000
W20	4820 m	25	15 Controls		1:10.000
W21A	4000 m	15	15 Controls		1:10.000
WB	2990 m	10	12 Controls		1:10.000
W21E	5530 m	25	16 Controls		1:10.000
W35	4830 m	15	16 Controls		1:10.000
W40	4510 m	15	19 Controls		1:10.000
W45	4230 m	15	18 Controls		1:10.000
W50	4130 m	15	17 Controls		1:10.000
W55	4020 m	15	15 Controls		1:10.000
W60	3510 m	15	15 Controls		1:10.000
W65	3280 m	10	14 Controls		1:7.500
W70	2840 m	10	12 Controls		1:7.500
W75	2670 m	10	12 Controls		1:7.500
W80	2670 m	10	12 Controls		1:7.500
W85	2670 m	10	12 Controls		1:7.500
White	1610 m	5	11 Controls		1:7.500
Green	1640 m	5	9 Controls		1:7.500
Yellow	3030 m	10	14 Controls		1:10.000
Red	5460 m	25	17 Controls		1:10.000

Day 3 – PRE-O

Map: Quarteira

Terrain: Dune terrain with some detail. Mostly open area with bushes and some trees. The challenges posed to participants mainly require reading the map and interpreting the terrain.



Map maker: Alexandre Reis

Course setter: Jorge Baltazar

Additional information:

- This stage is a PRE-O SPRINT, a timing system will be used. The use of SPORTident is mandatory.
- The PreO Sprint is limited to 150 participants.
- Control observation points are numbered sequentially along the route.
- To define the route to be taken, traffic cones will be placed in the areas marked on the map as closed crossings.
- 100% paved route.
- The organization does not provide helpers for participants using manual wheelchairs.
- There will be supply (water) at the end of the route.
- Complaints
 - Location – Secretariat
 - Timeout
 - Technical problems – 15 minutes after finishing the route
 - Classification errors – 15 minutes after fixing the provisional results

- A challenge A is resolved by answering “A” (Alpha), if the beacon is correctly positioned on the ground, in the center of the control circle on the map) or “Z” (zero), if the beacon is poorly positioned.
- The competition is governed by the IOF specifications and guidelines for elite TrailO PreO Sprint competitions and the FPO Trail-O competition regulations.
- In the Map Example:
 - The low fences represented are dune palisades, which are sometimes a slightly lower than the norm. In some places, for readability reasons, the the oblique line was omitted.
 - Special objects “O” are street lamps.

Courses				
Classe	Distance	Climb	Controls	Máx.Time
Open	300 m	2 m	20	30 min
Phisicaly Challenged (Standing and electric wheelchair)	300 m	2 m	20	35 min
Phisicaly Challenged (Manual wheelchair)	300 m	2 m	20	39 min

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 Tempo 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 navigate through non-flat sections of the course and to connect different parts of the area with interesting features 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

Equidistance: 5 mts

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
- Arena scheme - see page 46
- All the Elite classes (M21SE, M21E and W21E) will have a Chasing Start close to the Arena;
- Athletes who are more than one hour after the first or didn't run one of the forest stages will have a mass start one hour after the first start

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

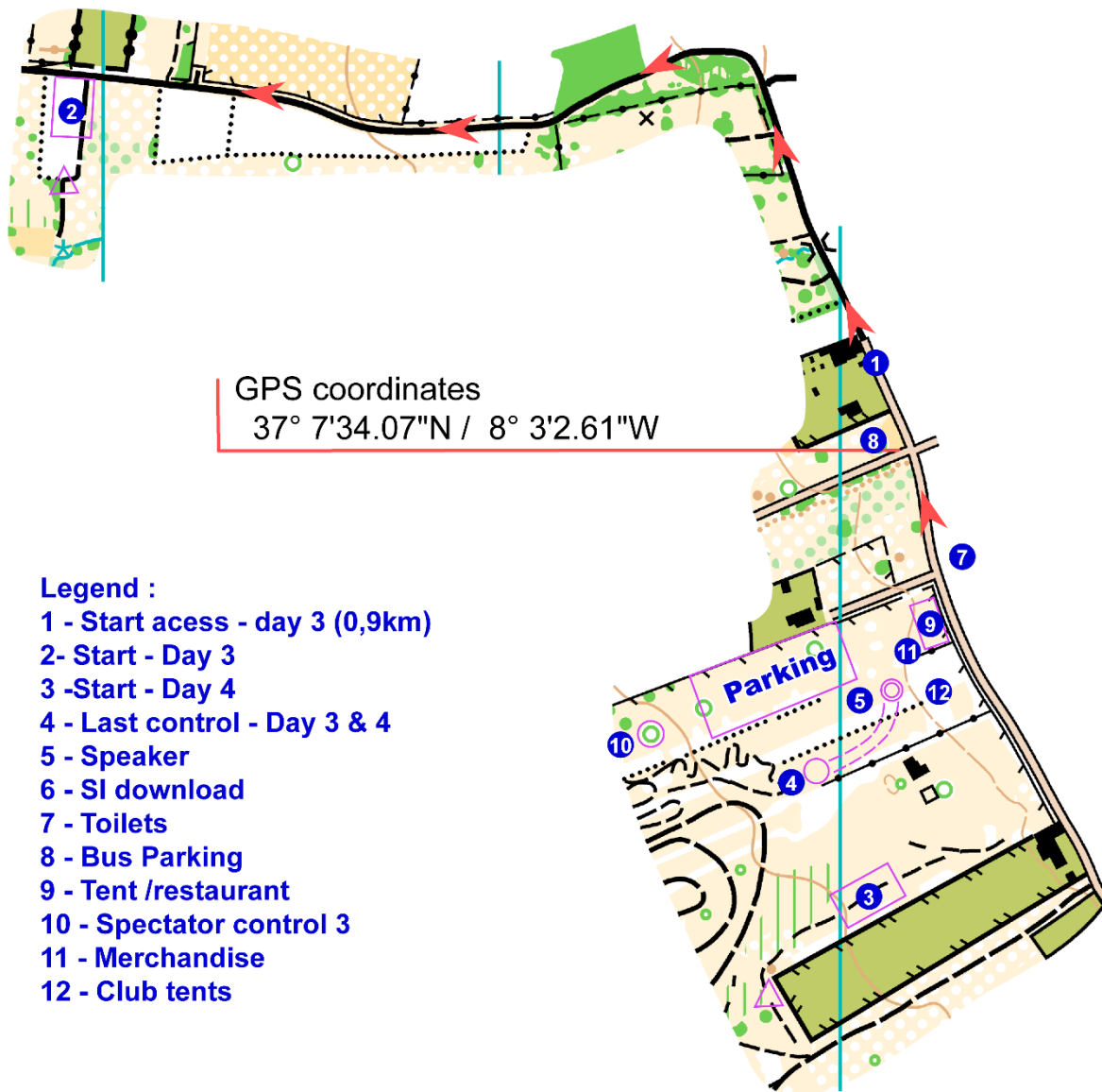
15h00 Secretariat closes

17h00 Closing of the Hard Floor

Techinal Information

Day 4 – (Tuesday): Long Distance – Chasing Start – Canil Loulé					
Class Escalaão	Distance (mts) Distância (mts)	Climb (mts) Desnível (mts)	Controls Controlos	LOOPS	Scale Escala
T10	2100 m	5	13 Controls		1:7.500
M12	2310 m	10	13 Controls		1:7.500
M14	4140 m	20	12 Controls		1:10.000
M16	5930 m	25	14 Controls		1:10.000
M18	6570 m	30	13 Controls		1:15.000
M20	8490 m	55	16 Controls		1:15.000
M21A	6910 m	60	14 Controls		1:15.000
MB	4180 m	20	13 Controls		1:10.000
M21SE	11070 m	110	22 Controls	x	1:15.000
M21E	11070 m	110	22 Controls	x	1:15.000
M35	9820 m	100	16 Controls		1:15.000
M40	8660 m	85	15 Controls		1:15.000
M45	7950 m	70	14 Controls		1:10.000
M50	7560 m	65	14 Controls		1:10.000
M55	7420 m	60	14 Controls		1:10.000
M60	7020 m	60	14 Controls	x	1:10.000
M65	6650 m	40	15 Controls	x	1:7.500
M70	5860 m	35	13 Controls	x	1:7.500
M75	4250 m	20	11 Controls		1:7.500
M80	3900 m	20	9 Controls		1:7.500
M85	3900 m	20	9 Controls		1:7.500
M90	3700 m	20	11 Controls		1:7.500
W12	2310 m	10	13 Controls		1:7.500
W14	4070 m	20	12 Controls		1:10.000
W16	5480 m	30	13 Controls		1:10.000
W18	6090 m	30	15 Controls		1:15.000
W20	6990 m	45	14 Controls		1:15.000
W21A	5770 m	25	14 Controls		1:15.000
WB	4140 m	20	12 Controls		1:10.000
W21E	9320 m	95	18 Controls	x	1:15.000
W35	7020 m	45	14 Controls		1:15.000
W40	6230 m	30	13 Controls		1:15.000
W45	5860 m	25	13 Controls		1:10.000
W50	5670 m	25	15 Controls		1:10.000
W55	5230 m	25	13 Controls		1:10.000
W60	4410 m	20	11 Controls		1:10.000
W65	4250 m	20	11 Controls		1:7.500
W70	3900 m	15	9 Controls		1:7.500
W75	3700 m	20	11 Controls		1:7.500
W80	3700 m	20	11 Controls		1:7.500
W85	3700 m	20	11 Controls		1:7.500
White	2100 m	5	13 Controls		1:7.500
Green	2310 m	5	12 Controls		1:7.500
Yellow	4320 m	20	12 Controls		1:10.000
Red	7950 m	60	14 Controls		1:10.000

Arena Scheme



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