

### BULLETIN 1

#### PRESENTACIÓN

The **Maximus Spring O-Cup** is a two-days competition which will be held very close to **Navalmoral de la Sierra (Avila Province)**, offering a very both technically demanding and fun courses.

This competition will be included in the Winter O-Camp.

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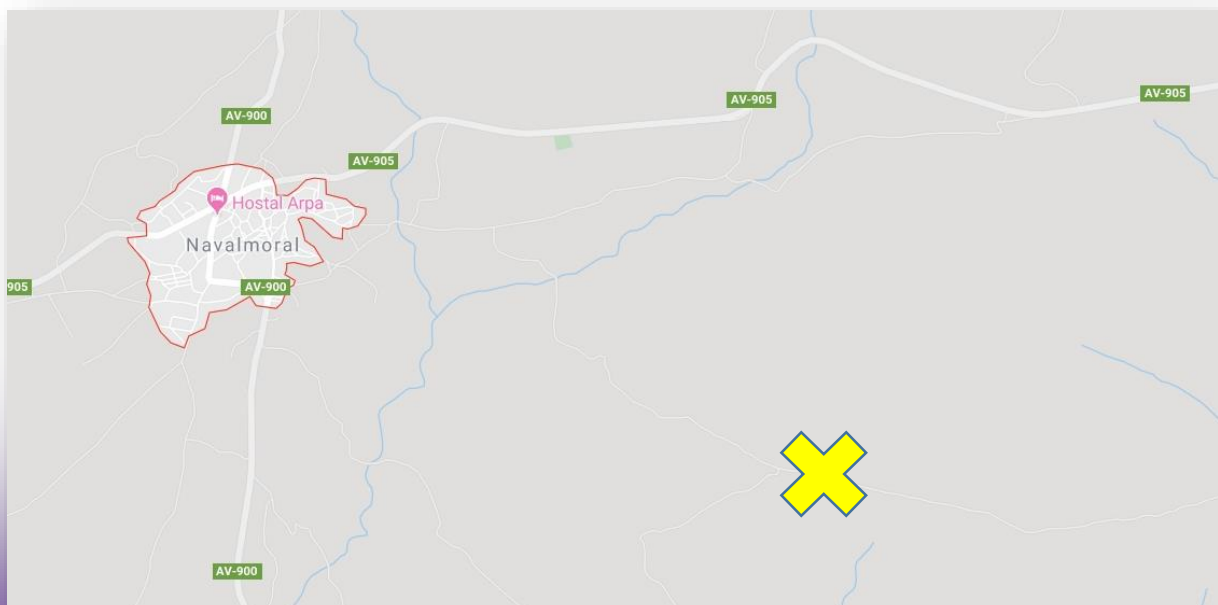
#### PROGRAM

18 <sup>th</sup> March	23:59h	<b>Entries deadline</b>
28 <sup>th</sup> March	10:00-11:30 13:00	<b>Starts day 1 (free start)</b> <b>Finish closes</b>
29 <sup>th</sup> March	11:00-11:30 13:00	<b>Starts day 2 (free start)</b> <b>Finish closes, prize giving and raffle.</b>

#### HOW TO ARRIVE

Both the competition centre and the parking are situated less than 3km from Navalmoral de la Sierra town.

Coordinates GPS: [40.451074, -4.742785](https://www.google.com/maps/place/40.451074,-4.742785)



 **CLASSES**

<b>M/F-12</b>	<b>Until 12 years old in 2020</b>
<b>M/F-14</b>	<b>Until 14 years old in 2020</b>
<b>M/F-16</b>	<b>Until 16 years old in 2020</b>
<b>M/F-18</b>	<b>Until 18 years old in 2020</b>
<b>M/F-21</b>	<b>Unlimited</b>
<b>M/F-Elite</b>	<b>Unlimited</b>
<b>M/F-35</b>	<b>From 35 years old in 2020</b>
<b>M/F-45</b>	<b>From 45 years old in 2020</b>
<b>M/F-55</b>	<b>From 55 years old in 2020</b>
<b>Open Amarillo</b>	<b>Open, recommended for younger than 18 years old</b>
<b>Open Naranja</b>	<b>Open, recommended for elder than 18 years old</b>

\*M=men, F=women

 **ENTRIES AND FEES**

Entries will be made via OrienteeringOnline not later than 19<sup>th</sup> March at 23:59.

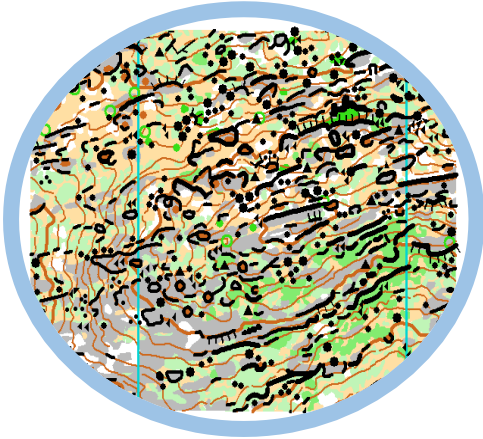
**Athletes without Spanish license must include passport number and birthday, in order to arrange the mandatory insurance.**

**Athletes with FEDO license (2020)**

Younger than 19	12 euros (6 euros per race)
Older than 18	16 euros (8 euros per race)
Open	6 euros (3 euros per race)

**Athletes without FEDO license (2020)**

Younger than 19	14 euros (7 euros per race)
Older than 18	18 euros (9 euros per race)
Open	10 euros (5 euros per race)

**TECHNICAL INFORMATION**

Both races will be held in the map Infierno de Navalmoral, made by the Spanish mapmakers Ricardo García and Jaime Montero in the year 2016.

First day the course will be a **Classic Distance** (around 45' winner time), and second day it will be a **Middle Distance** in the most technical part of the map.

Terrain is very interesting and technically demanding, with good visibility and runnability. Many rocky details.

Course setter: Raúl Ferra.

**PRIZES**

The three first athletes in every class (adding the times of both races), will receive a trophy or medal. Furthermore, a ham will be raffled among all the participants present at the end of the prize-giving ceremony.

**REFRESHMENTS**

The Club de Orientación Máximus is highly committed to respecting and caring for the environment, so there will be **no plastic cups or bottles in the finish refreshment point**. The participant must bring their own container to refill water from the tanks.

**ACCOMMODATIONS**

From the Club de Orientación Máximus we can offer accommodation in rural houses in the area at prices around **25 euros per person and night**. Approximately 400 places. Contact: [info@maximusocamp.com](mailto:info@maximusocamp.com)

**PERMANENT TRAININGS**

In parallel to this competition, and during the months of January, February and March 2020, the Maximus Winter O-Camp will be held in the area, offering up to 22 permanent trainings. All information at: [www.maximusocamp.com](http://www.maximusocamp.com)