



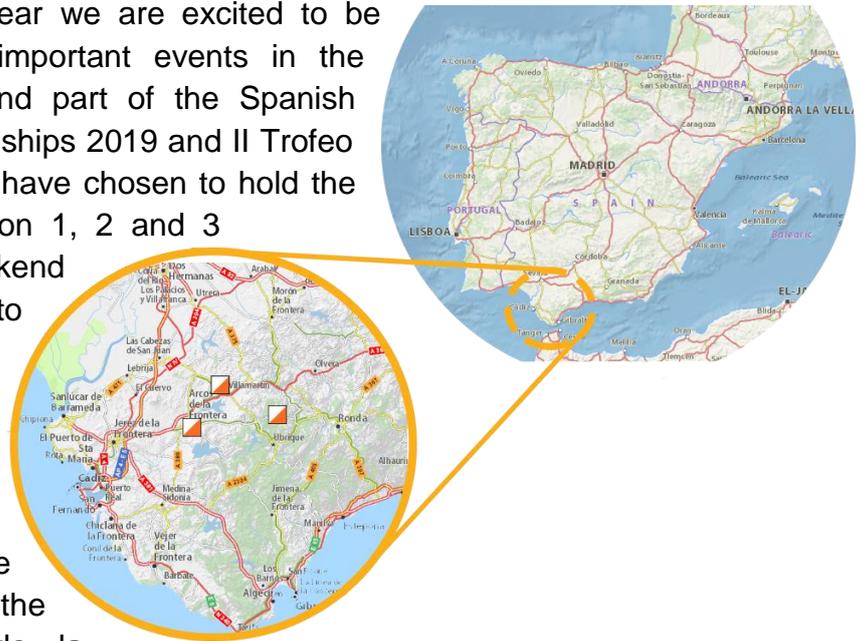
# PRELIMINARY BULLETIN

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## Introduction

In 2003 a small group of friends founded the Fundi-O sports club. Today, 16 years later, we are one of the national FEDO clubs with the highest number of licensed members (top-15). Over the years we have organised a number of different competitions: FootO, MTBO and Rogaines. With this experience behind us, every year we embark on new ventures, organising an Andalusian League Competition every year, and a National League competition every 2-3 years, and even a Spanish Schools Championship. This year we are excited to be organising one of the most important events in the national fixtures list, the second part of the Spanish National Orienteering Championships 2019 and II Trofeo Pueblos Blancos. This time we have chosen to hold the event in the Sierra de Cádiz on 1, 2 and 3 November 2019. Over the weekend you will have the opportunity to take part in four races on completely new maps: the CEO Long Distance; the CEO Mixed Sprint Relay; a WRE, CEO M20E and Spanish League Sprint; and a Middle Distance (LEO). You will have the chance to discover Arcos de la Frontera, one of the prettiest 'white villages' in the Sierra, while you run through its streets. Or perhaps you might find a Spanish fir tree (Anies Pinsapo), a species endemic to the Sierra, while you are running on the slopes of the Sierra de Grazalema.



## Key Information

**What is it?** Spanish National Championship 2 (Long distance and Mixed Sprint Relay), Sprint WRE and Spanish National Championship Sprint M20E, 11th LEO

**When?** 1 - 3 November 2019

**Where?** Sierra de Grazalema and Arcos de la Frontera

**Key dates:** 16 October - entry deadline at standard prices

18 October - final entry deadline (+ late-entry fee)

22 October - deadline for submission of relay teams

**Web and Social Media:** [www.ceo2019.com/ceo-2](http://www.ceo2019.com/ceo-2) @ceocadiz   

**Contact:** [infocadiz@ceo2019.com](mailto:infocadiz@ceo2019.com); [secretariacadiz@ceo2019.com](mailto:secretariacadiz@ceo2019.com)



## Organisation Team

|                                 |  |
|---------------------------------|--|
| <b>Event Director</b>           | Judy Barclay   |
| <b>Technical Director</b>       | José Luis Rodríguez Súnico   |
| <b>Event Advisor</b>            | José Samper García<br>Manuel Parrilla Gil (WRE)  |
| <b>Secretary and Treasury</b>   | Soledad Robles Arozarena   |
| <b>Protocol and Sponsorship</b> | Rebeca Arriaga Requena   |
| <b>Logistics</b>                | Antonio García Romero  |
| <b>Communications Officer</b>   | Vicky Martí Barclay  |
| <b>Environmental Officer</b>    | Nuria Meléndez Jiménez   |
| <b>Sportident</b>               | Abel Jesús Otero Ramírez<br>Manolo López Ruiz<br>Roberto Aragón Muriel   |
| <b>Course Planners</b>          | Vicente López Sánchez (Long Distance)<br>Juan Vila Ramiro (Mixed Sprint Relay)<br>José Álvarez Blanco (Sprint WRE)<br>José Luis Rodríguez Súnico (Middle Distance) |
| <b>Sprint</b>                   | Jesús Gordillo González  |
| <b>Start</b>                    | Paco Extraviz González   |
| <b>Finish</b>                   | José de Mena Martínez  |
| <b>Parking and Road Signs</b>   | Rubén Pérez Manzano  |
| <b>Emergency assistance</b>     | Soledad Robles Arozarena   |

## Provisional Programme

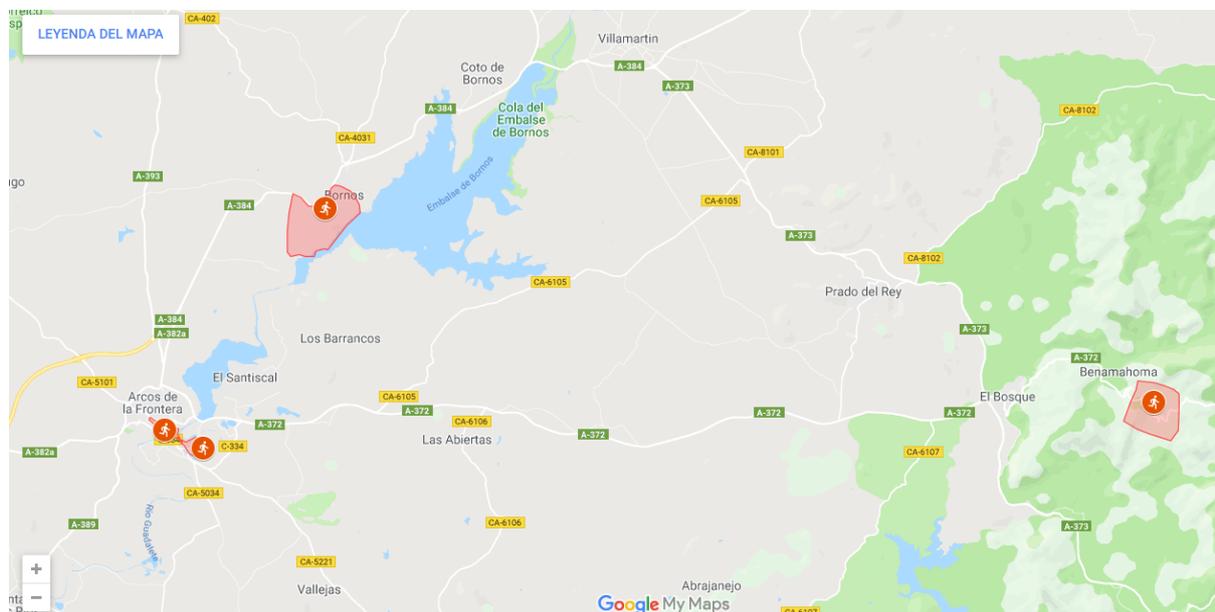
- ❑ Thursday 31 October
  - 12:00-20:00 Model Event (location to be determined)
  - 17:00-22:00 Reception at El Bosque Youth Hostel
- ❑ Friday 1 November
  - 09:30 Opening of Competition Centre
  - 12:00 Spanish Championships **Long Distance** in Benamahoma
- ❑ Saturday 2 November
  - 10:00 Spanish Championships **Mixed Sprint Relay** in Arcos de la Fra.
  - 16:00 **Sprint WRE and Spanish Championships Sprint M20E**, Liga Española Sprint in Arcos de la Fra.
- ❑ Sunday 3 November
  - 09:30 **Middle Distance**, LEO, LA in Bornos



## Location and Forbidden Areas

*Arcos de la Frontera* is located 35 km from Jerez de la Frontera, the main communications hub of the province, and 65 km from Cádiz. Arcos is the largest of the 'white towns' in the Sierra de Cádiz, and is where two of the events in the II Trofeo Pueblos Blancos will take place. *Benamahoma* is in the heart of Sierra de Grazalema, 35 km from Arcos, and CEO Long Distance race will take place in these spectacular hills. Finally, some 10 km from Arcos, the Middle Distance race will take place in *Bornos*. This race is also valid for the Spanish and Andalusian League.

The following map shows all the locations and the **forbidden areas** ([link](#)). We will be updating it with the competition centres, parking zones, hard floor, etc.



**ACCESS TO ANY OF THE COMPETITION AREAS PRIOR TO THE EVENT IS  
TOTALLY FORBIDDEN!**

## Maps and Terrain

More detailed technical information will be provided in the next bulletin; however the essential information is given here. This information may be modified in later bulletins, in particular with regard to distances to the competition centre/start/finish. However, neither the distances or times are expected to increase:



### ☐ CEO Long Distance

**Map:** Benamahoma

**Course Planner:** Vicente López Sánchez

**Map maker(s):** José Batista (POR) and Rui Antunes (POR)

**Base Map:** José Manuel Gálvez Flores, RescNav (ESP)

**Description of the terrain:** Highly degraded limestone terrain with moderate to steep slopes. Areas of growth and rocks which on several occasions will slow progress.

**Special features:** Given the extensive plant cover, the slope and the abundance of rocky areas, route choices will be decisive in the results of the competition. The distances and climb, when published, may seem short, but the spread of times resulting from errors in route choice will be high.

**Distance from Parking area to Competition Centre:** 1 km (15 minutes walking)

**Start:** Pre-start of 45 minutes

**Finish:** At the competition centre



### ☐ CEO Mixed Relay

**Map:** Arcos de la Frontera (zona baja)

**Course Planner:** Juan Vila Ramiro

**Map maker:** Manu Jurado (ESP)

**Description of the terrain:** The Barrio Bajo district of Arcos de la Frontera is close to the river Guadalete. It is mostly flat although there will be a few controls in the race at the base of the steep hill to the upper district.

**Special features:** As this is part of the town is fairly flat, the race will be fast to very fast. Nevertheless, the abundance of similar elements added to the speed of the race may lead to errors which will mark the differences between runners of similar levels. A few courses will have 2-3 controls with steep climb.

**Distance from Parking area to Competition Centre:** 100 m

**Start and finish:** At the competition centre.





☐ Sprint WRE:



**Map:** Arcos de la Frontera (zona alta, old quarter)

**Course Planners:** Pepe Álvarez Blanco and José Luis Rodríguez Súnico

**Map maker:** Manu Jurado (ESP)

**Description of the terrain:** The Barrio Alto district of Arcos was built during the Moslem reign. It is formed of narrow, winding and maze-like lanes. Very steep climb.

**Special features:** Given the steep gradients, the cartographer, Manu Jurado, requested permission to draw the maps with a 5 m contour interval. Utmost concentration and route choices which take into account the steep climb of Barrio Alto will be the defining factors of success.

☐ LEO Middle Distance:

**Map:** Bornos

**Course Planners:** José Luis Rodríguez Súnico and Pepe Álvarez Blanco

**Map maker:** Juan Francisco Sánchez (ESP)

**Description of the terrain:** Varied terrain with a medium climb. There are farmed areas, woody zones, semi-open zones with an abundance of scrub and areas with isolated and linear details with rocks and crags.

**Special features:** The variety of elements on the map allows for an entertaining course with loops and precise orienteering. Running speed will be medium to high as although there are some climbs, these are not excessive. Precise reading of the vegetation (scrub) will be very important.

**Distance from Parking area to Competition Centre:** Parking in the town in the vicinity of the competition centre Parking facilities for caravans in the fair ground. Maximum distance to the Competition Centre 800 m - 1 km.

**Start:** Less than one kilometre from the Competition Centre.

**Finish:** CEIP San Fernando (Competition Centre)





## How to get there



[Jerez Airport](#) (40 km)  
[Seville Airport](#) (100 km)  
[Gibraltar Airport](#) (120 km)  
[Málaga Airport](#) (170 km)



**RENFE Train Station in Jerez de la Fra.** (35 km). Connections to Seville (1 h) and Madrid (3h30) [www.renfe.com](http://www.renfe.com)



|                       |                           |
|-----------------------|---------------------------|
| <b>Málaga:</b> 177 km | <b>Valencia:</b> 705 km   |
| <b>Lisbon:</b> 534 km | <b>Bilbao:</b> 944 km     |
| <b>Madrid:</b> 617 km | <b>A Coruña:</b> 1005 km  |
| <b>Oporto:</b> 663 km | <b>Barcelona:</b> 1047 km |

## Entries

The sole entry system for all competitors (with or without FEDO/FPO licence and foreigners) is via the SICO platform: [sico.fedo.org](http://sico.fedo.org)

Participants in M/F-Elite categories who wish to be included in the WRE system, should also (in addition to the SICO) complete their entry in IOF Eventor.

Deadlines for entry are as follows:

- **1 September 2019 at 23:59**, deadline for early-bird entries (at reduced price), these entries must be paid prior to the deadline via bank transfer to the Club account.
- **16 October 2019 at 23:59**, deadline for entries **WITHOUT** late payment fee
- **18 October 2019 at 23:59**, final deadline for entries. (Entries will not be accepted after this date under any circumstances)
- **22 October 2019 at 23:59**, deadline for the configuration of mixed relay teams.

It will be possible to change the components and order of runners in each team for reasons of *force majeure* up until the close of the Long Distance race, but in no event will it be possible to change the number of teams. Any changes must be made through the person responsible for the relays in each autonomous community. This person will then contact the organisation's Relay Manager (contact details will be



provided in later bulletins). After the deadline, the teams will be closed and the final components and order of running for each team will be published.

## Categories

| Categories eligible for the LEO (Long and Middle), Sprint League, II Trofeo Pueblos Blancos |   |     |
|---|---|-----|
| Category  | Age   | CEO |
| U-10  | Born in or after 2009 (mixed gender category) | Yes |
| M/F-12  | Born in or after 2007                         | Yes |
| M/F-14  | Born in or after 2005                         | Yes |
| M/F-16/18   | Born in or after 2001                         | No  |
| M/F-16E   | Born in or after 2003                         | Yes |
| M/F-18E   | Born in or after 2001                         | Yes |
| M/F-20E   | Born in or after 1999                         | Yes |
| M/F-21A   | No age limit                                  | No  |
| M/F-21B   | No age limit                                  | No  |
| M/F-E   | Elite, no age limit                           | Yes |
| M/F-35A   | Born in or before 1984                        | Yes |
| M/F-35B   | Born in or before 1984                        | No  |
| M/F-40  | Born in or before 1979                        | Yes |
| M/F-45  | Born in or before 1974                        | Yes |
| M/F-50  | Born in or before 1969                        | Yes |
| M/F-55  | Born in or before 1964                        | Yes |
| M/F-60  | Born in or before 1959                        | Yes |
| M/F-65  | Born in or before 1954                        | Yes |
| M/F-70  | Born in or before 1949                        | Yes |



**Promotional Categories, only eligible for the II Trofeo Pueblos Blancos**

|             |   |    |
|-------------|---|----|
| Open Yellow | Low technical difficulty/Short distance     | No |
| Open Orange | Low technical difficulty/Short distance     | No |
| Open Red    | Medium technical difficulty/Middle distance | No |
| Open Black  | Medium technical difficulty/Long distance   | No |

**Mixed Relay Categories**

| Category    | Age                    | CEO |
|-------------|------------------------|-----|
| Alevín      | Born in or after 2007  | No  |
| Infantil    | Born in or after 2005  | Yes |
| Cadete      | Born in or after 2003  | Yes |
| Junior      | Born in or after 1999  | Yes |
| Senior      | No age limit           | Yes |
| Veteranos A | Born in or before 1984 | Yes |
| Veteranos B | Born in or before 1974 | Yes |
| Veteranos C | Born in or before 1964 | Yes |
| Open        | No age limit           | No  |

**Prices**

| <b>FEDO/FPO LICENCE</b> |      |        |        |        |
|-------------------------|------|--------|--------|--------|
| Categories              | Long | Middle | Sprint | Relays |
| M/F ≥21                 | 10   | 10     | 7      | 5      |
| M/F ≤20                 | 7    | 7      | 5      | 5      |
| Open Yellow             | 6    | 6      | 5      | 5      |
| Open Orange, Red, Black | 9    | 9      | 5      | 5      |



| <b>FOREIGNERS (all prices include obligatory race insurance)</b> |             |               |               |                |
|--|-------------|---------------|---------------|----------------|
| <b>Categories</b>  | <b>Long</b> | <b>Middle</b> | <b>Sprint</b> | <b>Relays*</b> |
| M/F ≥21  | 13          | 13            | 10            | 5*             |
| M/F ≤20  | 10          | 10            | 8             | 5*             |
| Open Yellow  | 9           | 9             | 8             | 5*             |
| Open Orange, Red, Black  | 12          | 12            | 8             | 5*             |

| <b>SPANISH NATIONALS WITHOUT FEDO LICENCE (all prices include obligatory insurance)</b> |             |               |               |                |
|---|-------------|---------------|---------------|----------------|
| <b>Categories</b>   | <b>Long</b> | <b>Middle</b> | <b>Sprint</b> | <b>Relays*</b> |
| M/F ≥21   | 18          | 18            | 15            | 5*             |
| M/F ≤20   | 15          | 15            | 13            | 5*             |
| Open Yellow   | 8           | 8             | 7             | 5*             |
| Open Orange, Red, Black   | 11          | 11            | 7             | 5*             |

\*Runners who enter the Mixed Relays and NOT the Sprint shall pay an extra fee of €3, in the case of Foreign runners, and €8, in the case of Spanish runners WITHOUT FEDO/FPO Licence, to cover the cost of the obligatory race insurance. This fee will not appear in SICO and **should be added to the total.**

| <b>OTHER FEES</b>                      |                       |
|--|-----------------------|
| Hard Floor                             | €4                    |
| Model Event                            | €2 /map               |
| String course (only Friday and Sunday) | €1/day                |
| Rental of SI-8 to 11 card              | €3 /day (deposit €50) |
| Rental of SIAC card                    | €3 /day (deposit €70) |
| Change of SI number before the event   | €3                    |
| Change of SI number during the event   | €5                    |

Those people who enter all four races (and pay the corresponding fee via bank transfer) before 1 September 2019 at 23:59, will receive a discount of between 10 and 20%, depending on category and licence type. These prices include the entry fee for the Long Distance, Mixed Relays, Sprint WRE and Middle Distance. The prices for the Early Bird package are as follows:



| Categories              | FEDO/FPO Licence | Foreigners | Spanish Runners WITHOUT LICENCE |
|-------------------------|------------------|------------|---------------------------------|
| M/F ≥21                 | €26              | €35        | €50                             |
| M/F ≤20                 | €20              | €29        | €44                             |
| Open Yellow             | €18              | €27        | €24                             |
| Open Orange, Red, Black | €23              | €32        | €29                             |

To be eligible for these prices you should:

1. Complete your entry before 1 September at 23:59.
2. Enter all four races.
3. Pay the fee to the Club bank account via bank transfer (NOT with a card through the SICO), and send the payment receipt by email before 1 September at 23:59.

To confirm the entry, the corresponding fee should be paid to the following bank account. Once the deadline for entries has closed, it will not be possible to refund the entry fee:

**Beneficiary:** CD Fundi-O

**Bank:** Bankia

**IBAN:** ES34 2038 2972 3860 0022 9018

**Concept:** CEO +“Name of Club” (for individual payments, please give the order number provided by SICO).

The payment receipt must be sent to [secretariacadiz@ceo2019.com](mailto:secretariacadiz@ceo2019.com)

If you need an invoice, please complete and send the following form: [FORM FOR INVOICES](#). If you wish to collect the invoice from the Secretary during the event, this form must be sent before 25 October. In addition, payment of the corresponding fee must be completed and the receipt of payment sent to [secretariacadiz@ceo2019.com](mailto:secretariacadiz@ceo2019.com):

## Competition Rules

The competition is governed by the FEDO Orienteering Rules and the general rules of the International Orienteering Federation. In addition, the Long Distance and Mixed Relays are subject to the [specific regulations for Spanish Championships](#). The rules can be consulted at the following links: [fedo.org/web/competicion/o-pie/reglamentos](http://fedo.org/web/competicion/o-pie/reglamentos).

## Restrictions to Participation

All orienteers, Spanish or otherwise, members of a club or not, with or without a valid FEDO licence, are permitted to take part in any category (promotion or official) of the



event. However, **for the purposes of classification and therefore, to opt for the title of Spanish Champion, only Spanish nationals who are holders of a valid FEDO licence will be considered in the Spanish Championship races.**

For the classification of clubs, only those clubs who are members of the FEDO are eligible to classify. This classification will consider the scores of all participants from the club with a valid FEDO licence, regardless of their nationality.

## Mixed Relays

Teams will be formed by 4 runners (**2 men and 2 women**) all of whom belong to **clubs from the same Autonomous Community, with a valid licence and who meet the age requirements for each category.** Other teams with participants who do not meet the above conditions are permitted to take part but will not be considered in the final classification for the Mixed Relays.

The relay has four legs, the 1st and 4th are run by females and the 2nd and 3rd by males.

**Foreign runners, holders of a valid FEDO licence, may take part in the Mixed Relay Spanish Championship, and are eligible for the title of Spanish Champion. However, a maximum of 2 foreign runner per team is permitted.**

## Timekeeping system

The SPORTident Air+ system will be used in all the races. To enjoy the benefits of this system (wireless registration), it is necessary to run with a SIAC card. However, other models of SI card may continue to be used. The participant is responsible for confirming that the card has adequate memory for the number of controls on their course (available in forthcoming bulletins). The SI 5 model is not an officially-accepted model. While it is possible to use this model, in the event of any faults this will be the responsibility of the participant and in no event of the organisation.

SIAC and SI 8, 9 and 10 cards and p-cards (according to availability) are available for rent at a cost of €3 /race. If you wish to rent one, this should be indicated at the time of completing your entry. Participants who leave the SPORTident field blank when completing their entry will automatically be assigned an electronic card by the organisation and charged accordingly for the rental.

As indicated in the competition rules, after the deadline for entries, any changes made to the SPORTident number will be charged at €3 for all the races of the event, provided that the participant requests the change in the competition centre prior to



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II Trofeo Pueblos Blancos  
1 - 3 November 2019

starting their race. If the error in the card number is observed on downloading at the finish, the Sportident coordinator will not be able to give you your partial results or your classification until you have paid €5 for the change of SPORTident number for all the races at the competition centre.

## Accommodation

“Hard Floors” will be available in Arcos de la Frontera and in El Bosque. The organisation will allocate the corresponding places by order of entry and will try to ensure the grouping together by clubs.

The CEO web will be updated with “Other Accommodation” available in the area.

## Collaborators and Sponsors



**AYTO.**  
Arcos de la  
Frontera



Ayto. de  
Grazales



Ayto. de  
Bornos

