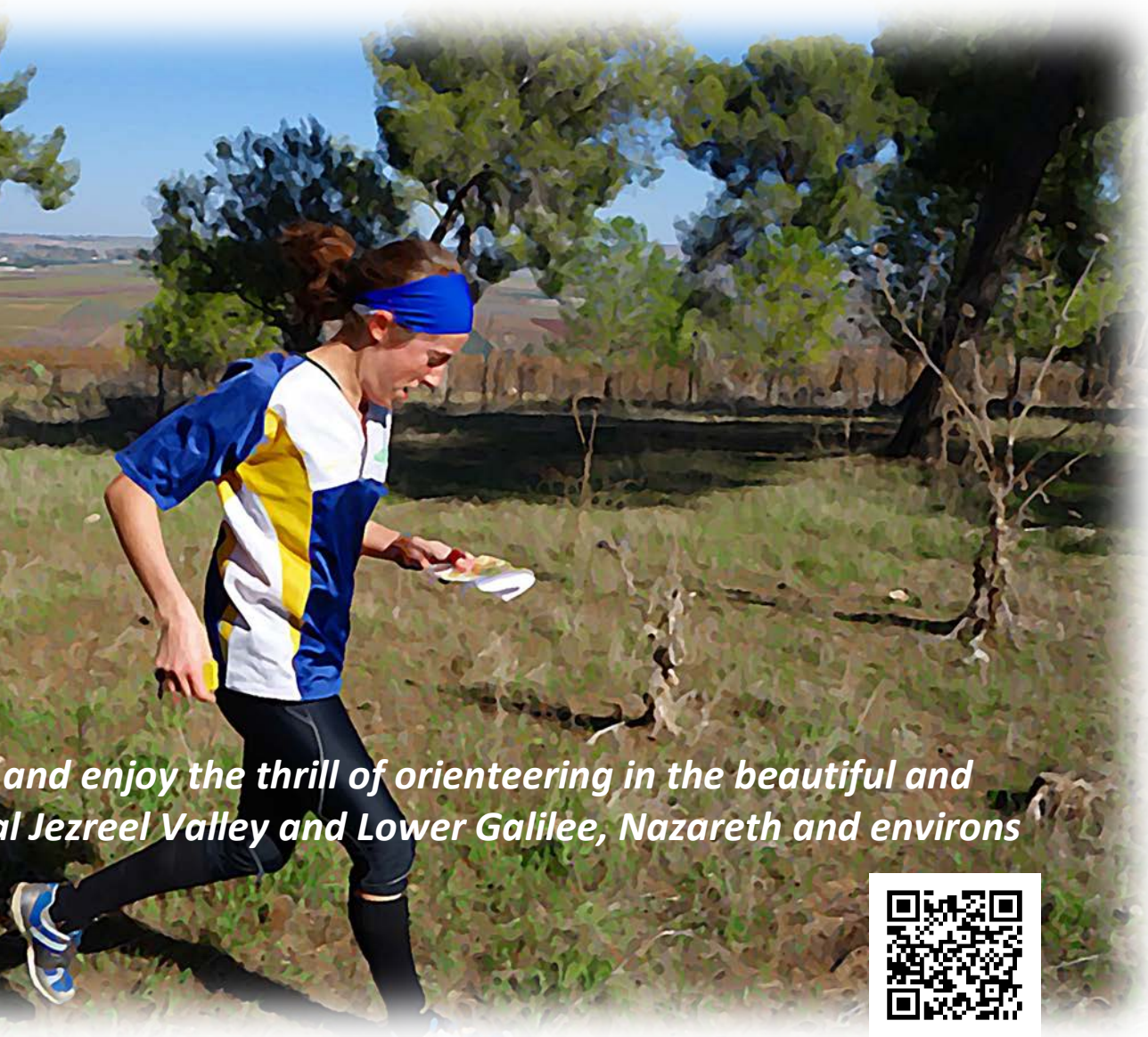




4th Mediterranean Championships in Orienteering – MCO 19-21 February 2015 – Israel BULLETIN 3



Come and enjoy the thrill of orienteering in the beautiful and biblical Jezreel Valley and Lower Galilee, Nazareth and environs



The Long Distance and Middle Distance for Elite classes will be IOF World Ranking Events (WRE).

The MCO will be held in conjunction with
the 2015 Israel Open Championships.

For more information visit our website
israelorienteering.org/2015-mco/

1. Organizers

- Israel Sport Orienteering Association
- Jezreel Valley Orienteering Club
- Jezreel Valley Regional Council

The Organizing Committee

Chairman	Eytan Amiaz
Event Director	Ziv Noiman
IT	Yoram Shechori
Communication & Media	Lisa Mishli
Community Liaison	Roni Da Costa
Logistics	Nir Yasur
Accommodations & Board	Tsafrir Mintzer

2. Event Controller

National Controller	Pavel Levitsky
---------------------	----------------



3. Program

Thursday - 19 February

Arrival

Registration

Morning: Model for Middle and Long – Shimshit

Afternoon: Sprint Distance – Kibbutz Sarid

Opening Ceremony

Friday - 20 February

Long Distance – Zippori (Day 1 of Israel Open) – WRE Event

COMOF Meeting – Kibbutz Mizra

Saturday - 21 February

Middle Distance – Timrat (Day 2 of Israel Open) – WRE Event

MCO and Open Awards and Closing Ceremony

Departure



4. Locations

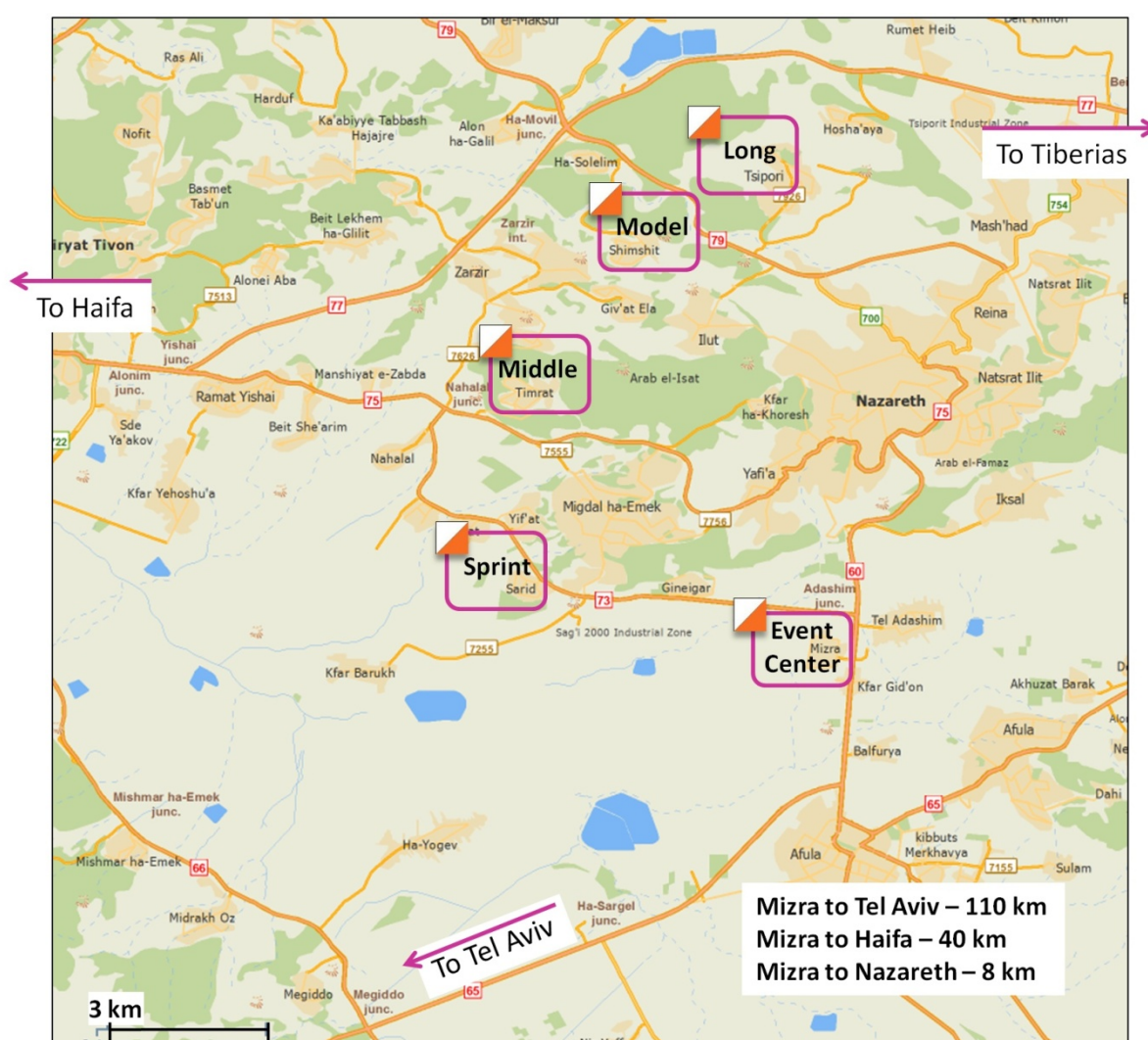
The championships will take place in the Jezreel Valley and Lower Galilee in northern Israel.

The event center will be in Kibbutz Mizra (and not Kibbutz Sarid, as previously announced).

The Sprint race will be held at Kibbutz Sarid, which is just a few kilometers away.

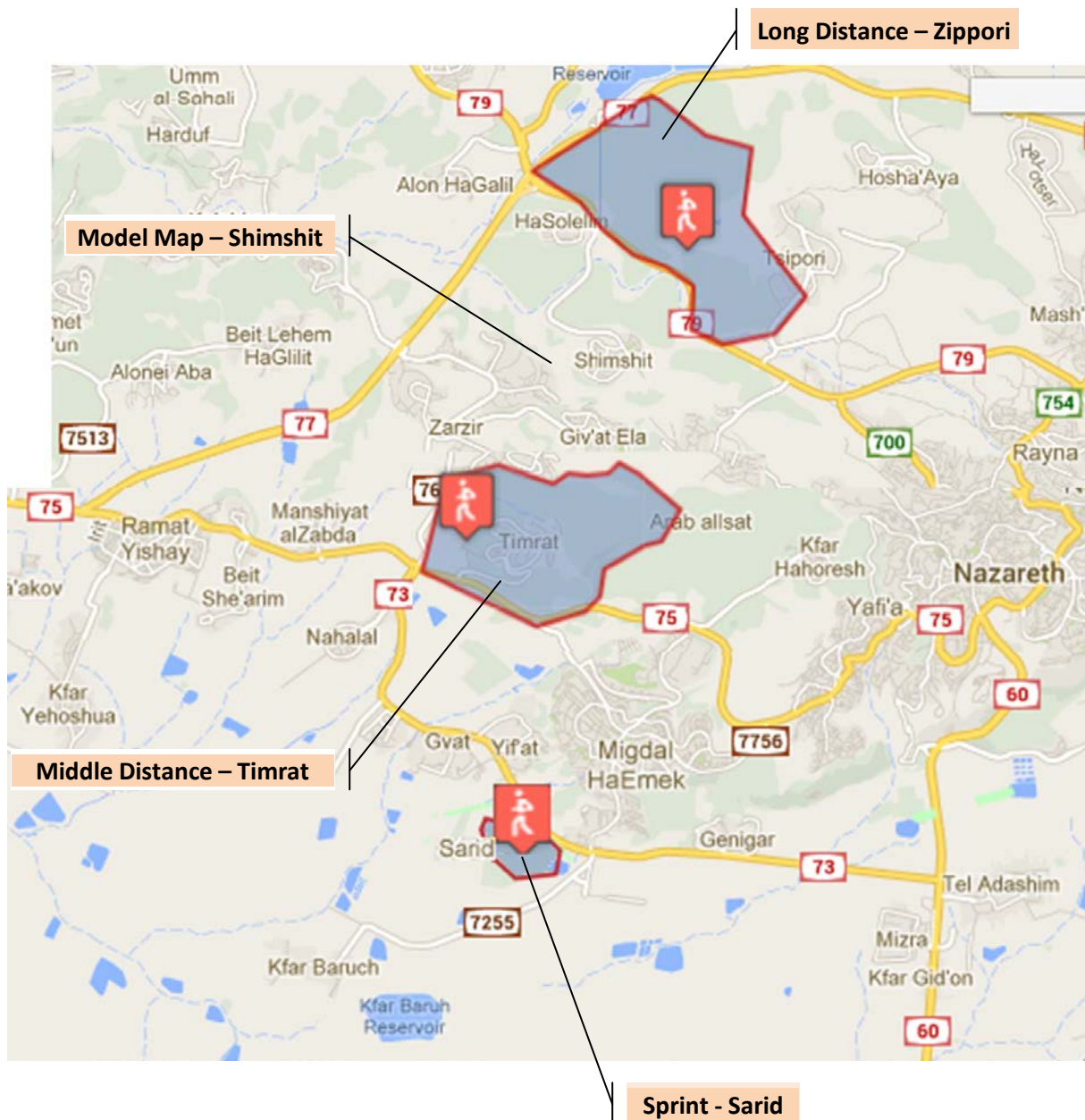
The venues for the Middle and Long Distance races, as well as the model map, are about 20-25 minutes driving distance from the event center.

From	To	Distance
Tel Aviv / Airport	Event Center – Mizra	110 km
Jerusalem	Event Center – Mizra	140 km
Haifa	Event Center – Mizra	40 km
Nazareth	Event Center – Mizra	8 km



5. Embargoed Areas

Entry to the embargoed areas is prohibited for potential team members, leaders and others, who through the knowledge of the terrain could influence results of the MCO competition. However, paved public roads passing through the area may be used.



6. MCO Rules and Classes

Participation

Competition will be held according to the IOF Rules as well as the **Rules for Mediterranean Championships in Orienteering** (July 2012).

The Mediterranean Championships in Orienteering 2015 will consist of Sprint, Long and Middle Distance races in a three-day program.

Classes

Each country at MCO will be represented by a team composed of four women and four men.

SENIOR (M/W 21 E) : 2 women and 2 men

JUNIOR (M/W 20) : 2 women and 2 men

Participants must have citizenship of the country they represent at MCO.

Entry Fees for Official Teams

The start fees for the official COMOF National Teams participating in MCO will be covered by the organizers (according to the Rules).

Anti-Doping

All competitors will follow the *International Orienteering Federation (IOF) Anti-Doping Rules* (February 2010.)

Winning Times

Class	Sprint	Long Distance	Middle Distance
Senior Men	12-15 minutes	90 minutes	30 minutes
Senior Women	12-15 minutes	65 minutes	25 minutes
Junior Men	12-15 minutes	70 minutes	30 minutes
Junior Women	12-15 minutes	55 minutes	25 minutes

7. Open Event

The MCO will be held in conjunction with the 2015 Israel Open Championships.

The courses for the Junior and Elite classes will be the same for both the MCO and the Open event. Thus, competitors running MCO for their National Teams will also be competing for overall standing in the Open event.

The overall standing in the Israel Open will be determined by the sum of the results in the Long and Middle Distance races. The Sprint Distance will not be a part of the Open event. However, the organizers will allow athletes to run the Sprint Distance after the MCO competitors have completed the race.

8. Prizes

MCO Events

Medals will be awarded to the top 3 finishers in each class, and diplomas to the top 5.

The awards ceremony will be held after each competition, or at the end of the MCO.

Open Event

Prizes will be awarded to the top 3 finishers in all classes.

The awards ceremony for the Open event will be held at the end of the second day of competition..

9. Punching System

All MCO events will be organized using the SPORTident electronic punching system.

Competitors who have SI cards can bring and use their own cards.

SPORTident cards can also be rented from the organizers.



10. Maps and Terrain

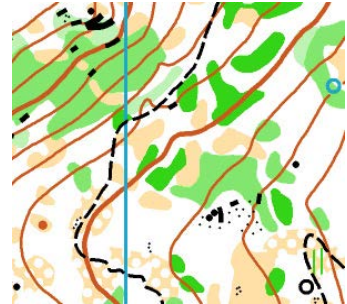
Model Event - Shimshit

Map: Shimshit (2013)

Scale: 1:10000, 5m contours.

Map maker: Dan Chissick

Description: A long, mostly steep ridge, covered in a mix of natural oak woods and planted pine/fir forests in various stages of growth, with a moderate path network. Scattered rock features and some man-made ruins.



Sprint Distance – Kibbutz Sarid

Map: Kibbutz Sarid (new map for MCO)

Scale: 1:4000, 2.5m contours.

Map maker: Uzi Schweitzer

Description: A typical Israeli communal settlement (kibbutz), including residential, agricultural and industrial buildings.



Typical kibbutz map sample and terrain (not Sarid)



Long Distance - Zippori

Map: Zippori (2013)

Scale: 1:15000, 5m contours.

Map maker: Petr Matula, Zdenek Lenhart, Evzen Cigos

Description: Mixed natural oaks and planted pine/fir forests with a dense path network, on a moderately hilly area. Some semi-open areas. Some areas with numerous rock features and some main-made ruins.



Views of Zippori



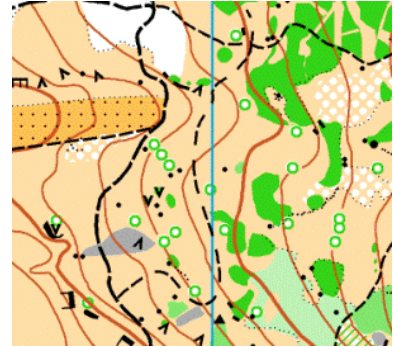
Middle Distance - Timrat

Map: Timrat (new map for MCO)

Scale: 1:10000, 5m contours.

Description: Semi open areas, with some undergrowth and bushes. Moderate density of contour details and some areas with numerous rock features.

(Previously mapped in 2003, Uzi Schweitzer)



Views of Timrat



11. Accommodations

Accommodations for MCO participants have been arranged at **Pina Ba'Emek Country Lodging** at Kibbutz Mizra, approximately 8 km from Nazareth.

Participants are urged to reserve their **rooms** as soon as possible, by contacting the lodge directly:

Pina Ba'Emek Country Lodging at Kibbutz Mizra

Email: cl@mizrabb.co.il

Phone: +972-57-9418863

When booking, be sure to indicate that you are participating in the Orienteering Championships.

Prices are valid until 1 January 2015. Rooms may not be available after that date.

Note that tourists to Israel, upon presenting their foreign passport at the hotel/hostel, will NOT have the VAT added to their bill.

Rates Without VAT

per person/per day – Bed & Breakfast

In single room 263 NIS (approx. 54 Euro)

In double room 178 NIS (approx. 37 Euro)

In triple room 164 NIS (approx. 34 Euro)

per person/per day – Half-Board

In single room 309 NIS (approx. 64 Euro)

In double room 225 NIS (approx. 47 Euro)

In triple room 210 NIS (approx. 44 Euro)

Rates With 18% VAT Included

per person/per day – Bed & Breakfast

In single room 310 NIS (approx. 65 Euro)

In double room 210 NIS (approx. 44 Euro)

In triple room 193 NIS (approx. 40 Euro)

per person/per day – Half-Board

In single room 365 NIS (approx. 76 Euro)

In double room 265 NIS (approx. 55 Euro)

In triple room 248 NIS (approx. 51 Euro)



Additional Accommodation Options

Nof Tavor Hotel, also located at Kibbutz Mizra

The hotel will hold 30 rooms for MCO participants until February 1, 2015 (unless rooms get booked by a group). When making your reservation, be sure to indicate you are participating in the Orienteering Championships.

Israel Field Schools, hostel accommodations

- Alon Tavor – adjacent to training areas, 30-35 km to venues

<http://www.natureisrael.org/FieldSchools>

Israel Youth Hostel Association

- Ma'ayan Harod Guest House (Gidona), 25-30 km to venues

- Akko Guest House (Acre), 35-45 km to venues

- Haifa Guest House, 35-42 km to venues

<http://www.iyha.org.il/eng/>

Fauzi Azar Inn, Vitrage Guesthouse and

other accommodations in Nazareth, 10-15 km to venues

<http://www.hostelbookers.com/hostels/israel/nazareth/>



12. Transportation

Israel's main airport is Ben Gurion International Airport (TLV) near Tel Aviv. The distance between the airport and the event center at Mizra is approximately 110 km (about 1:30 hour driving time).

Direct transportation options between the airport and the event center are rental car, regular taxi, or taxi van, depending on the number of passengers.

Israel Railways has excellent and low-cost service between the airport, Tel Aviv and Haifa, which can be combined with other public transportation options (bus or taxi) to reach final destinations.

Organizers are offering transportation to/from Mizra to/from the Long and Middle Distance venues. Price: 30 NIS (approx. 6 Euro) per person per event.

The Sprint event venue at Kibbutz Sarid can be easily reached by public transport (10-minute driving time).

13. Weather

Israel enjoys long, warm, dry summers (April-October) and mostly mild winters (November-March). You will need warm clothing for the evenings and rainy days. In general, you can expect to enjoy sunshine and comfortable temperatures during the championships.

14. Clothing

There are no regulations applying to runners concerning the type of clothing they choose to wear. But the organizers recommend that competitor wear long trousers for Long and Middle distances.

It is forbidden to use shoes with spikes in the Sprint competition. The organizers recommend track running shoes.

15. Health Services

The organizer will coordinate healthcare services for participants. The Event Organizer will provide first-aid at the event center and at each competition site. Emergency care and major hospitals are within a 20 minute drive from each of the competition sites.

The Event Organizer will not bear responsibility related to medical costs for participants. Each Federation is responsible for insurance of all their members.

16. Safety and Security

Israel is a modern, western society, whose infrastructure and social services are among the most advanced in the western world. Israel is a young and dynamic nation in which everyday life is as normal as in any other European country.

Israel is one of the safest countries for tourists. The state authorities and security forces are at work constantly to ensure Israel is safe for visitors and citizens alike. Public buildings, shopping malls and crowded events are protected by private guards and local police. Crime against tourists is extremely rare.

Israel has excellent health and medical services. In general, tap water is fine for drinking, and no special vaccinations are required prior to entering the country.

17. Media

All media representatives are welcome to come and cover all the MCO 2015 events.

Media services and facilities will be provided at the event center at Sarid.

Media representatives and any extra representatives of the Federations are requested to register by contacting the Event Director at office@nivut.org.il



18. Training Opportunities

There are many training maps in close proximity to the competition arenas. Israel is a small country, and nearly all O-maps in Israel are within a driving distance of no more than two hours.

Training Maps

	Map	Scale	Year	Relevance	Distance (from Event Center)
1	Kibbutz Mizra	1:4000	2009	Sprint	0
2	Kibbutz HaZore'a	1:5,000	2006	Sprint	25
3	Kibbutz Beit HaShita	1:5,000	2009	Sprint	20
4	Kibbutz Ma'oz Haim	1:5,000	2010	Sprint	35
5	Kfar HaHoresh	1:10,000	2007	Long/Middle	20
6	Alonim	1:10,000	2011	Long/Middle	25
7	Alon HaGalil	1:10,000, 1:15,000	2010	Long/Middle	25
8	Kiryat Ata Forest	1:15,000	2002	Long/Middle	35
9	Beit Keshet North	1:10,000	2010	Long/Middle	30
10	Ilaniya	1:7,500	2011	Long/Middle	30
11	Tel Govel	1:10,000	2011	Long/Middle	25
12	Akbara	1:10,000	2009	Long/Middle	70
13	Amuka	1:10,000	2009	Long/Middle	75



19. Touring Opportunities

The Jezreel Valley of Israel

Ancient and modern history, the Bible, and geography in the Jezreel Valley are more closely entwined and visible than anywhere else in Israel.

The Jezreel Valley extends across the breadth of the country, from the Mediterranean Sea to the Jordan River, between Mount Carmel, Mount Gilboa and the Hills of Lower Galilee.

The passes through these mountains were important trade routes for thousands of years, linking Europe, Africa and Asia. Ancient caravans carried merchandise and the innovations of far-off cultures, while armies battled for strategic control of the region. The ruins of Tel Megiddo (Armageddon), Tel Jezreel, Beit Shean, Beit She'arim, and other sites, bear witness to the civilizations and events of antiquity.

Jezreel means "God will sow" – a hint at the valley's fertility, although by modern times neglect had turned most of the region into swamps. But beginning in the early 1900s, pioneers drained the swamps, and made the valley bloom again. Today the Jezreel Valley, with its many natural springs, is the agricultural heartland of Israel.

Among the Jezreel Valley's many attractions are historical, cultural, and natural treasures:

- Religious and heritage sites in Nazareth, especially the Basilica of the Annunciation, the Church of St. Gabriel, and Mary's Well.
- Tel Megiddo (Armageddon) National Park
- The mosaics at Zippori and Beit Alfa National Parks
- The Circassian village and museum in Kfar Kama
- The pioneering and historical museums at Kfar Tabor and Kibbutz Ein Dor
- Hiking portions of the Israel Trail and the Jesus Trail
- The spring-fed warm water pools at Gan Hashlosa (Sachne) National Park

Nazareth



20. Visas

Visitors to Israel must hold a passport that is valid for at least six months from the date of entry to Israel.

Many countries have a Visa Waiver Program with Israel which allows their citizens to visit Israel without a visa arranged in advance. For more information and a list of countries that do not need a visa, go to: <http://mfa.gov.il/MFA/ConsularServices/Pages/default.aspx>

21. Official Teams Registration

The deadline for **Preliminary Registration** of official national teams is **January 1, 2015**.

Preliminary registration requires notification to the event organizers (office@nivut.org.il) of the exact number of competitors and officials, in accordance with the following:

	Number Planned	Maximum Allowed
Competitors – Senior M 21 E		2
Competitors – Senior W 21		2
Competitors – Junior M20		2
Competitors – Junior W20		2
Officials - Women		4 total
Officials - Men		

The names of all competitors and officials must be submitted by **February 7, 2015**.

The final deadline for MCO and the Open Event entries is **February 7, 2015**.

The final Entry Form will be available on the MCO 2015 website. It will also be sent by email to COMOF federations.

The entry fees for the official COMOF National Teams participating in MCO will be covered by the organizers, in accordance with the Rules.



22. Open Events Registration

Entry fee per event is 50 NIS (approx 10 Euro), and includes SPORTident card rental.

The deadline for MCO and the Open Event entries is **February 7, 2015**.

Online registration is not available in English.

To register, contact Ziv Noiman at: office@nivut.org.il

23. Payment

All payments are to be made to the **Israel Sport Orienteering Association**, at the event center on February 19, by credit card or in cash.

24. Contact Info

Israel Sport Orienteering Association (ISOA)

Kibbutz Ein Hahoreh, 38980, Israel

Telephone: +972-4-612-7714

office@nivut.org.il

25. Partners and Sponsors

