



1 meeting de Orientação
de Gouveia



After organizing the Portugal O'Meeting 2009, which was a recognized success, CPOC – Clube Português de Orientação now proudly invites you to the “I Meeting de Orientação de Gouveia”, a National Portuguese Orienteering Event that will take place in “Serra da Estrela” on the 5th and 6th of February 2011.

ABOUT THE REGION



The Natural Park of Serra da Estrela is the largest in Portugal and has the highest mountain peaks in Portugal. Both rivers Mondego and Zêzere start and cut through the Natural Park. These are the only two rivers that start and end within Portugal's boundaries.

The area is renowned for its wool and cheeses that are produced by smallholdings all over the Natural Park. Much of the culture of the mountains is tied up with sheep farming. The milk is used for the cheese, the wool is produced from them and the rare Estrela dog is the traditional sheepdog of the area. The landscape is a harsh one to survive, so farmers have tried using cultivated terraces to get around the difficulties of farming on the mountain slopes.



LOCATION

Due to its close location to the Oporto airport, with flights operated by some lowcost airlines like Ryanair, and due to the time of the year where many international athletes take part in the Portuguese training camps, we are expecting some international entries in the next days (Austrian national team already confirmed).



Lisbon -> Gouveia – 310 Kms / 2h50m
Oporto -> Gouveia – 180 Kms / 1h40m
Madrid -> Gouveia – 430 Kms / 3h50m

OFFICIAL PROGRAM

4th Feb. FRIDAY

20:00 – Opening of the Event Center (Gouveia)
23:00 – Closing of the Event Center

5th Feb. SATURDAY

08:00 – Opening of the Event Center (Arcozelo)
10:00 – Long Distance Event (Arcozelo)

15:30 - Opening of the Event Center (Gouveia)
16:00 – Open Race (Gouveia)
18:30 – Prize giving ceremony of the Open Race (Gouveia)

6th Feb. SUNDAY

08:00 - Opening of the Event Center (Folgosinho)
09:30 – Mixed Distance Event (Middle+Sprint) (Folgosinho)
13:30 – Prize Giving Ceremony and Closing Ceremony

TECHNICAL INFORMATION

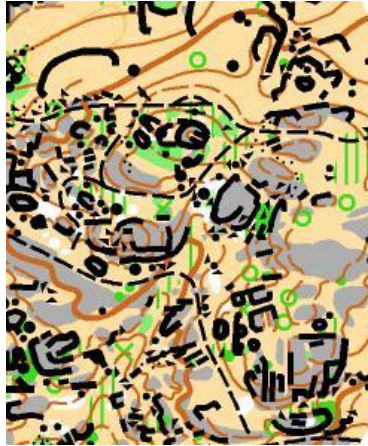
SATURDAY, 5th Feb.

Arcozelo – Long distance

Terrain with medium elevation with many rocky details and some vegetation.

Expected winning time: 90'

Distance (prevision): HE - 12/13km





SUNDAY, 6th Feb.

Folgosinho – Mixed Event (Middle+Sprint – all-in-one)

Detailed mountain terrain with rocky areas. Transition to a technical sprint map.

Expected winning time: 42'

Distance (prevision) HE - 6/7km





REGISTRATION

By e-mail to: gouveia@cpoc.pt

Entry data (individuals or groups):

- Full name of the participants;
- Birth year;
- Club name;
- SportIdent Card number (if the participant already has one, otherwise one will have to be rented);
- Entry class for each participant;
- Identification Number;

- Day/events where the participants wish to participate;

Entry fees (per day):

Up to 20 years old	€ 5,25
> 20 years old	€ 7,75

Open Race - € 2,00

Notes:

- SI-Card Rental: 1,00 € per day
- Losing or not returning a rented SI Card implies payment of 30€

ACCOMODATION

The “Serra da Estrela” natural park is situated in the interior of the country. In the area where the competition takes place there are many rural tourism houses and hotels that can be booked for really cheap prices. We'll post some suggestions in the next days.

Follow the news on the Facebook group “1 Meeting de Orientação de Gouveia” or at the official website at <http://www.cpoc.pt/eventos.php?ev=19Trofeu>.