

27 et 28 Septembre 2025
3 courses

27/09 - CO à VTT Mass Start
27/09 - CO Pédestre Sprint
Duathlon le samedi (VTT+pédestre)

28/09 - CO à VTT MD

Fleurey S/Duche - Dijon



Bulletin 2

English version (for foreigners only)

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Informations : <https://mtborga21.wixsite.com/mtbo-duathlo-2025>



The 2 teams ABCO Dijon and Vallée de l'Ouche oRientation are happy to welcome you next June for 2 days (3 races) in Côte d'Or (Burgundy) around Dijon.

Programme

Samedi (Saturday) 27 septembre:

Championnat de Ligue BF de CO à VTT format Mass Start, course inscrite au CN (**Mass Start MTBO Race**)

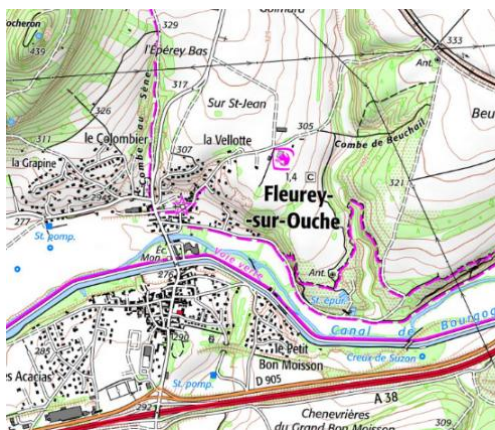
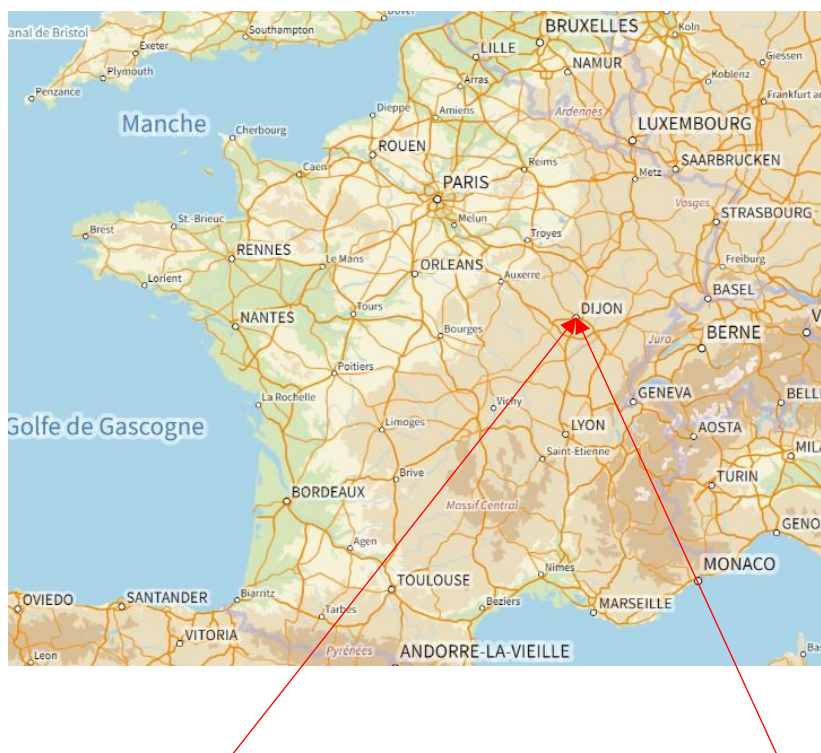
Régional de CO pédestre Sprint urbain (**Foot'O Sprint**)

Ces 2 courses peuvent être courues indépendamment, ou les 2 sur la journée donnant lieu à un classement Duathl'O. (**If you want to compete for the Duathl'O, you need to make entry for the 2 races**)

Dimanche (Sunday) 28 septembre :

Championnat de Ligue BF de CO à VTT format MD, course inscrite au CN (**MD MTBO Race**)

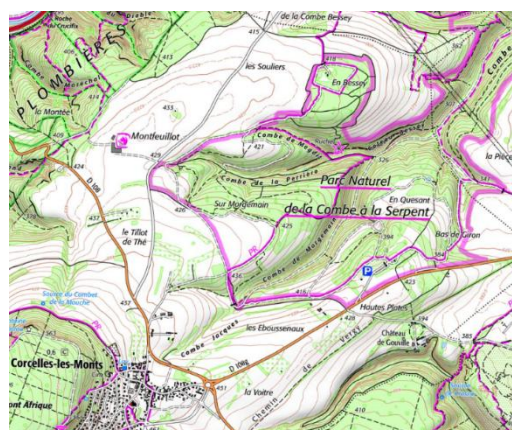
Localisations



27/09 – Mass Start VTT - Sprint pédestre

Duathl'O (VTT + pédestre)

MTBO Mass Start – Foot'O Sprint



28/09 – MD VTT

MTBO MD

Race classes

Competition classes :

Women : D12-D14-D17-D20-D21-D40-D50-D60-D70

Men : H12-H14-H17-H20-H21-H40-H50-H60-H70

There will be a course for young people (D10-H10) and for e-MTB (VAE) too but those categories don't count as an official competition.

For FootO races the courses will be color courses but for those who want to participate in the DuathlO ranking, it's necessary to register in your MTBO class

Open « categories »:

NEW

For those who do not want to race on their category courses, there will be the possibility to register on color courses as provided for in the French Federation rules (FFCO).

Entry fees

Entry fees :

Youngs : less than 18 years old (categories 10-12-14 and 17) : 8€ per race (with an additional cost of 4€ per competition day)

Adults : 18 years old and more (categories 20-21-40-50-60-70) : 9€ per race (with an additional cost of 4€ per competition day)

Exemple :

So if you are an adult and make entries for the 2 MTBO races, the cost is 13 + 13=26€

If you want to make entrie for the DuathlO (additional FootO race), the extra cost for that will be 9€

Entries

How to register?

Registrations must be done on the website Orienteering Online until 14/09/2025

Link on our website on Entries page

Payment

For all races with entries on Orienteering Online

Datas for payement by bank transfer

IBAN FR76 1027 8025 7000 0804 5834 580

BIC/SWIFT: CMCIFR2A

Vallée de l'Ouche Orientation

Important for registration

Rules relating to the medical conditions of access to french orienteering events in competition for non-French licensees

To participate in an orienteering race in France, you must complete an attestation indicating that you have read the federal health questionnaire and the 10 golden rules issued by the club of sports cardiologists.

Link for the certificate for adults:

https://www.ffcorientation.fr/media/cms_page_media/6118/attestation_inscription_personne_majeure_non-licencieeFFCO.pdf

Link to the [health questionnaire for adults](#)

Link to the [10 golden rules issued by the club of sports cardiologists](#)

For minors, together with the persons exercising parental authority, fill in the questionnaire relating to their state of health and certify that they have answered NO to each of the sections of the questionnaire.

Link for the certificate for minors:

https://www.ffcorientation.fr/media/cms_page_media/6118/attestation_inscription_personne_mineure_non-licencieeFFCO.pdf

Link to the [health questionnaire for minors](#)

To validate your registration, the certificates must be sent to the email address: mtborga21@gmail.com

Punching system



SI Air with short range (35-40cm)

Accommodations :

Finding accommodation is on your own responsibility, some informations can be found on our website

Contact for informations :

Mail : mtborga21@gmail.com

Website : <https://mtborga21.wixsite.com/mtbo-duathlo-2025>

Preliminary technical datas (will be updated in Bulletin 3 if necessary)

MTBO Mass Start – 27/09/2025

Mass Start	27/09/2025	Technical datas					
Course	Categories	Best option	Climb	Controls	Scale	Map	Map size
A-Violet Long	H21-Violet Long	26050	395	27	15000	1	A3
B-Violet Moyen	D21-H20-H40-Violet Moyen	21300	353	20	15000	1	A3
C-Violet Court	D20-H17-H50-Violet Court	17900	279	13	15000	1	A3
D-Orange Long	D17-D40-H60-Orange Long	13160	182	14	12500	1	A4
E-Orange Moyen	D50-H14-H70-Orange Moyen	10970	144	11	12500	1	A4
F-Orange Court	D14-D60-D70-Orange Court	8430	82	10	12500	1	A4
G-Bleu	D12-H12-Bleu	4650	50	6	12500	1	A4
H-Vert	D10-H10-Vert	3100	35	7	12500	1	A4
Open	Open	7530	74	9	12500	1	A4
VAE	VAE	15890	230	11	15000	1	A3

FootO race MD – 27/09/2025

Sprint	27/09/2025	Technical datas					
Course	Categories	Best option	Climb	Controls	Scale	Map	Map size
A-Orange	H20-H21-H40-H50-H60-H70	3550	35	20	4000	1	A4
B-Orange	D20-D21-D40-D50-D60-D70	3200	30	17	4000	1	A4
C-Jaune	H14-H17	2300	25	15	4000	1	A4
D-Jaune	D14-D17	2000	20	13	4000	1	A4
E-Vert/Bleu	D10-D12-H10-H12	1250	15	12	4000	1	A4
Open Jaune	Open Jaune	2300	25	15	4000	1	A4
Open Bleu	Open Bleu	1250	15	12	4000	1	A4

MTBO Middle Distance – 28/09/2025

Mass Start	27/09/2025	Technical datas					
Course	Categories	Best option	Climb	Controls	Scale	Map	Map size
A-Violet Long	H21-Violet Long	15000	555	19	10000	1	A3
B-Violet Moyen	D21-H20-H40-Violet Moyen	12000	430	17	10000	1	A3
C-Violet Court	D20-H17-H50-Violet Court	11200	415	15	10000	1	A3
D-Orange Long	D17-D40-H60-Orange Long	8200	290	13	10000	1	A3
E-Orange Moyen	D50-H14-H70-Orange Moyen	6800	265	11	10000	1	A3
F-Orange Court	D14-D60-D70-Orange Court	5100	175	8	7500	1	A4
G-Bleu	D12-H12-Bleu	3100	95	9	7500	1	A4
H-Vert	D10-H10-Vert	2000	70	6	7500	1	A4
VAE	VAE	12300	360	15	10000	1	A3