Bulletin 1, 2nd November 2015

**MEDITERRANEAN OPEN CHAMPIONSHIP SIVEN**

**12^ edition**

**BULGARIA – 11th-13th March 2016**

**MOC (stands for Mediterranean Orienteering Championship)**

Born on the international experience of Park World Tour, the main circuit of international orienteering races in the historical centres and city-parks, the MOC (Mediterranean Orienteering Championship) Orienteering answered to the need of strengthen an yearly international orienteering event in the Mediterranean area. The concept of MOC was developed by Gabriele Viale following the PWT experience of **Jörgen Mårtensson**.

The first edition of Mediterranean open Championship took place in 2005 in Salento, with races in Carovigno, Gallipoli, Otranto and Brindisi. In March 2006 MOC was taken to Sicily and Basilicata, with stages in Palermo and Lagonegro. In March 2007 MOC was back in Puglia, hugging Bari district (In the historical centres of Bari, Altamura, Bosco della Difesa Grande of Gravina di Puglia), Salento (Torcito di Cannole Park, Carovigno) and Taranto district. In 2008 MOC staged in Policoro (Basilicata) and in Oria.  In 2009 again in Taranto district. Gargano Park and the historical centres of Vico, Ischitella, Rodi and Peschici hosted the edition in 2010.

In 2011 MOC was all in Sicily, between Selinunte, Sciacca and Belice Valley. Extraordinary edition in Rome in 2012, and back in 2013 in Puglia with the final stage in Matera. 2014 MOC was held in Tuscany, Montecatini, Cecina and Florence. 2015 MOC was in Cyprus.

The special thing about MOC 2016 is that it's a first time the event will be hosted in Bulgaria and it's a first year with the main organizer being Park World Tour, with a main sponsor Siven.

 Anoher treat will be the opportunity to run on Bulgaria Cup'15 maps during the MOC Camp. During the weekend the participants will have the chance to run on the same trails as SEEOC'15.

**MOC SIVEN CHAMPIONSHIP 2016 Preliminary Program:**

|  |  |
| --- | --- |
| Thursday 10th March | Arrivals to Sofia, transfer to Bansko, registration, accommodation. Attention! If late arrival to Sofia, the first night will be in Sofia hotel. Dinner in Hotel |
| Friday 11th March | 09.30 Model event12.00 Opening of Event Centre, registration14.00 1st day of MOC SIVEN, sprint distance, Bansko downtown16.30 Prize giving for the 1st stage winners20.00 Dinner in hotel |
| Saturday 12th March  | 10.00 2nd day of MOC SIVEN, middle distance Bansko Free afternoon20.00 SIVEN – MOC Bulgarian party night and prize giving for the 2nd stage winners |
| Sunday 13th March  | 10.00 3rd day of MOC SIVEN , middle distance  BanskoWine and food tasting at the finish area13.00 Prize giving ceremony for the 3rd stage and overall winners19.00 Dinner in hotel  |
| Monday 14th March  | Departures |

**Event Centre:**

The event centre of MOC 2014 will be in Bansko.

**MOC Prize Money**:

SIVEN will supply the vouchers for the 3 best Elite runners in MOC Championship as following: 1° M/W 250 euro; 2° M/W 150 euro; 3° M/W 100 euro

**Entry Fees and Payment Deadlines:**

Within 31st December 2015: €90

Within 29th February 2016: €110

After 29th February 2016: 140€

Up to 16 years old: 50 % discount

Up to 12 years old: €30

Entry fee for MOC 2016 includes: 3 MOC races, MOC memory, wine tasting and special entertainment.

Categories:

M/W 12, M/W 14, M/W 16, M/W Junior 20, M/W 21, M/W 45, M/W 50, M/W 60, M/W 65, M/W 70, M/W 75, M/W 80, Kids, Beginners, Open 1 (like M50/W40), Open 2 (like M65/W60), Open 3 (like Beginners/M12/W12)

*We will merge categories if there are few or very few entries in some categories.*

***Entries for MOC 2016 at the website:***

[***www.orienteering.it***](http://www.orienteering.it) ***> MOC 2016 > Entries and accommodations> Entries***

For any question contact info@orienteering.it

Attention! For the following countries: Moldavia, Turkey, Serbia, Romania, Bulgaria, Montenegro, Greece, Macedonia, Albania, Ukraine and Russia the entry has to be sent to: info@sivenmoc.com

**ACCOMMODATION:**

**SIVEN MOC CHAMPIONSHIP WEEKEND PACKAGE:**

299€ price per person in double/twin room. Including 4 nights in half board in hotel, transport from/to races.

Extras:

+ 25€/night for single room

+ Entry fees

+ Flights to/from Sofia

If you use your rental car we reduce 10€/day

Tourist fee for not runners 25€

**PWT – MOC SIVEN Sprint Camp 2016**

MOC organizers welcome all the elite runners and top juniors to the 5th MOC Sprint Camp with head coach Jaroslav Kacmarcik and lecture on sports training, given by Kiril Nikolov.

**What is MOC camp:**

MOC camp is high-quality training camps, taking place the week before MOC Championship. Since 2011 along with MOC, it has been arranged to hold sprint training camp with top coaches. MOC Camp has been gathering athletes together from different countries and with different backgrounds*. It is really satisfying and the atmosphere on MOC Camps has been truly fantastic through the years*

The special thing about MOC 2016 is that it's a first time the event will be hosted in Bulgaria and it's a first year with the main organizer being Park World Tour, with a main sponsor Siven.

 Anoher treat will be the opportunity to run on Bulgaria Cup'15 maps during the MOC Camp. During the weekend the participants will have the chance to run on the same trails as SEEOC'15.

7 trainings (3 sprints and 4 middle/long) on the Bulgarian sea side with a lot of orienteering and exploring local traditions. Evening party before the closure of the Camp. Further training opportunities on your request!

**Additional opportunity**

Extra 3 races Spring cup (2 middle and 1 sprint) on 5th and 6th March

2 days extra accommodation on 4th and 5th March

**MOC SIVEN CAMP 2016 Program:**

|  |  |
| --- | --- |
| 6th March 2016 | Arrivals. 15.00 Registration at the Event Centre18.30 Dinner in hotel |
| 7th March 2016 | 08.00 Breakfast 10.00 Training AM Middle distance in Slanchevo12.30 Lunch at Complex Barite Long and Spa seaside resort13.30 – 15.00 rest 15.30- 17.30 Training PM Sprint – Pobiti Kamani at Albena or Kamchia Resort18.30 - 20.00 Dinner |
| 8th March 2016 | 08.00 Breakfast 10.00 Training AM Long Distance in Samotino 12.30 Lunch at Complex Barite Long and Spa seaside resort13.30 – 15.00 rest 15.30- 17.30 Training PM Sprint on the beach on Shkorpilovtzi map18.30 - 20.00 Dinner |
| 9th March 2016 | 08.00 Breakfast 10.00 Training AM Middle distance in Golden Sands12.30 Lunch at Complex Barite Long and Spa seaside resort13.30 – 15.00 rest 15.30- 17.30 Training PM Sprint at Sea garden Varna 18.30 Dinner20.00 Closing Ceremony and “Orienteering’s night” party |
| 10th March 2016 | Departures |

**SIVEN MOC CAMP package includes:**

7 trainings as shown on the program, 3 competitions of MOC Championship, 8 nights  accommodation (HB, 4 nights FB at Black Sea and 4 nights HB in Bansko-area) price is 349 euro

Option: MOC Sprint Camp + MOC entry fees

within 31st December 2015: € 149

within 29th February 2016: € 169

After 29th February 2016: € 189

Transports each day costs 10€ and the transfer from Varna-Bansko on March 10 can be organized (price on request).

**Option:**

|  |  |
| --- | --- |
| 4th March 2016 | Arrival at the airport and transfer to the training camp in Golden Sands or Kamchia resort12.00 Opening of the Event Centre15.30 Model training Event, close to the Event Centre18.30 Dinner20.00 Opening ceremony  |
| 5th March 2016 | 09.00 Breakfast 10.00 Spring cup ( middle distance) in Golden Sands13.30 Lunch at the hotel 14.30 Departure to sprint challenge15.00 Sprint challenge in Balchik or other park18.00 Dinner at the hotel20.00 “Orienteering’s night” party |
| 6th March 2016 | 10.00 Spring cup long distance in Golden Sands13.00 Prize giving and closing ceremony 13.30 Lunch at the hotel17.00 Visit to the traditional Bulgarian sightseeing18.30 Dinner at the hotel |

**Options:**

* 3 competitions Spring cup (2 middle, 1 sprint) on 5th and 6th March: 30€
* 2 days accommodation (4th and 5th March in HB in double room + lunch package): 50€
* Transportation option 10€/day

***Entries for SIVEN MOC Sprint Camp 2016 at the website:***

[***www.orienteering.it***](http://www.orienteering.it) ***> MOC 2016 > Entries and accommodations> Entries***

For any question contact info@orienteering.it

Attention! For the following countries: Moldavia, Turkey, Serbia, Romania, Bulgaria, Montenegro, Greece, Macedonia, Albania, Ukraine and Russia the entry has to be sent to: info@sivenmoc.com

**MOC TOUR 2016:**

**What is MOC TOUR:**

MOC Tour gives an opportunity for orienteering explorers and tourists to enjoy the warmer climate while touring in new countries and getting to know the local culture. Of course, there will also be o-activities in many different places.

**MOC TOUR 2016:**

Bulgaria – Greece – Macedonia from March 10th to 20th/21st, 2016. For information and entries, see [www.pwt.no](http://www.pwt.no) > Orienteringreisen > MOC 2016

 or <http://www.pwt.no/files/MOC%20SIVEN%20Tour%202016%20preliminary%20program.pdf>

**Other information:**

**SPORTIdent-card rental:**

€10 for rental of SI-card for the week + €20 for deposit. To be paid cash at the Event Centre.

**Payment to:**

Park World Tour Italia asd, Via Guardi, 26 35134 Padova

Bank: Banco di Brescia   Branch: Padova

IBAN IT 53 D 03500 12100 0000000 23818

Swift BCABIT21385 PADOVA branch

Causal: \*your name\* entry MOC 2014

For any further information or questions:

Gabriele Viale, viale@orienteering.it

Julia Zenere, info@orienteering.it

For SEEOC countries, info@sivenmoc.com



MOC winners 2014