



**PODLASIE
CUP**

MTBO

26-28.04.2019

SUWAŁKI

Bulletin II

- Organizer:** Polish Orienteering Federation
- Co-organizers:**
- Podlaski District Orienteering Federation
 - Suwałki Forest District
 - MTB Club Suwałki
- Patron:** Director of the Regional Białystok Forest District - Andrzej Józef Nowak
- Honorary Committee:**
- Acting Director of the Wigry National Park - Maciej Kamiński
 - Suwałki Forest District Manager - Wojciech Rodak
 - Mayor of the Suwałki Commune - Zbigniew Mackiewicz
 - Director of Polish Airmen School in Płociczno - Katarzyna Gałaszewska
 - President of the Polish Orienteering Federation - Krzysztof Urbaniak
- Organizing Committee:**
- Event Director - Stefan Niczyporuk
 - Head Referee - Jan Cegielka S-1
 - Maps - Jan Cegielka, Piotr Sierzputowski
 - Courses - Jan Cegielka BT-1
 - Logistics - Tomasz Zubowicz
 - IT - Tomasz Michalak
- Rank of races:** All races will be ranked under Podlasie Cup classification. Mass-start, sprint (27th April 2019), long distance are classified as Polish Club Championships and Polish Foresters' Championships. Sprint (27th April 2019) and mass-start are part of the Polish Championships ranking.
- Event Center:**
- Polish Airmen Elementary School in Płociczno-Tartak
 - GPS: 54° 1'20.363"N, 22° 59'3.624"E
 - www.plociczno.pl
- Event Office:**
- opening hours of the Event Office at the Event Center
 - Friday: 14:00 - 16:00
 - Saturday: 8:00 - 9:00, 18:00 - 22:00
- Program:**
- sprint, 26th April 2019 (Friday)**
- 16:30 - start of a first competitor
- mass-start, 27th of April 2019 (Saturday)**
- 10:00 - mass start
- sprint, 27th April 2019 (Saturday)**
- 16:30 - start of a first competitor
 - 21:00 - prize giving ceremony at the Event Center
- long distance, 28th April 2019 (Sunday)**
- 10:00 - start of a first competitor
 - 13:00 - prize giving ceremony (will take place at the Event Center of long distance)

Start location:

sprint, 26th April 2019 (Friday)

- GPS: 54°03'47.3"N 22°56'40.3"E
- address: Gospodarstwo Szkótkarskie Nadleśnictwa Suwałki, street Wojska Polskiego 75A, Suwałki

mass-start, 27th of April 2019 (Saturday)

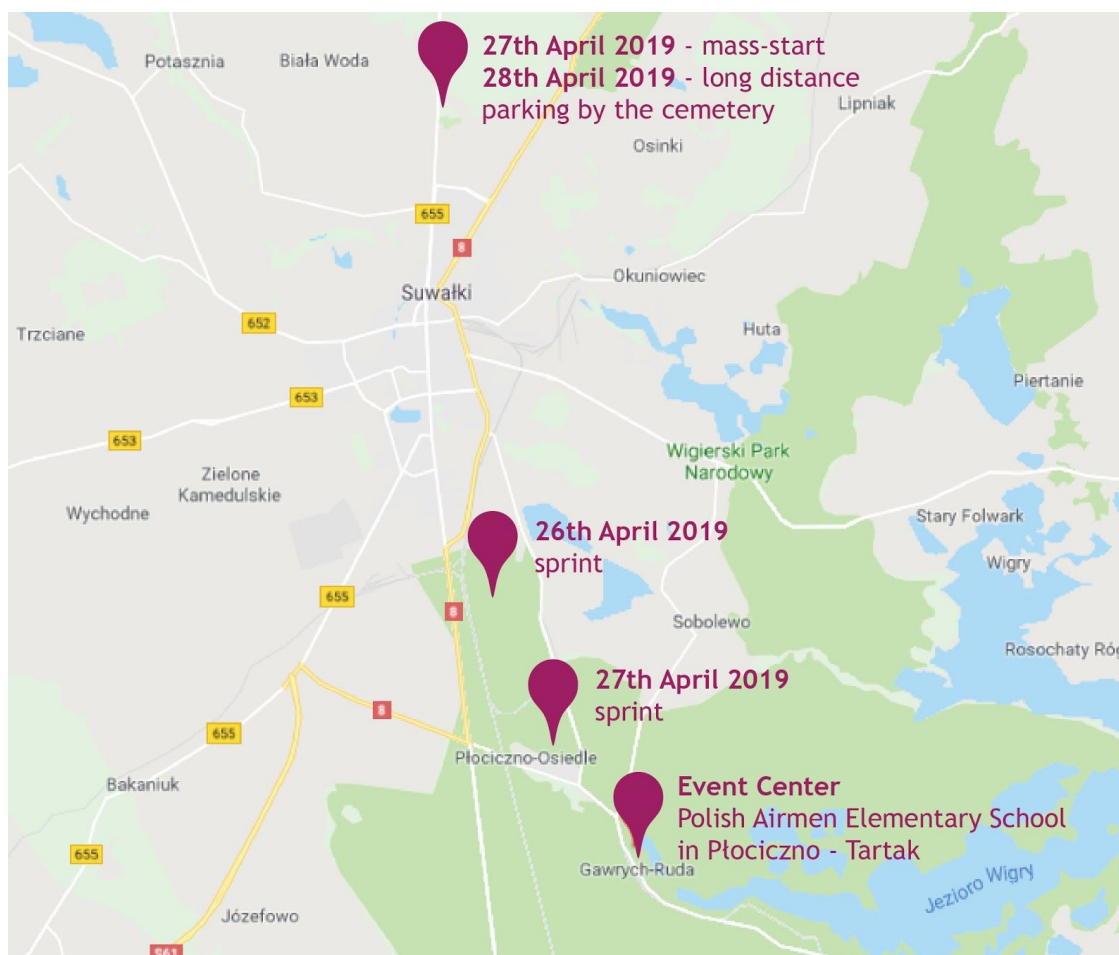
- GPS: 54°8'27.549"N, 22°55'53.028"E, Mikołaj Rej street; 655 national road - parking at the cemetery

sprint, 27th April 2019 (Saturday)

- GPS: 54°2'13.851"N, 22°57'48.254"E

long distance, 28th April 2019 (Sunday)

- GPS the same as mass-start





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Maps and terrain description:

- Suwałki Forest and Switzerland, scale 1:7 500, 1:10 000 and 1:15 000, e-2,5 m and e-2,5 m
- MTBO maps update: March 2019
- terrain with developed tracks network
- below fragments of maps:



mass-start, long distance



sprint

Time keeping system:

Sport Ident Air+ with 30 cm detection range will be used on all events. SI cards can be rented from Organizers.

Special Rules:

- IOF MTB Orienteering Competition rules 2019
- Riding off the track is allowed.
- Doping is strictly prohibited.

Prizes:

- medals (for 1st-3rd place), diplomas (1st-3th place) and gifts for winners

Accommodation:

- at the Event Center in classrooms suitable for 7-12 persons
- necessary own mattress and sleeping bag
- kitchen available for preparing meals
- cost: 10 PLN or 2,5 EUR/person per night
- location:
 - Polish Airmen Elementary School in Płociczno-Tartak
 - GPS: 54° 1'20.363"N, 22° 59'3.624"E

Fees:

Name	Fee
entry fee for categories: WM14, OPEN	15 PLN or 4 EUR/race
entry fee for categories: WM17, WM20	20 PLN or 5 EUR/race
entry fee for other categories	30 PLN or 8 EUR/race
SI card rental	3 PLN or 1 EUR/race

Inhabitants of Płociczno - Tartak and Suwałki are guaranteed a free start after the entry submission. Entries by mail after 22.04.2019 the fee for each start is increased by 100%.



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Entries: Entry deadline 22nd April 2019.
 All entries can be done via www.orienteering.waw.pl or submitted to Jan Cegielka: jan_cegielka@sggw.pl.
 In the entry please indicate demand for accommodation, SI number.
 Please contact jan_cegielka@sggw.pl if you have questions and problems concerning entries.

Resignations: Competitors registered, not present at the event, cover 50% of the entry fee.

Details for payment: All payments are to be made at the Event Office.
 You can pay in euros or in the Polish currency.

Courses:

Sprint Distance 26.04.2019 first start 16:30				
Classes	Length of the route	Number controls		
W12, M12, Open	3000 m	8		
W14, M14, W60, M70	4200 m	10		
W17, W40, W50, M60	5200 m	11		
W20, W21, M40	6500 m	14		
M17, M50	5800 m	13		
M20, M21	8200 m	18		
Mass Start 27.04.2019 first start 10:00				
Classes	length of the route	CP	Start	Number map
W12, M12, Open	3850 m	6	10:25	1
W14, M14, W60, M70	6800 m	11	10:20	1
W17, W40, W50, M60	12200 m	17	10:15	1
W20, W21, M40	18200 m	28	10:05	2
M17, M50	15600 m	24	10:10	2
M20, M21	23300 m	32	10:00	2



Sprint Distance 27.04.2019 first start 16:30		
Classes	Length of the route	Number controls
W12, M12, Open	2600 m	8
W14, M14, W60, M70	4200 m	11
W17, W40, W50, M60	6200 m	12
W20, W21, M40	8100 m	17
M17, M50	6400 m	15
M20, M21	10900 m	21
Long Distance 28.04.2019 first start 10:00		
Classes	Length of the route	Number controls
W12, M12, Open	4100 m	6
W14, M14, W60, M70	7600 m	10
W17, W40, W 50, M60	14800 m	17
W21, M20, M40	21600 m	21
M17, W20, M50	17500 m	19
M21	27800 m	27

Maps:

26.04.2019 Sprint distance - map on a scale of 1:10 000, e-2.5 m, format A-4
 27.04.2019 Mass start - map on a scale of 1:10 000, e-2,5 m, format A-4
 For categories W12, M12, Open, map scale 1: 7,500, e-2,5 m, format A-4
 27.04.2019 Sprint distance - map on a scale of 1: 7,500, e-2,5 m, format A-4
 28.04.2019 Classic distance - a map on a scale of 1:12 500, e-2,5 m, format A-4
 For categories W12, M12, Open, W14, M14, W60, M70, W17, W40, W50, M60
 map on a scale of 1:10 000, e-2,5 m, format A-4

Start number

Competitors will receive starting numbers with their name and surname.
 The start number should be placed on the front of the steering wheel.
 The start number can not be cut.
 The starting number of the competitor must be mandatory during each start.



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**Details of commuting from
the finish line to the start:**

26.04.2019 Sprint distance from the finish to the start 300 m.

27.04.2019 Mass start. The start is in the same place as the finish line.

Categories that have two loops to be covered at the start receive two maps.

After confirming the last PK from the first loop they do not cross the finish line, they only go down the corridor to overcome the next loop which is on the second map. Marked in the field - an arrow indicating the direction of the second loop.

Competitors who have to overcome two loops after confirming the last CP from the second loop enter the finish line.

Competitors in the age category that have to cross in the field only one loop receive one map at the start. After confirming the last CP they enter the finish line.

Crossroads marked with arrows showing the direction of travel - SECOND LOOP and FINISH LINE and in Polish DRUGA PĘTLA and LINIA METY.

On the starting line, the competitors are placed in rows of 8 competitors according to the starting numbers they received. There will be plates informing which starting numbers are placed in a given row. We stand with the bicycle holding one leg on the ground and the other on the pedal.

Maps can be put in the map for 15 seconds before the start of the signal insert maps from the manager of the finish line.

After the start you need to get to the starting point marked on the map, which is located at a distance of 500 meters.

Access marked in the area with arrows.

27.04.2019 Sprint distance. Distance from the competition center to the start of 2200 m. Marked in the area with arrows.

Warm-up area - Housing in Płociczno - No entry before the start to the finish line - in the area there will be signs near the roads informing about the entry ban. A warm-up ban outside the Housing in Płociczno. The possibility of warming up only on the route from the center of the competition to the start and at the Housing in Płociczno.

Competitors after crossing finish line must remain in the finish /quarantine/ until the end of the start. The time of leaving the finish zone will be given at the finish line. At the moment we do not know the number of participants.

28.04.2019 Long distance. Distance to the start from the finish line labeled in the area of 1100 meters. No entry to the forest. The warm-up can be carried out only on the marked distance from the finish line to the start and on the section from the parking lot to the finish the bike path.

Prizes:

Medals and diplomas (for 1st-3rd place), for each start on 27 and 28/04/2019

Medals and diplomas (1st-3th place) in all age categories for the overall classification of the Podlasie Cup /three individual starts on Saturday and Sunday/

Cups for the winners of the Podlasie Cup classification in all age categories

Souvenirs.

Official website:

suwalki.2019.orienteering.waw.pl

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Organizers:



Partners:



Media services:

