



Ministerstwo Sportu
i Turystyki
Rzeczypospolitej Polskiej



Bulletin 2

15–23 June 2013

European MTB Orienteering Championships MTB Orienteering World Cup Round 1 European MTB Orienteering Youth & Junior Cup

IOF

PZOS

ZOZOS

Event Director

Event Vice-Director

Event Secretary

Media

IT/timing

Course Setter

International Orienteering Federation www.orienteeering.org

Polish Orienteering Federation www.orienteeering.org.pl

Zachodniopomorski Okręgowy Związek Orientacji Sportowej

Jan Cegiełka

Marek Sobiegraj

Bożena Pieczka

Igor Błachut

Maciej Krzyśko

Jan Cegiełka, Ryszard Chachurski,
Maciej Krzyśko, Marek Sobiegraj,

Event controlling

IOF Senior Event Adviser

National Controller

Tage V. Andersen (DEN)

Lech Trzpil

Information

ZOZOS 73-260 Pełczyce

Ul, Kościelna 3

Poland

Email: biuro@emtbc2013.pl

Website: www.emtbc2013.pl

Event Center

Ośrodek Wypoczynkowy Pszczeliniec

22-440 Krasnobród

ul. Wczasowa 23

Tel/fax: +48 84 660 70 58

Web page: www.pszczeliniec.pl

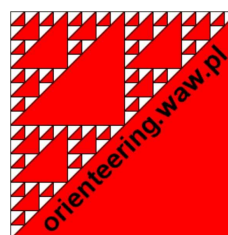
Email: pszczeliniec@pszczeliniec.pl



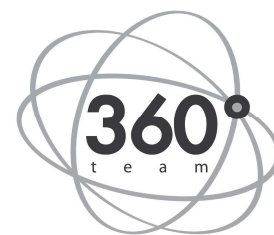
ZAMOŚĆ



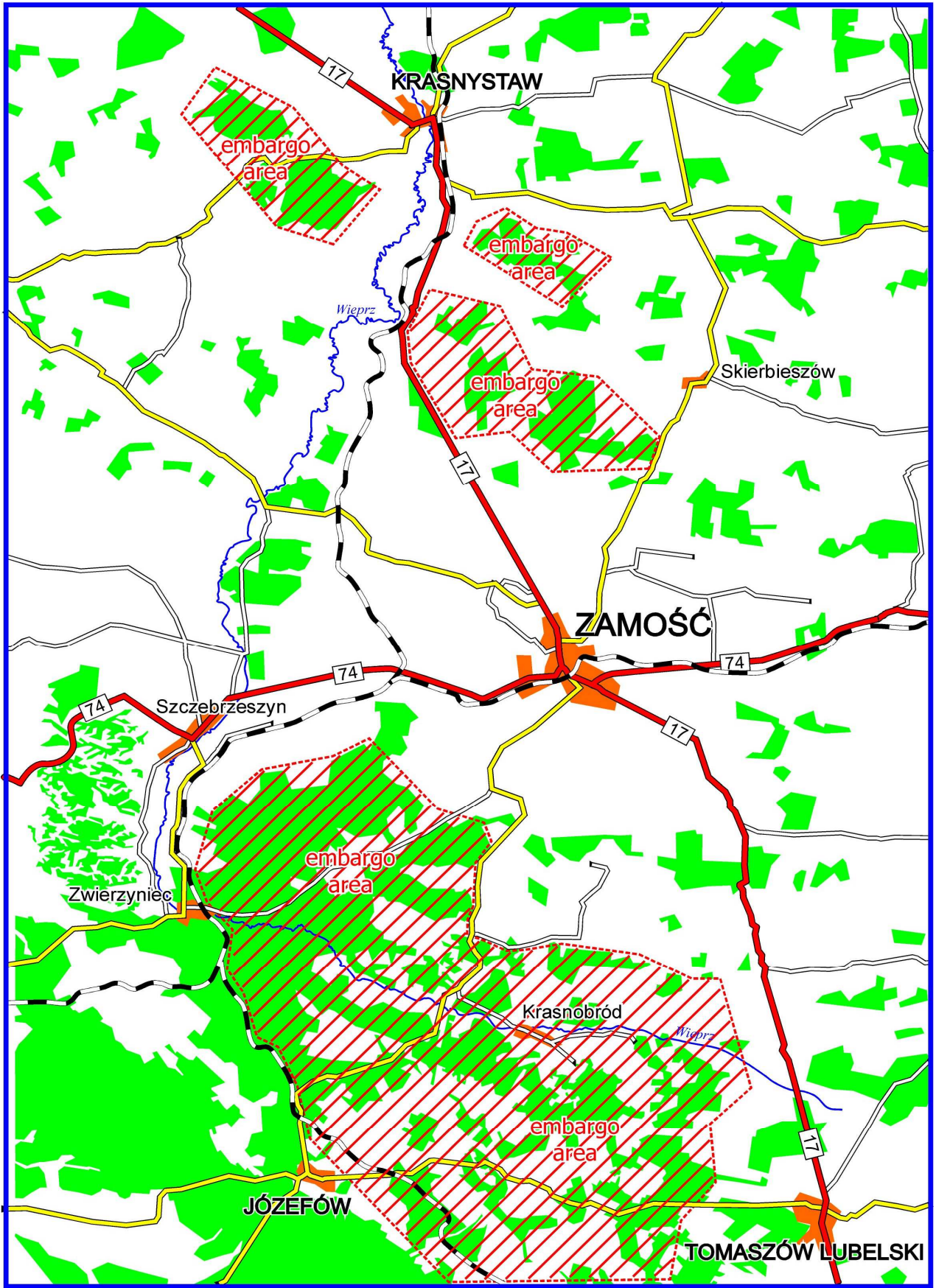
KRASNOBRÓD



www.orienteeering.waw.pl



Stowarzyszenie Team 360



Embargoed Areas



Embargoed area

See map above. Areas embargoed during 21 October 2012 - 23 June 2013.

Program

15 June 2013 Saturday	Arrival, training
16 June 2013 Sunday	Arrival, model event, opening ceremony
17 June 2013 Monday	Urban Sprint: World Cup, EMTBOC, EY&EJ MTBOCup
18 June 2013 Tuesday	Middle distance: World Cup, EMTBOC, EY&EJ MTBOCup
19 June 2013 Wednesday	Relay: World Cup, EMTBOC, EY&EJ MTBOCup
20 June 2013 Thursday	Rest day, open event
21 June 2013 Friday	Long distance mass start: World Cup, EMTBOC, EY&EJ MTBOCup, open event
22 June 2013 Saturday	Mixed Sprint Relay: World Cup, EMTBOC, EY&EJ MTBOCup, open event, Banquet
23 June 2013 Sunday	Departure

Classes and participation restrictions

Classes:	World Cup & EMTBOC:	W 21, M 21
	EYMTBOCup:	W 17, M 17
	EJMTBCup:	W 20, M 20
	MTBO open competitions:	W/M 14, 17, 20, 21, 40, 50, 60, 70.

Participation restrictions: Each federation may enter a team of 12 competitors, up to 6 women and 6 men, in each MTBO World Cup & EMTBOC event, and an unlimited number of team officials.

For each individual event format the current World Champion and European Champion will be given a wild card in addition to the entries from his/her Federation.

In the Relay each Federation may enter two women's teams and two men's teams, each consisting of 3 team members. In Mixed Sprint Relay each federation may enter one relay team including one male and one female team member (women: legs 1 and 3, men: legs 2 and 4).

Each federation may enter a team of 16 competitors, up to 8 women and 8 men, in EYMTBOCup and EJMTBCup, and an unlimited number of team officials.

Entries

Entry deadlines for MTBO World Cup & EMTBOC, EYMTBOCup & EJMTBCup and MTBO open competitions

ENTRY FORM A (preliminary entry) **by 27 February 2013** giving:

- country
- number of competitors of each gender (preliminary)
- number of team officials
- category of accommodation
- **team manager's** name, address and telephone/fax numbers
- accommodation, transport and meals reservation
- 50 % payment for accommodation, transport and meals cost

ENTRY FORM B (final entry) **by 30 March 2013:**

- country
- number of competitors of each gender (final)
- accommodation and entry fees
- **team manager's** name, address and telephone/fax numbers
- family name and first name of each team official
- accommodation, meals, transport and entry fees
- 100 % payment for accommodation, meals, transport and entry fees cost.
- Accreditation of media is free of charge

NAME ENTRY FORM **by 5 May 2013:**

- each competitor's family name and first name, class or gender and year of birth
- information on whether the athlete borrows an SI-card or uses his own's SI-card (also enter the SI-card number)
- family name and first name of each team official

Address for Entries

biuro@emtbo2013.pl , all entries valid after our confirmation.

Payments

All payments are to be made to the **Zachodniopomorski Okręgowy Związek Orientacji Sportowej**, at
Bank name: Bank Polskiej Spółdzielczości S.A.
BIC/SWIFT: POLUPLPR
IBAN: PL 19 8355 0009 0027 0399 2000 0001

Please identify your bank transfer with your Country or Federation name.

Entry fee for competitors and team officials.

Entry fees:

MTBO World Cup & EMTBOC

All participants = competitors + officials

€ 60 / per person

Sprint

€ 60 / per person

Middle distance

€ 60 / per person

Long distance

€ 80 / per person

Relay

€ 180 / per one team

Mixed Sprint Relay

€ 100 / per one team

Entry fee includes the banquet.

EYMTBOCup & EJMTBCup

All participants = competitors + officials

€ 30 / per person

Sprint

€ 30 / per person

Middle distance

€ 30 / per person

Long distance

€ 40 / per person

Relay

€ 90 / per one team

Mixed Sprint Relay

€ 50 / per one team

Entry fee includes the banquet.

MTBO open competitions

Sprint

€ 15 / per person

Middle distance

€ 15 / per person

Long distance

€ 15 / per person

Banquet

€ 30 / per person

Accommodation

Accommodation booking deadline 30 March 2013.

Accommodation fee for competitors and team officials without board:

Hotel Pszczeliniec /Event Center/

A-2 18 rooms (2 bed rooms)

15-23.06.2013

560 EUR (per room)

One night

70 EUR (per room)

A-3 4 rooms (3 bed rooms)

15-23.06.2013

768 EUR (per room)

One night

96 EUR (per room)

Hotel Pszczeliniec /Event Center/ Camping Houses

B-2 13 rooms (2 bed rooms)

15-23.06.2013

480 EUR (per room)

One night

60 EUR (per room)

B-3 18 rooms (3 bed rooms)
15-23.06.2013
One night

720 EUR (per room)
90 EUR (per room)

Camping Pszczeliniec /Event Center/ Camping Houses

C-3 28 rooms (3 bed rooms)
15-23.06.2013
One night

480 EUR (per room)
60 EUR (per room)

Camping Pszczeliniec /Event Center/ Camping Houses

D-2 12 rooms (2 bed rooms)
15-23.06.2013
One night

272 EUR (per room)
34 EUR (per room)

Camping Pszczeliniec /Event Center/

E-1 Hard floor, shower, toilet.
15-23.06.2013 (30 place)
One night

32 EUR (per room)
4 EUR (per room)

Room descriptions /prizes included/ :

- A-2, A-3 - beds, TV, telephone, shower, toilet, wi-fi,
- B-2, B-3 - beds, TV, telephone, shower, toilet, wi-fi.
- C-3 - beds, shower, toilet, wi-fi.
- D-2 - beds, shower, toilet, wi-fi.
- E-1 - Hard floor, shower, toilet.

All accommodation places situated close to the event center. All prices include special places for bike storage and security. Accommodation contract is valid upon payment of 50% of the costs associated with it.

Board:

All accommodation places (breakfast, lunch, dinner)

€ 30/per person/per day

Distances from airports and railway

Warsaw airport and railway station	Krasnobród event centre	– 270 km
Rzeszów airport and railway station	Krasnobród event centre	– 160 km

Transport

The use of private cars is allowed.

From Warsaw airport / Warsaw East railway station to Krasnobród	€ 70 / per person / bike
From Krasnobród to Warsaw airport / Warsaw East railway station	€ 70 / per person / bike
From Rzeszów airport / Rzeszów railway station to Krasnobród	€ 40 / per person / bike
From Krasnobród to Rzeszów airport / Rzeszów East railway station	€ 40 / per person / bike
Transport from event center to all competitions	€ 70 / per person / bike.

Information about public transport /only bus/ <http://warszawa.pks.busportal.pl/>

Rent a car – www.hertz.com.pl

Punching system

The SportIdent system will be used for all events. Competitors start with their own SI-card. Organizer provides SI-cards on request.

Maps

Maps new MTB orienteering maps

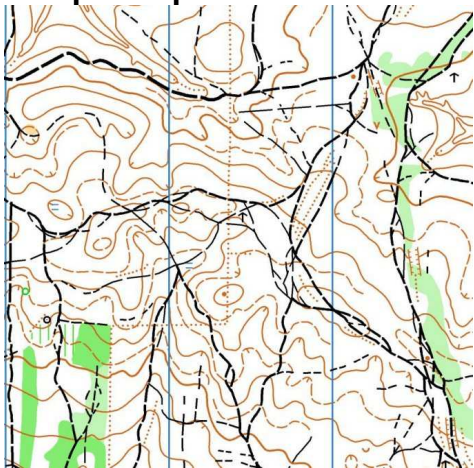
Scale 1:5000, 1:10 000, 1:15 000

Vertical contour intervals 2,5 and 5 m

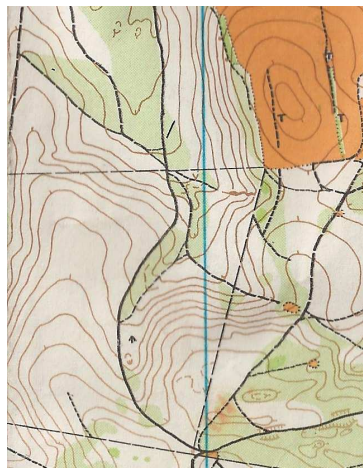
Terrain type hilly, various kinds of roads.

All events will be organized in accordance with the IOF International Specification for MTB Orienteering Maps (2010).

Sample Maps



Relay and Middle Distance



Long Distance



Sprint

Preliminary Course Information

Urban Sprint Final

Map Scale: 1:5.000, Equidistance: 2,5 m

MTBO Word Cup EMTBOC	Approximate Length (km)	Number CP	Winning Time (min)
Women 21	7	20-25	20-25
Men 21	8	20-25	20-25
EYMTBOCup			
Women 17	5	12-16	20-25
Men 17	6	12-16	20-25
EJMTBOCup			
Women 20	6	15-20	20-25
Men 20	7	15-20	20-25

Terrain description: urban area, including historical city with small streets and some forest area.

Middle Distance Final

Map Scale: 1:10.000, Equidistance: 5 m

MTBO Word Cup EMTBOC	Approximate Length (km)	Number CP	Winning Time (min)
Women 21	11-14	16-20	45-50
Men 21	15-17	20-24	55-60
EYMTBOCup			
Women 17	7-9	10-14	30-35
Men 17	9-12	12-16	37-42
EJMTBOCup			
Women 20	9-11	15-18	36-40
Men 20	11-13	17-21	44-48

Terrain description: hilly terrain, good visibility in the forest, a lot of tracks and ravines, some open area.

Long Distance

Map Scale: 1:15.000, Equidistance: 5 m

MTBO Word Cup EMTBOC	Approximate Length (km)	Number CP	Winning Time (min)
Women 21	23-26	20-24	85-95
Men 21	31-34	26-30	105-115
EYMTBOCup			
Women 17	12-15	14-17	55-60
Men 17	16-21	17-20	67-72
EJMTBOCup			
Women 20	17-19	16-19	68-76
Men 20	24-27	22-25	84-92

Terrain description: hilly terrain, good visibility in the forest, a lot of tracks.

Relay Event

Map Scale: 1:10.000, Equidistance: 5 m

MTBO Word Cup EMTBOC	Approximate Length (km)	Number CP	Winning Time (min)
Women 21	10-13	15-18	40-45
Men 21	14-17	19-23	45-50
EYMTBOCup			
Women 17	6-8	10-13	27-32
Men 17	9-11	12-16	32-36
EJMTBOCup			
Women 20	9-11	13-16	32-36
Men 20	12-14	17-20	36-40

Terrain description: hilly terrain, good visibility in the forest, a lot of tracks and ravines, some open area.

Mixed Sprint Relay Event

Map Scale: 1:5.000, Equidistance: 2,5 m

MTBO Word Cup EMTBOC	Approximate Length (km)	Number CP	Winning Time (min)
Women leg	3-5	10-12	10-15
Men leg	4-5,5	12-14	10-15
EYMTBOCup			
Women 17	2,5-3,5	7-9	10-15
Men 17	3-4	9-11	10-15
EJMTBOCup			
Women 20	2,5-4	9-11	10-15
Men 20	3-4,5	11-13	10-15

Terrain description: flat terrain, some forest, some urban area.

Rules

All events will be organized in accordance with the Competition Rules for IOF MTB Orienteering Events, valid from 1 January 2013, and Special Rules for MTB Orienteering World Cup 2013. Please consult <http://orienteering.org/mtb-orienteering/rules/>.

In this specific event:

- Riding off the track, trail or path is allowed.
 - In Poland one drives on the RIGHT side of road.
- Therefore riders must ride on the RIGHT side on all roads and tracks.
Overtaking slower riders should be done by the LEFT.

Anti-Doping

Doping is forbidden. Doping control will be done throughout the competition.

The organizers are committed to do everything required to assist the official anti-doping authorities to successfully and transparently undertake their work. We strongly support all positive efforts to keep our sport clean and doping-free.

This event applies IOF Anti-Doping Rules, valid from 1 February 2010.

Please consult <http://orienteering.org/anti-doping/>.

Health Care

The Organizer will provide first aid at the competition centre and at the arenas of each event.

The Organizer will not bear costs connected to health insurance of participants. We recommend each individual to arrange their own personal health insurance. Participants take part at their own risk.

Weather

During May/June you can expect temperatures from 22° to 35° Celsius during the day and from 15° to 22° at night. There are about 30-40% rainy days in May/June.

Visas

Countries that who need visas for entering to Poland: please contact the Polish embassy in your country. If a personal invitation from the organisers is required for the visa, please contact us.

Training opportunities

10-12 May 2013: Polish Open Championships MTBO – near Krasnystaw city /45 km north of Krasnobród/.

11-15 June 2013: 5-days training camp

More information about training opportunities will be published before 10 February 2013 on the event website: www.emtboc2013.pl