



Ministerstwo Sportu
i Turystyki
Rzeczypospolitej Polskiej



Bulletin 4

15–23 June 2013

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



IOF	International Orienteering Federation	www.orienteeering.org
PZOS	Polish Orienteering Federation	www.orienteeering.org.pl
ZOZOS	Zachodniopomorski Okręgowy Związek Orientacji Sportowej	
Event Director	Jan Cegielka	jan_cegielka@sggw.pl
Event Vice-Director	Marek Sobiegraj	
Technical Director	Mirosław Tarnowski	
Event Secretary	Bożena Pieczka	
Media	Igor Błachut	
IT/timing	Maciej Krzyśko	
Course Setter	Jan Cegielka, Ryszard Chachurski, Maciej Krzyśko, Marek Sobiegraj,	

Event controlling

IOF Senior Event Adviser Tage V. Andersen (DEN)
National Controller Lech Trzpił

Information

ZOZOS 73-260 Pełczyce
Ul, Kościelna 3
Poland
Email: biuro@emt boc2013.pl
Website European MTBOC&MTBOWC www.emt boc2013.pl



POWIAT ZAMOJSKI



ZAMOŚĆ



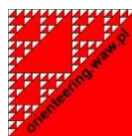
KRASNOBRÓD

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
GPS : N 50.543627
E 23.187754



Stowarzyszenie
nie



naszemiasto

www.orienteeering.waw.pl

THE HONORARY COMMITTEE

The honour patronate of the committee held by

Marcin Zamoyski The Mayor of the Town Zamość

The head of the honorary committee

**Jan Kraczek The Managing Director of National Forest Management
in Lublin**

The members of the honorary committee

Wiesław Chmielowiec The Mayor of Town Krasnobród

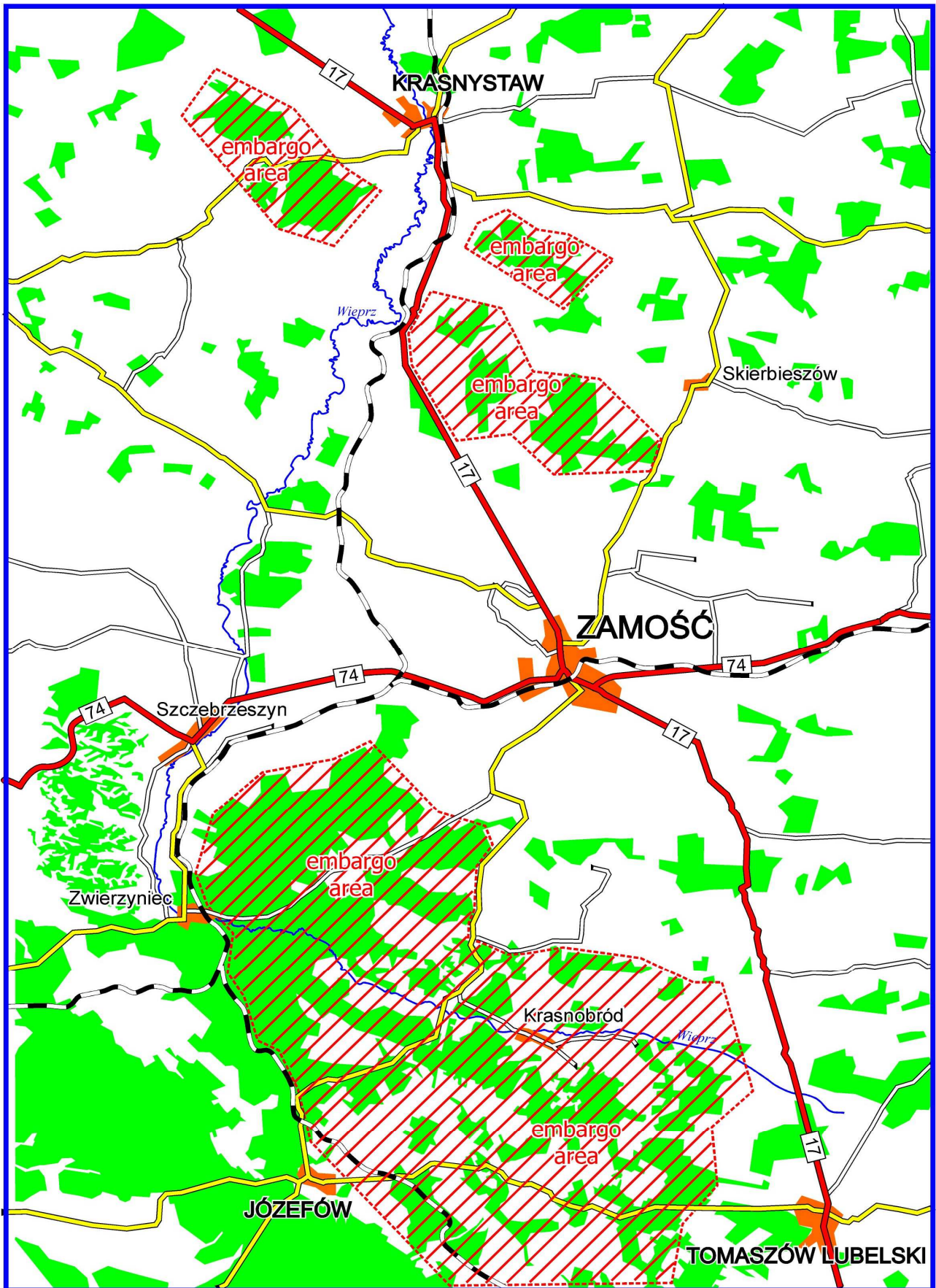
Andrzej Jakubiec The Mayor of Town Krasnystaw

Kazimierz Mielnicki The Council Chairman of Zamość district

Krzysztof Dźwierzynski The Forest Manager in Krasnystaw Forest Inspectorate

Andrzej Kulas The Forest Manager in Zwierzyniec Forest Inspectorate

Jerzy Antonowicz The Chairman of Polish Orienteering Association



Embargoed Areas



Embargoed area

See map on the last page. 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

Detailed Programme:

Saturday – 15th June 2013

09:00 – 23:00	Teams Arrival – Accreditation and Accommodation
09:00 – 23:00	Opening hours of the Event Office (EC)
10:00 – 15:00	Cannoning tour by Wieprz river
14:30 – 16:00	Lunch
19:00 – 20:30	Dinner

Sunday – 16th June 2013

08:00 – 10:00	Breakfast
09:00 – 14:00	Teams Arrival – Accreditation and Accommodation
09:00 – 22:00	Opening hours of the Event Office (EC)
09:00 – 12:00	Deadline for names/start group allocation for Sprint competition to the Event Office
10:00 – 14:00	Model Event
13:00 – 15:00	Lunch
17.15 – 17.30	Preparation for Opening Ceremony (Parade by bike to the place of the Opening Ceremony from event center to Krasnobród city center 2 km.)
17.30 – 17.45	Parade (ceremonial bike ride along the city streets together with team's, organizer's and police cars to the place of the Opening Ceremony)
17.45 – 18.30	Opening ceremony and ceremonial Rising of the Flag
19:00 – 20:30	Dinner
19:00 – 20:00	Team Leaders Meeting (start list, number competitor , electronic punching system SI)

Monday – 17th June 2013

07:30 – 09:00	Breakfast
08:00 – 12:00	Opening hours of the Event Office (EC)
08:00 – 12:00	Deadline for names/start group allocation for Middle competition to the Event Office
08:40 – 08:50	Bikes loading for transfer
08:50 – 09:10	Departure to sprint event by car 30-45 minutes (30 km) from event centre, to Zamość
09:35 – 10:10	Bikes adjustment
10:30 – 11:33	Start for Urban Sprint (Elite classes) from Zamość Sport Stadium
11.35 – 12.00	Sprint start for MW-20, MW-17 and MW-Open group from Zamość Sport Stadium
12:30 – 13:00	Flower and Prize giving* ceremonies at Zamość finish area of sprint distance
13:00 – 13.10	Bikes loading for transfer
13.15 – 13.30	Departure to event centre by car 30-45 minutes from Zamość to "Pszczeliniec" hotel
14:00 – 15:30	Lunch
15:30 – 22:00	Opening hours of the Event Office (EC)
18:00 - 18:30	Sprint Distance Prize giving ceremony at the event centre (if not done in Zamosc)
18:30 – 20:00	Dinner
19:00 – 20:00	Team Leaders Meeting

*If complaints are received the prize giving will be postponed to the evening.

Tuesday – 18th June 2013

06:30 – 09:00	Breakfast
07:00 – 12:00	Opening hours of the Event Office (EC)
07:00 – 12:00	Deadline for names/start group allocation for 3 legged Relay competition to the Event Office
08:10 – 08:20	Bikes loading for transfer
08:20 – 08:30	Departure to middle event by car 60-65 minutes (45 km) from event centre, to Stary Zamość
09:20 – 09:40	Bikes adjustment
10:00 – 12:06	Start for Middle Distance, ME, WE
11:00 – 12:00	Organizations transfer for coaches and officials to finish area
12:30 – 13:10	Start Youth&Junior Cup and Open group
13:30 – 14:00	Flower ceremony at finish area of Middle distance
14:00 – 14:30	Organizations transfer for coaches and officials back to start area
14:30 – 16:00	Lunch
16:00 – 22:00	Opening hours of the Event Office (EC)
17:30 – 18:00	Middle Distance prize giving ceremony at the event centre
18:30 – 20:00	Dinner
19:00 – 20:00	Team Leaders Meeting

Wednesday – 19th June 2013

07:00 – 09:30	Breakfast
07:30 – 09:30	Opening hours of the Event Office (EC)
09:00 – 09:30	Departure to relay event by car 15-20 minutes from event centre, to Jacnia
10:00 – 10:10	Departure for Relay start (by bike 8 km 25-30 minutes from event centre)
10:30	Mass start first leg Relay 3 legged Men Elite classes
10:35	Mass start first leg Relay 3 legged Women Elite classes
10:40	Mass start first leg Relay 3 legged Men and Women Junior classes
10:45	Mass start first leg Relay 3 legged Men and Women Youth classes
13:00	Mass Start – Free Order course Open group
14:30 – 16:00	Lunch
16:00 – 22:00	Opening hours of the Event Office (EC)
17:30 – 18:00	Relay prize giving ceremony at the event centre
18:30 – 20:00	Dinner
20:30 – 22:00	Official dinner for coaches and officials at “Pszczeliniec” hotel
21:00 – 23:00	Discotheque

Thursday – 20th June 2013

08:00 – 10:00	Breakfast
09:00 – 12:00	Opening hours of the Event Office (EC)
09:00 – 12:00	Deadline for names for Long distance competition (mass start) to the Event Office
10:00 – 13:00	Excursion tour by bike to Roztoczański National Park
13:30 – 16:00	Lunch
16:00 – 22:00	Opening hours of the Event Office (EC)
18:00 – 19:00	Open MTBO Commission meeting
18:30 – 20:00	Dinner
19:00 – 20:00	Team Leaders Meeting

Friday – 21th June 2013

07:00 – 09:00	Breakfast
08:00 – 12:00	Opening hours of the Event Office (EC)
08:00 – 12:00	Deadline for names for Relay mixed sprint relay competition to the Event Office
10:00 – 10:10	Departure for Long distance start (by bike 5 minutes from event centre)
10:30	Mass start Long distance of Mens Elite (One-man-relay)
10:35	Mass start Long distance of Women Elite (One-man-relay)
10:40	Mass start Long distance M-20 (One-man-relay)
10:45	Mass start Long distance W-20 (One-man-relay)
10:50	Mass start Long distance M-17 (One-man-relay)
10:55	Mass start Long distance W-17 (One-man-relay)
12:30	Mass start Long distance Open groups
13:00	Flower ceremony

14:30 – 16:00	Lunch
17.30 – 18.00	Long distance prize giving ceremony at the event centre
18:30 – 20:00	Dinner
19:00 – 20:00	Team Leaders Meeting

Saturday – 22th June 2013

07:30 – 09:00	Breakfast
08:00 – 10:00	Opening hours of the Event Office (EC)
10.30	Mass start first leg of 4 legged Mixed Sprint Relay Elite classes (by bike 5 minutes from event centre)
11.30	Mass start first leg of 4 legged Mixed Sprint Relay Youth and Junior classes (by bike 5 minutes from event centre)"
12.30	Mass Start (One-man-relay sprint) Open group
14:00 – 15:30	Lunch
18.30 – 19.30	Mixed Sprint Relay prize giving ceremony at the event centre, Closing Ceremony.
19:30 – 24:00	Banquet at the event centre

Sunday – 23th June 2013

06:30 – 08:30	Breakfast
08:00 – 10:00	Opening hours of the Event Office (EC)
07:00 – 11:00	Departure of teams
11:00	Closing of the Event centre

Logistics Registration

All teams are required to pay in full, all entry and accommodation fees reserved through organizers upon arrival to registration.

Thereafter, team leaders will receive accommodation information, EMTBOC, EYMTBOCup, EJMTBCup, MTBO open competitions ID Cards, bulletin 4, model event maps and other team materials.

Accommodation

The organization allocated the teams to the available accommodation according to the conditions and requests. All information and help with locations is available on Event Office.

Meals

The organization will provide breakfast, lunch and dinner at the event center for the teams that requested it. Full meals are self service with soup, pasta, salads, fish / meat, fruit / dessert, and soft drinks. More information is available at Event Office.

Transportation

Transportation is available only for teams who have pre-ordered and paid for the service. The time schedule for transportation is listed below in the daily event details. Use of private cars for transport to competition arenas is allowed.

Internet

There is free wireless internet available at the Event Centre.

Bike Storage and Parking in Event Center

In each accommodation there is a locked place for bike storage.

There is a specific place at the Event Center to keep the bikes safe.

Bike storage in rooms is prohibited.



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.

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/>.

Accepted deviations from the rules: For the Urban Sprint the start interval will be only 1 minute.

In this specific event:

- Competitors must get to all control points with their bikes.
- Riding off the track, trail or path in the Middle Distance, Long Distance and Relay Event is allowed.
- Riding off the track, trail or path is forbidden in the Sprint Distance and Mixed Sprint Relay. Here competitors are allowed to run or walk off the track with the bicycle held completely off the ground.
- 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/>.

Athletes who are notified for doping test must report to the Doping Control Station with any official identity document with photo. All athletes should have these documents with them (or collected by the official) at the competitions.

The top three competitors for each final event shall be available at the finish area for anti-doping testing by an accredited anti-doping entity.

Punching System

The SPORtident system will be used for all events. Competitors can start using their own SI Card or the Organizer can provide a SI Card upon request. Competitors are responsible for clearing and checking their SI cards before the start. Time keeping in finish of all individual competitions will be done by competitor's punching the finish unit placed at the finish line. In cases where electronic control units are not working, competitors should mark the control using manual punches on the reserve squares on the map.

The competitors must test their SI-cards in Model Event, to check the compatibility with used software. In case of problems, organizer will provide a replacement SI-card for the event.

Team Leader Meetings

Team Leader Meetings will be held in a reserved room on first floor of the Event Center on the schedules indicated in the Programme. The Event Organizer requests all team leaders to be present on time.

Name Registration before Races

Registration of competitor names before each competition shall be submitted to the Organizer in the event office according to the time specified in the Programme. Please, include the allocation of competitors into

individual draw groups. One competitor should be added to each of the three groups prior to placing a second competitor in any of the groups.

In the Sprint and Middle Distance events the red start group will be used for the draw of the start sequence. The red group will consist of the top 10 world ranking competitors and the 2012 champions. This group will start last.

In the Long Distance mass start, the red group will be stay on the first line.

For the Relay, women may be registered as part of a men's team and associated relay course. Mixed teams with athletes from more than one federation are not allowed.

For Mix Sprint Relay event each Federation can enter only one team (one woman and one man).

Start Bib Number

Every competitor will receive two start bibs for all individual competitions, and two other start bibs for relay competition. One bib number should be front visible attached to the bike handlebars during all competitions. The other bib number should be back visible attached to the equipment on the back of the competitor during all competitions.

Model Events

There will be one model events. On the Model Event maps you can check the printing standards and see colours and symbols used on different map scales (1:10.000 and 1:15.000), including course symbols.

It's important to test the competitors SI-cards in this model events prior to the competition events.

The Model event is located in 10-15 minutes bike distance from the Event Centre.

Embargoed Areas

Embargoed areas for the time period of 21.10.2012 - 22.06.2013:

Notes:

- All forest areas around Krasnobród are embargoed before the actual competitions.
- The urban area of Krasnonród is open to pedestrians, bikes and cars.
- The urban area of Zamość is open to pedestrians and cars. This means that anyone can walk or drive a car in Zamość, but it is strictly forbidden to all participants to cycle in the town. The organization will disqualify any participant that does not follow this rule.

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.

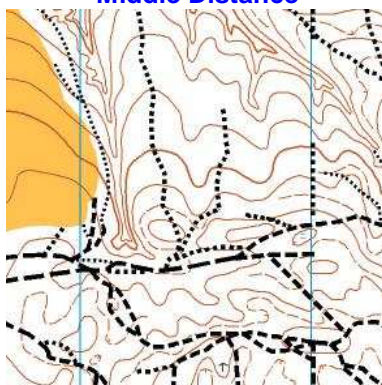
All events will be organized in accordance with the IOF International Specification for MTB Orienteering Maps (2010).

Sample Maps

Relay



Middle Distance



Long Distance



Sprint Distance



Mixed Sprint Relay



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.

Health Care / Emergency

The Organization will provide first aid at the competition centre and at the Arena's of each event.

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

The nearest hospital is in Krasnobród.

Address: Hospital str. Sanatoryjna, 22-440 Krasnobród

Phone: +48 84 660-71-02

The universal emergency phone number is 112.

Red Group:

Top 10 competitors including World Champion and European Champion for the discipline and besides according to WRE standing:

Top 25 Men (as per 2 June 2013)

Rank	Points	Athlete	Fed
1	5993	Ruslan Gritsan	RUS
2	5963	Samuli Saarela	FIN
3	5882	Jussi Laurila	FIN
4	5777	Marek Pospíšek	CZE
5	5750	Jiří Hradil	CZE
6	5685	Samuel Pökälä	FIN
7	5681	Tõnis Erm	EST
=8	5648	Anton Foliforov	RUS
=8	5648	Pekka Niemi	FIN
10	5592	Davide Machado	POR
11	5534	Valeriy Gluhov	RUS
12	5526	Lauri Malsroos	EST
13	5515	Yoann Garde	FRA
14	5476	Beat Schaffner	SUI
15	5474	František Bogar	CZE
16	5467	Luca Dallavalle	ITA
17	5459	Juho Saarinen	FIN
18	5409	Regimantas Kavaliauskas	LTU
19	5372	Martin Ševčík	CZE
20	5365	Kevin Haselsberger	AUT
21	5363	Tobias Breitschädel	AUT (European Champion Sprint)
22	5355	Jan Svoboda	CZE
23	5295	Juuso Jutila	FIN
24	5261	Hans Jørgen Kvåle	NOR
25	5253	Benjamin Midena	FRA

Top 25 Women (as per 2 June 2013)

Rank	Points	Athlete	Fed
1	5718	Christine Schaffner-Raeber	SUI
2	5647	Michaela Gigon	AUT
3	5639	Ingrid Stengård	FIN
4	5580	Anna Kamińska	POL
5	5577	Ursina Jäggi	SUI
6	5570	Marika Hara	FIN
7	5567	Susanna Laurila	FIN
8	5527	Gaëlle Barlet	FRA
9	5483	Nina Hoffmann	DEN

10	5460 Emily Benham	GBR
11	5425 Maja Rothweiler	SUI
12	5410 Hana Bajtošová	SVK
13	5405 Ramune Arlauskienė	LTU
14	5390 Laura Scaravonati	ITA
15	5357 Camilla Sjøgaard	DEN
16	5328 Ksenia Chernykh	RUS
17	5270 Martina Tichovská	CZE
18	5254 Renata Paulíčková	CZE
19	5224 Cecilia Thomasson	SWE
20	5210 Tatiana Repina	RUS
21	5183 Anna Füzy	HUN
22	5167 Markéta Kuchařová	CZE
23	5165 Anke Dannowski	GER
24	5098 Claudia Hünig	SUI
25	5079 Annick Béguin	SUI

XXXX Does not participate in EMTBOC 2013

In Sprint and Middle Distance Events Red Group will be used for start sequence draw. Red Group will normally consist of 10 WRE top competitors, who are starting at the end.

In Sprint the reigning European Champion (Tobias Breitschädel, AUT) will be one of the 10 in the red group.

Final list of Red Group names will be determined at least 1h before Team Leaders Meeting for the distance.

Jury

The jury members are:

Jiri Vransy, Czech Republic

Andre Hermet, France

Sandor Talas, Hungary

Ceremonies

Opening Ceremony

The Opening Ceremony will take place at Krasnobród on Sunday 16th June at

17.15 – 17.30 Preparation for Opening Ceremony (Parade by bike to the place of the Opening Ceremony from Event Center to Krasnobród city center 2 km.)

17.30 – 17.45 Parade (ceremonial bike ride along the city streets together with team's, organizer's and police cars to the place of the Opening Ceremony)

17.45 – 18.30 Opening ceremony and ceremonial Rising of the Flag

It will be organized as a by bike parade of all national teams, starting at Pszczeliniec Hotel /Event Centre/, passing by the city of Krasnobród and finish in the city center. All participants must be at the Event Centre /Hotel Pszczeliniec/ at 17:00 to be prepared the by bike parade, with their national flag.

Prize Ceremony

Short flower ceremonies will be organized for all the four finals, at finish arenas, as described in the Programme. First three competitors will be awarded in each category.

Full official prize giving ceremonies will be held at Event Center, as described in the Programme. First three competitors in each category will be awarded medals and first six competitors will get diplomas.

For the Sprint Final the prize giving ceremony will be in conjunction with the flower ceremony at the finish area if no complaints is received.

For the MIX SPRINT Relay Event the prize giving ceremony is together with the Closing Ceremony.

The Event Organizer requests all awardees to be present on time and wearing the national dress.

Closing Ceremony and Banquet

The Closing Ceremony and Banquet will take place, in conjunction with the prize giving ceremony of the MIX SPRINT Relay Event in the restaurant at Event Centre Hotel Pszczeliniec on Saturday 22 th June at 18:30.

Saturday, 15th June – Teams Arrival – Accreditation and Accommodation

Sunday, 16th June – Model Event

Arena: (in 10-15 minutes bike distance from the Event Centre)

Schedule: 10:00 to 14:00

Map: Namule, scale: 1:15000, E=5m, size 21 x 17 cm.

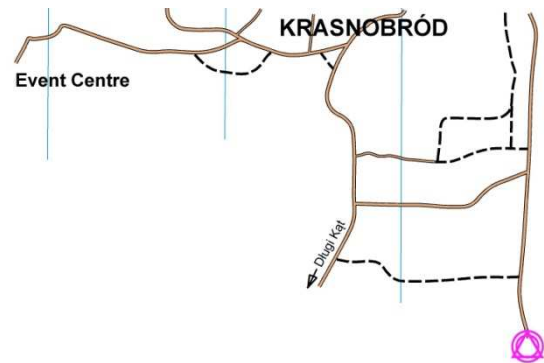
Map: Namule, scale: 1:10000, E=5m, size 25 x 26 cm.

The same map is available in two scales, to prepare either to middle or to long distance competitions.

The course has 8 control points with free order.

It's also important to test the SI-card procedures: clear, check, punch, finish

and download. If you have any problems with it, the organizer SI Card team helps you.



Monday 17th June Urban Sprint

Arena: Zamość– Sport Stadium. Parking at GPS coordinates N 50°43'12", E 23°14'38".

Schedule: 10:30 to 13:00

Transportation schedule (only for teams that ordered the service):

09:00 From Event Center to Zamość

13:30 From Zamość to Event Center

Map: Zamość MTBO, scale:1:5.000, E=2,5m, size 30 x 25 cm

Courses: Ryszard Chachurski

Terrain Description: Urban area, including historical city with narrow streets, old fortifications, apartment block estate with narrow pavements, open park and forest park area. Moderately hilly with many stairs.

Max. time for biking: 60 minutes.

Time limit and place for complaints: 60 minutes after start of last competitor in own class at Finish.

Refreshments - No

The time interval between starts in each category is 1 minute according with start list for all categories.

Quarantine zones All competitors must enter the Stadium before 10:30.

All competitors must stay at the finish area until 12:00.

It is possible to pass equipment from Start zone to Finish zone, by organizers transportation.

The use of Mobile phones is not allowed inside Stadium.

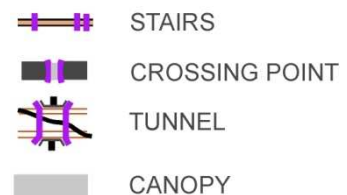
Team officials can pass from Start zone to Finish zone, but cannot go back.

It is forbidden to warm up at the football field (grass), there is a specific zone to warm up around this field.

Special map signatures

Because there is no specific IOF Sprint mapping norm the MTBO mapping norm (ISMTBOM) has been supplied with the following signature from the IOF Sprint mapping norm for foot-O (ISSOM):

526.2 for canopy. The other shown signatures are not often used in the forest, but are used here.

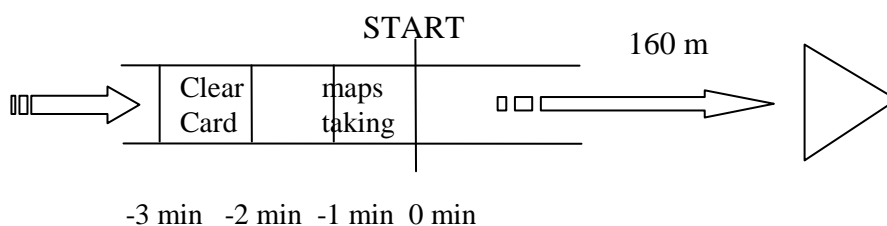


FOR THE CROSSING POINT: CHANGE BLACK TO GREY.

Specific event information:

All private areas and features marked as impassable on the map are forbidden to cross.

Competitors can only cycle on the paths and on the areas mapped as brown on the map and are allowed to use underpasses. Almost all brown areas are paved, but near the end of all the courses there is an area of hard surface (ie: not paved) it is mapped in brown, therefore competitors are allowed to cycle there. All areas marked in yellow are out-of-bounds and even "corner cutting" will be punished with disqualification. There will be many controllers in the terrain making sure this rule is respected. Car traffic will be restricted in all competition area. No cars will be allowed to enter the area, but it is impossible to control cars parked inside so some traffic is expected. The controllers will warn drivers and pedestrians to be careful and will also give information to the competitors about eventual obstacles. Competitors should cycle on the right side and be especially careful at corners and street junctions. All streets are usable in both directions even when there are signs saying otherwise.



Urban Sprint EMTBOC

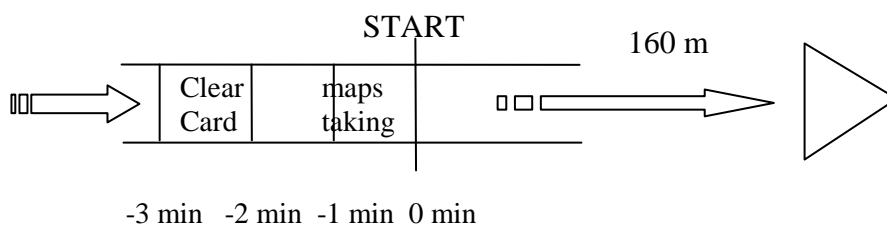
17.06.13 EMTBOC, MW-20 and MW-17 URBAN SPRINT DISTANCE					
Category	Length	By optimal route (km)	Climbing	Controls	Expected winning time
WOMEN 21	5,9	8,3	20	23	20-25
MEN 21	7,4	10,2	30	24	20-25
WOMEN 17	3,6	5,0	20	14	20-25
MEN 17	5,1	7,4	20	15	20-25
WOMEN 20	4,9	6,8	20	18	20-25
MEN 20	5,7	8,0	20	21	20-25

Open Event

After the competition, there will be an open event of sprint distance. Start will be according to a start list. All competitors who can take part in open event must be at the Stadion before until 10:30. This event uses the same arenas, start and finish as the of main event.

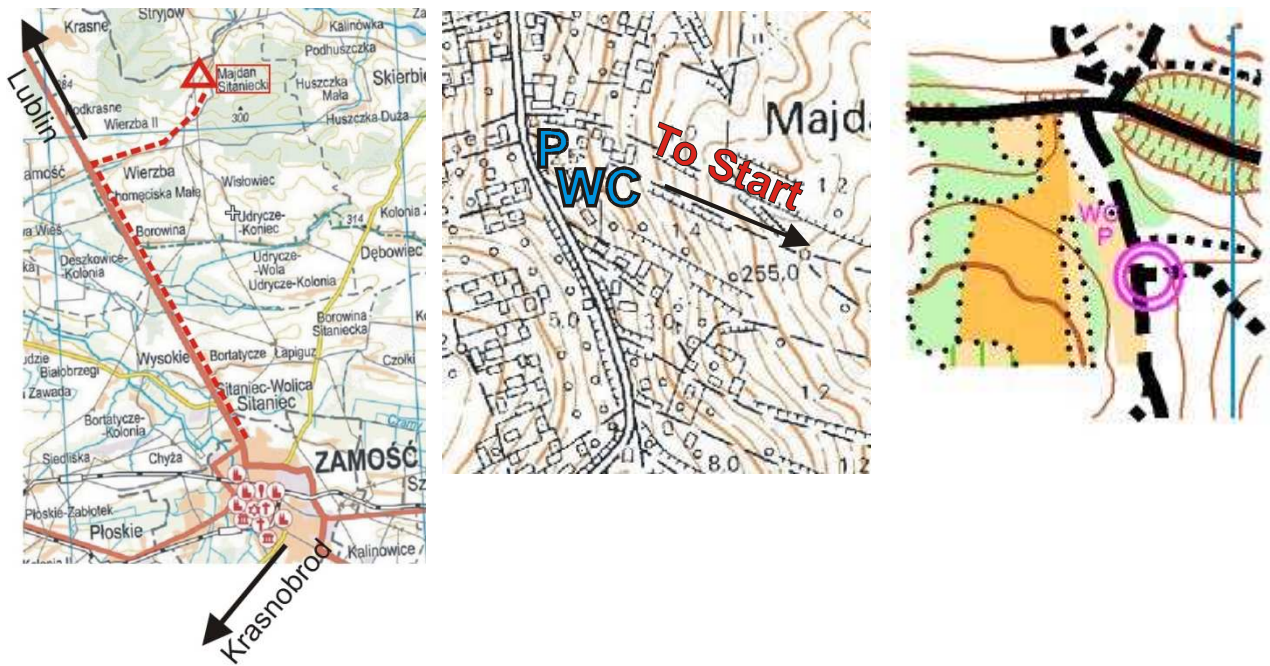
Open Event – Urban Sprint

17.06.13 Open URBAN SPRINT DISTANCE					
Category	Length	By optimal route (km)	Climbing	Controls	Expected winning time
M 20,21,40,50	4,4	6,1	25	14	20-25
W 20,21	3,2	4,5	20	11	20-25
M 17,60+, W40,50	3,3	4,6	15	11	20-25
M 14, W 14,17,60+	2,2	3,1	10	9	20-25



Tuesday, 18th June – Middle Distance Final

Arena: - Pańska Dolina Parking at GPS coordinates N 50°50'47", E 23°14'42".



Schedule: 10:00 – 15:00

Map: Pańska Dolina MTBO - scale:1:10.000, E=5m, size 46 x 39 cm

Courses: Jan Cegiełka

Terrain Description: Hilly terrain, forest is clearly visible, a lot of tracks and ravines, some open area.

Heavy rains may have caused flooding of some paths and also high vegetation on some of the smaller paths.

Max. time for biking: 100 minutes.

Time limit and place for complaints: 100 minutes after start of last competitor in own class at Finish.

Refreshments - No

18.06.13 EMTBOC, MW-20 and MW-17 MIDDLE DISTANCE					
Category	Length	By optimal route (km)	Climbing	Controls	Expected winning time
WOMEN 21	8.6	14,1	270	16	45-50
MEN 21	11.4	17,6	340	22	55-60
WOMEN 17	4.4	7,6	130	12	30-35
MEN 17	5.2	9,4	180	15	37-42
WOMEN 20	5.3	9,6	190	15	36-40
MEN 20	8.2	13,1	230	16	44-48

Start for WE and ME : Parking and Start area is 3,2 km away from Finishing Arena. No parking possibility at Finish area.

Start for Youth&Junior Cup is the same like start for open groups near Finish. Route will be marked from parking.

First start is at 10:00. The time interval between starts in all categories is 2 minutes.

There will be a 15 minutes Pre Start. First pre-start at 9:45. After Pre Start the distance to the Start is 950m, with 65 m climbing.

Quarantine zones:

All competitors must be on Pre-Start area not later than 11:00. It's a large place to stay, which has good conditions to warm-up.

After the arrival of competitors to finish line, they are not allowed to exit the quarantine area, until 13:00.

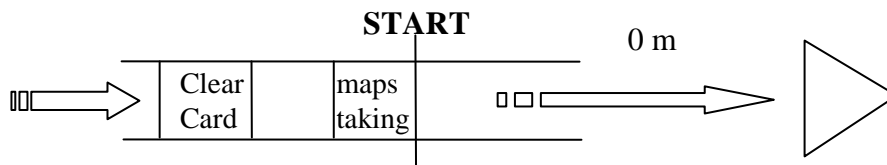
It is possible to pass equipment and car from Start zone to Finish zone, by organizers transportation and drivers.

The use of Mobile phones is not allowed in Pre-Start area.

Team officials can pass from Start zone to Finish zone, but cannot go back.

Officials can go to the Start Area with the same time frame that the athletes.

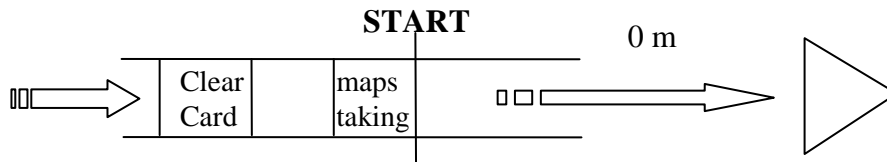
Start Procedure for EMTBOC & WCuP Women and Mean 21 category:



950 m, 65 m up.

PRE-START -15 min -3 min -2 min -1 min 0 min

Start Procedure for EMTB Youth & Junior Cup, and for open event:



-3 min -2 min -1 min 0 min

Open Event

After the competition, there will be an open event of middle distance in the afternoon. First start at 12:30. Start according to the start list. Start will be near Finish. To the start place 450 m from finish.

18.06.13 Open MIDDLE DISTANCE					
Category	Length	By optimal route (km)	Climbing	Controls	Expected winning time
W 20/21	5.3	9,6	190	15	45-50
M 20/21M 40/50	8.2	13,1	230	16	55-60
W 17, K-40+	4.4	7,6	130	12	30-35
M 17, M-60	5.2	9,4	180	15	37-42
W/K-14, M-70	2.6	3,7	50	6	25-35

Wednesday, 19th June – Relay Event

Arena: Jacnia – Parking at GPS coordinates
N 50° 34' 29,35" E 23° 10' 51,67"
(by bike 15-20 minutes from event centre)

Schedule: 10:30 – 14:00

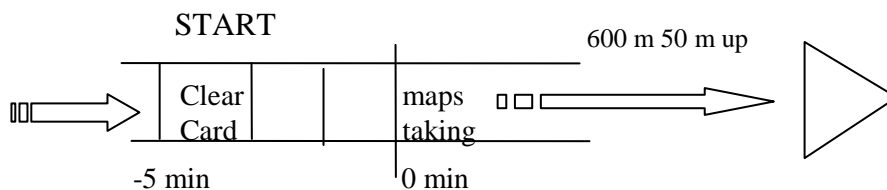
Map: Jacnia MTBO, scale:1:10.000,
E=5m, size 32 x 29 cm

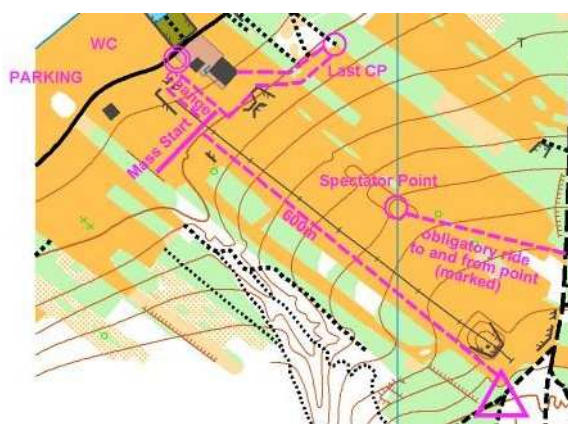
Courses: Jan Cegiełka

Terrain Description: hilly terrain, forest, a lot of tracks and ravines, some open area.

Heavy rains may have caused flooding of some paths and also high vegetation on some of the smaller paths.

Max. time for biking: 200 minutes per team.





Time limit and place for complaints: 200 minutes after start in own class at Finish.
 Refreshments - No

19.06.13 EMTBOC, MW-20 and MW-17 RELAY					
Category	Length	By optimal route (km)	Climbing	Controls	Expected winning time
WOMEN 21	8,2-8,4	12,5-12,8	260-270	14	40-45
MEN 21	7,4-7,7	10,6-10,9	190-200	13	45-50
WOMEN 17	5,4-5,6	8,2-8,6	130-140	11	27-32
MEN 17	5,4-5,6	8,2-8,6	130-140	11	32-36
WOMEN 20	5,4-5,6	8,2-8,6	130-140	11	32-36
MEN 20	6,9-7,2	10,4-10,8	180-190	12	36-40

(Split up for each leg)

Start: Mass start of first leg:

- 10.30 **Mass start first leg Relay 3 legged Men Elite classes**
- 10.35 **Mass start first leg Relay 3 legged Women Elite classes**
- 10.40 **Mass start first leg Relay 3 legged Men and Women Junior classes**
- 10.45 **Mass start first leg Relay 3 legged Men and Women Youth classes**

Start procedure:

Competitors are called in to their start position 5 minutes before start.

Competitors get their map and on start signal run to their bikes placed some meters ahead. Then they follow a taped route until the triangle.

Spectator loop: The course is crossing the arena before a last loop allowing the next new in the team to see their team mate in time to be prepared to start. It is the responsibility of the competitors to be ready when the previous rider arrives. After crossing the arena it takes around 2/4 minutes to arrive to the finish.

The changeover is done by touching the next rider inside the predetermined area, after what the arriving athlete must punch the finish unit. The new rider picks his map from the stand and proceeds to the start triangle.

Finish: The finish unit is punched after crossing the finish line. The classification is determined by the order in which the competitors cross the finish line. Only the fastest team from each federation is counted on the event result list in determining the placings..

Quarantine zones: After crossing finish line and read SI card competitors must stay at the quarantine zone /Hotel Jacnia/ until 12:30.

Open Event

After the Relay Event, it will be an open event of free order distance /mass start all categories at 13:00. This event uses the same arena, start and finish as the main event.

19.06.13 Open MIDDLE DISTANCE FREE ORDER					
Category	Length	By optimal route (km)	Climbing	Controls	Expected winning time
W 20/21	5.3	9,7	160	14	45-50
M 20/21M 40/50	8.8	13,1	230	21	55-60
W 17, K-40+	5.3	9,7	160	14	55-69
M 17, M-60	5.3	9,7	160	14	50-55
W/K-14, M-70	2.1	3,7	90	8	30-35

Thursday, 20th June –Rest Day

Friday, 21th June – Long Distance Final

Arena: Krasnobród (by bike 2-3 minutes from event centre)

Schedule: 10:30 – 14:00

Map: Święty Roch scale:1:15.000, E=5m, size 37 x 24 cm

Courses: Maciej Krzyśko, Remigiusz Nowak

Terrain Description: Description, hilly terrain, forest is clearly visible, a lot of tracks.

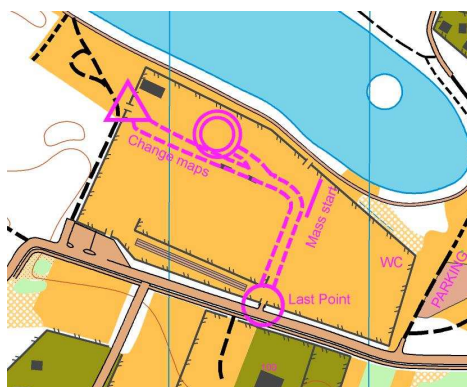
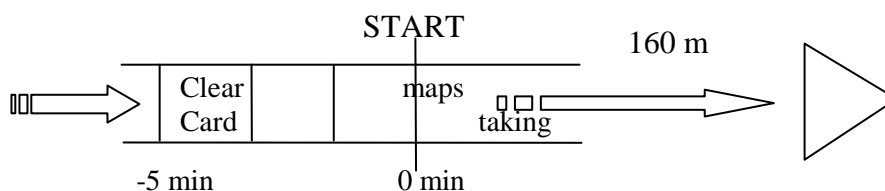
Heavy rains may have caused flooding of some paths and also high vegetation on some of the smaller paths.

Max. time for biking: 180 minutes.

Time limit and place for complaints: 180 minutes after start of last competitor in own class at Finish.

Refresment point – near start area /after first loop/

- 10.30 **Mass start Long distance of Mens Elite (One-man-relay)**
- 10.35 **Mass start Long distance of Women Elite (One-man-relay)**
- 10.40 **Mass start Long distance M-20 (One-man-relay)**
- 10.45 **Mass start Long distance W-20 (One-man-relay)**
- 10.50 **Mass start Long distance M-17 (One-man-relay)**
- 10.55 **Mass start Long distance W-17 (One-man-relay)**



21.06.13 EMTBOC, MW-20 and MW-17 LONG DISTANCE					
Category	Length	By optimal route (km)	Climbing	Controls	Expected winning time
WOMEN 21	16,8	22,9	355	24	80-90
MEN 21	21,6	31,2	480	29	105-115
WOMEN 17	10,7	13,9	225	16	55-60
MEN 17	14,6	19,3	305	20	67-72
WOMEN 20	14,2	18,8	290	20	68-76
MEN 20	17,4	23,2	325	23	80-90

Maps: The participants of all the Categories at the start line receive 2 maps fixed together. After punching the last control of the first loop competitors change the map themselves and then follow the taped route up to "triangle". After punching the last control of the second loop they follow the taped route to the finish line.

Special map signatures

The MTBO mapping norm (ISMTBOM) has been supplied with the following signature from the IOF Sprint mapping norm for foot-O (ISSOM): 529.1 for steps (to be shown here from control 16 ME).

Quarantine zones No quarantine zones.

All personal drinks can be served by coaches. The special places for refresments points is shown on map for Start and Finish for Long Distance.

Start procedure:

Competitors are called in to their start position 5 minutes before start.

Competitors get their map and on start signal run to their bikes placed some meters ahead. Then they follow a taped route until the triangle.

Open Event - Long Distance Final (Mass start One-man-relay) W20, W21, M17, M20, M21, M40, M50
- Long Distance Final (Interval start – 3min) W14, W17, W40+, M14, M60+

21.06.13 Open LONG DISTANCE					
Category	Length	By optimal route (km)	Climbing	Controls	Expected winning time
M21,M40	17,4	23,2	325	23	90-100
W21, M20, M50	14,6	19,3	305	20	80-90
W20, M17	10,7	13,9	225	16	60-70
W17, W40+,M60+	8,4	12,1	140	11	50-60
M14, W14	4,1	5.4	75	8	30-35

Maps: The participants of One-man-relay Categories at the start line receive 2 maps fixed together. After punching the last control of the first loop competitors change the map themselves and then follow the taped route up to "triangle". After punching the last control of the second loop they follow the taped route to the finish line.

Saturday – 22th June 2013 Mixed Sprint Relay Event

Arena: Krasnobród (by bike 2-3 minutes from event centre)

Schedule: 10:30 – 13:00

Map: Krasnobród miasto scale:1:5.000, E=5m, size 37 x 26 cm

Courses: Marek Sobiegraj

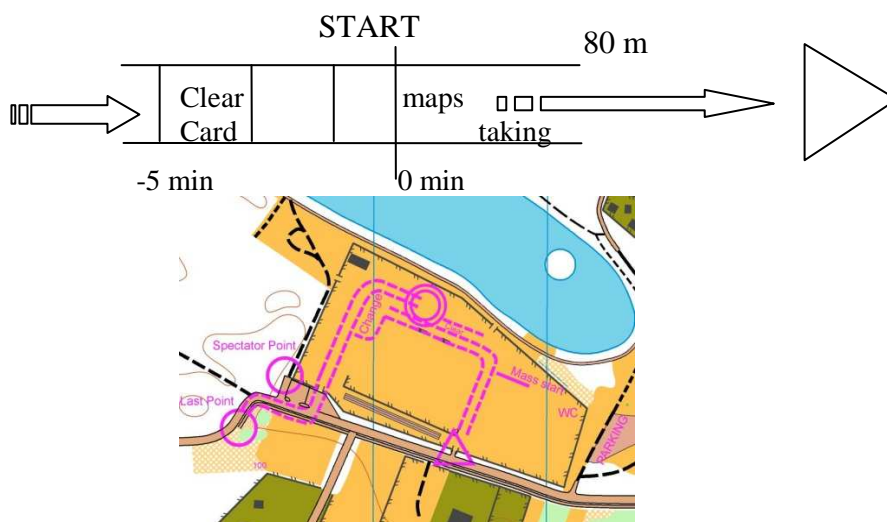
Terrain Description: flat terrain some forest some urban area.

Time limit and place for complaints for teams: 90 minutes after start in own class. of last competitor in each

Refreshments – near start area /after first loop/

10.30 Mass start first leg of 4 legged **Mixed Sprint Relay Elite classes** (by bike 5 minutes from event centre)

11.30 Mass start first leg of 4 legged **Mixed Sprint Relay Youth and Junior classes** (by bike 5 minutes from event centre).



Start procedure:

Competitors are called in to their start position 5 minutes before start.

Competitors get their map and on start signal run to their bikes placed some meters ahead. Then they follow a taped route until the triangle.

Special signature:

Rideable area has been shown by using orange colour (number 2 in ISMTBOM app. 1) (show example)

22.06.13 EMTBOC, MW-20 and MW-17 SPRINT MIXED RELAY						
Category	Length		By optimal route (km)	Climbing	Controls	Expected winning time
WOMEN 21	1-3	3,5	4,6-5,1	20-40	11	10-15
MEN 21	2-4	4,3	5,6-6,2	30-50	12-13	10-15
WOMEN 17	1-3	2,2	2,7-3,5	30-40	9	10-15
MEN 17	2-4	3,1	4,4-4,9	30-40	10	10-15
WOMEN 20	1-3	3,0	4,2-5	10-20	10-11	10-15
MEN 20	2-4	3,2	3,6-5,7	10-20	10-13	10-15










Open Event



Mixed Sprint Relay Event /mass start (One-man-relay sprint 2 Lops) all categories at 12:30.

This event uses the same arena, start and finish as the main event.













22.06.13 Open Mass Start (One-man-relay sprint)						
Category	Length		By optimal route (km)	Climbing	Controls	Expected winning time
All categories	1 map	2.2-2.4	2.5-2.8	10	6	7-10
	+	+	+	+	+	+
	2 map	1.8-2.0	2.2-2.5	15	8	7-10

Maps: The participants of all the Categories at the start line receive 3 maps fixed together. After punching the last control of the first loop and after third lops competitors change the map themselves and then follow the taped route up to "triangle". After punching the last control of the third loop competitors they follow the taped route to the finish line.








EMTBOC FINAL ENTRIES - 25.05.2013				
	Nationality	Women	Men	Officials
	AUSTRIA	2	6	2
	CZECH REPUBLIC	4	6	1
	DENMARK	3	0	1
	ESTONIA	0	5	0
	FINLAND	6	6	1
	FRANCE	2	4	2
	GERMANY	2	1	0
	GREAT BRITAIN	1	0	0
	HUNGARY	2	5	0
	ITALY	1	2	1
	LATVIA	3	2	0
	LITHUANIA	4	5	0
	NORWAY	0	1	0
	POLAND	1	3	1
	PORTUGAL	0	3	1
	RUSSIA	6	6	1
	SLOVAKIA	3	3	1
	SWEDEN	3	3	1

	SWITZERLAND	3	3	1
	UKRAINE	1	0	0
	TOTAL	47	64	14

EJCup FINAL ENTRIES -25.05.2013

	Nationality	Women	Men	Officials
	AUSTRIA	1	1	0
	CZECH REPUBLIC	2	0	1
	ESTONIA	0	2	0
	FINLAND	0	3	1
	FRANCE	0	3	0
	HUNGARY	0	2	0
	LATVIA	0	2	0
	NORWAY	0	1	0
	POLAND	1	4	1
	RUSSIA	4	6	1
	SWEDEN	3	3	0
	UKRAINE	0	3	0
	TOTAL	11	30	4

EYCup FINAL ENTRIES - 25.05.2013

	Nationality	Women	Men	Officials
	CZECH REPUBLIC	1	3	0
	FRANCE	0	3	0
	HUNGARY	1	1	0
	POLAND	7	7	3
	RUSSIA	8	8	0
	SWEDEN	1	3	1
	UKRAINE	1	1	1
	TOTAL	19	26	5